

NEWSLETTER Issue 36 November 2018

'MIKES MUSINGS'

Welcome to the latest edition of our Newsletter edited as usual by Pauline Marples ably assisted by Malcolm (thank you) and thank you also to all those who have contributed articles – keep them coming. Please note that there will be no Newsletter in January.

Future Meetings With effect from our **JANUARY** meeting we are going to alter the running order of the meeting. We will have all our notices at the start of the meeting followed by the tea/coffee break with our visiting speaker then addressing the meeting. The committee feel that this will leave a little more time for our members to make bookings for the holidays, trips, lunch and dining groups as well as visiting the group leaders and Group Coordinator. There is **NO** change to our meeting day or starting time.

Future Committee I have attached to this month's Newsletter details regarding the vacancies that will occur next year on the Committee. Please make time to read this important information and do take the opportunity to speak to any present committee member if you require further details. I look forward to receiving many enquiries and in due course nominations for next year's committee!

An Appreciation I believe we have an active and vibrant U3A which to a great extent is down to the those who help our organisation to run smoothly. So, a huge thank you to my fellow committee members, group leaders, meeters and greeters and our tea/coffee team.

Welfare Officer I am pleased to advise you that Kelvin Foster has agreed to be our first Welfare Officer. Please see the separate article 'Introducing our Welfare Officer'.

Privacy Policy Following on from the new Data Protection Regulations we have adopted a new Privacy Policy, this can be viewed on our website or if any members want a copy this can be arranged.

Xmas Lunch All tickets have now been sold for this event and there is a reserve list in place. As previously advised there will be a bottle raffle at the lunch; please bring to the November and December Main Meetings any bottles you have that can be used for the raffle, Marlene Mee will collect these.

Mike King Chairman

OUR NOVEMBER MEETING

Thursday 1st November in St Alban's Church

Please sign in.

1.45pm Welcome by Mike our Chairman

Followed by our guest speaker

Peter Hammond
on



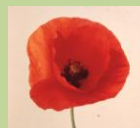
Albert Ball - Nottingham's WW1 Ace Pilot

Based on surviving letters, Peter's talk focuses on Albert Ball's own accounts of his life and adventures.

Through his own words as he was growing up we find out more about his family and see how he coped in the days when flying was still in its infancy.

Did his attitudes and philosophy on the War change as time went on? What happened to him?

Image from Wikipedia



Remembering all those who lost their lives in WW1, WW2 and other conflicts.

LOOKING BACK to our SEPTEMBER MEETING

I think many of us expected Chris Weir our September speaker to tell us about the contents of his fathers black medical bag that he had brought with him. His father had been a doctor in Glasgow around 1930 and the bag he carried round had his initials J. W. on in gold.



Instead Chris who had been an archivist for 40 years before retiring chose to tell us about early aspects of health & medicine.

We learnt of Robert Evans who had been bitten by a mad dog - it was thought he was affected by the moon. [eds comment - my gran used to refer to people being affected by the moon]. Chris spoke about the plague in 1665 and how the village of Eyam, Derbyshire was badly affected. There is a stained glass window in the village church depicting the story of the plague.

In East Stoke [sorry did not note the year] lots of people died of Distemper/Chin Cough which we know as Whooping Cough.

While the historians among us will have heard of Robert Thoroton, a pioneer of history who published the first history of Nottinghamshire in 1677, however I doubt many of us were aware that he was really a physician and many of his medical notes can be found in Nottinghamshire Archives. [Discover more about the Thoroton Society in leaflets in libraries or on <http://www.thorotonsociety.org.uk>.

Boots the Chemist was another well known Nottinghamshire name that Chris brought into his talk and we learnt of how from small beginnings it developed into the business we know today.

Pauline

OUR DECEMBER MEETING Thursday 6th December 1.45pm in St Alban's Church



We will have pupils from Forest Town Primary School singing carols and Christmas songs.

also

Members of Sutton in Ashfield U3A Drama Group performing monologues and sketches.



