



Mansfield & District u3a

February 2024 Newsletter

Learn, Laugh, Live



Soft Tennis Group – First Meeting of 2024



Mansfield u3a QR code

Website: www.u3asites.org.uk/Mansfield/home

Facebook page: Mansfield u3a

Registered Charity : 1164177

WORDS FROM THE CHAIR



I listened to an item about New Year resolutions a few days ago. Did you know that it is thought that the first New Year resolutions were made more than 4000 years ago by the Babylonians? They made promises to their gods to pay back debts in return for good fortune in the coming year.

Apparently, the most common resolution nowadays is to exercise more. Little wonder perhaps that about 92% of people fail to achieve their goals. There is even a "Quitters' Day", the second Friday in January (that was 12th January this year), which might make us feel slightly better if we do give up. We are obviously not alone!

Thank goodness though that we don't need to make a resolution, at New Year, or at any other time of the year, to join a new u3a activity group and learn something new. They are all listed later in this newsletter; have a look - something might just catch your eye.

Elaine

SPEAKERS FOR 2024

February	20	Simon Croson	Bee Keeping Year
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	TBA	
Nov	19	TBA	
Dec	10	Christmas Lunch at the Hostess	

OBITUARY NOTICE FOR ALAN HIND- Mike Allen

It is with sadness that we have learnt of the death of Alan Hind. He passed away on Saturday 16 December in Kings Mill Hospital.

Alan, with his late wife Sheila, was a longstanding member of Mansfield u3a. His funeral was held on 12 January.



In his early years, he had been a keen member of the Walkers Group led by Peter Thurkettle. Later on, he walked with the Strollers and then enjoyed the company of the Shufflers. He was a member of the Classical Music Group and was known for his knowledge of music and love of opera. Both he and Sheila enjoyed holidays with Mansfield u3a (including the first holiday abroad to Paris in 2003) and were regulars at Thoresby Hall where the photo was taken in 2016. Alan was a quiet, gentle person, but a good friend and interesting companion. He will be much missed.

We offer our sympathy to his family.

Likewise to Jenny and her family for the sad news that her husband Jack Hicks has passed away. Funeral on 6th February at 11.15 at the Crematorium.



It is with much sadness that we have just learnt of the passing of Jean Dennis. She was a much-loved member for many years. RIP Alan, Jack and Jean.

SOCIAL COMMITTEE NEWS – Irena Dubowski

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.

CHINESE NEW YEAR – Thursday 8 February 7pm Springwater Restaurant, Calverton -12 places have been booked at the restaurant. Entertainment starts at 9:30 pm and ends about midnight, this includes a lion dance, disco and fireworks display. A non-refundable deposit of £5 has been collected. The total cost is £30 per person. The balance is payable on the night. Please note there are no more places available.

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.

GAMES NIGHT – Monday 22 April 2024 6pm. Fish and Chip Supper and Board Games at the Mansfield Bowling Club. More details to follow at the next Main Meeting.

REFINED LUNCH, May 2024 1.00pm. A date will be provided once the students exam dates have been established.

MANSFIELD & DISTRICT u3a SILVER ANNIVERSARY TEA 6 June, 2024 at 1.30pm. We will be celebrating 25 glorious years of our u3a at the St. Philip'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. We will ask members to bring a savoury dish to share.

EVENING TRENT RIVER CRUISE Wednesday July 10. This is a joint venture with Dukeries & District u3a and Forest Town u3a. There are only 30 Seats available for Mansfield. The trip includes the bus, a cruise down the river, a disco, 2 drinks/a main course and a dessert. A cost of £37 in total.

A £20 deposit will be collected at the Main Meeting in February.



ALISTAIR LITTLEWOOD - STOREYTELLER

Alistair paid his second visit to our u3a on Tuesday 16 January. He is an accomplished storyteller, teacher and Church of England Vicar. He held our attention with tales of Norse Gods, their battles and intrigues. Loki the God of mischief intrigued me most. Alistair told us that the Vikings raided Lindisfarne in 793 and liking what they saw, came back in 800. They stayed until William Conquered in 1066. He pointed out that the Norman king was descended from Norse kings and therefore our Charles III is Norse.

