



Thank you for your participation

As Vice-Chair of the successful Forest Town u3a, I would like to give a huge 'Thank you' to all you members who give your time and energy towards the success of our groups and organised events. And I don't just mean those members who take on the task of leading groups and organising events; important as those activities are. Member participation is equally important – whether it is attending a relaxing session drawing/painting, listening to music, visiting a museum or hiking miles across the countryside.

Our membership has increased gradually since the pandemic eased. As our groups continue to thrive and, we hope, expand, we hope we are looking at further increases in the coming months.

One new group that I am keen to inform you about has been set up to carry out a Litter Pickup in the streets and parkland of Forest Town. This will happen on a monthly basis and we hope we will see volunteers armed with 'litter pickers' and black bags wearing high-vis vests promoting the u3a. If you see them give them a welcome. They are making your environment a more acceptable and

better place. Better still, if you want to join them please get in touch with me. Email: mikelyall@hotmail.com

Finally, Forest Town is looking forward to the Tour of Britain, Stage 5, Cycle event passing through in the early afternoon of 8 September. The stage will finish at Mansfield Civic Centre. There'll be 114 riders from 19 teams whizzing through Mansfield District, including local riders Ross Lamb from Mansfield and Ollie Peckover from Ruddington, who both cycle for the Ribble Weldtite Pro Cycle team. The event will be widely televised, putting Forest Town and District on the map. As Councillor Mick Barton urged us to do at the August meeting why not get out on the route to cheer them on.

The race is expected to reach these locations at the following times:

- t Mansfield Woodhouse: A60 and Leeming Lane South – 2.49pm to 3.40pm
- t Forest Town: Old Mill Lane and Sherwood Hall Road – 2.54pm to 3.46pm
- t Chesterfield Road South (finish line) – 2.59pm to 3.52pm

Mike Lyall



Paul Cullen, pictured right with our Vice-chair Mike Lyall, is an expert in the origins of surnames. He was our fascinating August speaker. He explained how many surnames are related to places. Hood, as in Robin, however, is most likely derived from 'a maker of hoods'. Much as Nottinghamshire lays claim to the name, it is actually more common in other counties. In the 1881 census only 36 of the 8,280 Hoods were in the county

Supporting the Tour of Britain

As Mike Lyall has outlined above, the *Tour of Britain* is coming through Forest Town on Thursday 8 September. A fabulous lady, Debbie Williamson, who makes all those lovely post box toppers in Forest Town, has taken on the yarn bombing project of a bicycle. She's involving the local community and some of our Forest Town u3a members. But what else is being done to make this event the big success that it deserves to be? Please let me know if you are volunteering as marshals, putting on a u3a display or active in any groups supporting it. I can be contacted on deewhites@aol.com Tel: 07791 941502 (Mon to Fri 9.00am to 4.00pm) Many thanks as always.

Denise Whitesed



Emma's determination inspires all at July meeting



Emma Sheardown, right, with our Speaker Seeker Kathryn Cope

Emma Sheardown inspired many in her audience at the Forest Town & District u3a general meeting in July. Born with quadriplegic cerebral palsy, Emma wasn't expected to walk or talk but she proved the medical experts wrong. Emma is a remarkably determined woman and a living, breathing example of what it is to set your heart on a goal and never give up. Not only did she walk AND talk, but Emma went on to bring home gold medals for her country in the sport of para-dressage. When tragedy struck to cut short her sporting career, Emma picked herself up and defied the odds, once again, to become a motivational speaker - using her own story to motivate and inspire others the world over.



Photography group go to the park



In July the photography group went out on location. This time it was to Titchfield Park. Being a little cooler, there was a good turn out and the session was enjoyed by all. The pictures above provide a flavour of what we saw. Having taken our pictures we enjoyed some refreshment at the cafe in the park.

There was no competition in July but our next set of photos will be shown at the September meeting.

Report by: **Steve Edis**
Photography Group Leader:
Alan Taylor Meet on 2nd Tuesdays

Strollers heading for Huthwaite

July's strollers meet was at Vicar Water Country Park. It was a lovely morning; not too hot and 12 of us set off round the lake. We really did stroll today with lots of chatting and not much else!!

