

December 2022

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No 113

WINTER NEWSLETTER



Christmas Wreaths made by the Alternate Gardening Group
taken by Jean Bratley

CHAIRPERSON'S REPORT

As you will probably know by now – and as the fact I am writing this report shows – I am still your Chair. Although I had intended to stand down after one year and let someone else take over, I'm happy to be continuing for a second year. This will definitely be my final spell as Chair, so please give some thought to standing yourself next year. You will have an absolutely fantastic group of members on the committee (and off it) to help you.

This year we finally got back to normal after Covid and I was delighted to see almost 100 of you at our last meeting. I hope that you all had a good time. We managed to hold some great events this year, including our splendid Hog Roast to celebrate the late Queen's Jubilee, the planting of our apple trees at Springfields and the unveiling of our bench bought to celebrate the 40th anniversary of the u3a movement, also at Springfields. I am really happy to think that people using the sensory and memory garden will be able to rest a while thanks to Spalding and District u3a, i.e., you.

You will have seen that we have two new committee members, Mel Gordon who is our new Vice Chair and also in charge of our website and Jane Davis, our new Group Coordinator. Mel has already been instrumental in setting up a social subcommittee and I hope that many of you will get to enjoy some of the events that will be take place in the coming months. I believe that the first event has already been planned and you should all have had information regarding this.

Jane has already held a successful Group Leader's meeting. I will leave her to tell you all about it elsewhere in this newsletter. Beryl, our secretary, has also taken up the reins as Publicity Officer. We have lots of ideas for next year and I will let you know all about them over the coming months.

Because our monthly meeting will be held on the 1st of December, this notice will probably be too late, however, I will be sending an email out beforehand. The committee discussed what to do at our December meeting and we decided that we would provide some festive fare such as mince pies, cake and the usual tea and coffee. All donations received on the afternoon will be taken to the Food Bank. We were pleased to invite Alan Bolt along to regale us with anecdotes from his 40 years in the music industry together with some tunes on his guitar to start the Christmas season in style.

We have had some new groups starting up, ukulele and colouring for mindfulness, just to mention two. I spent a really relaxing couple of hours at the colouring group and can thoroughly recommend it. I also attended the not so new Exploring Churches group and was totally hooked.

The bowls club has restarted and there are more in the pipeline. Why don't you do what I did and have a look at our list of groups and see if there is something that you might be interested in. If you have an idea for a group, please do let us know. We can help you start it up, advertise it to our members and provide help that you may need along the way. I say it in every newsletter, but I am not ashamed to say it again – it is your u3a and we can only keep going with your ideas and input.

To those of you who I will not see before Christmas, I wish you all a very happy and peaceful Christmas and all the very best for 2023.

Take Care

Christina

ctt@u3a@gmail.com

YOUR COMMITTEE



Christina Tyler— Chair Person
Ctt.u3a@gmail.com



Mel Gordon
Web Administrator



Beryl Brennan—Secretary & Publicity Officer



Dawn Kent -Treasurer



Jane Davis—Group Coordinator



Paul Berry—Speaker Finder



Heather Girdlestone- Membership Secretary



Barbara Charity—Committee Member

GROUPS CO-ORDINATOR REPORT

Firstly thank you to everyone – over 50 of you who responded to my email asking what groups would you like to see, either as new groups or as re vitalised groups.

We had a very successful and well attended Group Leaders meeting on Halloween, as a result of which several things will be happening over the next few months. Some quicker than others, as some ideas need to go through the Committee.

