



APRIL MEETING

Our next meeting is on Wednesday 3rd April 2024 at 2.00-4.00 pm. Doors open at 1.40 pm and we aim to start just after 2.00 pm. (1400).

This month's subject/Speaker will be Jane Wright, Marg's Meals a Food Charity

MARCH MEETING

Melody Flying Forces Sweetheart **WW2**

At our March meeting ,we welcomed Melody Flyte with her 1940's themed talk and sing a long, Melody was dressed in a replica ENSA uniform the same style that Gracie Fields wore when she entertained the troops in France in 1939, she presented many photographs, some were of Gracie Fields and Vera Lynn and talked about their trips to entertain the troops abroad, she explained it was the actor and director Basil Dean who thought up the idea to take celebrities abroad to lift the soldiers spirits when they were not engaged in battle.

ENSA stands for Entertainments National Service Association and others nick named it Every Night Something Awful which in some cases may have been true but if you saw Gracie Fields or Vera Lynn you wouldn't be complaining, they would sing all the favourite hits from their movies like "Wish me luck as you wave me goodbye" and "Blue birds over the white cliffs of Dover" and Melody true to her stage name sang them beautifully. Melody covered a lot of the wars musical history and mentioned many famous acts that went abroad, to help maintain the troops moral. It turned out to be a very nice afternoon listening and trying to sing along with her.



Heather Flinders



FOR YOUR DIARY

Next Monthly Meeting will be held on
Wednesday 1st May 2024.
The Subject will be: Road Safety Officers,
Drivers Workshop

MEMBERSHIP REMINDER

We will be renewing membership from the 3rd April 2024 at the open meeting. The price is the same £18 and you can pay by Card, B A C S, Cash and Cheque. For those of you that took a form at the last open meeting you may have noticed that not all payment details were printed.

Here are your payment details.

CASH

CHEQUES

BACS A/C 29150260 sort 77-22-32 reference your full name.

If paying by Card please put your last 4 digits on form.

The Chair

Do you know what our Group Leaders do behind the scenes?

All members know of the regular monthly meetings in the Methodist Church Hall, but did you know your u3a offers every member a chance to join more than a dozen small "Interest Groups"? Without the volunteer Group Leaders this would not be possible.

And if you have any suggestions for new activities, please contact our new Groups Co-ordinator, Anne Linsdell, as new topics are the key to increasing the variety of these Interest Groups.

On Friday, 22nd March, Anne with Hazel (Chairman) and Janet (Treasurer) updated Group Leaders on latest guidance from the Third Age Trust (TAT).

Anne's new Leaders Pack (available for any new Group Leader from now on), concisely covers the duty of care to members, and essential record-keeping to ensure transparency. Our own Groups are run in various ways, some with no fees, others with fees to cover expenses for rent, for supplies or for advisers' travel costs. More detailed information on each Group will soon be available on our website.

<https://www.u3asites.org.uk/stapleford>.

Because Stapleford is a small, friendly Branch, we try to ensure the formalities do not become irksome – but they still apply and your Committee, and the Group Leaders, must adhere to them.

TAT (our national co-ordinating body) updates all u3a's on legal requirements affecting all charitable organisations. Our responsibilities include Data Protection, Health and Safety and Equality, Diversion and Inclusion. There is a Code of Conduct every Branch must follow. You can see all these in the Documents section on our website

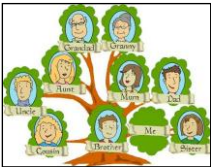
Contact Anne, see her at any of our monthly open general meetings.

NEEDED

Donations for items to Raffle, if you have anything that you think would make a nice raffle prize please bring along and pass to me, as we are getting very short of items. Your help would be greatly appreciated! Thank you.

The chair

GROUP NEWS



Family History

Are you thinking of taking up a new hobby (possible obsession) then our Family History Group may be for you. Why not give us a try? All we ask is that you have some basic computer skills and a laptop or tablet to bring with you to the group. Please contact me if you wish to join us so we can discuss what we do and what you are hoping to get from the group. Also look out for notices before attending any meeting. If you would like more information about our group please speak to me at the next U3A Monthly Meeting or email via the Bird Icon on the Stapleford & District U3A website.

