



March 2024



Antiques & Collectables

Anyone for Tea? Write up page 7

Mansfield u3a QR code



Words from the Chair



I love to see the gradual arrival of Spring, and we are in the third month of 2024 already. Snowdrops are still around, and daffodils and crocuses are pushing their way through the soil. There is something uplifting about experiencing new growth, especially when it is accompanied by a few sunny days. Even though I definitely do not have green fingers, it is satisfying to be able to tidy up the garden after the winter months. I'm not sure whether I shall still be saying that in a few months' time when everything is growing rapidly (including the weeds!)

On a totally different topic, we have lots of social events coming up over the next few months, including a celebration of the 25th anniversary of the Mansfield and District u3a on Thursday 6 June. Details are in this newsletter. It is certainly something to celebrate and I hope many of you will come along and join in the celebrations.

Elaine




SPEAKERS FOR 2024

| | | | |
|--------|----|--------------------------------|-------------------------------------------------|
| March | 19 | Geoff Harris | Folklore, Funny Tales and Funny Folk |
| April | 16 | Ian Morgan | Inspector Hopkinson's Discovery |
| May | 21 | Catrin Rutland | Science Fiction vs Science |
| June | 18 | Alison Drew | Gems from the Archives of Foreign Office |
| July | 16 | David Skillen | An Overview of the American Civil War |
| August | | | Social Event TBA |
| Sept | 17 | AGM | Paula Cornwell Fanny Cornforth the Soho Stunner |
| Oct | 15 | BA | |
| Nov | 19 | TBA | |
| Dec | 10 | Christmas Lunch at the Hostess | |

Garden Group 2024 Programme

**Meets at 10am, St Peters Centre,
Mansfield NG18 1AP**

| | |
|---------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|
| March 5 th | Gardens, good and loyal friends. An illustrated talk by Mike Davey. |
| April 2 nd | Future proof your gardens with climate change and age in mind. Talk by Rachel Barrowcliff |
| May 7 th | Can perennial vegetables save the plant? Talk by James Ellson (the apple man). |
| June 4 th | Scented plants and scented gardens. Talk by Geoff Hodge from Garden Forum |
| July 2 nd | Making summer planters. Demo and talk by Jonathan Gant. |
| July 18 th | Garden Group trip to RHS Flower Show, Tatton Park. |
| August | No meeting |
| Sept 3 rd | Rose Masterclass. Talk by Rachel Barrowcliff. |
| Oct 1 st | Garden Trilogy, keeping the garden healthy. Talk by Jonathan Gant |
| Nov 5 th | Gardening on the menu. The winter table. Another fabulous and entertaining talk by Martin and Jill Fish. With samples of food made by Jill. |
| Dec 3 rd | A different look at Christmas flowers and decorations. By Karen Gimson |
| Garden Group Leader – Marilyn Dibble Tel 01623 634805 dandmdibble@gmail.com |  |

TREASURE HUNT - APRIL 10 FROM MANSFIELD BOWLING CLUB
10.30 START - £10 Deposit will be required please by March meeting.



Cost £2 to enter plus cost of meal at the end of the hunt. Contact :- newsletter.editoru3a@gmail.com to book your place. Prizes to be won.

SPECIAL FEATURE

u3a and I by MIKE ALLEN

I had retired from full-time teaching in December 1998 and from the part-time teaching of excluded pupils in 2004 and needed some social activity to help me return to normal human life and so joined Mansfield and District u3a in May 2005. I've no idea how I got to know about the organization or whether it would help be become 'normal' again!



At the time, the u3a met at the Masonic Hall and I can remember feeling like a new kid in a new school at the first meeting as I knew only one or two people there. After a while, I decided that I had to 'do things' in order to meet people and so joined Wine Group 2 in October 2005 and the Classical Music Group in 2006, with other groups following at a later stage (Gardening, Walking and 3/4 more!).

