



Staying Connected.

No 44 October 2023



Run for the members, by the members.

Hi everyone, John Harris writing the leader this month while Leslye takes a hard-earned rest.

I'd like to start with mentioning last month's speaker, Andy Smart, the local journalist. What an interesting talk, and I was right there with him when he mentioned playing in the street as a child and collecting jam pots so they could be swapped for money at the local grocers. That was me, did the same things as a boy. I lived in the street, only going home to eat and sleep.

Next month's speaker is going to talk about the creation of the East Midlands Immediate Care Scheme. A scheme which the speaker has developed over many years using volunteer local GPs at accident and emergency scenes. Sound like a talk not to miss. Details on page 5.

We also have an extra talk happening this month at Ambleside. Ann Akrill is coming to talk about the Marie Curie Charity. She is a retired Marie Curie nurse so should be able to give a very good picture of the work of these amazing nurses. The details are on page 5.

I mustn't forget to mention our upcoming Quiz night on Friday 24th November.

Last year's was a great success and the food was brilliant, some people even got seconds! I missed out on that, but I'll be first in the queue this year as it's the same people providing the food.

All the details on page 8.

Something to look forward to in January, date not fixed yet, will be a Beetle Drive. The last one was a huge success, it's the only event I've been to where you get to compete with everybody else who comes along. I think I got to sit on every table in the hall. It really is great fun. Don't miss it.

I mustn't forget to mention all our activity groups. There is such a wide range of things to get involved in from Allsorts/Gardening to Playing the Ukulele, just look at the group leaders list, and talking of Group Leaders, and all the other supporting members who keep the wheels on our u3a, a big thank you to all of them from me and I'm sure from you.

If you have an interest not covered in one of our groups, bung an ad in the newsletter and see if there are others who would be interested? You might be able to start up a new group.

If you have any comments or suggestions about the newsletter, or an article, or anything else for that matter, you can always write to me, John Harris, jghollerton@gmail.com

And if you are free, on 4th October at 1.15pm, and would be interested in a local resident who was once the richest woman in Britain after the Queen. Come along to Ambleside and hear me talk about her. Details on page 19.

Take care of one another.
John Harris, Editor.



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 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

Speaker for October

Dr Tim Gray MBE tells us of the story of the East Midlands Immediate Care Scheme. In 1980 Dr Gray joined the medical practice in the market town of Oakham in rural Rutland.



Expanding the ethos of the practice by treating their patients in the community and in the local Cottage Hospital, Dr Gray made himself available on a voluntary basis to the Ambulance Service. By 1984 several of his GP colleagues in the area had joined him and The Rutland Accident Care Scheme (RACS) was launched. This was a charity providing volunteer doctors to work alongside the Ambulance Service treating seriously ill and injured patients both at the scene and en-route to hospital. Since then the scheme has expanded to cover the whole of the East Midlands and renamed as the East Midlands Immediate Care Scheme (EMICS).

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 Akrill, 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

Help needed...

Barbara Baglee, who has worked behind the scenes at our u3a for some time needs to step down from the role of Secretary, so it is necessary to find a replacement, as quickly as possible.

The post requires the ability to take notes at meetings and distribute typed minutes. Handle correspondence and liaise with other members of the committee.

You won't be dropped in at the deep end, Barbara and the rest of the committee will be there to help and support.

A laptop will be provided for use in this role.

Please reply to Barbra Baglee du3asec23@gmail.com

U3a Secretary, Job description

- 1/ Take minutes at committee meetings and distribute as appropriate.
- 2/ Work with the chair on putting together an agenda for Committee meetings and distribute.
- 3/ Work with the chair to write the annual report for the charity commission.
- 4/ Deal with correspondence.
- 5/ Liaise with committee members as required.
- 6/ Act as a trustee along with other committee members.



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!

