

MONTHLY MEETING - 10 am on TUESDAY 10th OCTOBER 2023

**A Big Thank You to all our members
who attended and helped with the u3a
Day Meet & Greet Coffee Morning!**



This comment received by email sums up what we were hoping for...

"I attended your coffee morning meet and greet last Saturday.

Would just like to say what an enjoyable morning it turned out to be and was more than happy to sign up as a new member to Ravenshead u3a.

So many people came over to say hello which made me feel very welcome. I was chatting to Gilly Hagen who was so informative and helpful.

Was delighted that you have such a variety of groups, am looking forward to participating in some of them.

Looking forward to the next one".



Our next monthly meeting will take place on **Tuesday 10th October** at 10am at St Peter's Church on Sheepwalk Lane, Ravenshead, and will feature **Peter Slater**, a former BBC Sports Reporter, who in his career covered sports such as Formula 1, Boxing, Cricket, Cycling and Football for both television and radio.

His talk is entitled

"Meeting the Rich & Famous"

u3a learn, laugh, live

**October Meeting
Keynote Speaker**

Tuesday 10th October 2023

Peter Slater

'Meeting the Rich and Famous'
(Stories from a BBC Sports Reporter)



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

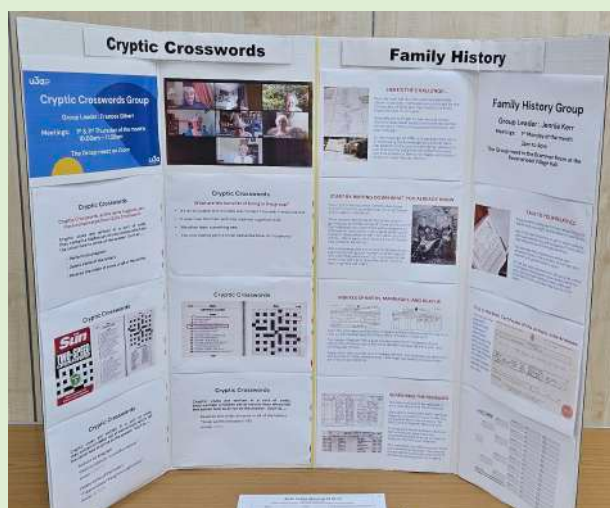
**And please remember to bring a reusable mug
for your hot drink.**



More from our u3a Day Social Meet & Greet Coffee Morning!



Our Group Leaders worked so hard on creating their Displays for u3a Day!



GROUPS UPDATE FROM ANNE ELDRIDGE - GROUPS CO-ORDINATOR

Showcase Groups for October

Creative Writing & Writing For Fun!



Drop by the Showcase Table at the rear of the Church at the October Monthly Meeting and find out more...

Whilst Creative Writing has been established for some time, the Writing for Fun! group was only formed this year and meet on the first Thursday of every month - the emphasis always being on members having 'fun' as they write.

They originally met in the Leisure Centre but have now changed venue to meet at Larch Farm. They have found that this change of venue is more accessible for many, provides the Group with a relaxed atmosphere, and an opportunity to have a coffee. (or even have lunch if you wish)

No experience is necessary so why not give it a try?

Contact Group Leader, Halinka Rajchel, for more information.

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. EXPRESSIONS OF INTEREST

1.1. Jogging. (New EOI) No experience necessary - all you need are appropriate shoes. Sessions will be local and held in the daytime.

1.2. Dog Friends - Dog owners who wish to meet like minded members to share ideas, places that welcome dogs, maybe organise joint human/doggie outings. This group is close to formation, with sufficient interest, and details of possible venues and format are currently being worked on.

1.3. Play Reading

1.4. Classical Guitar

1.5. Electric Guitar

1.6. Cycling. Open to anyone who has an interest in cycling. Length of rides etc will be decided by interested members.

1.7. Bridge. (New EOI)

2. MOST RECENTLY FORMED GROUPS

2.1. Family History

Meets in the Village Hall Brammer Room on the first Monday of every month at 2 pm. The first meeting was held on the 2nd October. For further information please contact the Group Leader, Jennie Kerr, via the website.



