

West Bridgford u3a Highlights December 2023

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

Open Meeting

14th December: Melody Flyte



Melody is a jazz, swing and vintage pop singer.

She will be doing her Christmas set: It's all the old classics from White Christmas to Blue Christmas to Have Yourself A Merry Little Christmas to Rockin' Around The Christmas Tree, and Melody will tell you a little bit about each song.

There will be no refreshments before the December Open Meeting. The performance starts at **2pm**.

Doors will open at 1.30pm. After Melody's performance we will be serving mince pies, Christmas crackers, tea and coffee.

Future Open Meetings

January 25th: Sutton Bonnington – The Great Escape. Professor John Beckett

February 22nd: Solo Walk Across Africa from the Skeleton coast to the Indian Ocean.

Fran Sandham

Photography Group

This month's topic: **Local Life**

Photos by John, Lynne, Judy, Paco, Keith, Tom, Lorraine, Kathryn, Peter, Rosemarie, Sue and Rachel.

Just Joe



Hello again, everyone.

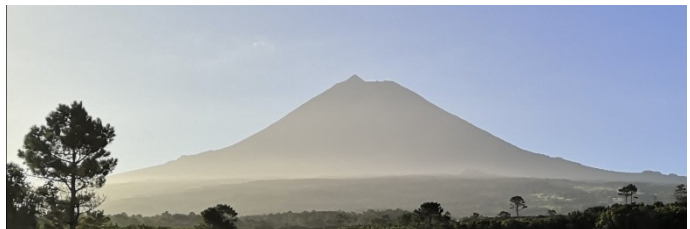
I am looking forward to Melody Flyte's set at our December Open Meeting. I won't say much about her here, because there is information elsewhere in

Highlights, but I've heard good reports on her shows.



I hope you saw my email confirming that the defibrillator is now installed and available. It is mounted on the wall in the passage between the Baptist Church and the Church Hall. Our thanks to the Church and the East Midlands Baptist Association for sharing the cost.

In early November Morag and I had a great trip to the Azores. There are nine islands, of which we visited three.



The islands have all been formed by volcanic activity on the mid-Atlantic ridge, so there are volcanic cones, calderas and lava flows all over the place. In one area they cook meals by lowering a pan of food down a hole in the ground, then waiting 7 hours for the hot rock to slow-cook the contents. We could do with some of their spare heat for our UK winters!

Lastly, I take this opportunity of wishing you all a very happy Christmas, and good health in 2024.



Joe Colls, Chair WB u3a.



Hiking Group

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 or 07981 516719

Date 2023 -24	Leader
14 th December 2023	Kevin
18 th January 2024	John
15 th February	TBD
21 st March	Keith
18 th April	John
16 th May	Richard/ Tony
20 th June	Simon
18 th July	Angela
15 th August	Maureen
19 th September	Iris
17 th October	John
21 st November	TBD
12 th December	Kevin

Local History Talks and Speakers for the New Year

Here are some dates for your diary! All start at 2.00pm, small charge applies.

31st January: Fellow member Roger Penson will be talking about local cinemas, many of which are long gone.

14th February: My Life and Times, by Tim Robinson, former Notts Captain and England batsman.

27th March: A talk from Rowena Edlin-White on William & Mary Howitt, a Literary Marriage, a wonderful story of a Nottingham couple who were at the heart not only of English cultural life but European, too.

Possible Changes to Free Tram Travel For Pensioners

Nottinghamshire County Council is carrying out a consultation on whether or not to withdraw the concessionary pass from the tram (which unlike the bus is not statutory) The closing date for this is 07 January 2024.

Leaflets about this are available in the Library. Details can be found on line: [Tram concessionary pass consultation | Nottinghamshire County Council](#)

Orienteering Walking

Walk Dates and Locations:

Friday 15th December: Cottagers & Gotham Hills, Nottinghamshire ("VOC") with lunch at Dovecote Barn Cafe, Barton-in-Fabis

Tuesday 23rd January 2024: Loughborough, Leicestershire with lunch at Queen's Park Cafe (Murder Mystery Walking Trail - Treasure Hunt Format)

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

To join the group's email distribution list, contact **John** on **07721 538057** or email jpicklesclifton@aol.com



Peak District Walking Group

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.

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 Area	Leader	Distance (Miles)
Thursday 4 th Jan	Osmaston	Osmaston & Shirley Parks	Simon	5
Thursday 1 st Feb	Ilam Hall, Derbyshire	Ilam Park, Rushley, Throwley, Manifold Valley Views	John	6.5
Future walks will be scheduled for the first Thursday of each month				
For more information &/or to join the group's email distribution list, contact John - 07721 538057 or via email jpicklesclifton@aol.com				



