



The u3a – what does it mean to you?

The original University of the Third Age (u3a) was started in 1973 by Professor Pierre Vellas from the Faculty of Social Sciences at Toulouse University, France. His more academic version with connections to local university continues to be the model in much of continental Europe.

In the UK however the original French concept was significantly modified into a self-help organisation originally focussing on people of retirement age and recognising that they have something to contribute. The emphasis has been on sharing, without formal educational links. Many English-speaking countries have followed the UK pattern.

Today there are some 1035 separate u3as with almost 400,000 members between them. Each one is independent but affiliated to the Third Age Trust. The aim is to encourage people who are no longer in full employment to engage in educational and cultural activities and to find and help such people use their skills to learn and teach others.

'The Third Age' is defined as a time in your life (not necessarily chronological) where you have the opportunity to undertake learning for its own sake. This means that in today's u3a movement there is no minimum age, rather a focus on people who are no longer in full time employment or raising a family.

Our Forest Town U3a has over 20 groups that you are welcome to join. If you have a skill or interest that you would like to share you can start your own group. Contact our group leader Marilyn Redfern 01623 845731 email: mjrfern@gmail.com to find out more.

I know it's great to have lots of holidays and day trips and events going on but we need to get back to the roots of the u3a movement and keep our groups alive.

Irene Brooks

Last call for membership renewals

Just a reminder that the last renewal date for membership is Friday 12 May 2023.

If you wish to continue your membership here are your renewal options:

1 Bank Transfer to 30-90-89 53978960

To identify your payment please include your Name & Membership Number in the reference box on Online Banking.

2 Cheque made payable to Forest Town & District u3a with your membership number on the reverse.

You can post this to my address, 97 Lingforest Rd, Mansfield, NG18 3NQ or hand it over at the May meeting if you are attending the Coronation Celebration

3 Cash if you are attending the Coronation Celebration.

Kathryn Cope

Coronation celebrations at our May meeting



At the May General meeting at 10.30 on Friday 5 May we will be celebrating the forthcoming coronation with a toast to our new King and a right royal quiz from our tea ladies. The *Carlton & Gedling Ukulele Group* will entertain us followed by a cream tea. Unfortunately this is a ticket only event because when the Forest Town Arena room is set out with tables, there is a limit of 144 people for safety reasons. All tickets will be entered into a prize draw for an afternoon tea at the Carr Bank Tea Rooms.

Kathryn Cope

Dukeries U3a invite you to celebrate The King's coronation on Monday 8 May at the Jubilee Hall Wellow Rd, Ollerton NG21 9AP. Easy Thomas Blues Band /food/tea and coffee. Tickets £15 to u3a members, £16 guests. Contact Lesley on du3chair2020@gmail.com or text 07946 702296

Use it or lose it by Marilyn Refern

Crosswords and crochet, groups old and new
We are trying to find something for you.
Strolling or rambling to keep us all walking,
Current affairs to keep us all talking.
Be your own artist, pick up your paint,
Create it or copy, show no restraint.
Dig out your trowel, hoe, spade and rake
Your gardening group's active (you'll even
get cake)

PS ideas for new groups are always welcome. Look out for the new board games group.

Meet every month, share your photos with
friends,
Capture on camera, see life through a lens,
Sing songs of the sixties, go down memory
lane
Or come country dancing, get moving again
Check out our board, see what's on view
The u3a groups are waiting for you

Cold and wet but the ramblers ramble on....

The wet weather in March forced a change in our published walk programme.

Our first walk in April should have been a ramble round Nottinghamshire villages, but the paths were far too muddy and waterlogged. Brian, our walk leader, substituted a walk in Derbyshire from the historic village of Winster, through Birchover and round Stanton Moor.

While the paths were generally much firmer underfoot, it was a cold, grey, cloudy day with poor visibility and almost non-stop rain. The driest part was inside the Hermit's Cave near Birchover. Still, we made the most of it, enjoying each other's company and especially a warm in the pub afterwards, which had two lovely log fires burning.

It was a fine day for our second April

outing from Combs reservoir near Chapel-en-le-Frith, but we had to wrap up against a biting cold easterly wind.

This is an area few of us had walked before and we enjoyed some great views, though they came at the expense of some very long and hard ascents.

The route for this walk came from a library of walks housed in five packed lever arch files which were compiled for our rambling group by Alan



In front of the Hermit's Cave near Birchover. Inset: a Christ on the cross sculpture clearly visible on the cave wall.



Radford before his untimely death in 2019. Alan founded our rambling group, and also a couple of walking groups for Ashfield u3a. He left us a fantastic resource which we use regularly and stalwarts in our group have very fond memories of walking with him.

Our next rambles: 3 May: Ashford in the Water, Deep Dale and Monsal dale (7.4 miles). 7 May: Gradbach, Lud's church, Danebridge & Monsal Trail (7 miles). **New members welcome.**

Ramblers Group Leader: **Andrew Riby**.
Rambles from 7 miles up to 9 miles.
Meet on 1st and 3rd Wednesdays.
Contact Andrew on: 01623 656958
Mobile: 07833 543705
Email: ribya@imcgroup.co.uk



Dry but still cold for the second walk in April

Easter meeting



Pictures by Bob Hunt and Arthur Williams

The Devonshire delivers

In April the lunch group went to *The Devonshire* at Lower Langwith. It's a beautiful place, well worth a visit. I can recommend the food but make sure you bring your appetite with you.