2.2. Writing for Fun

The Group meets monthly for a two hour session. No experience is necessary. Meetings are now held at Larch Farm on the first Thursday of every month. (You could always take the opportunity to have a quick bite first!). Please contact the Group Leader, Halinka Rajchel, via the website, if you wish to attend.

2.3. Holiday Spanish

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

GROUPS UPDATE FROM ANNE ELDRIDGE - GROUPS CO-ORDINATOR

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

2.5. **Salsa** - Meets in the Village Hall once a month on 4th Wednesday of every month from 12 noon until 1 pm. No experience necessary and open to both men and women - you don't need a partner, just comfortable shoes. Just turn up if you are interested.

2.6. GROUP SEEKING NEW MEMBERS

The Painting & Pastels Group are seeking new members. They meet in the Centre at St Peters on the second Monday of every month at 1.30pm to 3.30pm.

Your first visit will be free, so why not go along and give them a try?

3.0 SHOWCASED GROUP AT OUR SEPTEMBER MEETING

Our Showcased Group at the last monthly meeting was the **Local History Group**.

Group Leader : Gordon Cleugh

This popular group offers speakers on many diverse aspects of the history of our county, and organises occasional outings to local places of interest.

They recently enjoyed a guided walking tour of the Nottingham Lace Market, and combine trips out to local places of interest with their regular Monthly meeting at 10am on the 4th Thursday of the month at The Centre at St Peter's.

If you wish to join them, please contact Gordon Cleugh via the website.

4.0 NEW GROUP (spawned from the existing Weekenders Group)

WEEKENDERS SUNDAY LUNCH GROUP - GROUP LEADER : GILLY HAGEN



We now have three separate (but interlinked) Weekenders Groups : the Coffee Mornings, the Games Afternoons and now the Sunday lunches.

Each Group has its own Group Leader, but they work together to offer activities purely at the weekend when most other Groups don't meet.

As with all Ru3a Groups, they are open to everyone and both couples and individual members are most welcome.

Meeting up for a Sunday Lunch will take place on the 2nd Sunday of the month and has now been set up as a dedicated new group with a single purpose of dining out on one Sunday a month, with **Gilly Hagen** as the Group Leader.

In the past the chosen venues have been ones that are not food chains. Members include both couples and individuals. However, when they get together it is fun time, and people have lots of news to share.

Some members are not drivers, so car share is offered wherever possible. The members want to ensure that no one is alone and not able to have a good meal on the chosen Sunday.

Numbers have previously been regularly 12-14 people at each event.



FORTHCOMING EVENTS & UPDATES FROM OUR EXISTING GROUPS

CINEMA & THEATRE VISITS GROUP - GROUP LEADER : GILLY HAGEN



As a group we continue to go to events at The Bonington Theatre. 16 of our members recently attended a 'Murder Mystery Night' plus dinner, and a great night was had by all.

Our next event on the 7th October is the sold-out play 'Clue' being presented by Ravenshead Theatre Group at Ravenshead Village Hall. We always support their events throughout the year.

Our group normally keeps to local venues including The Palace Theatre Mansfield, Southwell Festival, and the Bonington Centre in Arnold. The costs are reasonable compared to Nottingham Theatre Royal & Concert Hall, where one can pay between £30 to £60 for a ticket.

Often when visiting the cinema at The Bonington we only have a three weeks window to book and see a film. For example, from the 29th September to the 12th October 'A Haunting in Venice', the Agatha Christie based film is being shown.

Ru3a TRIPS UPDATE FROM HALINKA RAJCHEL - TRIPS CO-ORDINATOR

TRIPS INFORMATION for October 2023 to July 2024

IF YOU WISH TO BOOK A TRIP PLEASE SEE HALINKA RAJCHEL OR ALAN WALKER AT OUR OCTOBER MONTHLY MEETING OR AT A 'WEEKENDERS' GROUP MEETING.

