

## MESSAGE FROM CHRIS NIVEN, CHAIR OF THE NOTTS NETWORK

Hello to you all,

It's Newsbites time again and it doesn't seem two minutes since I wrote my last message and here we are in October. Goose Fair has come and gone, and we are hurtling towards Halloween and then Christmas.

Your committee has been busy with the preliminary planning for our 2024 conference. If you remember at our April Network meeting, I asked you to come up with some suggestions for themes and activities for our next conference. The overwhelming response was that it should be fun and follow the u3a logo of Learn, Laugh, Live. We are in the process of sorting out a venue and planning the schedule for the day. If anyone knows anyone who would be interested in providing a workshop on the above theme do let us know.

Our next Network meeting is 25<sup>th</sup> October and will be our AGM and I look forward to seeing you all then. We do have a few posts to fill and are always looking for helpers. So, if you are interested in being on the committee let me or one of the other committee members know. It is a fun rewarding experience and does not require a huge amount of time commitment.

Stay safe everyone.

Best wishes  
Chris Niven  
Chair Nottinghamshire Network of u3as

### DEADLINE FOR THE NEXT ISSUE OF NEWSBITES

Please send your articles (keep to a maximum 300-word count)  
and good quality photos (as attachments please)  
by 7<sup>th</sup> December 2023 to [maria.newsbytes@gmail.com](mailto:maria.newsbytes@gmail.com)

## EASTWOOD u3a

Elaine Clark was the guest speaker at the September meeting of the Eastwood and District U3A. Her talk was listed as "Tai Chi and crisps packets!" It was a very entertaining speech and for the first half she talked about the health benefits of Tai Chi and made us all do some moves sitting down. It was great fun and there was a lot of giggling as we realised it is not as easy as it looks!

For the second half Elaine talked about being a Goth and the Whitby Festival where she regularly appears in the local paper with her outfit creations. She never throws anything away and delighted the audience with the costumes she had created, and yes, one was made of crisp packets – see photo.

If anyone wants more information on either subject, Elaine can be contacted on 07790271780.



Anne Steel  
Group Coordinator and  
Committee Member



Would you like to learn more about how your u3a functions  
and how your committee works?  
For details of a bespoke workshop entitled "Running your u23a"  
have a look at the Network News on page 18

## SOUTHWELL u3a

### Tales of the Workhouse

September's monthly meeting of Southwell u3a played host to a group of volunteers with an enthusiasm for sharing tales of the infamous local Workhouse's former occupants.

Dressed in period costume, The Workhouse Storytellers conveyed tales of the poverty and hardship that residents of the Workhouse suffered. Local parishes combined funds and built the Workhouse to house the destitute, in preference to each parish supporting individuals with food, fuel and clothing.

Built in 1824, it was the prototype of the 19<sup>th</sup> century workhouse, and cited by the Royal Commission on the Poor Law as the best example among the existing workhouses, before the resulting New Poor Law of 1834 led to the construction of workhouses across the country.

It housed around 160 inmates who lived and worked in a strictly segregated environment with virtually no contact between the old and infirm, able-bodied men and women and children.



Southwell u3a hits a record 800 members!

Rosie Barnes of Upton recently gained the distinction of becoming Southwell u3a's 800<sup>th</sup> current member, surpassing our previous pre-Covid membership record. She was presented with a bouquet of flowers to mark the occasion by Chair Brian Platts at the October monthly meeting.

Tony Mellor and Brian Platts

## BEESTON u3a

### Beeston u3a hits 100 groups

Our newly found Dominoes Group, which meets in the afternoon of the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday each month, has brought the total number of active groups in Beeston u3a up to 100. The Dominoes members have managed to squeeze this new group in between other commitments and multiple u3a activities.



Members have been exploring the various versions of Dominoes including Maltese Cross and 3s and 5s.

Welcome to the 100th Group of the ever-energetic Beeston u3a. Long may it continue!

### 'Not the' Fine Wine

A new event for Beeston u3a, wine tasting using easily accessible wines. Organised by Membership Secretary Alison and chair Anne everyone had a great time and this is certain to become a regular fixture.



Karen Attwood  
Publicity Officer

### RAVENSHEAD u3a

Our focus over the last couple of months was reaching out, by all means possible, to the residents of Ravenshead and the surrounding area and making them aware of what our u3a offers.