1. The Indoor Bowls Club is BACK – Group Leader/Co-ordinator will be Richard Livermore – I have passed details of those I know are interested directly to Richard, but if you don't hear from him soon then feel free to contact me or him directly.
2. There is now a Social Sub-Committee with two Group Leaders – Mel Gordon and Jean-Marie Demarche, the first event is planned already and is in the newsletter – Well done to Mel and Jean-Marie!
3. Everyone who has expressed an interest in a New Out & About Group OR Visiting Old Buildings will be contacted very soon to arrange an initial get together and also to find people will to be on an organising committee to run this group – which won't be too onerous as we have at least 48 ideas on the list already! This Group may well also be able to incorporate Arts & Culture outings too. **Unfortunately no one has come forward to help run this group which is very disappointing. If you think you are able to help please contact me.**
4. We have had a really innovative idea for a "One plus One" group. This will be for anyone who wants to go somewhere and doesn't have someone to go with – could be the cinema, could be the Thursford spectacular on a Hallam Coach Tour, going to Peterborough Cathedral to listen to G4 or even a holiday to see the Cherry Blossom in Japan. The initial idea might be that this is run as a virtual group – maybe with a WhatsApp Group or by email. This may operate as a spin off from the Out and About Group – but won't be constricted to their events. Details to follow soon.
5. We are going to try and organise another Open Day to attract New Members – but actually our best advertising is YOU – speaking about what you do in u3A.
6. Other new Groups are in the offing as well – another "slower" walking group – with 13 people at least interested
7. Also – and finally – with other existing Group leaders I am going to put together a very simple guide to what being a Group Leader/Co-ordinator/Facilitator actually involves, and how you can share the tasks – as we think the current Guide is frankly – off-putting initially.

Kind Regards

Jane Davis

Spalding & District u3a Group Co-ordinator

SPALDING & DISTRICT u3a WEBSITE

Mel Gordon manages the Spalding & District U3A website, which is available for all to see at www.u3asites.org.uk/spalding and our Facebook page, Spalding & District U3A which is a private group which you have apply to join. Do have a look at both.

Please help him to keep your website up to date and relevant to you by passing him group news and reports, articles, ideas.

Group Leaders please check the description of your group and contact Mel with any necessary changes.

SPEAKERS FOR 2022/23

Monthly meetings are held on the first Thursday of the month, Start 2.00 pm prompt (doors open 1.30 pm) at Surfleet Village Hall with

Guest Speakers:

December Alan Bolt – History of Guitar Music & stories from 45 years in the Music business

January 2023 Bernard Bale – Norman Wisdom

February : To be confirmed

March: Bernard Bale on the Life and Times of a Fleet Street Reporter

Speakers can be subject to change due to unforeseen circumstances

GROUPS UPDATE

Morrisons Community Room is open again!

DEADLINE FOR THE SPRING EDITION

The committee are very grateful to all of you who send in articles for the newsletter, without you there would be no newsletter, so please keep those articles coming. It is very rewarding to receive articles from group leaders who we do not hear from very often.

Thank you to everyone who has contributed articles for this newsletter. The deadline for receipt of articles for the Spring edition is **15th February 2023**. Articles should be no longer than 300 words and please include a picture if you can. If you need a picture taken, please contact the Photography Group.

Please send articles to spaldingu3newsletter@gmail.com in a Word Document, any accompanying photographs please provide them as JPEGs. Do not send them to Jean's personal email address.

Our Newsletter Editor, is Jean Bratley.

Christina Tyler & The Committee.

DISCLAIMER

Please note that all the information in this newsletter has been compiled with the best of intentions and information available. Spalding and District u3a will not be held responsible for any errors or omissions.

Indoor Bowls

I am pleased to announce that the indoor bowls group has been reinstated. It is intended to meet initially once a fortnight with the first meeting on Thursday 24th November at Castle Sports Centre in Spalding. Unfortunately, during the winter months the indoor bowls lanes are very busy, which has left limited time slots available to hire, hence the time available is 4:20pm. It is hoped to reschedule to an earlier time and possibly increase to weekly meets in the warmer months.