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

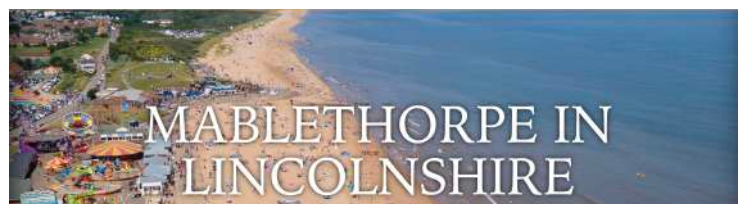
Contact details for Halinka Rajchel: Mobile: 07762 802112. Email: trips@ravensheadu3a.org.uk



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.

MABLETHORPE 'FUN DAY OUT' COACH TRIP

After the success of the two minicoach trips to Cleethorpes this year, we are planning an all-day trip to Mablethorpe on **Monday, 1st July 2024** in a 49 seater coach.



As this requires the u3a to pay a large deposit to the coach company before the end of the year, we are asking those interested in going to pay a **£10 deposit by latest the November Monthly Meeting.**

The eventual cost of the ticket will depend upon the number of people who commit to go. Deposits can be paid at the Trips table at any of our monthly meetings from October onwards or at Weekenders meetings.



Ru3a TRIPS UPDATE FROM HALINKA RAJCHEL - TRIPS CO-ORDINATOR

Optional Activities during the day (extra cost)

Mablethorpe Seal Sanctuary & Wildlife Centre



Mablethorpe Sand Train



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 trip is now **FULLY BOOKED**.



Thursday 9th November - 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.



Friday 24th November - 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.



Ru3a TRIPS UPDATE FROM HALINKA RAJCHEL - TRIPS CO-ORDINATOR

Friday 8th December - D H Lawrence Museum - Eastwood.

Transport, tour and talk £9 per person.

Departing from The Sherwood Ranger at 9.30am.

The D.H. Lawrence Birthplace Museum is where this literary legend was born on 11 September 1885. Growing up in late Victorian industrial England, in the mining community of Eastwood, Lawrence surpassed all expectations of a miner's son and went on to become one of the greatest writers of the 20th century.

After the tour, we will go to the Sun Inn Pub in Eastwood for Christmas lunch. Food choices need to be made by November. Click below for the Christmas Menu : <https://gkbr-p-001.sitecorecontenthub.cloud/api/public/content/21e04937ebdc4d42bc66d328e245d719?v=9cc7d64b>



Wednesday 14th February 2024 - St Mary's Church (Lace Market) & the Living Letters Exhibition at the Weston Gallery, Nottingham

Transport only £6 per person. Access to the Exhibition free.

Departing from The Sherwood Ranger at 9.30am.

The RCT mini-coach will drop us off for a guided tour of St Mary's Church starting at 10.30am, then take us to Highfields Park for the Gallery visit.

For centuries letters have been key vehicles of human communication. This exhibition explores correspondence from the medieval period to the present and celebrates the letter's enduring importance.

It examines letters' capacity to chronicle all stages and aspects of human life - from birth to death - and to capture both the personal and the professional.

It reveals how they are powerful in their abilities to connect with and impact on the lives of others. It illuminates how letters are also deeply vulnerable, fragile objects whose preservation is liable to the vicissitudes of time, fashion, and chance.



TRIP REFUNDS

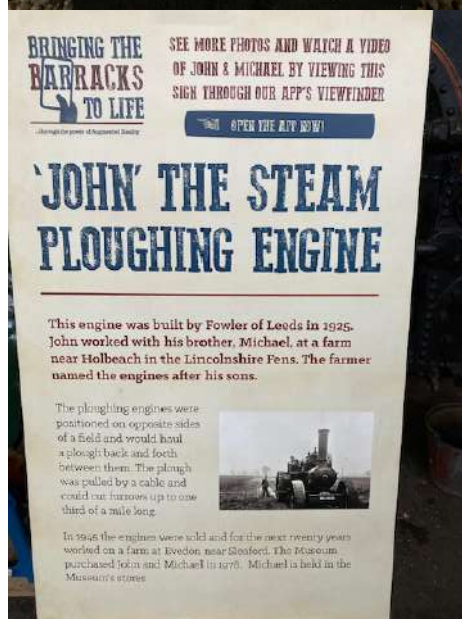
Those who went on the trip to Lincoln will be pleased to know that there is a refund on offer due to the coach parking being provided for free by the venue.