We decided to have a Social Meet and Greet Coffee Morning on Saturday 23rd September, to celebrate u3a Week, and get the word out about our event using social media posts and videos on Facebook, Instagram, Twitter (X) and YouTube, as well as in media articles in the printed press and posters around the village in the Post Office and in local shop windows.



With the support of our members, and hard work by our volunteers, group leaders and committee, we deemed our efforts to be a tremendous success.

Our event was well attended, with plenty of new members joining on the spot, and there was a high level of interest in the varied 20+ Interest & Activity Groups who prepared displays for the day .... and the reach of our advertising clearly worked, as visitors came from far and wide, and not just from within the village!



John Butler  
Chair

## DUKERIES u3a



Dukeries ukelele players at St Paulinus Harvest Saturday Charity singalong



Ramblers at Sherwood Pines



Summer Party



History Group on guided tour of the military museum at Thoresby Park





Sewing Bee banner

Kevin Mulloy  
Press Secretary

## COTGRAVE & DISTRICT u3a

### Visit to Northumberland

On September 11<sup>th</sup> a group of 29 Cotgrave U3A members went on an adventure to Northumberland for 4 days. We went with Sharpes bus company who organised the trip specifically for us.

We used the White Swan Hotel in Alnwick as our base. Everyone commented about how good the food was. The hotel has the aft staircase salvaged from RMS Olympic, which was the Titanic's sister ship. Also, the hotel's Olympic restaurant features actual décor from the Titanics's sister ship.

We visited Lindisfarne (Holy Island) Bamburgh, the National Trust Property called Cragside and the harbour at Amble.



One of the highlights was being able to see an archaeological dig at the rear of the old priory on Lindisfarne. The students were looking for the original priory pre the



Viking invasion. We were shown some of the ruins and a couple of skeletons. The site will soon be covered over and preserved.

Another highlight was being able to paddle in the sea at Bamburgh which was very warm. Cragside was extremely interesting too. The weather was good which made the trip very worthwhile.

Northumberland is definitely worth a return visit. There is so much to see not only the historical aspect but fantastic scenery.

Maureen Johnson

## CALVERTON AND DISTRICT u3a

### Thank You Buffet

We all enjoy the groups which we attend each month (many of us more than once a month) but how many of us realise just how much work goes into organising each meeting. The walking groups, for example – each organised walk has been checked out by the organiser/convenor at least once before we all go along, occasionally armed with secateurs etc to make the actual walk even more enjoyable.

The pubs and restaurants are all searched out for interesting and economical lunch and dining venues. No one claims travelling expenses. What about all the time and homework put in, hours each week to help make our get-togethers more pleasurable.

Meetings in the village hall, or other such venues, are all organised in advance for efficiency and economy – ukulele, bridge, craft, don't organise themselves.



It's always hard work trying to come up with an original idea for the photography group each month.

For all this commitment, not to mention out of pocket expense, it was decided to give a tiny bit back in the form of a 'thank you' buffet for the convenors and the committee recently.

So, 20 dedicated members were treated to a sit-down buffet at The Springwater Golf Club one Monday in September at 11am. And a lovely thank you it was.

Thank you, Maureen, for coming up with the idea and turning it to fruition.

Ken Jones

## NEWARK AND DISTRICT u3a

### Disco Dance Group

When Newark & District u3a held a social evening earlier in the year, we played a few dance "pop" tunes from the 60's, 70's and 80's and very soon people were up on the dance floor, jigging around and having a great time.

So when someone wistfully suggested that it would be lovely if there was such a thing as a disco for seniors, where we could let our hair down and free our inner John Travolta or Dancing Queen, it set the wheels in motion for a brand new interest group.

Once a month, a couple of willing members happily turn D.J for the occasion whilst strategically placed disco lamps lend a great sense of atmosphere to the village hall, and we hit the floor to strut our stuff, shake our booty and generally have a thoroughly enjoyable couple of hours.



It's not unusual to spot an open-necked shirt worn with a large gold medallion, and I swear the air is heady with the scent of "Brute" aftershave. We writhe and bob along to everything from the Bees Gees to Status Quo, The Rolling Stones through to Elton John and not forgetting meandering through the grapevine with Marvin Gaye.

When we want to cool it down a bit and have a breather, we have a run through slower numbers like "The Locomotion" or the ever-popular "Macarena", when it's great fun to have a group dance-along.