Luncheon Club Group Leader:
Irene Brooks

Springtime in Spalding

The Gardening Group and the Photography Group had a lovely time on the Spalding trip on 11 April. Great shopping, colourful gardens and a sweetie shop to take you down memory lane.

Angelina Taylor & Arthur Williams



Culture, company and cake at Newstead

What a glorious spring day on 18 April for our u3a's private tour of Newstead Abbey and gardens with a delicious tea after. We assembled outside the Abbey to be met by our guide Barry, whose enthusiasm and knowledge made our visit such a success. Some of the group had visited the Abbey years ago so it was good to refresh our memories about the history and its most famous inhabitant, George Gordon, regarded as among the greatest of English poets – that's the 6th Lord Byron!

However, the history of the Abbey goes back much further. It was 1163, in the heart of Sherwood Forest, that a small religious community, centred around an Augustinian Priory, lived and worked at Newstead. The dissolution of the monasteries by Henry VIII brought a change of ownership when the king granted Newstead to Sir John Byron in 1540. Each of the successive Lord Byrons extended and furnished the house according to their fortunes, which accumulated and then diminished as gambling, drinking and a flamboyant way of life eroded them away. By 1798 the house was almost a ruin. The 6th Lord Byron adored the gothic splendour of Newstead but was forced to sell in 1818. Thomas Wildman bought it and spent much of his wealth to restore and redecorate it before opening it to visitors. The Abbey was donated to the city of Nottingham in 1931.

Barry told us many stories about the Lord Byrons. A real life battleship game with galleons, live ammunition and people on the lake. Guns loaded by the bedside just in case! How Lord Byron would row out on the lake, fall in and his faithful dog would rescue him. Byron was a very handsome, athletic man who led a very colourful life. He was a freedom fighter, spoke on workers' rights, social reform and loved wild natural spaces. The Abbey holds numerous portraits, and artefacts but, unfortunately,



many were sold off along with precious documents.

The tour and afternoon tea in the spectacular Victorian kitchens were a touch of class followed by a chance to walk it off with a walk around the magnificent gardens.

This was the perfect u3a visit where we lived, laughed and learnt – and all on our doorstep!

As we discovered the Abbey is open for tours and afternoon tea, so please support this beautiful building. You can also volunteer to be a helper.

**Irene Brooks &
Ann Stanford**



Sudbury Hall – superb 17th century craftsmanship

The rain held off for our visit to Sudbury Hall on Saturday 22 April. The hall was a culmination of 40 years' lifetime vision of George Vernon in 1660. The Vernon's passion, for creativity, innovation, design and superb 17th century craftsmanship have seen this building hailed as one



of the most complete of its era, full of light and with a beautiful long gallery. The National Trust has made this property a fun focus particularly for children with a museum of toys which, of course, many of us have kept from our own, or our children's childhoods. Fisher Price toys, Ludo, Monopoly, Star Wars' dolls, train sets and many more. The museum also highlights the working conditions of children down mines, up chimneys and in the mills. Hopefully a better life now as we enjoyed the Courtyard, the cafe and children playing with hoops, skittles and paints!

Ann Stanford

At a Glance Event Diary

May

GENERAL MEETING

Friday 5 May, 10.30,

Forest Town Arena

Coronation Celebrations

NATIONAL TRUST BIDDULPH

GRANGE GARDENS & LITTLE

MORETON HALL

Saturday 13 May Price: £18

HEMSWELL ANTIQUES

Tuesday 23 May

June

GENERAL MEETING

Friday 2 June 10.30,

Forest Town Arena

Dr Tim Gray MBE

FISH & CHIPS WITH GAMES

Wednesday 7 June

July

GENERAL MEETING including AGM

Friday 7 July, 10.30,

Forest Town Arena

NATIONAL TRUST LYME PARK

Saturday 8 July Price £11

Leave Forest Town Arena at 10.00

RIVER CRUISE

Wednesday 12 July

SUMMER BALL

Saturday 22 July

August

GENERAL MEETING

Friday 4 August, 10.30,

Forest Town Arena

COFFEE MORNING

Tuesday 8 August

September

GENERAL MEETING

Friday 1 September, 10.30,

Forest Town Arena

NATIONAL TRUST WIGHTWICK

MANOR AND MOSELEY OLD HALL

Saturday 2 September Price: £15

Leave Forest Town Arena at 09.30.

THE BLACK COUNTRY MUSEUM

Friday 15 September

Rhine in Flames holiday - 1st to 7th May 2024

The Rhine in Flames festival is Germany's oldest and largest firework spectacular. Experience the majestic Rhine River burst into mesmerizing colours as beautifully illuminated boats sail out and firework displays light up the river.

Forest Town & District u3a will be travelling by coach and staying in Kamp-Bornhofen for a six-night, half board holiday. Travellers will visit local sights as well as enjoying an evening watching the Rhine in Flames event. There will also be an optional boat cruise. The price is £515.00pp with a single supplement of £50.

