

MONTHLY MEETING - 10 am on TUESDAY 14th NOVEMBER 2023

**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.



Bookings for the Christmas Social Lunch will close on Friday 17th November

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

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**.

If you have specific dietary requirements or allergies, please advise our team on making your booking.

Tickets for our Christmas Social Lunch will be on sale at our upcoming Monthly Meeting in November, and cost £10 each.

For BACS payments please use the reference: **"Christmas L"** and pay to the Ru3a Social Account
Sort Code:- 08-92-99 Account number:- 65552700

Our next monthly meeting will take place on **Tuesday 14th November** at 10am at St Peter's Church on Sheepwalk Lane, Ravenshead, and will feature **Paula Cornwell** with her talk, in character, entitled

"Mind Your Motoring Manners"

u3a
Ravenshead

November Meeting
Keynote Speaker
Tuesday 14th November 2023

Paula Cornwell
"Mind Your Motoring Manners"

A talk presented in character as the Hon. Mrs Victor Bruce, who was a famous female racing driver in the 1920's



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



We will provide the coffee, tea and biscuits!

GROUPS UPDATE FROM ANNE ELDRIDGE - GROUPS CO-ORDINATOR

Showcased Group for November

Garden Group / Happy to Share Offshoot!

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



This friendly Group is open to all those who are interested in, or enjoy, gardens.

They meet usually on the third Wednesday of each month and enjoy talks and visits to gardens and other places of interest.

They also operate the on-line Happy-to-Share scheme that allows members to share produce, cuttings or excess plants..



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. GROUPS SEEKING NEW MEMBERS



For those of you with an artistic bent, the **Painting & Pastels Group** are urgently seeking new members in order to remain viable. They meet in the Centre at St Peters on the second Monday of every month from 1.30pm to 3.30pm.



Contact Anne Eldridge via the website to find out more.

The **Creative Writing Group** are also looking for new members. They meet at 2pm on the last Friday of the month in a member's home. Contact Group Leader : **Christine Smith** to find out more

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. Play Reading

1.3. Classical Guitar

1.4. Electric Guitar

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

1.6. Bridge. (New EOI)

2. MOST RECENTLY FORMED GROUPS

2.1. Family History

This group is now meeting 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.

GROUPS UPDATE FROM ANNE ELDRIDGE - GROUPS CO-ORDINATOR

2.2. Dog Friends



The Group held its first meeting at the Portland College Coffee Shop on Friday 27th October. Due to her Canine Partners labrador breed bitch "Crunchy" expecting pups anytime soon, Group Leader Katy Roberts will be unable to lead meetings until next January, but the members have set up a WhatsApp group to keep in touch, share information, and meet up in November without Katy in the meantime.

They have agreed to meet regularly at 10.30am on the 4th Friday of the month, but not in December, at the Portland College Coffee Shop. Contact Katy Roberts via the website to find out more about the group.

2.3. 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.

2.4. 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.

2.5. Petanque

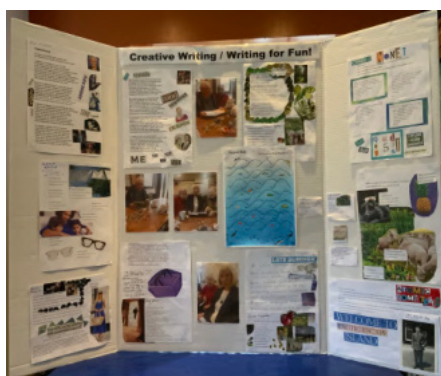
Meets at the Ravenshead Leisure Centre on the first and third Thursday of every month, from 11am until 12 noon. No experience is necessary but flat shoes and sensible clothing is required as play is outdoors. Just turn up if you are interested.

2.6. Salsa

Meetings are now **postponed until January** as the Group Leader will be unavailable. Due to the popularity of the Group, plans are in progress to meet twice a month in the New Year (more details to follow). When they reconvene, they will meet in the Village Hall once a month on the 4th Wednesday of every month from 12 noon until 1 pm. No experience is necessary and the group is open to both men and women - you don't need a partner, just comfortable shoes. Turn up if you are interested.



3.0 SHOWCASED GROUP AT OUR OCTOBER MEETING



Our jointly Showcased Groups at the last monthly meeting were the **Creative Writing & Writing For Fun!** groups.

Creative Writing GL : Christine Smith

Writing for Fun! GL : Halinka Rajchel

The Writing for Fun! group was only formed this year and meet on the first Thursday of each month at Larch Farm, with the emphasis always being on members having 'fun' as they write.

Ru3a TRIPS UPDATE FROM HALINKA RAJCHEL - TRIPS CO-ORDINATOR

TRIPS INFORMATION for November 2023 to July 2024

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

If paying by BACS, please make payments to :

Ravenshead u3a Social Account

Co-op Bank Sort Code:- 08-92-99 Account number:- 65552700

Add your Surname followed by the Trip e.g Smith-Eastwood



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. If someone goes in your place, you will be entitled to a refund!