All-in-all, Newark & District's "Disco Dance Group" is living life to the full. After all, age is just a number!

Maggie George  
Chairman & Disco Group Leader  
Newark & District u3a

### BINGHAM u3a

Bingham u3a held a highly successful general knowledge quiz at the Bingham Rugby Club premises on Thursday 14 September. Over 50 members attended forming nine teams and the quiz prizes for 1st, 2nd and 3rd places were hotly contested right till the end. There were also separate prizes for a picture quiz and Heads and Tails round.

The quiz was organised by the acting Chair Veronica Perry, with her husband John the quizmaster, ably assisted by Dave and Marion Downs.

The feedback has been tremendous, and it looks like this could become an annual event.

The quiz was more of a social event rather than a fundraiser, though there is no doubt that had we wanted to we could have easily raised a considerable sum.



### BINGHAM U3A QUIZ

| TEAM NAME | ROUND 1 | ROUND 2 | ROUND 3 | ROUND 4 | ROUND 5 | ROUND 6 | FINAL TOTAL |
|-----------|---------|---------|---------|---------|---------|---------|-------------|
| 1         | 3       | 5       | 6       | 4       | 3       |         |             |
| 2         | 3       | 2       | 5       | 4       | 4       |         |             |
| 3         | 2       | 3       | 6       | 4       | 4       |         |             |
| 4         | 2       | 3       | 4       | 4       | 2       |         |             |
| 5         | 3       | 4       | 4       | 4       | 2       |         |             |
| 6         | 2       | 3       | 5       | 2       | 1       |         |             |
| 7         | 3       | 3       | 5       | 2       | 2       |         |             |
| 8         | 2       | 3       | 6       | 2       | 2       |         |             |
| 9         | 2       | 3       | 5       | 3       | 4       |         |             |

Marion and John





John Perry  
Publicity Officer

## WEST BRIDGFORD u3a

The West Bridgford Local History group visited the Caves of Nottingham this month. We were made very welcome, and our tour guide was very engaging and knowledgeable.



We explored the winding passageways beneath the old Broadmarsh shopping centre, hearing the trams trundling above our heads.

The caves have had a varied past, being homes, industrial workshops, air raid shelters, to name but a few.

Did you know there are over 800 caves beneath our city? It is the UK's largest network of caves.

Yvonne Haynes



## RAINWORTH AND DISTRICT u3a

The History Group celebrated Alfresco in Autumn with a visit to Edwinstowe where their guides Terry and Denise provided information on the village. Edwinstowe was awarded two blue plaques commemorating philanthropists John Bellamy and Christopher Thomson.

A visit to St Mary's Church where Robin Hood and Maid Marian were married outside of the Church porch (outlaws are not allowed inside) was part of the tour.

This was also the resting place of King Edwin of Northumbria.

Lunch followed "Al Fresco "in Sherwood Forest.

The wine group tasted French Rosé finding out that 1 in 3 bottles of wine purchased in France is Rosé.

Jill Lowe won the highest score award at Ten Pin Bowling and Helen Dawson won for the most strikes.

The breakfast and lunch clubs have enjoyed meals at different venues, among them Ramsdale Golf Club and a lunch cruise on the river Trent.

A visit to Welbeck Brewery was enjoyed by a group of us, the chance to try before you buy went down well with everybody, along with learning what went into making it.







Our Strollers group have been strolling around Pleasley Country Park and The Carrs at Warsop ably led by Susan and Andrew Goodison who have taken on the role after the very sad passing of our previous leader Carol Bennett.

The book group met and reviewed one of their reads Miss Bensons Beetle. There were mixed reactions by group members but one enjoyed it and would recommend it!

Hobbies, tabletop games and card craft are well supported.

Garden and National Trust visits are always enjoyed as are the visits to the Odeon.



A visit to Skegness was enjoyed as were the fish and chips.



Thursford Spectacular, Illuminated National Aboretum and a Carol concert are among forthcoming events.

Colin & Jackie Massey

## NOTTINGHAMSHIRE NETWORK OF u3as

Running your u3a Workshop

Wednesday 1 Nov 2023 10:00 – 12:15 Zoom

We are delighted to announce that we are to run this workshop specially for our Notts Network members. This will be the second time we have done this and it does mean that, in the future, we would be able to follow up any matters arising after the event amongst ourselves.

