



Greetings from The Chair

Five years ago, I walked with lots of apprehension, into my first meeting at Dukeries u3a where I was welcomed by Mary Morris, the Chair and other members, who took me under their wings! I can remember going to my first Garden Party, which celebrated the 25 years of Du3a, and I can feel the nerves I felt walking from the car. I reached the party site where I was confronted by a sea of faces, tables and chairs! I just froze to the spot, not knowing what to do! Once again, I was rescued by Linda Bond and I enjoyed a wonderful afternoon, meeting so many new people.

We are such a friendly u3a, and we have so many new men and women who have recently joined us. Some are new to the area, some are starting a new life as a single person having lost a loved one and some simply want to enrich their lives.

May I ask each and every one of you to be mindful of people who may be sitting alone at a meeting, or looking uncertain when they arrive at Jubilee Hall. Please exchange those smiles and introduce yourselves to each other.

At the garden party this year, we will reserve a couple of tables for new members, who may be taking their first steps and deep breaths, to start their u3a journey. Look for Greeters when you come to meetings. They will introduce you to other members and help you feel included.

I have thoroughly enjoyed the past five years! I have learned how rich life can be when socialising in a group with senior people. What stories we have to tell, what skills and knowledge we have to share, what adventures we have had and what wonderful, caring friends we are.

As we are able to make the most of our lives again, do take a couple of days to read though this wonderful newsletter and make notes in your diary of forthcoming events. Do join us!

Our activity group leaders will welcome you, and we have new groups just about to start in the next few months. It is an exciting time ahead!

Best wishes to you all and I hope to see you soon.

Leslye x

Chair Dukeries u3a



New Committee 2022

Chair

Leslye Henstock *du3achair2020@gmail.com*



Deputy Chair

Sharon Pinkett *du3adeputy2022@gmail.com*



Secretary

Bobbie Thompson *maureenthompson078@gmail.com*



Treasurer

Chris Neighbour *pchris@icloud.com*



Membership Manager

Wendy Neighbour *membersdu3a@outlook.com*



Activity Group Co-ordinator

Jane Young *janelesley56@gmail.com*



Co-ordinator of Guest Speakers, Marketing, Advertising & Website

Ann Street *annstreetcornet@yahoo.co.uk*



IT and Zoom Advisor

Nick Mason *nick.mason1@gmail.com*



Newsletter Editor

John Harris *jghollerton@gmail.com*



Co-ordinator Charity Donations

Pam Hardwick *secretary1@gmail.com*

Committee Member

Patti Bell *bell.129@hotmail.co.uk*



Group Meeting Times

	1st in month	2nd in month	3rd in month	4th in month
Mon			Monthly Meeting 1pm. Jubilee Hall	
Tues	Ramblers 6-8 m 9.30 Jubilee Hall Tuesday Lunch Club 12.30 for 1.00 pm	Bridge Group 1pm till 4pm Jubilee Hall	Ramblers 6-8 m 9.30 Jubilee Hall	Bridge Group 1pm till 4pm Jubilee Hall
Wed	All Sorts Gardening Group 10am till 12pm Green Bowling, Whinney Lane 1.30 to 3.30pm	Rummikubs Ollerton House 2pm to 4pm	All Sorts Gardening Group 10am till 12pm Green Bowling, Whinney Lane 1.30 to 3.30pm Creative Writing 2.15 to 4pm Walesby Church Hall	Rummikubs Ollerton House 2pm to 4pm
Thurs	Ukulele group 10.00 to 11:30am Jubilee Hall Mar Jong 1pm to 3pm Jubilee Hall	Ukulele group 10.00 to 11:30am Jubilee Hall Mah Jong 1pm to 3pm Jubilee Hall Savoy Cinema Worksop 1.30pm	Ukulele group 10.00 to 11:30am Jubilee Hall Mar Jong 1pm to 3pm Jubilee Hall	Watercolour Painting 9.30 Wellow Memorial Hall Ukulele group 10 to 11:30am Jubilee Hall Mar Jong 1pm to 3pm Jubilee Hall Book Club 11am Ann's House
Fri	Scrabble 13.30 South Forest		Knit n'Natter 2pm Ann's House	Photography Walesby Hall 1pm to 3pm
Sunday Lunch Club 4th Sunday each month 12.30 for 1.00pm				

Dates for your diary....

