

## Changing of the Guard!



At the Ravenshead u3a 2023 AGM on Tuesday 13th June, **Maria Gabrielczyk** retired from her position as Chair and handed the baton on to John Butler.

Maria also served as Business Secretary before becoming Chair, and we are especially grateful to her for her extended service, and for steering the u3a through the difficult period of the Covid pandemic.



Also stepping down was **Margaret Craddock**, who has served our members diligently in various roles, almost from the creation of the Ru3a over 10 years ago. Most recently she was our Meetings Organiser, and prior to that served as Groups Coordinator.

At the AGM, two Officer positions remained vacant, those of Vice Chair & Business Secretary.

We are pleased to welcome Louise Fanfarillo to the Committee and believe she will bring fresh ideas and enthusiasm to the way we do things!



## MONTHLY MEETING - 10 am on TUESDAY 11th JULY 2023

Our next monthly meeting will take place on Tuesday 11th July at 10am at St Peter's Church on Sheepwalk Lane, Ravenshead, and will feature **David Skillen** as our keynote speaker.

Come along and hear about the **The Bentley Boys - the story of Motor Car Racing in the 1920's**.



Join us for an enjoyable meeting with refreshments and socialising in the break, plus news of Ru3a events & trips!

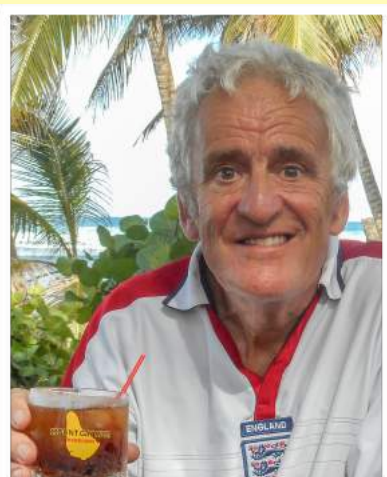
**And remember to bring your reusable mug for your hot drink.**

## Your New Committee



Taking over as the new Ru3a **Chair** is **John Butler** who moves across from the role of Business Secretary.

John offered his expertise on using Zoom at the start of the Covid pandemic in 2020. He ran the "Click & Meet" Online Meetings during lockdown restrictions and joined the Committee as Publicity Officer later that year. He also took on the Tech role at our Monthly Meetings, and has been frequently seen behind the sound desk making things happen.



### Vice Chair - Alan Ratcliffe

At the 1st meeting of the Committee after the AGM, current trustee Alan Ratcliffe agreed to take on the role.

## REVIEW OF OUR POST-AGM "ENTERTAINMENT"

Following our AGM, members were treated to presentations from 3 of our Interest Groups :



Firstly, there was a performance by our **Belly Dancing** Group. Secondly, **Photography for Fun!** Group member Andy Bebbington gave an illustrated presentation of his trip to Antarctica and the Falkland Islands.





## Your New Committee



Treasurer - Sue Owen



Membership - Andy Bebbington



Speaker Finder - Judith Moore

## REVIEW OF OUR POST-AGM "ENTERTAINMENT"

Finally, Bob & Val Ford from our **Yoga & Chair Yoga** Groups led us through a seated stretching and relaxation session



## Your New Committee



**Anne Eldridge - Groups Coordinator**



**Terry Moore - Website & Beacon**



**Halinka Rajchel - Trips Coordinator**

## GROUPS UPDATE FROM ANNE ELDRIDGE GROUPS CO-ORDINATOR

If anyone needs any further information on the following, please contact Anne by email at : **groups@ravensheadu3a.org.uk** or the relevant Group Leader via the website.

### 1. **FAMILY HISTORY** - REVIVED GROUP

A planning meeting was held on 5th July, with Jenny Kerr volunteering to be the new Group Leader, ably assisted by Vicky Devlin as her deputy. More details of venue, times, etc will be announced as soon as possible.

### EXPRESSIONS OF INTEREST

If anyone is interested in joining one of these proposed Groups, please contact Anne.

