



## Chat From The Chair

Hello and welcome to this latest edition of our Newsletter. Full of interesting articles and information it is edited once again by our very own Steve Evans. However, due to unforeseen circumstances the deadline date for submission of articles had to be brought forward by two weeks so you may find this edition to be somewhat briefer than usual.

By the time you read this Newsletter we will be three quarters of the way through the year and autumn will be only just around the corner. On that note I would like to remind members that they can still reserve a U3A diary by adding their name to the list which will be available at the September meeting. I am reliably informed that they are really useful diaries with plenty of space for making notes on groups, trips and outings. Members who are unable to get to the September meeting and would like to order a diary can do so by sending me an email; my contact details are at the end of the newsletter.

The meeting in August was well attended and members enjoyed an interesting presentation by the Nottinghamshire Search & Rescue Team.

They are a team of highly skilled and dedicated volunteers who support Nottinghamshire Police when called upon to do so. As Nottinghamshire residents I consider that we should feel humbled and yet proud of the amazing work these people do in our community.

## Nottinghamshire Lowland Rescue Team



Some of the speakers prefer not use a microphone and rely on their own voice being loud enough to carry throughout the church. In that instance, if you are at a meeting and are unable to hear the speaker please do not be afraid to raise your hand and let us know at the time; we want all our members to enjoy our meetings and would not want anyone to miss out on hearing the speakers.

We look forward to seeing you at the next meeting when the speaker will be John Smith with a presentation on "Reading Body Language". Linda

## Loneliness and Isolation

Sadly, loneliness and isolation is on the increase in the community. This can lead to anxiety, depression and a downward spiral where the victim feels as though they have no one to turn to.

Many of us go about our daily business with family, friends and even neighbours around us and know we have someone to turn to in our time of need.

Imagine, waking up one day and those people no longer being there; imagine having no one to talk to, to turn to or to ask for help.

Tuesday 30th July was Annual Friendship Day; it is recognised all over the world and marks an occasion whereby we are encouraged to reach out and be a friend to someone. Why should we wait for that day to come around again, why don't we all say hello to someone we don't know and start a conversation? Who knows, it might lead to a new friendship! Kelvin

## MEETINGS IN 2019

### North Nottinghamshire Network Group of U3A's in Other Areas.

If anyone is interested in a Coin Collecting a member in Arnold U3A is willing to start a new group and would love to meet people who are interested in coin collecting. There are also vacancies in Sutton-in-Ashfield, Sherwood, Warsop and Rainworth U3A's. Those interest groups are, Classical Music, International Dinning, Mahjong, Natural History, Science & Technology, Pickleball, Croquet, Choir, French Conversation, Curling and Creative Writing. These are some and they are on our Interest Group Board. If you would like more information about these or any other interest groups please contact Group Coordinator Anita in monthly meeting or through our Forest Town Web site. Anita

Sep 5 <sup>th</sup>	John Smith	Reading Body language: My Guide to People Watching
<u>Oct 3<sup>rd</sup></u>	<u>Roger Browne</u>	From New Orleans to New York (Live recreation of tunes from jazz tour of 1919)
<u>Nov 7<sup>th</sup></u>	<u>Dr Ifran Malic</u>	First World War contribution of Dulmial Village Pakistan
<u>Dec 5<sup>th</sup></u>	<u>Steel Pantastic</u>	A Medley of Music

**WORLD'S BIGGEST  
COFFEE  
MORNING**

Friday 27<sup>th</sup> September 2019  
Forest Town Methodist Church  
FROM 10am ONWARDS  
Organiser: Pam Lander with the  
Forest Town & District U3A  
Country Dancing Group

**MACMILLAN  
CANCER SUPPORT  
RIGHT THERE WITH YOU**

# INTEREST GROUPS & LATEST REPORTS

## GROUP MEETINGS AT A GLANCE

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

### Ambling Along

Everyone is welcome to come along and join the Ambling Along Group. The next event takes place on Tuesday 1st October and will be an easy walk on level ground to Rufford Park followed by a cafe break. Linda Bancroft will be at the Arena car park at 10.15am to organise car sharing. Please put your name and contact details on the slips provided on the Interest Groups table during the main meetings.