Who is it for?

Committee Members, prospective Committee Members and those with a general interest in the running of a u3a.

What does it cover?

Information to help you understand your role and responsibilities as a Committee Member including the guiding principles of u3a, what makes good governance and where additional support and guidance is available.

To book on to the workshop please use this link:

<https://www.eventbrite.co.uk/e/running-your-u3a-nottinghamshire-network-via-zoom-tickets-691543012767?aff=oddtcreator>

If you have any questions do not hesitate to contact Rosie Allen:

rosieallen21@outlook.com

Many thanks to all the Nottinghamshire members who have submitted articles about their u3as. This is your newsletter and it wouldn't exist without your many contributions.

Please submit your text in Word and your photographs as separate attachments in JPG, PNG or similar format. A photograph always tells a good story!

Please keep within the 300-word count.

And if your u3a is organising an event, trip or holiday which you would like to share with other Nottinghamshire u3a members or maybe you have a few places to fill or a few tickets to sell, then this is the place to promote them.

maria.newsbytes@gmail.com

## NEWS FROM THE THIRD AGE TRUST

### TRUST AGM 2023

Reminder that the 40<sup>th</sup> Annual General Meeting (AGM) of the Third Age Trust will be held as a hybrid meeting allowing delegates to attend in person or online on Wednesday 18 October, commencing at 11.15am at Kents Hill Park, Milton Keynes. Details on how to access the meeting for both voting delegates and non-voting delegates who wish to attend online have been distributed to u3as.

If you are an ordinary member and wish to attend online, please register your attendance in advance by going to [the dedicated AGM website](#) (which is separate from the u3a website.)

### FREE ONLINE LEARNING EVENTS

Did you know that membership of your u3a entitles you to access free online talks, workshops and courses offered by The Third Age Trust? Just go to: [www.u3a.org.uk](http://www.u3a.org.uk) You must be registered with the Trust and logged in, a very easy and quick process. Once on the site look for these and other opportunities under 'Events'.

Most sessions are presented by members, sharing their knowledge or skills with others across the movement.

Here are just some of the exciting events coming up in the next few weeks – ALL FREE TO JOIN:



#### The Story of Britain told Through Coins

Diana Laffin of Guildford u3a presents an introduction of coins which tell the history of Britain in the industrial age

Thurs 19 Oct at 2pm  
Free – Online via zoom



#### Vehicle checks in preparation for Winter with IAM RoadSmart (POWDERY)

Join Richard Gladman, Chief Examiner at IAM RoadSmart, as he gives hints and tips for vehicle preparation in Winter.

Fri 20 Oct at 2pm  
Free – online via zoom



#### Future Lives - How our thinking skills change as we age and what we can do about it

Join Professor Alan Gow from Heriot-Watt University as he shares some hot tips and tricks to keep our brains healthy.

Wed 25 October, 2pm  
Free – Online via Zoom



### **An Introduction to Astronomy**

Catherine Stevenson of Newcastle u3a is joined by Astronomy Group members for an introduction to the subject.

Weds 25 Oct at 11.30am  
**Free - Online via zoom**



### **Science Network Event**

Join our Science Network meeting to hear talks on Forensic DNA and The Apollo Programme.

Thurs 26 Oct at 9.30am  
**Free - online via zoom**



### **Live Cookery Demonstration - More Autumn recipes**

Chef Alex from 'Vegetarian for Life' demos more of his delicious autumn recipes live on Zoom, especially for u3a members.

Thurs 26 Oct at 2pm  
**Free - online via zoom**



### **Fashion's Dumping Ground**

Join Helen Howard, Canterbury u3a member, to explore the impact of discarded fashion on the planet.

Fri 27 Oct at 2pm  
**Free - online via zoom**



### **Monthly Laughter Yoga with Merrie Maggie**

Bring more joy and laughter to your life with Laughter Yoga - an aerobic exercise with playful exercises combined with deep yogic breathing. Last Tues of every month.

Next session: Tues 31 Oct at 3.30pm  
**Free - Online via Zoom**



### **Into the mind of an artist. Van Gogh Part 3**

Catherine Stevenson of Newcastle u3a looks at the life and works of Van Gogh.

Tues 7 Nov at 10am  
**Free - Online via zoom**