If you are interested in joining, please contact me on
by Email: Ctt.u3a@gmail.com

Richard Livermore
Indoor Bowls Group Leader



Come and try Rummikub or indeed Canasta

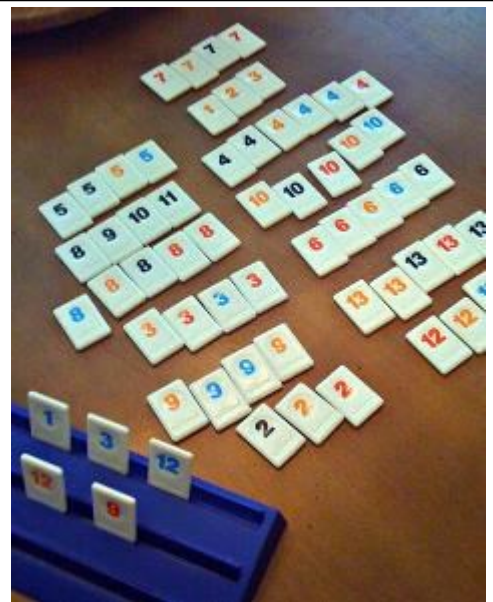
Come and try Rummikub or indeed Canasta

We play on the third Thursday morning of the month. It's just not an excuse to say that you don't know how to play - we'll teach you and the rules are surprisingly simple for such an absorbing game.

Start time is 10am at Tonic 44 – just along from Surfleet Village Hall in Station Road, Surfleet. We're given a warm welcome there by Elise and her team – lovely underfloor heating too! Our agreement is to purchase a drink in lieu of renting the space – their tea cakes are the best in the district too.



The Canasta group also meet at Tonic 44 on the first and third Wednesdays in the month from 12.30pm. Again no excuses if you can't play as we'll teach you. We play a racy version using 5/6 packs of cards called 'Hand and Foot'.



Come along and give one or both groups a try. We're a friendly bunch and what else are you going to do when the weather gets colder – well there's always housework I suppose.

Rosemary McClements

NEEDLECRAFT

Needlecraft Ladies have been looking ahead to the Festive Season!

Here are some examples of 'a work in progress' and some completed items from other years. Wonderful what can be created alongside a cuppa and a chat!



A QUIZ FOR CHRISTMAS

- 1 The Christmas movie "Holiday Inn" was set in which US State?
- 2 Which spice derived from the seed of the *Myristica fragrans* tree is used in the recipe for Christmas puddings?
- 3 Which in 1836 became the first US State to officially recognise Christmas?
- 4 Often eaten at Christmas, what sweetener is used to make the German sweetbread Lebkuchen?
- 5 With 5.4 million viewers which was the most watched TV programme on Christmas Day 2020 (Excluding the Queen's Christmas message)?
- 6 Which of the gifts bought by the Wise Men to the new born Jesus is also known as Olibanum?
- 7 Who wrote the 1879 poem popularly known as "Christmas Day in the Workhouse"?
- 8 Who wrote the poem, "The Cultivation of Christmas Trees"?
- 9 What was the name of the boy in the TV film "The Snowman"?
- 10 Which Poet Laureate wrote the verse 'The Robin Song' that begins, "I am the hunted king, of the frost and big icicles"?

Answers on page 11

THE ALTERNATE GARDEN GROUP

visit to the Bridge Farm Group A16 glasshouse

We knew it was a vast structure – its size is visible to anyone travelling along the A16 – and it will be even bigger in the spring when extended to some 95 acres of glass. This will be roughly the equivalent of 95 football pitches. Jen Richardson, the HR manager for Bridge Farm Group and three colleagues, greeted us in reception where we signed in and donned some snazzy high vis jackets. Moving forward into the potting and spacing area we heard about the environmentally friendly practices used throughout. The glasshouse is heated by biomass boilers, the irrigation is rainwater from the roof and the compost is peat free with plans to make compost on site from discarded plant material from the various Bridge Farm sites. The 'climate' in the glasshouse is controlled remotely via vents and shading though the recent very hot spell certainly tried the stamina of the employees. Watering is done once a day by flooding and then draining the benches – excess water is of course recycled. The pot spacing machine lifting and spacing pots from one bench and transferring them to another bench on the right. These are some of the 1 million poinsettia grown for Christmas.

