



Nottinghamshire Network Conference

Saturday 21st September 2024

Come and join us for an exciting day of talks, workshops and a delicious lunch supplied by Delilah's excellent catering at the Nottingham Girls' High School.

Our Keynote speaker is Chris French who is a Professor Emeritus of Psychology at Goldsmiths College, University of London specialising in the psychology of paranormal beliefs and anomalous experiences. His talk will be entitled:

"The Science of Weird Sh: Why Our Minds Conjure the Paranormal"**

Workshops will focus on 'Learn, Laugh and Live' and include:

Line Dancing, Chair Yoga, Safe Driving, Singing, Creative writing,
Scamming/Fraud and a Guided walk around the Arboretum.

More details to follow.



Nottinghamshire Network of u3as

[Nottinghamshire Network of u3as - Home \(weebly.com\)](http://www.nottinghamshire-network-of-u3as.weebly.com)

DEADLINE FOR THE NEXT ISSUE OF NEWSBITES

Please send your articles (keep to a maximum 300-word count)
and good quality photos (as attachments please)
by 7th June 2024 to maria.newsbits@gmail.com

A MESSAGE FROM YOUR EAST MIDLANDS REGIONAL TRUSTEE

My somewhat desperate efforts to fulfil my election pledges for my first 100 days in office were described in my last report.

The consultation programme with u3a members on the Fit for the Future proposals to change the governance of the Third Age Trust got underway on the 22nd January 2024 with the release of the materials for a UK-wide series of presentations on the proposals, and the first presentation in the East Midlands, and indeed in the whole UK, was delivered by Allan Walmsley, the National Vice-Chairman, in Nottinghamshire on the 24th January.

Since then, the presentation has been delivered, sometimes face to face and sometimes remotely, in the Lincoln, Leicestershire and Rutland, Northamptonshire, Derbyshire and East Lincolnshire areas, the last taking place on the 28th March.

I gained the overall impression from these meetings that the proposals were well received by the members attending, and that the many questions raised after the presentations were thought-provoking and constructive, so there is scope for optimism, in the East Midlands at least, that the proposals will attract the required level of support, though more work may need to be done on the practical aspects.

They say that all work and no play makes Jack a dull boy – how true!

I did receive a very kind invitation to West Wolds u3a's 25th anniversary celebration at Market Rasen in March, only to have my hopes of cakes and bubbly dashed by an attack of Covid! Never mind, the next 12 months are going to be even more interesting!

John Lewis
East Midlands Regional Trustee



NOTTINGHAMSHIRE NETWORK OF u3as

Managing complaints and disciplinary processes in your u3a
National u3a Workshop provided for Notts Networks members only.
Wednesday 1 May 10.00 a.m. – 12.00 noon on Zoom.

This workshop will:

- explore and discuss how to deal with issues which may arise in your u3a, including complaints and disciplinary processes.
- aim to improve your understanding of the differences between complaints and disciplinary procedures.
- look at sources of support and information available to u3a members

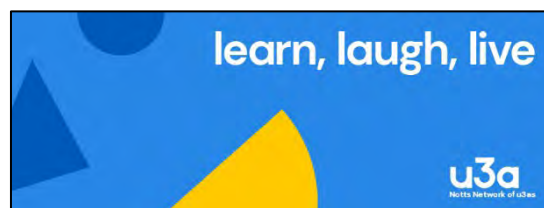
We all hope that our u3a will run smoothly and that members will enjoy their experience of belonging to it. However, that may not always be the case. Here is an opportunity to share with others how we can work to prevent difficulties arising and strategies to deal with problems when they arise.

Having the workshop open only to Notts Network members will allow us to share our experiences and support each other both during the workshop and afterwards in Peer Support Groups.

I hope you are able to join us for the workshop. Please advertise this opportunity widely within your u3a, it is open to all members.

To book on to this free workshop please use this link:
<https://www.eventbrite.co.uk/e/managing-complaints-and-disciplinary-processes-in-your-u3a-tickets-862076482967>

If you have any questions do not hesitate to contact:
Rosie Allen
Notts. Network Support Officer
Email: rosieallen21@outlook.com



MANSFIELD & DISTRICT u3a

Yet again the u3a proved that they can party, when Mansfield & District, Forest Town & District and Dukeries & District celebrated the Chinese New Year together on Thursday 8th February. The Springwater Restaurant provided an excellent, delicious feast of Starters and Mains throughout the evening, leaving us all with very full stomachs.

