



## Summer u3a fun - dance the night away

Come and join us for the u3a event of the year at the Forest Town Arena on Saturday July 22nd. Put on your dancing shoes and dress to kill at our Summer Ball. Doors open at 7pm.

On arrival you will be served a glass of Prosecco by our very own butlers in evening dress.

No expense has been spared, a twenty piece swing band will entertain you, so you can dance the night away.

Drinks will be served at the bar by the Arena staff and there will be a photo booth so you can record your memories of the evening.

The ballroom will be decked out with balloons and table decorations. In the break a delicious buffet will be served, with catering courtesy of the Arena.

Your social group has worked hard to provide you with a night to remember. Tickets will be on sale for £15 at the June meeting. Friends and family members are welcome.

So come and support your u3a. Live, laugh and learn.

*Irene Brooks*



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## Coronation treat

The Trace Your Family Tree Group enjoyed a Coronation treat at their May meeting courtesy of Julie & Andy.

The meeting set off by looking at the family trees of our Royal family. Questions in recent quizzes had sparked this off and made us realise how little we all knew about them.



Pauline told of how she is keen to discover more of her uncle's time in the RAF. He flew in Lancaster bombers but his service number is so far unknown and will be difficult to find.

After very enjoyable refreshments Malcolm told of the 'brick wall' he had encountered in his family history and everyone attempted to come up with ideas and answers. Once again it was a good meeting.

Report by **Pauline Marples**  
Trace Your Family Tree Group Leaders:  
**Andrew & Julie Rowbottom**  
Meet on 3rd Tuesdays

## June speaker change – now Steve Lovell

Realise your garden's potential as a wildlife haven. More is happening out there than you think, so says Steve Lovell who has stepped up at the last minute to fill our June speaker spot.

His talk, entitled **Gardening for Wildlife** will provide some pointers as to how we could all increase the biodiversity of our gardens without compromising the way they look.



Dr Tim Gray, a retired GP and founder/chairman of EMICS – East Midlands Immediate Care Scheme, will now be our speaker in August.

# Great news - two new groups on the way

We have two new groups starting later this month – Monday 26 June to be precise.

## Card Craft

Learn how to create beautiful greeting cards with guidance from Sue Buchanan. Meets 4th Mondays 10.00 till 12.00 at the Sherwood Centre.



## Tabletop Games

Get your thinking caps on with scrabble, cards and various other games (suggestions welcome).

Jane Vernon will facilitate. Meet on 4th Mondays 14.00 to 16.00 at Flint Avenue.

In addition, the **current crochet group is now going to include knitting**. Whether you want to learn, improve or just work on your own project you can join in on the 3rd Thursdays in the month at the Sherwood Centre

Remember that the blue display board at general meetings, the back page of every newsletter and the website list all of your current groups.

*Marilyn Redfern*

## Fairy doors galore

Our May Gardening Craft meeting was full of fun, as about 14 of us made fairy doors for the garden (as shown in the photo)!

Alan (Mr Angelina!) kindly provided each of us with a rectangular piece of bare wood, which we painted with acrylic paints.

A colourful door was made with wooden lollipop sticks and windows with matchsticks. Artificial flowers and extras were glued on to finish the effect. Not forgetting a fairy resident, (think: Tinkerbell!), hovering near the door.



My 'work of art' has now been varnished and will be attached to the shed door, to cheer me up when I do my gardening chores.

Report by group member **Kay Toy**

Gardening Craft Group Leader: **Angelina Taylor**

Meet on 2nd Tuesdays

## Art group say come and join us



Painting & Drawing Group Leader:

**Mike Lyall**

Meet on 4th Thursdays

## Lunch club at the College



Luncheon Club Group Leader:

**Irene Brooks**

## No book exchange in June

Please note that there will be no book exchange at the June meeting as I am going to the Yorkshire Dales with my daughter and her family. A birthday trip.

*Sue Harkin*



## Coronation celebrations



## What did you do to celebrate the coronation?

Andy and I took part in the **Cinnamon Trust's Big Dog Walk** as part of the newly crowned King's **Big Help Out** on Monday 8 May. Over 45 volunteers along with 23 furry friends braved the drizzle for a stroll around Newstead Abbey grounds. All the dogs were easily identified in their Cinnamon Trust bandanas. The Trust is a lovely little charity which arranges walkers for dogs whose owners can no longer walk them.

What did you do? Send in your stories and pictures to [ftu3anews@gmail.com](mailto:ftu3anews@gmail.com) or message/WhatsApp me on 07939 205519.

