

Please send your contributions to David: wbu3aeditor@gmail.com. The deadline for the next edition is 14th April.

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 March 27th

Nottingham's 'Royal' Garden



In the centre of Nottingham, hidden from sight, lies a rare Georgian town garden that was created in 1752 by Mary Howe – a direct descendant of King James I – and George Smith, of the famous Nottingham banking family. The garden is part of Grade 2*-listed Bromley House, now the home of a fabulous subscription library. This is the story of Bromley House, the library and of the plans to restore its precious gem of a garden.

Martin Stott is a former BBC journalist who has made programmes for Radio 4 and the World Service from 21 countries. He is the co-editor of *By Any Other Name*, the heritage rose journal of the World Federation of Rose Societies, and writes the garden history blog: www.storytelligarden.co.uk.

Fees go towards the 18th century garden at Bromley House Library. Martin is a trustee of the library and co-ordinating the group leading its restoration.

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

Free event

Monday 20 June 2025 Notts Network Workshop 10.00 am to 12.30 pm at Newstead Community Centre

Calling present and potential group leaders, convenors, facilitators, contacts and groups co-ordinators. A great opportunity to share knowledge, skills and experience and learn from each other.

Watch this space - more information to follow.

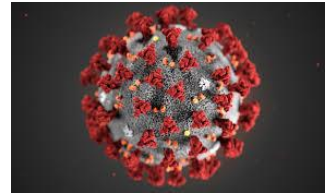
Just Joe



Hello again, everyone.

Five years ago this month, on 23rd March 2020, the first lockdown was brought in against the Covid 19 pandemic. We were ordered to “stay at home”, then within only two days the Coronavirus Act 2020 was granted Royal Assent.

All our lives have been affected by the disease, either with its direct impact on family and friends, or indirectly through its effects on organisations such as the u3a. Although the threat has been greatly reduced, it is still very much present. The virus seems to have become endemic in the same way as ‘flu - I’ve just booked my next Covid jab



Those of you who come to Open Meetings, and who also have a hearing aid, should have been able to benefit from the hearing loop that is installed in the Church. The loop is an aerial that runs around the church wall and, when the speaker uses a microphone, broadcasts the signal so that it can be received by hearing aids. The image adjacent to this paragraph is the international symbol for the presence of a hearing

loop. Members of our audience have previously told us that the loop was ineffective, and I confess that I thought that was simply because the loop wasn’t up to the job. However, we have now obtained detailed operating instructions for the loop from the Church team; we will be investigating whether there are adjustments we can make to improve the available signal.

I wondered about the *cob* in the word *cobweb*. Apparently *cob* has been widely used over the centuries to denote “something rounded”. It has been used for a person’s head, and of course for a bread roll. In the case of cobweb, the Old English for spider was *attorcoppe*, which means “poison-head”. The *attor* was eventually dropped and the *coppe* became *cob*. So there you go!



Joe Colls, Chair WB u3a.

Victoria Repair Café - 2025 dates

REPAIR CAFE

OUR DATES FOR 2025:
22 MARCH / 21 JUNE
4 OCT / 6 DEC

DON'T REPLACE, REPAIR...

HOLY SPIRIT SOCIAL CENTRE
Victoria Road
West Bridgford
Nottingham
NG2 7NT

Hello everyone, I have attached a poster with all the Repair Cafe dates for 2025, the next one is Saturday 22nd March, we hope to see you there with an item that you would like to be repaired rather than replaced.

Kind Regards, The Victoria Repair Cafe Team

Local History group



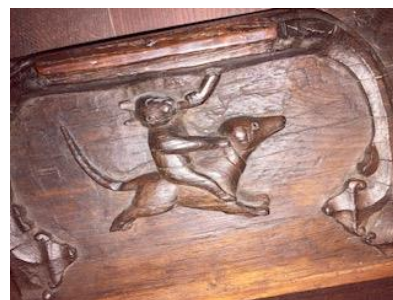
Around 30 members joined the Local History Group's very interesting trip to the **William Booth Birthplace Museum** in Sneinton and **St Stephen's Church** nearby. We saw a film which gave a brilliant glimpse of the impact and importance that William Booth had not only in England but worldwide - his funeral procession in London would not have disgraced a ruling monarch and the 6-mile journey from citadel to cemetery was flocked by huge crowds, entertained by the marching bands of salvationists from around the world.



The Museum, over 3 floors, gives a great insight to the development of his philosophy and philanthropy. St Stephen's church is where he was baptised at 3 days old but its teachings did not impress him and he took a different path initially into Methodism before mapping out his own way



Even without the Booth connection, the church is worthy of a visit in its own right with many interesting features, most notably its misericords.



Our next session is a talk from renowned local journalist **Andrew Smart at 2.30 on Wednesday 26 March** at the Baptist Church with the intriguing title **What Ruddy Cucumber?** Andrew is an engaging and entertaining speaker, so why not come along to find out.

The visit we have planned to the Mary Potter Heritage Centre on 16 April is now fully booked.