The Lion dance was very energetic and colourful as it weaved between the tables. Great fun was also had on the dance floor as we partied the night away. Unfortunately, the wintry weather prevented the New Year fireworks.

Wishing you all a Happy and Prosperous New Year – Gung Hei Faat Choi.



Dukeries u3a contingent

Irena Dubowski
Vice Chair and Social Group Leader



RADCLIFFE ON TRENT u3a

Hardly a romantic way to celebrate St Valentine's Day but eight of our Committee members including our Chairman George Roberts sat for three hours to collect subs from existing members who don't use internet banking to renew their membership and to unroll new members into our u3a.

We are already a very successful u3a with over 600 members at the end of 2023 most of whom we would hope will renew for the year 2024/25 and we are always keen to attract new members.

Our Renewals Day saw 72 members renew their membership in person (in addition to those who renew by BACS) and 11 new members enrolled on top of 17 new members who had already enrolled.

A very successful outcome!
John Addiscott

WEST BRIDGFORD u3a

Those of a certain age may remember the song "The Happy Wanderer" the chorus of which went "Valderi Valdera....". It became an unlikely hit in the 50s, its words proclaiming, "As I go I love to sing, My knapsack on my back.....". Well, I don't know if the happy wanderers of West Bridgford u3a's several walking groups sing as they wander but they've been out and about braving storm, showers and occasional sun over the past weeks.

The Orienteering group spent a day exploring south Notts adjacent to the Trent. Gotham Hills are not quite Everest, but at 300 feet are among the highest points in Rushcliffe giving glorious views of the Trent Valley. In contrast, their next outings followed a treasure hunt style "Murder mystery trail" in Leicestershire, explored Chaddesden Park and orienteered in Shirebrook Wood.

Not to be outdone, our Hiking group on one of their monthly walks enjoyed a crisp winter's day under blue skies taking in the Vale of Belvoir, visiting local churches and enjoying the quiet footpaths along the way. And to keep them going, tucked into a hearty and deserved pub lunch in Saltby. What more could you ask in mid-winter!



Further afield the Peak District Walking group explored more of Derbyshire's many delights by visiting Crich Chase and Crich and in doing so covered over 6 miles. It was

the same sort of distance when, a month later, Ilam Park and Manifold valley were the destinations of this long-established group.

As cartoon character Wallace might say to his faithful companion "A grand day out, Gromit". Getting out and about, good companionship, satisfying for mind and body; members of our several walking groups really are "happy wanderers".

Tony Beale

BINGHAM u3a

In February, Veronica - as Chair of Bingham u3a - and I as Publicity Officer did a live radio interview about Bingham u3a on 103FM The Eye, a Community Radio station covering North Leics. and South Notts. A great opportunity to promote who we are and what we do. The radio station would also like to hear from other local u3a branches in their area, and indeed there are other Community radio stations across Nottinghamshire which other branches could contact to do something similar.

John Perry
Publicity Officer



The latest Bingham u3a music afternoon. The music was provided by the husband of one of our members. We chose 50,60 and 70s music. Although reluctant at first, very soon many people were up and dancing. When the last song YMCA was played, everyone was on their feet. This was a free social event purely for enjoyment. Most left with a happy heart.

Veronica Perry
Chair

Kendal Trip March 2024

Our recent trip of 52 members, mainly from our Walking groups and National Trust group, to Kendal seems to have been a huge success, no complaints and many compliments for me, the staff at the hotel and the driver. I'm still not sure how he navigated some of the roads and corners.

We stayed at the County Hotel at Kendal for, four nights, it was very well appointed with good food and very pleasant staff who couldn't seem to do enough for us.

The first day we had a day trip to Keswick, some of us were dropped off and participated in a linear walk along the side of Derwent Water, the rain held off and we had a very picturesque walk. The second day was a free day around Kendal; some of us went on a tour of the Hawkshead micro-brewery, which was very interesting and informative, others decided to take the more scenic route and walked while others took the train. On the third day we went for a visit to Sizergh castle and its gardens which again was very good; the gardens were superb.