There was no stroll in August. The next outing will be at Brierley Park, Huthwaite on 16 September. Meet in the car park at 10.30.



Report by Group member, **Jen Lowe**
Strollers Group Leader: **Denise Doud**
Meet on 3rd Fridays

Rambles galore in July and August

July was a bumper month with three walks. On our first, we caught a train from Hathersage, getting off after a couple of stops at Hope station so we could do a linear walk back to the start. We welcomed the cool weather as we climbed uphill all morning to reach Abney Moor, some 800 feet above our start point with views back over the beautiful Hope Valley. There were wide views at the top over a plateau of open moorland, then down to the remote hamlet of Abney and on towards Eyam. The sun shone as we descended into the woodland of Abney Clough where we followed Highlow Brook most of the way back to Hathersage.

Our second outing was a minibus excursion to Filey. From there we walked north on the coast path to Scarborough on a perfect summer's day. Stopping for lunch at Cayton Bay, many of us took the opportunity to cool our feet, paddling in the icy sea water. Refreshed, we enjoyed magnificent views of Scarborough as we approached, arriving in time to see the Commonwealth Games baton relay pass along the Esplanade. Fish and chips overlooking the harbour capped off a perfect day.

Our final walk explored Stanage Edge high above Hathersage on a pleasantly warm and sunny day



Coffee break at Over Haddon

compared to the 40°C registered just the day before. Some of us squeezed through narrow openings in the rock to reach Robin Hood's cave with its window in the cliff face overlooking the Hope Valley. A steep decent into the valley took us through woods past North Lees Hall, the inspiration for Thornfield Hall in Charlotte Bronte's novel *Jane Eyre*. After a lunch stop in Hathersage churchyard, the long climb back up to Stanage Edge began, culminating in a scramble to the top of Higger Tor, a dramatic outcrop of rock with fine views.

The group's first walk in August set out from Bakewell on a hot, sunny day. Taking little-walked footpaths through the town, we headed uphill through pastures, arriving in Over Haddon for our coffee break with views overlooking Lathkill Dale. We then followed the River Lathkill, much diminished to an insignificant trickle



On Stanage Edge

by the drought, until we found a cool shady spot for lunch. Our climb out of the dale was rewarded with fine views of Haddon Hall and Bakewell.

Our second walk set out along the Monsal Trail from Wye Dale to Millers Dale. Despite intermittent drizzle, it was a relief to be back walking in normal summertime temperatures. The River Wye was rushing following heavy overnight rain as we doubled back to Chee Dale. Sadly, the water voles, which live along its banks, kept themselves hidden. Lunch was taken by the memorial to James Brindley, a notable 18th Century engineer, in the village of Wormhill. The steep winding path down to Blackwell Cottages in Chee Dale afforded spectacular views of the dale as we headed back to our cars.

Our next rambles: 7 September: Wensley & Winster (8 miles)

21 September: Youlgreave and Lathkill Dale (7.1 miles).

New members welcome!



On the Monsal Trail



A refreshing paddle at Cayton Bay

Ramblers Group Leader: **Andrew Riby.**

Rambles from 7 miles up to 9 miles

Meet on 1st and 3rd Wednesday.

Contact Andrew on: 01623 656958

Mobile: 07833 543705

Email: ribya@imcgroup.co.uk

Upcoming National Trust trips

On Saturday 17 September the National Trust Group is visiting Birmingham Back to Backs. The tickets are booked for the full tour starting at 12-30pm. We will be leaving the Arena at 9am to give plenty of time to catch the park and ride bus into the centre of Birmingham for the visit and free time to explore the area. Back in Forest Town around 6pm.

Saturday 15 October is a visit to Kedleston. There are still a few places left on the bus. Cost £8. This will be the last bus trip for 2022. (If there is Christmas at Hardwick we could arrange car share.)

A list of properties for 2023 will be available from February.