Our next few dates are as follows:

Monday March 25th, 2pm, Stapleford Library

Monday April 8th, Stapleford Library

(Please note I will not be attending this meeting)

Monday April 22nd, Stapleford Library

<https://u3asites.org.uk/stapleford/home-->

Sharon Bosworth



LOCAL HISTORY

To find out more about this group, Please speak with Janet cross at the open meeting on 3rd April 2024



QUIZ GROUP

I am pleased to say that numbers for this group are increasing. It is always good to see some new faces and there is still room for more so why not come and join us. We encourage members to bring along a quiz to share but don't worry if you can't. You don't have to make the quiz up yourself, it can be something from a book or magazine or something you have found online. This helps ensure variety rather than the same person bringing questions each time. We are a very friendly group and not at all competitive. There are no winners or losers in this quiz. There is a charge of £1 to cover room hire and refreshments. Did I mention tea and biscuits? Here are the dates for our next 3 meetings.

Tuesday Apr 9th, 2pm, Church of Christ, Eatons Rd, Stapleford
Tuesday May 7th, 2pm, Church of Christ, Eatons Rd, Stapleford
Tuesday June 11th, 2pm, Church of Christ, Eatons Rd, Stapleford

If you would like more information please come and speak to me at the next U3A Monthly Meeting or email via the Bird Icon on the Stapleford & District U3A website. A list of dates for future group meetings can also be found on the Stapleford & District U3A website.

<https://u3asites.org.uk/stapleford/home>

Sharon Bosworth



GARDENING GROUP

Greetings from the garden.

I cannot believe we have passed the Spring Equinox, but here we are in the 4th month, with nights shorter than days and warmer weather. Spring had definitely sprung.



Everything is early because of the very mild spell in late winter and there is plenty to do. Winter flowering clematis are now putting on a growth spurt and any excess growth should be cut back. If you haven't done it already, cut back fuchsias to a manageable size. Wait until the middle of the month the prune your Hydrangeas, then cut them back to a healthy outward facing bud. When your daffodils have finished flowering, dig up and split any overcrowded clumps. If you have clumps with more leaves than flowers, that's a sure sign that they are overcrowded so if you split them this month you will have lots more flowers next year. Do not cut back the leaves until they have died back. I know they look a bit unsightly but the goodness needs to go back down into the bulbs. Make a note to plant some Alliums around

them so that you have some continuity. Grape hyacinth, tulips and camassia will also guarantee the continued interest and take attention away from dying daffodil leaves. If you have a shady garden, bluebells will do well but make sure you buy British bluebells. Another beautiful bulb for late spring is *Fritillaria meleagris*, Snakes head fritillary. It thrives in shady areas and like most bulbs will spread and naturalise the area.

Plant of the month. It has to be *Pulmonaria*. Mine have been flowering since February and still are. This is another shade tolerant plant providing interest all year round. It's common name is Lungwort and it was used to treat respiratory problems in the past. There are quite a few new cultivars, blue, white and pink, but in my opinion, the original is the best with the blues coming a hot second. I love it because the foliage, which stays for most of the year is heavily speckled with silver which can brighten up a shady corner. I also love the fact that it manages to flower very early in the year, and continues to flower into late spring, sometimes giving me another flowering in autumn, but the best thing is the colours. The flowers are pink and mauve and blue, all on one plant. How pretty is that!

A couple of weeks ago, I bought some *Nerine* bulbs. *Nerines* are a beautiful pink flower, similar to *Agapanthus* but they flower in late autumn when most other things have stopped. I've had flowers into early November. They are well worth a try if you haven't grown them before. They are happy in the garden or in pots. My new ones are still in the bag as I took ill the day after I bought them, but that's ok, they can be planted any time during the next month or even later.

Continue to sow your seeds according to the instructions on the packet. Don't forget to keep the feeders full for the birds and fresh water daily for birds and bees.

Bumble bees and honey bees will be out foraging when the temperature is 50F or higher so say hello if you see one.

Well that's all from me this month as I'm running a temperature and not really up to thinking.

Enjoy your garden however small. Pots are just small gardens after all.

Sandra heart

Gardening Group news

For more information on this activity contact Anne Wilson at the open meeting on the 3rd April 2024.