Where refunds are payable, they can be claimed in person from Alan Walker on the Trips Table at our Monthly Meetings or at the next Weekenders meeting.



Ru3a TRIPS REPORT FROM THE MUSEUM OF LINCOLNSHIRE LIFE

On Tuesday 3rd October some of our members went to **The Museum of Lincolnshire Life**, including a guided tour and talk in the museum. This was a great opportunity for them to meet Daphne, a World War One Tank and see exhibitions about the history of Lincolnshire from 1750 to the present day.



AN APOLOGY FROM VINCE EAGER - OUR BOOKED SPEAKER FOR SEPTEMBER

Hi everyone,

I would just like to extend my apologies to you all for my non-appearance at your recent meeting on Tuesday Sep 12th 2023.

In my 65 years as a professional entertainer I have never missed a performance or meeting, other than through circumstances such as health issues, and thankfully they have been few and far between.

I've always prided myself on my reliability and punctuality, and due to this I invariably find myself sitting outside of a venue waiting for it to open in order for me to set up my equipment. The date was clearly entered in my diary and for some stupid reason on my part I just didn't see it.

Once again, I am extremely sorry and I look forward to being with in the not too distant future when I will present my presentation free of charge.

Yours sincerely,

Vince Eager

(Vince Eager has been rebooked for our February Monthly Meeting)

**THIRD AGE TRUST - 2023 AGM - WEDNESDAY 18th OCTOBER at 11.15am**

The 40th Annual General Meeting (AGM) of the Third Age Trust will be held as a hybrid meeting allowing u3a delegates to attend in person or online. The location is at Kents Hill Park Conference Centre in Milton Keynes. Details of the items to be discussed are viewable at <https://www.u3a.org.uk/events/agm-2023>

Ravenshead u3a has two votes to cast on the two motions that have been submitted to the Third Age Trust by local u3as. The Committee discussed these both at length and have decided to vote as follows:-

Ordinary Resolution 3

"Now that the u3a has in excess of 1000 u3a's, with the South East Region representing around 20% of the National figure, we request that the organisational review of the Third Age Trust is mandated to consider a mechanism to give greater status and input to smaller networks/clusters."

Proposed by Hastings and Rother u3a and seconded by Hailsham and District u3a.

The Ru3a Committee agreed to vote **AGAINST** this motion.

Ordinary Resolution 4

This Annual General Meeting calls on the Third Age Trust to:

- 1. Adopt as a key strategic priority an increase in national u3a membership to at least 500,000 by the end of 2028*
- 2. Implement regular and substantial national promotional activities that enable this goal to be achieved*
- 3. To report on the implementation and impact of promotional activities at Board meetings and in Annual Reports*

Proposed by Royston u3a and seconded by Tring u3a

The Ru3a Committee agreed to vote **FOR** this motion.

Non-voting delegates are very welcome to attend the AGM online. To access the meeting, go to [the dedicated AGM website](#) where you can register to attend in advance of the meeting on a computer, tablet or phone.

RIVIERA TRAVEL "AFFINITY" CHARITY SCHEME FOR U3As

Travelling just got better...

Book a holiday and we
will give 10%* of the cost
back to your U3A

Our curated tours and
cruises offer the best way
to truly get under the skin
of a new destination.



River cruises
from only £999PP



European tours
from only £899PP



Yacht cruises
from only £1,399PP



Worldwide tours
from only £1,899PP



To book call **01283 248 304** and mention your U3A
Visit rivieratravel.co.uk/U3A



*Some elements are not commissionable - for full details on the affinity offer, visit rivieratravel.co.uk/affinity
Please remember to mention your U3A when you book. Riviera Travel retain the right to withdraw this offer at any time.

RIVIERA TRAVEL "AFFINITY" CHARITY SCHEME FOR U3As

Riviera Travel operate the "Affinity" Charity Scheme with all u3a's across the country in association with the Third Age Trust. This is how it works :

As a u3a Member you make a booking by contacting Riviera Travel directly, and simply mention you want to claim the Affinity Commission for Ravenshead u3a.

At the end of your holiday, Riviera Travel will pay 10% commission to the Third Age Trust. After deducting a 1% handling fee, the Third Age Trust will pass the remaining 9% commission on to Ravenshead u3a.

