



Staying Connected.

No 43 September 2023



Run for the members, by the members.

Reflections from The Chair

It is now three years since I took over as Chair, and today I sit here remembering the many wonderful occasions we have shared together. I have been blessed to work with so many supportive, kind and thoughtful people who have made my term in office so enjoyable. There have been hundreds of ups, unfortunately a couple of downs, but members have given me the strength, advice and help to work through all aspects of this role.

Dukeries u3a really is the most friendly, social group and I have been proud to represent our members.

I am truly blessed to be a member myself.

The latest of our events was our recent Indoor Garden Party. I am so grateful to Maria, Jane, June, Wendy and Chris who managed the food and did the washing up afterwards!! In the hall, Kevin, John, Jean, Pam, David, Christine and Nigel were busy with setting up tables, providing music and decorations. Pam, the floral arrangements looked splendid. Thank you all and apologies if I have omitted your name on this list.

The donations of yummy food looked splendid – thank you everyone!

Your generosity raising £248.01 for our chosen charity was heart-warming.

I hope you enjoyed the games and thank you Kevin Morrell, for the time spent preparing questions for the "Quiz with a Difference."

So, September approaches and the children are going back to school. This might mean some of you may be free to join our activity groups once more. Do support these where you can and also sign up for our events. Learn, live, laugh and feel love in your hearts.



Leslye x

September Speaker

What Ruddy Cucumber!

Retired journalist Andy Smart worked in news, sport, features mainly for regional and local newspapers with some radio broadcasting.

More recently he helped to produce a nostalgia magazine called Bygones which looked at aspects of Nottinghamshire's history (but with lots of general interest) and he



has been reviewing musical theatre for the Nottingham Post for more than 20 years, interviewing celebrities over the years. We are pleased to welcome Andy who visits us with his highly entertaining tales of his life in journalism - 'What Ruddy Cucumber!'



Committee 2023

Chair Leslye Henstock

Retiring December 2023 du3achair2020@gmail.com



Treasurer

Barry Callieu barry.callieu@icloud.com



Secretary

Barbara Baglee barbarabaglee@gmail.com



Co-Deputy Chair/Press Secretary

Kevin Mulloy agarden8@outlook.com



Co-Deputy Chair

Maria Pitrolino mariapitrolino64@msn.com



Membership Manager

Wendy Neighbour membersdu3a@outlook.com



Activity Group Co-ordinator

Jane Young janelesley56@gmail.com



Social Media

& Speaker Finder *(Retiring December 23)*

Ann Street annstreetcornet@yahoo.co.uk



Newsletter Editor

John Harris jghollerton@gmail.com



Co-ordinator Charity Donations

Pam Hardwick secretary1@gmail.com



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 10am till 1 pm Ambleside Centre History Group 1.15 to 3pm Ambleside Centre	Sewing Bee 10am to 12pm Ambleside Centre Rummikubs Ollerton House 2pm to 4pm	All Sorts Gardening 10am till 1 pm Ambleside Centre History Group 1.15 to 3pm Ambleside Centre Creative Writing 2.15 to 4pm Walesby Church Hall	Sewing Bee 10 to 12pm Ambleside Centre Rummikubs Ollerton House 2pm to 4pm
Thurs	Ukulele group 10.00 to 11:30am Jubilee Hall Mah Jong 1.15pm to 3pm Jubilee Hall	Ukulele group 10.00 to 11:30am Jubilee Hall Savoy Cinema Worksop 1.30pm Nat Hist, S&T 2pm Plough Inn, Warsop	Ukulele group 10.00 to 11:30am Jubilee Hall Mah Jong 1.15pm to 3pm Jubilee Hall	Ukulele group 10 to 11:30am Jubilee Hall Mah Jong 1.15pm to 3pm Jubilee Hall Book Club 11am Ann's House
Fri	Scrabble 13.30 South Forest		Knit n'Natter 2pm Ann's House	Photography Ambleside 1.30pm
Sunday Lunch Club 4th Sunday in Month 12.30 for 1.00pm Sunday Social Group 2nd & 4th Sunday in Month 4 till 6.30pm				

Soft Tennis. Phone TennisKev on 07988 620714
Bowling 6th September Page 16

An extra talk this month has been arranged at

Ambleside Community Centre

on **Friday 13 October 2023**

starting at 2.30pm. The speaker is Ann Akkrill, a retired Marie Curie

nurse who will tell us about the work of the Marie Curie Charity. There is no charge by the charity for this talk, however you can give a personal donation if you wish.



