



# Ware u3a Newsletter July 2024



You should have received an email, asking you to fill in a survey about whether you would like to have a Monthly Meeting in August, starting next year . The link is below;

[https://docs.google.com/forms/d/e/1FAIpQLSeEKEOHhBmkO2D1zyOgaslikLJulBmMMuW4It90h4LxI4b9FA/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSeEKEOHhBmkO2D1zyOgaslikLJulBmMMuW4It90h4LxI4b9FA/viewform?usp=sf_link)

(You may need to copy and paste this into your search engine)

Please complete to let us know your view. Unless there is a considerable number of members in favour of having an August meeting, we will stay as we are.

If you have any problems with the form, please email Marilyn at [sec@wareu3a.co.uk](mailto:sec@wareu3a.co.uk)

## Creative Writing

You do not need to aim to publish your writing if you do not wish, just come to a meeting to see if you like putting pen to paper or on a laptop. Give it a try!

Our meetings are on the third Monday afternoon of the month. We are a friendly group which we keep small, but at the moment we could take two more members.

Please contact Zara via Debbie on [groups@wareu3a.co.uk](mailto:groups@wareu3a.co.uk)



**Concert** The new season for the group starts in September and will run until June 2025. There is a full programme of monthly concerts except for December .

The first concert is with the LPO at the Royal Festival Hall Saturday 28<sup>th</sup> September 2024 at 7pm and has the following programme:

Programme: **Rachmaninoff** Piano Concerto No. 3  
**Rachmaninoff** The Bells (Choral Symphony)

The second concert is also with the LPO on Friday 25<sup>th</sup> October 2024 at the Royal Festival Hall at 7:30pm

Programme: **Ravel** Mother Goose (complete ballet)  
**Bruch** Violin Concerto No. 2  
**R Strauss** Ein Heldenleben

Please contact Jeff Bergman via Debbie on [groups@wareu3a.co.uk](mailto:groups@wareu3a.co.uk)

Please note that seats can only be confirmed on receipt of payment.



**Croquet** Twenty-five of our Croquet players enjoyed the annual Croquet Cream Tea in the pavilion at ASSC overlooking the bowls lawn last Friday afternoon. Members contributed scones, jam & cream and a variety of cakes for us all to enjoy and management provided cups of tea.

The group has been split since having to move our regular Friday playing day to Wednesdays and Thursdays. Friends were able to sit in or outside enjoying meeting those players who play on the other day. The weather was warm and sunny and the setting idyllic.



Last year, due to failing Bowls members, we were able to play on the Bowling green during the week, but a couple of moles have discovered this pristine lawn and caused havoc. Now no one can play on this wonderful surface much to the consternation of the Bowling club who have successfully been increasing their players. "What! Hoops in the green?" I hear your shocked exclamations. Yes, with special hoops and a peg that are designed for such surfaces we played throughout last season and found it difficult to locate the holes each time we set out the croquet court. Other Bowling Clubs have successfully combined their facilities with Croquet players with no adverse effects and increased usage of their Green.

We are delighted to have the Cricket outfield to play on at Glaxo's where there is space for seven full-size courts for which we have enough equipment. Since splitting the group, we are only using three courts so would welcome new members. Beginners are welcome. If we get use of the bowling green back from the moles, it makes for a perfect training surface. Come along and give the game a try.

Contact Ann Neuff via Debbie on [groups@wareu3a.co.uk](mailto:groups@wareu3a.co.uk)

*Ann Neuff*

Is there anyone interested in **Seated Cycling** group which would alternate with a **Seated Tai Chi** group?

There is a possibility we could get these 2 sessions, which would alternate weekly, going in September, if there is sufficient interest. The cost would be £5 per session, paid on a monthly basis probably on a Wednesday morning at Leaside Church. If interested, contact Pauline on [chair@wareu3a.co.uk](mailto:chair@wareu3a.co.uk)



## Choir



The Choir have been busy recently. They gave a performance on Sunday 9th June, supporting the Isobel Hospice Celebration of Life 2024, which was very enjoyable. They had the pleasure of listening to James Laing a countertenor opera singer.

They also performed recently at the Ware Festival at Fletcher's Lea.



Next term, we are holding another performance at the Southern Maltings on Friday 18th October from 2.30pm, with some familiar songs and a special guest appearance from Sarah Ellen Hughes, our tutor who is a talented jazz musician.

Tickets for this concert (£8) will be available direct from Jan Wing, please book by email to [choir.wareu3a@gmail.com](mailto:choir.wareu3a@gmail.com), or at the monthly meetings in September and October, or via members of the choir. The afternoon will include tea and cake. All proceeds will be donated to the Southern Maltings for their building programme.

*Jan Wing*

## MAKING A GREEN IMPACT Group

### TEXTILES and their effect on the Environment.

The fashion industry is one of the top FIVE most-polluting industries in the world. The huge demand for fast fashion means it is impossible to produce enough plant fibres without using chemicals and clearing forests.

Natural fibres are better than plastic-based fabrics such as polyester which produce micro-plastics with every wash and wear. However, natural fibres are often very energy and water-sensitive to produce, especially cotton!

**It can take over 15,000 litres of water to grow the cotton to make a pair of jeans. The water from the Amu Darya river into the Aral Sea, 68,000 sq. km, has been diverted to cotton-production farms. The seabed is now reduced almost entirely to dust.**

Animal fibres (wool, alpaca etc) are not now considered to be more ethical. Even if the fabric is low impact often the treatments (e.g. dyeing) are not! **Clothes often test positive for 'forever chemicals' (PFAS) or metals picked up in anti-stain or waterproofing or decorative finishing applied to garments.**

To avoid PFAS (poly-fluoro-alkyl substances) Linda Geddes, the science writer and broadcaster, suggests buying from brands that are labelled PFA free (Levi, Benetton, Zara, Uniqlo, H & M, Adidas, Reebok, M+S, Bogs-on-line, and childrens wear Frugi). However, these brands are also responsible for producing cheap, low-quality polyester garments using more than 100mg of fibre for every kg of laundry.

Plant fibres (linen, hemp, bamboo) are now considered better options but beware as there is a lot of 'greenwashing' around.

Home dressmakers always delighted in sourcing good quality fabrics at a sensible price so clothes were long-lasting and seams were a generous 5/8<sup>th</sup> inch. Nowadays foreign cheap imports have priced out the home crafters and dressmakers have all but disappeared along with haberdashery shops.

### What can we do to lessen the impact of our clothing on the environment?

Our solution is to buy second-hand clothes from charity shops, or from eBay and Vinted online for pre-owned pieces, but restrict your purchases to a minimum. Other options are to hire or rent clothes, (Hirestreet; Rent Boutique; By Rotation) to name a few.

What happens to the clothing which is donated to the Red Cross, British Heart Foundation, Barnardo's, Age UK, MIND, and Isabel Hospice, if unsold?

BHF said soiled or damaged clothing goes to landfill or incinerator at a cost to the shop as it is treated as commercial waste. They rotate stock to other locations, often bigger stores with bigger discounts. The Red Cross sell damaged or soiled clothing to a 'rag company' which pays them per kilo and claims to recycle for insulation material, cushion filling, rugs, etc. Barnardo's and MIND do the same with all unsold garments. Isabel Hospice and AGE UK return unsold items to the warehouse for distribution to other stores.

Isabel Hospice were refusing to accept any more clothing!

*Ann Neuff*

*Deadline for the next Newsletter in September is September 20th, when exciting new opportunities coming up, will be revealed!*

*Have a great Summer,*

*Pauline*