Wednesday 6 July

Join us for an hour's walk in our Community

Meet 9.50 Hop Pole Ollerton
Leslye Henstock Andy Oxnard

Friday 15 July

Race Night The Dukeries Lions

South Forest Leisure Centre
Advert in this newsletter

Monday 18 July

Members' Meeting

Arrive from 12.30 Jubilee Hall

Wednesday 3 August

Join us for an hour's walk in our Community

Meet 9.50 Hop Pole Ollerton
Leslye Henstock Andy Oxnard

Monday 8 August

Du3a Committee Meeting

9.50 am Jubilee Hall Ollerton
Come and meet us Contact Leslye Henstock

Monday 15 August

Du3a Members Only Annual Garden Party

Set up from 12.00 1-3pm
See advert in this newsletter

Future Dates.....

Friday 16 Sept

U3A 40th Anniversary Dinner and Dance
John Fretwell Centre

7pm till late
See Advert in this newsletter

Monday 19 Sept

Members' Meeting receiving the U3A Beacon

Jubilee Hall, 12.30
More details in August

Dukeries u3a Annual Garden Party

Monday 15 August 2022, Jubilee Hall, Ollerton

We are looking forward to us getting together at this exclusive event for members only.

Are you a new member, solo or in a twosome? We will reserve tables where you can meet others. You won't be alone and there will be someone to greet you on arrival.

This is a wonderful annual event and this year it is even more special as we celebrate our 30th anniversary and 40 years of nationwide u3a.

How to book

Collect your ticket (free) at our meeting on July 18 and sign up to bring food

On the day you also need to bring -

Your own plate, dish, cutlery, drink and glass

Fold up chair (if you can't do this, there will always be spares)

Pen/pencil

Weather

If the weather is fine we will be outside. If it is not favourable, we will be inside.

Parking

Mobility concerns – park in the limited spaces in front or at the side of Jubilee Hall

All others, please use in the car park, next door, at Ollerton House.

Times

Setting up from 12.00

Party starts 1.00pm

Finishes about 3.00pm

Thank you for helping to clear away (if you are able)

Any questions, email Leslye at du3achair2020@gmail.com

Are you ready for a dinner and dance?

We are celebrating 40 Years of u3a and we want to party!

Date

Friday 15 September 2022

Place

**John Fretwell Centre,
NG19 8LL**



Sookholme Road, Sookholme Near Mansfield Woodhouse

Time 7.00pm 'til late

Tickets £25 per person

There will be a Chef Carvery Buffet to suit all diets and tastes followed by entertainment and dancing. We hope to take a couple of tables together. Members and friends are welcome.

To reserve your place on the Du3a tables, telephone **Leslye** on **07946 702296**

Car or taxi sharing could be possible

This special night is hosted by Mansfield u3a contact

Irena Dubowski

Email edward.dubowski@sky.com

Do you have experience of book keeping?

Do you have a head for numbers?
Could you offer Du3a 30 minutes a week?

Our Treasurer Chris has a very busy time ahead and we need to support him.

We would like someone to help him keep track of payments out of,

and income into, our accounts. We would like to set-up simple spreadsheets to maintain records as we increase our activities. We are now using on-line banking, as well as cash and cheques. This has increased the work for the Treasurer.

Is this something you could do? Do you like keeping records of accounts? Could you help over the next 6 months

If yes, please get in touch with **Leslye on 07946 702296**



***This is an urgent appeal and we would
really appreciate your help.***



Thai Chi

If anyone is interested in Thai Chi. I have some information leaflets from my teacher. He is willing to come and do an introductory session. His classes are held in Edwinstowe and Retford.

These will restart from July 5th.

Anyone interested can contact me, Bobby Thompson
maureenthompson078@gmail.com

Researching the Past

Interested in your family tree but don't know much about it? Would like to find out more?

Not sure about how to go about it?

A member of the All Sorts group is hoping to start a Family history / Genealogy group, if you would like more information please email Jane Young. janelesley56@gmail.com



History Group

A new history group will begin **Wednesday 20th July** and will then take place each 1st and 3rd Wednesday of the month.

