



Long Eaton and District u3a
in the County of Derbyshire
<https://u3asites.org.uk/long-eaton>

newsletter 288 of 1st April 2024

A Message from the Chair

Hello all

I'd like to wish you all a Happy Easter although by the time you read this it will have just gone.

The March speaker attracted a very good attendance of over 65 members who listened to the talk about Captain James Cook, his life and voyages of exploration. It was very interesting and informative and I received several complimentary comments.

Membership renewals are coming in steadily and I thank you for that; it must mean we're doing something right or at least I hope that's what it means! If we're not please do tell us, we won't know if you don't. If you haven't renewed, please do so as soon as possible.

I mentioned last month that we are coming to the time for our AGM, it's in June, and we need people to step forward to join our committee. The current committee members are a great set of people but we need one or two more to come and join us. Do seriously think about it. If you have any questions, please just ask me.

News about the speaker for April is in this newsletter and we have booked a speaker for May too. June, as mentioned above, is the AGM and we're having a treat after the business of the AGM is over – scones, cream, jam and strawberries as hopefully it will be sunny weather; do join us or you'll miss out!

A short word about the Monthly Meetings. We're making a small change to the timings **from the April meeting. Doors will open at 2.00pm** with the speaker starting at 2.30. We have been asked by the EVA to request members **not to turn up before 2.00pm**. I know you're all keen to see us but please can you be aware of this. Thank you.

Please ensure you read all of this Newsletter so that you don't miss out on anything coming up.

Thank you.

Andrew Savill
Chairman

April Monthly Meeting – Science Fiction or Science Fact

The next Monthly Meeting takes place on Wednesday 17th April at EVA, Granville Avenue. Catrin Rutland is an associate professor of anatomy and developmental genetics as well as being a Media Fellow of the British Science Association. Catrin will talk about the relationship between science fiction and science fact and asks where the future lies with genetics for future generations.

Doors open at 2.00pm and refreshments are available until 2.20pm. The talk begins at 2.30pm. Please ensure you get your hot drink in good time!

2024-25 Membership Reminder

If you have yet to renew your membership then details of how to are below.

Renewals of £20 can be made either by Online banking (preferred), cash, cheque or Debit/Credit card at the monthly meetings.

Online payments to – Long Eaton & District U3A

Sort Code – 60-13-23 Account No – 53368169

Please use your FULL NAME and Membership No as a payment Reference.

Or by posting a cheque to

Membership Secretary – Joan Morris 41 Springfield Ave, Sandiacre, NG10 5NA

When I receive your renewal payment, I will send you an email confirming receipt.

Please save it as your proof of membership. Most Interest Group Leaders use Beacon and can easily check your renewal.

Please also remember to let me know of any changes in your status, address or email etc. Any queries please contact me either by email (lememsec22@gmail.com) or mobile 07876 652 849

Long Eaton and District u3a Facebook Page



For our March figures, the top 5 stories to our page have been:

Male models for Art Group 233

Calke Abbey with the Photography Group 167

Jacqui demonstrating at Art Group 159

Quiz Group Photo and a few questions 141

Potty Potters talk with Gardening Group 137

These are people reached out of 287 followers.

Lots of other stories and photos too, with an average of 95 reached.

A good form of free publicity.

Please send any articles to share,

Thankyou. Julie Gilson

I.T. MATTERS

Our Website is Changing

Over the next few months you will notice some changes to our LEDu3a website as we prepare it to move over to new software.

The bluebird link that you have used to contact our group leaders is disappearing and is being replaced by a click-on link at the end of each group page, which will let you send an email directly to a Group Leader as before.

You will still be able to email Committee Members using the links under the Contact us tab.

We will use IT MATTERS to tell members about the changes to our website as they roll out this year and other issues.

AMB – Web Manager

u3a Group News

If you have ideas or suggestions for a new group, please talk to, or email, your Groups coordinators Pat and Christina and we will endeavour to turn your ideas into a reality.

Beginners French and **Ukelele** have plenty of room for more people to join them.

Long Eaton Elevenses is now meeting once a month and has just had its second meeting, this time in Costa Coffee opposite Long Eaton Market place.

Craft in a Bag held its first meeting earlier this month at Cleavers Coffee shop where card making, meditative art, knitting, cross stitch and croquet were all happening.

Line Dancing has just sorted out both a GL and a caller and will commence in the Buxton Room at EVA, on Friday April 5th at 10.00 am. There is plenty of room for new people to join this group.

Beginners Italian has been requested and we are taking names for this possible new group at the moment – watch this space.

