

Please send your contributions to David: [wbu3aeditor@gmail.com](mailto:wbu3aeditor@gmail.com). The deadline for the next edition is 14<sup>th</sup> July.

Our website address is: [westbridgford.u3asite.uk](http://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 26<sup>th</sup> June

Annual General Meeting followed by ...



**Eric Newton – The Life and Times of a Busker**

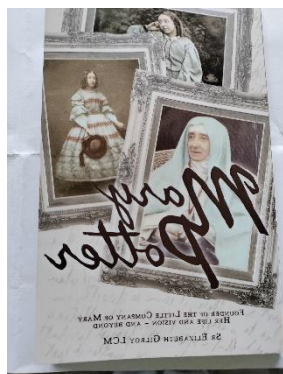
(this talk replaces the previously scheduled one). It is an amusing and uplifting tale with happy foot- tapping music on the clarinet.

The Open Meeting is held at the West Bridgford Baptist Church on Melton Road. Doors open at 1.30pm but there will be no tea/coffee and group tables before the AGM that starts at 2:00pm. The talk will start at around 2.30pm followed by a cream tea.



## Local History group

Local History Group have had 2 very enjoyable outings. The first was to the Mary Potter Heritage Centre, which is a memorial to a most remarkable Victorian woman born in London who, despite a congenital heart disease, set up an order of sisters she named the Little Company of Mary, following the Marist tradition in the Catholic Church, and established a convent in Hyson



Green in a disused stocking factory, encouraged by Bishop Bagshawe, Bishop of Nottingham. There was great poverty and much illness in the area and Mary and her band of sisters ministered to the sick and dying and were greatly revered. The band of sisters expanded but the Bishop withdrew his support and, after Mary had 2 mastectomies because of cancer (with little or no pain killers because of her heart condition), she set off in 1882 to obtain a papal blessing and authority to govern her band directly from the Pope, suffering 2 heart attacks on the way. So impressed by her, the Pope invited her to stay and carry out her caring and nursing activities in Rome and the group continued to expand and spread out more widely in Italy, then Australia and other parts of the

southern hemisphere. She died and was buried in Rome in 1913 and was returned to England to be entombed in St Barnabas Cathedral in Nottingham. Mary's worth is still recognised as in 1988, Pope John Paul II declared her Venerable, the first step towards canonisation.

Our second visit was to the secret Walled Garden at Wollaton which had fallen into desolation until 2014 when the Wollaton Historical and Conservation Society and the newly formed Friends of Wollaton Park persuaded the landlords, Nottingham City Council, to allow them to try to restore the Garden. A daunting task, acres of land to be cleared, many buildings and walls in disrepair. Thanks to the volunteers already there is a massive lawn which hosts archery groups and other activities as well as many cultivated plots - vegetables, flowers, tranquil etc - which gave inspiration and ideas to the many gardeners in the group.



Averil and Yvonne

## Just Joe

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Hello again, everyone.

Below is my annual report. First, I have to make an apology. In the May Highlights, I made a brief report on the April Open Meeting talk about the Nottinghamshire Blood Bikes. I mentioned that Pat Tippett had taken the opportunity to sit on the demo bike; this was supposed to refer to an adjacent photo of Pat on the bike. Unfortunately, the photo got omitted during the Highlights production process [Ed – sorry!]. So here it is!



### Just Joe – Part 2

#### West Bridgford u3a Chair's Report for 2024 25

This is the end of my third year as Chair. Following Covid and our recovery, we have been much more in a “steady state” with groups and activities and membership. I hope that is the last time I refer to Covid.

The attendance at Open Meetings has been increasing, albeit erratically, and we have had some great speakers. We have been trying to make small improvements to the audiovisual systems in the Baptist Church. First, we obtained detailed instructions from the Church team on how to set up the hearing loop. More recently, the Church team have agreed to investigate the installation of roller blinds on the windows at the west end. This will help to prevent our audience being dazzled by the low winter sun.

Our overall membership has also continued to increase. I always hope that this increase will give us more group leaders, but that is still an area we struggle with. Although our interest groups are generally healthy, there are many new groups that we could start, or full ones that we could expand, if we could find leaders. Do please have a think about whether you could contribute.

We have had some very successful social events. These have included: a visit to Stonebridge City Farm; theatre visits to Nottingham Playhouse to see Jack and the Beanstalk and A


Thousand Splendid Suns; Sunday Lunch at Welbeck Hall; and a tour of Nottingham Council House. Most recently we've been to the Bell Foundry in Loughborough. There is a tempting upcoming events programme – use our website to catch up on the latest information.

