

West Bridgford u3a Highlights April 2023

Please send your contributions to **Pat:** wbu3aeditor@gmail.com. Deadline for the next edition is **Friday 12th May**.

All newsletters to members, both current and past editions, can be seen at:
<https://u3asites.org.uk/west-bridgford/page/89558>

Open Meeting

Doors open at 1.30pm for tea/coffee and group tables. The talk will start at 2.30pm.

27th April: Jean Townsend – “We”: The True Story of Edward and Mrs Simpson



Future Open Meetings 2023

25th May: Roger Hoath – Turning Your Stress into Strength and Working with the Samaritans in the City of London

22nd June: Jo Carter – Historical Tour Guide in Costume

27th July: John Whitfield – Life Back in the 1970s

Photography Group:

The month's topic was: Reflections'. Photos taken by Clifford, John, Lynne, Judy, Keith, Rosemarie, Lorraine, Peter, Sue, Tom and Kathryn.



Just Joe



I've been driving a car for over half a century. During this time I have probably covered more than half a million miles and spent around 15,000 hours (yes – that's a year and a half!) behind the wheel. Yet surprisingly, and thankfully, I have never been first on the scene at a Road Traffic Collision (RTC). If I were in that position, I'm not sure how much use I would be, because it needs both a calm head and experience of similar situations.

Both of these qualities were described in spades by Dr Tim Gray, who spoke to us at the March Open Meeting. Tim is the founder and leader of EMICS – The East Midlands Immediate Care Scheme. EMICS coordinates a group of around 20 volunteer doctors who are on call to get to RTCs and assist the regular ambulance and paramedic teams.

They perform extra-ordinary tasks under difficult conditions at short notice. Even more remarkably, they do this *gratis* on top of having full-on doctors' jobs. We learnt about the types of incidents that they attend, the way they work with other professionals such as firefighters and paramedics, and the life-saving results that they achieve.

Joe Colls, Chair WB u3a.

Open Meeting Survey

In February we conducted an online survey about our Open Meetings. This is a brief report on the results. Firstly, I need to thank our treasurer, Martin, who took the time and trouble to analyse the results. Any errors or omissions in this report are entirely mine.

There were 174 responses from our membership of over 650. While this may seem a small proportion it is, hopefully, a representative of our u3a branch.

Open Meeting question results

- ***Frequency of attendance:*** A core group of around 40 (21%) attend meetings more than 6 times per year while 29% never attend. The remaining 50% attend occasionally.
- ***Reasons for not attending:*** The main reasons for not attending are lack of interest in the topic (32%), inconvenient time (28%). Many (21%) said they joined the u3a specifically for an interest group so other activities are presumably secondary.
- ***Which topics might persuade you to attend more frequently?:*** Local History (51%), Travel (47%), History (42%), Nature (41%) were the top attractions, but Entertainment (34%) was also there. This covers most of our talks but doesn't include topics like "Recycling" which was a very popular and well attended talk at the beginning of this year.
- ***Need for other activities:*** Only 9% felt this would enhance the meetings.
- ***Suggestions for other activities:*** While few wanted other activities when asked for suggestions quizzes of all sorts were frequently mentioned.

Other comments: There were a number of comments relating to new members and how they found the meetings unwelcoming. This is a problem that we are well aware of and are thinking of a number of ways of overcoming it. Clearly it is a bit daunting going to a meeting full of people you don't know and who are busy chatting to each other.

- A number of respondents criticised the sound system. We are looking into how this can be improved but are constrained, at present, to using the system built into the venue, which itself may have poor acoustic properties. However, many have no problem hearing the speakers but others do, so it is not a simple problem to pin down.

- **Hearing loop:** 15% thought this was very important but only 2.5% say they use it.

Other question results

Some of the survey questions were about topics other than Open Meetings.