Armchair Yoga is still being developed as a possible group and we are in the process of seeking a knowledgeable leader for it.

Croquet

The season starts on 2nd May and we play every Thursday until September and perhaps a week or two beyond, 1.30 to 4.00pm behind the leisure centre in West Park. New players are welcome and will be given help at the start if they need it. There's more information on the website or get in touch with Geoff Frost (frostytowers@hotmail.com 07873 606 414) or just turn up.

Poetry Group

Here's our lovely Poetry group, which meets for an hour and a half every Thursday morning. What? An hour and a half of poetry you say? Actually, it's an hour and a half of challenge, talk, puzzlement, and to be honest, one heck of a laugh! Love poetry? Not read a poem since you left school? No matter. Come and join us, we'd love to share it with you.

Kath Crolla



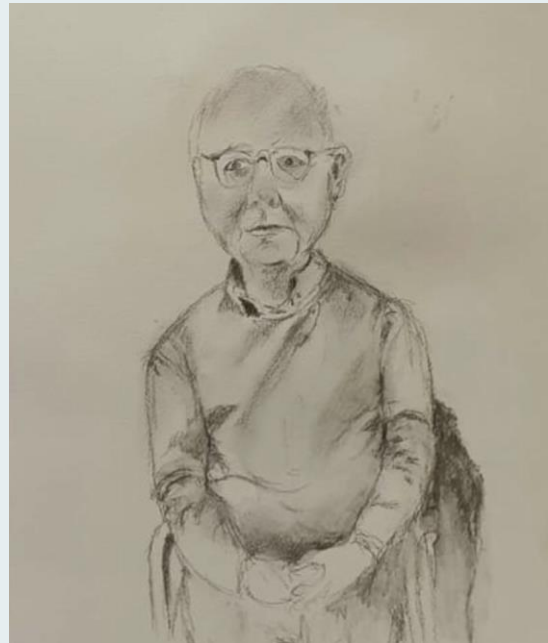
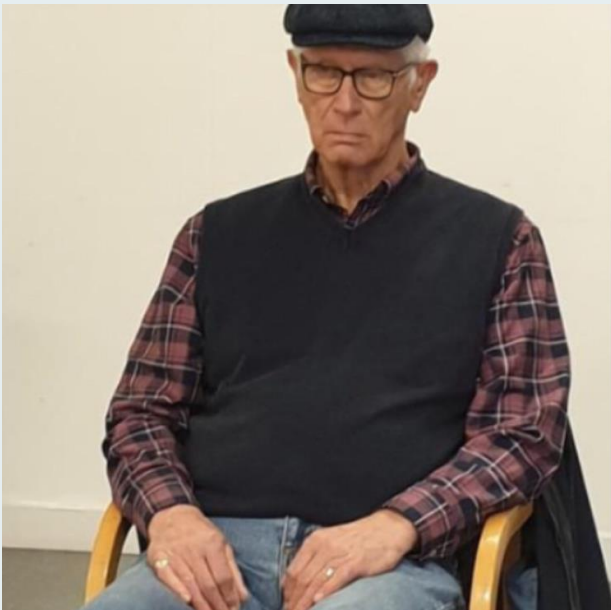
Art Group

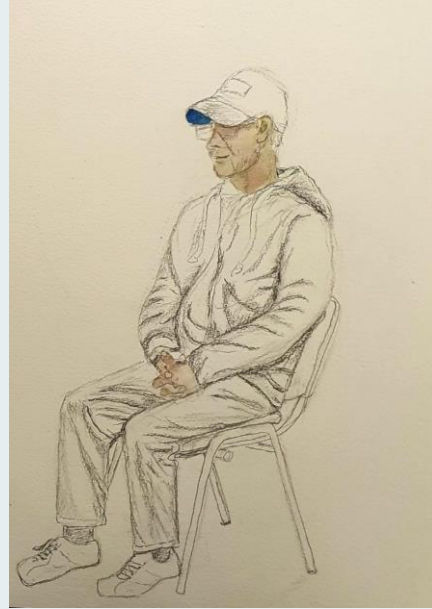
The call went out and was answered with four male volunteers for our portrait painting afternoon.

Thank you for managing to sit still (including Cody the dog).

Luckily, we had cake to share.

I've attached a few photos of the paintings/sketches, more can be seen on our u3a Facebook page too. Julie Gilson





Photography Group

The Photography Group has been out and about as usual this month, enjoying various venues, mostly lucky with the weather and only suffering the occasional downpour!