Please contact Ann Street at annstreetcornet@yahoo.co.uk to book your place as Ambleside can only accommodate 25 members.

Thank you, Ann

Jubilee Ukulele Group

Saturday 23rd September 2.00pm

at St Paulinus Church, Ollerton, the Ukulele Group are invited to play at a sing along, in aid of the



Food Bank.

The group are really looking forward to this event. We enjoyed the last one at the Methodist Church so much.

So come and join in, enjoy yourself and support this worthwhile cause.

Linda



Summer Garden Party

Sixty odd members gathered together to celebrate summer in grand style at our summer gathering. Pam Hardwick had made some beautiful poses to decorate the tables, all flowers from her garden. The food members brought was delicious and there was more than enough for everybody.



Georgina's pavlova created it's usual stir with a long queue, all hoping the dish would survive long enough to give everyone a share, which, like the miracle of the loaves & fishes, it did.

The food was followed by Bingo, a raffle and

a Name the Bear competition. Barbara won the bear, and Tony and June won the hampers. An amazing **£248.01** was raised for our charity the Air Ambulance service.

A big thank you from me to all the people who helped on the day and *a big thank you* to all

the members who came along and made the day so enjoyable.

John Harris.





We are having a 60's 70's and 80's disco on

Friday 15th September the time is **7.30pm to 11.00pm.**

The venue is **Polly Bowls Social Club**, Unwin Road,
Sutton in Ashfield, Notts, **NG17 4HN**

We have got two DJ's and they are both very good.

The tickets are **£5.00 each** there will be light refreshments and a full bar.

If any of your members do wish to come then please can you ask them to email me.

Thank you very much.

June Hall

junehall2@btinternet.com

Group coordinator and New Membership Secretary. Sutton in Ashfield u3a





Barn Dance

Friday 20th October

7.00pm

The Oaklands Centre

Oakfield Lane, Warsop, Notts, NG20 0JE
Buffet supper, bar and the services of a
professional caller, John Shakespeare.
£20.00 per head, non-members welcome.

This is a low-impact, walking Barn Dance
suitable for Seniors.

Do Join Us!

To Buy Tickets

Bank Transfer to **The Dukeries Third Age Group**
60-17-28 90045998

Reference with the words "Barn and your name"

Collect your tickets at the September Members'
Meeting

Leslye



U3A Halloween Fancy Dress Party



CLIPSTONE SOCIAL CLUB



FRIDAY 27 OCTOBER

2023

DOORS OPEN 6.45PM

STARTS 7.00PM

SUPPER INCLUDED, PAY BAR

LIVE BAND "THE MOONSHINERS"

LIMITED TICKETS £10 PER PERSON

Only a few tickets remaining

Email Leslie ASAP.

DU3ACHAIR2020@GOOGLEMAIL.COM

Car sharing possible!

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.



If you would like to join the group please contact **Hazel or John Frances on 07484728027**

You'll be made most welcome.

Regards Hazel





The WhatsApp Walkers enjoyed another lovely walk on 17th August at Poulter Country Park in Nether Langwith Walking through the sculpture trail and wildflower meadows.

We are sitting on the Top of the World Beehive sculpture and enjoying refreshments outside the Jug and Glass Inn.



DIARY DATES 2023 FOR DUKERIES U3A

SEP 11	12.50	COMMITTEE MEETING
SEP 18	1230	MEMBERS MEETING
OCT 9	12.50	COMMITTEE MEETING
OCT 16	12.30	MEMBERS' MEETING
OCT 20	7.00	BARN DANCE, OAKLANDS CENTRE, WORKSOP.
OCT 27	7.00	HALLOWEEN PARTY CLIPSTONE SOCIAL CLUB
NOV 11	6.30	HOSTESS RESTAURANT, NIGHT AT THE PROMS BRASS BAND AND MEAL
NOV 13	12.50	COMMITTEE MEETING
NOV 20	1230	MEMBERS MEETING
NOV 24		QUIZ NIGHT
DEC 11	12.50	COMMITTEE MEETING
DEC 18	1230	MEMBERS' CHRISTMAS CELEBRATION

Dukeries on the Web

[Welcome](#)
[New members](#)
[Chairperson](#)
[Committee](#)
[Groups](#)
[Events](#)
[Newsletters](#)
[Contact Us](#)

[U3A](#)
[Gallery](#)
[Community](#)
[Gallery 2](#)
[Coronation](#)
[AGM 2023](#)

Dukeries

u3a

To find Dukeries u3a on the web, just click,

[HERE.](#)

Air Ambulance



Running total to date is **£4735.31**, could we make it £5000 by the years end?

