

Please send your contributions to David: wbu3aeditor@gmail.com. The deadline for the next edition is 17th March.

Our website address is: westbridgford.u3asite.uk This address has links to all copies of Highlights, Notts Network Newsbites and the Third Age Trust updates as well as other relevant publications.

Open Meeting on Thursday February 27th



Sarah Moody - 'The history and work of the Commonwealth War Graves Commission'

The Commonwealth War Graves Commission is a global leader in commemoration. Founded by Royal Charter in 1917, we work on behalf of the Governments of Australia, Canada, India, New Zealand, South Africa and the United Kingdom to commemorate the 1.7 million men and women from the Commonwealth who lost their lives in the two World

Wars. As well as our cemeteries and memorials, our archives and records, horticulture and architecture are of international importance. This talk will explore the history of the Commission and help to explain its significance today and for the future.



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

Social Event

A Thousand Splendid Suns



A powerful new production of Khaled Hosseini's spiritual sequel to **The Kite Runner**.
Nottingham Playhouse on Thursday 15th May at 6.30pm
Cost £20.50

If you are interested in this show, then please contact Louise Carney 0115 9817589 Lcarneyhall@gmail.com

Just Joe



Hello again, everyone.

January was u3a lunch month! First, Morag and I joined around 30 other u3a members to enjoy the Sunday lunchtime carvery at Welbeck Hall (on the south bank of the Trent, by Wilford Suspension Bridge). It was a great event, and the first time we had been to their carvery. Quite a large room was very busy with maybe 150 diners, mostly arranged round circular tables of 8 or 10. As soon as a table finished and left, it was cleared and laid ready for the next group. There were three choices of meat, plus Yorkshire puddings and plentiful veg. A very good u3a experience, smoothly organised by Louise.



Only 4 days later, I was at the Group Leaders' Lunch that Kathryn had arranged at the Baptist Church Hall. Not quite the range of food as at Welbeck Hall, but most enjoyable nonetheless. Before the meal, Clare gave us a useful update on how to get the most out of the Beacon software for emailing our groups, printing out attendance lists

etc. It's good to be able to get at least some of the group leaders together during the year and to thank them for their hard work.

Joe Colls, Chair WB u3a.

Local History group



A good crowd of us came along this month to listen to Chris Weir give his talk entitled '**Down the Marshes**', talking about the history of Narrow Marsh and Broad Marsh before the bulldozers moved in. It was an interesting talk, sparking off some old memories of these areas of central Nottingham before modernisation.

Image from 'Picture Nottingham' - Narrow Marsh before demolition.

Future events

The talk by long-time local journalist **Andrew Smart**, at 2.30 on **Wednesday 26th March**, is now entitled **WHAT RUDDY CUCUMBER?** A trip down memory lane looking at different subjects from Nottingham's past, together with anecdotes from his life as a journalist.

Sounds like fun! Please note this was previously advertised as being in February, so amend this to March. Just come along, no need to book.

The visit to the **Mary Potter Heritage Centre**, on **Wednesday 16th April** at 2pm, when we will learn about the founder of the Little Company of Mary in 1877. The sisters' ministry is to pray and offer compassion and care to the sick, the suffering and the dying. Donations of £5 pp will be welcome. Numbers are limited and if you're interested in going, please let Averil know as above by 9th April. Travel details will be sent out nearer to the time.

August activity sessions

We are aware that many groups take a break during August but that some members would still like activities to attend.



In previous years we have run one-off activities like Zumba, table tennis, a cooking demo, card making and talks on a local matter. Maybe you could offer a short activity that takes place outside but locally?

If you could offer a one-off activity for about 90 - 120 mins, probably on a Wednesday afternoon during August please email Clare on wbu3atech@gmail.com outlining your offer.