Contrary to rumour, there is no medicinal cannabis grown on this site. The glasshouse was full of autumn flowering ornamentals including cyclamen and chrysanthemum plus row upon row of young poinsettia plants. We watched as these were brought into the spacing machine area (as the plants grow so they need more room). The whole bench moves forward out of the glasshouse and a machine lifts and spaces the growing plants onto another moveable bench which is then rolled back into the glasshouse. Plants not meeting the quality standard are removed by hand and the 'old' bench is removed automatically for cleaning before being brought back into use. This photo gives some idea of the size of the glasshouse.

Seedlings are potted, re potted and watered using some very expensive machinery with robotic fingers to lift and insert the plant material – long gone are the days when seedlings were prised apart by hand.

Pests can be a problem. Rather than spray with insecticide, nematodes – tiny insects with a voracious appetite for thrips and other nasties – are introduced. This is a far more effective and environmentally sound way of dealing with pests. The nematodes eat well, reproduce and so the process continues.

70 million plants are produced annually including 1 million mainly red poinsettias. Yet we hardly saw anyone in the glasshouse itself as the care of the plants is automatically monitored and controlled. If you buy a poinsettia this Christmas from Tesco it may well be one grown and nurtured here in the Spalding area at the cutting edge of horticultural technology.

Rosemary McClements



THE ALTERNATE GARDEN GROUP

Last meeting for 2022

Members of the group completed door wreaths for Christmas using woven ratten bases and foliage sourced from members' gardens, dyke edges and local hedgerows. Liz Dixon from Holbeach Hurn brought along additional colourful material including dried hydrangea and allium seed heads and showed the group her wreath bases woven from materials such as the dogwood and willow taken from her garden.

£42 was raised for Liz's chosen charity, the Red Cross and everyone went home with some truly individual Christmas wreaths.

As in previous years there will be no meetings of the group in December and January but the group will restart in February under the leadership of Lucy Kenney. We are hopeful that someone else will step forward to help Lucy - the only requirement is an interest in plants and gardens. Please let Heather, Jane Davis our group coordinator or myself know if you can help.

Heather and I have enjoyed planning the programme for the group but it's time to let someone else with new ideas take the lead.

Rosemary and Heather



POSTAGE STAMPS

Can we remind you that Frank Wilson is the contact for collection of used postage stamps which go to Hearing Dogs for the Deaf.

To ensure that stamps are not discarded by the organisation, please leave a finger width all round.

If you can keep them in that "safe place" until we can hold our monthly meetings again, you would be helping a very worthwhile cause.

THE LUNCHEON GROUP

In September the Luncheon Group enjoyed a meal at the 17th Century Ruddy Duck in the small village of Peakirk.

Unfortunately, due to the continuing health issues experienced by Andy, proprietor and chef, the menu was limited, but Sue and her staff made us very welcome. I think it important that we continue to support our local pubs or risk losing yet another venue. There are many footpaths around the village and the pub is warm and cosy for the Winter months if you care to venture out and are in need of refreshment after your walk.



The Waggon and Horses at Langtoft offered the choice of a Carvery or a meal from their main menu for those who enjoyed the October outing. I didn't attend, but I haven't received any reports from the pub of anyone dancing on the tables, so trust it is somewhere we can return to next year.

Our November meal will be a trip to the Anchor at Sutton Bridge, where we have previously enjoyed their hospitality.

The Luncheon Group and Dining Group are coming together to celebrate the start of the festive season by booking our tables at the Black Bull in Donington. I am sure, as last year, we shall receive the same friendly welcome and a most generous spread of food as we take our seats for our Christmas meal.

The group will have enjoyed eleven meals (we skipped January) in the company of friends, some of us discovering new villages and pubs, and hopefully we will continue to do so in the New Year.

