



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

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

WORLD'S BIGGEST COFFEE MORNING

Friday 27th 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 st	Book Club	Table Tennis Tai Chi Ambling Along	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 Cycling Off Road	Rambling Lunch Club	Local History	Strollers Dancing
4 th	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

Group Leader: Linda Bancroft

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

4th Tuesday 10am Forest Town Arena
Contact Jill Gascoyne

Bird Watching

Group Leader: Lynne Cooper
Meet 2nd Thursday of the month

Book Club

Group Leader: Ann Stanford
Meet 1st Monday of the month 10. 30am Forest Town Library

Bridge

Group Leader: Steve Evans
Meet 2nd & 4th Friday of the month
10 am - 12 noon at the Flint Avenue Centre.

Classic Vehicles

Contact Ann Stanford

Computer and IT Skills

Group Leader: Bob Hunt

Please contact Bob re meeting

Country Dancing

Pam Lander.

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 18th 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
2nd Monday 2pm - 4pm Meet Forest Town Arena

Cryptic Crosswords

Meet on 4th Thursday, 10am at Forest Town Arena.
Group Leader Kay Toy

Current Affairs

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

Cycling Off Road

Meet on 3rd Tuesday
Group Leader David Duncan

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

DAYS OUT/HOLIDAYS & OUTINGS 2019

Contact Denise

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

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

20th **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.

8th **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.

22nd **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.

16th **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"

Evening Dining Out

Group Leaders: Jane Atkins, Marilyn Redfern
4th Thursday

Gardening

Group Leaders: Angelina Taylor & Irene Brookes
Meet on 2nd Tuesday 10-12noon –
Stuart Avenue Centre

Family History

Group Leader: Jenny Wright
Meet 2.30pm 3rd Monday - Flint Avenue Centre

Local History

Group Leader: Pauline Marples
Meet on 3rd Thursday 2.15pm –
Flint Avenue Centre

Lunch Club

Group Leader: Denise Whitsed
Meet on 3rd Wednesday

Music - 60's Appreciation

Group Leader: John Kirk
1st Friday Meet Forest Town Arena 2-4pm

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 6th September Regards John.

National Trust Group

Ann Stanford

Painting and Drawing

Group Leader: Christine Cawthorne .
Meet on 4th Thursday 2pm till 4pm
Sherwood Centre, Stuart Avenue

Poetry & Play Reading

Group Leader: Allan Barham
Meet on 2nd 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 1st and 3rd Wednesday

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 2nd Friday & 3rd Monday Forest Town Arena 2pm

Scrap Booking

Group Leader: Ann Stanford
Meet on 4th Thursday 2-4pm
Sherwood Centre, Stuart Ave.

Short Walks

Group Leader: Marilyn Redfern
Meet on 4th Monday 10.15am

Strollers

Group Leader: Denise Doud
Meet on 3rd Friday 10: 30am

Table Tennis

Group Leader: Marilyn Redfern
Meet on 1st Tuesday Meden & Oak Hill Leisure Centre New Time 11:30 - 1:30

Ten Pin Bowling

Group Leader: Gordon Chapman
Meet on 2nd Thursday 2pm
Mansfield Superbowl 2000

You can contact Committee members and Group leaders and read the latest news by visiting our website:

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

Deadline for October Newsletter Articles

Tuesday 24th September 2019.

Please send articles to Steve Evans

ftu3anews@gmail.com

<i>Forest Town U3A Executive Committee</i>	
<i>Committee Position</i>	<i>Name</i>
<i>Chairman</i>	<i>Linda Shutt</i>
<i>Vice Chair</i>	<i>Michael Lyall</i>
<i>Business Secretary</i>	<i>Sue Harkin</i>
<i>Treasurer</i>	<i>Andrew Riby</i>
<i>Assist Treasurer</i>	<i>Marilyn Redfern</i>
<i>Groups Co-ordinator</i>	<i>Anita Adlard</i>
<i>Assist. Group Co-ordinator</i>	<i>Steve Evans</i>
<i>Membership Sec</i>	<i>Jane Atkins</i>
<i>Assist/Membership Sec.</i>	<i>Kelvin Foster</i>
<i>Website Editor</i>	<i>Bob Hunt</i>
<i>Joint Social Secretary</i>	<i>Hazel Hett</i>
<i>Joint Social Secretary</i>	<i>Denise Whitsed</i>
<i>Welfare Officer</i>	<i>Kelvin Foster</i>



The Avenues today