Our meeting was well attended considering the venue was arranged at the last minute owing to the football club cancelling our booking for an evening match, which, owing to a frozen pitch, was cancelled! Back to normal next month, fingers crossed. Let's hope the match is not re-arranged for our meeting day. Yvonne

BUDDIES - Bill Harrison

What is a Buddy?

Buddy is sometimes used as a verb in the phrase "buddy up" often meaning "to pair up" and to buddy up to someone is to become more friendly with them.

Our meeting at the Mansfield Library Cafe was to meet our new team of Buddies.

A project that has been put together following a suggestion by Marilyn Jones. The aim of the buddy is to welcome any new members into the Mansfield u3a.

To give them the guidance required to make their time with the u3a as pleasurable as possible. We have all been in their position upon our first meeting and it can be quite daunting.

Buddies are there to meet and support all new members. If you are a new member to the Mansfield u3a then please look out for our Buddy Badge wearing assistants.

The picture depicts the new Buddies from left to right: Hilary Miller, Susan Ford, Carole Harrison, Neil Fidler, Marilyn Jones, Christine Smith, Kathryn Henshaw, Shelley Fidler, Bill Harrison.



Our other buddies are Lynne Payne, Jill West, Valerie Jeffries.

THURSFORD CHRISTMAS SPECTACULAR – Jacqui Hampshire

5-7th December 2024. Thursday- Saturday

Links Country Park Hotel. West Runton. Nr Cromer, Norfolk

The Links Country Park Hotel has superb accommodation in beautiful surroundings. Retaining high standards of personal service, long forgotten by many. En-suite bathrooms, toiletries, hairdryer, tea & coffee making facilities in rooms. Includes : 2 nights dinner, bed and breakfast, return coach travel, excursion into Norwich & Holt, complete luggage handling, tickets to Thursford Christmas Spectacular. None - refundable £50pp deposit as soon as possible. Cheques made payable to **JUST FOR GROUPS**. Thanks.
Cost - £389pp. Twin or double room - £429 per single room.

I do have insurance forms should anyone require one AND the insurance has come down to £17. It's about the only thing that has!! Please inform me of any special requirements, I do already know some.

Please collect a flyer from me with a breakdown of the entire trip and an insurance form if required at our meetings.

Thanks again. Jacqui. 07514344689. jhampshire09@talktalk.net

SHERWOOD u3a - TRIPS AND HOLIDAYS

February 29 - Heritage Kelham Island £12

April 23 - Eden Camp Day out £27

April 30 - National Trust Charlecote Park £16

May 18 - 24 - Devon Holiday-National Trust members £630 (Non-NT) £955

May 30 - NT Biddulph Grange and Little Morton Hall £16

June 10 - Potters Holiday price varies according to accommodation.

June 19 - Heritage - Bridlington £16

July 3 - Days out - Ripon and Tour of Cathedral £25

July 19 - Heritage - Oswestry Iron Works and Sculpture Park £18

August 22 - NT Gunby Hall and Estate £16

Sept 16-20 - Cotswold Holiday NT £535 £615 (Non NT)

Oct 16 - NT Shugborough £16

Nov 18 - Heritage - Nottingham Council House Tour.

Contact Liz - lizskill@tiscali.co.uk Denise deewhits@aol.com

Alan Miller's latest
Cartoon. Hope lots of
Members have signed
up for the Marathon!





Hello everyone,

Hope you all had a good Christmas break and Happy New Year.

As I write this newsletter the rain has finally stopped and believe it or not, we've got some blue sky and sunshine! I feel like running around on the lawn to celebrate, although at the moment our lawns are very soggy, and I'd just make a mess!

Since November it's been very wet across the UK with lots of flooding and waterlogged conditions. In Lincolnshire we had our normal January rain fall in the first three days of the month! Fingers crossed, we're now in for a period of dry, cooler weather which will be great for the garden.

From now on the days will gradually lengthen and slowly bulbs will start to emerge and winter shrubs will produce their delicate, often scented flowers. Daphne, winter honeysuckle, mahonia, viburnum and sarcococca are just a few that bring a little cheer to the garden and very soon we'll have snowdrops and winter aconites to admire.