Sheila Field

CHRISTMAS QUIZ ANSWERS

- 1 **Connecticut.**
- 2 **Nutmeg.**
- 3 **Alabama.**
- 4 **Honey.**
- 5 **Call the Midwife.**
- 6 **Frankincense.**
- 7 **George R Sims.**
- 8 **T S Eliot.**
- 9 **James.**
- 10 **Ted Hughes.**

MONDAY WALKING GROUP

It was a very misty day when six of us left the car park at Burghley. Workmen were busy erecting marquees for the forthcoming Christmas Fair when we began our walk. The house was shrouded in mist with just the outline of the magnificent building hinting at its grandeur, and fabulous contents within. A gaggle of geese were munching on the grass with more in the water, which we saw from a stroll on the Lion Bridge. We admired the trees with foliage in varying shades from green to amber then brown and finally dropping to form a mass of leaves for us to scrunch through. The hundreds of deer were in several areas and they were not frightened by our proximity. The mist lifted very slowly before we returned, slowly revealing Burghley House to us.



HAPPY WANDERERS

Navenby– September 2022

It was almost four years since our last walk at Navenby and we enjoyed a clear, dry and sometimes chilly day. This is a new area for most of the group as it is a little further from home.

After ordering lunch at the Lion and Royal pub we set off and soon joined High Dike, which is a long-distance green road, we skirted Boothby Graffoe and followed footpaths across fields past an old gravel pit until we arrived at Coleby. We then

joined the Viking Way with its extensive views towards Nottingham, walked through Boothby Graffoe and on to Navenby where we enjoyed a well-earned lunch.



Barnack—October 2022

Finally, we were able to complete the walk that we were going to do the week that the first lockdown started. Another nice, dry, warm day saw us walk through fields of sheep, around the perimeter of a large country estate, with views of the large house. On the final part of our walk we went into a Nature Reserve. (see below)

Arising from the rubble of a mediaeval quarry, Barnack Hills and Holes is one of Britain's most important wildlife sites. Covering an

area of just 50 acres, its grassy slopes are home to a profusion of wildflowers and butterflies.

We finished at the Millstone public house which I thought had been turned into accommodation during Covid. They have actually added a café at the back and modernised the pub, which is now a really nice venue with excellent food and service.



Steve Field



AVIATION GROUP

VISIT TO FENLAND AIRFIELD

. On a drizzly Wednesday morning, Fenland Airfield at Holbeach St John's, was the venue for this month's visit. Nine Aviation Group members met in the Clubhouse to be welcomed by Club President Jeff and two of his colleagues Dave (Instructor) and Tim (Safety Officer).

Jeff explained Fenland was a light aircraft facility comprising of two grass runways, one north/south the other east/west, a Control Tower, a Refuelling Point, the Club House and a Flying School, all completely staffed by volunteers. Splitting into two groups one going with Dave to see a Chipmunk and the Hanger, the other to the Control Tower. In the Hanger we were introduced, by Dave, to the Chipmunk which he owns, a very versatile aircraft. Apart from being a Ryan Air Pilot, Dave and his Chipmunk are part of the Vintage Pair Air Display Team. He showed us all the aspects of the plane before touring the hanger which houses many types of aircraft and explaining facts about each one. Some of these were kit built by their owners.



The groups swapped over and in the Control Tower, Jeff and Tim gave a talk on the airfield. They explained the way the two grass runways operated, the Refuelling Point, Club House and Flying



School. Fenland Airfield is among the top ten airfields most visited in the UK and is an informal airfield. It operates under a 'No Prior Permission Required' system, except for non-radio flights and aircraft requiring Jet A1 fuel. Pilots are responsible for the safety of their own landings and take off's. Landing fees are only £5 for single engine planes. The tower operates at weekends for events and the flying school but does not give airborne instructions. The school operates it during other times.