National Trust Group Leader: **Ann Stanford.** Contact Ann on: 01623 641864 Email: annstanford1@sky.com



Cruising along



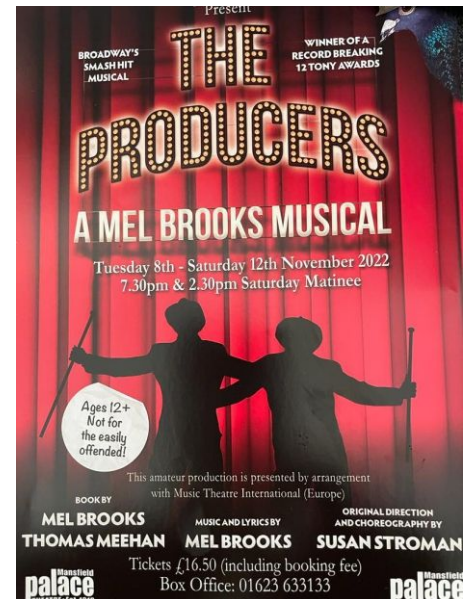
Members enjoyed the River Trent dine and cruise event



Protect yourself

Friday 2 September's general meeting will see Phil James speak on 'How to protect yourself when out and about.'

Phil will give advice and reassurance for when we are out and about and the things we can and cannot do to legally protect ourselves.



The excellent local group, Masque Productions, is presenting Mel Brooks' *The Producers* at The Palace Theatre, Mansfield. We have the opportunity to see the production on Saturday 12 November at 2.30pm.

Tickets are £16.50 each and can be ordered from the September general meeting.

Ann Stanford

Barn dance invite

Warsop and District u3a is holding a Barn Dance on Saturday 10 December at the Oaklands Centre in Warsop from 7 to 10pm. Neighbouring u3a group members are welcome to join us. Tickets cost £15 and include a buffet supper and professional caller. The bar will be open.

Interested? Please contact Jennifer Thomson on 07762 476901 or email jennifer568@btinternet.com for details.

Get your new Interest Group ideas in

As mentioned at the July general meeting, it is very encouraging to see how our groups are flourishing post covid lockdowns. There are quite a few to choose from. You can check them out on our website, come and browse the information board at the general meetings or take a look at the list on the back page of this newsletter. Some of our Groups are also pictured below.

There is however, plenty of scope to introduce new groups to encourage more member participation.

I'm sure from our 200 plus members there is a wealth of untapped knowledge, skill and interest to be shared. Have you a hobby you would like to rekindle or an interest in something you would like to share or learn from others?

We are open to suggestions, whether it is a physical activity, a sedate, brain teasing one, or simply a fun activity to enjoy a social get together. Getting together as a group has enormous benefits, whatever the activity.

Any ideas you can muster will be considered and hopefully we can work on expanding the range of interest groups. There is no pressure to set up or commit to leading (although offers would be most welcome).

Please feel free to email me via the website.

Many thanks



Trace Your Family Tree Group



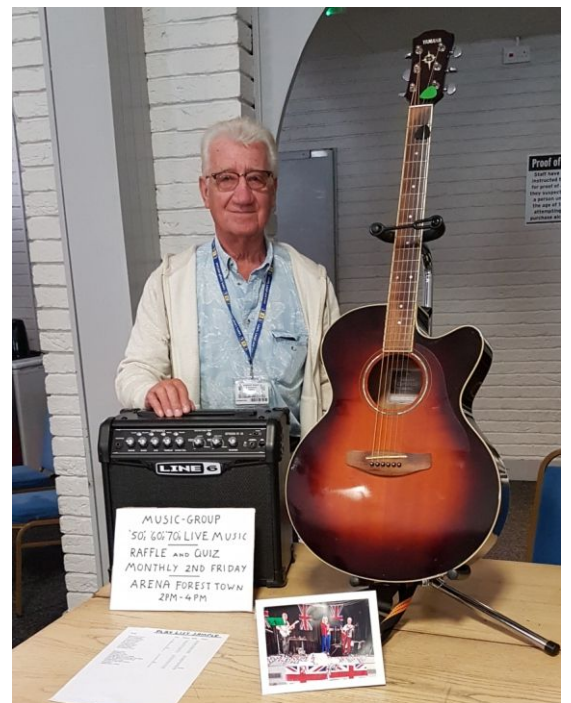
Gardening & Crafts Group



Table Tennis & Eating Out (but not at the same time) Groups

Marilyn Redfern, Group Co-ordinator

Sue Buchanan, Assistant Group Co-ordinator.



