

MONTHLY MEETING – 10.00 a.m. on TUESDAY 9 MAY 2023

Our next monthly meeting which will take place on Tuesday 9 May at 10 a.m. at St Peter's Church on Sheepwalk Lane, Ravenshead, will feature Dale Richardson of Nottinghamshire Police who will talk about identity theft, online transactions and phone scams. Come along and hear about the potential dangers and how to avoid them.

Join us for an enjoyable meeting with refreshments and news of Ru3a events!
And remember to bring your reusable mug for your hot drink.

For all information about our events, groups and trips please visit our website:
<https://www.ravensheadu3a.org.uk>

RAVENSHEAD u3a AGM on TUESDAY 13 JUNE 2023 AT 10 a.m.

Please note that our next AGM will take place on Tuesday 13 June 2023 at 10 a.m. at St Peter's Church on Sheepwalk Lane, Ravenshead.

We will be losing a number of committee members this time as their terms come to an end so we are looking for new committee members (also known as trustees). If you would like to know more about the role of a trustee or how the committee works please get in touch with John Butler, Business Secretary by email – ravensheadu3a@gmail.com – or speak to any other committee member in person at one of the monthly meetings. Interested members are invited to attend a committee meeting to observe the business and discussions.

Please give this some serious thought. We know there are many members out there who are capable and willing but may just need a little prompt! Can you fill one of those seats on the committee? Please come forward and get in touch. We need you!

All the AGM documents (Agenda, Minutes of the 2022 AGM, independently examined accounts, and nomination form) are now on our website under the heading "News & Events".

CANINE PARTNERS

At our April meeting we heard a very interesting and at times tear jerking talk from one of our members Katy Roberts who spoke about the work of Canine Partners, a charity which breeds and trains dogs whose role is to help adults (18 and over) with

various medical conditions with everyday living – fetching things, helping their partner get dressed, filling the washing machine, helping with shopping and even paying using the contactless method!

We have received a lovely thank you message from Katy:

"I would like to thank all members who attended my talk last month on Canine Partners. You were a brilliant audience and I was thrilled to tell you all about the work of our amazing charity. Your generosity raised a grand total of £211.41p and this will go towards equipment and the training of more dogs like Meet & Greet dog Fay, who under the guidance of her handler, Ang, demonstrated some of the tasks these dogs can do for people with disabilities. I am always on the look out for more volunteers who would like to join my local team to raise funds and generate awareness of Canine Partners through fundraising events, sponsorship and most importantly the recruitment of puppy parents. If you feel you could help in any way please get in touch with me or visit www.caninepartners.org.uk "

GROUPS UPDATE FROM ANNE ELDRIDGE, OUR GROUPS CO-ORDINATOR

If anyone needs any further information on the following, please contact me by e mail on annelesley.eldridge@gmail.com or the relevant Group Leader via the website.

1. SALSA – NEW GROUP

The sessions will be held on the 4th Wednesday of every month from 12 – 1 pm starting on the 24th May in the Village Hall. No previous experience is necessary, sessions are open to both men and women and you don't require a partner. Just turn up if you want to experience the Latin sound!

2. PETANQUE – NEW GROUP

The Group is now up and running. Sessions will be on the 1st and 3rd Thursday of the month at the Leisure Centre from 11am until 12 noon. Sensible footwear and clothing necessary as play is outdoors. New members welcomed.

3. LUNCHEON GROUP

The Group is now up and running and lunches, or similar, will be held every other month. The next lunch will be on the 10th May at Ramsdale Golf Club. We don't have details of the July event yet but If you are interested in going along, please contact the Group Leaders, Chris Dean and Jennie Kerr.

4. LOCAL HISTORY GROUP

The Group are organising a backstage tour of the Theatre Royal, Nottingham on 28th July at 10.30. Own transport. The cost will be 'no more than' £12 per person and there is space for more members to join in if they wish. Please contact the Group Leader, Gordon Cleugh for more information.

