

West Bridgford u3a Highlights February 2024

Please send your contributions to **Pat**: wbu3aeditor@gmail.com. Deadline for the next edition is **Friday 15th March**.

Remember our website address is now: <https://westbridgford.u3asite.uk>
Check it out.

Open Meeting

February 22nd: A Solo Walk Across Africa from the Skeleton Coast to the Indian Ocean



Fran Sandham is a critically acclaimed author and public speaker.

He took on the challenge of a lifetime by walking across Africa solo from coast to coast. His 3,000 mile walk from the Atlantic on Namibia's Skeleton Coast to the Indian Ocean near Zanzibar was the first time on record anyone has crossed Africa solo entirely on foot by this route.

A former editor of Rough Guides, Fran has also written freelance for many newspapers and magazines including the Daily Telegraph, the Observer and the Financial Times. His book "Traversa: A solo walk across Africa" received terrific reviews on both sides of the Atlantic and was serialised in the Sunday Times.

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

Future Open Meetings

- March 28th:** The Joy of Lipreading - Managing hearing loss. Helen Barrow
- April 25th:** Antarctic Adventure. John Tidmarsh

Photography Group

This month's topic: **Christmas**

Photos taken by: Chris, John, Judy, Kathryn, Keith, Laraine, Lynne, Neil, Paco, Peter, Rachel, Rosemarie and Tom



The Kite Runner at Nottingham Playhouse

Thursday 18th April at 7.30pm. Cost £19.50

Direct from Broadway, *The Kite Runner*, an outstanding and unforgettable theatrical tour de force, is returning to Nottingham. Based on Khaled Hosseini's international best selling novel.

If you would like a ticket then please contact me to discuss payment methods. Ticket numbers are now **very** limited. So, if you want one, don't delay in contacting **Louise** lcameyhall@gmail.com or 0115 9817589 (and leave message)



Local History Group January Talk

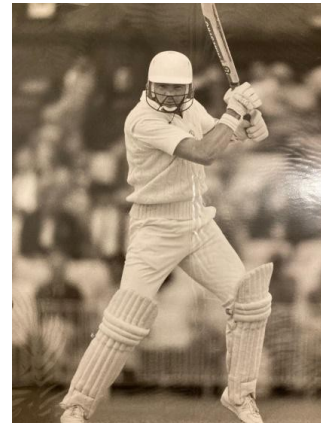
We had a very good talk on Cinema and cinemas on 31st January from fellow member Roger – who knew the Romans had moving images? Roger gave us a history of moving images over the ages as well as how they were produced, with some excellent illustrations. Having inside knowledge, Roger was able to tell us about the stellar nights when local cinemas held 'Midnight Premieres' following smart receptions attended by the stars of the films. He brought us up to date with the cinemas we knew and what happened to them and their fixtures when they closed – the windows of local homes festooned with the lush velvet from the curtains!

Averil

Local History: My Life and Times, a talk by Tim Robinson

Wednesday 14th February at 2 pm West Bridgford Baptist Church. All welcome.

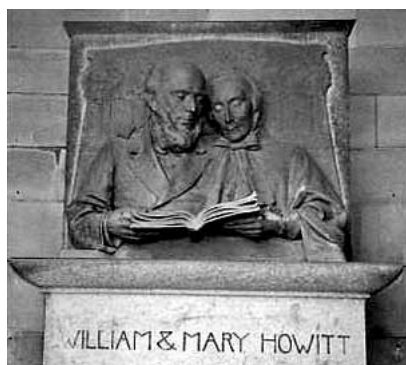
Tim Robinson is a former captain of Nottinghamshire County Cricket Club and an England batsman who had an illustrious career, playing in 29 Test matches as well as appearing in 26 One Day Internationals for England from 1984 to 1989.



He was one of Wisden's Cricketers of the year in 1986 and he led Notts to triumph in the Benson and Hedges cup final in 1989. He carried on playing county cricket until 1999, amassing 27,571 runs for the county.

His connection with the game continues as he is now a respected umpire, on the First Class umpires list.