There was entertainment every night which again was done in such a way to include the audience. We were thoroughly entertained; it was great.

Sadly, the next day we had to return home. I think everyone would have gladly stayed a few more days.



Melvyn Francis
Chair



NEWARK & DISTRICT u3a

SENIOR CITIZENS FAIR

When we received an email announcing that a Senior Citizens Fair was to be organised by the office of the Member of Parliament for Newark, aimed at showing what groups and organisations were available in the area to promote well-being and help stave off loneliness, we knew at once that it would be an excellent chance to showcase u3a and all we have to offer.

With this in mind, the committee quickly pulled out all the stops to ensure that our thirty-plus groups were illustrated, including display boards featuring group logos specially created by our Art4All group, while another member produced a professional quality video, meaning we were soon up and running and good to go.

The event was to be held in Newark's magnificent Town Hall which is situated in the market square. This meant that a high volume of visitors to the exhibition were anticipated. However, the downside was that the space available to each exhibitor was extremely limited.



Nonetheless, here at Newark & District u3a we are nothing if not resourceful and in a matter of minutes we had somehow squeezed and shoehorned the stand into position to best display what we were all about.

It wasn't long before we had a sizeable crowd gathered around the stand, eagerly asking questions, examining the photos and watching the video. We were delighted that by the end of the afternoon several new people had chosen to join u3a, meaning the whole event was a resounding success.

Maggie George
Chairman

RAINWORTH & DISTRICT u3a

Rainworth and District u3a groups have all been busy. Our coffee morning fundraiser was well attended with good support for the Tombola and Raffle stalls. Delicious cake made by Ann Mills and Jean Bingham was enjoyed by all.



The Quiz group were jubilant in February winning the quiz at the Oak Tree Pub for the first time.



The Strollers have had mixed weather on their recent outings but the weather was much kinder for their visit to Rufford Park when we were joined by one of our new members.

Numbers attending the indoor and table top games group are increasing and becoming very competitive but enjoyable with Andrew Goodison and Ian Hibbert winning at Maltese Cross Dominoes.

The Garden Group visited Felley Priory. The Hellebores were out but most of the Spring flowers were just on the verge of opening.

The History group enjoyed a talk by Neil Pledger who is a photographer and from Mansfield. He covered topics like Jazz Bands, Miners Gala and hosiery as well as Pubs shops and more that no longer exist.

The Odeon group have a ballet booked for April and an Opera for May with bookings being taken for future showings.

The Book group continues to review a book each month one of the most recent being The Wreck by Meg Keneally which had mixed reactions, interesting, harrowing in parts and far-fetched at times!

The Lunch and Breakfast groups always attract support and have enjoyed visits to the Larch Farm and the Hearty Goodfellow.

We have welcomed some new members to our group since the beginning of the year some of whom have already booked up for some of our forthcoming events such as Cannons Hall Farm, The National Memorial Arboretum, Bomber Command and the Thursford Spectacular.

Colin & Jackie Massey

EASTWOOD u3a

It is the Eastwood and District 10th Anniversary this June. On 4th June 2014, over 100 people, despite torrential rain, attended our very first meeting at Plumtree Hall, which was an amazing turnout for this new venture.

After the launch, the people who had volunteered to help form the steering committee met up, agreed their roles, and began working out what their 'jobs' entailed. With the help of mentors – Michaela Moody, Karen Highfield Taylor, and Jane Pavier – they set about agreeing the constitution, rules for membership, opening bank accounts, creating the newsletter and website, plus many spreadsheets for membership details and finance. It was agreed that this new u3a would be called the Eastwood & District u3a, to encompass Kimberley and local villages in the NG16 area.

The Inaugural Meeting was held on Wednesday 2nd July 2014 in Plumtree Hall, St Mary's Church, Eastwood where almost 100 people signed up as members of the new Eastwood and District u3a.

