

West Bridgford u3a Highlights

October 2022

Please send your contributions to **Pat**: wbu3aeditor@gmail.com

Deadline for contributions to the next edition is **Friday 11th November**

Open Meeting on Thursday 27th October

“We’re Going to the Pictures: Comedy, Confusion and the Wisdom of Solomon. A little linguistic lesson by way of the a voyage to the South Pacific”

A trip through a classic sitcom, a quirk of English and a voyage to the south Pacific, with chilling anthropology, intriguing folk-art, famous history, exotic wildlife, menacing volcanoes and a little lesson in linguistics.



The speaker: Mark Barron, Arnold u3a

Future Open Meetings

24th November: Stephen Finders “Terror From the Skies January 31st 1916: The Night the Zeppelins Came.”

15th December: David Skillen “Can You Hear Me Mother? The Art of the Monologue.”

Photography Group:

Photos for this edition are about Hardwick Hall and Norwich Cathedral. Photos by Rachel, Clifford, Paco, Judy, Rosemarie, Kathryn, Keith and Sue.



Local History Group October talk

Railways of Greater Nottingham – Wednesday 19th October
Baptist Church Main Hall at 2pm

A talk by John Tidmarsh looking at the way railways developed in the Greater Nottingham Area up until the present day.

I am always intrigued by the disused lines, bridges, etc you see scattered around our locality, so I'm sure John will enlighten us on it all!



Train trundling over Melton Road

A small fee will be charged to cover room hire. We hope to see you there – it is open to everyone.

Yvonne



Rushcliffe
Primary Care Network



Rushcliffe's greener inhaler scheme

X Don't throw used inhalers into your household waste or recycling bins!

Concerned about your inhaler's environmental impact? Discuss options at your next asthma check-up.

A very high proportion of inhalers get put in our household waste bins, which end up going to landfill.

This is harmful to the environment both in terms of material waste, and due to left over gases being released into the atmosphere, which contribute to climate change.

While most councils can recycle plastics, some inhalers contain plastics which are not normally recyclable. These plastics can be disposed of by your local pharmacy, so they don't go to landfill.

\$1.1 million inhalers are prescribed each year in the UK, with a total carbon footprint of 1.3 billion kg CO₂e (11/2020/2021)

All old and used inhalers should be returned to your nearest pharmacy for them to dispose of safely.

Top tips

- Only order your inhaler when required
- Continue to attend your GP practice for your annual review
- Ensure your management plan is up to date
- Don't stop using your inhaler!

Developed in partnership with Rushcliffe PCN and South Nottinghamshire Place Based Partnership, August 2022

Recycling Update from the Climate Change Group

A very high proportion of inhalers end up in landfills after being thrown away with household waste.

In order to make sure that the materials are recycled properly, simply drop off your inhaler at your local pharmacies so they can be disposed of safely with lower environmental impact.

Sue

Opera Group

Carlton and Gedling u3a have set up an Opera group, run via Zoom, where members discuss operas they have watched on TV or YouTube. The group meets monthly.

If anyone would like to be involved, they don't have to join Carlton and Gedling.

If you are interested, email Paul Martinez: pkmartinez14@gmail.com

Thank You

Ray would like to thank the u3a member who contacted him immediately after his request for help featured in the August edition of Highlights. Ray was having problems transferring some software onto a new computer. Another member of our u3a was able to sort out the problem quickly for Ray so he can now continue with his genealogy.

This is just one example how we can share our knowledge and experience within our u3a.

Newsbites

Each month West Bridgford u3a produces a newsletter called [Highlights](#), which gives you information and news from our own u3a. There is also a newsletter called [Newsbites](#), which is news from across the Nottinghamshire u3as.

If you follow this link it will take you to the page on our website where these are all showing, so please take a look –

<https://u3asites.org.uk/west-bridgford/page/89558>

Yvonne



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Participants Needed for Research

Beta-Alanine Supplementation in Adults with Overweight or Obesity

Are you a person with overweight or obesity?
A body mass index (BMI) between 25 to 40 kg/m²



Nottingham Trent University and Aston University are investigating whether a dietary supplement can improve metabolic health in people with overweight or obesity

The supplement is called beta-alanine and it is found in high quantities in seafood, meat, and poultry

Participants will need to take the daily supplement for 3 months and attend Nottingham Trent University 3 times

Are you eligible?