We have many volunteers who keep the show on the road. The Open Meetings benefit greatly from the Greeters and the Kitchen Team. Of course, we also benefit from the hours of planning and organisation put in by our Group Leaders. I would like to thank both the Committee and our volunteers for all their hard work over the past 12 months and look forward to working with them again in the year to come. A special thanks to Clare, who is having to leave the Committee after doing brilliant work on Technical and Communications issues. However, she hasn't escaped – we are hoping to co-opt Clare next year to continue sharing her expertise with us.

*Joe Colls*

*June 2025*

*This report is available on the website. It will not be distributed in hard-copy form.*

 <p>ELLERSLIE CC</p> <h2>OVER 50S INDOOR CRICKET</h2> <hr/> <p>No Experience Needed - Just Enthusiasm!</p> <p>Looking for a great way to stay active, meet new friends, and enjoy the game we all love? Come and join our team!</p>  <ul style="list-style-type: none"><li>• All skill levels welcome</li><li>• Casual, social games</li><li>• Great fun and great company!</li></ul> <p>Rushcliffe Arena, NG2 7HY Sundays, 1-2:30pm</p> <p>For more information, contact Nisha at <a href="mailto:nnews_5@yahoo.com">nnews_5@yahoo.com</a></p>	<h2>Summer Activity Programme</h2> <p>As many of the groups do not run in August, we have decided to run a small activity programme, at the Baptist Church, on Wednesday afternoons in August, from 2pm till 4pm. You are welcome to come along at any time you like and stay as long as you wish. It's all free to attend, and refreshments will be provided. Maybe pop in and try something new!</p> <p>The dates and activities are as follows:</p> <ul style="list-style-type: none"><li>Wed Aug 6 - Table Tennis</li><li>Wed Aug 13 - Card Games and Rummikub</li><li>Wed Aug 20 - Quiz</li><li>Wed Aug 27 - Singing For Fun</li></ul>
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# Study into the health and wellbeing of adults who grew up in foster or residential care



## Why is the research being conducted?

Research has shown that care-experienced adults face a greater risk of negative health outcomes compared to the general population, including higher rates of physical and mental health issues. These issues have been linked to experiences before and during care, as well as insufficient support during and after their care experience.

While research is underway to explore how to improve the health and wellbeing of younger care leavers, the health and wellbeing priorities of older care leavers in England are very poorly understood. Research conducted in Australia, however, suggests that older care experienced adults have unique health needs, many of which relate to issues arising from their care experience. This study aims to understand the health and wellbeing concerns of older care experienced adults and explore the types of support they would like to receive from health and social care services.

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## How to take part:

Researchers, at the University of Oxford, are holding focus groups to understand the health and wellbeing concerns of older care experienced adults and explore the types of support they would like to receive from health and social care services.

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## Who can take part?

Focus group attendees should:

- Have experienced being in care, in England, while under the age of 18
- Be Over 50 years old
- Currently living in England

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## Who is running the project?

The project is being conducted by researchers in the Nuffield Department of Population Health at the University of Oxford. Led by Dr. Jonathan Taylor, with Dr. Michele Peters, Dr. Anna Scott and Dr. Rosie Canning, an independent researcher with experience of growing up in care.

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## If you, or someone you know, would like to learn more, please contact:

John on [Jonathan.Taylor@ndph.ox.ac.uk](mailto:Jonathan.Taylor@ndph.ox.ac.uk) or telephone 01865 617912.

## Tips from Notts Police re Cybercrime and fraud

### General

- Use a password for your email that is different from all other passwords - your emails is a key link to many other sites
- Use a strong password such as: - 3 random words, put a number or special character in the middle of the password rather than at the end, choose a word then deliberately misspell it
- Always have 2-factor authentication in place. Most websites now offer it but if not, heck in settings or security to set it up
- Update your devices - have auto-update on, and also, regularly switch your phone/tablet off and on again to pick up updates
- DO write your passwords in a notebook that you can keep safe
- DO use password saver/password manager if possible. If you do not have it, there are free apps to download
- Messages that pop up saying they have found a virus, do not click/respond. Instead go to settings to scan for viruses

### Email/texts

- If you receive a suspicious email, do not open it if possible - report it as spam straightaway
- If you do open the message, report it to action fraud and the police will come out and check out your tablet/computer
- For texts, anything suspicious - forward to 7726. You will get a thank you message and a request for the number it came from. Do send on the number - it really helps investigations
- Phone calls - if you don't recognise the number, don't answer the phone - anybody genuinely needing to talk to you will leave a message, scammers won't!
- Phishing - report to [report@phishing.gov.uk](mailto:report@phishing.gov.uk), and if it was supposedly from a bank, contact your bank
- Delivery texts - any requests for payment - there is never a need to pay more for a delivery, so do not pay
- WhatsApp relative scam - stop and think, call the person the message says it is from using the number you have for them, do not reply to the WhatsApp.