Film Discussion Group

The Film Discussion Group was formed originally during lockdown to meet on Zoom. Recently Frances has taken the initiative in starting other activities within the group. This week some of us met at Broadway Silver Screen, for which Broadway set the low entry price of £5. We watched 'September 5', which is a docudrama based around the ABC coverage of the Palestinian terrorist attack on the Israeli team during the 1972 Olympics. It was a brilliant recount of the events, with a mix of then-time footage with modern recreations. Surprisingly tense, given that the outcome was already known. Afterwards some of us stayed on for a cup of tea and a chat at the Broadway café.



Explore a decade's worth of u3a research projects



The *u3a Research Database* is home to over 1,000 fascinating u3a projects from the last decade, showcasing the power of collaborative learning and discovery within u3a. [Explore the u3a Research Database.](#)

If you're involved in a research project, whether ongoing or completed, why not share it with the wider u3a community? [Submit your project or express interest using the simple form.](#)

Photography group



January's subjects are the photographers' own choices made by Judy, John, Lynne, Keith, Paco, Sue, Kathryn and Rachel.



Potential new Group

One of our members is proposing to set up an **"Anglo-Indian History"** group. The aim of the group would be for individuals to share stories about family, past links with India and current links, and to explore the longstanding links between the 2 cultures and the untold individual stories.

Please let [new groups](#) know if you would be interested in joining such a group.

Ukelele group

The Ukelele group “Strumming for Fun” meets twice a month, 2-4pm second and third Thursdays at the Baptist Church in West Bridgford. We sing a real variety of songs. In January we tested the group with two new songs: “Your Song” by Elton John and an old Beatles favourite “Can’t Buy Me Love”



We enjoyed strumming along to lots of other songs including “Fly Me to the Moon”, “Delilah” and “Mull of Kintyre”. We get through twenty songs each time we meet. The sessions are a brilliant excuse for a good singalong... and a social gathering.

We are always open to new members, the ukelele is a simple instrument to play and with a few chords, you can play many songs.

We have a few beginners who can have expert tuition in a small group. Marion and Madeleine (below) are two of our newer members who worked with Colin (below left centre) but now feel confident enough to join the main group. Well done you two!



If you feel you would enjoy having a go, please contact our leader David (above right) on davidalexander200@gmail.com or phone 07771515810

Second hand ‘ukes’ can be picked up for as little as £12.50 on eBay and if you want to have a look at a tutorial for total beginners on [Youtube](https://www.youtube.com/watch?v=...), try this guy: “[ANDY GUITAR](https://www.youtube.com/watch?v=...)”

Exhibition: Cosmic Titans: Art, Science and the Quantum Universe



Dates: Sat 25 Jan – Sun 27 Apr 2025
Times: 10:00 to 16:00 Tuesday to Saturday
12:00 to 16:00 Sunday,
Closed Monday

Where: Djanogly Gallery, Lakeside Arts
Centre, Nottingham University

Free entry
<https://www.lakesidearts.org.uk/exhibition/cosmic-titans>

The exhibition features new commissions by nine artists who have each spent time working alongside world-leading researchers in quantum physics. Through immersive sculptural installations and photography, they give expression to the excitement, wonder and poetry of cutting-edge scientific discovery that is transforming our future.

Bird Watching group



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. If the weather forecast is bad, trips will be cancelled 48 hours in advance and any money refunded.

For half-day 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. On day trips we will leave the site by 4pm.

Date	Location	Leader	Charge
Monday 24 th February	Middleton Lakes Meet 9:45	With professional expert	£33
Monday 10 th March	Attenborough Meet 9:30	Led by members of the group	No charge
Monday 24 th March	Rutland - Egleton Meet 9:45	With professional expert	£33
Monday 14 th April	Frampton Marsh Meet 9:45	With professional expert	£33
Monday 28 th April	Clumber Park Meet 9:30	Led by members of the group	No Charge

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

Orienteering Walking



Walk Dates and Locations:

Tuesday 25th February: **Rushcliffe Country Park, Nottinghamshire**
Lunch @ Frame Breakers Pub, Ruddington

Tuesday 25th March: **Gedling Country Park, Nottinghamshire**
Lunch @ 1899 Cafe, Gedling Country Park

Notes:

1. New members, irrespective of prior orienteering experience, are welcome to join the group.
2. Walk location & details are subject to change, potentially at short notice if weather related.
3. All walks are Permanent Orienteering Courses ("POC's) unless stated or implied otherwise.
4. "VOC's" are Smart Phone APP based (Virtual) Orienteering Courses
5. For more information &/or 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 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 dress for the weather and wear boots.