This meant that I got to know many more people and my social life expanded rapidly, luckily as it happened, for my hockey playing days and membership of 41 Club, as well as teaching 'naughty kids', came to an end at this time, although I did still coach and umpire hockey, sing in Mansfield Choral Society and volunteer at Hardwick Hall. There seemed to be something on every day of the week!

As is usual when single persons are seen, the wolves scent them, seek them out, catch them and instead of devouring them, elect them to a Committee. I was 'caught' and elected at a rather turbulent time in September 2009. From then until now, the u3a has been a major part of my life. I have been: Committee member; Speaker Finder; Vice-Chairman; Chairman (2011-2013); Minutes Secretary; Secretary; Newsletter Editor; a Website editor and have run the Wine Group and Music Group for longer than I care to think, as well as joining other groups and enjoying the social activities.

So why have I become so involved? When I retired, I wanted to do something and not just sit around, to try new interests as older interests closed down and to enjoy my new-found leisure with new people. Mansfield u3a offered all these - and continues to do so. Older now, though hardly wiser, I can look back on nearly eighteen years of (mostly) enjoyable times.

I am honoured to have met so many of the founding or early members as they created the foundations of a thriving society.

However, in order to continue to thrive, we members must have the same 'get up and go' mindset of the early members. Groups are the life-blood of any u3a, but too many have closed down as the pioneers have grown older and while new groups have appeared, there must surely be room again for Sci-Tech and Local History, Afternoon Teas and Holidays. We need more enthusiasts to carry us forward into our second 25 years. The new Social Committee has shown the way, perhaps others can follow? I will still need to be excited by new ideas in 25 years time!



Classical Music Group

The Classical Music Group had a very varied and pleasant year until December. A wide variety of music was listened to and discussed, according to the theme of the month. That theme was sometimes a letter (eg 'B') and we listened to music suggested by it (eg Bach, Beethoven or Baroque). At other times a whole area was suggested ('Opera') and we played the music that each member enjoyed most; or it could be an instrument (cello) that we listened to. In addition, we were able to meet with Ashfield u3a's Opera Group (run by Stephen Cooke) and watch full operas on stream.

Unfortunately, we lost one of our longest serving members this year: Alan Hind died in December. He was a font of knowledge about opera, as well as being a very good friend of us all and we will miss him. To this was added to the (hopefully temporary) absences of two more members and so we have vacancies in the group.

As the group meets at the leader's house, it must grow no larger than 8/9 members. If anyone has a serious interest in classical music of all types (and some CDs or discs to bring along!), do get in touch with me and join us to see if you enjoy it. **Mike Allen**



Wine Group 1

Members of the group take it in turn to entertain the others in their houses; this evening consists of tasting four bottles of wine which are marked according to their appearance in the glass, their 'nose' or aroma and then their taste. We have found that it's been better to mark them before having something to eat and then again during or after the food. Wine changes so much when it accompanies food that the marks can be very different and wine is, after all, mainly an accompaniment to food.

Once we've tasted and discussed the wine and eaten, the evening becomes a social event, even when the cost of the wine is split between the members! The wines are chosen by grape or by country (or both); sometimes for being unusual or complementary. Identifying wines is becoming far more difficult now as more and more wines are a blend and almost all grapes are now grown across the world. We have even been to a Derbyshire vineyard, although the wines tasted there were only 'average'.

But we do enjoy our 'dedication' to wine!

Mike Allen



Following the sad news that Ken and Val are both stepping down from running the Pathfinders Group, may I please take this opportunity on behalf of the Committee to thank them both for all their hard work, enthusiasm and commitment in running this group over several years.

All Pathfinders' walks are currently on hold pending a new leader or leaders taking over this role.

If anyone is interested in applying could they please contact me, Stella Hall, Group Co-ordinator either by email or phone and I will be pleased to give them all the help and advice they will need to get this group up and running as soon as possible. Stella's telephone : 07940 460250, email southseababe52@hotmail.com

Antiques and Collectables – Sue Howlett

The subject for our February meeting was TEA. It was amazing what things people were able to find. There were many beautiful tea cups and saucers made of fine china and from several countries. The brown Measham Bargeware Tea Pot dated from 1897 was presented to a great grandfather.