After that, we have an outing to the **Wollaton Secret Walled Garden at 10.30 On Wednesday 14 May** when we have a guided tour of this community led project to restore and replant this 4 acre abandoned walled garden at Wollaton Hall. The project's aims are to conserve the garden's heritage and to offer a place for historic and traditional agriculture. The cost is £5, booking essential as numbers are limited. Contact Averil at averil.hancox@ntlworld.com or text on 07802 718639.

Painting and Drawing group_____



The Tuesday Painting and Drawing group have been busy with some interesting projects. We had a lovely session at Xmas painting tealights created by one of the group, which made into a model village. This term we had fun painting using coffee instructed by Elaine, one of the group, and painting landscapes using Indian ink instructed by a professional artist with amazing results. We also painted ammonites creating great effects with alcohol, not drinking it unfortunately but using it on our brushes!

Later this term we will be using watercolour techniques to paint back-lit trees and acrylics to paint beautiful owls. We love sharing our pictures and encouraging each other, as well as eating biscuits and drinking coffee. Hope you enjoy some of our paintings as much as we enjoyed painting them. (more next month)



Ukelele Strummers group _____



February saw us singing along to a wide variety of tunes. 40 in total, including a few from the 60's

Rhythm of the Rain
Feelin' Groovy
Will You Still Love Me Tomorrow?

Can't Buy Me Love
Leaving on a Jet Plane
Yellow Submarine.

If you remember the song "Messing About on the River" you would have enjoyed our own version of this "Messing About in the Garden". Same tune but genius lyrics by our very own Reg, who sometimes entertains us with one of his poems.



Here he is with his lovely wife Pauline (left). She doesn't play the ukelele but kindly serves us with refreshments. So, a very important member of the group!!

Pauline and Linda -our precious "Tea Ladies!" (right)



Other news.. Nigel (left) is our newest member. He already had some playing experience but wanted to brush up on his skills and build confidence with Colin, our lovely tutor.

Here's Heather. She enjoys both the social aspect of the group and the music. She likes the challenge of unfamiliar songs so listens to them on YouTube until she is sure she has the tune right. Such dedication.

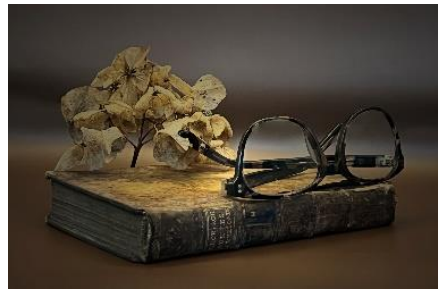
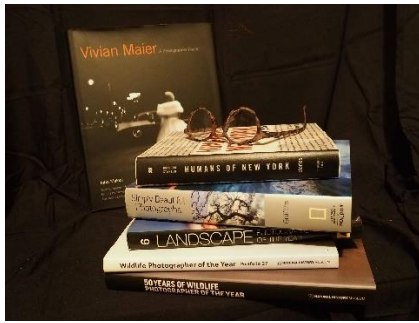


If you would like to give us a try, get in touch with our leader, David on davidalexander200@gmail.com or phone: 0771515810

Photography group _____

January's subjects are "Still Life" by Judy, John, Lynne, Keith, Paco, Sue, Kathryn and Rachel.





Bird Watching group

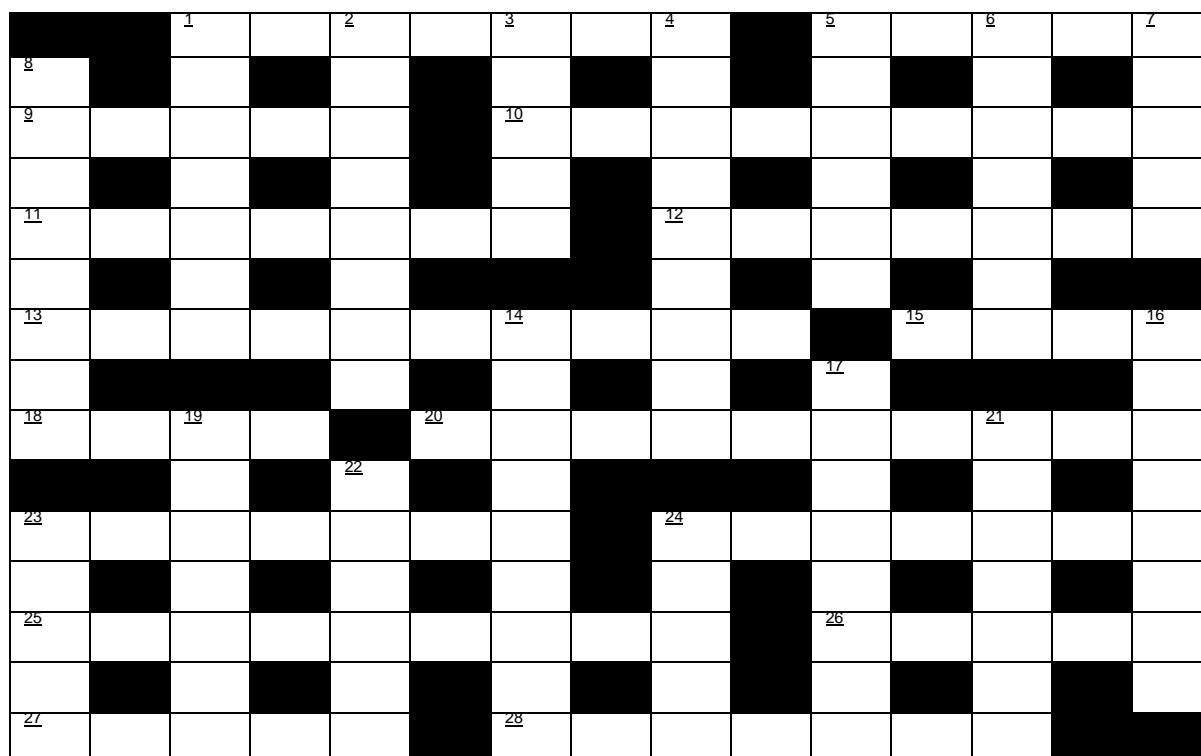
For visits with our expert there is a charge of £33 for a full day. For all visits we provide our own or share transport. For longer trips with our expert we expect passengers to pay the driver £5 to cover their motoring costs. For some sites there is also an entry charge. Please book in advance. Final 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 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**