*Helen Riby*





## Strolling in the Craggs

In May the Strollers group went a bit further afield to Cresswell Craggs. We parked in the Dukeries car park and walked to the Craggs.

It was a beautiful morning and the walk down the lane before we crossed into Cresswell Craggs was so lovely with the spring green colours and lots of wildflowers ready to pop. I took a photo of a plant that none of us recognised and found out it is a Yellow Archangel.

Lots of folk were walking the Craggs, from school children in their yellow safety hats to a group of physically challenged people with their carers, to people like us just out for a stroll. As ever we ended with drinks and a chat at the restaurant.



**Our next stroll is on Friday 16**

**June at Kings Mill Reservoir at 10.30. We are being abandoned by our esteemed leader on this date as she has had a better offer.**



Report by Group member, **Jen Lowe**

Strollers Group Leader: **Denise Doud** Meet on 3rd Fridays

## Ramblers find some Spring sunshine at last!

Our first outing in May took place on a lovely Spring day. We soon shed a layer of clothing as we left Ashford in the Water and made our way to Great Longstone on firm grassy paths in the sunshine.

A leisurely morning drinks break was taken on the village cricket ground, basking in the warmth. After a steady climb to Monsal Head, we dropped steeply into Monsal Dale where we followed the River Wye, taking our lunch break on its bank watching the ducks and coots on the water.

A dauntingly long and steep climb on a rough path up Deep Dale rewarded us with panoramic views at the top and the picturesque village of Sheldon. From there it was a lovely downhill stroll to Ashford, then onto the café in the grounds of Thornbridge Hall.

We were blessed with fine warm weather on our second outing too from Gradbach on the Staffordshire/Cheshire border.

This walk was full of variety, on

woodland paths with swathes of bluebells, along a high ridge with distant views on either side and a rugged trail along the River Dane valley.

The highlight was the path through Lud's church, a deep chasm penetrating the Millstone Grit bedrock created by a massive landslip on a hillside. This chasm has a place in Christian history: the Lollards, who were followers of John Wycliffe, an early church reformer, used this as a secret place of worship during the early 15th century, when they were being persecuted for their religious beliefs.

### Our next rambles:

7 June: Ilam Hall, Milldale & Dovedale Trail (7.4 miles). 21 June Clough House, Wildboarclough, Three Shires Heads & Axe Moor (9 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](mailto:ribya@imcgroup.co.uk)



# At a Glance Event Diary

## 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  
David Skillen, *The Gretna Green Girls and the Devil's Porridge*

**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

## October

**NATIONAL TRUST STONEYWELL & CALKE ABBEY**  
Thursday 5 October Price £10  
Departs the Arena at 10.00

**GENERAL MEETING**  
Friday 6 October, 10.30,  
Forest Town Arena

**HALLOWEEN PARTY**  
Friday 27 October

# Summer Ball grab your ticket now!

Join us on **Saturday 22 July** at the Forest Town Arena for our first ever Summer Ball. Complimentary drink on arrival and buffet included.

Music from the Ravenshead Swing Band – dance, swing and pop.

Open to members and friends of Forest Town & District u3a.

**Tickets £15 available at General Meetings**  
contact **Kathryn Cope** on 07711 128897.



Image by pchvector on Freepik

## Fish & Chip lunch bring cutlery

For those of you who are coming along to the fish and chip lunch on Wednesday 7 June, Kathryn has a reminder that you need to bring your own cutlery – unless, of course, you prefer the traditional fingers option!

## Rhine in Flames holiday May 2024

There has been a terrific response to this holiday which means we now only have three double rooms, one twin and one single left. If anyone is interested and would like more information please contact **Kathryn Cope** on 07711 128897

## NT visit Biddulph & Little Moreton



# 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
Card Craft	4th Mondays	Sherwood Centre	10.00–12.00	Sue Buchanan
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
Tabletop Games	4th Mondays	Flint Avenue	14.00–16.00	Jane Vernon 07947 958850
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 General Meetings – 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](mailto:webftu3a@gmail.com)

## Next issue

Please send articles or ideas for the next issue to Helen Riby by email: [ftu3anews@gmail.com](mailto:ftu3anews@gmail.com) or by post to: 5 Fal Paddock, Mansfield Woodhouse NG19 9RW **by midnight on Sunday 18 June 2023.**

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

Forest Town & District u3a is a Registered Charity Number 1186417