The Steering Committee had worked hard to get things started and were overwhelmed at the fantastic response to the inaugural meeting. Many of the first 100 members are still taking a very active part in our u3a. Michaela Moody, the East Midlands Regional Trustee, started off the meeting by introducing the new chairman, Ann McGillivray, who in turn introduced the other members of the steering committee. This committee would run the Eastwood & District u3a for the first year until the AGM.

Special Interest Groups are the heart of the u3a and the following groups were set up at the Inaugural Meeting: Spanish, Singing for fun, Apple Computing, Craft/Textiles, Bridge, Strollers, Walks – 5 miles, Vegetable Gardening and Book Group. Some of these groups still exist, with the same Group Contact.



Now after 10 years, 116 newsletters later and a membership of 309, Eastwood & District u3a continues to build upon the commitment, dedication, and the enthusiasm from that initial meeting in 2014.

As this is our 10th anniversary, a planning group is organising some events and celebrations during the year. The Creative Crafts group hope to put out several toppers to highlight this event and celebrate the local u3a.



On Wednesday 5th June 2024 the AGM will be followed by the celebration consisting of a celebration cake, entertainment, displays and a fuddle. There will be other events during the year, and a disco is being held on 29th June. Watch this space!

Anne Steel

RAVENSHEAD u3a

We have reinstated Member Drop-in Coffee Mornings post-Covid, but now on a Saturday morning rather during the week as a way of also being able to engage with those in the village still in full time work, on a day and a time more convenient to them.

We are utilising a targeted poster advertising campaign in local shops, and also a social media outreach using a combination of regular posts and short recorded video reels of our group activities on both Facebook and Instagram.



Our Activity and Interest Groups are going from strength to strength, with the Finnish skittle type game of "MOLKKY" really taking off from a standing start in February. What we soon realised was that a group of members visibly playing the game on the grass lawn in front of the Village Hall was attracting attention from plenty of passers asking what the game was and who we were.



Next time we'll have low level A3 advertising poster boards on posts hammered into the grass verge during our sessions, telling the public about both Molkkky and our u3a.

Meanwhile, members of one of our more established Interest Groups, Food & Cookery, enjoyed a rare outing to Fletcher's training restaurant in Nottingham for a lovely three

course lunch. The building is part of New College Nottingham, on Canal Street and is very easy to reach by tram.

For starters there was a varied choice of either punchy hot smoked salmon on sourdough toast, a deliciously creamy soup of the day or ham hock with piccalilli and white bean dressing.



Main courses included the, in our case, very popular Beef Bourguignon with chive mashed potato, Bouillabaisse with rouille and fresh bread or Mediterranean vegetable cannelloni with broccoli, cauliflower and beurre blanc. Most people went with the beef which was delicious but a somewhat small portion.

The desserts were also well received being either lemon tart with raspberry sorbet, dark chocolate mousse, with crème de cacao shooter, or tropical fruits with passionfruit sabayon.

Our members enjoyed talking to the young serving staff who were about to take their end of year assessments. They hope to make another visit this year, possibly for Christmas dinner.

Their April Group meeting will be themed "Food Around the World". It will be interesting to see how many different cuisines will be represented. Hopefully nobody will be serving any Vietnamese eel dishes or Thai locusts!

John Butler
Chair

WORKSOP & DISTRICT u3a

OPEN DAY 2024

Worksop and District u3a held its annual Open Day at Carlton in Lindrick Civic Centre on Thursday 21st March 2024. The Open Day welcomes members and prospective members to discover the many Interest Groups our u3a has to offer. Twenty-one of our 35 groups were represented, many of which recruited new members on the day.

During the afternoon Roger Hancocks, Chair, presented a bouquet of flowers to Sylvia Lilley on becoming our 500th current member. Over the 15 years the u3a has been in existence we have welcomed well over a thousand local people to the group, but this is the first time our active membership has topped 500.

Sheila Massey



GUIDELINES FOR ARTICLES TO NEWSBITES

We will be particularly pleased to receive articles about any unusual or exceptional event that your u3a may have organised or any new activity that your u3a is running. u3as learn from each other and it is very useful for their members to read about new events or activities that they haven't come across before.