- Number of interest groups you are in:** 66% belong to more than one group with 12% belonging to more than 5 groups.
- Frequency of group attendance:** A very high proportion (81%) attend most or all group meetings which confirming the strength of groups and the loyalty of their attendees.
- Why join the u3a?:** Two reasons dominate: “for a specific Interest Group” (51%) and “to make friends and socialise” (48%). No surprise there.
- Suggestions for other interests or activities:** Nothing stands out and some are groups we already run – or have run. Finding willing leaders remains a major hurdle. As always if you would like to start a new group then please contact our New Groups co-ordinator, Kathryn
- Membership age range:** Among our respondents (34%) are between 71 and 75 while another 34% are 76 or more. This is not a surprise but it does emphasise that we need to attract the under 70s if our u3a is, in future years, to remain the vigorous organisation it is today.

Thank you to all of those who responded to the survey. The results will help us to maintain an organisation with which you are happy and want to continue supporting.

Peter



Local History Group

Don't miss Local History Group Talk – **Wednesday 19th April** at 2.30



We have established local journalist Andrew Smart talking about **Albert Ball VC, MC, DSO**, WW1 local air ace and hero. A very brave man, son of a former Mayor of Nottingham.

Cost £3 payable on the door.

Are you interested in visiting **Papplewick Pumping Station** on 8th November?

If so, you can join the Local History Group's trip to this majestic example of Victorian architecture, cost £5. The website says 'The majority of the site is accessible for all but due to the historical nature of the Engine House access is via a small flight of steps leading to the porch and main door; there are also internal stairs for reaching the upper floors'.



If you do want to join us, please let me know at averil.hancox@ntlworld.com or on 07802718639

The Museum of Timekeeping

This is a guided tour on the **25th October at 11.00am**. The visit will last approx. 2 hours. The cost will be £15 each, to include refreshments.

The museum is in Upton, Notts, so car shares will be arranged.

If you would like to come, contact Yvonne on y.haynes@hotmail.co.uk

Tour of St Giles

You would also be welcome to join the Local History Group on **Wednesday 5th July** at our very own parish church, St Giles, here in West Bridgford.

There will be an opportunity to take a self-guided tour of the stained glass (using a sheet that describes the windows). Those less mobile will be able to watch details of the windows presented on the TV monitors.

That will be followed by an illustrated talk on the history of St Giles' Church, highlighting features within (and outside) the building, then time to explore the church to view the features mentioned.

The cost will be £2, payable on the day.

There's no limit on numbers but I would like to know if you would like to join us – you can let me know at the Open Meeting or by email.
averil.hancox@ntlworld.com.



Orienteering Walking

Walk Dates and Locations:

Tuesday 25th April - **Willesley Woods, Leicestershire** (Virtual Course Format) with lunch at the Lakeside Bistro, Shortheath Water, Moira

Tuesday 23rd May - **Silverhill, Nottinghamshire** - Lunch at the Brierley Forest Park Cafe or **Elvaston Castle** with Lunch at Wyatt's (Walk Location will be decided in May 2023)

Monday 19th June - **Coombe Country Park, Warwickshire** with lunch at the Cafe-in-the-Park ("2023 Summer Outing")

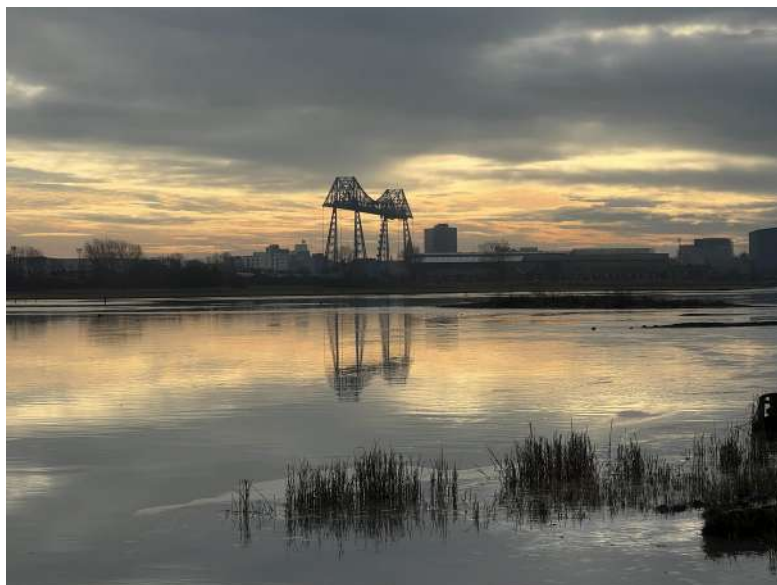
Tuesday 25th July - **Watermead Park North, Leicester** with lunch at the White Horse Inn, Birstall

New members, irrespective of prior orienteering experience, are welcome to join the group.

