



Above: A flooded footpath on the perimeter of the country park near the kestrel nesting box taken by Susan Wynn.

Left: Flooding off Loughborough Road taken by Pam Pearce.

## JANUARY 2024 Newsletter

### WELCOME

Happy New Year everyone and best wishes for 2024, I hope that you have all enjoyed the festive celebrations. It was a great turnout for our Quiz and Raffle and we somehow managed to fit everyone in although I did find out later that two of you shared a seat for the whole afternoon ! My apologies to them both , we will look to improve on seating arrangements for next year ! The afternoon was a great fun way to round off the year

We can look forward to this year in a positive way and I hope we can continue to add to our interest groups and member numbers .

Our Open Day in June will be an important highlight on the calendar . It will give us a valuable opportunity to bring together our members with the wider community as it will be open to everyone in Ruddington and District . The committee will keep you up to date on how arrangements are progressing and the organisations that will be there ; please let us know if you have any ideas about who we could include with a focus on “Health and Wellbeing .”

On the matter of wellbeing, it is always good to be aware of personal safety and to try to stay one step ahead of the latest criminal scams that so often target our age group and today’s talk will focus on this.

**Liz McAdam      Vice Chair**

**This months presentation**



**CYBERCRIME**

**- a problem too close for comfort!**

Steven Piper PC3602, a police officer for 22 years, is now the local neighbourhood officer for Ruddington. He writes:-

“The majority of frauds that are now reported involve some use of device such as mobile phones, tablets, laptops or computers and is referred to as Cyber Crime. I'm sure that the majority of your members will have on line

accounts with various companies and online banking. It is faceless and the perpetrators will often reside in other countries. They are very good at what they do and are very believable.

In light of this I will be bringing a Cybercrime expert Mark Lonsdale with me to give a talk.

I will also take any questions about any other crime prevention issues the group may have if there is time.”

**Future Programme -3rd Monday in the month- all meetings start at 2pm**

\* for those looking forward to the Tax care and Toy Boys talk, it has been rescheduled to September.

19 February 2024	The Merseybeats	Trevor Leeson
18th March 2024*	Nottingham Theatres	Andy Smart
15th April	The Magic of the Guitar	Martin Perry
20th May	Emergency Response Team	Rhea Sutton

**INTEREST GROUP LISTINGS**

Time	Group	Venue	When	Leader	Contact
<b>MONDAY</b>					
2.00 pm	<b>Brush up your French</b>	MH	Weekly except 3rd Monday	Angela Sell	<a href="mailto:angibill@gmail.com">angibill@gmail.com</a>
	<b>Gardening</b>	<b>Various</b>		Mike Davey	<a href="mailto:mrdavey004@btinternet.com">mrdavey004@btinternet.com</a> 0115 9841687
7.00 pm	<b>Wine Tasting</b>	MH	4th Monday of month	Paul Clarkson	<a href="mailto:redbus84@hotmail.com">redbus84@hotmail.com</a>
<b>TUESDAY</b>					
10.00 am	<b>Book Group</b>	MH	2nd Tuesday of month	Maureen Thompson	<a href="mailto:maureenfthompson@outlook.com">maureenfthompson@outlook.com</a> 07803589966
10.00 am	<b>Painting &amp; Drawing</b>	EPC	2nd & 4th Tuesday of month	Liz McAdam	<a href="mailto:lizmcadam26@gmail.com">lizmcadam26@gmail.com</a> 07973 615754
2.00 pm	<b>Scrabble</b>	MH	Fortnightly	Di Brown	<a href="mailto:dibrownu3a@outlook.com">dibrownu3a@outlook.com</a> 07754 008754
<b>WEDNESDAY</b>					
10.00 am	<b>Photography</b>	EPC	2nd Wednesday of month	Ann Hooley	<a href="mailto:annhooley@virginmedia.com">annhooley@virginmedia.com</a> 0115 9211832
9.30 am	<b>Walking 5-8 miles</b>	various	4th Wednesday of month	Paul Clarkson	<a href="mailto:redbus84@hotmail.com">redbus84@hotmail.com</a> 07496 679953
10.30 am	<b>Table Tennis</b>	MCH	1st & 3rd Wednesdays	Steve Lowe	<a href="mailto:lowe_steve@sky.com">lowe_steve@sky.com</a>
<b>THURSDAY</b>					
10.00 am & 11.00am	<b>Tai Chi</b>	RVH	Weekly	Judy Hasson	<a href="mailto:judyhasson1@gmail.com">judyhasson1@gmail.com</a> 07505 844009
12.00 pm	<b>Beginners' Tai Chi</b>	RVH	Weekly	Judy Hasson	<a href="mailto:judyhasson1@gmail.com">judyhasson1@gmail.com</a> 07505 844009
<b>THURSDAY</b>	<b>Continued</b>				

10.30 am	<b>Petanque</b>	White Horse	1st Thursday of month	Chris Murdon	<a href="mailto:rudd_u3a@yahoo.com">rudd_u3a@yahoo.com</a>
1.30 pm	<b>Lunch Club</b>	various	See page 5	Margaret Marshall	margaretmarshall70@gmail.com 07914 414848
2.00 pm	<b>One in one</b>	Varies	See page 5	Pete Wakelin	<a href="mailto:peter.wakelin1@gmail.com">peter.wakelin1@gmail.com</a>
2.30pm	<b>Travellers' Tales</b>	The Hub	2nd Thursday of month	Peter Davison	<a href="mailto:pgdavison11@gmail.com">pgdavison11@gmail.com</a> 0115 9845733
<b>FRIDAY</b>					
10.00am	<b>Knit &amp; Natter</b>	Philos	Weekly	Joy Clayton	<a href="mailto:seesee_81@hotmail.com">seesee_81@hotmail.com</a>
2.00pm	<b>Monthly Quiz</b>	FKC	Last Friday of month	Barbara Breakwell	ruddington2012@virginmedia.com
2.30pm	<b>Spanish (Intermediate to advanced)</b>	MH	Alternate Fridays	Debra Lowe	<a href="mailto:debra-lowesky.com">debra-lowesky.com</a> 0115 9844504
<b>VARIOUS</b>					
9.30am	<b>Cycling</b>	Various	TBC	Tracy Meakin	<a href="mailto:tracymeakin@sky.com">tracymeakin@sky.com</a>