### Shopping

- Genuine sites show a padlock by the website name. The lack of one doesn't mean it is dodgy, but it may be a less secure site
- When searching for a site, do not use sponsored links, go down to the main website

**Remote Access** - if anybody calling you asks you to download Anydesk or Teamviewer, do not as this gives the scammer access to your phone/tablet, and no genuine caller from a bank/Amazon/police will ask you to do this. If you do install, as soon as possible delete, uninstall and factory reset your device

### Romance Fraud

- Be suspicious of anyone asking for money if you haven't met them in person
- When using a dating app, only message in-app, do not be persuaded to communicate outside, as police cannot track messages as easily
- Reverse search profile pictures to confirm they are who they say they are
- Don't share photos of passport or driving licence

### Courier fraud

- Banks/police do not send couriers to pick up money/cards/PINs - report any requests to the police

Agenda for the Annual General Meeting

Thursday, 26th June 2025 at 2.00 pm

- 1 Welcome
- 2 Apologies for Absence - received
- 3 Resolutions:

Ordinary Resolution 1. *To approve the minutes of the Annual General Meeting of the West Bridgford u3a held on 27th June 2024.*

Ordinary Resolution 2. *To approve the annual statutory accounts of the West Bridgford u3a for the year 1st April 2024 to 31st March 2025.*

Ordinary Resolution 3. *To appoint David Oakes as the independent examiner of accounts for the West Bridgford u3a for the financial year 1st April 2025 to 31st March 2026.*

Special Resolution 1

*To appoint the following Officers:- Chair, 2 Vice Chairs, Secretary, Treasurer by election  
To appoint up to 7 other members of the Executive Committee by election*

*Chair – Joe Colls*

*Vice Chairs – Kath Tuddenham, Peter Oliver*

*Secretary – Yvonne Haynes*

*Treasurer – Martin Wakeling*

*Membership Secretary – John Tidmarsh*

*Committee*

*Carole Fleming, Rachel Cooper, Louise Carney-Hall, Brendan Dawson, Paco Saucedo, Patricia Robinson.*

Special Resolution 2

*It is proposed that the membership fee be reduced to £12 (£8 for an associate).*

- 4 Chair's Report - to consider the Report for the year 2024/25
  - 5 Treasurer's Report - to consider the Financial Accounts for 2024/2025
  - 6 Any other business
  - 7 Date of next Annual General Meeting – Thursday, 25<sup>th</sup> June 2026
- 2.30 The speaker – Eric Newton – The life and times of a busker.
- 3.30 Tea and scones –

**Please RSVP to Carole Fleming on [wbu3aexec2@gmail.com](mailto:wbu3aexec2@gmail.com)**

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**WEST BRIDGFORD u3a  
Minutes of the Annual General Meeting,**

**Thursday 27<sup>th</sup> June 2024 at 2.00 pm**

- 1 Welcome by Joe Colls. The meeting was confirmed as quorate.

2 Apologies for Absence had been received previously –  
*Di Sully, Patrick McDonnell, Carol Frankland, George Haynes, Brendan Dawson, Louise Carney-Hall, Celia Hill, Chris Sutherland, Angie Charlesworth, Jean Alexander, Shirley Green, Sue Paton, Irene Gordon.*

3 Resolutions:

Ordinary Resolution 1. *To approve the minutes of the Annual General Meeting of the West Bridgford u3a held on 22<sup>nd</sup> June 2023.*

*Proposed by Carol Williams*

*Secoded by Sinclair Payne*

*Approved unanimously*

Ordinary Resolution 2. *To approve the annual statutory accounts of the West Bridgford u3a for the year 1st April 2023 to 31st March 2024.*

*Proposed by Dennis Kitt*

*Secoded by Carole Fleming*

*Approved unanimously*

Ordinary Resolution 3. *To appoint David Oakes as the independent examiner of accounts for the West Bridgford u3a for the financial year 1st April 2024 to 31st March 2025.*

*Proposed by Kathryn Tuddenham*

*Secoded by Rachel Cooper*

*Approved unanimously*

Special Resolution 1

*(i) To appoint the following Officers:- Chair, 2 Vice Chairs, Secretary, Treasurer by election*