On the last day of February we met up and car-shared for our visit to Calke Abbey, which is a National Trust property. In line with most NT properties the main house was closed for the winter, but we were able to enjoy the stables, the extensive grounds and of course the coffee shop/cafe which is always the first port-of-call for this very sociable group.

The following week most members travelled by bus to enjoy the exhibits on display at Derby's Museum of Making, which is attached to the Silk Mill and is a contemporary space designed and built by the people and industries of Derby to showcase exhibitions, hold workshops, activities and events. A most informative and enjoyable visit.

On Thursday 14th March our destination was Newark-on-Trent with some of us travelling by train and others by car-share and then 12 of us meeting up for coffee and catch-up before splitting up to explore the castle and market place, then regrouping for a lunch break followed by further exploration of what this historic town has to offer visitors. Another successful day enjoyed by all.

The next meeting will be our monthly indoor session where everyone takes along a memory stick of favourite photos for display and discussion. If anyone wishes to join this friendly and sociable group, this session would be a great opportunity to meet us, view our photos and find out what is planned for the coming months. We meet at 10am on the third Thursday of each month at Erewash Volunteer Centre and you are welcome to join us. Mary Holliss

Thanks to Gill Hartley for the photos below taken at Calke Abbey, Derby Museum of Making and Newark!



Garden Group

The Group had a very interesting morning this month when Julia and Elaine, the Potty Plotters, came to tell us about their activities on their allotments in Derby. A very humorous and informative insight into how they first got together on their respective allotments, with tips on short-cuts and various other ways to improve your efforts in the garden/allotments. They broadcast regularly on Radio Derby and can also be found on Facebook.

At our 11th April meeting we will welcome Hildegard Wieshofer, who is the County Organiser for the National Garden Scheme. Her topic being "The Glory of Gardens"; this is a rearranged visit from last March when snow made it impossible for Hildegard to join us. So we shall look forward to meeting her.

The Committee

Writing for Fun Group

'Pack Instinct' by Jackie Tilly

It's always a joke to look up to the sky
Making sure there are plenty of daft passers by
They always join in with you, just in case
Then you walk off with a grin on your face

How many times have you been to a show
And wished at half time that you'd got up to go
At the end, they're all clapping, up on their feet
Leaving you in the middle, still in your seat

The old Post Office queues were always good fun
When someone moves over to the shorter one
Everyone follows, it's no big surprise
The shorter queue's now twice the size

But the best one by far as everyone knows
Is the age old story of the Emperor's New Clothes
At the end of the day, it was all a big con
As the people could see he had nothing on.

'Nostalgia' by Sue Croysdale

When I think back
To childhood days
Sunny and bright
In so many ways

I loved to watch
The Flowerpot Men
Cheeky chaps called
Bill and Ben

The Wooden Tops
Was a favourite too
With Spotty Dog
Such fun to view

After school
The penny treats
Black jacks, shrimps
Such special sweets

Party games
Like Blind Man's Buff
Squeak Piggy Squeak
Hilarious stuff

A human chain
Our playground fun
To whip around
So fast to run

No safety rules
To stop our play
On playground ice
We'd slide away

Nostalgia brings us
Memories sweet
Of times gone by
We need to keep

Singing for Fun

The 'Singing for Fun' group had their first 'Sing Out' for 2024 on 23rd February at Long Eaton Care Home on Tamworth Road. About 18 of the group went to the home to entertain the residents. A very pleasant afternoon was had by all.

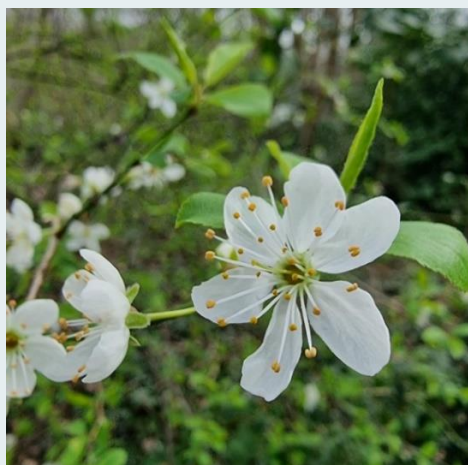
During our singing session we always have a break for refreshments. This also give us time to catch up with friends for a natter!

Gill Hartley



Plant Study Group

Ten members recently enjoyed a visit to Martin's Pond in Wollaton.



Photos by David Pinney

The flower is Cherry Plum (*Prunus cerasifera*).

Belly Dancing Group

Our Belly Dance Group members are perfecting a new routine for some public performances which we have been asked to do in the summer.

