

SEPTEMBER 2023 Newsletter**Welcome**

I hope that you have all enjoyed the summer months whether taking holidays or making the most of local events .

I am pleased to report on the success and popularity of the u3a walks around Ruddington Village hosted by Gavin Walker. My thanks to Gavin for sharing his extensive knowledge of the history of the village and for bringing it to life with fascinating facts and anecdotes, all illustrated by wonderful black and white and sepia photographs that we could compare with what exists today.

We learnt about how the people made a living ,the businesses that came and went , the wealthy benefactors who invested in the village, some whose legacy continues today and the changes that have occurred over the centuries. Our members who grew up in the village were able to share their memories of some places and people they remembered from childhood .

I particularly enjoyed seeing the photographs of the people, posed in their Sunday best or caught in a moment in time ! Who would guess that at one time Ruddington had three Fish and Chip Shops !

A warm welcome to John Devlin, our speaker today, whose topic is Blood Bikes.

Liz McAdam. Vice chair

Blood Bikes

John Devlin



John has been a member of the Blood Bike charity since it formed in 2013 and has held several roles during that time, culminating in his existing position as Chairman.

With an extensive knowledge of the service provided by Blood Bikes to the NHS, John is able to provide an in-depth presentation which brings the charity to life, through facts, figures, videos and personal experiences.

He works full-time as a project manager for a large print and media business in Mansfield, with voluntary duties for Blood Bikes filling his spare time - including management and leadership of their senior team.

Future Programme

All meetings start at 2pm. Please arrive in time to be seated by 2pm so the speaker is not kept waiting.

Monday 23rd October	Archaeology of the Net 2 tram route	Laura Parker
Monday 20th November	Singing for Victory- the forces sweethearts of WW2	Melody Flyte
Monday 18th December	Christmas quiz, competitions and refreshments	All welcome

INTEREST GROUP LISTINGS

Time	Group	Venue	When	Leader	Contact
MONDAY					
2.00 pm	Beginners' French	MH	Weekly except 3rd Monday	Angela Sell	angibill@gmail.com
	Gardening	Various		Mike Davey	mrdavey004@btinternet.com 0115 9841687
7.00 pm	Wine Tasting	MH	4th Monday of month	Paul Clarkson	redbus84@hotmail.com
TUESDAY					
10.00 am	Book Group	MH	2nd Tuesday of month	Maureen Thompson	maureenthompson@outlook.com 07830589966
10.00 am	Painting & Drawing	EPC	2nd & 4th Tuesday of month	Liz McAdam	lizmcadam26@gmail.com 07973 615754
2.00 pm	Scrabble	MH	Fortnightly	Di Brown	dibrownu3a@outlook.com 07754 008754
WEDNESDAY					
10.00 am	Photography	EPC	2nd Wednesday of month	Ann Hooley	annhooley@virginmedia.com 0115 9211832
9.30 am	Walking 5-8 miles	various	4th Wednesday of month	Paul Clarkson	redbus84@hotmail.com 07496 679953
10.30 am	Table Tennis	MCH	1st & 3rd Wednesdays	Steve Lowe	lowe_steve@sky.com
THURSDAY					
10.00 am	Tai Chi	RVH	Weekly	Judy Hasson	judyhasson1@gmail.com 07505 844009
11.00 am	Tai Chi	RVH	Weekly	Judy Hasson	judyhasson1@gmail.com 07505 844009
12.00 pm	Beginners' Tai Chi	RVH	Weekly	Judy Hasson	judyhasson1@gmail.com 07505 844009

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

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**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

Barbara Breakwell told the committee that the Rushcliffe Play Forum, where she volunteers, has introduced the collection, for recycling, of empty medicine tablet blister packs.

As it is probable that many of our members will regularly be using tablets the committee agreed to support this scheme. A collection box will be available at the monthly meetings.

The layout and wording of a welcome card for prospective new members was finalised.

Visits

As reported in the Vice Chair's welcome, Gavin Walker led two groups walking around the village. We learned to identify Flemish Bond brickwork of which Ruddington has some fine examples.

Interest Groups

Included this month are some reviews of group activities in the first part of our year, ie since April.

Scrabble Group

The Scrabble group continue to meet on alternate Tuesdays. We meet at 3 venues, all of which are member's homes. We usually have a full complement of 8 members but due to holidays this has been less over June and July. We should now get back to normal now that everyone has finished taking their holidays. We are a very sociable and humorous bunch and it's not just the Scrabble that we enjoy but a good natter and laugh while we play.

Lunch Club

The lunch club is thriving. It continues to attract about 20 each month. Members sign up at the monthly meetings. Locations which change each month, have included Edwalton, Wilford, and West Bridgford. The September Lunch club was at the Riverside Pub on the Trent Embankment.