For further details, the group's West Bridgford U3A's web site entry has recently been updated and also includes photographs & videos.

For more information and/or to join the group's email distribution list, contact **John - 07721 538057** or email jpicklesclifton@aol.com

Quiz Question : Where is England's only statue of Bonnie Prince Charlie?



Remarkable Women

The Remarkable Women group has been running for over 10 years. In that time, we have covered a very wide range of subjects and learned about the lives of many women, a lot of whom were almost forgotten by the history books in the past.

The group's members plan the programme, research the subjects and/or take part in the discussions. It all depends on the individual group member what he or she is comfortable doing. We also welcome visitors to the group who may come along to listen or contribute to a topic which particularly interests them.

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

The Lost Cambridge Academic

I wrote the poem following the death of a dear friend. He was an academic but also a hoarder of books. At the family's request I did what I could to re-home his books but also ensure his life's work wasn't lost in all the papers he'd saved.

Sara

Haunted by a project you'd never complete
No deadline set. No timescales to meet
Papers carefully filed in folders neat
Then piled high in every corner
Every nook and cranny jammed with more research.

My clever thoughtful well-read friend
Books, his passion, on shelves around the room
Piles forming island and defining paths
The weight of all those books
Boxes and boxes exit but the plies continue.

Drowning in paper his words scream
What does the world want from me?
What is the point?
His work documented but not complete
Lost papers, lost thoughts, lost to the world.

My Experience Of West Bridgford u3a

I joined the U3A on my early retirement back in 2006. I dipped in and out of various groups and also enjoyed attending the monthly general meetings. I then decided to try out the Walking Group, which was led by Jay. On my first outing with them, she announced with regret that she had developed a foot problem which meant she was unable to continue to lead the walks. This is how I became the joint leader together with Penny of the first Friday Longer Walks group. Initially it was an all ladies affair, but then we were joined by David and Hugh. (David's nickname for me was 'the teenager' which I of course loved.). We used to get about 10 people each month, but the number of walkers soon started to climb.

My association with the walking group therefore began in October 2006. I used to lead the walks, but later my husband David also got involved. It is almost impossible to believe, but we led all the walks for at least twelve years. (I remember Clyde led a few walks for us.) We were determined to explore new areas and not to repeat the same walk. We usually tried to keep the travelling time to the start of each walk to a maximum of 45 minutes. The actual walks have mostly been circular of between 5 to 7 miles. At first we used to find walk routes in books, but nowadays it is easier using the internet. We have walked from villages in south and north Notts, in Leicestershire and south Derbyshire. We have discovered many beautiful parks and woodlands. Actually we sometimes wonder whether our efforts to chose different locations are pointless. Many chat and natter all the way round!

Over the years we have also completed some linear walks over several days, such as the Derwent Valley Way from Ladybower dam to Belper, the Grantham Canal from Trent Bridge to Grantham, Trent Valley Way from Beeston to Newark and the Notts Wolds Way. In May 2023 a number of our group are doing three stages of the National Forest Way whilst staying in a guest house in Ashby de la Zouch.

When we started getting too many walkers in our group, we began a second monthly group on the third Friday of the month. Subsequently other walking/hiking groups have been formed in the West Bridgford U3A. After all walking is a very healthy pursuit for our age group.

More recently the walks are led each month by various volunteer leaders (usually in pairs for safety reasons). David and I are starting to take a back seat. We have enjoyed our time of researching different local areas and preparing walks of the appropriate length from suitable pubs with large car parks etc etc. Best of all we have made many great friends and it has been an extremely rewarding time for us.