Both groups finished their tours back in the Clubhouse where we thanked our guides for an interesting and informative visit. Some of us stayed and enjoyed a delicious lunch in the restaurant before driving home.

Peter Crossgrill

U3A AVIATION GROUP

VISIT TO RAF HOLBEACH



RAF Holbeach was, in October, our last Aviation Group visit of 2022. 13 members were greeted by John, Commander of the Bombing Range which is used for bombing and strafing practise. The range is manned by both RAF and non-RAF personnel. There are four such ranges in the UK. John is also in charge of Donna Nook range, where there is a Seal colony.

We were directed to the conference room, for coffee, where John explained the rules and regulations under which the site operates. He also explained about the various targets which are sited both on the mudflats and in the sea. These consist of boats, vehicles, a road with imitation lorries and various targets for pilots to practise their Laser firing, Strafing and Bombing skills. This is available to all the allied countries. JTAC Air/Ground forces practise are also carried out on site. Unfortunately, there was no traffic during our visit.

Whilst the site is live the Control Tower, 4 Look Out Posts and Red Flags/Lights keep the sight safe. There is also a conservation programme to protect the wildlife on the site.

We then drove the 2 miles, in convoy, to the Control Tower, where the RAF controller explained how the tower operates and control the aircraft using the range. There is a crew of four, The Controller and 3 dedicated personnel to monitor the air space up to 20000 feet, a large sea area to control activities and stop the public wandering into the target area and the tower systems. They also monitor bomb count and tracking, as well as contacting ships at sea if they infringe the safe area during activities.

After the tower we returned to the conference room for more coffee and biscuits, any questions and more site information.

We thanked John and his staff for a very enjoyable visit.

Photographs courtesy of the Photographic Group.

Peter Crossgrill



U3A AVIATION GROUP

VISIT TO THORPE CAMP VISITOR CENTRE

21st September, a sunny Wednesday afternoon, 8 Aviation group members met up with Nick, centre Director and volunteer, in the car park at Thorpe Camp Centre. Hosted by Ron and Pat Honour.



He explained that the centre was made up of several buildings containing displays dedicated to the history of RAF Woodhall Spa and the four squadrons that operated from the airfield including 617

(Dambusters).

The huts are divided into rooms, each one depicting the story, during WW11, of RAF Woodhall Spa, its squadrons and civilian life.



Parts played by the Home Guard, The Land Girls and The Royal Observer Corps. Plenty of war time equipment of both Allied and German origin, including aircraft and workshops.

The section on civilian life had examples of how people lived under war time rationing including a wedding dress made from parachute silk and a wedding cake made of cardboard covered in Plaster of Paris.



There was a NAAFI for refreshing drink and a cake, a shop for military memorabilia.

We thanked the volunteers for a really interesting visit and there was time for a group photo before we went home.



Photographs courtesy of the Photographic Group.

Exploring Churches

2022 and all that – a review of the year

In August we arrived at Crowland Abbey to hear of the trials and tribulations endured by the abbey as the years passed by, especially the damage caused by Oliver Cromwell.

Spalding Broad Street Methodist Church has undergone great improvements with the building in recent years and Bryn Chappell gave an enlightened talk, explaining how recent renovations have ensured a sound building for future generations.

Searching for a church north of Spalding we aimed for Fosdyke All Saints. Although the village now lies off the main road it is a most welcoming place to visit, especially the church with the three Johns. We listened to a talk by John 1, then had a presentation by Father John who explained the items he used in a service. Finally John 3 had prepared a treasure hunt around the church for which the winning team were awarded a bottle of



port. As with all churches we were then entertained to a wonderful tea by people in the village hall.

Sadly two visits, March and July, to Barnack and Gedney, were postponed due to Covid but we shall see them as soon as possible.

The year has been most enjoyable and satisfying for various reasons. Each and every church is different in structure, its members and the history and stories of the characters involved, but they all have one thing in common – we were offered an extremely warm welcome wherever we went, with refreshments provided to round off each afternoon.

