

Nottinghamshire Network of u3as

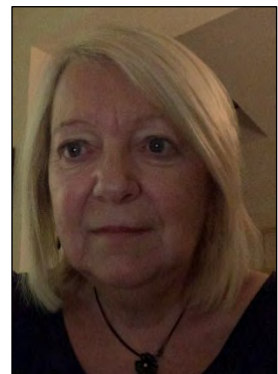
JUNE 2025

MESSAGE FROM CHRIS NIVEN, CHAIR OF THE NOTTS NETWORK

Dear Members,

As we move into June there are lots of things to look forward to. Many people are going on holiday before the schools break up. Others are busy in their gardens or doing DIY/Spring cleaning. I know that a lot of u3as have trips and activities planned both locally and further afield.

If you haven't heard our Network has a workshop planned for 23rd June focusing on Interest Groups. There is still time to join. For further details please see page 3.



In addition, we have our Network meeting on 23rd July. Kate Cowan, Head of Advice and Information at the Third Age Trust is joining us in person to talk about copyright and hopefully answer any questions we may have about this issue. This topic is one that we often get asked about to ensure we keep on the right side of the law.

So, enjoy the sunshine and I look forward to seeing you at our forthcoming events.

Best wishes
Chris



NEWS FROM THE NOTTS NETWORK

It's not too late Interest Groups Matter



Why not spend a morning on Monday June 23rd with fellow u3a members from across our county chatting about Interest Groups? As we all know, Interest Groups are the life blood of u3as and we are indebted to our fellow members who give their time to ensure they run smoothly and are enticing. Our Notts Network Workshop is an opportunity to hear from others about tips and wheezes to enhance what we do. The poster on page 3 gives Margot's contact details for you to book your place.

Notts Network new website

Please note our spanking new website
"Notts Network of u3as"

<https://nottsnetworkofu3as.u3asite.uk/>

We are indebted to Terry Moore who has developed our new website and it is really good! Your u3a Chairs will have received an email very recently about this and we ask you to make sure the link is included on your own u3a websites.

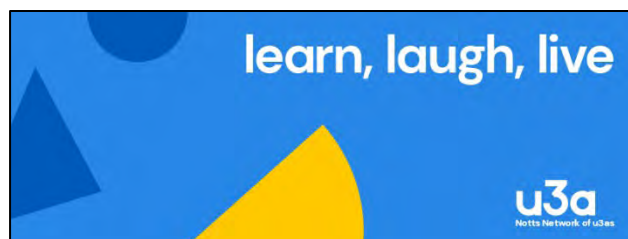
Take time to browse through it and use the opportunity to pass information to Terry for publication on the site. Terry will be showing us the website at our next Network meeting.

Notts Network Meeting Wednesday 23rd July

We are delighted that Kate Cowan, Head of Advice and Information at the Third Age Trust, is to join us to help us understand more clearly the thorny topic of Copyright. We have been asked to put forward in advance questions for Kate so I urge you to take advantage of this opportunity.

I look forward to meeting many of you at these events and please do not hesitate to contact members of the Network Committee (see new Website for links) if you have any queries or would like to put yourself forward for joining us.

Rosie Allen
Notts Network Support Officer



Nottinghamshire Network of u3as

INTEREST GROUPS MATTER

**Do you lead an interest group?
Would you like to lead/convene/facilitate a group?
Are you a groups co-ordinator?**

Find out more and join our exciting **FREE workshop on
Monday 23 June 2025
10 a.m. until 12.45 p.m.
at the Newstead Community Centre
Tilford Road, Newstead Village, NG15 0BS**



Programme:

- **Presentation on organising interest groups**
- **Break out groups**
 - **Music**
 - **Science & Technology**
 - **Walking**
 - **Group co-ordinators**

If you would like to join us please contact Margot Gale giving your full name, email address, your u3a and preferred break out group: margot.nottsnetwork@outlook.com

Learn, laugh, live

Important Update for Nottinghamshire u3as

Action Required: Update Links to the Notts Network Website

Dear Nottinghamshire u3as,

We are writing to inform all members and representatives of Nottinghamshire u3as about an important change concerning the Notts Network of u3as website.

The website has recently transitioned from the old Weebly platform to a new and improved SiteWorks platform. This change is aimed at enhancing the user experience and providing better functionality for all users.



What You Need to Do

We kindly ask all Nottinghamshire u3as to update any links on their websites, documents, or communications that direct users to the old Notts Network website. Please replace these links with the URL for the new SiteWorks website shown below:

<https://nottsnetworkofu3as.u3asite.uk/>

(NOTE: If you do not currently have a link, please create one on your website. The link should be titled "Notts Network of u3as")

Why This Change Is Important

Ensuring that links point to the new website will allow members and visitors to access the most up-to-date information, resources, and features available on the Notts Network platform.

Need Assistance?

If you require any help with updating links or have questions regarding this change, please do not hesitate to contact the Notts Network team for support.

Thank you for your cooperation in making this transition seamless and ensuring that the latest resources are accessible to all.

