



More initiatives from the Ideas Day



Two topics which featured prominently in our Ideas Day last November were the need for more publicity and also for more groups. Clearly, if we attract more members, we'll need more groups to avoid existing groups becoming full. We are therefore setting up two groups of members to look at these topics:

- **Publicity Group** This group will look at all aspects of publicity, from producing brochures and posters to taking part in local events and giving talks to other groups, as well as our communications on Facebook and the website.
- **New Activities Group** This group will look at all aspects of setting up new groups and activities, including researching appropriate venues, discussing topics for new groups, what training a group organiser might need, and every other consideration in setting up a new group.

If you are interested in joining either or both of these groups, please contact derbyu3a@gmail.com. We will then set up initial meetings to discuss ways forward. Each meeting will be hosted by at least one Committee member.

Coming soon! Want to learn how to make a presentation to a group? We'll be offering a short course on IT training and another on confidence-building in talking to groups. Watch this space!



AGM – Thursday March 28th – 1.30 pm St Mary's Church Hall – Your chance to join the Committee

A new Committee will be elected at the next AGM. The current committee are all willing to re-stand, but it would be lovely to have more people joining us. If you're interested, look out for the nomination forms which will be emailed to you very shortly (and posted to all those without email). Closing date for nominations is **February 29th**.

Next General Meetings



More from our Ideas Day: in addition to our New Members' Table, we will also be having a "Happy to Chat" table for those who'd like to meet new people. Also – a Suggestion Box! Anything you would like to suggest for our future development, comments about speakers, etc are all welcome!

General Meetings for January and February 2024

General meetings take place at 1.30 pm at St Mary's Church Hall, Darley Lane, Derby DE1 3AX. Fee is £2 to include refreshments.

- January 25th – Derby: The Crossroads of History – Richard Felix
- February 29th – Gretna Girls and the Devils Porridge – David Skillen



Our first outing for the new year – Sheffield: Millennium Gallery and other attractions – Wednesday 28th February

Museums Sheffield offers great free to enter venues in the city centre. The newest one, the Millennium Gallery is award winning and covers art, crafts and history from around the world. The metalwork collection, one of the finest in the world, contains 13,000 artefacts. A permanent Ruskin Collection is a highlight. There is also a café. Adjoining this is the Winter Garden, a large temperate glasshouse filled with plants. It also incorporates seating and cafes. There are many other attractions nearby. For full details and how to book, please see the attached information.

Membership renewals due

Thanks to all those who have renewed their membership for this year. A gentle reminder to those who haven't that you can do so until February 29th. After that time any renewals will be charged at the new members' rate of £20. A renewal form can be found on the Renewals Tab on this website. ***If you are NOT renewing your membership: please inform Membership Secretary, by email at derbyu3amembership@gmail.com***

A note from the treasurer about how you can help boost our funds – at no cost to you!

Many thanks to all our members for another successful year in 2023. Increased membership, the generous donation from the Foresters Friendly Society and increased attendance at General Meetings are the main reasons that our surplus is greater than last year. In addition, there has been a significant amount received from Riviera Travel through their Affinity Partnership scheme.

If you are looking to book a holiday with Riviera Travel, please remember they donate 10% of the holiday cost if you a member, a friend, or family mentions Derby u3a at the time of booking. The money is collected by the Third Age Trust and passed on to us less a 10% handling fee. In 2023 we received £563.

Gift Aid is another way we increase our funds. We are very grateful to members who have signed Gift Aid Declarations. If you don't already, and you are a UK tax payer, please consider boosting your membership by 25p of Gift Aid for every £1 you pay in membership fee. Gift Aid Forms are available to download from our website (u3asites.org.uk/derby) on the "How to Join" or "Admin" pages.

Alternatively, email: derbyu3amembership@gmail.com or derbyu3atreasurer@gmail.com Forms are also available from the treasurer at the monthly General Meeting.