Starting at

1.15pm and finishing at 3pm.

Venue, Ambleside Community Centre, Ollerton.



Contact Barbara Baglee barbarabaglee@gmail.com

Coffee Morning

The All-Sorts group hosted a coffee morning at Ambleside on the 29th to publicise u3a activities and attract new members. Two new members were signed up with the possibility of two more. There have been a number of online enquiries and potential new members have been invited along to the next All-Sorts group meeting at Ambleside.

Sharon Pinkett, Deputy Chair.

Jubilant Jubilee

On Saturday 4th June the Dukeries U3A hosted a Platinum Jubilee Street Party at the splendidly red/white and blue decorated Jubilee



Hall in Ollerton, attended by 70 U3A members, The Mayor of Ollerton and Councillor Pringle and his Wife.

An afternoon of fun and celebration for Queen Elizabeth's 70th year on the throne, all put together by The All-Sorts Gardening Group.

The afternoon started with the singing of the National Anthem, followed by a superb afternoon tea. The Ukulele Group provided excellent entertainment and a touch of nostalgia.

This was followed by party games with some enthusiastic participants. What fun to play Musical Statues/Chairs and Pass the Parcel again!

Norah Staley did a fabulous royal quiz and Pam Hardwick organised a raffle which raised £191.00, a great effort by both ladies.

Jane Young made two celebration cakes, one to the recipe used for the actual Coronation recipe in 1952 – it was delicious, I hope you tried a piece?

Sharon Pinkett rounded the afternoon off by thanking everyone for attending and congratulating those who had made the afternoon such a success. Each party guest then received a Lily of the Valley plant (the Queen's favourite flower) to take home – what a really lovely final touch to a brilliant afternoon.

*Special thanks for their help
go to:*

Marie and Alan Lewin

Christine Yates

May Lindley

Norah Staley

Patti Bell

Sue Howarth and her daughter

Kathleen Wilson (for making the
aprons)

Jane Young

Colin Barratt

Mal Richardson

John Harris

Nick Mason (for behind-the-scenes work)

Stefan and Karen (for the music)

The Ukulele Group

And to Sharon Pinkett for organising, it all – very well done.



Wendy Neighbour

+++++

u3a learn,
laugh,
live

**NOTTINGHAMSHIRE
NETWORK**

NEWSBITES!

Sharing ideas across 34 u3a's in Nottinghamshire

<https://www.nottsu3anetwork.org/news.html>

*Click on the link for the
latest Newsbites*

Thank You!!!

Sharon, Jane and Marie for
taking your Food Hygiene
Certificate.

This helps to keep our members
healthy and safe.

We appreciate this!



DUKERIES U3A CAR SHARING SCHEME

Now we are socialising once again, we would like to refresh our car sharing scheme. This enables non-drivers to come to meetings. It could also link members who live near to each other so they might be able to take turns to drive, which would save money and benefit the environment.

If you feel you can offer a lift to Jubilee Hall or other activity venues, simply put your name on the list at the next meeting. We will need the village or area in which you live, your name and phone number (mobile if you use one) which we would then publish in our newsletter.

If someone lives near to you, they could contact you to see if you are able to offer a lift.

THANK YOU FOR CONSIDERING THIS TO HELP OTHERS.

PAT Testing (portable appliances testing)

Dukeries u3a has been asked to PAT test any electrical appliances which are used in our meetings and activity groups.

The tests will take place on Tuesday 16 August between 10.00 and 12.00 at St Phillips Church, Chesterfield Road (near Tesco) Mansfield

With the very kind help and co-operation of Mansfield u3a



I will be loading my car with equipment from the storeroom at Jubilee Hall after our garden party on **15 August**. If you have any projectors or electrical equipment which you use for Du3a in meetings, outside of your home, please let me know by email or ring me on **07946 702286**, and I will add the item to the list.

Thank you

Leslye Henstock, Chair



The weather enabled us to fully enjoy this trip to meet Farmer Jane Barnes on her 500acre family dairy farm in Somerby.

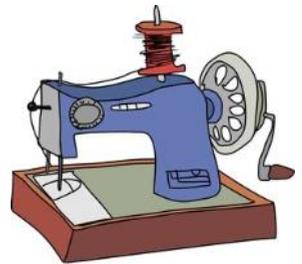
The cows happily live and roam the fields until they are required inside for milking.