Best regards,
Terry Moore
Web Manager
Notts Network of u3as
Email address: TM.webnottsnetwork@outlook.com

Nottinghamshire Network of u3as

<https://nottsnetworkofu3as.u3asite.uk/>

WORKSOP & DISTRICT u3a

PÉTANQUE GROUP

On Thursday 24th April Worksop & District u3a Pétanque Group played host to a group from Burton Joyce u3a.

Burton Joyce were outnumbered as we had 17 players to their 9, but the 4 rounds of games were arranged in such a way that some of our players were 'loaned' to them so everyone had at least 3 games.



After 2 rounds we broke for lunch, a delicious array of sandwiches and home-made cakes, and at this point Burton Joyce were in the lead by 3 points.



It was still a draw after 3 rounds, but thanks to a 10-3 win by Richard, Roger and Linda our group were now 5 points in the lead. This gave us the motivation to win the final round 3-1, with the final result being Worksop 9 to Burton Joyce 7 and the points were 46-26.

Everyone had a very enjoyable day, and we've had an invitation for a return match at Burton Joyce, to be arranged at some time in the future.

Keith and Lynne Snowden

COTGRAVE & DISTRICT u3a

Thirty members of Cotgrave and District u3a went on a four-day trip down to Bath, Bristol, Wells and Cheddar Gorge staying at a beautiful 4* hotel and spa in Almondsbury.

Our first day was travelling down to Bath to spend a hot sunny afternoon visiting the lovely city and its attractions before travelling onto the hotel for our group dinner.

Day two took us to Bristol city centre where we were dispersed to our desired attractions. Although a number of us were



expecting to use the 'hop on, hop off' bus service there did not seem to be any information as to timetable, route, operational days etc. which was quite disappointing. However a number of the party went on a ferry cruise around the inland waterways taking in the various sights including the famous SS Great Britain, designed and built by Isambard Kingdom Brunel, which was both a delight and very entertaining before heading back to the hotel.



On day three we visited Wells and some took in the Cathedral and the Abbot's palatial house and gardens attached. A light lunch attracted many of us to bask in the hot summer weather in Wells before moving on to Cheddar Gorge in the afternoon as dutiful visitors but looking for places to sit 'out of the sun' with an afternoon tea.



On our final day we journeyed on to Chedworth Roman Villa to be guided around the site and informed of the discovery and current development of the historical site.

We continued homeward stopping off in Broadway to wander around the beautiful village and imbibe refreshments before arriving home in the early evening.

Our thanks go to Elaine for her expert planning and useful information and to Sharpe's transport and driver for a trouble-free journey.

Paul Childs
Chairman



RAINWORTH & DISTRICT u3a

The Rainworth & District u3a singing group The Ringtones were invited to sing at the Rainworth Methodist Church VE day celebrations. It was a very enjoyable occasion. Songs included Run Rabbit, Goodbye Dolly, Lilli Marlene and The Nightingale sang in Berkley Square. The choir was well prepared under the leadership of Ian Hibbert our Musical Director.



A two-minute silence was observed at 12 o'clock.

The Strollers group enjoyed a stroll to Creswell Craggs from the Dukeries Garden Centre. We stopped at the Craggs for refreshments and returned to the Garden Centre for plant purchases, a bit of retail therapy or a visit to the farm shop.

The Local History group visited Hucknall Flight Test Museum where they heard about Hucknall's best kept wartime secret, the Rolls Royce experimental test establishment. On site there is the Museum plus historical flight test buildings. The Guides were a team of retired employees who between them had a wealth of knowledge.



On a different day some members of the History group visited Southwell Minster to view "The Threads through the Bible" exhibition. Forty four textile panels that had been designed and embroidered by Jacqui Parkinson over 10 years were displayed.



The breakfast group visited the Larch Farm when 18 attended and entered into the spirit of VE Day. The previous month saw a visit to the Bakers Shop, a popular venue. Both Luncheon groups enjoy good support from the members; Group 1 visited Ciao Bella while Group 2 stays locally and has made visits to The Archer and The Sherwood where we enjoyed excellent food and service.

The Odeon group event was the opera Turandot. The members enjoyed beautiful singing and costumes which they would expect from the Royal Opera and Ballet Company.

All other groups are active and well supported.

Jackie Massey



HUCKNALL & DISTRICT u3a

VE Day 80 Year Anniversary Celebration

On Friday May 9th, we hosted a vibrant VE Day celebration, bringing together 120 u3a guests for a nostalgic journey back to the 1940s. This event was to honour the spirit of Victory in Europe Day.

A carefully created 1940s buffet, brimming with wartime favourites, set the scene for an authentic experience, allowing us to savour traditional dishes reminiscent of those enjoyed during the period. The highlight of the afternoon was a captivating performance by Johnny Victory, whose enthusiastic renditions of wartime classics brought history to life. His musical tribute, coupled with some enthusiastic dancers and group sing-along created a warm communal atmosphere.

The celebration was not just a tribute to history but a testament to the enduring spirit of those who lived through it. u3a member Angela Underwood was moved to write her own appreciation: 'VE Day 80th Celebration - What a treat!