For Jill and me, hopefully February will be a time when we get lots done in the garden. While it's been too wet to garden, we've been building a new log store and paving a storage area, but as soon as the soil drains a little, we'll be back in the garden. My plan is to have all the beds and borders in the side and rear garden shaped, forked over and composted ready for planting come March when the soil starts to warm up. I've already got lots of the plants but need to buy a few more and I'm really keen to make sure we include several with winter interest in the form of evergreen foliage, stem colour and winter flowers. For a bit of inspiration, when I'm next up in North Yorkshire, I'll pop into Harlow Carr to have a wander through the Winter garden, which looks magnificent at this time of the year.

We'll also be out and about giving talks and demonstrations, so all in all the next month or two looks like being busy!

With our best wishes

Martin & Jill

Jobs for February

Now is a great time to make sure all your gardening tools are clean and ready for the new gardening season. Spade, forks, rakes and hoes can all be cleaned, and the steel parts wiped over with an oil rag to prevent rusting. Wooden handles and shafts can be lightly sanded and coated with linseed oil to protect them. Once finished they will look like new.

If your lawn and garden soil is wet and soggy, keep off it until it naturally starts to dry. A few dry, bright days will make all the difference. To help any surface water drain where the soil or lawn is compacted, spike the ground with a garden fork pushed in as deep as possible.

Established wisteria can be given a winter prune to further shorten last year's grow back to just a few inches. It's also a good time to carry out harder pruning on large plants that are spreading or growing out from the wall too much. Don't go mad though as pruning off too much will result in fewer flowers.

With the possibility of colder weather on the way, make sure all outside taps are protected from frost by fitting a polystyrene cover or by wrapping bubble polythene around the pipes and tap.

Lawn mowers are now finished with until early spring so it a good time to clean them and get them serviced ready for the new mowing season.

When the ground is dry enough to walk on, now is a good time to make any alterations to the shape of existing beds or to create new ones.

Dead head winter flowering pansies and violas to keep them looking good and to produce new flower buds.

Apples and pear trees can be given their winter prune while they are dormant. It can be done any time before the buds start to burst in March. Thin out overcrowded branches, cut out dead wood and shorted long new growth. The aim is to have an open canopy.

Keep harvesting winter vegetables such as parsnips, winter cabbage, Brussels and kale. If the ground is very wet, lay a wooden board down to walk on to.

If you've got an established clump of rhubarb, it can be covered over with a large container or forcing pot to force the stems into early growth to provide you with tender, pink sticks in March and April.

If you fancy growing a few large onions, now is the time to sow the seed in pots or small trays. You'll need to provide a little heat such as an electric propagator or warm windowsill to help germination.

For more weekly gardening tips and advice from Martin visit "Pots & Trowels" on Facebook or subscribe on YouTube for free, plus our new weekly gardening podcast available from your normal podcast provider or www.potsandtrowels.com

Happy gardening

Martin Fish. www.martinfish.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.



Pointless TV Quiz

Picture clue on Pointless on December 27. Can you pinpoint any landmarks?



SOLO DINING – Sheila Pegg

Fifteen diners enjoyed another evening at The Red Gate for our first meal of 2024. We are always assured of good service and food at this venue.

January's Sunday lunch was at The Waggon at Halam where fifteen of us tucked into a delicious Sunday roast.



BRIDGE – Sheila Pegg

Five members of our group gathered at The Rushley for the first meeting of 2024 and enjoyed a good few hands of Bridge.

Our next dates are February 5, 19 February, 4 March and 18 March

CRESWELL CRAGS WALK THURSDAY 25 JANUARY

We began our walk at the Dukeries Garden Centre at Welbeck Abbey. There were 23 walkers in total, some of which were new to our group namely Trevor and Barbara Kirby, Christine Smith, Barbara West and Jan Ellis. All were very welcome and it proved to be a morning perfect for our walk.



St. Winifreds Church



Creswell Crag Lake



Overlooking Creswell

Welbeck Abbey: Thomas de Cuckney founded the religious house in 1140 and it was made a monastery in 1153. The abbey thrived until Henry VIII dissolved the abbeys and it was eventually sold to Gilbert, 7th Earl of Shrewsbury for the sum of £555 6s 6d and then the whole Welbeck estate to Bess of Hardwick's youngest son, Sir Charles Cavendish in 1607. It was then passed to his son William Cavendish, later the first Duke of Newcastle. In the 18th century, it passed through an heiress into the Bentinck family and became the seat of the Earls and Dukes of Portland.