Programme for January to June 2025

Date	Walking from	Walking through ...	Leader	Distance (miles)
6 th March	Robin Hood Inn Baslow	Birchen	Pete	6
3 rd April	Rowsley	Derwent Valley & Beeley Brook	Maureen	6
1 st May	Haywood	Froggatt, Curbar and White Edges	Pete	6
5 th June	Errwood Reservoir	Goyt Valley	John	5

If you are interested please contact **Pete**: Mobile 07828 647221
or email peter.elderton@live.co.uk

Cycling group



Ride Programme: January to June 2025

Date (Fridays)	Ride	Miles	Leader	Phone	Start Point
28 th Feb	Colwick & Gedling Country Parks	32	Hugh & Di	07880 962135	Welbeck Road West Bridgford
14 th March	Strelley Village & the Erewash Valley	18	Pete	07828 647221	Strelley Hall
28 th March	Vale of Belvoir Circular Ride	34	Graham & Christine	07803 123339	Welbeck Road West Bridgford
11 th April	Cloud Trail to Derby	25	Helen	07980 351529	Worthington
25 th April	Trent Lock & Sawley Marina Circular Ride	24	Hugh & Di	07880 962135	Welbeck Road West Bridgford
9 th May	Cresswell Craggs & Archaeological Trail	20	Pete	07828 647221	Hardwick Hall
23 rd May	Leicestershire Villages Circular Ride	30	Graham & Christine	07803 123339	Hoby
13 th June	Five Pits Trail	20	Pete	07828 647221	Silverhill
27 th June	Monsal Trail	17	Hugh & Di	07880 962135	Bakewell

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 Elderton 07828 647221 Graham Wood 07803 123339**

Groups timetable __ recent updates are highlighted in bold text

	Day	Venue	When	Leader	Phone	Status
AM	Monday					
	Bird Watching	V	1 st /3 rd Mon	Lynne Jim Simon	07811707868 07891718692 07779247532	
Circa 8.45	Orienteering Walking	V	3 rd Mon or 3 rd /4 th Tue	John	07721538057	
10.00	Zumba	BC	Weekly	Joan	07847209399	
PM	Monday					
2.00	Art Appreciation	BC	1 st Mon	Carol	07419317738	
2.00	Card Games	MH	2 nd Mon	Janet/Paul	01159231352	
2.00	Discussion Group	MH	2 nd Mon	Gary	07803504006	