Friday 24th November - Southwell.

Transport only is £4

You have free time in Southwell, and there is an optional lunch available at The Refectory in the Minster grounds.

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.



D H Lawrence Museum - Eastwood.

Original Trip - Friday 8th December

2nd trip - Thursday 7th December

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 advised and a £5pp deposit paid over at the November meeting.** Click below for the Christmas Menu : <https://gkbr-p-001.sitecorecontenthub.cloud/api/public/content/e4aa1663514c400bbbb1ab70cc7cd481?v=47a04db9>



Ru3a TRIPS UPDATE FROM HALINKA RAJCHEL - TRIPS CO-ORDINATOR

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.



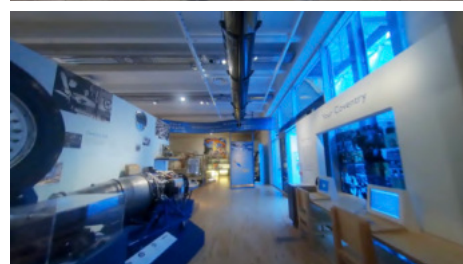
Thursday 28th March 2024 - The Herbert Art Gallery & Museum, Coventry

Departing from The Sherwood Ranger at **9am. Cost of travel is £15**

The RCT mini-coach will drop us off for a tour of the Herbert Art Gallery & Museum adjacent to both the ruins of the bombed out old Cathedral and the current Coventry Cathedral that was built next to it to a design by Sir Basil Spence.

Ranging from tiny insects to large industrial machinery, from everyday household objects to artworks by world-famous artists the Herbert collection covers a vast array of topics, time and themes including: Archaeology, Social and Industrial History, Visual Arts & Natural History

The Museum is close to the City centre, so there will be plenty of time to explore Coventry and have lunch before returning around 3pm.



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, and some refunds for the Manchester trips are still outstanding.

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 UPDATE FROM HALINKA RAJCHEL - TRIPS CO-ORDINATOR

Monday 22nd April 2024 - Flag Fen Bronze Age Settlement & Peterborough City Centre

Departing from The Sherwood Ranger at **9am**. **Cost is £21** including travel & the entrance fee to the Flag Fen Settlement.

The RCT mini-coach will drop us off for a guided tour of the ancient Flag Fen Settlement site and then take us into Peterborough City Centre.

The story of Flag Fen began in 1971 when excavations ahead of the construction of Peterborough New Town revealed an almost intact Bronze Age landscape, which ran along the edge of the drained fen.

There will be time afterwards to explore Peterborough City Centre, have lunch and visit the Peterborough Cathedral (free entry)



Saturday 29th June 2024 - Bakewell International Dance Festival

Departing 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.

The dance shows finish at approx 4pm. If we have rain, the dances will be held in the town hall.



Ru3a TRIP REPORT FROM RIVER TRENT BOAT TRIP - IN A POEM & IN PICTURES

On Thursday 19th October, a group of our members enjoyed a leisurely cruise along the River Trent, taking in the sights of Nottingham from the river whilst enjoying a superb 2 course meal.



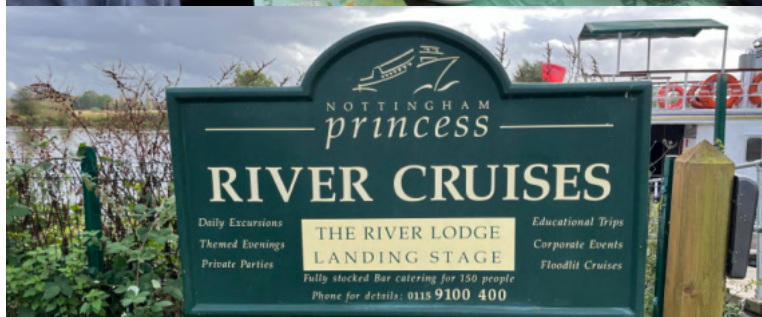
Ru3a TRIP REPORT FROM RIVER TRENT BOAT TRIP - IN A POEM & IN PICTURES

In the community bus our driver Glynne says hello
Vivacious ladies and good-humoured gentlemen
Everyone has arrived, seat belts on, departure is at ten
Rain and stormy weather is forecast, what a pity

Ten miles of travelling towards Nottingham City
Roundabout with horses, we are definitely not late
Early arrival at the Lodge for a drink as we wait
Now the announcement is made, eagerly we board the boat
The weather has improved, each one takes off their coat.

Comfortable seats, extraordinary views, the sun appears
Red wine, iced water, delicious lunch while the captain steers
Umbrellas and cagoules were not needed, sunglasses were best

Inside the boat, members talking, eating and having a rest
Soon, after two hours of a relaxing trip, the cruise is done
Eventually after photos were taken, Glynne drove us back home.