If you are interested in this holiday a **£50 NON REFUNDABLE DEPOSIT** is required. For more details please contact either **Kathryn Cope** - 07711 128897 or **Irene Brooks** - 07765 970751

Tickets available for our Summer Ball

We will be holding our first Summer Ball on **Saturday 22 July** at the Forest Town Arena starting at 7.30pm. There will be a complimentary drink on arrival with a buffet later in the evening. We have the 20-piece Ravenshead Swing Band to entertain us playing dance, swing and pop music.

This event is open to members and friends of Forest Town & District u3a.

Tickets are £15 and are available at General Meetings or **contact Kathryn on 07711 128897.**

Kathryn Cope

June speaker is Dr Tim Gray

Dr Tim Gray is a retired GP and the founder/chairman of EMICS - East Midlands Immediate Care Scheme. The scheme is a Charity using donations to purchase and maintain vital emergency medical equipment, train new clinicians and run the organisation in order to work alongside our paramedic colleagues and other emergency services treating seriously ill and injured patients. This is a team of volunteer doctors who assist the East Midlands Ambulance Service at the scene of emergencies.

Kathryn Cope

Fun & games with fish & chip lunch

We will be holding a *fun lunch* on Wednesday 7 June, 12.00 midday at St Lawrence's Church Hall. We had hoped to offer pie & peas but that's proved difficult so it will be fish & chips again! We will be playing some fun games during the afternoon with prizes to be won so come along, make new friends, have a few laughs and plenty of chatter. Tickets for this event will be available at our May and June meetings.

Kathryn Cope

National Trust Biddulph Gardens & Little Moreton Hall

For those signed up for the Saturday 13 May Biddulph Grange Gardens and Little Moreton Hall visit, Johnson's bus pick up is at 9am at the Forest Town bus stop, Arena side.

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

Sherwood Centre looking good

Our Gardening group's efforts to spruce up the Sherwood Centre are paying off. The plants are flowering their socks off and the railings, with their fresh lick of paint, are looking good.



Which interest group will you join?

Just pick up the phone or turn up on the day

Group	When	Where	Time	Leader
Book Club	1st Mondays	Forest Town Library	10.30-12.00	Ann Stanford 01623 641864
Computers & IT	Any time	Member's home	By arrangement	Robert Hunt 07588 047885
Country Dancing	2nd Tuesdays	Flint Avenue Centre	14.00-16.00	Ann Stanford 01623 641864
Crochet & Knitting	3rd Thursdays	Sherwood Centre	10.00-12.00	Jane Vernon 07947 958850
Cryptic Crosswords	4th Thursdays	Sherwood Centre	10.00-12.00	Kay Toy 01623 652245
Current Affairs	2nd Wednesdays	Flint Ave Centre	10.00-12.00	Michael King 01623 470629
Days Out & Holidays	Advertised at general meetings 1st Fridays	Forest Town Arena	10.30 start	Angelina Taylor 01623 622871
Evening Dinner Out	4th Thursdays	Various	18.30	Marilyn Redfern 01623 845731
Gardening & Crafts	2nd Tuesdays	Sherwood Centre	10.00-12.00	Angelina Taylor 01623 622871
Litter Pick	4th Tuesdays	Meet at Forest Town Arena	10.00	Mike Lyall 07782 878619
Luncheon club	Various	Various	Lunchtime	Irene Brooks 07765 970751
Music 50s, 60s & 70s	2nd Fridays	Forest Town Arena	14.00-16.00	Win Wall & Irene Brooks 07765 970751
National Trust	Some Saturdays	Meet at Forest Town Arena	Various	Ann Stanford 01623 641864
Painting & Drawing	4th Thursdays	Sherwood Centre	14.00-16.00	Mike Lyall 07782 878619
Photography	2nd Tuesdays	Sherwood Centre	14.00-16.00	Angelina Taylor 01623 622871
Rambling 7-9 miles	1st & 3rd Wednesdays	Various	Various	Andy Riby 01623 656958
Strollers	3rd Fridays	Various	10.30 departure	Denise Doud 01623 619856
Table Tennis	1st Tuesdays	Oak Tree Centre	11.30-13.30	Marilyn Redfern 01623 845731
Trace Your Family Tree	3rd Tuesdays	Flint Avenue Centre	14.00-16.00	Andrew & Julie Rowbottom 01623 636223
Zumba	2nd Mondays	St Lawrence Church Hall	11.30-12.15	Marilyn Redfern 01623 845731

All members are invited to come along to the General Meetings which are held on the first Friday in the month at Forest Town Arena 10.00 for 10.30 start.

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, email: webftu3a@gmail.com

Next issue

Please send articles or ideas for the next issue to Helen Riby by email: ftu3anews@gmail.com or by post to: 5 Fal Paddock, Mansfield Woodhouse NG19 9RW **by midnight on Sunday 21 May 2023.**

For latest news visit: <https://u3asites.org.uk/forest-town/>

Forest Town & District u3a is a Registered Charity Number 1186417