Beginners' French

After a gap of several months there is now a French group. As it "says on the tin" the group is for Beginners. It is up and running at the home of teacher Angela Sell at 2pm on most Mondays. There is currently room for more students. For details email Angela on angibill@gmail.com

One in one

The "One in One" group has a monthly meeting, which entails visits to three different pubs. Always on a Thursday afternoon, within easy walking distance of each other and close to public transport. One hour is spent in each pub, so only time for one pint, hence "One in One." Purely a social gathering, to make new friends and visit new places. Attendance is roughly half women and half men. New members are always welcome. So far this year we've been to Beeston, up Derby Road, up Mansfield Road, in the Lace Market area, in the Sneinton area, round Nottingham Castle area etc.

We've had our "ups and downs." We've been up on the roof garden of The Sir John Borlase Warren and down in the basement caves of The Whistle and Flute.

September's meeting will be on Thursday September 28th, commencing at 2:00pm in The Stratford Haven, Stratford Road, West Bridgford (No.10 bus to County Hall, then walk or any bus going down Bridgford Road, to The Co-op) followed at 3:00pm in The Larwood & Voce on Fox Road, West Bridgford and finally at The Trent Bridge Inn at 4:00pm.

The group is run by Pete Wakelin and occasionally by David Swan.

Travellers' Tales

Meeting every month attendance is normally 15-18 people from the 23 who have signed up. Peter Davison is the convenor assisted by Susan Burton who, together with Chris Davison, provide the refreshments.

The meetings either have an illustrated talk by a member of the group or a chosen topic, for example "memorable travel moments - good or bad" to which anyone can contribute their experiences. The group has heard some amazing, sometimes hair raising experiences.

Presentations have included French river cruising, New Zealand, an overland journey from Cape Town to the Victoria Falls and the Panama Canal.

It is a very sociable group with plenty of tales to tell and you would be welcome to join us. August is kept free for travelling and grandparent duties! We start again in September with "Rum and Revolution" a talk on Cuba.

TAI CHI

The popular Tai Chi groups continue to meet every Thursday morning at Ruddington Village Hall. There are 10 to 13 people per class.

Each class does tai chi and qigong. Tai chi consists of continuous, gentle, graceful movements that are relaxed and slow in tempo. Qigong is essentially a breathing exercise, sometimes aided by certain body

movements and meditation at the same time. We learn to find the stillness in the movement and motion within the stillness. (Moving meditation,)

Wine tasting

Between 14 and 18 people gather together in a members home each month. Usually a modest 50ml of 3 white and 3 red wines are sampled.

A planned bbq went indoors thanks to the weather! Paul Clarkson, the convenor, produced a 3 course meal and we sampled red, rose and white wine with a glass of port to finish. Needless to say it was very enjoyable and Paul was thanked with acclamation!

Photography Group

We meet at 10.00.a.m. on the second Wednesday of the month in the Elms Park Committee Room, and there is a charge, currently £2-00, to cover room hire and refreshments. The convenor is Ann Hooley and at the moment there are 14 members, with attendance usually 10 – 12.

Each month we present photos on a theme we have prepared during a previous meeting, recent examples being Unusual Viewpoints, Music, Water, Decay and Dereliction. Sometimes an individual member gives a presentation on an aspect of photography of particular interest to them. Further examples and, we hope, inspiration are provided by materials from photo magazines and books. We are trying to improve our skills but it is very relaxed and enjoyable.

Spanish

The Spanish group meets once a fortnight. We are a friendly group of 7 people at present. The Spanish is generally of an intermediate level and based around improving speaking skills. There is no charge for the group with members taking it in turns to provide biscuits and Debra Lowe (the group's convenor) the coffees and teas. Debra sends out details of each meeting by email including a topic or other basis for conversation. We have covered a wide variation of topics from culture to hobbies. We do a small amount of grammar, pronunciation or other learning points but the aim is to keep the flow of the conversation and build confidence. Members can prepare some notes if they wish and we try to ask questions and keep the conversation going. We are a friendly bunch and generally have a bit of a chat and catch up in English too.

Gardening Group

Popular monthly visits have taken place all summer.

On the morning of Monday 14th August a sudden clearance in the heavy rain enabled twenty five members to enjoy the small, delightful garden of Julie and Richard Fowkes at Rose Cottage in Keyworth. This NGS garden is a hidden gem, packed with unusual and interesting plants.



Home-made refreshments were much appreciated by everyone, together with the opportunity to view and purchase Julie's art work in her cosy garden studio. There is no visit scheduled for September.

Painting and Drawing Group

We have 14 signed up at the moment meeting in the Elms Park Committee Rooms on the 2nd and 4th Tuesdays of the month, usually around 10 members attend .

Alternate Tuesdays we meet at different local coffee venues to socialise and sketch the surroundings .If there is an extra Tuesday in the month we meet inside at Elms Park . We pay £20 for six sessions and have again accrued enough funds to book some visits or have a visiting artist for the day .

Liz McAdam is the conveyor and Peter Johnson Marshall looks after materials and helps with demonstrating techniques. We share the tea and coffee rota around the group .

We have a very useful resource, a file of photographs that we use for inspiration and many of us bring in our own ideas to work from.

Everyone has their own materials but we share resources and have a stock of items for everyone to use .At the moment we have enough members signed up for the space and tables in the room .