

Notes From the Chair.



Copy for this Update is a bit thin on a ground so must mention, just in case you missed it, that I've seen a few days' sun!

A few repeated messages below.

Every year we select a charity that's in the gift of the Chair, Treloar School was this year's charity, a thank you email is attached for our efforts. Next year's charity is still undecided so if you've any ideas, as I've said before we do tend to favour children's charities.

The Nordic Walking group needs topping up with some new members, a training session has been arranged for 31st May, see below.

And finally... **We have 20 members who have paid by BACS but have not returned their forms, so cannot be processed.**

May's Monthly Meeting is on Thursday 16th May in the Community Centre.
Doors open **10:30**
meeting starts at 11:00.

May's Speaker

Peter Allen

"The Morse Code" Deciphering Britain's favourite detective

Pete Allen returns to pose the question ... has there ever been a more tragic hero than Inspector Morse? Someone who, as his creator Colin Dexter noted, was somewhat of a loner by temperament. Though never wholly happy when alone, was usually slightly more miserable when with other people, probably down to the knowledge that he was smarter than everyone else in the room.

Today Pete will explore the world of Morse from his first appearance in literature to investigations on screen, stage and radio.

Pete works extensively as a professional theatre director and film-maker.

Don't forget to bring your new Membership Card to the monthly meeting as we'll be checking them on the door.

You can pick up your membership card at the meeting if you haven't already done so.

Dear all at Tadley and District U3A

I am writing on behalf of everyone at Treloar's to thank you for the £263.77 donation that we recently received and for selecting us as your charity of the year in 2023.

I would like to take this opportunity to introduce myself, I am the Events and Community Fundraiser at Treloar's. Your support means a lot to us and I am very interested to learn more about why you chose Treloar's as your charity of the year.

We are truly grateful for the support that you have shown us. Your generosity allows us to provide each of our 170 students access to the most specialist staff, accommodation and equipment that meets their specific, individual needs.

By supporting the young disabled people at Treloar's you are making positive experiences possible. Thank you once again for supporting the work we do at Treloar's and helping our students receive the support and care they all deserve.

Best wishes

Grace Shepherd

Events & Community Fundraiser

Treloar's



Enjoy walking, but not sure your hips/knees/lungs are up to it?

Wish you could walk faster and further with less effort?

Then **Nordic Walking is for you** as you use the poles to let your arms and shoulders take some of the strain.

**Learn the technique from a qualified trainer on Friday 31st May
at the bargain price of £10*.**

**To book a place, visit our table at the April or May monthly meeting
or contact the Nordic Walking group leader Cath Cooper 07400
953034 cathcooper48@gmail.com**

For more information visit <http://nordicwalking.co.uk/>; [Health Benefits of Nordic Pole Walking](#) | [InsideOut Physiotherapy & Wellness Group](#)

*Most trainers charge double this per session.

Had a thought the other day that I needed an alarm clock/radio for the spare bedroom – I'll just pop down to Reading Warehouses to buy one. Old habits die hard!!