So my thanks, on behalf of the Lincs and Notts Air Ambulance, to all of you who take part in this essential fundraising.

See you all soon and look out for the next Air Ambulance newsletter
Pam Hardwick

July Mission update

[Click or tap here.](#)



A new video explains what the service is all about, please view it's only two and a half minutes long.

Tap or click <https://youtu.be/M4u7r8izKC8>

Interest Group Leaders

All Sorts/Gardening	Jane Young	du3agroups23@gmail.com
Bridge	Georgina Batty	0777 2649281
Bowling	Alan or Val Saunders	01623 631993
Creative Writing	Mike Mounsey	01623 824789
History	Barbara Baglee	01909 239661
Mahjong	Christine Yates	07799 701763
Photography	Stefan Ziembra	01623 860293
Rummy Kub	Linda Bond	01623 861595
Ramblers 6-8m	Stephen Hall	07877 792969
Scrabble	Christine Storer	07980 511308
Sewing Bee	Christine Yates	077997 01763
Soft Tennis	Kevin Malloy	079886 20714
Sunday Lunch Group	Maria Pitrolino	07904 269549
Tuesday Lunch Club	Beryl Lee	079678 01467
Ukulele	Linda Bond	01623 861595

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.

The All Sorts Crafts & Gardening Group



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

At the **Ambleside Centre**, Yew Tree Rd, Ollerton

Here is the group program for the next few sessions.

6th September, Flower Arranging, Group Leader - Sue North

20th September, Sitting exercises, Group Leader – Sue North

All welcome, usual time 10am to 12 noon at Ambleside Centre, Yewtree Road, Ollerton.

Anyone who would like to come along, you'd be more than welcome.

We also occasionally meet on the **2nd & 4th Wednesday** afternoons **1.30 pm to 3.30 pm.**

Group leader for more information contact, Jane Young, du3agroups23@gmail.com

Win £25,000!

Newark & Sherwood Community Lottery

- Support the Door2Door service
- Tickets cost just £1 a week each
- Guaranteed cash prize every week

www.newarkandsherwoodlottery.co.uk and search 'Newark & Sherwood CVS'



Newark & Sherwood CVS

Bowling Group



**Are you single, a twosome, new to Dukeries u3a?
Do you 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**

6th Sept *Last Meeting this year.*

Arrive 1.20pm

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

No experience necessary, newcomers welcome Tuition will be given

Bowls available, or bring your own

Wear flat shoes

£3.50 per session (pay cash on arrival please)

Car parking free

All the above for £3.50 per session

Last meeting of the year,

Look forward to seeing you there,

Alan & Val Saunders...



01623 631993

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 **Georgina Batty 0777 2649281**

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 -
£3 (including refreshments) *Mike Mounsey*

History Group



September 6th, a tour of the **military museum at Thoresby Park.**

The visit is open to all members and friends at a **cost of £5**. If you would like to join us just let me know. We will be meeting in the **Courtyard at 1pm.**

<https://www.nottinghamshire.gov.uk/newsroom/news/nottinghamshire-military-museum-takes-delivery-of>

Warning. <https://www.tourofbritain.co.uk/stages/stage-four/>

The Edwinstowe to Budby and on to Carburton route (A616/B6034) will be full of cyclists on the 6th as it is part of the Round Britain race so approach Thorsby from the A614 side. The A614 is not part of the race route.

Do you have an interest or passion for a time, person, place or event but don't want to commit to regular meetings? If you would like to come along for one session and share with us you would be more than welcome. Just get in touch.

The group meets on the **1st & 3rd Wednesday** of the month at **Ambleside Community Centre**, Yew Tree Road, Ollerton from 1.15 to 3pm. Cost £1.00 per session.

For more information contact,

Barbara Baglee

01909 239661

[*barbarabaglee@gmail.com*](mailto:barbarabaglee@gmail.com)

Natural History, Science and Technology



The group meets on the **2nd Thursday of the month at 2.00pm in the Plough Inn public house, Warsop.**

The Plough is on the A60 opposite the Doctors surgery and Fire station and next to The Co-op.

Upcoming topics-

September- DNA (moved from June).