Each generation has made its mark on the estate.

The 5th Duke of Portland - most famously known as the 'burrowing duke,' was responsible for commissioning an extraordinary range of buildings as well as a network of tunnels below the estate.

He was also the man behind the creation of the estate's kitchen gardens - the largest in Britain and the development of one of the biggest riding schools in the world.

Welbeck Village at the heart of the estate was also one of the 5th Duke's legacies. Today this private village is closed to the public and, hidden away, remains barely touched by the modern-day.

In 1890 Welbeck was sold again to Sir John Robinson, passing in 1929 to his great-nephew Captain John Farr, whose widow still lives there.

Welbeck Abbey's State Room has guided tours which are open to the public during the summer and comes well recommended.

From the garden centre we walked along the new footpath from the Harley Gallery and through a small woodland with many snowdrops in flower.

We then crossed the A60 and took the quiet footpath towards Creswell Crags. Before reaching the centre we passed a memorial for the Canadian WWII crashed aircraft.

Since the Creswell Crags centre was closed we continued on through some woodland until we reached the lake. The county borders of Nottinghamshire and Derbyshire runs right down the middle of the lake and on checking passports we went down the Derbyshire side viewing the caves and the gorge as we went along.

Creswell Crags is of outstanding historical importance and world renowned. The wildlife once living in and around the lake was extensive and included Hippopotamus, Woolly Mammoth, Rhino, Hyena, Sabre Toothed Tiger, Wolf and many more. The caves are also important sites for prehistoric Cave Art dating back 14000 years. The Church Hole cave is world-famous, containing examples of the oldest verified cave art in the UK. This includes images of bison, reindeer and birds, as well as some abstract symbols which may have had some religious meaning or witch marks.

The caves have been occupied as far back as 60,000 years ago. Guided Tours of the caves are available from the visitor centre and well worth the experience. More information can be found at <https://www.creswell-crags.org.uk/>

Following our walk along the length of the lake the group climbed up a short slope to look upon Creswell Village. From here we could see the remains of the Holy Well of Creswell or Christ's Well hence the name Creswell.

From here we took a path across farmland towards the village of Holbeck but before reaching it we had to negotiate a fallen tree and shrubbery probably brought down in the recent winds.

We crossed the road in Holbeck and took a beautiful private avenue lined with Lime Trees which lead to the private chapel of St. Winifred's.

St Winifred's Church was the traditional burial place of the Dukes of Portland and their families, most of whom are interred in the small churchyard. Note the names of those buried there... Dukes & Duchesses of Portland, Cavendish & Bentinck.

Having looked around the grounds of the Chapel we continued along the avenue of Limes until we reached a country lane where we turned left to start our walk back to Welbeck Garden Centre .

Photos by Ken White and David Thompson

Ken White



Memorial Stone



Snowdrops at Welbeck

COMMONWEALTH WAR GRAVES COMMISSION - Forest Town Arena

Tuesday 23 January.

Event organised by David Drew Mansfield u3a. Report by Bill Harrison.

An evening of not just remembrance but one of gratitude.

The Commonwealth War Graves Commission (CWGC) is intergovernmental organisation of six independent member states whose principal function is to mark, record and maintain the graves and places of commemoration of Commonwealth of Nations military service members who died in the two World Wars/ Falklands, Iraq, Iran and other conflicts.

The commission is also responsible for commemorating Commonwealth civilians who died as a result of enemy action during the Second World War. The commission was founded by Sir Fabian Ware and constituted through Royal Charter in 1917 as the Imperial War Graves Commission. The change to the present name took place in 1960.

Prior to the presentation, the act of Homage was led by David Drew Chairman of the Royal Air Force Association as he called for silence and to pay Homage to the sacrifice made by so many. Acknowledging, honouring, and respecting an individual's achievements, influence, or memory is a deeply rooted practice and in doing so, is a sign of admiration, gratitude, and respect.

The talk was given by Martin Kerr a CWG volunteer whose uncle died serving with Bomber Command in WW2. There was a very good turnout of twenty-five people, with the majority being members of Mansfield u3a. Many thanks to David Drew for organising and inviting our Mansfield u3a members. A wonderful evening enjoyed by all. Bill Harrison.