Ru3a MABLETHORPE 'FUN DAY OUT' SUMMER COACH TRIP - 1st JULY 2024

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 tickets will depend upon the number of people who commit to go. Deposits can be paid at the Trips table at our November monthly or to Alan Walker at Weekenders meetings.

SEAL SANCTUARY & WILDLIFE CENTRE



QUEENS PARK



SEASIDE FUN FAIR



ARCADES



ADVENTURE GOLF



MABLETHORPE SAND TRAIN



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 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
Milton 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

NEWS FROM THE U3A NOTTINGHAMSHIRE NETWORK

At the recent u3a Nottinghamshire Network AGM, held at the Centre at St Peter's, Chris Niven was re-elected as Chair, with Ravenshead u3a's immediate Past Chair, Maria Gabrielczyk, elected as the new Vice Chair as well as Newsbites Editor.



The meeting was addressed by the new u3a East Midlands Regional Trustee, John Lewis, who was questioned extensively about the proposed "Fit for the Future" governance changes for the Third Age Trust, and the establishment of a new representative Council that is likely to be voted upon at the Trust's 2024 AGM.



THIRD AGE TRUST 2023 AGM HELD ON WEDNESDAY 18th OCTOBER

The 40th Annual General Meeting (AGM) of the Third Age Trust covered items such as confirmation of new trustees and the accounts, and addresses by the Chair, Liz Thackray & Chief Executive Sam Mauger.

Of particular interest to most u3as were the outcomes of voting on the two resolutions put forward by local u3as.

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

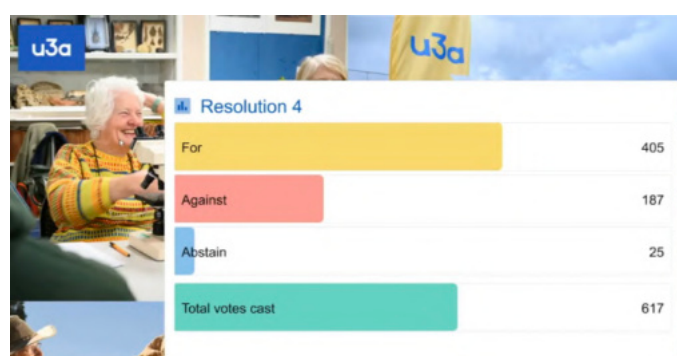
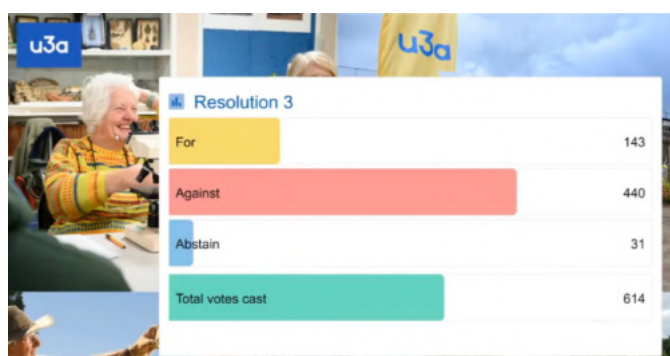
This Annual General Meeting calls on the Third Age Trust to:

- 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.

The result of the voting was as follows :-



THIRD AGE TRUST - THE VISION, MISSION & PRINCIPLES OF THE U3A MOVEMENT**Our Vision**

Our Vision is to make lifelong learning, through the experience of u3a, a reality for all third agers.

Our Mission

Our Mission declares our purpose as an organisation and serves as the standard against which we weigh our actions and decisions. It is to:

- Facilitate the growth of the u3a movement.
- Provide support for management and learning in u3as.
- Raise the profile of the u3a movement.
- Promote the benefits of learning in later life through self-help learning.

The 3 Principles of the u3a Movement

The u3a movement is non-religious and non-political and has three main principles:

1. The Third Age Principle

- Membership of a u3a is open to all in their third age, which is defined not by a particular age but by a period in life in which full time employment has ceased.
- Members promote the values of lifelong learning and the positive attributes of belonging to a u3a.
- Members should do all they can to ensure that people wanting to join a u3a can do so.

2. The Self-help Learning Principle

- Members form interest groups covering as wide a range of topics and activities as they desire; by the members, for the members.
- No qualifications are sought or offered. Learning is for its own sake, with enjoyment being the prime motive, not qualifications or awards.
- There is no distinction between the learners and the teachers; they are all u3a members.

3. The Mutual Aid Principle

- Each u3a is a mutual aid organisation, operationally independent but a member of The Third Age Trust, which requires adherence to the guiding principles of the u3a movement.
- No payments are made to members for services rendered to any u3a.
- Each u3a is self-funded with membership subscriptions and costs kept as low as possible.
- Outside financial assistance should only be sought if it does not imperil the integrity of the u3a movement.

AND FINALLY...

I look forward to seeing many of you at our next monthly meeting on **Tuesday 14th November at 10am**

John Butler

Chairman

On behalf of the Committee of Ravenshead u3a