It is quite a complicated dance as the Group splits into 3 separate sections, each one with a different choreography, so very challenging! I'm very proud of my dancers for their hard work – and the class is always a lot of fun too. If you want to know more about Belly Dancing come and join us at 1.15pm on the second and fourth Tuesdays of the month at Erewash Voluntary Action in Granville Avenue, Long Eaton.

Sherry
Group Leader



Derbyshire u3a Network

To find out more about our Network, click on this link:
<https://u3asites.org.uk/derbyshirenetwork/welcome>

Online Learning Events from u3a National Office

Our National Office offers a number of workshops, webinars and interactive sessions, delivered by members for members, which are free to join. These are in high demand and spaces are limited, particularly for those with an interactive element.

In April, events include:

A Remarkable Woman: The Arts and Crafts Designs of May Morris – Thursday, 11th April at 2pm. Overshadowed for many years by her more famous father, May Morris is now beginning to gain the recognition she deserves as being an incredibly talented craftswoman in her own right. Teacher, lecturer, editor, jeweller and designer, May was accomplished in a wide range of crafts, but it is her work as an embroiderer that is considered to be her greatest achievement. May's knowledge of needlework, her talent for designing and her brilliance with the needle led to raising the status of embroidery to fine art. This talk will cover May's life and work, with a focus on her beautiful designs and completed embroideries, demonstrating why May should be regarded as one of the most significant artists of the Arts and Crafts Movement.

From Despair to Delight: the Sonnets of Gerard Manley Hopkins – Thursday, 18th April at 2pm. Hopkins was one of the most original poets writing in English during the 19th century. Throughout his life he experienced a range of intense emotions, from utter misery to great joy. And he has an astonishing ability to express his emotions in his poetry. In this talk, **Christopher Dowrick discusses six of Hopkins' sonnets**, taking a healing journey from despair, through detachment and determination, to comfort of self and comfort of others, and finally to delight.

Secrets of the Human Brain: Talk Four: The Blood – Brain Barrier – Wednesday, 24th April at 2pm. This talk explains there is a major barrier between our circulating blood and brain. This barrier stops many substances in the blood crossing into the brain which has advantages and disadvantages! **About the Speaker:** Dr Bob Pullen is a retired University Lecturer who has spent many years giving lectures on the brain to Medical, Pharmacy and Biology students. He has also undertaken brain research in England and America. He is not a Medical Doctor but has a Doctoral Degree in Neuroscience from Oxford University. He has learned many interesting facts about the human brain which he includes in this series of talks.

Boom Radio and the Third Age Trust

Have you signed up to the monthly Newsletter from the Third Age Trust? The u3a National Newsletter 'u3a friends' is filled with information, stories and advice. You'll receive regular u3a updates and offers direct to your email inbox throughout the month. Click this link for more details: [u3a – Newsletter](#).

The latest edition of 'u3a friends' has news of an advertising campaign which TAT has launched in conjunction with Boom Radio, a commercial station aimed at older

listeners who enjoy a mix of music and conversation. Find out more about their programmes here: [How to listen to Boom – Boom Radio \(boomradiouk.com\)](http://boomradiouk.com)
The campaign will run for three months from April and will feature three u3a members sharing their stories about what u3a means to them. The campaign will raise the public profile of the u3a movement, offering a positive picture of older people enjoying life through membership of the u3a and hopefully encouraging people in the age group to join. The Third Age Trust would like us to listen to Boom Radio and let them know what we think by emailing communications@u3a.org.uk.