Details of the website can be found on Facebook. Photographs by the consent of those present.



BURNS NIGHT CELEBRATION

On Wednesday 24th January eighteen members of the Mansfield & District u3a celebrated Burns Night at the Refined Restaurant. The four-course meal was exceptional with every course being delicious. The service by the students was excellent. A good night was had by all!



BRAIN TEASER FOR YOUR COFFEE BREAK

Name the Local Places :

- 1 From beginning to end _____
- 2 Loose heavy weight _____
- 3 Exclamation after finding Gollam's
Jewellery _____
- 4 This pig is cooked _____
- 5 Value of the door opener _____
- 6 Circus performer _____
- 7 Dark water storage _____
- 8 Is Carry On's Jim an early Brit? _____
- 9 Not above the trees _____
- 10 You couldn't clean the leaves up
With this. _____

Found this in a file at home. Can't remember if it was a u3a quiz or a WI.
Apologies to the creator for not remembering who wrote it. Answers in next
month's edition. Yvonne

Board Games/Cards - Sheila Pegg

Eleven of us enjoyed an evening playing Mexican Trains,
Rummikubs, Canasta and Bridge at The Rushley for our first
meeting of the year.

The next session will be February 25th. All welcome.

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.

2024 FEBRUARY						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				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		

www.calendar-to-print.com

BIG THANK YOU TO SHEILA WHALLEY for all the years spent organising the Afternoon Teas. Sadly she has had to call it a day. She has done sterling work and we are all very grateful and we wish her all the very best.

If you fancy taking up the mantle, please contact Stella Hall, Group Co-ordinator.

ANTIQUES & COLLECTABLES

Second Tuesday of every month
10 am – 12 noon

St Peter's Centre

Patricia Blackwell



01623 481745

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)

BEADWORK

Marilyn's home, Hillcote.
Every Wednesday 10am-12noon.
Overflow group
Every Monday at the same time.

Marilyn Jones



01773 819155
Mobile : 07803 244841

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).

BIRD WATCHING & WILDLIFE



Times and meeting places
Vary.






Ken White












ken@atrain.org.uk





Visits to various places of interest in Nottinghamshire, Derbyshire, Yorkshire and Lincolnshire. Plus occasional overseas visits. Members are asked to bring their own first aid kits. Suitable footwear and clothing to be worn. Food and drink for picnics as required and binoculars or telescopes if required. "In case of emergency card" should be with you at all times.





BOARD GAMES Fourth Saturday in month. 7pm - 9.30pm The Rushley, Nottingham Road, Mansfield.	Sheila Pegg  07883720657	Just come along to enjoy a pleasant evening playing board games. Cost of a drink for yourself
BOWLS Mansfield Bowling Club (Summer). Lammas Centre Sutton (Winter).	Paul Sanderson Paulsanderson168@gmail.com  07592016691	Outdoor coaching will take place every week for 5 weeks. Every session will be organised by DBS checked, registered coaches. The outdoor bowls coaching starts on Tuesday 2 May. 12.15 – 1.45
BRIDGE First and Third Mondays 6.30 – 9 pm. The Rushley, Nottingham Rd. Mansfield.	Sheila Pegg  07883720657	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)
CALIGRAPHY Second and Fourth Wednesday Monthly 1-3.00pm Leader's home	Marilyn Jones  01773 819155 Mobile : 07803 244841	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.
CARD CRAFTING Last Tuesday monthly 1pm – 3pm at Friends Meeting House. Rosemary St, Mansfield NG19 6AB.	Jill West  07554012769 jwptt1s@hotmail.co.uk	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.
CLASSICAL MUSIC 1 Group Leader's home. Fourth Monday monthly 2-4pm.	Michael Allen Michaelallen446@gmail.com  01623 653345 07565 936859	Music is played and discussed.