THE MAIN MEETINGS IN 2019

Jan 3 rd	David Tideswell	Autumn & Winter Birds
Feb 7 th	Tony Brewer	Photo Quiz
Mar 7 th	Nick Blurton	Confessions of a Coach Driver
Apr 4 th	PC Jayne Walters	Personal Safety
May 2 nd	Trevor Dempsey	Pinewood to Hollywood and more
Jun 6 th	AGM & Members meeting	No Speaker. Show and Tell displays by groups
Jul 4 th	Phil Cooper	A trip of a lifetime - Syria, Damascus, and much more
Aug 1 st	TBA	Nottingham Search & Rescue
Sep 5 th	John Smith	Reading Body language: My Guide to People Watching
Oct 3 rd	Roger Browne	From New Orleans to New York (Live recreation of tunes from jazz tour of 1919)
Nov 7 th	TBA	TBA
Dec 5 th	Members meeting	Slide Show; review of the year

HOLIDAYS & OUTINGS 2019

February 22nd - *GOING TO THE DOGS!!!! at Colwick, Nottingham - £37 inclusive of transport & 3 course meal.*

May 20th *Windsor/Oxford Price £129 Staying at Copthorne, Windsor, Slough bed/breakfast/3 course evening meal. 1st day in Windsor
2nd day visit to Oxford*

June 10th *Monday to Friday - Potter's price approx £325 - Amazing holiday resort in bungalows plus four meals a day. Full entertainment programme day and night. Evening shows worthy of West End*

September 17th *Bletchley Park - £36*

Contact Denise at the main meeting
or on **07791941502**, email deewhits@aol.com

Do remember to bring your Cheque book to the meetings, all cheques to be made out to SKILLS.

VISIT TO LICHFIELD

At the end of September on a bright, sunny day, about 37 of us set off for a day trip to Lichfield. The main attraction was the Cathedral but it was a totally free day with about five hours to do as we liked.

As it was I think all of us visited the Cathedral and it truly was spectacular. There has been a place of worship on the site for over 1,300 years and it is unique in being the only medieval three-spired Cathedral in the UK, it also houses the 16th century Herkenrode stained glass windows, considered to be among the best examples of Flemish glass in Europe.

Apart from the Cathedral and surrounding Close, Lichfield is rich in history and you can visit the homes of Samuel Johnson, the creator of the English Dictionary, and Erasmus Darwin, grandfather of Charles, who was a founder member of the Lunar Society, as well as being a leading 18th century doctor, scientist, botanist, inventor, poet and social reformer.

For those not historically minded, Lichfield City Centre is a mix of old and modern buildings, shops and tea rooms and there are some lovely green spaces around the Minster and Stowe Pools, both within easy walking distance, where you can sit and watch the world, or waterfowl, go by.

I think we all agreed that it had been another excellent day out, as was shown in our thanks to Denise on the way home for organising it.

Jenny Wright

INTRODUCING OUR NEW WELFARE OFFICER



Kelvin Foster has agreed to volunteer as a Welfare Officer for our U3A a new role that we hope will be seen as supportive for our members.

Kelvin has a background of working for the NHS Trust East Midlands Ambulance Service for 44 years and still works as a volunteer as an Advanced First Aider with Newark Community First Aid Group. Kelvin brings a lot of experience and skills to the role which we believe will be of benefit to our members.

The role will develop over a period but is envisaged that it will be based around contacting and perhaps visiting members who are unwell and also giving support to those who have recently been bereaved.

Any contacts with members will be treated in confidence and members will be treated with compassion, empathy and respect.

Kelvin will say a few words at our next meeting on the 1st November, so members can put a face to a name – though we have attached a 'photo for a first impression.

BOOK EXCHANGE



It was June/July 2017 when Sue Harkin began bringing along boxes of books to the main meeting to share with members.