A small charge will be payable at the door.



Another aspect of Nottingham life will be covered on **Wednesday 27th March** when we have 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.

There is a plaque to Mary just round the corner from Parliament Street on Glasshouse Street, not a particularly salubrious site for a cultured Victorian lady, but I haven't found William's yet.

Yvonne and Averil

RNLI 60's Dance

Friday 16th February at 7.30pm at the Poppy and Pint, Lady Bay.

Dance to the music of our very own **GREYTHORN**. Tickets from Allan 01159140348 £12.50 including food.



Electronic Legacy



Over the last week I've had several conversations with people, including the executive committee members, about access to electronic devices once someone has passed away. My family was very fortunate when my Mum died 18 months ago as Dad knew her i-pad password so we were able to access the many family photos she had stored on there from our extended family and we could work through her email contacts to make sure everyone got to know.

So a thought for everyone – when you pass on (and hopefully this won't be for many years yet) will your partner and/or family be able to access your phone/ electronic storage? We all know the importance of having a will and appropriate Powers of Attorney but online providers won't give access without the owner's authority.

Clare West Bridgford u3a Tech support

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	Leader
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

Remarkable Women

15th February 2pm: **Warrior Women**

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

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6								
4					6			
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Got 5?

Register online to vote

Register by 16 April 2024 to vote in the Combined Mayoral Authority and Police and Crime Commissioner elections on 2 May 2024

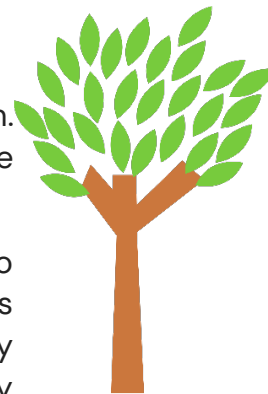
gov.uk/register tovote

YOUR VOTE MATTERS DON'T LOSE IT 

Join u3a Family History Group

The group meets once a month on the 2nd Monday at 2pm. Currently meeting on Zoom but researching a venue for future meetings.

Family History can be a solitary activity, but the group exists to offer support and collaboration on individual research projects and the sharing of tools and databases to further family history stories. It includes the discovery of social and military history which helps bring your ancestors' lives and struggles to to life.



Learn more about your ancestors and discover some amazing and surprising things about your family history. Contact **Julie** on 07729360083 or email at 6handjl@gmail.com



Orienteering Walking

Walk Dates and Locations:

Tuesday 20th February: Chaddesden Park, Derby with lunch at The Cowshed, Dale Abbey

Tuesday 26th March: Shirebrook Wood, Nottinghamshire with lunch at No 19 Cafe and Bistro, Market Warsop ["VOC" with physical map & control descriptions]

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)
Thurs 7th March	Ilam Hall, Derbyshire	Ilam Park, Rushley, Throwley, Manifold Valley Views	John	6.5

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

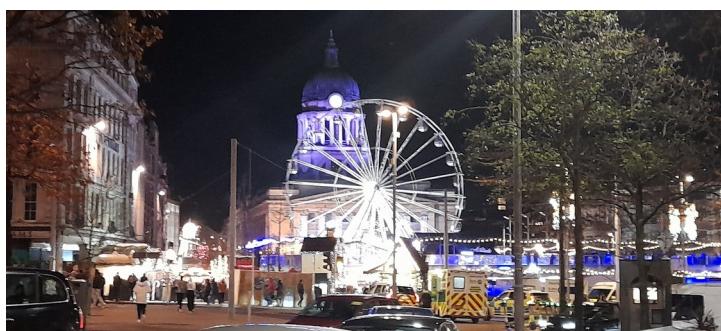
Ride Programme: January to June

Date	Ride	Miles	Leader	Phone	Start Point
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 or Graham: 07803 123339