### Art Appreciation

4<sup>th</sup> Tuesday 10am Forest Town Arena  
Contact Jill Gascoyne  
Email [jillgas.1@gmail.com](mailto:jillgas.1@gmail.com)

### Bird Watching

Group Leader: *Lynne Cooper*  
Meet 2<sup>nd</sup> Thursday of the month  
Contact 01623 652430  
Email [lynnecoopernotts@hotmail.co.uk](mailto:lynnecoopernotts@hotmail.co.uk)

### Book Club

Group Leader: Ann Stanford  
Meet 1<sup>st</sup> Monday of the month 10. 30am Forest Town Library  
Contact 01623 641864 Email [annstanford1@sky.com](mailto:annstanford1@sky.com)

### Bridge

Group Leader: Steve Evans  
Meet 2<sup>nd</sup> & 4<sup>th</sup> Friday of the month  
10 am - 12 noon at the Flint Avenue Centre.  
Email [steve.jackie84@ntlworld.com](mailto:steve.jackie84@ntlworld.com)

### Classic Vehicles

Contact Ann Stanford 01623 641864  
4<sup>th</sup> Wednesday 2pm Forest Town Arena  
Email [annstanford1@sky.com](mailto:annstanford1@sky.com)

### Computer and IT Skills

Group Leader: *Bob Hunt*  
Email [foresttownu3a@outlook.com](mailto:foresttownu3a@outlook.com)  
Please contact Bob re meeting

### Country Dancing

Pam Lander. Mobile: 07708361057.  
Email [enquiries-annstanford1@sky.com](mailto:enquiries-annstanford1@sky.com)

The group has decided to stay at St. Patrick's Church Hall. It is a lovely space with excellent facilities! As the hall is bigger we have spaces if you would like to join us. No experience required. There is a charge of £2 a session, paid in 3 monthly instalments of £6. This is to cover the hire of the hall and includes refreshments.

The Country Dancing Group  
Invite  
Forest Town & District U3A to  
Celebrate



Autumn & Harvest Time  
Friday 18<sup>th</sup> October, 11am to 3pm  
**Come and go at any time**

St. Patrick's Church Hall, Forest Town  
Dancing with caller Janice Holland  
Bring and share lunch.  
**Tickets £1 available at the Main meetings  
Sept/Oct**  
**Contact: Pam Lander 07708 361057**

#### Craft

Group Leader: Jane Freeman  
2<sup>nd</sup> Monday 2pm - 4pm Meet Forest Town Arena  
Contact 01623 624003  
Email [jam.freeman@btinternet.com](mailto:jam.freeman@btinternet.com)

#### Cryptic Crosswords

Meet on 4<sup>th</sup> Thursday, 10am at Forest Town Arena.  
Group Leader Kay Toy  
Email [kaytoy@hotmail.co.uk](mailto:kaytoy@hotmail.co.uk)

#### Current Affairs

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

#### Cycling Off Road

Meet on 3<sup>rd</sup> Tuesday  
Group Leader David Duncan  
Email [wings33@btinternet.com](mailto:wings33@btinternet.com)

Tuesday September 17<sup>th</sup> - Bestwood **Country Park**.  
**NG6 8TQ**. Meet 10am. Car Park off Park Road  
Tuesday 15<sup>th</sup> October - **local route** - **Edwinstowe**  
10am at the Arena or 10-30am at Vicar Water.

#### **DAYS OUT/HOLIDAYS & OUTINGS 2019**

Contact Denise 07791941502.

Email [deewhits@aol.com](mailto:deewhits@aol.com)

#### **HOLIDAYS AND DAYS OUT FOR 2020 FOREST TOWN, SHERWOOD and MANSFIELD U3A's**

**27<sup>th</sup> April** visit to Lichfield and the Cathedral including  
a cream tea at the Cathedral. Cost £20 per person.

**20<sup>th</sup> May** visit to Liverpool free time around the docks  
and Liverpool centre plus a live guide tour of  
Liverpool/Beatles (we had the best guide). Cost £21  
per person.

**8<sup>th</sup> June** Potter's resort 5\* Resort with full daytime  
and evening entertainment (worthy of West End  
stage)  
Full board in bungalow  
Price approximately £340 depending on how many  
people are going, for free place share out  
Deposit £50 payable to Potters.