Since then she has encouraged people to bring along a book they have finished with and that other members may enjoy and for them to also take a book in exchange. It has proved a popular venture. - Well done Sue

INTEREST GROUPS & LATEST REPORTS

GROUP MEETINGS AT A GLANCE

	Monday	Tuesday	Wednesday	Thursday	Friday
1 st	Book Club	Table Tennis Tai Chi	Rambling	MAIN MEETING	Music - 60s Appreciation
2 nd	Craft Poetry & Play Reading	Gardening Tai Chi	Current Affairs	Bird Watching Ten Pin Bowling	Bridge Scrabble & Rummikub
3 rd	Scrabble & Rummikub Family History	Tai Chi	Rambling Lunch Club	Local History	Strollers Dancing
4 th	Short Walks	Art Appreciation Tai Chi	Classic Vehicles	Painting & Drawing Scrap Booking Evening Dining Out	Bridge
Groups with no Set Day - National Trust					

Art Appreciation

4th Tuesday 10am Forest Town Arena

Contact Jill Gascoyne

Email jillgas.1@gmail.com

Women artists was the topic for our last meeting and Jill (Greer) introduced us to the work of Mexican artist Frida Kahlo specialising in portraits & self-portraits. New to us, though there have been two exhibitions, Tate in 2005 and V&A this year. A colourful folk art style, and Jill had a print of the artists self-portrait.

Lesley gave a short talk on Tamar de Lempicki, a Polish artist working in France & the USA during 1920's/30's. She too was known for portraits, painted in the ArtDeco style.

Because the National Gallery have just paid £3.6million pounds for a 17th century Italian self portrait by Gentileschi, we talked of whether it was highlighted in the press due to high price AND it was by a woman, or that it was the first woman artists work purchased in 25 years.

We digressed!

We decided that there are now more women artists known, as the status of women has increased. The highlight of the meeting was Pam's story of her mother's artistic career.

Next meeting will be a visit to Djanogly gallery in Nottingham.

Jill G

Bird Watching

Group Leader: Lynne Cooper

Meet 2nd Thursday of the month

Contact 01623 652430

Email lynnecoopernotts@hotmail.co.uk

On Thursday 11th October, seven members of the bird watching group visited Carsington Water in

Derbyshire. Our first port of call was, inevitably, the coffee shop to obtain various refreshments (the scones were delicious!!!)

Then on to the serious business of bird watching.

We had a short walk to the first hide and were able to observe several species of water birds including some widgeon in winter plumage as well as the great black backed gull and the lesser black backed gull. At the side of the hide was a bird table and feeders where we were excited to see tree sparrows among other species.

We had a little difficulty finding the screen that we were looking for but the walk to find it provided us with some exercise which can only be a good thing!! When we arrived there we were rewarded with being able to watch lots of willow tits, nut hatches, blue tits and others coming to feed.

Although rain had been forecast we enjoyed the day without getting wet and left Carsington Water at around 4.30 pm. On behalf of the group I would like to thank our two drivers, Lynne and Malcolm who got us safely there and back. Here's to the next meeting!

Pauline Smith

Book Club

Group Leader: Ann Stanford

Meet 1st Monday 10. 30am Forest Town Library

Contact 01623 641864

Email annstanford1@sky.com

Bridge

Group Leader: Steve Evans

Meet 2nd & 4th Friday of the month

10 am - 12 noon at the Flint Avenue Centre.

Contact 01623 470282

Email steve.jackie84@ntlworld.com

Classic Vehicles

Contact Ann Stanford 01623 641864
4th Wednesday 2pm Forest Town Arena
Email annstanford1@sky.com



Chris D., Suzanne and Chris A. made it to the first Classic Vehicles Group meeting at the Arena. Chris A brought photographs of 3 vintage vehicles. One was a very rare tractor from the First World War.

Next meeting WEDNESDAY 28th November, 2pm Small Lounge, Arena, Forest Town. We are hoping that by changing the day more people will join us.