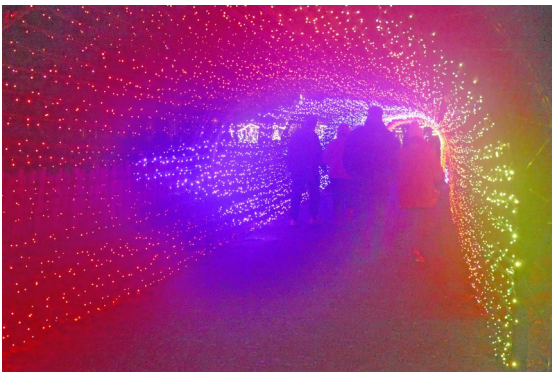
Knit and Natter

We have had a busy year which saw us making and distributing many knitted items for charities – hats, scarves, gloves, children’s toys, jumpers and knitted animals for use in therapy sessions, plus twiddle-muffs for use with those living with severe dementia. In between, we have also produced various items for family.



We do have very lively, but supportive ‘natters’ during our meetings, but twelve of us treated ourselves to a tasty lunch at Poppy and Pint in January for our Post-Christmas relaxation. However, one member couldn’t resist bringing her knitting so as not to waste time waiting for delivery of the meal!

If you would like to join us, please come along to the Stratford Haven pub 2.00-3.30pm on the 1st and 3rd Tuesdays of the month. For further information, please contact **Joan** on 07847 209399.



Bird Watching Group

Programme February to July

For visits with our 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.

Date	Location	Leader	Charge
Monday 19 th February	Carsington Water Meet 9:45	With Professional Expert	£33
Monday 4 th Mar	Rother Valley country park Meet 9:45	With Professional Expert	£33
Monday 25 th Mar	Elvaston Castle Meet 9:30	Led by members of the Group	No Charge
Monday 8 th April	Watermead Country Park & Cossington Meadow Meet 9:45	With Professional Expert	£33
Monday 22 nd April	Skylarks Meet 9:30	Led by members of the group	No charge
Monday 13 th May	Padley Gorge and Upper Burbage Meet 9:45	With Professional Expert	£33
Monday 20 th May	Attenborough Meet 9:30	Led by members of the group	No Charge
Monday 3 rd June	Langford Lowfields Meet 9:30	Led by members of the group	No Charge
Monday 17 th June	Budby and Sherwood Forest Nightjar Hunt	Led by members of the Group	No Charge
Monday 1 st July	Rutland Water Meet 9:45	With Professional Expert	£33

For more information contact: Lynne 07811 707868, Jim 07891 718692 or Simon 07779 247532

International Folk Dance

We have enjoyed getting back to fun and fitness, dancing off those extra drinks, puddings and chocolates from Christmas.



Dancing to a wide variety of music from around the world, such as Romania, France, Hungary, the Ukraine, Russia, Israel, Thailand and China, the steps are demonstrated before each dance. Quiet, lilting songs are interspersed with more lively tunes and dancers may adapt steps to their own mobility level. We are sometimes less 'Strictly' and more Morecambe and Wise – the right steps, but not necessarily in the right order or the right foot! So, don't worry if you have no dancing experience. Our focus is on fun and keeping us moving.

A break for a sociable cuppa gives us chance to catch up with each other as well as a welcome rest!

A partner is not required as most of the dances are circular, community dances. The group meets 1.45–3.45pm on the 1st and 3rd Wednesdays of the month, at West Bridgford Baptist Church.

If you would like to know more, please contact **Joan** on 07847 209399.



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 Group 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	
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	
	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	

PM	Tuesday					
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
2	Drama	PP	Last Thurs	Jean	7964 830119	
	Guitar (beginners)	MH	Alt Thurs	David	07970059525	
2	Remarkable Women	BC	3 rd Thurs	Pat	01159146670	
2	Scrabble	TM	2 nd Thurs	Ian	01159813110	

PM	Thursday					
	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	Keith	07778783217	
	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	
Sat	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.**

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

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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Yvonne	wbu3asec@gmail.com	Kathryn	wbu3agroups1@gmail.com
Martin	wbu3atreasurer@gmail.com	Rachel	wbu3aexec4@gmail.com
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