The oldest item was a silver caddy spoon from 1797 and 2 ceramic tea caddies. We also learnt about the history of tea. We reminisced about rationing, tea chests, packaging and collecting tea cards. Do you realize that tea bags were invented well before the Second World War but even by the 1960s were only used by 3% of the population. By 1989 they were used by 97% of the population.

Some of us have seen the ladies in Sri Lanka picking the 2 leaves and a bud which brought our early Geography lessons to life and made a lasting image. There were also a variety of ceramic, aluminium, and stainless steel teapots. There was an example of Goss crested China and a souvenir spoon from Bourgogne in France. It was interesting to note that at refreshment time everyone drank coffee.

Writing for Pleasure – Susan Ford

In January we started the meeting by writing a Haiku – a traditional Japanese unrhymed poem of three lines and 17 syllables in total.

'Morning Coffee'.
milky or stronger
mid-morning chat with a friend
feeling uplifted

This is an example of one of the many poetry writing styles we try. Other forms of writing often include stories with unexpected endings and even a murder or two!

If you think this Group would interest to you, please contact either Hilary Miller or Sue Ford, Group Leaders and join us for a meeting as a guest so you can find out if you would like to become a member.

The group meet at the Friends Meeting House, off Chesterfield Road, Mansfield on the second Monday of each month from 2.00 - 4.00pm, and each member pays £12 three times a year to cover room rental and our delicious tea/coffee and biscuits.

Writing for Pleasure Continued :

We were given the task of writing about the Seashore at Monday 12 February's meeting and this was Julie's amazing contribution, written in about ten minutes:

"Sitting on the sea defence wall at low tide, the ever-changing panorama mesmerises me. The low winter sun shimmers shyly, casting a silver glow onto the mudflats left by the outgoing tide. Lugworms emerge from the sand vertically, take a peek at the vista, then quickly submerge themselves back into their muddy home.

A line of Oystercatchers dance on the edge of the ebbing tide, mimicking the comic Charlie Chaplin's walk, displaying their black and white dinner jacket feathers, elongated bills and long red legs.

Sandhoppers and newly hatched flies, flit and flirt on the beach seeking mates and left over pickings from day trippers.

As dusk approaches, the array of birdlife escalates. I see numerous murmerations on the horizon as 1000's of Brent geese fly honking their way from land to sea, landing on the mudflats with precision, calling constantly to each other: 'Me, no me, me, me, no me, no me'.

The sun reaches its lowest point as daylight begins to fade. The cool wind drops and a feeding frenzy begins. Then, stillness. A sense of peace sets in. The beautiful sky becomes a spectacle, turning orange, purple, red and silver before the sun finally slips over the dark horizon. I'm at a very special and magical North Norfolk beach enjoying the wonder of nature. I can't say where this is, as the full experience and magic of the place is for my senses alone to experience. Anyone else being here would spoil it."

Monday 12 February's Writing Group



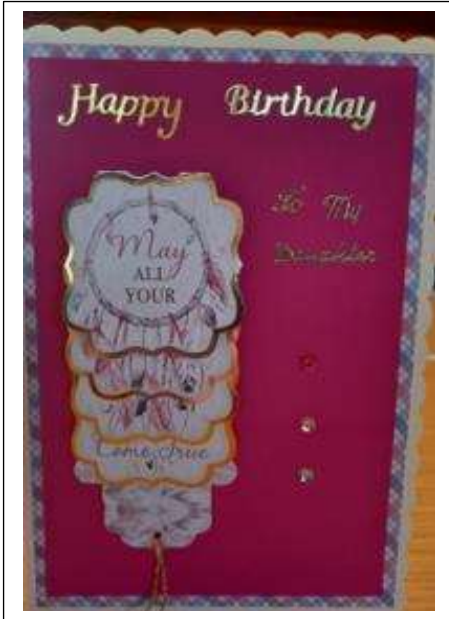
Left to right : Julie Turner, David Drew, Mike Allen, Hilary Miller (Group Leader), Yvonne Kennison, Sue Ford (Group Leader), Tracey Hatton.