You may wonder where I am going with this piece. Well, David and I have decided to hand the reins over to someone else this December – not exactly hanging up our boots though. We are therefore looking for a volunteer to continue this very happy and successful group. Please can you contact me if you are interested. It is not a daunting task really as we now have a pool of experienced leaders available. It is time for someone else to steer the group in the way they wish into 2024.

Rita 0115 8461516



u3a "Strictly Jive"
Radcliffe On Tour

**SWING INTO ACTION
WITH RADCLIFFE'S THRIVING
JIVE GROUP**

**DANCE TO THE MUSIC OF
THE MOONSHINERS**



**WED APRIL 26th 3 - 6PM
RADCLIFFE BRITISH LEGION
£5 ON THE DOOR**

**No experience or partner necessary
Jive lesson available / Bar open
Non members welcome**

The Tuesday Painting and Drawing

The Tuesday Painting and Drawing group have been busy with lots of interesting topics and techniques. Hope you like them. Unfortunately our group is full but the waiting list is short if you are interested in joining us at a later date.

Janet



Learning About Wine Tasting With The u3a

It is always good to expand the grey matter with new stuff so the sight of six glasses to each place in the Studio at The Broadway was a promising sight. Two already had red wine in them and Debbie of the Nottingham and Derby Wine tasting School was off.



She led us through various stages before we decided whether we were drinking Posh or Plonk. It was a fancy dance and fun, but not one I could see someone wining and dining his beloved aiming to achieve.



Can you follow these steps at home? First open a bottle of wine and get a glass and pour in some wine. Do not yet imbibe. Hold the glass by the stem TILT at an angle of 45degrees (the glass not yourself) and look hard at the colour, the clarity (don't want corked wine although that is less likely these days with screw caps) rim and legs. I kept up until the legs. I never did understand what these were, and it wasn't that I was getting legless on all the wines.

With a flourish SWIRL the glass and SNIFF for aromas. Here your imagination comes to the fore. Some could smell flowers, some different fruits, some spices and some other more vegetal matter. I did ask if these smells are added like into a jar of instant coffee, but no they were just there in people's minds. So go on try it, be creative with what you are smelling.

Now the fun bit. Warning this could get messy. Do not try it if you are wearing anything which needs dry cleaning. Take a SLURP. Sluice round your mouth from side to side, notice how your saliva reacts, the more the posher the wine apparently, and then rudely sieve it back and forth through your teeth. Only then is the tasting completed and it can be drunk and enjoyed. Go on you've earned it.

Presumably now you've nearly got through your bottle practising. I can't actually imagine having dinner with someone in a restaurant going all through this so in my mind it is something to be practised at home. So bring on the Pouilly Fuisse and the Chateauneuf du Pape and I'll be happy.

Our thanks go to Louise for setting this up. I now know what they get up to in the Wine Tasting Group and they do no doubt end up appreciating fine wines.

Carol





Back By Popular Demand!

We are having a trip to Bletchley Park, the home of WW2 code breakers, on **June 14**. This is a day-long trip, starting at 9am from West Bridgford Library car park and returning around 6pm. The coach trip is just under two hours. The cost for the event is £37 per person.

There has already been a strong response for places on this trip, but there are still a few spaces left on the coach. If you would like to join us please email **Carole** carolefleming0@gmail.com.

	1						8
	2			3			
		6	4			1	9
			5				7
		8					4
	6				2	8	5
							7
		1	9			5	6
9					4		

The training process was tedious, but now he knows he is not allowed on the couch.



Hiking Group

Hike Leaders in 2023

We walk on the 3rd Thursday of each month. If you are interested in joining this group or would like more information please do not hesitate to contact me. New members are always welcome. **Kevin:** ksandrews58@gmail.com
Mob: 07981 516719

Date 2023	Leader
20 April 2023	John Pickles
18 May 2023	Richard Ogilvy
15 June 2023	Iris & Bob Wilmot
20 July 2023	Angela Dobie
17 August 2023	Graham & Christine Wood
21 September 2023	Keith Coxon & Chris Giles
19 October 2023	Tony Wilson
16 November 2023	Simon Young
14 December 2023	Kevin Andrews