Wanted!!

Does anyone have a sewing machine they no longer use and would like to donate to Dukeries u3a.

We are trying to start another sewing group, which would take place at Ambleside Community Centre in Ollerton. We have a room where we can store the machines which would be useful for those attending. If you are interested in taking part in this group, have dressmaking/tailoring skills, please see Jane Young at the next meeting and put your name on the list. *Thank You...*



The Speaker for July

MARATHAN DES SABLES

18 Jul CHRIS VASPER

Chris was in the Army (Royal Signals) for many years up to 1990 when he left and started his own printing business. In 1997 he was diagnosed with MS and vowed that the illness



would not get the better of him. He has always been keen on keeping fit and healthy so runs about 50-60 miles a week. He had always looked at the Marathon des Sables from afar wondering what it would be like to actually do it. The Marathon takes place in one of the most inhospitable places on the planet and every April about 1200 hardy souls embark on a 250km (6 stage 6 marathon) footrace across the Moroccan Sahara. You have to carry all of your equipment and supplies to survive the 7 days of the event. Chris's talk is about his exploits in the 2016 and 2018 marathons for Walking With The Wounded, packed with interesting stories of incredible people (some of the WWTW team were wounded veterans). Come and hear Chris speak of his great adventures illustrated with lots of visual aids, great videos and photos.

Ann

**What are you doing on 13 and 27 July?
Are you single, a twosome, new to Dukeries
u3a?**

**Want to have fun, exercise and fresh air?
Come and join us, make new friends!**

Dukeries u3a Bowling Group

Ollerton Bowling Club, Whinney Lane, Ollerton,

Day - Wednesday

**Arrive 1.20 Playing Time 1.30pm – 3.30pm
(with a break for refreshments)**

£3.50 per session paid on arrival (exact cash please)

No experience necessary, newcomers welcome

Tuition will be given

Bowls available, or bring your own

Wear flat shoes

Car parking free

Welcome to the



ANNUAL



START:

7 for 7.30pm

Friday **15th July 2022**

COST £10.00 | Includes: Pie, Chips & Peas or Veg Option (Pre-Booked ONLY)

For guaranteed entrance please **RSVP** JON YARWOOD

Email: jon.c.yarwood@gmail.com

Enquiries contact Jon on 07581 265531

All proceeds of raffle and bets to local charities

Venue: South Forest Leisure Complex | Robin Hood Crossroads | Edwinstowe | NG21 9JA

THE LATE-SUMMER QUIZ

u3a

By Zoom

MONDAY 19th SEPTEMBER 2022

All u3a members in the
East Midlands can take part:

Singles ☺

Couples ☺☺

Teams (up to 4) ☺☺☺☺ 🚫☺

A handicap system makes it fair for all

No limit on the numbers from
each u3a

To Register send:

Your name & email address

Name of your u3a

Team name (if any)

To: u3alatesummerquiz@gmail.com

You'll receive a confirmation email
within a couple of days
and Zoom details on Sept. 16th

REGISTER NOW – PLACES ARE LIMITED!

The quiz will start promptly at 7:00pm – login from 6:45pm

We aim to finish around 8:45–9:00pm

There will be a 10-minute comfort/drinks top-up break after Round 4

Answers will be given after Rounds 4 and 8

u3a learn,
laugh,
live
East Midlands Region

Southwell Croquet Club

Invite you to attend their

Raffle
CROQUET
 Refreshments **TASTER DAY** Competitions
10 July Prizes
 2 - 5PM



Come along and give it a try!

Free coaching

Free use of equipment

Outside in the fresh air

Suitable for all ages

For further information contact Elaine on 01636 830842



www.southwellcroquetclub.com

Arthur Radford Sports
 and Gala Ground
 Cooks Lane
 Fiskerton-cum-Morton
 NG25 0UT

Publicity Photo's

If you take a picture at one of our u3a events which you think might be useful for publicity then Ann

Street would love to hear from you. She is always looking for suitable pictures to send to local news media to help promote your u3a.