- Please send your text in Word format and keep to a maximum 300-word count.
- Please submit photos as separate attachments in formats JPG, JPEG, PNG or similar (not pdf). They must be of good quality and a minimum of 1MB. No collages please.
- Please ensure that all who feature in your photos have expressed their consent for the photos to appear in Newsbites and also for those photos to be posted on u3a and Network websites.
- Please let me have the name of the author of your article and his/her status e.g. member, group leader, chair etc. I do look on your websites but don't always manage to find a full name or status.

Many thanks
Maria Gabrielczyk – Editor
maria.newsbytes@gmail.com

TRIPS, HOLIDAYS AND EVENTS, OPEN TO ALL MEMBERS OF NOTTS u3as

If your u3a is organising a trip, holiday or other event which you would like to open up to other u3a members please send promotional details for inclusion in this special section of Newsbites.

Bingham u3a are holding an Antiques Quiz on Tuesday 30 April – hosted by James Lewis from TVs Bargain Hunt – at 7pm at the Bingham Methodist Centre. Ticket information from (our Chair) Veronica Perry on 01949 875231.

Bingham u3a presents
An Antiques Quiz
with
James Lewis (Bargain Hunt)



Tuesday 30th April
7pm
Bingham Methodist Centre
Tickets:
£5 members (available from Committee Members)
£7 non-members (available from Bingham Library)

Ravenshead u3a invite you to join them on their holiday
to Torquay in September

Torquay Coach Holiday

2 Excursions

Leaves 28th September for 5 days

ONLY
£355
pp

Join us for an Alfa Travel Coach Holiday to the English Riviera

Accommodation will be 5 day / 4 night Half Board at the **Metropole Hotel, Torquay**, which is located within a few minutes walk of the harbour, marina, seafront with its sandy beaches and the town centre shopping area.

The Metropole Hotel features a bar, extensive lobby, lounge, and a large entertainment room. A full Leisureplex menu plus the Chef's nightly specials are served in the bright, airy dining room.

All guest bedrooms are en-suite and feature Freeview TV and tea/coffee making facilities. Rooms are mainly Double or Twin beds, and your preference should be stated on booking. A very small number of single rooms are available. Seaview rooms are available for a supplement of £35.

Included in the itinerary is one day at your leisure in Torquay, and two full-day coach excursions.

We will be visiting **Plymouth**, the famous maritime City with its historic Barbican district, Hoe & Sound, and **Teignmouth**, the Gem of South Devon, with its pier and Georgian architecture.

A Deposit of £50 pp is payable upon booking. **Contact Halinka Rajchel, Ravenshead u3a's Trips Coordinator** to book your place, and bring cheques made out to "Alfa Travel" to a Ravenshead u3a Monthly Meeting or a Weekenders Group meeting. You can also deliver or post cheques to Halinka at an address she will advise. There is an option to pay Alfa Travel directly by bank transfer/credit/debit card, but speak to Halinka in the first instance to book.

Alfa Travel Limited are an employee owned company based in Chesterfield, and are members of the Bonded Travel Organisers Trust ABTOT
They are a company registered in England and Wales with company number 02326610.
Their registered office is at Alfa Building, Euxton Lane, Euxton, Chorley, Lancashire, PR7 6AF.
See their Booking Conditions at <https://www.alfatravel.co.uk/booking-conditions> including a Travel Insurance requirement
See their Travellers Rights Statement at <https://www.alfatravel.co.uk/traveller-rights/>



Contact Halinka Rajchel on 07762 802112
or email her at trips@ravensheadu3a.org.uk



Three Nottinghamshire u3as enjoy a holiday in Exmouth in April 2024

On March 16th thirty-nine members from three Nottinghamshire u3as, Ashfield, Hucknall and Ravenshead, set off on a six-night holiday to Exmouth with Alfa Travel. Settling in on our comfortable coach with driver Tony, we made our way down to Tewkesbury for a surprise stopover giving people ample time to have lunch, visit the beautiful abbey or simply to explore.

Continuing our journey we headed towards Exmouth, arriving in time to check in to our rooms at the beachfront Cavendish Hotel before our first evening meal. Our allocated seats provided opportunities for members of the different u3as to meet and get to know each other throughout the stay.

A varied itinerary provided by Alfa took us to a number of locations throughout the week, each one offering something unique whilst affording some beautiful Devon sea views.

