

I DIDN'T SEE THAT COMING!

Our Chair, Les Chandler, tells us what's on his mind this month

When I wrote in last month's Newsletter about Mr Wobbly Man I didn't realise that my own ability to bounce back would be tested straightaway. I went off to bed that night full of beans and looking forward to a new day. But after a weekend wired to a heart machine in Airedale, a couple of exciting rides in an ambulance, and a trip to the theatre in Leeds I found myself feeling a bit flat. A heart attack can do that to you apparently. I got back from Leeds General feeling like the doctors had mended my heart but removed all my beans. And given me a large dose of lethargy.



But that was then. Now I'm feeling much better and that is due, in no small part, to the best wishes and messages of support I've received. Thank you so much for those. U3A members really are the best tonic anyone could wish for. And I certainly need the boost: when I left Leeds I was told I'd be on tablets for the rest of my life, but the doctor only gave me enough for 28 days. She could have broken that to me gently!

Seriously though I'm looking forward to getting back to normal and all things U3A. When I was in Airedale I read a leaflet produced by the mental health charity MIND and it brought home to me just how relevant is the U3A and organisations like it. MIND emphasises the importance of staying connected with people and doing the things you enjoy doing. Just what the U3A is for. MIND also recommend getting plenty of sleep and the U3A can help with that too: you just need to join one of the talks I've done for the Birdwatching Group!

Talking of U3A sessions don't forget to check out the websites of our WestNet colleagues. [Ilkley U3A](#) and [Craven U3A](#) in particular have got some exciting things planned for the coming weeks.

Well, that's it. Keep safe, keep bouncing back, and keep looking out for each other.

Les



u3a
Settle District

MONTHLY MEETING

2nd Thursday of the month, 10
for 10.30am

12 November by Zoom
Intrigue in the Graveyard
by Sarah Lister

Be entertained by some of the more unexpected findings from our Graveyard Project. When you log on you will be offered the option of meeting other members in 'chatrooms' before the meeting starts.



Next month: **10 December by Zoom**

AGM and Xmas celebrations!!

The AGM was postponed from September in the hope that we might be able to have a face to face meeting. But as we enter another lockdown, we'll make the best of it with Zoom. We also have plenty of things to celebrate. We hope to see you there.