**22<sup>nd</sup> June** National Arboretum  
Arrive in time for Daily act of remembrance.  
Two course lunch private dining. Land Train private  
tour of the Arboretum cost £40 per person.

**16<sup>th</sup> November** Thursford Christmas spectacular 3day  
holiday staying at Caley Hall Hunstanton bed,  
breakfast and evening meal.  
Day one, afternoon show and evening at the hotel  
Day two, free time in Norwich  
Day three, depart calling at Holt on the way home  
£285 £50 deposit required

PLACES WILL ONLY BE RESERVED ON RECEIPT OF  
PAYMENT, ALL CHEQUES PAYABLE TO "SKILLS"  
EXCEPT "POTTERS"  
DENISE 07791941502 [deewhits@aol.com](mailto:deewhits@aol.com)

#### **Evening Dining Out**

Group Leaders: Jane Atkins, Marilyn Redfern  
4<sup>th</sup> Thursday  
Contact [jane.e.atkins60@gmail.com](mailto:jane.e.atkins60@gmail.com)  
[mjrferrn@gmail.com](mailto:mjrferrn@gmail.com)



### Gardening

Group Leaders: Angelina Taylor & Irene Brookes  
Meet on 2<sup>nd</sup> Tuesday 10-12noon –  
Stuart Avenue Centre  
Contact Angelina 01623 622871

### Family History

Group Leader: Jenny Wright  
Meet 2.30pm 3<sup>rd</sup> Monday - Flint Avenue Centre  
Contact Jenny 01623 631371  
Email [j.wright445@btinternet.com](mailto:j.wright445@btinternet.com)

### Local History

Group Leader: Pauline Marples  
Meet on 3<sup>rd</sup> Thursday 2.15pm –  
Flint Avenue Centre Contact 01623 431783  
Email [pauline@mp-marples.co.uk](mailto:pauline@mp-marples.co.uk)

### Lunch Club

Group Leader: Denise Whitsed  
Meet on 3<sup>rd</sup> Wednesday  
Contact [deewhits@aol.com](mailto:deewhits@aol.com)

### Music - 60's Appreciation

Group Leader: John Kirk  
1<sup>st</sup> Friday Meet Forest Town Arena 2-4pm  
Contact 01623 640528  
Email [johnensorkirk@gmail.com](mailto:johnensorkirk@gmail.com)

We had forty four members attend the August meeting at the Arena which very nearly filled the room, which was very encouraging. To be quite honest we expected the numbers to be down due to the time of year and the fact that some of our (grown up members) could be on child minding duties during the school holidays. One new song was performed this session", I Think of you" by the Merseybeats, plus the usual mix of old favourites. Chris (our bass player) devised and presented the quiz centred on bass players and their music. I did this month's featured artist Petula Clark who is still performing at the age of 86, proving that once again that age and what is possible is not what it used to be. Hope to see you next month Friday 6<sup>th</sup> September Regards John.

### National Trust Group

Ann Stanford 01623 641864  
Email [annstanford1@sky.com](mailto:annstanford1@sky.com)

### Painting and Drawing

Group Leader: Christine Cawthorne .  
Meet on 4<sup>th</sup> Thursday 2pm till 4pm  
Sherwood Centre, Stuart Avenue  
Contact 01623 658171

### Poetry & Play Reading

Group Leader: Allan Barham  
Meet on 2<sup>nd</sup> Monday 10am till 12noon  
Sherwood Centre, Stuart Avenue

This Group will recommence in September

### Rambling

Group Leader: Andrew Riby  
Rambles from 7 miles up to 9 miles  
Meet on 1<sup>st</sup> and 3<sup>rd</sup> Wednesday  
Contact Andrew Riby 01623 656958  
Mobile 07833 543705 Email [ribya@imcgroup.co.uk](mailto:ribya@imcgroup.co.uk)

In the last week in July, the group's more adventurous members undertook one of our occasional "challenge" walks, which are longer and more strenuous than our normal scheduled walks. We started out by catching the train from Bamford to Dore on the outskirts of Sheffield. From here we followed Limb Brook, the boundary between the ancient kingdoms of Mercia and Northumbria, up through Eccleshall Woods to Ringinglow. Heading over Hallam Moors to Redmires Reservoir, we had views over Sheffield before being hit by a prolonged and torrential downpour. The sun came out briefly for lunch by the reservoir. After climbing to Stanedge Pole, we headed along Stanage Edge with wispy clouds rising from the valley before dropping down through farmland back to Bamford. Our first walk in August set out from Ladybower reservoir.