Ann Street

astreet496@gmail.com



Interest Group Leaders

All Sorts/Gardening	Sharon Pinkett	07739003251
Bridge	Colin Barrett	01623 820824
Bowling	Leslye Henstock	07946 702296
Creative Writing	Mike Mounsey	01623 824789
Mahjong	John Wheeldon	01623 822691
Photography	Tony Brewer	01623 615338
Quiz Enthusiasts	Leslye Henstock	07946 702296
Rummy Kub	Linda Bond	01623 861595
Ramblers 6-8m	David Wightwick	01623 869672
Scrabble	Christine Storer	07980 511308
Sunday Lunch Group	Christine Yates	077997 017 63
Tuesday Lunch Club	Beryl Lee	01623 824549
Ukulele	Linda Bond	01623 861595

U3a Quiz League

Nottinghamshire u3a's have been challenged to produce two quiz teams of four players to take part in a quiz league. The meetings will take place in not-too-distant venues in the Autumn, with the final taking place for the top ten teams in November.



We would therefore like to have a list of 12 – 16 members, who would be willing to join in, and we hope to give everyone a chance of playing in the two teams.

It is not Mastermind! A wide knowledge of trivia is as important as specialist knowledge and of course, good humour too!

If we get near the top of the league, we would then choose our top quizzers to represent our winning team for the final.

If you would like to take part, and you haven't added your name on the list yet, please give your name to **Leslye Henstock**, email **du3achair2020@gmail.com** and details will be sent in the future!



The All Sorts & Gardening Group

The all sorts group have been busy this month.

On the 22nd June we met at

our new home,

AmbleSide Centre,

Yew Tree Road, New Ollerton.

We had lots of fun, making pressed flowers with view to future inclusion in gifts cards etc.



There was a disaster though, we forgot the cake, so we were down to posh biscuits, ha-ha. We then had a general chat and a biscuit...



Date next meeting

July 6th 10-12 AmbleSide

Everyone welcome to come
and join us.

Sharon.

The All Sorts & Gardening Group

If you would like information about the group please contact me,

pinkettsharon@gmail.com

Or 077390 03251

We will be meeting on the 1st and 3rd Wednesday morning in the month, 10am till 12pm

Sharon



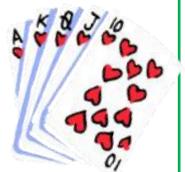
Book Club



**Every fourth Thursday of the month, 11am, at
Ann's House,**

Contact Ann Mounsey on 01623 824789 for more details.....

Bridge Club



Not to be confused with national, international or any other conventional bridge clubs. If you enjoy playing cards and social interaction then this could be the group for you. We have beginners and also good and intermediate players. We don't have critics to frighten you off. You don't need a partner and you will be part of the friendliest group you have ever met and you will get a cup of tea. We meet in the Jubilee Hall, Wellow Road, Ollerton NG22 9AP.

The group meets on the **2nd and 4th Tuesday** of the month starting at **1:00pm until 4:00pm**. Admission is £2

You are welcome to visit us and watch at no charge and judge whether you would like to join us.

For further information contact Colin Barrett Tel: 01623 820824

Creative Writing Group



The Creative writing group will meet on
the **third Wednesday in the month**
2.15 to 4pm.

Meetings will be held at **Walesby Church Hall** - all welcome -
£2 (including refreshments) *Mike Mounsey*

Knit n' Natter

Third Friday of the
month, 2pm, Ann's house.

Contact Ann Mounsey on 01623 824789
for more details.....



Photography Group

The next meeting of the Photo Group is on **22nd July**, the subject this time is something completely different and all current members have never tried this type of photography before, and it's so simple and very different.

The subject is "**images from a worms eye view**", basically you put you camera on self timer, and the place it on the ground at the base of plants, buildings, people, or anything you like, of course many of the images will be failures, BUT, some will be really interesting and fascinating, if you interested give me a call on **01623 615338**.

Ole Tone

Tony Brewer tony.brewer3@sky.com

Mah Jong

*Every Thursday
Jubilee Hall
1 pm to 3 pm.*

John Wheeldon

johnwheeldon9@gmail.com

*Try a new skill in 2022 and join us to play this game!
No experience necessary. Equipment provided.*



Community Walks.