Cycling Group

Ride Programme: January to June 2023

Date	Ride	Miles	Leader	Phone	Start Point
Friday 28 th April	Shipleigh Country Park & the Nutbrook Trail	14	Pete	07828 647221	Shipleigh Country Park
Friday 12 th May	Water Rail Trail from Lincoln	21	Graham & Christine	07803 123339	Lincoln
Friday 26 th May	Chesterfield to Rother Valley	23	Hugh & Di	07880 962135	Chesterfield Station
Friday 9 th June	Manifold Valley Wetton & Ilam	20	Graham & Christine	07803 123339	Waterhouses
Friday 23 rd June	Calke Tramway & Staunton Harold	17	Pete	07828 647221	Calke Abbey

All rides start at 10.00am

The Group continue to cycle on the second and fourth Friday each month. Rides vary in length from 15 to a little over 30 miles and while some start in West Bridgford, others require the transport of your bike to more distant starting points.

More details on all rides, including where to meet, will be emailed before each ride. Please let the Ride Leader know in advance that you will be coming and bring your Membership Card and Personal Medical Form.

Pete 07828 647221 **Graham** 07803 123339



Bird Watching Group

Programme: January to June 2023

For visits with our expert there is a charge of £31 for a full day. The charge with transport in his minibus is £37. For visits without our expert we provide our own or share transport. For some sites there is also an entry charge. Please book in advance. Final details will be emailed a week before each visit.

Date	Location	Leader	Charge
Monday 8 th May	Warbler Walk Skylarks Holme Pierrepont	Led by members of the Group	No Charge
Monday 22 th May	Nightjar Hunt Budby Sherwood Forest	Led by members of the Group	No Charge
Monday 5 th June	Cossington Meadows Leicestershire	Led by members of the Group	No Charge
Monday 19 th June	Netherfield Lagoons	Led by members of the Group	No Charge
Monday 26 th June	Potteric Carr South Yorkshire	With Professional Expert	£31 or £37 with transport

For more information contact:

Pete 07828 647221 or Lynne 07811 707868

Local History Group

Loughborough Bell Foundry Trip



Fourteen members of the WB u3a Local History group braved the snow in early March to visit the last working bell foundry in the UK at Loughborough.

Now hidden in a housing estate, the Loughborough Bell Foundry is in an 1859 Grade II listed building, and since then bell makers John Taylor and Co have made over 25,000 bells that can be found in over 100 countries across the world.

The tour began in the foundry where the casts are made. Taylors is famed for casting some of the biggest bells in the UK including 'Great Paul' in 1881. This 16 ton bell hangs in the south-west tower of St. Paul's Cathedral in London. Their bells are also in cathedrals across the UK including York Minster, Liverpool Cathedral and St. Mary's in Edinburgh.

Using traditional methods, the casts are buried in a pit on the factory floor before moulding. The final stage of casting is when inscriptions and decorations are added to the outside of the bell.

Then it was in to the workshop to see how the wooden frames that bells hang on are built, and the tuning area where the bells are given a final polish and tuned. As making new bells the foundry is often asked to repair old ones, or replace the wooden frames from ancient bell towers. All this with a staff of just 25 people.

Waiting to be shipped out on the day of our visit were a set of eight bells for a carillon in Chicago, and a giant bell bound for a temple in Sri Lanka that we were told will be painted with gold when it reaches its destination.

Despite the freezing conditions everyone enjoyed the tour. Numbers had to be limited for health and safety reasons, but it's hoped we can arrange another visit in the autumn to let those who missed out this time see the bell making process. Make sure to wrap up well!



A to Z West Bridgford Walks

A to Z West Bridgford Walks – a varied routine. I hope you have had a read of my two new walks – or perhaps even walked them, although the weather has not been particularly inviting for walking.

Now the weather is hopefully improving we may wish to get out more. Not that the season of the year is necessarily a determinant of outside exercise for everyone. You may have read a news item about Gary McKee who ran a full marathon every day in 2022 – by New Year's Eve he had completed his Three Six Five Challenge, collecting hundreds of pounds for charity. Wow! Unsurprisingly I would not even dream of such a challenge (having never run further than a few half-marathons, forty odd years ago) – his determination and effort must have been incredible.