Community News

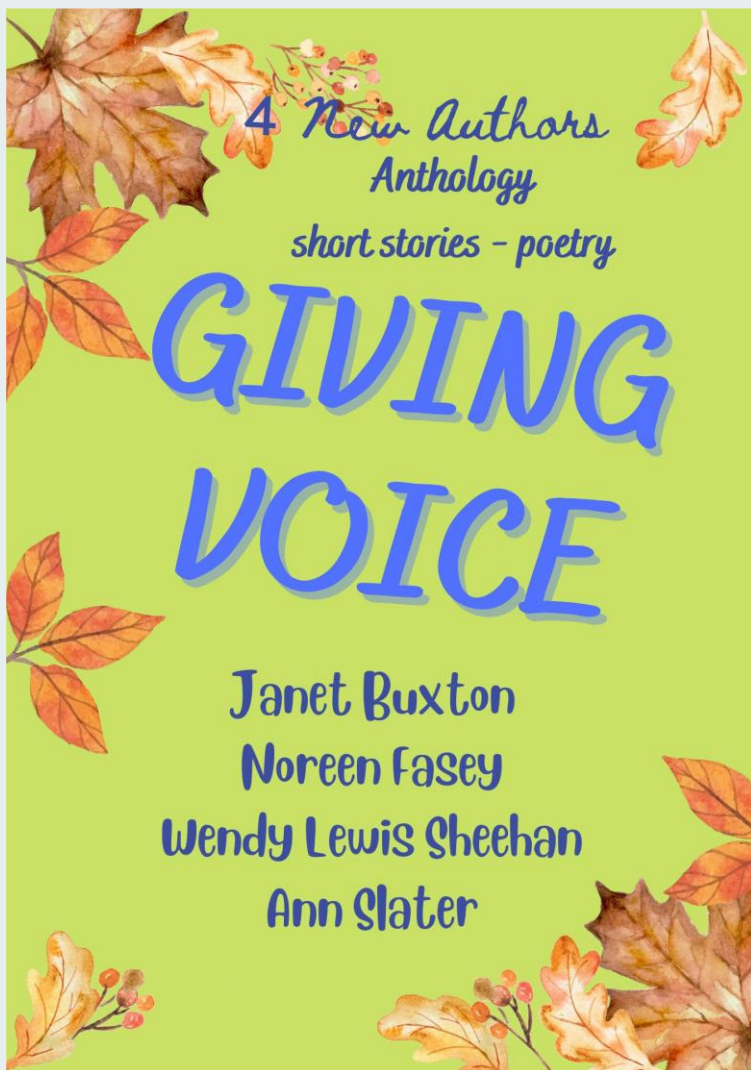
App for learning CPR

The British Heart Foundation has an app suitable for a smartphone.
It's called RevivR and is well worth trying.

Building Community Connections

Erewash Voluntary Action is organising a Connecting Erewash Week from 22nd – 28th April 2024 as part of the Connect Erewash initiative to combat loneliness and isolation in Erewash. The Connecting Erewash week aims to highlight community groups and their activities, support people to build connections, and raise awareness about loneliness and social isolation.

One of the events will be the Community Information Day on Thursday 25th April 2024 from 10.30am – 2.30pm at EVA, Granville Avenue, Long Eaton, NG10 4HD. There will be a variety of community groups and organisations setting up information stands providing details of their group activities and how to become involved. Everybody is welcome to pop down anytime no need to book, teas and coffees will be available, and it is all free of charge. A great way to find out more about local community groups and how to connect with others.
One of those information stands will be Long Eaton & District u3a. The event offers us a wonderful way to promote our u3a and hopefully encourage new members. We'll be giving out information about our activities and chatting with visitors to the event. Come along on 25th April to visit our u3a stand and see what other groups are doing in the area.



A new book "GIVING VOICE" is an anthology containing short stories and poetry with contributions by four new Long Eaton Authors, and all being Long Eaton & District u3a members.

This anthology recognises the dedication of all the authors in this special book...having their work placed out there.

I feel sure you will enjoy many hours of reading pleasure, and if it encourages you to start typing your story...this could be your time!

The book is available direct from the authors and also on Amazon.

Johnny Sheehan

Public events at University Park, Nottingham
Geology Tour – 'Rock Around University Park' – booking needed

Led by David Large and Stuart Marsh

Saturday 27 April, 10am-12.30pm

Join 'The Friends' in a walking tour of our beautifully landscaped campus. Come along and find the clues dating back millions of years to the geology below site. Exposed rock also gives visitors following this guided walk clues to the area's foundations, while some of the materials featured in the buildings and grounds add to its geological interest.

Fee £5 per person. Numbers limited to 20 people; advance booking required.

Early booking is advised due to limited numbers for some events.

Complimentary car parking available at all of these events.

To book, please email: FOUP-Events@nottingham.ac.uk

When booking, it helps the organisers if you mention Long Eaton and District u3a.

Report a pothole

Here is the link: [Report a road fault or ask about a road issue - Derbyshire County Council](#)

Sandiacre History Group – 7.30pm Thursday 25th April

A talk and demonstration – ‘Pictures in Glass: the History and Construction of Stained Glass Windows

Arrive from 7pm for refreshments.

At Sandiacre Methodist Church Hall on Butt Street. Visitors welcome £2.50

If you have already renewed your membership, thank you!

From 17th April, for our monthly u3a meetings at EVA in Granville Avenue, doors open at 2.00pm. Please arrive after 2pm.

Please send items for the May Newsletter to David Pinney by 25th April at the very latest.

Long Eaton & District u3a members are also invited to send in concise information about future local events.

The email address is lead.u3a@live.co.uk