Next New Members' Meeting

We extend a warm welcome to recent new members and those thinking of joining. These meetings are your chance to find out more about what we do and the many groups on offer. The next New Members' Meeting is at the Friends Meeting House, 56 St Helen's Street, Derby DE1 3HY on **Wednesday 21st**

February, from 10.15 am to 12 noon

Booking is essential – please contact derbyu3amembership@gmail.com

NATIONAL U3A NEWS

Third Age Matters magazine

We very recently received the following message from the National u3a, who distribute Third Age Matters magazine:

"We have been advised today that the company who handle the data transfer portal for the Third Age Matters Magazine has gone into liquidation.

*In accordance with our **data transfer TAM portal privacy policy** which allows us to hold data for 90 days – we will use submitted data for November to dispatch your TAM magazines as the January submission window for the magazine.*

In the meantime we will source a solution for collecting data for future editions of the magazine. Thank you for your understanding and patience with this slight change in our normal procedure. We will keep you and your Chair informed of any changes moving forward. "

This is unlikely to affect many of our Derby u3a members, except those who have requested not to receive it in any more, new members, and those who have not renewed their membership.

GROUPS NEWS



NEW! Evening Pubs group: We are setting up an Evening Pubs group to compliment the Real Ale group, which will initially meet in the evening from 7 to 9 pm in a Derby city centre pub on the fourth Tuesday of the month, starting in February. This will also be a social group but there is no requirement to drink real ale or even alcoholic drinks! We will be happy to escort people to the venues from the bus station for those who do not wish to walk alone and are unsure of their location. Members are of course welcome to join this as well as the Real Ale group. More details will be provided on the Events page on the website, but in the meantime please contact the group organizers of the Real Ale Events page of the website for more information and to express an interest in joining the group.

GROUPS ROUND-UP



To contact any of the groups on the next pages, visit
<https://u3asites.org.uk/derby/groups> and click on the group which

interests you to be taken to their group page. You can send a message to that group's organiser via the message link on the right hand side.

Advanced Maths and Physics: The Advanced Maths and Physics Group is currently suspended, but is keen to restart if anybody wants to come along.

The Amusing Quiz Group: We will be quizzing on the 7th and 21st of February this month. Quizzes are held at the CURC, Stuart House, Green Lane on the first and third Wednesdays of each month between 2 and 4 p.m. At each meeting we quiz in different randomly selected teams and questions are in sets of ten across a wide variety of themes. Our January quizzes included: Children's TV; Slogans and Things that happened in 2023. So if you know, or want to find out: What animals Rag, Tag and Bobtail were; what publication used the motto 'All Human Life is There' or which band released their last ever single in 2023; you would be very welcome. February topics will include: Stars with German connections, Fictional Places and Political Nicknames.

Archaeology and History: The Archaeology and History group meeting on 9th February will be at the CURC at 10.30. We shall be having a talk on "The Byzantine Empire"

Architecture: Following January's look at the origins of "Garden Cities" in Britain, it is an easy journey to "New Towns" that sprung up in the mid-twentieth century. Hopefully there will be one or two people at our meeting on Thursday 15th February at 1.30 pm (at CURC) who can speak from personal experience of living in a new town; and we will be considering whether their time has come again as one possible solution to housing expansion in Britain.

Art Appreciation: On Friday, 16 February at 10.30 at the FMH, we shall be having a presentation about the Mexican painter Frida Kahlo. If you would like to join the Art Appreciation group please contact the Group Organiser via the u3a website.

Badminton Group: This group provides an excellent opportunity for exercise during the winter months in warm, dry surroundings with a friendly group of differing abilities every Friday between 10–11am at Springwood Leisure Centre. We were able to welcome some new players towards the end of last year which makes games more interesting and are open to anyone wanting indoor exercise during the winter.

Book Group 1: Our January book was 'Trust' by Herman Diaz. We found this Pulitzer prize-winner intriguing which lead to an interesting discussion. In 1930's New York an immensely wealthy banker causes a financial crash which leaves him even richer. He decides to produce his autobiography but this will be neither truthful about himself or his wife. There are four separate sections each with a different narrator, which one should we trust – if any?
– Feb 8th 'Homage to Catalonia' by George Orwell

– March 7th 'The Good Liar' by Nicholas Searle.