5. GARDEN GROUP

The Garden Group has a budding side shoot! The Group Leader, Elizabeth Clarkson, is liaising with member Mike Fanfarillo to offer an on-line plant sharing/swopping opportunity. This exciting 'Happy to Share' concept is a first for Ru3a. For further

information, please contact Elizabeth Clarkson.

6. EXPRESSIONS OF INTEREST

If anyone is interested in joining one of these proposed Groups, please contact me for further information.

6.1. Running

No experience necessary, running up to 5 K. Men and women, all you need are appropriate running shoes. Sessions will be local and held in the daytime.

6.2. Dog Friends

6.3. Family History

6.4. Holiday Spanish. An introductory meeting is in the process of being set up but details will be advertised as soon as available.

6.5. Play Reading

6.6. Creative Writing (2nd Group). Initial meeting being planned – no details yet.

6.7. Classical Guitar

6.8. Electric Guitar

7. APRIL'S SHOWCASED GROUP – PICKLEBALL

Each month a different Group will be showcased at the monthly meeting held in the Church. In April, we were pleased to spotlight the Pickleball Group. Ravenshead u3a were one of the first u3as in the area to introduce this fast growing sport which is a cross between tennis and table tennis. It is easy to learn and uses a paddle and a perforated polymer ball. The Group meet in the Cornwater Leisure Centre on the 1st and 3rd Friday of every month from 1.45 until 2.45. If anyone would like to know more, please contact the Group Leaders, John Clay and Alan Ratcliffe.

Anne Eldridge

Annelesley.eldridge@gmail.com

Ru3a Groups Co-ordinator

TRIPS UPDATE FROM OUR TRIPS CO-ORDINATOR, HALINKA RAJCHEL

Trips information May to October 2023

All trips leave the Sherwood Ranger at 9.30 a.m. and depart from the venue at approximately 3 p.m. unless stated otherwise.

Contact details for Halinka Rajchel:

Mobile: 07762 802112

Email: halijo@talktalk.net

IMPORTANT NOTICE: Once you have paid for a trip, it is very important to let me know if you are unable to go for whatever reason as we have reserve lists and members may be able to go in your place.

Thursday May 18th The Workhouse in Upton, Southwell.

This is a National Trust attraction, so members of the NT have free entry and only pay £4 for travel.

For other trippers entrance is £14 (please note prices may increase from March 2023) plus £4 for travel.

This trip is now full but your name can go on the reserve list.

There will also be an opportunity to have some free time in Southwell.

Monday June 5th and Tuesday June 6th Cleethorpes.

A day out in Cleethorpes. Calculating the mileage has been quite difficult as there are several routes which can be taken. Therefore, the revised cost for travel is £16 per member. Some Cleethorpes trippers still need to pay the balance.

MONDAY Trip is full

TUESDAY Trip 1 place available

NEW TRIP Bakewell Saturday June 24th

We depart from the Sherwood Ranger at 9am. Cost of travel is £7

There are numerous dance shows starting at 11am in various outside venues in the town all within two minutes walking distance from each other. There is also the farmers market and an opportunity to view a well dressing in Bakewell. An opportunity not to be missed.

A full programme of events will be available towards the end of April on the Internet. The dance shows finish at approx 4pm. If we have rain, the dances will be held in the town hall.

6 places left

Veolia Recycling Centre on Thursday July 13th.

Organised by Chris Dean.

Members have to make their own way and meet at 10 a.m. at the venue:

Veolia, Warren Way,
Crown Farm Industrial Park,
Forest Town,
Mansfield,
NG19 0FL

There is no charge.

The visit lasts 2 hours.

The working site is only accessible by an outdoor gridded metal staircase and consequently is not suitable for wheelchair users or visitors with mobility issues.

The staircase is quite steep and, whilst most visitors do not have any difficulty in using this, it may make some visitors reluctant to take part.

Sensible flat, covered footwear must be worn by all visitors. Hard hats and high visibility jackets will be provided for the site tour.

5 places available.

There will be a sign-up sheet at Tuesday's meeting.