2.1. Running - No experience necessary, running up to 5km. It's for both men & women, and all you need are appropriate running shoes. Sessions will be local and held in the daytime.

2.2. Dog Friends - Dog owners who wish to meet like minded members to share ideas, places that welcome dogs, maybe organise joint human/doggie outings

2.3. Play Reading

2.4. Classical Guitar

2.5. Electric Guitar

### MOST RECENTLY FORMED GROUPS

#### 3.1 **WRITING FOR FUN!**

The Group meets at 2pm on the first Thursday of the month for a two hour session. No experience is necessary. Meetings are held in a room at the Ravenshead Leisure Centre. Numbers are limited, so it is suggested that, if you are interested in joining, contact the Group Leader, Halinka Rajchel, via the website before attending.

#### 3.2 **HOLIDAY SPANISH**

This Group meets in a room at the Ravenshead Leisure Centre on the first and fourth Tuesdays of every month from 11am to until 12 noon. Numbers may be limited, so it is suggested that you contact the Group Leader, Judith Moore, via the website before attending.



## Your New Committee



**Sue Butler - Meetings Organiser**



**Alan Walker - Social Treasurer**



**Louise Fanfarillo - New Trustee**

### 3.3 PETANQUE

Meets at the Ravenshead Leisure Centre on the first and third Thursday of every month, 11am until 12 noon. No experience is necessary but flat shoes and sensible clothing are required as play is outdoors. Just turn up if you are interested.

### 3.4 SALSA

Meet in the Ravenshead Village Hall once a month from 12 noon until 1 pm. Next meeting is 26<sup>th</sup> July. No experience is necessary and the sessions are open to both men and women - you don't need a partner. Comfortable shoes are a good idea. Just turn up if you are interested.

### 3.5 HAPPY TO SHARE

This is not really a new Group but a side shoot of the existing Garden Group. This offers an on-line opportunity for Garden Group members to share cuttings and excess plants, thereby saving money and reducing waste. Contact Mike Fanfarillo or Elizabeth Clarkson, via the website, if you are interested.

### 4.0 LOCAL HISTORY GROUP

The Group have a couple of spare places available on their Theatre Royal backstage trip on the 28<sup>th</sup> July. Contact Gordon Cleugh, the Group Leader, via the website if you are interested.

### 5.0 SHOWCASE GROUP OF THE MONTH

Our Showcase Group at the last monthly meeting was the Food and Cookery Group, which was, judging by the complimentary feedback received, a tremendous success.

Their display attracted a great deal of interest and featured the themes which the Group follow every month and the many wide ranging visits they undertake.

Members were surprised and very pleased to taste different varieties of home-made biscuits. These were very popular and received a huge number of compliments.

Members were 'warned' that this treat was a one-off and should not expect home-made fare every month! But then who knows?!



The Showcase Group at the July Monthly Meeting will be the **ANTIQUES** group. Watch out for some gavel banging ideas!

## 'GIVE A FLYER TO A FRIEND'

Those of you who attended the AGM will know of our latest initiative to encourage older people in the village and surrounding area to join and take part in our u3a activities.

Whilst we are actively promoting our u3a on Social Media, in the Ravenshead Newsletter and other media sources, we have never underestimated that 'Word of Mouth' is still our most effective way of bringing new members into our u3a.

At every monthly meeting we will have available plenty of our full colour A5 size folded Ru3a Flyers for you to take away and give to your friends who may not have heard about the u3a, or don't yet appreciate what we have to offer.

You can by all means tell them about the Ravenshead u3a, but now you have something to hand to them to make talking about the u3a easier, and encouraging them to join us.