Computer and IT Skills

Group Leader: Bob Hunt -Email
foresttownu3a@outlook.com
Please contact Bob re meeting

Craft

Group Leader: Jane Freeman
2nd Monday 2pm - 4pm Meet Forest Town Arena
Contact 01623 624003
Email jam.freeman@btinternet.com

Though several members were unable to attend Monday's meeting for numerous reasons eight ladies were present. We had a pleasant afternoon with knitting needles clicking away whilst we put the world to right.

Many projects were underway including crochet and the creation of twiddle mitts. For those who have no idea how important these mitts are or indeed what they are I will explain.



When people with dementia have reason to attend hospital some can become very anxious and agitated causing them to twiddle their hair or clothing. So some bright spark came up with a solution – the twiddle mitt.

The basic design resembles the muffs used centuries ago. Now this is the essential thing that makes the mitt very special, sewn very securely to the mitt, both inside and to the exterior, can be buttons, bows, ribbon, lace, fringing, sparkly cord or bling or any oddment to hand that can be 'twiddled', our ladies have come up with some beautiful designs, being very creative. We're told these mitts are so helpful in alleviating stress in many cases.

Now the problem is they are so popular and in great demand as the patients want to take them home as indeed they do that the hospital never has enough in stock so we do our best with others to replenish their cupboard.

We also received an e-mail from the charity office at the hospital thanking us for cardigans, matinee coats, hats including specially designed ones for the prem unit and of course twiddle mitts we have made over the past year and are much appreciated.

Valerie

Current Affairs

Group Leader: Desley O'Leary
2nd Wednesday 10am - 12 noon
Contact 01623 421642

Dancing (Country and Sequence)

Group Leader: Ann Stanford
Meet 3rd Friday 2-4pm
Sherwood Centre , Stuart Ave.
Contact 01623 641864
Email annstanford1@sky.com

Evening Dining Out

Group Leaders: Jane Atkins, Marilyn Redfern
4th Thursday
Contact jane.e.atkins60@gmail.com
mjirfern@gmail.com

15th November Masalla Junction, Indian Restaurant in Sherwood, NG5 2DA

Gardening

Group Leaders: Angelina Taylor & Mollie Bramley.
2nd Tuesday 10-12noon - Stuart Avenue Centre
Contact Angelina 01623 622871
Mollie 01623 635051

This month our group enjoyed a talk by Mr Mike Davey, "A Suburban Garden Throughout the Year". We were entertained by slides of his beautiful garden (with its natural, cottagey feel) and its huge variety of

plants. He gardens organically and so is visited by many birds (goldfinches!) and all kinds of wildlife, delightful to see.



Many thanks to Mr Davey for his witty and informative talk. Our donation in respect of this will be given to his chosen charity, Action for Children. Next month we'll be making Christmas wreaths, so please bring evergreen foliage, etc, to the meeting.

Kay

Local History

Group Leader: Pauline Marples .
3rd Thursday 2.15pm - Flint Avenue Centre
Contact 01623 431783
Email pauline.mp-marples.co.uk

There was a change of plan at last Thursday's group meeting. We were going to have a slide show; however Malcolm had been struck down with a cold and was unable to come, we need him to set up the screen and projector.

Pauline hastily sorted out some files on Forest Town and also brought along a selection of maps for us to look at instead, plus several updated copies of the A-Z of Forest Town that we have been working on in previous months, this is really growing now.



OS Map Second Edition 1900 Sheet No XXIII.SW Scale 6" to One Mile

I'm not sure how much work actually got done on the A-Z as maps seem to have an irresistible draw and much of the time was spent poring over these; or looking through the files and I think we got side

tracked at times, but it all made for an enjoyable afternoon with lots of chat and exchange of ideas.

Jenny W

Family History

Group Leader: Malcolm Marples
Meet 2.30pm 3rd Monday - Flint Avenue Centre
Contact 01623 431783
Email malcolm@mp-marples.co.uk

This month we were screen watching as Malcolm had brought along a new CD he had recently purchased on Civil Defence in WW2. The disc contained the names of men in Rotherham borough who were eligible to be called up, it gave their names, date of birth [DOB], address and occupations. The occupations revealed those men who were exempt because of their job, such as those who worked in the steelworks.