Steep steps took us up Derwent reservoir dam and then a level path took us beside the water for a while before we headed uphill for an hour and a half

following Abbey Brook up to the peak of Lost Lad. Legend has it a shepherd boy's body was found here in the spring after he went missing during a winter storm. We admired views over wide swathes of the Peak District and beyond as we ate our lunch. A heavy squally shower marred our crossing of Green Stitches moor. Fortunately we made the steep and sometimes slippery descent back to Derwent reservoir in the dry before a final shower by the waterside.

Our next rambles: 4th September: Cat & Fiddle, Errwood Hall, Pimm's Chair & Shining Tor (8 miles)  
17th September: Holmfirth, Upperthong & Cartworth Moor from Hade Edge (8.75 miles). Meet at the Arena car park to arrange lift sharing, normally departing at 08:40 a.m. prompt but please check beforehand. New members welcome. Andy

### Scrabble & Rummikub

**Group Leader:** Celia Tassle  
**Meet on 2<sup>nd</sup> Friday & 3<sup>rd</sup> Monday Forest Town Arena 2pm**  
**Contact 01623 627905**

### Scrap Booking

**Group Leader:** Ann Stanford  
**Meet on 4<sup>th</sup> Thursday 2-4pm**  
**Sherwood Centre, Stuart Ave.**  
**Contact 01623 641864 Email [annstanford1@sky.com](mailto:annstanford1@sky.com)**

### Short Walks

**Group Leader:** Marilyn Redfern  
**Meet on 4th Monday 10.15am**  
**Contact 01623 646547 Email [mjrfern@gmail.com](mailto:mjrfern@gmail.com)**

### Strollers

**Group Leader:** Denise Doud  
**Meet on 3<sup>rd</sup> Friday 10: 30am**  
**Contact 01623 619856 Email [dmdoud52@gmail.com](mailto:dmdoud52@gmail.com)**

### Table Tennis

**Group Leader:** Marilyn Redfern  
**Meet on 1<sup>st</sup> Tuesday Meden & Oak Hill Leisure Centre New Time 11:30 - 1:30**  
**Contact 01623 646547 Email [mjrfern@gmail.com](mailto:mjrfern@gmail.com)**

### Ten Pin Bowling

**Group Leader:** Gordon Chapman  
**Meet on 2<sup>nd</sup> Thursday 2pm**  
**Mansfield Superbowl 2000**  
**Contact 01623 620012**  
**Email [chapmanrogere490@gmail.com](mailto:chapmanrogere490@gmail.com)**

### Deadline for October Newsletter Articles

Tuesday 24<sup>th</sup> September 2019.  
Please send articles to Steve Evans  
[steve.jackie84@ntlworld.com](mailto:steve.jackie84@ntlworld.com)

Visit our website for the latest news of meetings and groups: <https://u3asites.org.uk/forest-town/>

<i>Forest Town U3A Executive Committee / Contacts</i>			
<i>Committee Position</i>	<i>Name</i>	<i>Phone number</i>	<i>Email</i>
Chairman	Linda Shutt		<a href="mailto:lindashutt953@btinternet.com">lindashutt953@btinternet.com</a>
Vice Chair	Michael Lyall		<a href="mailto:mikelyall@hotmail.com">mikelyall@hotmail.com</a>
Business Secretary	Sue Harkin		<a href="mailto:Ftdbusinesssec@hotmail.com">Ftdbusinesssec@hotmail.com</a>
Treasurer	Andrew Riby		<a href="mailto:ribya@imcgroup.co.uk">ribya@imcgroup.co.uk</a>
Assist Treasurer	Marilyn Redfern	01623 646547	<a href="mailto:mjrfern@gmail.com">mjrfern@gmail.com</a>
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