We are recruiting adults aged 18 to 75 years with a body mass index (BMI) between 25 to 40 kg/m²

As part of the study, we will require participants to give two blood and urine samples

For information about taking part please contact the Lead Researcher Mr Joseph J Matthews
Text: 07908678944
E-mail: joseph.matthews2016@my.ntu.ac.uk



Version 4, 30/08/2022; IRAS Project ID 279587

Your guide to health services in Nottingham and Nottinghamshire

NHS
Nottingham and Nottinghamshire

SELF CARE
Treat aches and pains, coughs and colds at home – stock up on medicines.

PHARMACY
Visit your local pharmacy for minor injuries, allergies, constipation, headaches, cold and flu symptoms and earache.

YOUR GP PRACTICE
GP practices are open. Talk to your GP, nurse or other healthcare professionals about symptoms that aren't going away. They can offer telephone, online or face-to-face appointments depending on what your health concern is.

NHS 111
Think NHS 111, if you need help fast but it's not an emergency think NHS 111. Open 24/7. Call 111 or visit 111.nhs.uk.

URGENT TREATMENT CENTRE
You can visit your local Urgent Treatment Centre for sprains, fractures, minor burns and skin infections.

DENTAL TREATMENT
For urgent dental care please call your local NHS dental practice. For urgent care, advice out-of-hours, call NHS 111.

MENTAL HEALTH CRISIS LINE
If you're worried about your mental health, or experiencing a mental health crisis, call the 24/7 crisis line on 0808 196 3779.

Find out more here: www.nhs.uk
In a medical emergency call 999. This is when someone is seriously ill or injured and their life is at risk.

NTU Nottingham Trent University

ARE YOU AGED BETWEEN 65 TO 85 YEARS OLD?

We are looking for volunteers for a research study on the effects of lifestyle on the gut microorganisms of older adults

In this study, we are investigating the relationships between gut microbes and lifestyle in older adults and if there is any association between body composition and the types of microorganisms in the gut.

Who are we looking for?

- Healthy community dwelling older adults
- Aged between 65-85 years
- Non-smokers
- Fully vaccinated against COVID-19

Participation involves:

- Completion of 2 questionnaires
- Either 1 or 2 visits (your choice) to our laboratory at Nottingham Trent University Clifton Campus
- Total time in the laboratory will be 2 hours.

As a thank you gesture, participants will receive a £5 Amazon voucher and a report about their body composition, fitness and general health.



FOR MORE INFORMATION

Please contact Catarina Ramos:
ana.fernandesramos@ntu.ac.uk

Tel: 07500148629

Architecture Active Group



The architecture active group had an excellent lecture from Michael Wood of Arups, the world's largest engineering consultancy with over 75 years of wonderful achievements including Sydney Opera house and some of the complex bridges and airports in the world.



Michael concentrated on the Sandwell Aquatics Centre for the 2022 Commonwealth Games, going right back to the original design concept through to the computer models and then the construction process and the finished building.

After coffee he did something similar for the Derby arena which is a velodrome and multi-purpose sports and entertainment centre near Pride Park. Thank you to Michael for a wonderful lecture.

20th October: New visions for the city of Derby aided by virtual reality headsets and models.

Contact **David:** dnicholsoncole@gmail.com if you want to come to more of these monthly lectures on architecture and cities. **All welcome.**

Finding Out About Music

Finding out about Music is exploring the music of English Composers from the 19th century up to the present day.

Our meetings now take place 'live' in the West Bridgford Baptist Church from 2pm until 4pm on the first Monday of each month.

In our next session on the 7th of November we shall listen to the lovely music of Sir Michael Tippett and of Gustav Holst.

Do join us- you don't have to be at PhD level but just enthusiastic to be informed and curious!

To find out more, contact **Diana**: diana.neville@icloud.com or phone 07736 943339



Beacon Relay

As part of the Celebration of the 40th Anniversary of the U3a in the UK in September, the Nottinghamshire Network of u3as organised a Beacon relay throughout the county marching from from u3a to u3a.

On Thursday the 22nd it arrived from Beeston at our u3a in West Bridgford, and handed to us at our Open Meeting at the Baptist Church by a walking group of the Beeston u3a. The Beacon was received by the Mayor of Rushcliffe, Councillor Tina Combellack who then proceeded to handed it over to Paco.

The following day, Friday the 23rd, a group from West Bridgford u3a marched with the Beacon from the Baptist Church in Melton Road to Nottingham via the river Trent, the Nottingham Canal and Maid Marian Way to the Robin Hood Statue by the Castle as our destination where we handed it over to the Park Nottingham u3a.