## VENUE GUIDE

**EPC** Elms Park Committee Room

**FKH** Framework Knitters Chapel Room

**MCH** Methodist Church Hall

**MH** Members Home

**RVH** Ruddington Village Hall

**TBC** To be Confirmed

## Contact us

**Website**

<http://u3asites.org.uk/ruddington>

**Email**

[rudd\\_u3a@yahoo.com](mailto:rudd_u3a@yahoo.com)

**Facebook**

<https://www.facebook.com/Ruddu3a>

**National u3a Website:**

<https://www.u3a.org.uk>

To subscribe to the national u3a newsletter visit <https://www.u3a.org.uk/newsletter>

### **Committee News**

Succession planning was the main topic discussed. Most committee members will be completing their term of office in 2025. In preparation for this it would be good to have some new people on the committee, initially to “learn the ropes” and hopefully then become more involved.

The committee meets once a month so it is not a big time commitment.

The Third Age Matters magazine is posted quarterly to members by the u3a’s national headquarters. The cost is £4 pa for each recipient. This comes from our funds. The possibility of individual members opting out was discussed.

### **Change of date**

There will not be a normal June monthly meeting. Instead there will be a Health and Wellbeing event supported by the money we received from the Coop Local Community Fund. There will be a “pop in” session at St Peter’s rooms on Monday 10th June between 10am and 12pm. It will provide information on a variety of subjects from representatives of different organisations in an informal way.

There will also be free refreshments. Further information will follow in the coming months, but please save the date.

### **Drive on- an Older Drivers’ Workshop.**

**Monday, March 11<sup>th</sup>, 2024 at the Methodist Church , 2pm start.**

Via East Midlands Road Safety Team, in partnership with Nottinghamshire County Council, have developed a workshop for the older driver.

Driving is an activity that as with many things changes with age and circumstances; this FREE session aims to be warm and light-hearted approaching this sensitive subject in a friendly and open way, with encouraging ways to prolong and enhance driving.

Places can be booked by either seeing Barbara Breakwell at the Monthly Meeting or by email, [ruddington2012@virginmedia.com](mailto:ruddington2012@virginmedia.com)

## Interest Groups

### Theatre Exploration & Appreciation

This new group is aimed at anyone with an interest in Theatre and Performance, in all its forms. It will cover visits to the theatre, discussion of plays, play reading and watching streamed plays together.

The dates & times of meetings will be arranged to accommodate the majority of interested participants. **If you would like to find out more about this group, Jae will be available to chat after the January meeting.**

Alternatively, you can contact her via [jaemarriott@gmail.com](mailto:jaemarriott@gmail.com)

### Lunch Club

In the December newsletter the photo of Margaret Marshall was wrongly identified as Maureen Thompson. My apologies to both. Margaret is the Lunch club organiser and Maureen is the Book Club coordinator.

**Sign up for the next lunch at the monthly meeting.**

### Brush up your French

It is informative and fun! There is still one space available in the group. Please contact Angela Sell if you are interested.

### One in One

January's meeting will be held on Thursday January 18th, commencing at 2:00pm at The Embankment (bus number 3 or 10 stops outside) followed at 3:00pm at The Trent Navigation, followed at 4:00pm at The Trent Bridge Inn. All existing group members and any new members, will be made very welcome.

### Gardening Interest Group

I am attempting to be proactive in organising activities for the Gardening Interest Group during 2024. Hopefully, weather permitting, our first visit will be to Easton Walled Gardens on Wednesday 21st February to see the snowdrops. Entry to the gardens is £10. Light refreshments are available on site. The gardens are closed Mondays and Tuesdays but open other days. Please let me know if you are interested in joining this visit. There will also be a sign-up sheet at the next U3A monthly meeting. Please let me know if you have suggestions for future visits. Mike Davey

## Painting and drawing

The Painting and Drawing group rounded off the year with a celebration after our December session .

We combined local “fish and chips “with festive drinks, treats and pulled crackers followed by a competitive game of bingo , all good fun !

We are planning more workshops with visiting artists and trips out this year .

## Travellers' Tales

A



rare event- men outnumbered women 9:2 to share their experiences of travelling in Australia - a vast country which we will return to in the future.

## Cycling group



January's cycle ride was to East Leake via Gotham and Costock. It was a very cold day but Gary, Ken, Paul and myself(Tracy) soon warmed up at the Cafe in East Leake.

The next ride is Monday 12th February - meet 9.30 on the Green.



## Photography

As there wasn't a specific theme for December there was an even greater range of photos than usual. We heard from Bryan about using a filter (in processing) to produce an infra red effect and Neil reminded us about using a polarising filter, on his camera, to darken the sky. The subject of the January meeting was anything connected with transport.



Replica of Locomotion no 1 at Kynren, a very large historical pageant at Bishop Auckland

A Blackpool bus being renovated  
At the Heritage Centre



Caen Hill, near Devizes  
a flight of 29 locks.