IT

As you know we now meet at the Church Of Christ every 2 weeks.

We have expert help to sort out problems with your laptop, from emails, to adding pictures. You can come along with your laptop to our group explain what you need to know and we will do our best to help.

This can be a one off visit or for a few weeks.

Dates of our next meetings are April 11th and 25th 2024.

More dates are on the website

For more Information on this group Please speak to Hazel at the open meeting on 3rd April 2024

Hazel Stenson



Singing

Although our numbers has increased slightly we need more voices. Members, old and New would be most welcomed why not gives us a try. Singing is most therapeutic and is great for stress relief plus no extra equipment is needed and they are songs for every Taste. We will be practicing a few songs for Spring during April 2024, and as you well know anyone can sing. We'd love to see you again and would welcome more new voices. We meet each month at Church of Christ on second and fourth Wednesday of each month 2.30-3.30. We next meet 10th April 2024. All are welcome, as long as you like to sing in a group. We are not a choir but just enjoy getting together to sing songs old and new. Why not give it a try. You may like it, Contact Hazel anytime for more information.

ANYONE CAN SING EVEN IF YOU THINK YOU CAN'T COME ALONG AND GIVE SINGING A TRY



WALKING GROUP

On a fresh March morning 14 members of the walking group caught the My15 bus to Gallows Inn, Ilkeston to follow the Erewash Canal to Sandiacre. Unfortunately, the weather was not too kind to us, one minute the sun was shining then the rain came down, this continued "on and off" along the path until Sandiacre, when the rain stopped.

We continued into Stapleford until we arrived at the Vivo Restaurant, where we all enjoyed our post- Christmas meal, a little later than usual.

The next walk is on Friday 19 April 2024 from Bramcote to Wollaton Park.



Anne Linsdell



UKULELE GROUP

The Ukulele group meets every Wednesday except for the first Wednesday which is reserved for the open meeting, if you would like to join us get in touch with Gillian Taylor or Hazel Stenson at the open meeting. Practice takes place at Church of Christ every Wednesday 10.00-12.00 hrs. **Quote: 5 minutes a day practice is good for the brain and good for the soul.** *Unquote:* Cynthia Lyn music teacher YouTube. The group is progressing very well. On Wednesday 20th March we had been invited to play for some residents of the Abel Collins Homes on Derby Road, Beeston. They all made us feel very welcome and said they enjoyed our performance. The group also enjoyed it very much. In April we have been requested to perform for a Stapleford Methodist group and also for Stapleford Salvation Army group. Interested Speak to or Hazel at the open meeting.

Gillian Taylor



PHOTOGRAPHY GROUP

Do you have a camera of any description? Do you know how to use it? No! We can help WE NEED NEW MEMBERS WHO WOULD LIKE TO IMPROVE TAKING PICTURES WITH A CAMERA and/or smartphone.

The group meet every 3rd Thursday of each Month at Church of Christ 14.00-16.00. For more information Please contact me David Jones at the open meeting. Normally in the right corner of the Hall at the open meeting. (3rd April 2024).

DAVEY JONES



ART GROUP

The art group meets at Sheila Hart's home on alternate Mondays every other week, one group in the morning at 10-12am and the other group in the afternoon at 1-3pm. Both sessions are back in full operation for 2024.

The next painting class is on 15th April 2024 due to the Easter break. Happy Easter everyone, have a great time and see you all on the 15th April!

To find out more about this group,

Please speak with Sheila at the open meeting on the 3rd April 2024.

Sheila Hart



TRIVIAL PURSUIT

This group meets fortnightly at Church of Christ Eaton road at 1-3pm every 2nd/4th Thursday of the month. For more information Look out for and Contact Peter Wright at the open meeting, in the left corner of the hall at each open meeting, next open meeting 3rd April 2024.



Scrabble And Rummikub Games Club

3rd Wednesday every month 1pm-3.30pm

The Scrabble and Rummikub games club now has about 12 members that come when they can each month, it would be nice to welcome a few more gamers. for when a few are away on holiday we can certainly take more, we have 3 scrabble games and 2 rummikubs which all the new members love playing and it is quite addictive. We open doors about [1.pm](#) and make tea or coffee and finish between [3.pm](#) and 3 30. Pm or when you need to go. We meet in the Church of

Christ every third Wednesday afternoon, behind Larry's bar, parking at Cliff hill which is cheaper or across the road on Eatons road. For more information contact Heather Flinders at any meeting. The next dates are Wednesdays April 17th, May 15th and June 17th. See you there.