**PICK UP A FEW COPIES AT THE MONTHLY MEETING AND TAKE THEM HOME WITH YOU.....**

### Ravenshead u3a Activity / Interest Groups

Group	Week - Day - Time
ANGLING	Ad Hoc occasional meetings
ANTIQUES	2pm 3rd Thursday
ARMCHAIR TRAVELLERS	2pm 4th Wednesday
BELLY DANCING	12-1pm 1st & 3rd Thursday
BOOK READING	2pm Last Wednesday
CANASTA	2pm 2nd & 4th Tuesday
CHAIR YOGA	2pm 2nd & 4th Friday
CHESS & BACKGAMMON	10am 1st & 3rd Monday
CINEMA & THEATRE	Dates vary (performance dates)
CLASSICAL MUSIC APPRECIATION	2pm 2nd Tuesday
COUNTRY & FOLK DANCING	2pm 2nd & 4th Mondays
CRAFT	9am Every Thursday
CREATIVE WRITING	2pm Last Friday
CRYPTIC CROSSWORDS	10am 1st & 3rd Thursday
FOOD & COOKERY	2nd or 3rd Friday
FRENCH CONVERSATION	10am 1st & 3rd Thursday
GARDEN	Dates vary according to visits
GUITAR	9.45am 1st & 3rd Thursday
HIKERS (5-8 MILES)	9.30am 2nd Wednesday
KNITTING & CROCHET	2pm 1st & 3rd Fridays
LATIN & ROMAN HISTORY	10am 2nd & 4th Wednesdays
LOCAL HISTORY	10am 4th Thursday
LUNCHEON	Rotating Day - Every other Month
MAH JONG	2pm 1st & 3rd Tuesdays
PAINTING & PASTELS	1.30pm 2nd Monday
PETANQUE	11am 1st & 3rd Thursdays
PHOTOGRAPHY FOR FUN	1.30pm 1st Wednesday
PICKLEBALL	2pm 1st & 3rd Fridays
SALSA	12noon 4th Wednesday
SCIENCE & TECHNOLOGY	2pm 1st Friday
SCRABBLE, CRIBBAGE & RUMIKUB	10.30am 1st, 3rd & 5th Fridays
SKAT	Ad Hoc occasional meetings
SRINCHI MAL (DEUTSCH / GERMAN)	Dates/Day vary each month
TABLE TENNIS	2pm 1st & 3rd Mondays
WEEKENDERS	Planning 1st Saturday. Games 4th Saturday
THURSDAY WALKING	Time varies 4th Thursday
TOPICAL DISCUSSION	2pm 4th Friday
WINE GROUPS (4 GROUPS)	Dates/Times vary for each Group
YOGA GROUPS (2 GROUPS)	2pm Tuesday / 9.30am Friday

New Groups are being formed all the time, please check our website for details

Contact our Groups Co-ordinator by email: [groups@ravensheadu3a.org.uk](mailto:groups@ravensheadu3a.org.uk)  
Some Groups may be Full with a Waiting List  
Information correct at time of printing

### Ravenshead u3a u3a learn, laugh, live

**Enjoyable, Educational and Sociable activities for older people**

website: [www.ravensheadu3a.org.uk](http://www.ravensheadu3a.org.uk)  
tel: 0300 030 3990 email: [enquiries@ravensheadu3a.org.uk](mailto:enquiries@ravensheadu3a.org.uk)  
facebook.com/ravensheadu3a instagram.com/ravensheadu3a

#### The u3a Principles

We are a Local Charity run by members for our members, promoting the u3a principles of self-help peer-to-peer learning, blended with a social and fun element to our activities. Learning is for its own sake, with enjoyment, not qualifications, being the prime motive.

#### Monthly Meetings

Our members meet on the morning of the 2nd Tuesday of every month at St Peter's Church in Ravenshead. We have a variety of keynote speakers delivering talks on topics of interest, and plenty of time for refreshments and socialising.

#### Activity & Interest Groups

With over 40 different activity and interest groups to choose from as a Ru3a member you are welcome to participate in physically energetic, mentally challenging, contemplative, creative, social and fun activities and interests organised by our volunteer Group Leaders.