It was an enjoyable walk on a nice afternoon. After the Beacon was handed over we were invited to go across to the Fothergill pub opposite the Castle and treated to a drink by the Park Nottingham Chair which was very much appreciated by us.

The Park Nottingham u3a took the Beacon the following day, Saturday the 24th, to its final destination at Highfields Park, University of Nottingham where a celebration took place with music, flash mob dance and the arrival of the 4 Beacons.

I would like to thank all the members who accompanied me with the Beacon to Nottingham. We enjoyed the walk.

Paco



West Bridgford Local Article About the 40th Anniversary

West Bridgford u3a celebrates 40 years

u3a groups throughout the country have been celebrating the 40th Anniversary of the organisation. None more so than the largest local group, here in West Bridgford. The celebrations kicked off with a concert attended by the Mayor of Rushcliffe, Councillor Tina Combellack and a large audience of u3a members who joined in lustily with folk duo Fool's Gold, singing a medley of familiar songs from Victorian music hall. There were speeches and presentations, followed by cream tea for everyone, with musical accompaniment by the u3a singers.

This was just the start. On the following day, a specially designed beacon travelling around the County was carried by members of the walking group from West Bridgford to the Robin Hood statue by the castle where it was ceremonially presented to members of The Park u3a group.

A day later, the culmination of the celebrations took place at the Highfields Park with beacons being brought by groups from across the County. Councillor. Wendy Smith, Lord Mayor of Nottingham, spoke of the huge benefits of being part of u3a and gave the signal for the start of a "flash dance". Hundreds of u3a members showed off their agility and rhythm and enjoyed it so much that they did it again!

Learn more about West Bridgford u3a at www.u3asites.org.uk/west-bridgford/welcome
Martin



Remarkable Women

British Women at War

Thursday 20th October 2pm West Bridgford Baptist Church

In December 1941 the National Service Act made the conscription of women legal. At first, only single women aged 20–30 were called up, but by mid-1943, almost 90 per cent of single women and 80 per cent of married women were employed in essential work for the war effort. We will be looking at some of the roles undertaken by these women in World War Two.

For more information, contact Pat on 9146670 or pag6be@gmail.com

ORIENTEERING WALKING

Walk Dates and Locations:

Tuesday 25th October – Shipley Country Park, Derbyshire – Lunch at Shipley Park Cafe

Monday 21st November – Evington Park, Leicester – Lunch at Vintage 186 Cafe

New members, irrespective of prior orienteering experience, are welcome to join the group. For further details and/or to join the group's email distribution list, contact **John** – 07721 538057



Committee Roles

Membership Secretary

Of all the hard working members of the committee, I can guarantee that I am the one who most people at least know by name as you will have received communications from me at least twice during the year.

While it might be too much to hope that you welcome your renewal letter each year, I do hope that you recognise the excellent value that it represents.

Renewals are certainly a huge task associated with this role, with nearly 700 members that's an awful lot of emails and letters to send out and then a great deal of work processing replies and sending out new Membership Cards. To spread the work, although the new year doesn't start till April 1st, first reminders are sent out in January and the process continues well into May and even June. Early renewals by Bank Transfer always get a special gold tick in my book!

We have a Data Base system called 'Beacon' and it is also part of my role to keep this up to date, not only with Renewals but also with changes to address and other details and also update the system when members opt to leave us.

I also liaise with new members, sending them details of the u3a and then processing applications and ensure that application forms both on the Web Site and in hard copy are up to date.

Another one of my duties which I enjoy because it involves meeting you in person is being responsible for the 'Sign In' desk at Open meetings. I am the one that can never find your name on the list although you can easily see it upside down!!

Within the U3A we take the security of your data very seriously and I am the committee member responsible for ensuring that Data Protection regulations are followed.

I hope that gives you a flavour of my role and beware, the Renewal season is almost on us again!