However, what did surprise me was that, other than five organised marathon events, he ran the same route every day. I am not sure I could have dealt with that repetitious routine, even if the distances had been less. I now walk about 7-12 kilometres every other day and I do like to follow different routes.

To provide such variety I have prepared maps for 26 routes, each between 7 and 12km long. Some are based on my earlier routes and some are new ones. No descriptions or local history this time – just the maps. I have tried to make them all a bit different – they are full of twists and turns, mainly avoiding main roads, seeking instead to use side roads, paths and alleyways to add variety and sections that are relatively unfamiliar or that you may not even have known existed, enabling new varieties of sights and views.

The walks all start and finish on Musters Road but can be joined at any point convenient to where you live (or a bus stop or car parking place) and you can make short-cuts to reduce the length or add additional loops if you want to go further. So, 26 routes (A to Z), which you can walk round each in turn, in a clockwise direction, and then do them all in an anti-clockwise direction – therefore, effectively 52 different walks! Thus, my walking almost every other day means it is at least 15 weeks before I repeat a walk. If someone went for a walk once a week it would be a year before there was a repeated route! How's that for variety!

I hope you will try out some of my walks and/or encourage friends and family to try them. The walk maps are on the wbu3a website under Groups – Longer walks 5-6 miles – Links – Pat Armstrong local walks. There is a list which gives the approximate distance (in kilometres) and my time for each walk (but I do walk quite fast!). Enjoy.

Pat

History Group

Monday 24th April

The Greatest Medieval Knight, William Marshall

Plus Henry III, the King who built Westminster Abbey for Coronations

2pm at West Bridgford Baptist Church

Monday May 22nd



Edward I – The English get a Sense of Nationality

2pm at West Bridgford Baptist Church.

Monday August 21st – Trip to Bolsover Castle

More details from **Carol**: 07419317738



Art Appreciation 2

Monday June 5th – Gothic Art by Laurence Andrew

More details from **Carol**: 07419317738

Peak District Walking Group

Programme: January to June 2023

The u3a Peak District Walking Group organises walks usually on the first Thursday of each month. Members provide their own transport or share with others. An email sent out a week before each walk will provide detailed arrangements. Please wear boots and dress for the weather.

We continue our practice of holding a walk on the first Thursday of each month. The walks take in all the delights, ups and downs, vistas and valleys, stiles and mud of the Peak District on ambles of 5 to 6.5 miles and end with a well deserved lunch at a local cafe or inn.

Date	Walking From	Walking through	Leader	Distance (Miles)
4 th May	Cromford	Black Rocks & High Peak Junction	Maureen	5
1st June	Derwent Overview Car Park	Derwent & Dambusters Remembered	John	6
If you interested please contact Pete 07828 647221 or email peter.elderton@live.co.uk				



Groups Timetable

	Day	Venue	When	Leader	Phone	Status
	Monday					
	AM					
	Bird Watching	Various	1 st /3 rd Monday	Pete	07828647221	
Circa 8.45	Orienteering Walking	Various	3 rd Monday or 3 rd /4 th Tuesday	John	07721538057	
10	Zumba	Baptist Church	Weekly	Joan	07847 209399	
	PM					
2	Discussion Group 2	Member's home	2 nd Monday	Pat	01159234285	Full
2	History	Baptist Church	4 th Monday	Carol	07419317738	
2	Finding Out About Music	Baptist Church	1 st Monday	Diana	07736 943339	
2	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	
	Family History	Zoom	2 nd Monday	Paco	01159233109	
	Spanish Conversation	Member's home/Zoom	Every Monday	Lynda	07887392138	
	Wine Appreciation	Member's home		Rod	01159232019	
Evening	German	Zoom	Alt Mondays	Rita	0115 9841516	Full
	Tuesday					
	AM					
10	Art Appreciation	Baptist Church		Heather	01159232824	
10	Greeting Cards	Baptist Church	2 nd Tuesday	Joan	01159818477	