*Dukeries u3a Annual
Quiz Night,
Friday 24 November*



Jubilee Hall, Wellow Road,

Ollerton NG22 9AP

Doors Open 6.30pm Quiz starts 7.00pm

Supper 7.45 pm

**Supper - Chicken and vegetable casserole with mash,
bread roll, tea and coffee.**

Vegetarian and gluten free options available.

U3a members £10 per person

Non-members £11 per person

Just bring your own drinks and glasses, and a pen!

Up to four players per team.

New member? We will place you with other teams!

All welcome! Prizes for the winning team!

How to pay for this ticket-only event

Bank transfer The Dukeries Third Age Group **60-17-28**
account **90045998**

Please reference with **"Quiz23 and your name"**

In **cash or by cheque** at the Member's Meeting on

Monday 16th October

Please enter your names, and food order, with

Leslye or Kevin, Events Team at the monthly meeting.

Or, send details of names and food orders by email to Leslye,

du3achair2020@gmail.com

**It's a good social evening, (it's not Mastermind) so anyone can
join in the fun!!**

Jubilee Ukulele Group



Jubilee Ukulele

Group will be playing on
**Saturday November 4th at 7.30pm at
St Andrew's Church Hall,
Skegby, NG17 3DD**

This is a cheese and wine evening to raise funds
towards upgrading the Church's heating.

Tickets are available via

Linda Bond 01623 861595.

Cost £10 and £2 for a further glass of wine and
our enthusiastic performance.

Maybe you would care to join us.

Linda

Monday 18 December

Dukeries u3a

Christmas Celebrations



***What will be
in the sack this year?***

***Watch this space
for future announcements***

The Dukeries Singers

CHRISTMAS FEEL GOOD CONCERT

Ticket Price
£10

7.00pm Saturday 9th December 2023

The Jubilee Hall, Wellow Road, Ollerton NG22 9AP

Featuring:

'The GentleMen'

&

Edwinstowe Handbell Ringers

'Christmas Bells'



www.thedukeriessingers.com

For tickets contact Alison : 01623 863450

*price Includes light refreshments

** Amazing Raffle Prizes **

Musical Director: Vicki Melling



Dukeries on the Web

[Welcome](#)
[New members](#)
[Chairperson](#)
[Committee](#)
[Groups](#)
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[U3A](#)
[Gallery](#)
[Community](#)
[Gallery 2](#)
[Coronation](#)
[AGM 2023](#)

Dukeries

u3a

To find Dukeries u3a on the web, just click,

[HERE.](#)

Chinese New Year

The Springwater, Calverton

*Thursday 8 February 2024
7 pm Meal 9 pm Entertainment*

We are putting together tables of 12

£5 deposit payable by
23rd October
Balance £25

To book – email Leslye
du3achair2020@gmail.com



Pay by bank transfer
The Dukeries Third Age Group
Sort Code 60-17-28
Account 90045998

Please reference with "**Chinese and your name**"

Or pay at the Members' Meeting Monday 16 October.
Car sharing possible – everyone welcome!



DIARY DATES 2023 FOR DUKERIES U3A

OCT 9	12.50	COMMITTEE MEETING
OCT 16	12.30	MEMBERS' MEETING
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	12.30	MEMBERS MEETING
NOV 24	6.30pm	QUIZ NIGHT AND SUPPER
DEC 11	12.50	COMMITTEE MEETING
DEC 18	1230	MEMBERS' CHRISTMAS CELEBRATION
FEB 8	7pm	CHINESE NEW YEAR

2024 SOCIAL EVENTS TO BE CONFIRMED

END JANUARY	BETLE DRIVE
FEB/MARCH	MURDER MYSTERY WEEKEND
WED 12 JUNE	NOTTS U3A FUN DAY



Ukelele Group

On Saturday 23rd September, sixteen members of the Ukulele group played for an attentive audience at St Paulinus Church, New Ollerton. The concert, which was free to attend was in aid of CAR the local charity who accepted donations of food for their food bank, which distributes to families in Ollerton and Boughton.