Malcolm found three members of his family on this and gained new information such as DOB and addresses. This led to him then checking the address of one family on the 1939 register and gaining yet more information.

None of us were aware of the Civil Defence lists and now need to see if there are any available for other places

Pauline

Lunch Club

Group Leader: Denise Whitsed
3rd Wednesday
Contact deewhits@aol.com

Music - 60's Appreciation

Group Leader: John Kirk
1st Friday Meet Forest Town Arena 2-4pm
Contact 01623 640528
Email johnensorkirk@gmail.com

After much consideration it has been decided to change the name of the 60's Music Group band. 'Rave On' was chosen by the group's founder Keith who sadly passed away in March this year. 'Rave On' was very much Keith's baby and Chris and myself were more than happy to play our part in bringing his Rock & Roll vision to life.

Since Win joined the group in May we are now doing a wider range of 60's music which we hope will appeal to our members old and new. So taking into account our advancing years and paying respect to Elvis Presley. The new name of the group will be,

'NOW OR NEVER'

The October quiz was compiled and delivered by Sandra Evans and the featured artist spot researched and presented by Valerie Newborough who this time gave us the wonderful Matt Monro. Thank you ladies.

Members please note the next gathering on November 2nd will be in the Arena lounge near the main entrance. Hope to see you there.

John.

National Trust Group

Ann Stanford 01623 641864
Email annstanford1@sky.com

Christmas at Hardwick on Wednesday 5th December. 10-30am from The Arena - for car share, or 11am at the main entrance at Hardwick. The house opens at 11am and closes 3pm.

Painting and Drawing

Group Leader: Christine Cawthorne .
4th Thursday 2-4pm - Sherwood Centre, Stuart Ave.
Contact 01623 658171



Members of the Art Group working in water colour

Poetry & Play Reading

Group Leader: Kath Wolstenholme
2nd Monday Sherwood Centre, Stuart Ave 10-12
Contact 01623 617194
Email krazy.kath@hotmail.co.uk

Rambling

Group Leader: Andrew Riby

Rambles from 7 miles up to 9 miles
1st and 3rd Wednesday of each month.

Contact Andrew Riby 01623 656958
mobile 07833 543705

Email ribya@imcgroup.co.uk

Our first Ramble in October we started our circular walk from Woodhouse Eves, near Loughborough. The weather was sunny and ideal for walking. We walked through Swithland Wood along the National Forest Way, and through Bradgate Deer Park.

At Bradgate Park there was plenty of wild deer to see, when we arrived at the visitor centre, there was information about the Bradgate House which is now a ruin and is also the birth place of Lady Jane Grey known as the Nine Day Queen.

We headed towards Old John Tower (see photo) which is a Folly Built by the Greys in 1784, this is, by local legend, a memorial to John, an estate worker killed in a bonfire accident during celebrations of the 21st birthday of the future sixth Earl of Stamford.



Here we stopped for our lunch and enjoyed the views of the surrounding countryside. After lunch we headed towards the top Beacon Hill the views were also excellent. For our refreshments we went to Butler Henderson Café at the Great Central Railway Station at Quorn.

Steve

Our second walk in October passed through the Lumsdale Valley near Tansley Knoll, taking in the old buildings of the Arkwright Mills and amazing Lumsdale waterfalls.

Our ramblers experienced beautiful warm sunshine, orange mushrooms (which were not to be eaten), conkers, acorns and autumn leaves underfoot along with marvellous views of Riber Castle and the Derbyshire hills; not forgetting the autumnal colours

of the many varieties of trees along the circular route.

Our ramble ended, frequenting the "Poet's Corner" public house in Ashover for a well earned and refreshing beverage.

Carol

November Rambles - 7th November: Froggat, Curber, Baslow & White Edges (7.8 miles), 21st November: Holmesfield area (7½ miles). Meet at the Arena car park to arrange lift sharing, departing at 8:40 am prompt. New members always welcome.