If you would like to join the waiting list please make contact via the Derby u3a webpage.

Book Group 2 Our book in January was "Hungry" by Grace Dent. The book is a "memoir" which covers her working class childhood in 1970's and 80's Carlisle, to her current celebrity status as the Guardian's restaurant critic alongside the poignant tale of her relationship with her father, his secrets and his slide into dementia. Just like Marmite, the book divided the group, very appropriate for a book by a food critic!, so the overall score was 2.9 out of 5.

We have a very different offering for our meeting on 14 February (1.30pm via Zoom) when we will be considering The Birds and Other Stories by Daphne Du Maurier. As always new members are welcome to join us.

Bowls Group: The Derby U3A Bowls group will meet for indoor sessions at Springwood Leisure Centre .The group will meet on Friday mornings at 10.00 am.

Bridge Group: The U3A bridge club continues to flourish but two of our players have family commitments which mean they, currently, cannot join us. New players are always welcome regardless of playing experience so come and join us.

Cinema Group: The Cinema Group meets on the second Wednesday of every month at Quad. So, the next meeting will be on Weds 14th February. The Group Organiser will be there wearing a u3a badge, and looks forward to seeing you. We meet from 12.30 in the café bar – collect your free 'midweek treat' tea or coffee! – to go to Quad's 1pm screening. The midweek treat is usually a popular and busy time at Quad. After the film, we meet up in the cafe bar again. About a week before, the Group Organiser writes to the group saying what the film will be. And if you'd like to save yourself some queueing on the day, we recommend booking your film ticket online.

Classic Rock: Our February meeting will be on Thursday 8th February, unless otherwise notified, at the Friends Meeting House, St. Helens Street. There will be two short presentations; one on Wishbone Ash and the other on Led Zeppelin's second album. Keep an eye on the group web page for any update. New attendees are always welcome, even if it is only to sample the topics and music we play!



Creative Crafts: Our first meeting in January was to begin making what will be a group activity for a charity project. Some of the hexagon shapes in the photo (and more) will be sewn onto larger squares. These will then be sewn together to make a blanket for Project Linus UK, for those children who will best benefit from the security, warmth and comfort, these blankets provide. Making 'greeting cards with a difference' for the last

meeting in January, will be followed by the continuation of the Linus blanket on February 6th.

Current affairs: The current affairs group is looking forward to an exciting new year. We have new members chomping at the bit, and plenty to get our teeth into. Perhaps we should change our name to "Corrupt Affairs."

Discussion Group: The first meeting of the Discussion Group in February will be on Thursday 1st when we will have a general discussion about anything topical. On Thursday 15th our topic is 'Were the good old days that good?' and we will be having another general discussion on the 29th

Family and Social History: This group meets monthly on Wednesday mornings and review our knowledge of our family history related to social history.

As well as sharing our experience in exploring our own family history we look at significant events and the influence on our families.

In February we will explore 1824 and 1924. We do have space for a couple of new members so if you are interested in learning more please contact us through the website.

French Conversation: The French Conversation Group will be meeting twice in February at the CURC from 1.00–2.45pm. The first date is Tuesday, February 6th and one of the group will be talking about scuba diving. The second meeting will take place on Tuesday February 27th when another group member will be talking about the Bayeux Tapestry. There will be time to discuss news items and other topics and work in small groups. All are welcome!

Gardens Group: Our next visit will be 2nd February to Hopton Hall to see the displays of snowdrops. If you would like to join the gardens group please contact the group organiser via the Gardens Group page on the u3a website.

Geology and Physical Geography: Geology and Physical Geography – Meeting at CURC Stuart House, Tuesday 6 February at 1.30pm. We will be having a presentation on 'Weathering and Erosion' as we are starting a new topic of Physical Geography – Landforms.

Local History: Local History – Meeting at the CURC Stuart House, Monday 12 February at 2.00pm. We will be having a presentation on 'The History of Little Eaton'.