Crafty Chat

A big "Thank you" to Nicola from Two Knits in Mansfield Woodhouse for her time and enthusiasm in showing our group how to make felt roses. There was a lot of laughter and we all managed to produce a flower of sorts. Details of our group can be found in the Group section on page 16. If you are interested in joining our very friendly group, you will be more than welcome. Contact details on webpage via blue bird or telephone 07940 460250.



Card Making



Card Making is still going strong. In February we made waterfall cards. Very intricate but effective. There's still room if you fancy becoming creative. Contact Jill West. See Group page for details.

Poppy Appeal volunteers needed.



The Poppy Appeal Manager for Nottinghamshire

has asked if any of our members would be interested in volunteering to run the Poppy Appeal this year in the Bellamy area. Also, help is requested to staff the Poppy Appeal stalls in Tesco and Aldi between 26 October 2024 and 10 November 2024.

For more details contact Sharon Clay SCLay@britishlegion.org.uk

Tea-Time Brain Teaser – Cities in the UK

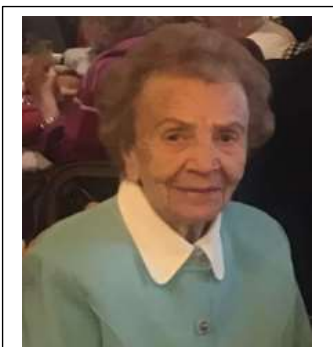
- | | | |
|----|------------------------------------------|-------|
| 1 | Leaver | _____ |
| 2 | Organ Bank | _____ |
| 3 | Jamie's garden | _____ |
| 4 | What I did after I gave her an undercoat | _____ |
| 5 | Genuine Caviar | _____ |
| 6 | Witches score | _____ |
| 7 | Pan-cook rabbit town | _____ |
| 8 | Cob defence | _____ |
| 9 | Buried S | _____ |
| 10 | Bjorn, Benny, Agnetha and James | _____ |

Answers to last month's teaser : Cotgrave, Laxton, Eakring, Dunham, Keyworth, Clowne, Blackwell, Saxondale, Underwood, Stonebroom.
How did you do?

Bridge and Board Games

It was just four of us playing bridge for each of the February sessions but we still had a great evening (at least the ones that won did!)

The March sessions will be 4th and 18th of the month. **PLEASE NOTE :**
Dates for Board Games at the Rushley have been altered for March and the only meeting will be on the 9th.



We said farewell to our long-standing member, Jean Dennis. We send our sincere condolences to her family and friends. RIP Jean.

CELEBRATING CHINESE NEW YEAR

Yet again the u3a proved that they can party, when Mansfield & District, Forest Town & District and Dukeries celebrated the Chinese New Year together.



The Springwater Restaurant provided an excellent, delicious feast of Starters and Mains throughout the evening, leaving us all with very full stomachs.

The Lion dance was very energetic and colourful as it weaved between the tables. Great fun was also had on the dance floor as we partied the night away. Unfortunately the wintry weather prevented the New Year fireworks. Wishing you all a Happy and Prosperous New Year - Gung Hei Faat Choi.



SOCIAL COMMITTEE NEWS

Many thanks for members continual support of events the Social Committee organise - the more the merrier, lots of laughter, happy memories and new friendships forged.

GREEK NIGHT/REFINED RESTAURANT - Thursday 21 March 6.30pm
26 places have been booked at the restaurant.

A deposit of £10 has been collected at the Main Meeting on Tuesday 16 January, the balance is paid at the restaurant. 3 courses £22.50. The menu hasn't been issued yet as soon as it is issued, we'll send the menu out.