Scrabble & Rummikub

Group Leader: Celia Tassle

2nd Friday & 3rd Monday Forest Town Arena 2pm
Contact 01623 627905

Scrap Booking

Group Leader: Ann Stanford

4th Thursday 2-4pm - Sherwood Centre, Stuart Ave.
Contact 01623 641864
Email annstanford1@sky.com

Short Walks

Group Leader: Marilyn Redfern
Meet 4th Monday 10.15am
Contact 01623 646547
Email mjrfern@gmail.com

Strollers

Group Leader: Denise Doud

Meet 3rd Friday 10: 30am
Contact 01623 619856
Email dmdoud52@gmail.com

The ground around Pleasley Pit was where 16 members had the October stroll. Some walked a little further whilst others headed to the cafe for a bacon butty and hot drink to be joined later by the more energetic strollers.

Our November stroll will be at Rufford Park meeting 10.30 am in the Abbey end car park. Unfortunately there is a charge for parking.

"A Thought" - As most of the strolls have inclines, sometimes quite steep, maybe another group could be of interest eg 'a gentle amble at Vicar Water'. As winter is approaching this could be looked at again in the New Year but if you feel this would be of benefit please let me know.

Denise

Table Tennis

Group Leader: Marilyn Redfern

Meet - 1st Tuesday Meden & Oak Hill Leisure Centre
New Time 11:30 - 1:30
Contact 01623 646547
Email mjrfern@gmail.com

Ten Pin Bowling

Group Leader: Gordon Chapman

Meet 2nd Thursday 2pm
Mansfield Superbowl 2000.
Contact 01623 620012
Email chapmanrogere490@gmail.com

There were six of us at the indoor bowls centre on Thursday, 11th. October, Sheila, John, Terry, Gordon, Marilyn and Kathy, and we played in two teams on two lanes.

John won the first game in his team, with three full strikes, and 119 points, and in the second game, Terry won with two strikes, and scoring 109 points.

In the second team, Gordon won both games, with a score of 132 and two strikes in the first game, and 125 points and only one strike in the second game.

Terry

Tai Chi

Contact Ann Stanford. 01623 641864
Email annstanford1@sky.com

There are about 15 people that go regularly to Tai Chi. It was proven last week on the TV programme, 'Trust me I'm a Doctor' that Tai Chi was just as beneficial for the body as an aerobic work out!!!!

The next block of Tai Chi is for 8 weeks, commencing Tuesday October 30th till December 18th at Forest Town Methodist Church The cost to cover running the course is £12.

TAKING PHOTOS

Some of us often take photographs at the Main Meeting, Group meetings and U3A outings. these can then be used in the newsletter, on the website or for publicity. If you are against your photo being used for these purposes, please turn away, or ask the person taking the photo not to be included in it.



SOME OF OUR VOLUNTEERS



Three TEA LADIES who are just part of a large team. There is a rota system to ensure they are not working every month.



MEETERS & GREETERS who greet members and visitors as they come into the meeting and encourage them to sign in



Waiting for the meeting to start, There is always a good buzz once people start to arrive and the seats fill up very quickly.

**A SMILE IS WORTH
A THOUSAND WORDS
That is why we give
Smiley Badges to visitors**

FROM COMPUTER BOB

I recently received an email from Amazon Inc. thanking me for my order which would be sent to: It then stated a name and address different to my own. There was also a notice, (which is the real purpose of the email):



Please note: If you didn't make this order (it might be so since most of our processing servers are in maintenance between 09.10.2018-11.10.2018) please sign in to your account and complete the required steps to receive a full refund.

It was followed by a sign in button, no doubt if I had clicked on the button it would have taken me to a website which asked for my bank details to claim my refund, I have an account with Amazon.Com which I checked and this activity wasn't recorded, if you receive an email like this supposedly from a firm or Bank and worryingly from a firm or Bank you deal with and are doubtful about it, **don't click on the link**, please log in and check your account in the usual way.