Lunch Group: Friday Feb 23rd 1 pm – Turtle Bay Caribbean restaurant on the Wardwick. For the first 2 months of 2024 we are enjoying meals from different cultures, having enjoyed a meal at an Italian restaurant in January.

Motorcycle Group In view of winter weather we are not planning to have rideouts until weather changes for the better. We had a café meet up for a few of us at the Superbike Factory (Donington Park) for a chat and look at the bikes. We

have had three new enquiries about possibly joining the group (two not yet in U3A). If you're interested, please contact the Group's organiser through the Derby U3A website Groups page.

Music Appreciation: This friendly group meets alternate Tuesday mornings and listen and discuss a range of classical music chosen by members. Some very familiar and others less so. No expertise or knowledge needed. We welcome any members who just want to give us a try. Please contact us through the website so that we can expect and welcome you.

Painting and Sketching: We really enjoyed our first visit to Derby Art Museum in January – we all found something of interest to sketch and had an enjoyable time in the cafe afterwards. Next meeting: Friday Feb 9th Museum and Art Gallery 1 pm. Let Barbara know if you are coming.

Pickleball: Sessions have now resumed for 2024, on Fridays 11am to 12 noon at Springwood Leisure Centre. We are actively looking for new players to introduce to this accessible sport and are looking to add coaching sessions soon.

Psychology Group: We are meeting on Monday 26th February at 2.00pm at CURC, Stuart House, Green Lane, Derby. Our topic is based on the book by Sue Pinker "The Village Effect: Why face to face contact matters".

Real Ale Group: The Real Ale group met on 11th January at the Five Lamps pub on Duffield Road. We had a record turnout of 20 (out of 23 members) and were well looked after by the staff including free pork pies! In February we will be making a return visit to the Brunswick Inn on Station Street in our normal time slot (the second Thursday of the month). For more details of the event please contact the group organizers on the Real Ale group Events page. The group remains open to new members but we are now actively considering restricting numbers owing to the continuing new interest in the group and due to the space available in the venues.



Singing Group: We are a friendly and welcoming group that meet at ALLSAINTS CHURCH HALL, MICKLEOVER, DERBY. DE3 0DL

If you enjoy singing anything, from rock, country, ballads you'll find it enjoyable. We would be pleased to welcome you to our group. Words for all our songs are available. Please bring a drink if you need one. Our meetings in February will be 2nd and 16th February. Parking is available – the entrance drive is opposite the Masons Arms, also the Trent Mickleover bus stops only a few yards away. (Vicarage road bus stop).

Spanish Conversation: 1st Wednesday 7th February:

- Weather and Seasons presented by Lin
- Walking Scrabble with María

3rd Wednesday 21st February:

- Games presented by Barbara.
- The Magic Bag activity presented by Gail.



Swimming: We join the existing weekly Senior Swimming sessions at Everyone Active, Moorways for those aged 50+ on weekly Wednesday and Thursday mornings from 10.00 – 11.00 am. You do not have to go every week.

You will need to pay Everyone Active. Pay As You Go sessions cost £4.13 for Seniors and £1.40 for over 75s. You can book also online at <https://www.everyoneactive.com/centre/moorways-sports-village-and-water-park/> either for a one off session or as a membership. However, Everyone Active advises that you speak to their sales team if you want a membership as there are various discounts and concessions on offer. Derby u3a members meet in in the Reception Area before the session and in the Café afterwards.

We are still looking for someone to be a contact point for this group – it does not involve collecting money, as everyone pays individually to Moorways. Please contact Groups Coordinator, Andy Timms

Table Tennis: Sessions have now resumed for 2024, on Mondays and Wednesdays, 12 noon until 1pm at Springwood Leisure Centre. New players are always welcome, all levels catered for.

Table Top Games: Table Top Games will meet at The Premier Inn on Full Street on 5th and 19th February. We start at 11am and usually play 'Scrabble' and 'Upwords'. Tea/coffee etc may be purchased on the premises.

Theatre Group: Animal Farm at Derby Theatre is on Saturday 9 March at 14.00.



All the original tickets are sold, but if you're quick, I could buy some next to the original group. I've done this before, and they would probably be £22.00 at friends' rates, I hope.