<p>CRAFTY CHAT</p> <p>Group is run during termtime only at the Quaker Room, 124 Rosemary St.</p> <p>On 3rd Monday 2-4pm.</p>	<p>Stephen & Stella Hall</p> <p>hall.s@hotmail.co.uk</p>  <p>07940460250</p>	<p>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.</p> <p>New members welcome.</p>
<p>CURRENT AFFAIRS</p> <p>Mansfield Bowling Club NG18 7AP</p> <p>First Friday of the month. 10 am – 12 noon.</p>	<p>Graham Headworth</p>  <p>01623 468883</p>	<p>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.</p>
<p>FAMILY HISTORY</p> <p>Members' homes</p> <p>Fourth Tuesday monthly</p> <p>Except for August & Dec</p> <p>10 am – 12noon</p>	<p>Valerie Wood & Ken Gilbert</p> <p>v.a.l.woody11@gmail.com</p>  <p>kattaria@gmail.com</p>	<p>The group enjoys researching family histories and welcomes new members with similar interests.</p> <p>Members share their family history research, photographs, maps and artefacts. We also guide members to which websites to use for their research.</p> <p>New members welcome</p>
<p>ARDENING AND GARDEN VISITS</p> <p>St Peter's Centre NG18 1AP. First Tuesday monthly. 10 am – 12 noon</p>	<p>Marilyn Dibble</p> <p>dandmdibble@gmail.com</p>  <p>01623 634805</p>	<p>Garden Group Members pay £16 twice a year to cover room rent fees.</p> <p>Guests most welcome at £5 per session. Cash or cheque payable to Mansfield & District u3a.</p>
<p>HISTORY GROUP</p> <p>Mansfield Bowling Club</p> <p>Third Wednesday monthly 10am – 12 noon</p> <p>£2 per session</p>	<p>Philip Tucker</p>  <p>01623 437516</p> <p>Philip.tucker1@ntlworld.com</p>	<p>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.</p>

<p>MANSFIELD PALACE THEATRE GROUP</p>	<p>Julia Hyde</p>  <p>01623 514806</p>	<p>Details of the shows on offer will be advertised at the meetings and on the website.</p>
<p>MINI BREAKS Various</p>	<p>Jacqui Hampshire</p>  <p>01623 239210 Jhampshire09@talktalk.net</p>	<p>Details of breaks on offer will be advertised at the meetings and on the website.</p>
<p>PATHFINDERS WALKING</p> <p>Times and dates vary</p> <p>The events are free except for cost of transport if required and any entry fees.</p>	<p>Ken White and Val Hart</p>   <p>ken@atrain.org.uk</p> <p>07745 208248</p> <p>Valerie.hart@hotmail.co.uk</p>	<p>Shorter walks of 3-5 miles, longer walks 5-7 miles</p> <p>Members should bring their own first aid kits and emergency contact cards at all times. Suitable footwear and clothing to be worn. Food and drinks for picnics as required. Please visit website or contact Valerie or Ken for details.</p>
<p>POPULAR MUSIC</p> <p>Members' homes</p> <p>Fourth Tuesday of each month. 2.00pm-4.00pm</p>	<p>Elizabeth Ellis</p>  <p>01623 644429</p>	<p>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.</p>
<p>READ A LITTLE ALOUD</p> <p>Members' homes</p> <p>Second Friday monthly 2.00pm – 4.00pm</p>	<p>Sue Howlett</p>  <p>01623 627423</p>	<p>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. The idea is to promote discussion about reactions to the subject. 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.</p>

<p>READING GROUP 1</p> <p>Group Leader's home or Members' homes</p> <p>Third Thursday monthly</p> <p>2.00pm – 4.00pm</p>	<p>Peter Dawson</p> <p>01623 882191</p> 	<p>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.</p>
<p>READING GROUP 2</p> <p>Sylvia Slack's home</p> <p>2.00pm-4.00pm</p> <p>Third Tuesday monthly</p>	<p>Sylvia Slack</p>  <p>01623 481721</p>	<p>Our members are supplied with the same book to read and then we meet for discussion.</p>
<p>SCRABBLE</p> <p>Second Monday Monthly</p> <p>2.00 – 4.00pm</p>	<p>Lynne Payne</p>  <p>01623 555738</p> <p>lynne.payne1@ntlworld.com</p>	<p>What happens: We meet at my house on the second Monday of the month, where we enjoy 2/3 games of Scrabble with a break for coffee/tea and biscuits.</p>
<p>SHUFFLERS</p> <p>Fourth Thursday Monthly</p> <p>12 noon finish times vary</p>	<p>Sylvia Newlyn and Ian Lakin</p>  <p>01623 655893 – 07989668275</p>	<p>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.</p> <p>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 .</p> <p>Please have your "in case of emergency card" with you at all times.</p>