*(ii) To appoint up to 7 other members of the Executive Committee by election*

*Chair – Joe Colls Vice Chairs – Kath Tuddenham, Peter Oliver*

*Secretary – Yvonne Haynes Treasurer – Martin Wakeling*

*Membership Secretary – John Tidmarsh*

*Committee Clare Deeming, Carole Fleming, Rachel Cooper, Louise Carney-Hall, Brendan Dawson, Paco Saucedo.*

*NB Brendan Dawson and Louise Carney-Hall were co-opted onto the committee previously*

*Proposed by Clyde Pennington*

*Secoded by Rachel Tindsley*

*Approved unanimously*

Special Resolution 2

*It is proposed that the length of term for the Chair is brought into line with the other officer roles, to 6 years. It is currently only 3 years, and it is generally felt that this puts undue pressure on the committee to find willing and experienced volunteers to take on this role. It would read -*

*“The term of Office of the Chairman is one year from the Annual General Meeting at which he/she is appointed until the next Annual General Meeting. An individual may not serve for more than six consecutive terms as Chairman.”*

*Proposed by Pat Oliver*

*Secoded by Janet Jenkins*

*Approved unanimously*

4 Chair's Report - delivered

5 Treasurer's Report – delivered with brief explanation

6 Any other business – none.

7 Date of next Annual General Meeting - Thursday, 26<sup>th</sup> June, 2025

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## U3A Treasurer's Report

There is nothing very exceptional in the accounts for the financial year 2024/25.

So far as income is concerned, subscriptions remained very similar to the previous year. The contribution from Gift Aid appears to have fallen, but that is because our annual claims and reimbursements got out of sync; the previous year's accounts included two Gift Aid payments, but only one in 2024/25 and we are now totally up-to-date.

Turning to expenditure, we have had the benefit of lower costs on the printing of Highlights, and there has also been a significant reduction in the cost of printing and posting membership cards, as a result of the move to email. This move was welcomed by 50% of members and we would encourage others to follow suit.

The nett effect of these changes is a slightly greater surplus than the previous year. Recognising that this was going to be the outcome, with a further boost to reserves, the Committee took the view that the subscription fee for 2025/26 should be reduced from £15 to £12 with a proportionate reduction for associate members.

Any change in fees is subject to a vote at the AGM and we will therefore be requesting the agreement of those attending.

		Year to 31.3.25		Year to 31.3.24
<b>Income</b>				
	Subscriptions	10882		11054
	Gift Aid & Grants	1557		2521
<b>TOTAL INCOME</b>		12,450		13575
<b>TOTAL EXPENDITURE</b>		24889		27150
<b>SURPLUS</b>		3,906		3695
<b>Opening Balance for 2025/26</b>		19473.96		15567.99

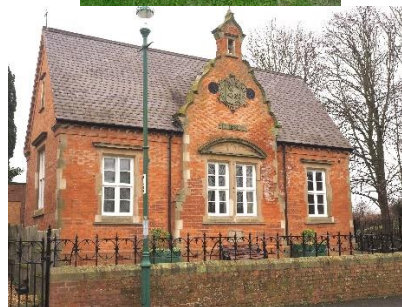
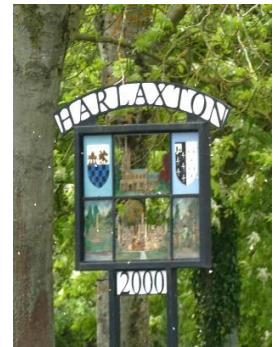
For further details of the Year-end Accounts, see the website. <https://westbridgford.u3asite.uk/agm-2025/>

# Photography group



March's topic was  
'Movement'

Pictures are by Sue, John,  
Keith, Kathryn, Paco and  
Rachel.



## Bird Watching group

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### BIRDWATCHING AT COOMBES VALLEY near LEEK

This RSPB site is in a beautiful, wooded valley with the Coombes Brook winding its way throughout. There are some steep paths to negotiate but well worth the effort for the splendid views.

From the Visitor Centre, we walked through pasture coloured with wildflowers with hordes of chimney sweeper moths fluttering amongst them and as we looked across the valley we spotted some red deer grazing.

We walked down the valley to the brook but with water levels being so low we did not see a dipper or grey wagtail as we had hoped. We then climbed up amongst the trees where a few remaining bluebells were still in flower and noted the numerous nestboxes. Having heard the call of a pied flycatcher, we were eventually treated to the back view of one and following that, we saw another sideways on and then several other males full frontal showing their neat black and white outfit.