Heather Flinders.

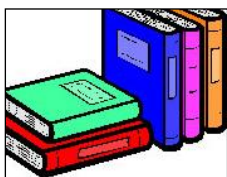


Cooking

Hello from the cookery group.

It is not often that we get to report on the cookery group as we meet on the 4th Tuesday of the month which is rather late to meet the deadline.

For more information on this group please speak to Dodie White/Sandra Hart At any open meeting on 3rd April 2024.



BOOK CLUB

At our last meeting we discussed the novel Kudos by Rachel Cusk published in 2018. A novel about a women writer visiting Europe in flux to attend conferences. Questions of personal and political identity are rising to the surface, and the trauma of change.

We found plenty to talk about but none of us rated the book very highly, finding it a strange novel. This month's book which we will be discussing on 8th April at 2.00pm upstairs in Stapleford library, is The High House by Jessie Greengrass, and anyone is welcome to join us.

We do and appreciate the library sourcing the books and providing a room for our group.

Daphne Ball



CRAFTY NATTER GROUP.

Will next meet Friday 12th April 2024

This is more of a social and sharing group rather than a teaching one as such, but there will be opportunity to learn from each other as the group gets more interested members. Refreshments and lots of chatter is guaranteed but please bring your own crafts to work on

We meet at 10am at the Church of Christ. Eaton's road, Stapleford behind Larry's Bar

Want to know more speak with Hazel at the open meeting 3rd April 2024.

Hazel Stenson

Stapleford and District u3a

Early reminder of our AGM – Wednesday -3rd- JULY 2024 – 2.00pm.

All members will be invited to attend our Annual General Meeting which will take place on WEDNESDAY -3rd JULY at 2.00pm at the Methodist Church, Eatons Road, Stapleford.

At this meeting you will be asked to consider a change to our Constitution which needs updating to comply with all the latest Charity Commission requirements. The Committee is working through this and copies of their recommended form will be available shortly.

**Please ask the Secretary, Marion Edwards, to send you a copy
email: mimsie19052017@gmail.com or telephone 07977 818854**

Election of Trustees and Committee members will take place.

Anyone is free to stand for election to vacant Trustee and committee posts or simply to be a committee member.

The following existing Trustees, who are currently also committee members, are willing to continue their term of office:

Position	Name
Chairman	Hazel Stenson
Vice Chair	Sandra Hart
Business Secretary	Marion Edwards
Treasurer	Janet Cross
Membership Secretary	Hazel Stenson
Assistant Treasurer	Anne Wilson
Groups Co-ordinator	Anne Linsdell
Speaker/Finder	Heather Flinders

It is also an option to become a Trustee and to join the committee without taking on a particular role.

Anyone already a Trustee or willing to become one must submit a Nomination Form, with a member of our Branch to propose them and another member of our Branch to second them. (No existing committee members may propose or second any nomination.)

Nomination forms will be available on our website and paper copies will be available from Membership Secretary, Hazel Stenson, or the current Secretary, Marion Edwards. Paper copies will be available at our monthly meeting in April. Committee meetings usually take place once per month at the Church of Christ building. Near-Stapleford traffic lights, presently - Tuesdays 1.30.

We are very fortunate to have Mac Cox working hard as our Newsletter Editor in a non-committee role, and we hope Mac is willing to continue in this role. Mac is also responsible for advertising the u3a in local venues and magazines. Hazel Stenson does an excellent job as our Webmaster. Both of these posts are essential.

COMMUNITY NEWS

New New New New New New

FLAT GREEN BOWLS

Are you interested in Flat Green Bowls?

Long Eaton Town Bowls Club have offered to run a few taster sessions at their ground on Devonshire Avenue if we wish to start a new activity.

If you are interested in this activity please let Anne Linsdell know at the next open meeting (On Walking Group table)

DEADLINE FOR ARTICLES - To the Newsletter Editor via email by 25th of each month