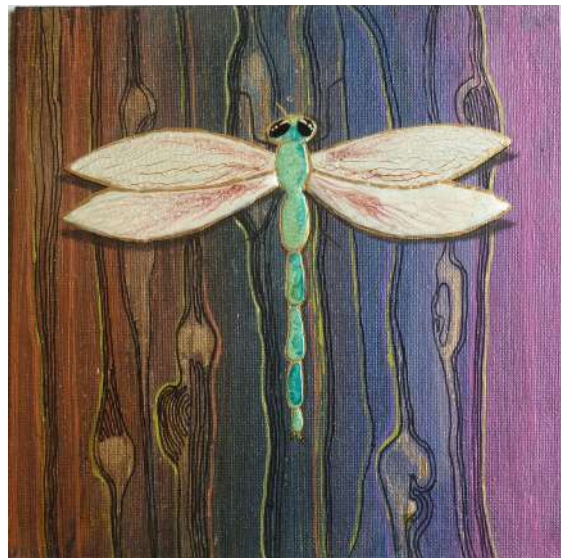
John Tidmarsh

wbu3amem@gmail.com



Art Group

The Art Group has sent a selection of their recent work to show everyone. This is a small group and has room to grow. So, if you are inspired to try your hand at painting and drawing, contact **Ron** 01159234176



Bird Watching Group

Programme October–December

For visits with our expert there is a charge of £30 for a full day or £36 including transport in the minibus. For some sites there is an entry charge. Final details will be emailed a week before each visit.

Date	Location	Leaders	Charge
Monday 17 TH October	Whisby Nature Park Lincoln	Led by Members of the Group	No Charge
Monday 31 st October	Elvaston Castle	Led by Members of the Group	No Charge
Monday 14 th November	Attenborough Nature Reserve	Led by Members of the Group	No Charge
Monday 28 th November	Carsington Water	With Professional Expert	£30/36
Monday 19 th December	Watermead Country Park & Christmas Meal	With Professional Expert	£20/26
For more information contact: Pete 07828 647221 or Lynne 07811 707868			



Cycling Group

Ride Programme: October to December

Date	Ride	Miles	Leader	Phone	Start Point
Friday 28 th October	Edwinstowe Vicar Water & Sherwood	15	Pete	07828 647221	Edwinstowe
Friday 11 th Nov	Bestwood to Newstead	17	Pete	07828 647221	Bestwood Country Park
Friday 25 th Nov	Whisby Nature Park to Lincoln	20	Graham & Christine	07803 123339	Whisby
Friday 9 th Dec	Clifton Grove & Rushcliffe CP Christmas Meal	14	Pete	07828 647221	Welbeck Road West Bridgford

All rides start at 10.00am

The Group continue to cycle on the second and fourth Friday each month. More details on each ride, including where to meet, will be emailed about a week before the ride.

Please let the Ride Leader know in advance that you will be coming and bring a spare inner tube, your Membership Card and Personal Medical Form.

Pete 07828 647221 **Graham** 07803 123339

Cards and Traditional Group

We have decided to split our Cards and Games group into two separate groups, Cards and a new group Traditional Games. Cards will meet on 2nd Mondays and Traditional Games will be ad-hoc.

For more information, contact: Janet or Paul 0115 9231352.

Groups Timetable

	Day	Venue	When	Leader	Phone	Status
	Monday					
AM	Bird Watching	Various	1 st /3 rd Monday	Pete	07828647221	
	Orienteering	Various	3 rd Monday or 4 th Tuesday	John	07721538057	
	Zumba	Baptist Church	Weekly	Joan	07847 209399	
PM	Discussion Group 2	Member's home	2 nd Monday	Pat	01159234285	
	History	Baptist Church	4 th Monday	Carol	07419317738	
	Finding Out About Music	Baptist Church	1 st Monday	Diana	07736 943339	
	Art Appreciation	Baptist Church	1 st Monday	Carol	07419317738	
	Cards Games	Member's home	2 nd Monday	Janet/Paul	01159231352	
	Climate Change	Baptist Church	2 nd Monday	Sue	07900886765	
	Genealogy	Zoom	2 nd Monday	Paco	01159233109	
	Spanish Conversation	Member's home/Zoom	Every Monday	Lynda	07887392138	
	Wine Appreciation	Member's home		Rod	01159232019	
	The Crown	Zoom	4 th Monday	Sue	07900886765	
Evening	German	Zoom	Alt Mondays	Rita	0115 9841516	Full
	Tuesday					
AM	Art Appreciation	Baptist Church		Heather	01159232824	Full
	Greeting Cards	Baptist Church	2 nd Tuesday	Joan	01159818477	
	Painting and Drawing	Baptist Church	2 weekly	Pam	01159819238	Full
	Spanish Conversation	Member's home	1 st and 3 rd Tuesday	Graham	0115923832	Full