Not long after we could not believe our luck when Chris, our expert, happened on a spotted flycatcher, a pale warbler which actually does not have spots.

We had our picnic lunch on a bench overlooking a dried-up pond and right next to us was a rotting tree stump with a tree creeper nesting in it. This was also an ideal location for more pied flycatchers and a couple in the group were witness to a flypast by a sparrowhawk.

After lunch we climbed to the highest point and noticed two red kites, a buzzard and some ravens circling a field being mown, presumably hoping for some easy prey.

Our next target species was a redstart which proved to be much more elusive. Chris with his great knowledge of bird sounds roughly located one, so we patiently waited, hoping for a sighting and were rewarded when it appeared on some low holly branches behind an oak tree. From the scope we could see him in his magnificent breeding plumage of orangey red breast and tail, black throat and white forehead.

What a brilliant day's birding in a lovely setting with good company. Even the sun appeared in the afternoon to warm us after a cool cloudy morning. - Linda



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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 23rd June	<b>Langford Lowlands</b> Meet 9:30	Led by members of the Group	No Charge
Monday 7th July	<b>Willington</b>	Led by members of the Group	No Charge
Monday 28th July	<b>Rutland Egleton</b>	With Professional Expert	£33
Monday 11th August	<b>Frampton Marsh</b>	Led by members of the Group	No Charge
Monday 8th Sept	<b>Skylarks</b> (to be confirmed)	Led by members of the Group	No Charge
Tues 23 to Thu 25 Sept, 2-night stay	<b>North Norfolk coast</b> <b>Fully Booked</b>	Led by members of the Group	Hotel cost, entrance/car park fees

**For more information contact: Lynne Tidmarsh 07811 707868, Jim Connell 07891 718692 or Simon Young 07779 24753**



## Orienteering Walking

### Spring Walk Dates and Locations:

Tuesday June 24th - **Market Bosworth Country Park** - Lunch @Sutton Cheyney Wharf

Tuesday July 22nd - **Ruddington, Wilford Hill & Sharphill Woods** - "VOC" Course - Lunch @ Notcutts

#### Notes:

1. The June walk meet times will be 1015 for a 1030 walk start. The July walk meet time will be 0945 for a 1015 walk start, due to walk location proximity.
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)
5 <sup>th</sup> June	Errwood Reservoir	Goyt Valley	John	5
If you are interested please contact <b>Pete</b> : Mobile 07828 647221 or email <a href="mailto:peter.elderton@live.co.uk">peter.elderton@live.co.uk</a>				

## Cycling group \_\_\_\_\_



### Ride Programme: January to June 2025

Date (Fridays)	Ride	Miles	Leader	Phone	Start Point
27 <sup>th</sup> 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**

**The Groups timetable has been omitted this month for space reasons – please refer to the [Groups page](#) on our website instead**


## 2025 Speakers and Subjects \_\_\_\_\_



Month	Date	Speaker and title of talk
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 the above information 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	<a href="mailto:wbu3achair@gmail.com">wbu3achair@gmail.com</a>	Carole	<a href="mailto:wbu3aexec2@gmail.com">wbu3aexec2@gmail.com</a>
Peter	<a href="mailto:wbu3atech2@gmail.com">wbu3atech2@gmail.com</a>	Clare	<a href="mailto:wbu3atech@gmail.com">wbu3atech@gmail.com</a>
Kathryn	<a href="mailto:wbu3agroups1@gmail.com">wbu3agroups1@gmail.com</a>	Rachel	<a href="mailto:wbu3aexec4@gmail.com">wbu3aexec4@gmail.com</a>
Yvonne	<a href="mailto:wbu3asec@gmail.com">wbu3asec@gmail.com</a>	Louise	<a href="mailto:wbu3aexec3@gmail.com">wbu3aexec3@gmail.com</a>
Martin	<a href="mailto:wbu3atreasurer@gmail.com">wbu3atreasurer@gmail.com</a>	Brendan	<a href="mailto:wbu3aexec5@gmail.com">wbu3aexec5@gmail.com</a>
John	<a href="mailto:wbu3amem@gmail.com">wbu3amem@gmail.com</a>	Paco	<a href="mailto:wbu3aexec1@gmail.com">wbu3aexec1@gmail.com</a>
General Enquiries	<a href="mailto:wbu3aenquiries@gmail.com">wbu3aenquiries@gmail.com</a>	Voicemail: 0115 871 1810.	
Editor	<a href="mailto:wbu3aeditor@gmail.com">wbu3aeditor@gmail.com</a>		