A big thank you to our guest members from other u3a's for their continued support to us.

The Dukeries Choir and the Edwinstowe Hand Bell Ringers were also there to entertain, a good time was had by all.

Jane Young,

Activity Group Co-ordinator



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 news-letter

Pam Hardwick



August 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
WhatsApp Walkers	Hazel & John Francis	074847 28027
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



On Wednesday 20th September, eleven ladies of the All Sorts, Craft & Gardening group, were treated to a demonstration of how to tie bouquets of flowers. The flowers had been picked from Pam's own garden. With a big thank you to Pam, we hope she will return soon with some more of her expertise.

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

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



From October the History Group will be meeting just once a month. This will be on the 1st Wednesday of the month.

The next meeting will take place on **Wednesday 4th October**. The topic will be **Bess of Hardwick**.

This should be a really interesting afternoon.

She had various connections with this area, she was once the owner of Bolsover Castle. Her descendants were the founder's of various Dukedoms both past and present.

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 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

New members always welcome.

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-

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



u3a learn,
laugh,
live

**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.....



Well, it has been a month of very contrasting walks for the Ramblers group. The first walk on September 5th was somewhat depleted by holidays so Stephen & Laurie decided to try out a new walk from Edwinstowe, over the field towards the new development at Thoresby Vale and then up and over the old pit tip which is currently being redeveloped as a leisure area.

It was over 7 miles and very, very hot and is probably not yet ready to be walked by a group.

Our 2nd walk took place in the rain, we were all very brave and decided to "give it a go" on a walk to the Conjur Elders but sadly did not make it as the river had burst its bank near Boughton and the fields either side were flooded so we decided to return back to Jubilee Hall. We did walk five miles and it was super to see almost everyone back from holiday.

Our next walk is on **Tuesday 3rd October** when we are hoping for a pleasant autumn day!

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

Trailer



Thursday 12th October

Nora and Hae Sung, two deeply connected childhood friends, are wrested apart after Nora's family emigrates from South Korea. Two decades later, they are reunited in New York for one fateful week as they confront notions of destiny, love, and the choices that make a life, in this heartrending modern romance.

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 October 22nd

Please contact the organiser **Maria Pitrolino**
for more information.

Contact number is **07904 269549**



Tuesday Lunch



I was away for September lunch which was at Worksop gold club and have received very good reviews from members.

A big thanks to Maria for taking my place.

The next lunch will be **Tuesday oct 3rd**

At the **Little John, Ravenshead**

Regards Beryl

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.



We all enjoyed a lovely circular walk from Bothamsall and the Three Bridges last Thursday August 31st stopping along the way to pick some blackberries and calling at Thaymar Ice Cream Parlour afterwards. If you would like to join the group please contact



Hazel or John Frances on 07484728027 You'll be made most welcome. *Regards Hazel*

Jubilee 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





Horse Poo

Jean and I have discovered a source of free horse poo in Old Ollerton across the bus road near McDonalds. If you want some for your veg or garden and have your own bags email me, John Harris, jghollerton@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**



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>

Dukeries u3a – Membership to March 2024

Membership subscription 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*).

Full membership to 31 March 2024
£12 per person
Full associate membership* to 31 March 2024
£8 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.

It is hoped that any member participating in activities has had two vaccinations to prevent COVID.

In addition, please consider the following:-

- *Wear your face mask when near to other people **if you wish to**
- *Keep your distance from people. Avoid touching other people (hand-shaking, hugging and kissing). It's hard to do but necessary for the time being.
- *Frequently wash your hands **for 20 seconds**. Sanitise your hands and avoid touching your face
- * **Open windows when travelling by car with others**

If you are arranging activities inside, keep to government regulations and guidelines

Also

Take a register of names

Ventilate the room

Chairs should be well spaced.

Encourage members to sanitising hands on entry to the room

Consider use of toilets.

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

If we all take responsibility to protect ourselves and safeguard our friends we will all 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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