GAMES NIGHT - Monday 22nd April 2024 6.30pm - 9.00pm

Fish and Chip Supper and Board Games at the Mansfield Bowling Club. £10 per ticket, tickets on sale at March's Main meeting.

REFINED LUNCH, May 2024 1.00pm

A date will be provided once the students exam dates have been established.

MANSFIELD AND DISTRICT 25th ANNIVERSARY PARTY - 6 June, 2024 1.30pm - 4pm

We will be celebrating 25 glorious years of our u3a at the St. Philips Neri's Church Hall for an afternoon tea party. We will look at charging £1 to cover the cost of booking the hall, the u3a will provide desserts, tea and coffee. Please feel free to bring drinks. We will ask members to bring a savoury dish to share, knives and forks will be available.

ADMISSION BY TICKET ONLY! There will be only 100 tickets available at March's Main meeting.

EVENING TRENT RIVER CRUISE - Wednesday 10 July

This is a joint venture with Dukeries and District u3a and Forest Town and District u3a. There are only 30 Seats available for Mansfield. The trip includes the bus, a three-hour cruise down the river, a disco, 2 drinks/a main course of chicken skewers, potato wedges, coleslaw and black forest gateaux with fresh cream. A cost of £37 in total. A £20 deposit will be collected at the Main Meeting in February and March. There will be two pick-up points. - Forest Town Arena 4.30pm and the Stags car park 4.45pm.

Congratulations to Paul Sanderson who joined the Mansfield Bowling Club through his membership with Mansfield u3a and who now tops the leaderboard at the Bowling Club. He has also become Group Leader for Bowling and will introduce anyone who is interested in taking up this very pleasant sport to Mansfield Bowling Club. Details on the Group Page. Also we must congratulate Lois King, who also joined through her membership with u3a, for being voted Most Improved Player. Well done Paul and Lois.

SIMON CROSON, BEEKEEPER EXTRAORDINAIRE

On Tuesday 20 February we met Simon who enthralled us with his extraordinary skills and achievements as a photographer, beekeeper, and wildlife expert.



If we were able to remember all the knowledge about the lives of bees that Simon told us, we would surely be experts ourselves. He has travelled all over the world to add to his skills and after travelling to Bristol just to look at the Silver Queen Bee Trophy,

he was amazed to find he had actually won it having accumulating the most points from a number of categories he entered exhibits in. Well done Philip for once again locating an interesting, informative speaker and thank you Simon.









ALL GROUP LEADERS CAN BE REACHED BY EMAIL VIA THE BLUE BIRD ON THE WEBSITE.

The only way to LEARN, LAUGH and LIVE, is to get involved in the following groups.

The tables on the following pages show the Interest Groups. Please check the Mansfield u3a website for up-to-date information of your group/groups.

| March 2024 | | | | | | | < | > |
|------------|----|----|----|----|----|----|---|---|
| S | M | T | W | T | F | S | | |
| 25 | 26 | 27 | 28 | 29 | 1 | 2 | | |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 | | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 | | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 | | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 | | |
| 31 | 1 | 2 | 3 | 4 | 5 | 6 | | |