October- A visit to the Veolia recycling plant Mansfield.

Please feel free to come and join us. Members of Dukeries u3a are welcome to offer talks to the group.

To book your place and to get further information on topics telephone **Chris on 01623 846128**

This group is hosted by Warsop u3a



**NOTTINGHAMSHIRE
NETWORK**

NEWSBITES!

Sharing ideas across 34 u3a's in Nottinghamshire

<https://nottsnetworkofu3as.weebly.com/>

*Click on the link for the
latest Newsbites*

Mah Jong

1st, 3rd & 4th
Thursday each month



*Jubilee Hall, Wellow Road,
Ullerton, NG22 9AP*

Arrive 1.00 pm

Play 1.15 to 3.15 pm

Mah-Jong is an interesting game which originated in China. 3 or 4 players play together using small tiles which depict the different suits

Tuition for Beginners is available at each session in March.
New members are very welcome, contact us to register your name

Refreshments available

£1 - £2 per session depending on numbers attending

For further information, contact Christine Yates,
Group Leader **01623 422113**.



**LEARN LAUGH
LIVE**

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.

The Rummikubs group is continuing to meet on the 2nd and 4th Wednesday, 2.00pm at Ollerton House, throughout the summer. Several members of the group take the opportunity to have lunch at Ollerton House prior to the meeting which is one of the many advantages of meeting here. Should you care to join us, you are most welcome. The game is very easy to pick up and is an enjoyable way to escape gardening at this time of year!! There is no fee, but I do expect you to buy a drink. Cheers ! *Linda Bond*



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

Knit n' Natter

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

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





The Photography group meets on the 4th Friday of the month at Ambleside, junction of Ambleside & Yew Tree Rd opposite Yew Tree Park, Ollerton, meeting starts at 1.30pm.

NEW MEMBERS VERY WELCOME.

For more information, contact, Stefan Ziemba

stefziemba@btinternet.com

Military History

Members attend from several U3A groups across the area, many are ex servicemen but by no means all and the talks are very wide ranging, for example, Stephen has spoken about the Lafayette Escadrille in the First World War and The Royal Air Force in Malta, Cyprus and Gibraltar.

The group also organises trips out to differing locations of historical military significance.

Lots more information can be found on the Retford U3A website.

<https://u3asites.org.uk/retford/page/123784>



Ramblers Rambles.....

We only managed one Ramble in August due to so many of our group having booked holidays!

So on 1st August, mindful that we thought it might rain, we decided to keep the walk local and met at the cafe near Vicar Water.

Our walk took us along the side of the upper lake, where there was a fishing competition taking place, or at least it looked that way with the number of anglers!

Then along the old railway track and into Sherwood Pines.

We were making good time, as there were only 5 of us so we took the opportunity to have a coffee half way round before continuing through the woods.

The weather was kind to us and we had a lovely chatty walk before returning to Vicar Water.

As you can see from the photograph we may be in the U3A but we take the part of laughter very seriously!

Our next walk will be on **Tuesday 5th of September**, location still to be decided.

Thank you

Kate & Stephen x

**We walk on the first and third Tuesday of each month,
9.30 at Jubilee Hall.**

Cheers, Kate & Stephen Hall

07877 792969.





South Forest Leisure Centre
Clipstone Road, NG21 9JF
1st Friday of the month
1:30pm till 4pm

Contact ***Christine Storer on 07980 511308***
for more information.

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.

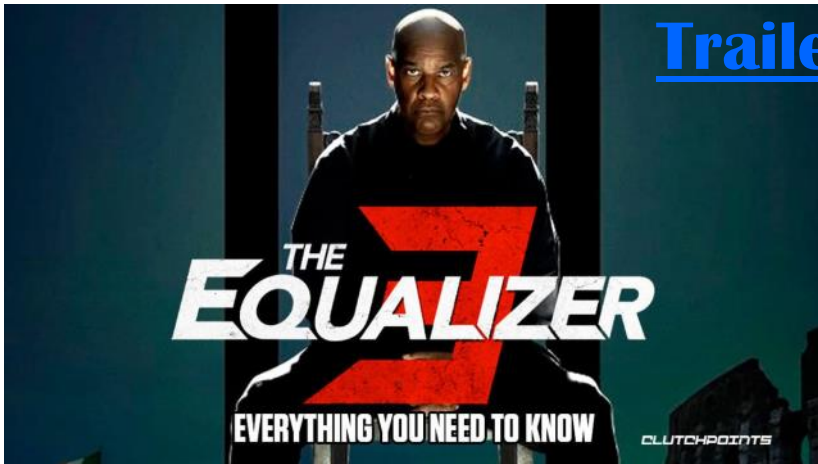
Please note that joining another u3a's group depends on whether a space is available in that group. Each u3a will first give priority booking to its own members.