Andy Oxnard is organising a series of walks around Ollerton, each walk is about an hour to an hour and a half. Andy wants to use these walks to get to know local people and discover their views on their locality. Andy Oxnard, Community Engagement & Development Coordinator.

More contact info here.... <https://www.nandscvs.org/our-work/ollerton-project/>

Ramblers Rambles..

The Ramblers are delighted that we have a new member, Barry, who has joined us this June and enjoyed two excellent walks.

Our first walk in June was requested by a Rambling Group member and was to the "garlic" woods at South Anston.

This is a lovely walk through woodland into the village of South Anston and then down to the Chesterfield Canal on the cuckoo way, where we made a stop at the ice cream parlour on the canal.

Thank you to Barry for buying us all a lovely ice cream cone.

The weather was superb so an ice cream was just the job! This walk is about 6.5 miles on excellent terrain.



Our second walk was a bit further afield to Dunham Bridge for a walk down the River Trent to the disused railway bridge which is now the Lincoln cycleway and back up the other side.

Sounds simple for another 6 mile walk but it was about 30 degrees by the time we finished.

Thankfully everyone was sensible with plenty of water and hats for shade.

That's all for now

*We walk on the **first and third Tuesday** of each month, **9.30 at Jubilee Hall.***
Cheers, Kate & Stephen Hall
07877 792969.



Savoy Film Group



2nd Thursday in the month at the Savoy Cinema, Worksop.

Doors open 1.30pm for coffee, **film starts at 2pm.**

Tickets cost £4.15 including coffee, no need to book, just turn up.

Thursday 14th July

Elvis



A look at the life of the legendary rock and roll star. The director has described the King of Rock and Roll's career as a "cultural opera" while paying tribute to the gospel and rhythm and blues traditions that influenced Elvis since his early days in Tupelo, Mississippi.

Starring Austin Butler, who beat out Harry Styles for the role with Tom Hanks. [Trailer.....](#)

Remember to bring your u3a membership card

Sunday Lunch Club

Third Sunday in the month, 12.30 for 1pm.



On Sunday 26th
June 18 of us
visited The Ollerton
House.



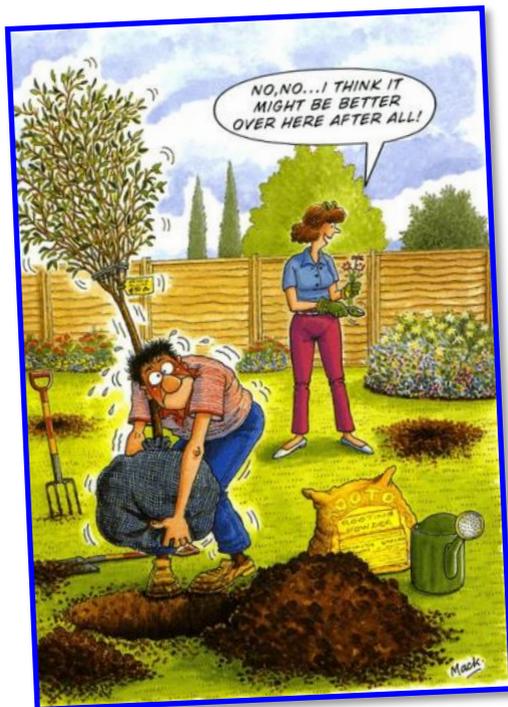
Our next outing is on
**24th July to
The Reindeer in
Edingley at 12-30.** They
require a £5 deposit and
pre ordered meal.
Contact me on
01623 422113 or at the
next meeting. *Christine*

Tuesday Lunch Club

First Tuesday in the month. 12.30 for 1pm

Nineteen of us enjoyed an excellent lunch at Bella Vita.
The next venue is **The Devonshire on 5th July**

Regards Beryl 01623 824549



Rummikubs Group



We meet on the **2nd and 4th Wednesday each month**, in the restaurant at **The Ollerton House pub, Wellow Road, Ollerton, 2.00 – 4.00pm.**

There is no fee, thanks to the generosity of our host, but we do all buy a drink and some of the group have taken the opportunity to have lunch prior to the meeting.

This is an easy game to learn and you are very welcome to join us.

