



Visit our website: [Ilkley U3A](#)

Special Wellness4U event at Clarke Foley

Wednesday 23rd October 2 to 4pm. Free entry. Clarke Foley are bringing together a range of service providers from the public, private and voluntary sectors (including U3A) to highlight ideas and ways of helping people improve their health and welfare.

Not a marketing event or business showcase but an opportunity for organisations to engage with folk helping them to discover ways to enhance their wellbeing.

Some exhibitors provide an opportunity to participate in a quiz, game or challenge to help you to learn more about various aspects of wellness in an entertaining way.

For more information, select this link: [>> Wellness4U <<](#)

Finding the right contact in U3A

Login to our website, then select this link [Who does what in your U3A](#). Here you will find a list of topics and who to contact to resolve your questions. The page can also be accessed from website search and member sections.

A list of trustees can be found on this link [Management Committee of Trustees](#)

When making contact, please only use the phone if the enquiry is really urgent.

Trustee nominations at AGM 16th November

What makes a good Trustee? Someone who enjoys the U3A and wants to put something back and is willing and able to help. Someone like you?

Our U3A needs a new Trustee to help run our vibrant and successful organisation. If you think you can help or know someone else who may be interested, let us know.

Nominations to be sent as soon as possible but by Tuesday 5th November at the latest. Select this link for more information and to nominate either yourself or a fellow member: [Trustee nomination form 2019.pdf](#)

Gift Aid declarations

New Gift Aid declarations were mailed to members who ticked the Gift Aid box during September. If you have yet to return your form, please do so now. You can get a further copy of the form by selecting this link [>> Gift Aid Declaration <<](#)

If you have changed your mind and no longer wish to Gift Aid your membership fee or no longer pay sufficient tax, please advise the Membership Secretary via this link [>> Email Membership Secretary <<](#),

Keeping U3A records up to date

Use this link to visit our website [>> Ilkley U3A <<](#) Log in and select your name at the top of the page to be taken to "My Profile". Choose "edit" and scroll down to check we have your latest address, email and 'phone contacts. If you amend the record save any changes before leaving the page.

Group updates

Autumn is a time to try something new or revisit a long forgotten hobby or interest. Use this link [>> U3A Group Information <<](#) to see a wide variety of activities listed on our website. The following groups have notified vacancies:

Table tennis at Silsden 10:30 to 12 noon on Wednesdays at Woodhead's Gym. To join the group, select here to [>> Email Mary Podesta <<](#).

Knitting & Crochet group meet at Baptist Church Lounge on Kings Road. Next meetings are Thursday 17th & 31st October from 2 pm. Then alternate Thursdays. Just turn up. £2 per meeting to cover room hire + small charge for refreshments.

Do you like to dance? Why not come along to the Rock n Roll sessions at Ilkley Vaults (The Taps)? First dance is Thursday 31st October at 13-00 and will be held every fortnight. Lively up tempo music for those who like to Jive! Any questions call John Mitchell 0790 3101680

Forthcoming events

1. Paul Isherwood: "Gamblers Anonymous saved me". Saturday morning 19th October. Clarke Foley. Select this link for details: [>> Saturday Talk <<](#)

2. Wellness4U Wednesday 23rd October Clarke Foley 2 to 4 pm Free entry
Select this link for more information [Wellness4U.pdf](#)

3. The AGM is Saturday 16th November at new venue: **All Saints Church** in Ilkley. Select this link for further information. [Advance notice of AGM](#)

Log in to the website to access this link [>> AGM Documentation <<](#)

Messages for News Flash, please use this link to email Mike & John

[>> Editor News Flash <<](#)

Cheers, John & Mike