	Tuesday					
AM						
10	Painting and Drawing	Baptist Church	2 weekly	Pam	01159819238	Full
10	Spanish Conversation	Member's home	1 st and 3 rd Tuesday	Graham	0115923832	Full
10	Yoga Type Exercise	Paxdien Hall		Elizabeth	01159146941	
	Tuesday					
PM						
	Architecture Active	Baptist Church	3 rd Tuesday	David	07970059525	
2.30	Beginners Bridge	Baptist Church	Weekly	Ron	0115 9234176	
2.30	Cryptic Crosswords	Test Match	1 st Tuesday	Stephen	01159140255	
2.30	Cryptic Crosswords	Zoom	3 rd Tuesday	Stephen	01159140255	
	Knit and Natter	Stratford Haven	1 st and 3 rd Tuesday	Joan	07847209399	
2	Photography	Baptist Church	1 st Tuesday	Paco	01159233109	
2	Scrabble	Test Match	4 th Tuesday	Ian	01159813110	
12	Tai Chi	Scout Hut	Weekly	Lynn	07811 707868	
7.30	Etymology	Zoom	4 th Tuesday	Joe	07760458791	
	Wednesday					
AM						
10	Critters Workshop			Sylvia	07981655553	
10.30	Short Walks	Various	2 nd and 4 th Wednesday	Christine	07434 614890.	
PM						
2.30	Badminton	Rushcliffe Arena	Wednesdays	Chris Phil	07941509357 07505513556	
	Book Group	Member's home	3 rd Wednesday	Liz	0115 914 5642	

	Wednesday					
PM						
1.45	International Folk Dancing	Baptist Church	1 st & 3 rd Wednesday	Joan	07847 209399	
	Lunch Club	Variable	Every Other Wednesday	Lorna	01159822546	
1	Murder Most Foul	Poppy & Pint	4 th Wed	Laraine	0115 9235361	Waiting list
2	Table Tennis	Baptist Church	2 nd and 4 th Wednesday	Glenys	01158370932	
	Local History	Various		Yvonne	07746668469	
Evening	French	Zoom	2 weekly	Anne	07974706281	
	Thursday					
AM						
	Beginners' Spanish	Member's home	Weekly	Graham	01159232832	
	Guitar Group 1	Member's home	Alternate Thursday	David	07990654643	
10-1	Guitar Fun Strummers	St Wilfrid's Church	Alternate Thursday	David Gordon	07970059525 0779 693 4365	
	Hiking	Various	3 rd Thursday	Kevin	07981 516719	
10	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	

PM	Thursday					
2	Remarkable Women	Baptist Church	3 rd Thursday	Pat	01159146670	
2	Scrabble	Test Match	2 nd Thursday	Ian	01159813110	
	Ukelele Strumming For Fun	Baptist Church	2 nd and 3 rd Thursday	David	07771515810	
	Wine Appreciation	Member's home		Rod	01159232019	Full
7.30	Film Group	Zoom	4 th Thursday	Joe	07760458791	
	Friday					
AM						
10	Cycling	Various	2 nd and 4 th Friday	Pete	07828647221	
	Longer Walks	Various	1 st Friday	Rita	0115 8461516	
	Longer Walks	Various	3 rd Friday	Liz	0115 9231605	
10.15	Singing For Fun	Baptist Church	2 nd and 4 th Friday	Sue	07900886765	
	Friday					
PM						
2	Rummikub	Baptist Church	1 st and 3 rd Friday	Trish	0796 102 4931	
2	Science For Everyone	Baptist Church	Last Friday of month	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 Vice Chair & Groups
		?	?
Rachel Committee Member	Paco Committee Member	Vacant Committee Member	Vacant Committee Member

Email contacts:

Joe	wbu3achair@gmail.com	Carole	wbu3aexec2@gmail.com
Peter	wbu3atech2@gmail.com	Clare	wbu3atech@gmail.com
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5	2	9	8	3	1	7	4	6
3	8	6	4	2	7	1	9	5
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1	6	4	7	9	2	8	5	3
6	3	2	1	8	5	4	7	9
8	4	1	9	7	3	5	6	2
9	7	5	2	6	4	3	8	1

Quiz Question

Where is England's only statue of Bonnie Prince Charlie?

Answer: At Derby