Cycling Group

Ride Programme: January to June 2024

Date	Ride	Miles	Leader	Phone	Start Point
Friday 12 th Jan	Colwick Park and Quayside Café	12	Hugh & Di	07880 962135	Welbeck Road West Bridgford
Friday 26 ^h Jan	Attenborough and the Big Track	12	Pete	07828 647221	Welbeck Road West Bridgford
Friday 9 th Feb	Woolsthorpe & Vale of Belvoir	17	Graham & Christine	07803 123339	Woolsthorpe
Friday 23 rd Feb	Strelley Village to the Erewash Valley	18	Pete	07828 647221	Strelley Hall
Friday 8 th March	Bestwood to Newstead Abbey	17	Pete	07828 647221	Bestwood Country Park
Friday 22 nd March	Whisby Nature Reserve to Lincoln	20	Graham & Christine	07803 123339	Whisby Nature Reserve
Friday 12 th April	Chesterfield to Rother Valley	26	Hugh & Di	07880 962135	Chesterfield Station
Friday 26 th April	Cloud Trail to Derby	23	Helen	07980 351529	Worthington
Friday 10 th May	Newark to Fledborough Viaduct	32	Hugh & Di	07880 962135	Newark
Friday 24 th May	Rutland Water	18	Pete	07828 647221	Rutland Nursery
Friday 14 th June	Manifold Valley Wetton and Ilam	20	Graham & Christine	07803 123339	Waterhouses
Friday 28 th June	Elvaston Castle via Trent Lock	24	Pete	07828 647221	Attenborough Nature Centre

All rides start at 10.00am

The Group continue to cycle on the second and fourth Friday each month. 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

Victoria Repair Cafe

Victoria Repair Cafe team, based at the Holy Spirit Social Centre, Victoria Rd, West Bridgford, Nottingham NG2 7NT

Do you have faulty or broken items such as jewellery, bikes, clothing, toys, or other household items? Better to repair them rather than throw away. Try the Repair Cafe. Donations welcome for each repair.

Tea, coffee and cake will also be on sale.

Dates open in 2024: 16th March, 15th June, 28th September and 7th December from 10am to 1pm.



RIDEWISE

Travelchoice
Different ways to travel in Notts

Free cycle maintenance and training

Ridewise are offering Dr Bike cycle maintenance sessions at the **Rushcliffe Arena**. Dr Bike can carry out simple repairs, standard servicing and offer advice, and it's all free!

Adult cycle training will also be on offer at the **Rushcliffe Arena**. This free cycling session is ideal for adult beginners wanting to learn how to ride a bike, or those that just want to gain more confidence with their cycling.

Pre-booking is required for all Ridewise sessions, which can be done using the QR code below or at <https://bookwhen.com/ridewise>



Nottinghamshire
County Council

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



We're working with communities to promote healthy travel!

Travel Choice is a free community support project managed by Nottinghamshire County Council (working in partnership with AECOM). We are seeking to encourage active lifestyles.

What can I get?

- FREE Travel Clinic events – where our staff can provide information on walking, cycling, getting the bus and car sharing.
- FREE Dr Bike cycle maintenance event – where people can have their bikes serviced free of charge (these can be run alongside a Travel Clinic event at your site).
- FREE Travel Information packs which contain: information on the health benefits of walking and cycling, cycle maps and a guide of local 'routes and rides' to help people to get out and about in Nottinghamshire. The packs also contain local bus timetables, a bus and train leaflet and information on car sharing.



Bird Watching Group

Programme November 2023 to Mar 2024

For visits with expert there is a charge of £33 for a full day. For all visits we provide our own or share transport. For longer trips with our expert we expect passengers to pay the driver £5 to cover their motoring costs. For some sites there is also an entry charge. Please book in advance. Final details will be emailed a week before each visit. For local trips we will meet at the location at 9:30am, on the longer day trips we will meet at 9:45am at the location. For more information contact: **Lynne** 07811 707868, **Jim** 07891 718692 or **Simon** 07779 247532

Date	Location	Leader	Charge
Monday 11 th December	Willington (with Xmas meal at The Dragon) Meet tba	Professional Expert	£16 plus cost of lunch
Monday 8 th January	Attenborough Meet 9:30	Led by group members	No Charge
Monday 22 nd January	Carr Vale nature reserve and Poolsbrook Country Park Meet 9:45	Professional Expert	£33
Monday 5 th February	Langford Lowfields Meet 9:30	Led by group members	No Charge
Monday 19 th February	Carsington Water Meet 9:45	Professional Expert	£33
Monday 4 th March	Rother Valley country park Meet 9:45	Professional Expert	£33
Monday 25 th March	Elvaston Castle Meet 9:30	Led by group members	No Charge