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| <p><u>ANTIQUES & COLLECTABLES – Second Tuesday of every month 10 am – 12noon St Peter’s Centre.</u> There is a different topic at each meeting. Members bring along an item relating to the subject. It is helpful if they have done some research on the item and can tell the rest of the group about it. That way we all learn something. If you haven’t got anything that month it doesn’t matter because you will learn from what others have brought. (Group Full with a waiting list).</p> | <p><u>PATRICIA BLACKWELL</u></p>  <p>01623 481745</p> |
| <p><u>BEADWORK – Every Wednesday 10 am – 12noon. Overflow group every Monday at the same time. Marilyn’s home, Hillcote.</u> Often we are all working on a single project, or, at times, members may be making different items. Members can source their own materials singly, collectively, or can buy from Marilyn from her stock at cost price. (Group on Wednesday is currently full).</p> | <p><u>MARILYN JONES</u></p>  <p>01773 819155 07803 244841</p> |
| <p><u>BIRD WATCHING & WILDLIFE – Times and meeting places vary.</u> This group is looking for a new leader/leaders at the moment. Contact Stella Group Co-ordinator if you are interested in taking this group on.</p> | <p>07717 297940</p> |
| <p><u>BOARD GAMES – Fourth Saturday in month 7pm – 9.30 at The Rushley, Nottingham Rd. Mansfield.</u> Just come along to enjoy a pleasant evening playing board games. Cost of a drink for yourself.</p> <p><u>Next meeting 9 March.</u></p> | <p><u>SHEILA PEGG</u></p>  <p>07883720657</p> |
| <p><u>BOWLS – Mansfield Bowling Club (Summer) Lammas Centre Sutton (Winter).</u> Outdoor coaching will take place every week for 5 weeks.</p> <p>Every session will be organised by DBS checked, registered coaches. The outdoor bowls coaching starts on Tuesday 2 May. 12.15 – 1.45</p> | <p><u>PAUL SANDERSON</u></p>  <p>07592016691</p> |
| <p><u>BRIDGE – First and Third Mondays 6.30 – 9pm at The Rushley, Nottingham Rd</u> Just turn up. We can sort out a partner if you come alone. We are a friendly group, playing for fun. Equipment provided. No fee charged by venue – we just buy a drink (or two).</p> | <p><u>SHEILA PEGG</u></p>  <p>07883 720657</p> |
| <p><u>CALIGRAPHY – Second and Fourth Wednesday monthly 1pm – 3pm,</u> Course led by video tuition and lots of practice. Members will need to source their own pens and paper although they will be provided at the beginning until they know what they need</p> | <p><u>MARILYN JONES</u></p>  <p>01773 819155 07803 244841</p> |

CARD CRAFTING – Last Tuesday monthly 1pm – 3pm at Friends Meeting House, Rosemary Street, Mansfield.

All materials are provided and included in the cost of £5 per session, which includes room hire and refreshments. Members, as well as learning card making skills, have a lovely card to take home.

Contact Jill to find out if there are spaces.

JILL WEST



07554012769

CINEMA GROUP – WEEKLY

Members of this group will be contacted by Christine to let them know which film will be chosen and on what day.

CHRISTINE SMITH



07859 249086

CLASSICAL MUSIC 1 – Fourth Monday monthly 2pm – 4pm at Group Leaders's home.

Music is played and discussed. There is room for two more members if you are interested.

MICHAEL ALLEN



01623
653345
07565
936859

CRAFTY CHAT - Third Monday 2pm-4pm during Term Time only at Friends Meeting House, Rosemary Street, Mansfield.

Just bring along something you want to be creative with or just come along for a chat. A charge of £12 is made per term to cover room hire and refreshments.

New members welcome.

STEPHEN & STELLA HALL



07940460250

CURRENT AFFAIRS – First Friday monthly 10am-12 noon at Mansfield Bowling Club NG18 7AP.

We have some very interesting discussions which can be quite lively, especially when we are discussing Westminster matters. We are always friendly. Members of Mansfield u3a welcome but restricting to 15 guests. Contact Graham on above number for availability. Charge to cover cost of room hire & refreshments.

GRAHAM HEADWORTH



01623 468883

FAMILY HISTORY – Fourth Tuesday monthly 10 am – 12 noon (except August and December) at members' houses.

The group enjoys researching family histories and welcomes new members with similar interests. Members share their family history research, photographs, maps and artifacts. We also guide members to which websites to use for their research.

VALERIE WOOD & KEN GILBERT



v.a.l.woody11@gmail.com

GARDENING GROUP – First Tuesday monthly 10 am – 12noon at St Peter's Centre, Mansfield.

Garden Group Members pay £16 twice a year to cover room rent fees.

Guests most welcome at £5 per session. Cash or cheque payable to Mansfield & District u3a.