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

Savoy Film Group



Equaliser 3 Thursday 14th September



[Trailer](#)

Since giving up his life as a government assassin, Robert McCall (Denzel Washington) has struggled to reconcile the horrific things he's done in the past and finds a strange solace in serving justice on behalf of the oppressed. Finding himself surprisingly at home in Southern Italy, he discovers his new friends are under the control of local crime bosses. As events turn deadly, McCall knows what he has to do: become his friends' protector by taking on the mafia.

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.

***Remember to bring your u3a
membership card***



sewing Bee

Dukeries u3a Sewing Bee

Dukeries u3a has Talent!

Linda, a member of Dukeries u3a Sewing Bee Group has produced this sign

from material and machine embroidery. It is fantastic! Thank you Linda - we are lucky to have you and your skills !

The group meets at Ambleside Community Centre in Ollerton two Wednesdays per month from 10.00 to 12.30. Anyone is welcome from total beginners to skilled sewers. It is a self-help group where people can make, alter and up-cycle garments and sewing projects. The group has sewing machines and sewing equipment.



2nd & 4th Wednesday in the month. 10.00am to 12.00, Ambleside Community Centre, Yew Tree Road, Ollerton

Sewing machines available for use, a basic sewing kit and any sewing projects, if you have any.

Contact Christine or come along on the day.

Group Facilitator– Christine Yates

(enquiries 07799 701763)

Groups Co-ordinator – Jane Young

Du3a Sunday Group

at Edwinstowe

This is a new group started by Maria Pitrolino which will be based in Edwinstowe at the Lynds Community centre with the purpose of members getting together socially to enjoy games, craft projects or just come along for a chat and a cup of tea. Starting at **4pm until 6.30pm. Cost £1.00 per session** to cover cost of tea & biscuits.



Possible typical activities could include games such as Ludo, Dominos and card games excluding Bridge. Crafts might include sewing, card and Jewellery making. It's entirely up to the members attending.

The venue is the **Lynds Community Centre in Lynds Close, Edwinstowe, NG21 9RB** and the building is at the far end of the close on the left beside a two storied house..



Parking is very limited at the venue but there is parking in the East lane carpark a short distance away and also at the entrance to the close on either side of the road..

2nd and 4th Sunday in the month.

For more information contact **Maria on 07904 269549**
or **Jamie on 07961 508714**

Sunday Lunch Club

Sunday 25th September

Please contact the organiser **Maria Pitrolino**

for more information.

Contact number is **07904 269549**



Tuesday Lunch



Next lunch at the Reindeer on Tuesday September 5th.

Regards Beryl

Soft Tennis



**Soft tennis is a fun way to keep fit,
especially for seniors.**

Anyone interested please contact **TennisKev on 07988620714** or email him with your contact details to **agarden8@outlook.com**

All equipment is provided and anticipated cost is expected to be limited to venue-hire split between those attending (typically £3.50 per head or less).

Anyone wanting to join the Soft Tennis "WhatsApp" group or have a discussion with the Group Leader about possible participation please text your contact details to **TennisKev on 07988620714** else email him at **agarden8@outlook.com**



Jubilee Ukulele Group



Not only is June 'busting out all over', so is the ukulele group. We have outgrown our small meeting room in the Jubilee Hall Bar and have had to move into the main room. Not that I am complaining. Our group has gone from strength to strength. It is a diverse group of men and women, young and 'not so young', good uke players and complete beginners, but we have one thing in common, we all like to have FUN, and play our ukes of course!!

The group meets each **Thursday, 10.00- 12.00pm at the Jubilee Hall, Wellow Road, Ollerton NG22 9AP**. Cost £1.00. You do not need to be able to read music, though a good singing voice is always welcome. I do have a spare ukulele to lend if you want to 'Try before you Buy.'