Linda Bond (howardbond1@yahoo.co.uk
01623 861595)



South forest
1st Friday of
month
1.30 till 4pm

Scrabble



Scrabble meetings are continuing during this resent upsurge in covid. Please feel free to wear a mask if you are more comfortable with that.

contact Christine Storer on 07980 511308

Jubilee Ukulele group

FANCY DOING SOMETHING DIFFERENT?

We have decided to name the ukulele group the Jubilee Ukulele Group as we meet in the Jubilee Hall and it seems particularly appropriate this year.

We meet each **Thursday 10.00 - 11.30**, in the bar at the **Jubilee Hall**.
Beginners, improvers and expert players are all welcome to join this lively group.

Extra help is given, to those who want to take advantage of it, at the end of the get-together. If you want to give it a try before you buy a ukulele, I do have a spare!!



Stay safe.

Linda Bond

howardbond1@yahoo.co.uk

01623 861595



If you are a twitter user u3a has a twitter account and you can find it at,

@u3a_UK



WhatsApp Walkers....



The Whatsapp walks take place on a **Thursday every two weeks at 10.30am,**



they are mostly local walks of 3 to 4 miles, we meet at suitable local starting points relevant to the walk, some of the starting points can be

accessed by public transport, If a lift is required our friendly members are always willing to oblige. We usually contact everyone by Whatsapp but will also contact by phone call or text message.

Recently we had a very pleasant circular walk from Sherwood Forest to Archway House and back to Edwinstowe with refreshments at Fables on the high street here are some pictures of us and the flowers in



the field were a lovely mass of mainly Blue Phacelia and Red Clover

If you would like to join the group please contact **Marie** by text **07756765839**. Or **Hazel** on **07484728027** You'll be made most welcome.

Regards Marie & Hazel



**AGED 55 OR OVER
WITH A LONG TERM HEALTH CONDITION?**

ACTIVE
Leisure Sport & Swimming

FREE weekly swim session
at Dukeries Leisure Centre

Every Wednesday 10:30am - 11:30am

To book or for more details contact:
sportsdevelopment@active4today.co.uk
or call 01636 655701

Main Road, Boughton, Newark NG22 9JJ

ACTIVE

We have a new internet radio station recently launched in our area, serving Bilsthorpe, Ollerton, Wellow, Edwinstowe, Blidworth, Boughton, Clipstone,



Farnsfield, Lowdham, Rainworth, Rufford and the surrounding areas. It's proving very popular so why not give it a listen.....

ON AIR

Non Stop Music

The best music with top of the hour news updates

[Listen Live](#)

[Facebook Page](#)

Nottinghamshire Network of u3as

Dukeries u3a (Du3a) is a member of the North Notts Network Group of u3a's (NNG).

This means that Du3a members can ask to join an Activity Group run by other u3a's who participate in NNG.

Please note that joining another u3a's group depends on whether a space is available in that group. Each u3a will first give priority booking to its own members.

[Link to the website here...](#)

Health and Safety

Please be Considerate.

Members of Dukeries u3a each have the responsibility to keep themselves safe, keep others safe and avoid making an environment unsafe when taking part in activities.

Please continue to do the following: -

Take a test if you feel unwell and avoid meeting others

Continue wearing your mask if want you to

Avoid touching other people (hand-shaking, hugging and kissing) if you want extra protection.

Frequently wash your hands for 20 seconds and avoid touching your face. Sanitise your hands before handling equipment and games. (Sanitiser is available for use in our cupboard at Jubilee Hall) and Ambleside Community Centre

Event and activity organisers, please ensure windows and doors are open to ventilate the rooms

If you are arranging activity groups, you do need to keep a register of names and contact information.

If serving refreshments, please consider the safest way to avoid cross-contamination of infection.

If we each take on the responsibility, to protect ourselves and safeguard our friends, we will be able to enjoy our social lives.

Thank you for your kind consideration

Leslye Henstock, Chair Dukeries, u3a



The u3a National Newsletter is available on line and all you need to do is fill in a few details on the link below and you can get your own copy emailed to you every month.

<https://www.u3a.org.uk/newsletter>

Back issues are also available on this link.

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Please send contributions for the next issue to jghollerton@gmail.com as early as possible and not later than the 27th of the month.

Thank you for taking the time to read this newsletter.

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