Cluedo 2. is at Nottingham Theatre Royal on Saturday 25 May at 14.30. Tickets are £40. There are only 8 tickets. We need payment by Tuesday 20 February please. It's a hilarious whodunit set in the swinging 60s with murder, mystery and secret passageways. Jason Durr plays Colonel Mustard and Helen Flanagan plays Miss Scarlet.



The Kite Runner at Nottingham Playhouse, a new but accessible venue for our group, is on Saturday 20 April at 14.30. Tickets are £22 and we require payment by 4 March, please. Based on Khaled Hosseini's international bestselling novel, it's a haunting tale of friendship which spans culture and continents..

Tuesday Trampers: Social Walks: This new group completed its first eight mile walk in Dovedale on 9th January, in glorious sunshine. We had 10 walkers and

already have 16 members. Our second walk, on 16th January was in the beautiful Churnet Valley. Our web page is regularly updated, so check it out to see where we're walking next week. We will walk every Tuesday unless the forecast is for torrential rain. We're planning to start our first multi-stage walk in February. We hope this will be a fun and interesting walk and something worth achieving. We need more members in our group, so why not come along and give us a try?

Ukulele for Pleasure: The group's meetings in February will be on the 13th and 27th, starting at 1 pm at our usual Chester Green Community Centre venue. We have been delighted that three members who "tried us out" at the end of 2023 have joined us – everybody brings something new to the group and helps to keep it fresh.

Walks – Short: 1 February – Attenborough walk
15 February – Ticknall/Elvaston walk

Walks Long: With due regard to soggy conditions underfoot on January 3rd, a circular walk of nearly 7 miles, from Pikehall for the most part on tracks, was ideal. Conditions were better on the 10th for a 7.7mile walk by 16 members from Blore Pastures. Latterly, in more frosty but bright weather, there was a new 8 mile walk from Ashover. Information is circulated to group members the weekend before the walk on Wednesday and from the Group Coordinator.

Walking Group using Public Transport: Our next walk is on Friday 1st March. Meet at Derby Bus Station at 9.30 am for the 9.45 bus service 32 to Ilkeston. The walk will be a circular one over Bennerley Viaduct and Erewash and Nottingham canals. Please ensure you wear rambling boots or shoes and waterproofs. Also food and drink. As this is a circular walk, car users are also welcome to join us – please let Allen know if you intend to do this – he can then advise you when and where to meet with the bus users.

Wildlife Group: Wildlife Group – Meeting on Thursday 15 February at Carsington Water (last trip there was cancelled due to bad weather).

Wine Appreciation: The Wine Appreciation group enjoyed wines from Europe in January, starting with a very nice tasting Gavi from the Tesco finest range. In February the Italian theme will be continued with all the wines coming from Italy.

Writing for Pleasure Group: In 2024 we will continue to meet 10.15am to 12.15pm every four weeks on a Wednesday at Allestree Library. Dates in the diary are as follows: 7 February 2024, 6 March and 3 April. No previous writing experience required. Just come along to check out this friendly and welcoming group. Our latest challenge is to write a short story or poem on the subject of "snail". Books etc discussed recently:

- The Universal Home Doctor – Simon Armitage. Armitage's most personal collection yet and, as the title implies, reads like his own private encyclopaedia of emotion and health.

- Philip Guston (1913 – 1980) – <https://www.tate.org.uk/whats-on/tate-modern/philip-guston> – Guston was a complex artist who took inspiration from the nightmarish world around him to create new and surprising imagery.
- Rise Like Lions (2018) – Booker Prize winning writer Ben Okri has compiled a collection of poems that celebrate the many voices of politics, from polemics and rallying cries to lyrics and meditations.
- Shared Reading – Derby Book Festival: <https://www.derbybookfestival.co.uk/community/shared-reading> – What is Shared Reading? People meet up, read, listen and chat about great stories and poems. It's an experience that helps 1000s of people around the UK feel good and live well. Reading together has a unique power to connect us, help us feel better and be more able to cope with life's challenges.

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