Sudoku Solution

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



Groups Timetable

	Day	Venue	When	Leader	Phone	Status
AM	Monday					
	Bird Watching	V	1 st /3 rd Mon	Pete	07828647221	
Circa 8.45	Orienteering Walking	V	3 rd Mon or 3 rd /4 th Tues	John	07721538057	
10	Zumba	BC	Weekly	Joan	07847 209399	
PM	Monday					
2	Discussion Grp 2	MH	2 nd Mon	Pat	01159234285	Full
2	History	BC	4 th Mon	Carol	07419317738	
2	Finding Out About Music	BC	1 st Mon	Diana	07736 943339	
2	Art Appreciation	BC	1 st Mon	Carol	07419317738	
	Cards Games	MH	2 nd Mon	Janet/Paul	01159231352	
	Climate Change	BC	2 nd Mon	Sue	07900886765	
	Family History	Z	2 nd Mon	Paco	01159233109	
	Spanish Conversation	MH/Z	Every Mon	Ewa	07740347756	
	Wine Appreciation	MH		Rod	01159232019	
AM	Tuesday					
10	Art Appreciation	BC		Heather	01159232824	
10	Greeting Cards	BC	2 nd Tues	Joan	01159818477	
10	Painting and Drawing	BC	2 weekly	Pam	01159819238	
10	Spanish Conversation	MH	1 st & 3 rd Tues	Graham	0115923832	Full
10	Yoga Type Exercise	PH		Elizabeth	01159146941	
11.15	Tai Chi Beginners	WH	Weekly	Rachel	07793 243274	
PM	Tuesday					
2.30	Beginners Bridge	BC	Weekly	Ron	0115 9234176	
2.30	Cryptic Crosswords	TM	1 st Tuesday	Stephen	01159140255	
2.30	Cryptic Crosswords	TM	3 rd Tues	Stephen	01159140255	
PM	Tuesday					

	Knit and Natter	SH	1 st & 3 rd Tues	Joan	07847209399	
2	Photography	BC	1 st Tues	Paco	01159233109	
2	Scrabble	TM	4 th Tues	June		
12.15	Tai Chi Improvers	WH	Weekly	Lynn	07811 707868	
1.15	Tai Chi Improvers	WH	Weekly	Lynn	07811 707868	
2	Quiz	TM	4 th Tues	Louise	0115 9817589	
	Silent Films	MH	1 st & 3 rd Tues	Ed	07890009443	
AM	Wednesday					
10.30	Short Walks	V	2 nd & 4 th Wed	Christine	07434 614890	
PM	Wednesday					
2.30	Badminton	RA	Wednesdays	Chris Phil	07941509357 07505513556	
	Book Group	MH	3 rd Wed	Liz	0115 914 5642	
1.45	International Folk Dancing	BC	1 st & 3 rd Wed	Joan	07847 209399	
	Lunch Club	V	Alt Wed	Lorna	01159822546	
1	Murder Most Foul	PP	4 th Wed	Laraine	0115 9235361	Wtg list
2	Table Tennis	BC	2 nd & 4 th Wed	Glenys	01158370932	
	Local History	V		Yvonne	07746668469	
Evening	French	Z	2 weekly	Anne	07974706281	
AM	Thursday					
	Beginners' Spanish	MH	Weekly	Graham	01159232832	
	Guitar Group 1	MH	Alt Thurs	David	07990654643	
11-1pm	Guitar Fun Strummers	SW	Alt Thurs	Gordon	0779 693 4365	
	Hiking	V	3 rd Thurs	Kevin	07981 516719	
10	Mah Jong	MC	1 st & 3 rd Thurs	Glynis	07504 246410	
	Painting & Drawing	BC	AltThurs	Ron	01159234176	
	Peak District Walking	V	1 st Thurs	John	07721 538057	
	Poetry	MC	2 nd Thurs	Joan	07881718784	
PM	Thursday					
	Book Group 3	SH	2 nd Thurs	Fran	01158789790	

	Book Group AP	MH	1 st Thurs	Angela	01159986679	Full
	Guitar (beginners)	MH	Alt Thurs	David	07970059525	
2	Remarkable Women	BC	3 rd Thurs	Pat	01159146670	
2	Scrabble	TM	2 nd Thurs	Ian	01159813110	
	Ukelele	BC	2 nd & 3 rd Thurs	David	07771515810	
	Wine Appreciation	MH		Rod	011159232019	Full
7.30	Film Group	Z	4 th Thurs	Joe	07760458791	
AM	Friday					
10	Cycling	V	2 nd & 4 th Frid	Pete	07828647221	
	Longer Walks	V	1 st Frid	Rita	0115 8461516	
	Longer Walks	V	3 rd Frid	Liz	0115 9231605	
10.15	Singing For Fun	BC	2 nd & 4 th Frid	Sue	07900886765	
PM	Friday					
2	Rummikub	BC	1 st & 3 rd Fri	Trish	0796 102 4931	
2	Science For All	BC	Last Fri	Peter	07745995735	
	Saturday					
	Holiday Group		1 st Sat	Penny	01159233384	
	Traditional Games		Ad hoc	Janet/Paul	01159231352	

Key: BC – Baptist Church; MC – Marlborough Court; MH – Member’s Home; PH – Paxdien Hall; PP – Poppy and Pint; RA – Rushcliffe Arena; SH – Scout Hut; ST– Stratford Haven; SW – St Wilfrid’s Church; TM – Test Match; V – Various; WH – Wightman Hall Z– Zoom. **The information above may change. For up to date details about any group phone the contact name.**

Your West Bridgford u3a Committee

			
Joe Chair & Groups	Peter Vice Chair & Tech Support	Kathryn Vice Chair & Groups Co-ordinator	Yvonne Secretary
			
Martin Treasurer	John Membership Secretary	Carole Refreshments and Social	Clare Tech Support and Beacon Administrator
			
Rachel Welcome Team	Louise Social Events	Vacant Committee Member	Vacant Committee Member

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