I am most grateful to Andrew Hawkins, Chris Briggs and Roger Smith for their support in arranging visits to a number of our venues. This is greatly appreciated. The friendship of our group is also something to value and enjoy.

Whilst we now have a tentative programme arranged for 2023 we would greatly appreciate any ideas for future visits.

The programme has provided evidence that we are now moving back to some form of normality.

If anyone is considering joining our group please contact me, Ken Bush, by email

Ctt.u3a@gmail.com

when I would be happy to give more information and hopefully you will come and join us for at least one visit.

Ken Bush

Exploring Churches

2022 and all that – a review of the year

After two years of non activity we restarted our programme in January by visiting St Laurence at Surfleet, famed for its leaning tower over six feet out of vertical. Soon after construction in the thirteenth century the foundations began to sink but fortunately it is now stable.

The churchyard contains a grave in memory of Samuel Stockton who was enticed to the area by a Gedney Hill farmer, who killed him. Hooten the farmer was executed in Lincoln.



Next stop in February was to Quadring where a member of the Disney family is interred in the churchyard. In 1939 the font was damaged when the building was struck by lightning. The old parish chest has three secure locks containing parish registers. Keys were held by the vicar and two churchwardens who were all required to unlock before the



chest could be opened.

April meant a trip to Moulton Chapel St James, a small octagonal building constructed with thanks to Maurice Johnson on a visit through the village witnessing people not attending a church because it was too great a distance to the nearest place. The last full time incumbent, Rev Thompson, was known to preach wearing his wellingtons and he kept his horse in the vicarage lounge.

St Mary and St Nicolas, Spalding was the next church in May when Rev John Bennett gave a potted but thorough history of the church, how it was founded and where the original Grammar School was situated. The foundations of the church were laid in 1284 by the Prior to replace the earlier parish church situated on the Priory boundary. Thus began a fascinating story of the life of this building.

June meant we headed to Gosberton Risegate, St Gilbert and St Hugh, of TV fame. The church was constructed in sections, delivered to Gosberton Railway station and transported to the site by horse and cart in the early 1900s. The angels were renovated on The Repair Shop and we heard how the programme was made.



COLOURING FOR MINDFULNESS

I've started this group as I felt the arts were missing from U3A's group offerings. Also, in these stressful times, I believe that anything that takes us to another place just for a couple of hours is beneficial.

For those that don't know what 'Colouring for Mindfulness' is, here is a short explanation. Basically, it's colouring using colouring pencils and ADULT colouring books. Whilst you concentrate, you'll find that you become relaxed and temporarily forget about your woes.

You don't need to be an artist or have an artistic background. Anyone can take part. It's open to everyone who wants to have a go. You'll learn some techniques on how to improve your colourings, which pencils suit you, what other equipment you may need in the future and what's available on the market. You'll be able to try different styles of colouring books. To start with we will all colour the same picture and you'll learn as you go. For the more advanced colourists, you will be able to work at your own pace or do the same as everyone else.

You don't need to bring anything with you. If you have pencils by all means bring them. I have many sets of colouring pencils (250 pencils in set) which you can try and many books we can use.

We only started at the latter part of October, and we are meeting twice a month. (The 1st and 3rd Tuesday of the month) at 2-4pm. We can use the Community Room at Morrison from now on.

I have an art background and ran art classes for different ages (3yrs+) I also have experience as a Graphic Designer, Mixed Media artist and also taught A level Art. I've been colouring for about 2 years. I started as a means to recover from hand surgery and my consultant couldn't believe the progress I made, and he thought he ought to give his patients colouring books and pencils!



On a serious note, Colouring for Mindfulness has become very popular, and the once stigma has now virtually gone. The lady who started this was Johanna Basford, a young Scottish mum of two. She felt that colouring was an excellent way to unwind and to forget your worries for a little while.

If you have any questions, please email me.

Linda Gambba-Jones Ctt.u3a@gmail.com