MARILYN DIBBLE



01623 634805

HISTORY – Third Wednesday monthly – 10 am – 12 noon at Mansfield Bowling Club, Chesterfield Road. £2 per session.

If you have a particular passion for some historical event, by all means bring it forward. All our meetings are friendly, with tea and coffee and sometimes home-made cakes. Funds permitting, we may hire an external speaker at least once during the year.

PHILIP TUCKER



01623 437516

MANSFIELD PALACE THEATRE GROUP

Details of the shows on offer will be advertised at the meetings and on the website

JULIA HYDE



01623 514806

MINI BREAKS

Details of breaks on offer will be advertised at the meetings and on the website.

JACQUI HAMPSHIRE



01623 239210

PATHFINDERS WALKING – Times and dates vary.

Shorter walks of 3-5 miles, longer walks 5-7 miles. This group is looking for a new leader/leaders. If you are interested in taking on this group, please contact Stella, Group Co-ordinator.

07717 297940

POPULAR MUSIC – Fourth Tuesday monthly 2 pm – 4pm at Members' homes.

The Group has been running successfully for nine years. In March instead of our usual meeting, we have lunch and a music quiz at the Carnarvon Arms, Teversal.

ELIZABETH ELLIS



01623 644429

READ A LITTLE ALOUD – Second Friday monthly 2 pm – 4pm at Members’ homes.

We read extracts from books, poems etc and then discuss. Books are provided which have been marked in sections so that each person reads aloud about two paragraphs each. The topics involved might be : friendship, love and marriage, indiscretion etc. We don’t delve into criticism or style of writing. We always fly off on a tangent and it’s surprising where it leads us! If a member prefers to just listen and not read aloud that’s fine. Currently the group is full.

SUE HOWLETT



01623 627423

READING GROUP 1 – Third Thursday monthly 2pm – 4pm at Group Leader’s home or Members’ homes.

At our friendly meetings, we have tea or coffee and then we discuss the book we have read the previous month; we are then given the book we will read in time for the next meeting.

PETER DAWSON



01623 481721

READING GROUP 2 – Third Tuesday monthly 2pm – 4 pm at Group Leader’s home.

Our members are supplied with the same book to read and then we meet for discussion

SYLVIA SLACK



01623 633981

SCRABBLE - Second Monday Monthly 2pm – 4pm at Group Leader’s home.

We enjoy 2/3 games of Scrabble with a break for coffee/tea and biscuits.

LYNNE PAYNE



01623 555738

SHUFFLERS – Fourth Thursday 12 noon finish times vary.

Mansfield u3a’s Shufflers hold social meetings for members who have problems that restrict their mobility. This has enabled members to continue enjoying friendships and outings with like-minded members. We meet for lunch at various venues that have flat grounds to enable as many as possible to enjoy a short “shuffle,” Rufford Park, Vicar Water and Sutton Lawn have all proved very enjoyable.

Please have your “in case of emergency card” with you at all times.

SYLVIA NEWLYN AND IAN LAKIN



01623
655893

07989 668275

STROLLERS – Second Wednesday monthly 10.30 am finish times vary.

It is a good way to improve your health and to make new friends. At the end of the walk there will be opportunity to have refreshments.

Please have your “in case of emergency card” with you at all times

SUE HOWLETT, VALERIE HART AND IAN LAKIN

Sue 01623 627423
Valerie 07745 208248
Ian 07989668275

SOFT TENNIS – Second Tuesday monthly 2pm – 3pm at Oak Tree Lane Leisure Centre.

Tennis is played on a badminton court and normal rules apply, but we play with soft tennis balls.

£10 for four months paid in advance. Equipment provided. No black soled shoes please.

Please have your “in case of emergency card” with you at all times

YVONNE AND MICK KENNISON

01623 481721

SOLO DINING – First Thursday monthly for evening meal. Third Sunday monthly for lunch. Times vary.

This group enjoys the company of other single people in a friendly atmosphere.

An evening meal is arranged at various dining locations. Sunday lunches have also proved to be popular.