#### Organised Trips

Our Ru3a Trips Co-ordinator arranges day trips every month. These include visits to educational, cultural and social venues of interest within a 50-mile radius of Ravenshead, using the local yellow Ravenshead Community Transport mini coaches.

**Around 400 members already! Don't delay, join us today!**  
Registered Charity No. 1154123

### Ravenshead u3a Organised Day Trips

#### Where Do We Go?

Our day trips encompass a wide range of interesting places, typically within a 50 mile radius or an hour's drive from Ravenshead, leaving the village at 9.30am. Dependent upon the venue location, this normally affords members at least 4 hours at the location to visit and have food and refreshments.

#### What Kind of Locations Do We Travel To?

We try to cater for varying tastes and budgets, and almost always incorporate an educational or historical element, but most of all a sociable and fun time together.

In the past we have visited plenty of Museums, Galleries, Churches, Food Festivals, Exhibitions, River Cruises, Attractions, Gardens & the National Memorial Arboretum.

Here's a list of some fascinating places of interest and events we've visited in the recent past:

- The Workhouse, Southwell
- The Heights of Abraham
- King Richard III Visitor Centre
- The Wedgwood Pottery Centre
- The Museum of Timekeeping
- Melton Mowbray Food Festival
- Bosworth Battlefield Centre
- Nottingham Heritage Railway

#### What Form of Transport do We Use?

We have a close association with the local Ravenshead Community Transport charity. They run a fleet of 3 x 15 seater wheelchair accessible yellow mini coaches with volunteer drivers, and transport us to and from our chosen locations in comfort.

#### What do our Trippers Say?

I'm really impressed by the wide range of trips on offer and I've been on quite a few. It's so convenient being driven everywhere and great to be intrigued by new experiences in the company of others who share similar interests. The visit to the Richard III Museum in Leicester stands out as a particular highlight! - Andrew T

Contact our Trips Co-ordinator by email: [trips@ravensheadu3a.org.uk](mailto:trips@ravensheadu3a.org.uk)

### Ravenshead u3a Activity / Interest Groups

#### What are Activity / Interest Groups?

Activity & Interest groups are at the heart of the u3a concept and each has one or more Group Leaders. They are all highly participative; with each member being encouraged to contribute their own knowledge and expertise. Different groups meet weekly, fortnightly or monthly, depending on their members' preferences. We encourage the formation of new groups, based on the suggestions of our members, and help is available in the early stages from our Groups Co-ordinator.

#### What Kinds of Activity / Interest Groups do we Have?

Our Groups fall broadly into the following categories:

- Sporting & Active Games
- Walking & Hiking
- Science, Tech & Photography
- Art & Literature
- Travel & Geographical
- Crafts, Knitting & Crochet
- Gardens & Nature
- Relaxation & Wellbeing
- Sociable & Stimulating
- Mentally Challenging
- Fun & Games
- Food, Cooking, Wining & Dining
- Dancing
- Historical
- Local History
- Music & Languages

#### Where Do our Groups Meet?

The local venues where our Groups meet include:

- The Centre at St Peter's
- St Peter's Church Lounge
- Ravenshead Village Hall
- Ravenshead Leisure Centre
- Members' Homes

Contact our Groups Co-ordinator by email: [groups@ravensheadu3a.org.uk](mailto:groups@ravensheadu3a.org.uk)  
Some Groups may be Full with a Waiting List

**Ru3a TRIPS UPDATE FROM HALINKA RAJCHEL - TRIPS CO-ORDINATOR****TRIPS INFORMATION for July to November 2023**

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

Contact details for Halinka Rajchel: Mobile: 07762 802112. Email: [trips@ravensheadu3a.org.uk](mailto:trips@ravensheadu3a.org.uk)

**IMPORTANT NOTICE:** Once you have paid for a trip, it is very important to let Halinka 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 July 13th - Veolia Recycling Centre, Warren Way, Crown Farm Industrial Park, Forest Town, Mansfield NG19 0FL**

Organised by Chris Dean (assisted by John Butler). The closing date for joining this **FREE** trip is **Monday, 10th July**, as advance notice of attendees has to be given to Veolia.