	Tuesday					
PM	Architecture Active	Baptist Church	3 rd Tuesday	David	07970059525	
	Beginners Bridge	Baptist Church	Weekly	Ron	0115 9234176	
	Cryptic Crosswords	Test Match	1 st Tuesday	Stephen	01159140255	
	Cryptic Crosswords	Zoom	3 rd Tuesday	Stephen	01159140255	
	Knit and Natter	Stratford Haven	1 st and 3 rd Tuesday	Joan	07847209399	
	Photography	Baptist Church	1 st Tuesday	Paco	01159233109	
	Scrabble	Test Match	4 th Tuesday	Ian	01159813110	
	Tai Chi	Scout Hut	Weekly	Lynn	07811 707868	
Evening	Etymology	Zoom	3 rd Tuesday	Joe	07760458791	
	Wednesday					
AM	Critters Workshop			Sylvia	07981655553	
	Short Walks	Various	1 st and 3 rd Wednesday	Christine	07434 614890.	
PM	Badminton	Rushcliffe Arena	Wednesdays	Chris Phil	07941509357 07505513556	
	Book Group	Member's home	3 rd Wednesday	Liz	0115 914 5642	
	International Folk Dancing	Baptist Church	1 st & 3 rd Wednesday	Joan	07847 209399	
	It's Good to Talk	Zoom	2 nd Wednesday	Trish		Full
	Lunch Club	Variable	Every Other Wednesday	Lorna	01159822546	
	Murder Most Foul	Poppy & Pint	4 th Wed	Laraine	0115 9235361	Waiting list
	Table Tennis	Baptist Church	2 nd and 4 th Wednesday	Glenys	01158370932	
	Local History	Various		Yvonne	07746668469	

	Wednesday					
Evening	French	Zoom	2 weekly	Anne	0115981 4196	
	Thursday					
AM	Beginners' Spanish	Member's home	Weekly	Graham	01159232832	
	Guitar Group 1	Member's home	Alternate Thursday	David	07990654643	
	Hiking	Various	3 rd Thursday	Richard	07857243182	
	Mah Jong	Marlborough Court	1 st and 3 rd Thursday	Glynis	07504 246410	
	Painting & Drawing	Baptist Church	Alternate Thursdays	Ron	01159234176	
	Peak District Walking	Various	1 st Thursday	Pete	07828647221	
	Poetry Appreciation	Marlborough Court	2 nd Thursday	Joan	07881718784	
PM	Book Group 3	Stratford Haven	2 nd Thursday	Fran	01158789790	
	Book Group AP	Member's home	1 st Thursday	Angela	01159986679	Full
	Guitar (beginners)	Member's home	Alternate Thursday	David	07970059525	
	Guitar Singaround	St Wilfrid's Church	Alternate Thursday	David Gordon	07970059525 0779 693 4365	
	Remarkable Women	Baptist Church	3 rd Thursday	Pat	01159146670	
	Scrabble	Test Match	2 nd Thursday	Ian	01159813110	
	Strumming For Fun	Baptist Church	2 nd and 3 rd Thursday	David	07771515810	
	Wine Appreciation	Member's home		Rod	01159232019	Full
	Film Group	Zoom	3 rd Thursday	Joe	07760458791	
	Friday					
AM	Cycling	Various	2 nd and 4 th Friday	Pete	07828647221	

	Friday					
	Longer Walks	Various	1 st Friday	Rita	0115 8461516	
	Longer Walks	Various	3 rd Friday	Liz	0115 9231605	
	Singing For Fun	Baptist Church	2 nd and 4 th Friday	Sue	07900886765	
PM	Rummikub	Baptist Church	1 st and 3 rd Friday	Trish	0796 102 4931	
	Science For Everyone	Baptist Church	4 th Friday	Peter	07745995735	
	Saturday					
	Holiday Group		1 st Saturday	Penny	01159233384	
	Traditional Games		Ad hoc	Janet/Paul	01159231352	

The information above may change. For up to date details about any group phone the contact name.



Your West Bridgford u3a Committee

			
Joe Chair	Peter Vice Chair & Tech Support	Yvonne Secretary	Martin Treasurer
			
John Membership Secretary	Carole Refreshments and Social	Clare Tech Support and Beacon Administrator	Kathryn Groups
		?	?
Rachel Committee Member	Paco Committee Member	Vacant Committee Member	Vacant Committee Member

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