Music Group



Painting & Drawing Group

For Group Leader contact details please email our Group Coordinator Marilyn Redfern: mjrfern@gmail.com

General Meeting diary dates

u **Friday 7 October 'Confessions of a Country Vicar'**

Rev Canon Alan Haydock's talks have raised over £100,000 for charity over the past 32 years. In this talk he will be sharing anecdotes from his life as a country vicar.

u **Friday 4 November Kath & Geoff Deighton also known as 'Penny Bun' will return.**

Following their reminiscences on the London Palladium last September Kath and Geoff will entertain us with a World War sing-a-long, poetry and chat.

General meetings all held at Forest Town Arena 10.00 for 10.30 start.

What's on and when

Group	Day	Where	Time	Leader
Book Club	1st Mondays	Forest Town Library	10.30-12.00	Ann Stanford
Computers & IT	Any time	Member's home	By arrangement	Robert Hunt
Cryptic Crosswords	4th Thursdays	Sherwood Centre	10.00-12.00	Kay Toy
Current Affairs	2nd Wednesdays	Flint Ave Centre	10.00-12.00	Michael King
Days Out & Holidays	Advertised at general meetings 1st Fridays	Forest Town Arena	10.30 start	Denise Whitsed
Evening Dinner Out	4th Thursdays	Various	18.30	Marilyn Redfern
Gardening	2nd Tuesdays	Sherwood Centre	10.00-12.00	Angelina Taylor & Irene Brooks
Luncheon club	Various	Various	Lunchtime	Irene Brooks
Music 50s, 60s & 70s	2nd Fridays	Forest Town Arena	14.00-16.00	Win Wall & Irene Brooks
National Trust	Some Saturdays	Meet Forest Town Arena	Various	Ann Stanford
Painting & Drawing	4th Thursdays	Sherwood Centre	14.00-16.00	Christine Cawthorne
Photography	2nd Tuesdays	Sherwood Centre	14.00-16.00	Alan Taylor
Poetry & Play Reading	2nd Mondays	Sherwood Centre	10.00-12.00	TBA
Rambling 7-9 miles	1st & 3rd Wednesdays	Meet Forest Town Arena	08.40 departure	Andy Riby
Strollers	3rd Fridays	Various	10.30 departure	Denise Doud
Table Tennis	1st Tuesdays	Oak Tree Centre	11.30-13.30	Marilyn Redfern
Trace Your Family Tree	3rd Tuesdays	Flint Ave Centre	14.00-16.00	Andrew & Julie Rowbottom

Your Committee contacts

Forest Town & District u3a relies on the hard work of its Executive Committee. Everyone gives their time freely. All members can be contacted via the website at <https://u3asites.org.uk/forest-town/contact>

Current members of the Committee are:

Irene Brooks (Chair), Mike Lyall (Vice-Chair), Andrew Riby (Treasurer), Jenny Vernalls (Assistant Treasurer) Janis Bye & Kay Toy (joint Business Secretaries), Kathryn Cope (Membership Secretary & Speaker Seeker), Halina Gaskell (Assistant Membership Secretary), Marilyn Redfern (Groups' Coordinator), Sue Buchanan (Assistant Groups' Coordinator), Sue Robinson and Winston Wall.

Winston Wall is the Welfare Officer. If you have any concerns then please call him on 01623 640037. Bob Hunt is the Website Editor.

Next issue

Please send articles or ideas for the next issue to Helen Riby by email: fu3anews@gmail.com or by post to: 5 Fal Paddock, Mansfield Woodhouse NG19 9RW **by midnight on Sunday 25 September 2022.**

For latest news visit:

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

Forest Town & District u3a is a Registered Charity Number 1186417