In Torquay we could watch local fishermen mending nets and see the D day embarkation ramps on Beacon Quay whilst nearby Brixham had a full-size replica of Sir Francis Drake's Tudor galleon The Golden Hind located in the colourful harbour.

A free day in Exmouth meant a stroll along the two miles of sea front and excellent sandy beach.

Pretty Dawlish is famous for its stunning coastline, beautiful beaches, black swans and the Victorian designed railway line which runs alongside the sea.



Nearby Teignmouth has its pier, one of only two left on the south west coast of England.

The next morning saw us boarding a boat for a gentle cruise around the Exe estuary before setting off for an afternoon in Exeter, although unfortunately the cathedral was closed due to a Founder's Day celebration for a local school.

Our final visit was to Sidmouth, a favourite seaside resort of Queen Victoria who spent many holidays there. As well as the stunning views, Sidmouth also has some beautiful Regency buildings and the impressive Connaught Gardens. We then

headed off to Bickton Park Botanical Gardens where some availed themselves of a ride on the Woodland Railway.



All in all, the holiday was a great success. The weather was kind to us despite dire forecasts of rain, the travel was comfortable, the hotel staff friendly and welcoming, the excursions well organised and all enjoyed in the company of fellow u3a members!



Special thanks to Tony our driver and of course to Caroline Rhoades of Ashfield u3a who organised the holiday.

Judith Moore
Ravenshead u3a member



NEWS FROM THE THIRD AGE TRUST

It's Boom Time for u3a with a new campaign

The Third Age Trust is running a new advertising campaign with Boom Radio.

Boom Radio was chosen for the Trust's first radio campaign as the station reaches 627,000 adult listeners every week – most of whom are over the age of 55.

The campaign is running for three months between April and June.

Our three adverts feature the stories of Croydon u3a member Christina, Hayling Island u3a John and Saxon Shore u3a member Marian, who each share how u3a has positively impacted their lives. There will also be shout outs from presenters and one longer interview, the date of which is still to be confirmed.

In the adverts, Hayling Island u3a member John says, "I worked for about 60 years and when I retired, it was just a question of finding other things to do that I couldn't do when I was working." This led to him forming the Island Shanty group at Hayling Island u3a, which has become very popular. He continues, "Somebody can come along and say, I haven't sung for ages or I haven't got much of a voice – well come along and give it a try. There is no prerequisite."

Our second advert features Croydon u3a member Christina who says of her u3a experience, "You can see me smiling, I believe it has added so much to my life. I cannot imagine how I would be feeling if I didn't have those activities and the joy I get from doing them. The joy of meeting other people, the friendships you build in u3a, looking after one another and looking out for one another."

Marian is the third u3a member to feature in the advertising campaign. She joined Saxon Shore u3a five years ago, after she found herself alone after 40 years of marriage and in a new area. Marian says "I knew I would have to find some way of making friends so I looked up the u3a and big, deep breath, walked in through the door. There was a lady that had a desk with all the groups that was on there and they were starting a family history group so I was in at the first meeting with that which was nice. And through that got to know people, joined another group and then another group and it went like that."

The Boom Radio advertising campaign is just one of the ways the Third Age Trust is working to meet the resolution of reaching 500,000 u3a members by the end of 2028. This is being called the Resolution 500K campaign. A Facebook advertising campaign will be running over the next three months, and small adverts have also been placed in publications including TimesOnline and MailOnSunday.

Nelly Mair
Communications Officer
Third Age Trust

Many thanks to all the Nottinghamshire members who have submitted articles about their u3as. This is your newsletter and it wouldn't exist without your many contributions.

Please submit your text in Word and your photographs as separate attachments in JPG, PNG or similar format. A photograph always tells a good story!

Please keep within the 300-word count.

And if your u3a is organising an event, trip or holiday which you would like to share with other Nottinghamshire u3a members or maybe you have a few places to fill or a few tickets to sell, then this is the place to promote them.

maria.newsbytes@gmail.com

DEADLINE FOR THE NEXT ISSUE OF NEWSBITES

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and good quality photos (as attachments please)
by 7th June 2024 to maria.newsbytes@gmail.com