If there are sufficient members interested, Chris Dean is prepared to organise lunch at the Widecombe Fair following the visit. Please see Chris at Tuesday's meeting.

NEW TRIP Wakefield National Mining Museum Wednesday August 2nd.

We depart from the Sherwood Ranger at 9am.

Cost for entry and travel is £15.

An underground tour of the mine is included and this lasts for 1 hour and 20 minutes.

There are various exhibitions and stories relating to the coal mining industry and these are in the museum on ground level.

Those members not going on the underground tour of the mine the cost for entry and travel is £10.60.

There is a cafeteria on site but if you prefer, you may bring your own packed lunch.

New trip for September (date to be confirmed)

Manchester – Imperial War Museum and The Lowry Galleries

The cost for travel is £13 with free entry to the museum and art gallery.

NEW TRIP Manchester Thursday September 21st

Manchester – Imperial War Museum (opening times 10am to 5pm) and The Lowry Galleries (11am to 5pm).

The cost for travel is £14 with free entry to the museum and art gallery.

IWM exhibitions include hand crafted ceramic poppies, timeline with key events of global conflicts. Suggested timing for IWM is 2 hours but you may prefer a longer time.

Lowry galleries include works by LS Lowry and other modern artists. Suggested timing for the gallery is 45 minutes.

For more information please follow these links:

[Visit IWM North – Plan Your Visit | Imperial War Museums](#)

[Theatre, Exhibitions & Events | Greater Manchester | The Lowry](#)

Alternatively search “Imperial War Museum” select IWM North) and “thelowry”.

There is a cafeteria at the museum and plenty of other eateries very close by.

It is going to be a free day for you to visit the Imperial War Museum and the Lowry Galleries, a short distance from each other. You may choose to go to the IWM first and then go for some lunch at one of the eateries and then return to the IWM or go to the Lowry Galleries.

You may choose your own timings and events.

We depart from the Sherwood Ranger at 9am.

We will leave Manchester at approx 3.30pm.

Thursday October 19th Trent River Cruise and lunch

A two hour river cruise starting from Colwick, Nottingham along the River Trent.

This also includes a 2 course meal.

Cost of trip including lunch, cruise and travel is £24.

There are no places available on the community bus but you may use your own transport and join our group on the cruise. The cost excluding travel (the 2 course meal and cruise) is £19.

Halinka Rajchel

Ru3a Trips Co-ordinator

RED CROSS FIRST AID WORKSHOPS

The Red Cross is offering us some first aid workshops. Some of you may have attended the previous series of workshops a few years ago and may wish to refresh your knowledge and skills. Places will be limited to 15 per session.

Sessions are free but there will be a charge of between £1 and £2 payable on the day to cover room hire.

The next session will last 1½ hours and take place at the Centre on Wednesday 31st May at 10.15 a.m. If you would like to join this session please sign up at next Tuesday's meeting.

If there is interest we will organise further workshops. Please let Maria Gabrielczyk know.

NOTTINGHAMSHIRE NETWORK OF u3as

"Keeping it Legal" Workshop

Wednesday 24th May 10.00 to 12.30 Zoom

We are delighted to announce that we are to run this workshop specially for our Notts Network members. This will mean that, in the future, we would be able to follow up any matters arising after the event amongst ourselves. We are also pleased that one of the trainers will be Maria from Ravenshead u3a.

Who is it for? Committee Members, prospective Committee Members and those with a general interest in the running of a u3a.

What does it cover? Information about the key areas all u3as need to be aware of and understand – insurance, data protection, equality and inclusion and safeguarding. It looks at practical steps to ensure compliance and where further information and support is available.

To book on to the workshop use this link:

<https://www.eventbrite.co.uk/e/keeping-it-legal-nottinghamshire-network-only-tickets-597806333837>

If you have any questions do not hesitate to contact Rosie Allen
rosieallen21@outlook.com

We look forward to seeing many of you at our next monthly meeting
on Tuesday 9 May at 10 a.m.

Maria Gabrielczyk
Chairman
On behalf of the committee