<p>STROLLERS GROUP</p> <p>Second Wednesday monthly 10.30 am</p> <p>Finish times vary</p>	<p>Sue Howlett, Valerie Hart and Ian Lakin</p> <div data-bbox="579 266 783 412">  </div> <div data-bbox="829 271 979 412">  </div> <p>Sue 01623 627423 Valerie 07745 208248 Ian 07989668275</p>	<p>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.</p> <p>Please have your “in case of emergency card” with you at all times</p>
<p>SOFT TENNIS</p> <p>Second Tuesday monthly 2.00pm – 3.00pm</p> <p>Oak Tree Lane Leisure Centre</p>	<p>Yvonne & Mick Kennison</p> <div data-bbox="793 658 968 826">  </div> <p>01623 481721</p>	<p>Tennis is played on a badminton court and normal rules apply, but we play with soft tennis balls.</p> <p>£10 for four months paid in advance.</p> <p>Equipment provided. No black soled shoes please. Please have your “in case of emergency card” with you at all times</p>
<p>SOLO DINING</p> <p>First Thursday in the month for evening meal.</p> <p>Third Sunday in the month .</p> <p>Times vary</p>	<p>Sheila Pegg</p> <div data-bbox="807 1184 963 1352">  </div> <p>07883 720657</p>	<p>This group enjoys the company of other single people in a friendly atmosphere.</p> <p>An evening meal is arranged at various dining locations. Sunday lunches have also proved to be popular.</p> <p>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.</p>

<p>TAI CHI GROUP</p> <p>Monday weekly</p> <p>10.30 am – 11.30 am</p> <p>£30 per term.</p> <p>Bethel Chapel, Nottm Rd.</p>	<p>Lorna Pye</p>  <p>01623 636060</p> <p>07712 029262</p> <p>We have no vacancies at the moment</p>	<p>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.</p>
<p>WINE APPRECIATION GROUP 1</p> <p>Third Wednesday monthly</p> <p>7.30 pm</p> <p>Members' Homes</p>	<p>Mike Allen Michaelallen446@gmail.com</p> <p>01623 653345</p> <p>07565 936859</p> 	<p>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.</p>
<p>WINE APPRECIATION 2</p> <p>Fourth Tuesday monthly</p> <p>7.30pm</p>	<p>Graham Allin</p>  <p>01623 473662</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>WRITING FOR PLEASURE</p> <p>Second Monday monthly</p> <p>2.00pm – 4.00pm.</p> <p>Friends Meeting House Rosemary St, Mansfield NG19 6AB</p> <p>We pay three times a year. Cost per session £3</p>	<p>Hilary Miller and Susan Ford</p>  <p>Hilary 01623 620067</p> <p>Susan 01623 844286</p>	<p>Mansfield u3a members enjoy writing for the pleasure of it – simply that.</p> <p>Get your ideas and words flowing and share them with others in an entertaining and happy two-hour session.</p> <p>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>

SPECTACULAR TEXTILE ART AT SHEFFIELD - CREATING THE WORLD WITH EIGHT MILLION STITCHES!

'Threads through Creation' is an astonishing textile art exhibition showing at Sheffield Cathedral from now until 2nd March. It might be a bit of a journey for some, but it's probably right up their street for many u3a people - a real treat for anyone interested in the applied arts, textile art and sewing.

It consists of twelve beautiful silk panels re-imagining the story of creation from the bible. They're huge - 2.7m high, up to nearly 4m wide. It's one of the largest textile art projects by a single artist, ever. It took artist Jacqui Parkinson three years - and eight million stitches!

www.sheffield-cathedral.org.uk FREE ADMISSION

FREE PDF - Whether or not they visit the exhibition, some u3a members will find this very interesting: a free downloadable 24 page pdf: 'Behind the scenes' is full of detail - especially for people with a focus on textile art and stitching. It explains the background and shows the extraordinary techniques used: visit www.creation-threads.co.uk

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.

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.