2.00	Finding Out About Music	BC	1 st Mon	Diana	07736943339	
2.00	History	BC	4 th Mon	Carol	07419317738	
	Spanish Conversation	MH/Z	Every Mon	Ewa	07740347756	Wait list
	Wine Appreciation	MH		Rod	01159232019	
AM	Tuesday					
10.00	Greeting Cards	BC	2 nd Tue	Joan	01159818477	
10.00	Painting and Drawing	BC	Alt weeks	Pam	01156489365	
11.15	Tai Chi Beginners	WH	Weekly	Rachel	07793243274	Full
10.00	Yoga Type Exercise	MCH	Weekly	Julie	07729360083	Wait list
PM	Tuesday					
2.30	Beginners Bridge	BC	Weekly	Ron	01159234176	
2.30	Cryptic Crosswords	TM	1 st & 3 rd Tue	Stephen	01159140255	
2.00	Knit and Natter	ST	1 st & 3 rd Tue	Joan	07847209399	
2.00	Photography	BC	1 st Tue	Paco	01159233109	Wait list
2.00	Quiz	TM	4 th Tue	Louise	01159817589	
2.00	Scrabble	TM	4 th Tue	June		
Evng	Silent Films	MH	1 st & 3 rd Tue	Ed	07890009443	
12.15	Tai Chi Improvers	WH	Weekly	Lynne	07811707868	
AM	Wednesday					
10.30	Short Walks	V	2 nd & 4 th Wed	Christine	07434614890	
PM	Wednesday					
2.30	Badminton	RA	Wed	Chris Phil	07941509357 07505513556	Wait list
	Book Group 1	MH	3 rd Wed	Liz	01159145642	Wait list
	French	Z	Alt weeks	Anne	07974706281	
2.00	International Folk Dancing	BC	1 st & 3 rd Wed	Joan	07847209399	
	Local History	V		Yvonne	07746668469	
	Lunch Club	V	Alt Wed			Full
1.00	Murder Most Foul	P&P	4 th Wed	Laraine	01159235361	Wait list
2.00	Table Tennis	BC	2 nd & 4 th Wed	Glenys	01158370932	Wait list
AM	Thursday					
10.00	Family History	BC	3 rd Thu	Julie	07729360083	
	Guitar Group 1	MH	Alt Thu	David	07990654643	
11.00	Guitar Fun Strummers	MCH	Alt Thu	Gordon	07796934365	
	Hiking	V	3 rd Thu	Kevin	07981516719	
10.00	Mah Jong	MC	1 st & 3 rd Thu	Glynis	07504246410	
10.00	Painting & Drawing	BC	Alt Thu	Ron	01159234176	
	Peak District Walking	V	1 st Thu	Pete John	07828647221 07721538057	
	Poetry	MC	2 nd Thu	Joan	07881718784	

PM Thursday						
	Book Group 3	SH	2 nd Thu	Fran	01158789790	
	Book Group 4	Z	1 st Thu	Win	0115 8789031	Wait list
7.30	Film Group	Z	4 th Thu	Joe	07760458791	
	Guitar (beginners)	MH	Alt Thu	David	07970059525	
2.00	Remarkable Women	BC	3 rd Thu	Pat	01159146670	
2.00	Scrabble	TM	2nd & 4th Thu	June		
1.30	TED Talks Discussion	BC	2 nd Thu	Pat	01159146670	
2:00	Ukelele	BC	2 nd & 3 rd Thu	David	07771515810	
	Wine Appreciation	MH		Rod	011159232019	Full
AM Friday						
10.00	Cycling	V	2 nd & 4 th Fri	Pete	07828647221	
	Longer walks (5-6 miles)	V	1 st Fri	Keith	07778783217	
	Longer walks (5-6 miles)	V	3 rd Fri	Liz	01159231605	
10.15	Singing For Fun	BC	2 nd & 4 th Fri	Sue	07900886765	
PM Friday						
2.00	Rummikub	BC	1 st & 3 rd Fri	Trish	07961024931	
2.00	Science for Everyone	BC	Last Fri	Peter	07745995735	
Saturday						
	Holiday Group		1 st Sat	Penny	01159233384	
	Traditional Games		Ad hoc	Janet/Paul	01159231352	

The information above may change, you may also check the [Groups page on our website](#). For up-to-date details about any group please phone the named contact.

Key to venues:

BC – Baptist Church	MCH - WB Methodist Church	MC – Marlborough Court	MH – Member's Home
PH – Paxdien Hall	P&P – 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		

Your West Bridgford u3a Committee

			
Joe Chair	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	Brendan Committee Member	Paco Committee Member

Email contacts:

Joe	wbu3achair@gmail.com	Carole	wbu3aexec2@gmail.com
Peter	wbu3atech2@gmail.com	Clare	wbu3atech@gmail.com
Kathryn	wbu3agroups1@gmail.com	Rachel	wbu3aexec4@gmail.com
Yvonne	wbu3asec@gmail.com	Louise	wbu3aexec3@gmail.com
Martin	wbu3atreasurer@gmail.com	Brendan	wbu3aexec5@gmail.com
John	wbu3amem@gmail.com	Paco	wbu3aexec1@gmail.com
General Enquiries	wbu3aenquiries@gmail.com	Voicemail: 0115 871 1810.	
Editor	wbu3aeditor@gmail.com		