There are several articles on 'How to spot and report a scam' on my U3A webpage:

<https://u3asites.org.uk/forest-town/page/56067>

Do take a look at our web site which Bob works on very hard, it is packed full of information.

<https://u3asites.org.uk/forest-town>

If you haven't got a computer, laptop, tablet, or the appropriate mobile phone why not go down to the library and have a look on their computers.

YOUR NEWSLETTER

Unfortunately after the **December** issue I have to give up producing the newsletter.

I have done this since issue No 2 in November 2015 and it has been a good experience with each issue having its own challenges.

I have been ably backed by my husband Malcolm, with Mike and Jenny proof reading.

Now however is the time to let go and let someone else enjoy the thrills and spills of producing your newsletter in **2019**

Could that be YOU?

Pauline

**NEWSLETTER DEADLINE
FOR THE DECEMBER ISSUE 24th NOVEMBER**
email contributions to
pauline@mp-marples.co.uk
or send to 15 Elmhurst Rd. NG19 0EU

COMMUNITY NEWS

REMEMBRANCE DAY PARADE

The Forest Town Remembrance Day Parade will gather at the Arena car park on Sunday 11th Nov at 10.15am. The Parade will take the usual route before gathering at the Cenotaph in St. Alban's Churchyard for a service, two minute silence and the laying of wreaths. A service in church will follow.

CHRISTMAS LIGHTS SWITCH ON - FOREST TOWN

The switch-on will be on Sunday 25th November, at St. Albans Church and we're pleased to announce it will be performed by Royal British Legion Chair Neil Davidson.

The Carol Service will begin at 6pm followed by the switch-on at 6.30pm.

Refreshments (tea/coffee, mince pies) will follow in the Church.

VOLUNTEER WITH LITERACY VOLUNTEERS AND ENJOY MAKING A DIFFERENCE

Help improve a child's literacy and communication
Could you be a Literacy Volunteer? We are looking for Literacy Volunteers to help in primary schools throughout Nottinghamshire. Literacy Volunteers is a Registered Charity formed in 1996. Our fabulous, dedicated volunteers work with children in local schools and Early Years' settings to develop an interest and love for reading. We help to break down barriers and open doors for life-long achievement. Volunteers can make all the difference in a child's life. Volunteers chat with the children, read fun books together and play word games to help build their vocabulary and confidence with words and spelling.

We vet, train and then support Volunteers in post and pay travel expenses. Volunteers own transport would be advantageous but not essential.

If you can give just half a day a week's regular commitment for at least 1 school year and would like to become part of an enthusiastic and committed Volunteering force that is doing great work improving literacy and transforming the lives of children across the city and county please get in touch.

More details on our website

www.literacyvolunteers.org.uk

Telephone 01623 517553 or email

sue@literacyvolunteers.org.uk for our Enquiries Form and Information sheet or to discuss further.

VISITING KINGS MILL HOSPITAL

A trip to the hospital is something many of us find we have to do as we get more mature [I don't like the word old or older]. I often find its not just the medical staff I meet there, its also the smiling faces and friendliness of U3A members who are volunteering in various sections of the hospital. It is good to pass the time of day and discuss aspects of our U3A.

Pauline



The Poppy display at Forest Town Methodist Church.

Many of our U3A members participated in this by making poppies.

Forest Town U3A Executive Committee / Contacts

Committee Position	Name	Phone number	Email
Chairman	Mike King	01623 470929	mikethos42@yahoo.com
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Future Committee

Next year at the AGM (in June) four and probably five members will be coming off the Committee having completed their three years' service in accordance with our Constitution; in fact, as they were all on the Steering Committee established in September 2015, they will have completed almost four years.

The members leaving are: - Mike King, Chairman; Susan Wright, Vice Chairman and Speaker Finder; *probably* Lynne Cooper, Treasurer; Ann Stanford, Group Coordinator and Kath Wolstenholme, Membership Secretary. Both Lynne, Ann and Kath have Assistants who support them in their roles and it is possible that they will put themselves forward for those roles, in which case we will need Assistants to replace them. Our Vice Chairman also acts as Speaker Coordinator.