Members have to make their own way there and meet punctually at 10am at the venue:

There is no charge. The visit lasts 2 hours.

Sensible flat, covered footwear or walking boots must be worn by all visitors. Hard hats and high visibility jackets will be provided for the site tour. As this is a working industrial site, all members taking part will be issued with a copy of Veolia's site-specific safety guidance to read prior to the visit.

Following the visit, Chris Dean is organising an informal lunch at the Widecombe Fair Pub & Grill near the Oak Tree crossroads, but needs to know numbers in order to reserve places. If you wish to join those dining, please email her at [childad38@gmail.com](mailto:childad38@gmail.com) before Monday 10th July to reserve a place and advise her of your menu choice.

**The trip scheduled for the Wednesday July 19th Open Day at Canine Partners, near Loughborough, has been cancelled due to only one member putting their name down.**

**Wednesday August 2nd - Wakefield National Mining Museum.**

One place is available. We depart from the Sherwood Ranger at 9am. Cost for entry and travel is £15. (£10.60 if you do not go underground).

An underground tour of the mine is included in the £15 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 at ground level.

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

**There are now two trips to the Imperial War Museum & The Lowry Galleries in Manchester.**

Original Trip - **Thursday September 21st - 2 places available.**

New Trip - **Monday September 18th - 3 places available.**

The cost for each trip is £15 per person with free entry to the museum and art galleries. We depart from the Sherwood Ranger at **9am**. We will leave Manchester at approx 3.30pm

**Ru3a TRIPS UPDATE FROM HALINKA RAJCHEL - TRIPS CO-ORDINATOR**

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.

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

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

Opening times : Imperial War Museum (10am to 5pm) and The Lowry Galleries (11am to 5pm)

Departure is at 9am from the Sherwood Ranger for both trips.

**The eleven members who put their names down on the reserve list need to pay at the July meeting otherwise their places will be made available to other members.**

For more information please follow these links:

**IWM North** - <https://www.iwm.org.uk/visits/iwm-north>

Alternatively search "Imperial War Museum" select IWM North

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

**The Lowry** - <https://thelowry.com/visit-us/before-your-visit/>

Alternatively search "thelowry".

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**NEW TRIP****Tuesday October 3rd - Museum of Lincolnshire Life at Lincoln.**

The cost is £10, this includes travel and a guided tour and talk in the museum.

This is a great opportunity to meet Daphne, a World War One Tank and see exhibitions and history of Lincolnshire from 1750 to the present day. As the museum is at the top of the road (Burton Road) there are numerous shops and tea rooms without having to go down the hill and back up again.

Lincoln Cathedral is about 10 minutes walk away also at the top of the hill and you may wish to visit the cathedral. There is an entrance fee for this (not included in our trip) but I understand that some parts of the Cathedral are free, e.g. to say a prayer, so you may wish to take up that opportunity.

Departing from The Sherwood Ranger at 9.30am and leaving Lincoln at approx 3pm.

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**Thursday October 19th - Trent River Cruise and lunch**

A two hour river cruise starting from Colwick, Nottingham along the River Trent, which also includes a two course meal. The organised RCT transport to the venue is **FULL**, but you can still join the trip.

The cost of the river cruise and lunch is £19 but you will need to get to Colwick using your own transport.



## Ru3a TRIPS UPDATE FROM HALINKA RAJCHEL - TRIPS CO-ORDINATOR

### NEW TRIP

#### Thursday November 9th - Newark.

Transport only £6 plus entrance (see below)\*

A visit to the Civil War Museum between 10.30am and 12.30, then time for food in nearby eateries before going to the Newark Cemetery for a talk and tour given by a member of the Newark Town Hall.

Admission to the Civil War Museum is £7 for concessions (If you are a member of English Heritage you have 30% off)

If you pay Council Tax to Newark and Sherwood Council you have free entry to the museum (Blidworth belongs to the Newark and Sherwood Council)

Departing from The Sherwood Ranger at 9.30am, leaving Newark at approximately 3pm.