It is with regret that due to the large number of diners on our list, we are unable to add any new members at the moment. If the situation changes we will certainly let you know through this newsletter. Many thanks to the loyal support of our existing members.

SHEILA PEGG

07883 720657

TIA CHI – Mondays weekly 10.30am – 11.30am at Bethal Chapel, Nottingham Road. £30 per term.

Within our group, you work amongst friends, within your own ability, standing or sitting and feeling that you have gently exercised every part of your body (even internal bits that you cannot see). Ken really understands how our bodies work. Tai Chi with its calm movements, focuses on deep breathing and is known to reduce chronic stress and improve health and emotional well-being. With all these benefits it comes to u3a members highly recommended

LORNA PYE



01623 636060
07712 029262

WINE APPRECIATION GROUP 1 – Third Wednesday monthly 7.30pm at Members homes.

We do have two spaces at the moment. If anyone would like to come and give it a try. Please contact Mike Allen on the above contact details.

MIKE ALLEN

01623 653345
07565 936859

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| <p><u>WINE APPRECIATION GROUP 2 – Fourth Tuesday monthly 7.30 pm.</u></p> <p>Our meetings are essentially to give Mansfield u3a members friendly, relaxed evenings, whilst, at the same time, fostering a desire to know more about good wine. A number of wines will be tasted. This group is full.</p> | <p>Graham Allin</p>  <p>01623 473662</p> |
| <p><u>WRITING FOR PLEASURE – Second Monday monthly 2pm – 4pm at Friends Meeting House, Rosemary St, Mansfield, NG19 6AB.</u></p> <p>We pay three times a year. Cost per session £3. Mansfield u3a members enjoy writing for the pleasure of it – simply that. Get your ideas and words flowing and share them with others in an entertaining and happy two -hour session. We write on a variety of subjects including found poetry, free verse, many different story titles and even the odd limerick.</p> <p>We currently have room for two more members.</p> | <p>Hilary Miller and Susan Ford</p>  <p>Hilary 01623 620067 Susan 01623 844286</p> |

Please note the following telephone numbers are the correct ones which should appear on your Membership Cards : Val Hart - 07745 208248, Ian Lakin - 07989 668275, Lorna Pye - 01623 636060

IMPORTANT NOTICES - First of all, here's hoping everyone is keeping safe and well. If anyone is struggling or needing any help in any way, please don't hesitate to let any of the Committee know. We will do our best to help in any way.

Subscription costs for the current year have remained the same - £16. New members £18 and £12 for Associate Members. Cheques payable to Mansfield & District u3a. Online payments can be made. Contact the Treasurer, Gill Mallinder for bank details. Membership forms can be downloaded from the finance page on the Website. All current members must fill in all sections to comply with data protection laws when paying their subscriptions.

Events and Visit payments. Members are reminded that deposits and payments for events and visits organized by Mansfield u3a and its groups are non-refundable, but places may be offered to others.

Changes of address etc. Please let Jean Hatton, Membership Secretary know to keep our records up to date.

If you have any health issues that you think may affect your participation in, or enjoyment of, the activities of Mansfield u3a, you might wish to disclose them voluntarily to the Group Leaders of the groups you join, should it be helpful to do so. **Please have your "in case of emergency" card with you at all times.** If you do not have one, please obtain one at the next Members' meeting.

If you are concerned about accessing one of our venues, please talk to our Accessibility contact, Stella Hall (07717 297940).

If you have any concerns about another member who seems to be vulnerable, and you think they might be being taken advantage of by someone, you should tell our Safeguarding contact, Irena Dubowski (07549 409262) or one of the Committee.

Should you not wish to be included in any photographs taken whilst members are engaged in any activity, please let the photographer know as otherwise we will assume your consent has been given

Disclaimer – The views expressed here are those of the contributors only and do not necessarily reflect those of the Editor, the Committee of Mansfield & District u3a or the Third Age Trust. Nor can any responsibility be accepted for members' announcements or any errors that may occur.