Contact **Linda Bond**
01623 861595 and
 come along any
 Thursday
 Keep smiling and start
 strumming.
Linda





Walk & Talk

With RSPB Sherwood Forest and Mind Nottinghamshire
Every 2nd & 4th Thursday of the month at 10am

- Free wellbeing group walk
- Approximately 40 minutes of very gentle-paced walking to the Major Oak and back
- Mobility scooter accessible
- Meet at the Main Visitor Centre Car Park (If arriving by car participants will be given a permit for free parking on arrival)
- Refreshments and toilets available at Sherwood Forest Visitor Centre

Wellbeing is just one step away...

For further details, contact: carol.hallam@rspb.org.uk



Edwinstowe in Bloom
More than just hanging baskets!




Scarecrow Competition 2023

- = Robin Hood character themed scarecrow entries
- = Individual/Family, Business, Club/Not-for-profit organisation and school categories
- = Scarecrows should be at least one metre in height
- = Must be displayed in Edwinstowe and visible for judges to see from 21st—28th October



Please e-mail eib@btinternet.com, message our Edwinstowe in Bloom Facebook page or call Carol on 07494 252153 by Saturday 14 October at the latest to confirm your entry name, address, category and scarecrow information

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

 **Non Stop Music**
The best music with top of the hour news updates

[Listen Live](#)



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

[Facebook Page](#)



Our Good to Know telephone groups invite a different guest speaker each week to discuss issues that matter to older people. Topics include scams, the cost-of-living crisis, social care, benefits and finding new social connections - things that are simply 'Good To Know' about.

Since our Good to Know Groups launched, we've had guest speakers from organisations including Step Change, Mind, Parkinsons UK, and Cruse as well as specialist advisors from Independent Age benefits and social care teams. Think of these groups like a cup of tea and a chat at a community centre, but over the phone in the comfort of your living room. The groups are particularly great for older people unable to get out and about or to online activities, but anyone over the age of 65 is welcome. You can view our website here to read more and to see what events we have coming up - <https://www.independentage.org/get-support/telephone-groups/good-to-know-groups>

u3a*Newsletter*

Congratulations to Medway u3a member Danny (on the right) who climbed Snowdon to celebrate his 72nd birthday. Read more on [our Sources blog](#).

July

The National newsletter is available on the link below. You can register to have a copy sent directly to you each month.

[https://mailchi.mp/u3a/your-u3a-national-newsletter-july-2023?
e=5eabb48112](https://mailchi.mp/u3a/your-u3a-national-newsletter-july-2023?e=5eabb48112)

Dukeries u3a – Membership Renewal

Membership may be renewed by bank transfer

Sort Code 60-17-28 Account 91244358

The Dukeries Third Age Group

Please reference Subs and Your Name

Email Wendy Neighbour to confirm your payment

membersdu3a@outlook.com

Complete your application form on your next visit or from our website

Membership can also be renewed at meetings – simply collect a form, fill in your details and seal it in the envelope provided with your cash or cheque (*made payable to The Dukeries Third Age Group*).

Renewal for an annual full membership to 31 March 2024

£20 per person

Renewal annual associate membership* to 31 March 2024

£10 per person

**(For people who are full members of another u3a group. Proof required)*

**Dukeries u3a is now open to all Adults/Seniors
(regardless of employment status)**

Do you fancy yourself as a singer?
Would you like to try?

Have you wondered whether you could sing in a choir. No test or audition, just turn up and give it a go...

Here's a few words from John Banbury, a member of the Dukeries Singers...



"We as a choir believe anyone can sing and is good enough to be part of the group, we would like to get that over to anyone Interested, most people think they cannot sing well enough but I can assure you that's not the case, I was a guy who only sung to himself in the shower, now I am really enjoying singing with folks. You only have to see what Gareth Malone achieves in the workplace getting people to sing, its just that we need people to come and try, they will be surprised what they can do and that we don't have auditions or checks on the way people sing."

So, if you fancy giving it a try, contact....

John Banbury
07759 086132

Dukeries Singers
23 Paddock Close
Edwinstowe
Nottinghamshire
NG21 9LP

Facebook page <https://www.facebook.com/dukeriessingers/>

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, **if you test positive for any infectious disease don't come to any u3a meeting.**

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.

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

Disclaimer

The views expressed here are those of the contributors only, and do not necessarily reflect those of the Editor, the Committee of Dukeries u3a or the Third Age Trust. Nor can any responsibility be accepted for members' announcements or any errors that may occur.

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.

Newsletter Editor: John Harris

Website: www.u3asites.org.uk/dukeries

Facebook: <https://www.facebook.com/dukeriesu3a>

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