### NEW TRIP

#### Friday November 24th - Southwell.

Transport only is £4

You have free time in Southwell, but there is an opportunity not to be missed which is a concert at Southwell Minster starting at 1.30pm and finishing at approx 2.15pm. This is free but donations at the end are gratefully received.

Departing from The Sherwood Ranger at 10am and leaving Southwell at approx 3pm.

### TRIP REFUNDS

Richard III trip - final month for refunds

Melton Mowbray Trip - final month for refunds

Cleethorpes Trips - both days 5th & 6th June valid until 12th September for collection of refunds.

Refunds to be claimed in person from Alan Walker at the Trips Table at our Monthly Meetings.

## DIGITAL INCLUSION UPDATE FROM AGE UK NOTTINGHAM & NOTTINGHAMSHIRE

We previously highlighted, back in November 2022, about Age UK's Nottingham & Nottinghamshire's Digital Inclusion Service. Age UK are in the process of setting up a group session in the Ravenshead area and they would like any of our interested u3a members to contact **Jack Chambers** directly on **07738 499510** if they would like to attend.

### Do you want to?

Stay in touch with loved ones

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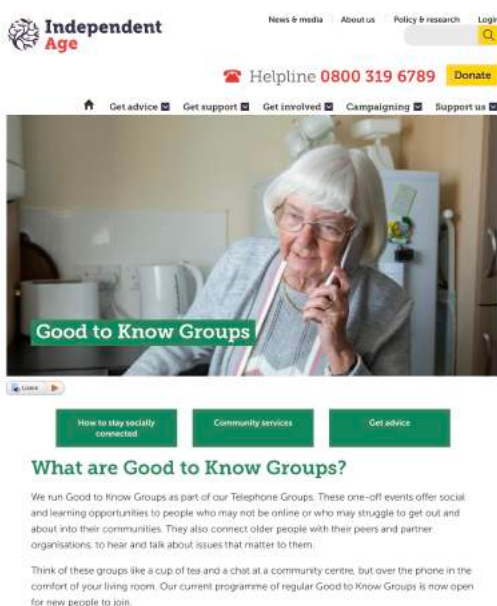


## What is it about?

Age UK's Digital Inclusion programme is designed to give service users with no to low-level digital skills the ability and motivation to get online and to improve their digital skills.

The programme will be delivered through Age UK's Digital Champion volunteers, who will deliver one to one and group sessions to the programme's service users. Each service user will have in place a person-centred plan to identify what digital skills they wish to learn and improve on.

## INDEPENDENT AGE 'GOOD TO KNOW™' GROUPS



Independent Age, a campaigning charity for the elderly, have advised us about their free telephone information groups that are open to people 65+, particularly suited for those without internet access.

Their 'Good to Know™' telephone groups invite a different guest speaker each week to discuss issues that matter to older people. Topics include scams, the cost-of-living crisis, social care, benefits and finding new social connections - things that are simply 'Good To Know' about.

Since their 'Good to Know™' Groups launched, they've had guest speakers from organisations including StepChange, Mind, Parkinsons UK, and Cruse as well as specialist advisors from Independent Age's benefits and social care teams.

Think of these groups like a cup of tea and a chat at a community centre, but over the phone in the comfort of your living room. The groups are particularly great for older people unable to get out and about, or to online activities, but anyone over the age of 65 is welcome.

If you don't have internet access, you can ring their free helpline on 0800 319 6789

If you do have internet access, you can view their website to read more and to see what events they have coming up - <https://www.independentage.org/get-support/telephone-groups/good-to-know-groups>, or email them at [telephone.services@independentage.org](mailto:telephone.services@independentage.org)

## AND FINALLY.....

We look forward to seeing many of you at our next monthly meeting on **Tuesday 11th July at 10am**

*John Butler*

Chairman

On behalf of the Committee of Ravenshead u3a