In respect of the roles of Chairman, Vice Chairman and Treasurer (together with the role of Secretary that Sue Harkin is likely to continue), **it is important to emphasise that our U3A can't continue without these four offices being in place.**

I appreciate that it is sometime before the AGM, but nominations will need to be received in the first few months of next year and to help you decide whether you can fill any of the vacancies on the committee I have listed below brief Job Descriptions. The members of the existing committee are happy for you to come as an observer to any of our future committee meetings and those vacating their roles will be more than willing to support new committee members as they take on their responsibilities. I would add that over the last 3/4 years we have established many policies, procedures and systems that should enable a smooth takeover of the roles – bear in mind when we started there was nothing in place!

PLEASE CONSIDER SERIOUSLY IF YOU CAN SUPPORT YOUR U3A BY PUTTING YOUR NAME FORWARD FOR THE COMMITTEE.

Chairman

- To maintain the charitable objectives/purposes of the U3A.
- To preserve order at the committee meetings – with good humour.
- To ensure the correct procedures are followed.
- To allow different points to be expressed and encourage participation from all members.
- To remain calm when strong feelings are expressed.
- To draw discussions to a conclusion and to summarise fairly the arguments 'for and against' an issue.
- To ensure that decisions are followed through, often in conjunction with the Secretary.
- To lead the Main Monthly Meetings.

- To represent the U3A at the Nottinghamshire Network and the NNNG.

Vice Chairman

- To deputise for the Chairman and so will need to be familiar with all the necessary procedures and able to assume responsibility at short notice.
- Our Vice Chairman also takes on the role of Speaker Coordinator – see below.

Treasurer

- To operate the Bank Accounts in accordance with the wishes of the committee.
- To ensure that strong financial management procedures and internal controls are in place.

- To maintain accurate and sufficiently detailed financial records in accordance with the requirements of the regulatory authorities.
- To report to the committee on finance at each meeting.
- To prepare the statement of accounts for examination and presentation at the AGM.
- To prepare a budget annually.
- To recommend the level of subscription to be paid by the members.
- To pay approved invoices.
- To pay agreed expenses.
- To keep all receipts.
- To recommend an appropriate level of reserves.

Speaker Coordinator

- To organise, book and liaise with a speaker for each monthly meeting.
- By establishing a list of dates when a speaker is required.
- Making contact with possible speakers (covering a wide range of subjects of interest) several months in advance with regard to their fee, travel expenses, equipment needs and availability for given dates and times.
- Informing them of location of venue and IT resources available and time limit of talk (currently 45-50 minutes).
- Keeping record of all correspondence.
- Submitting monthly reports to FT&D U3A Executive Committee regarding speakers booked and liaising with committee as required.

Membership Secretary

- To keep in accordance with the General Data Protection Act May 2018, and update, the database for all full fee paying and affiliated members.
- Update the Direct Mail (Third Age Trust Magazine) database so that members receive the magazine and send the database to U3A Distribution HQ.
- Answer questions from U3A Members or Prospective Members.
- Prepare information and attend Monthly Main Meetings.
- Report to and attend monthly Committee Meetings.
- Prepare Membership information for the AGM.
- Work closely with the Treasurer, Business Secretary, Chairman and other committee members.
- Carry out any decisions related to Membership made by the Committee.
- Be a good organiser and communicator.

Group Coordinator

- To support existing groups and assist in the development of new groups.
- Provide a monthly update to the Committee.
- Organise and chair the Group Leader's meetings held twice a year, April & October.
- Ensure the Group Leader's Pack of information is regularly updated and given to new groups, so records can be kept of attending members and any financial transactions. All forms are accessible via FT&D U3A website.
- Inform the membership of all Groups, plus new Groups, by advertising via the Main Meetings, the Newsletter and Website.