For information on holidays with Riviera Travel call : 01283 248 304 or visit www.rivieratravel.co.uk/U3A

Please Note : The commission payment is not payable on bookings made through a travel agent or a third party booking site.

Ravenshead u3a is not endorsing Riviera Travel as a supplier of holidays. No committee member/trustee will receive any benefit or incentive from Riviera Travel.

Donations from this scheme are paid solely to Ravenshead u3a, they are not payable to the individual who made the booking.

'GIVE A FLYER TO A FRIEND'

We encourage you to tell your friends and neighbours about the Ravenshead u3a, and now you have something to hand to them to make talking about the u3a easier, and encouraging them to join us.

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.

REMEMBER TO TAKE AWAY A FEW COPIES AT TUESDAY'S MONTHLY MEETING

Ravenshead u3a **u3a** learn, laugh, live.

Enjoyable, Educational and Sociable activities for older people

website: www.ravensheadu3a.org.uk
tel: 0300 030 2990 email: 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 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
Some Groups may be Full with a Waiting List

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, Castles, Churches, Food Festivals, Exhibitions, River Cruise, 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
- Sosworth Battlefield Centre
- Nottingham Heritage Railway
- CHURCHILL AT BURNHAM HERITAGE MUSEUM
- COGGESFORD WATERMILL

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

SPRING BREAK HOLIDAY TRIP IN CONJUNCTION WITH ASHFIELD U3A

Caroline Rhoades from Ashfield u3a is still taking bookings for a **u3a Bespoke Spring Holiday Break** now leaving on **Saturday 16th March 2024** and returning on Friday 22nd March 2024. (changed dates)



It will be 6 nights Half Board at the **Cavendish Hotel, Exmouth, Devon**

The hotel is located on the sea front only a few minutes walk to the main shopping centre

All rooms are warm and comfy, fully centrally heated with en suite private facilities and tea and coffee making, and free wifi.

The hotel has a lift, modern restaurant, bar and lounge with entertainment most evenings

Included are 3 full day excursions

* Sidmouth & Bickton Park and Gardens



* Exeter and cruise on the river Exe

*Mystery day trip out

Don't forget to bring your bus pass so you can explore independently!!



The coach will pick up at Newstead Abbey Gates and Kirkby.

Cost: £345 pp sharing twin or double, or £345 Single room no supplement.

Sea view supplement £35 pp



This tour has been arranged with Alfa Travel, they are members of Bonded Travel Organisers Trust ABTOT. Winner of British Coach Travel Awards, and Caroline has been using this company since 2012.

Deposit of £60 pp : cheques made out to Alfa Travel .

For further information and to book contact **Caroline Rhoades at : crhoades159@gmail.com or on 07724210563**

CHRISTMAS IS COMING...GET YOUR TICKET FOR OUR CHRISTMAS LUNCH THIS MONTH**THIS YEAR WE WILL NOT BE HAVING A GENERAL MEETING IN DECEMBER**

Instead, on **Tuesday 12th December** we will be holding a seated **Christmas Social Lunch** starting at 12.00 for 12.30pm, in the adjacent **Centre at St Peter's**, which has a maximum capacity of 100.

There will be seasonal videos and entertainment on screen, and competitive Table Games and Quizzes in the room.

As there are a number of fully catered hot Christmas lunches happening in the same venue during the same week, such as the Centre Christmas Lunch the following day, which many u3a members are likely to be attending, your committee has decided that, like last year, the food provided will be an extensive range of **Sandwiches, Open Rolls and Wraps, Quiche Selections, Crisps and Tortillas, Pork Pie Slices, Scotch Eggs, Chicken Goujons, Cocktail Sausages, Sausage Rolls and Cheese Rolls, followed by a selection of Desserts, plus Teas & Coffees**

Attendance will be restricted to those paying for the lunch, available on a first come, first served, ticketed basis.

Tickets for our Christmas Social Lunch will be on sale at our upcoming Monthly Meetings in October & November, at Weekenders, and cost £9 each.

AND FINALLY...

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

John Butler

Chairman

On behalf of the Committee of Ravenshead u3a