

### **AGM 10 am Saturday 16th November**

We need 10% of our membership for a quorum either to attend or to vote by proxy. To attend select here [>>> Register here to attend AGM <<](#). To vote by proxy complete this form and return as soon as possible [>>> AGM Proxy Voting Form <<](#)

If attending, please note the new venue (All Saints Church.) and that refreshments will be available from 9:30 to 9:55 with the AGM starting at 10 am. After the AGM, Andrew Thwaite will explain about the origins of chocolate, give a demonstration of both moulded chocolates & truffles and talk about his life as a chocolatier.

### **Countdown to Christmas: 10am Tuesday 3rd December**

Start your Christmas early with us! The Singing for Pleasure Group returns with a Festive Concert featuring a varied selection of sacred and secular pieces. Our audience will be invited to join in with popular carols during the programme. Tea/coffee and mince pies will be served prior to the performance. St John's Church, Bolling Road, Ben Rhydding, LS29 9PN. Refreshments from 10am. Concert and Carols 10:30 to 11:30.

For further information select this link: [Christmas Countdown Concert.pdf](#)

Entrance is free so why not bring a guest? There will be a small charge for refreshments on the day. Use this link to register your attendance which helps with the planning. [>>> Christmas Concert <<](#).

### **Just for Fun**

Select here: [>>> Just For Fun <<](#) to try the latest brainteaser on our website. Want a clue? The easiest way to solve the problem is to use algebra. Follow the website links for the answer. No cheating!!!

### **Group of the Month**

Select : [>>> Group of the Month <<](#). to see which group is featured this month.  
Select : [>>> Group News <<](#) to view entries for previous months.

### **Does music appear involuntarily in the mind?**

If you own an Android phone or tablet, you are invited to take part in a research study by the University of Sheffield about music that appears in the mind unintentionally and repeatedly. Further information on University of Sheffield's work in this area can be found using this link: [>>> Music & Wellbeing <<](#)

You will be asked to download an application on your phone/tablet and complete 8 very short questionnaires per day for 4 days. To take part [>>> email \[musichemispheres@gmail.com\]\(mailto:musichemispheres@gmail.com\) <<](#) to arrange the details.

## Directory of local services for Dementia related illness

This publication has recently been updated. Use this link to the Ilkley Dementia Friends website to view the document [>> Dementia Friends Booklet <<](#)

Links are provided on the U3A website to Ilkley Dementia Friends and other local community led activities and groups. Select here to see the full list: [>> Ilkley Community Links <<](#). If you know of other similar volunteer groups that we should add to the list, please provide details to [>> email John Hancock <<](#)

## Have you recently moved house?

Please check U3A records are correct for both address and phone number. Not sure who to contact? Use this link: [>> Who does what in U3A <<](#) or [>> List of Trustees <<](#)

## Ilkley's got heart – prepare to save a life

This on-line course gives the chance to update knowledge and increase confidence should something arise where our help may be needed.

The course can be done in short 10-minute sections – covering a primary survey of the casualty, CPR, bleeding, choking and stroke. It takes on average less than an hour to complete. Use this link and [Register here for online course](#)

## School Reader Helpers

A vacancy has arisen for a volunteer to listen to children's reading in a local primary school for up to an hour and a half from 1.00pm one afternoon a week. If you are interested please contact Geoff Howard [goward44@outlook.com](mailto:goward44@outlook.com) or 01943 607799

## Group updates

**History Group Initiative:** A group of 4 U3A members is looking to launch a series of monthly single topic presentations between September 2020 and March 2021 relating to the historical period known broadly as "The Dark Ages". If you would like to be involved in this initiative, select this link for further information: [History Group Initiative.pdf](#)

**Rock & Roll Group: *Change of Date!*** The group has proved very popular and has enough musicians for now but we'd be pleased to see dancers at our next meeting at Ilkley Taps. Unfortunately the next session of our Rock n Roll Group which was planned for Thursday 14th has had to be delayed until the following Thursday the 21st. Use this link to [>> email John Mitchell <<](#) for more information about dancing.

**Chess Circle:** Neil Stevens is proposing to start a Chess Circle for players of all abilities. There are occasional informal group meetings but usually members contact other members on a one to one basis when they would like a game of chess. To enquire about or join the group use this link to [>> email Neil Stevens <<](#)

**History of Ilkley and Peace groups:** Both these groups meet on Mondays and will re-start on 6th January. Peace group from 10 until 12 noon and History of Ilkley from 2 until 4pm. The groups will run every week for 6 weeks. For further details use this link to [>> email Richard Thackrah <<](#)

## **Forthcoming Events**

Select here: [>> \*\*Forthcoming Events\*\* <<](#) to see a full list including a Drop In at Otley on Friday 10th January.

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

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

**Cheers, John & Mike**