Sinclair's crossword



Across.

- 1 Flagrant (7)
- 5 Provide food (5)
- 9 On no occasion (5)
- 10 Excellently (9)
- 11 Large lizards native to America (7)
- 12 Repeated decorative design (7)
- 13 Person giving confidence or hope to (10)
- 15 Matching 2 piece clothing (4)
- 18 Enclosed ground behind building, measurement (4)
- 20 Readiness to engage in undertakings (10)
- 23 Early childhood (7)
- 24 Records of future engagements (7)
- 25 Compliance with a law or command (9)
- 26 Come in (5)
- 27 Silky fabric (5)
- 28 Inconsistently variable (7)

Down.

- 1 To camp without a tent (7)
- 2 Traveller in the air, balloonist (8)
- 3 Airborne Warning and Control System, briefly (5)
- 4 Clock or watch (9)
- 5 Units of weight for precious stones (6)
- 6 Picturesque presentation (7)
- 7 Textile fabric made from viscose (5)
- 8 Improbable (8)
- 14 Cause of slight distress (9)
- 16 Store up as valuable (8)
- 17 Readily visible or perceivable (8)
- 19 Cause to rebound, meditate on (7)
- 21 Stupid (7)
- 22 Banner or flag, standard-bearer (6)
- 23 Smooths clothes (5)
- 24 Dismal, gloomy (5).

Solution at the end of Highlights

Orienteering Walking



Spring Walk Dates and Locations:

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

Tuesday 22nd April - **Rosliston Forest Centre, Derbyshire**
Lunch @ Hub Cafe

Tuesday 20th May - **Shirebrook Wood, Notts.** - "VOC" Course
Lunch @ No. 19 Cafe & Bistro, Market Warsop

Notes:

1. The March walk meet time will be 0945 for a 1000 walk start. From April onwards the default meet time will change to 1015 for a 1030 walk start, applying to the April & May walks.
2. New members, irrespective of prior orienteering experience, are welcome to join the group.
3. Walk location & details are subject to change, potentially at short notice if weather related.
4. All walks are Permanent Orienteering Courses ("POC's) unless stated or implied otherwise.
5. "VOC's" are Smart Phone APP based (Virtual) Orienteering Courses
6. 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)
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 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 _____

	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		
Eve	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	Sue Jolley	0115 8465037	
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		










2025 Speakers and Subjects _____

Month	Date	Speaker and title of talk
March	27 March	Martin Stott - Bromley House Garden Project
April	24 April	Nottinghamshire Blood Bikes - <i>speaker and talk tbc</i>
May	22 May	Mark Lonsdale, Notts Police - Cybercrime
June	26 June	Roger Browne - The Golden Age of Radio
July	24 July	Friends of Sharphill Wood - Sharphill Woods
September	25 September	Judith Hedley - 1816 - The Year without a Summer
October	23 October	Gareth Howell - Medieval Medicine: superstition and science
November	27 November	The Workhouse Storytellers - Tales of Southwell Workhouse
December	18 December	Andy Sharp - The History of Nottingham Theatre

Please check the website as this may occasionally have to change due to unforeseen circumstances.

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		

Crossword solution

Across: 1.Blatant 5.Cater 9.Never 10.Admirably 11.Iguanas 12.Pattern 13.Encourager
15.Suit 18.Yard 20.Enterprise 23.Infancy 24.Diaries 25.Obedience 26.Enter 27.Satin
28.Erratic

Down: 1.Bivouac 2.Aeronaut 3.Awacs 4.Timepiece 5.Carats 6.Tableau 7.Rayon 8.Unlikely
14.Annoyance 16.Treasure 17.Apparent 19.Reflect 21.Idiotic 22.Ensign 23.Irons 24.Drear.