The old hall dressed in its finery for the occasion was soon throbbing to the sounds of music and dance. Johnny Victory encouraged members to join him singing, dancing and flag waving to well-known favourite songs: There will be blue birds over..., If you were the only girl in the world, Knees up mother brown...,



My old man's a dustman..., Run rabbit run..., and dancing to: The Lambeth Walk, Charleston, Military Two-Step, Palais Glide and many similar.

To refresh us there was a full buffet with such tasty delights as Spam, jam and potted meat sandwiches not forgetting dripping, a favourite (how nice it is).

Members entered into the celebrations by dressing up as Land Girls, Spivs (with watches to sell), Service Men and Women and all wearing red white and blue -even Captain Mainwaring from Dad's Army danced the afternoon away.

We hope that 'we will meet again' in future years for a well-deserved encore!



The Social Subcommittee thank Angela for sharing this with us. Also, our thanks to Johnny, Cathy Tomlinson for our magnificent 1940s buffet, Kim, Jenny and Becky of the John Godber Centre and all contributors and participants which made the celebration so special.



Look out for Captain Mainwaring in his full Home Guard uniform and Group Captain Victory and his adjutant who are leading the enthusiastic singers, flag wavers and dancers.



David Rose
Social Sub-committee Chair

EASTWOOD & DISTRICT u3a

Visit to Lacock Abbey

Fred really enjoyed his recent trip with the National Trust group to Lacock Abbey in Wiltshire. He was a little worried that it would be a long journey, but soon got comfortable in the coach.



He was very excited to see where Harry Potter had been filmed and kept looking for Severus Snape in the cloisters of the abbey. He very much hopes that he will be asked to be in the new TV series, and thinks he could be the new Dumbledore.



After looking round the picturesque village, he enjoyed a cup of tea in the National Trust café with his new friends, before falling fast asleep on the way home. He would like to thank Yvonne Carey for booking yet another wonderful day out, and hopes that he will be allowed to go on the next trip to Stourhead.

Janet Lander



NEWARK & DISTRICT u3a

BEER TASTING EVENT

Members of Newark & District u3a were in for a treat recently, when they signed up for a Beer Tasting evening at Newark's Waitrose supermarket.

On the night, and secure in the knowledge that lifts home had been pre-arranged, we settled down to sample the delights of a wide variety of beers and cider, with a selection of soft drinks and non-alcoholic beers on offer for designated drivers. To add to the enjoyment, there was also an ample selection of cheeses, which Waitrose's knowledgeable sommelier Josh suggested would be best enjoyed with particular beers. Add in plentiful crackers and pork pies too and you will see we settled down to enjoy a veritable feast.



Over the course of the evening, we learned how the various beers were brewed and produced, and by the time we headed for home we all agreed that as well as lots of laughs, we had also enjoyed a highly educational evening.

The favourite beer of the night with both men and women proved to be a Belgium Cherry Chouffe, which at 8% ABV, was not to be taken lightly and may well have explained the somewhat unsteady stroll across the car-park afterwards!



All in all, a most enjoyable evening and one which we very much look forward to repeating again at some point in the future.

Maggie George
Chairman

MANSFIELD u3a

u3a Survey

Paige Daniels came to the Members Meeting and explained that she had previously attended Joseph Whittaker school and is now studying at Oxford University. As part of her Masters dissertation, she is undertaking research into the benefits of ua3s. Members completed an anonymous survey taking approximately ten minutes and there would be follow up with a few in-depth interviews. Members were happy to participate and are looking forward to hearing the results.

Crafty Chat Group

Project Linus UK is a national network of volunteers who



make beautiful "Linus" quilts and knitted blankets which are given as gifts to sick, disabled, distressed or traumatised children. Project Linus was started in the UK in March 2000 by Ann Salisbury-Jones following her visit to the USA. Members of the Crafty Chat Group produced nine knitted quilts which were distributed by the Project Co-ordinators to local children and received a certificate for their efforts.

Sherwood Observatory visits

A warm welcome from the amazing team at the Sherwood Observatory for over 65 of our members. Two different films in the Planetarium - Journey from Earth to the Universe and Transported through the Planets accompanied by the spellbinding music of Gustav Holst the Planets 360: Classic Edition.



Calligraphy Group

The Group has recently embarked on a complimentary art called Illuminated Lettering, which is a lot of fun. This art was originally developed by monks during medieval times for use in manuscripts.

Card Crafting Group

Making great cards with tea, biscuits and friendly chat - who cares if it's raining outside.



Mansfield u3a Members' Meeting

Members were treated to a trip down memory lane thanks to the amazing speaker Andrew Smart on the History of Theatre in Nottinghamshire. His wealth of knowledge captured over the years gave our members the most absorbing and humorous talk. The theatre has played a very important part in most of our lives.

Bill and Carole Harrison
Publicity Officers

ASHFIELD u3a

Ashfield u3a have had another busy period during which they held their 19th AGM where the new committee was elected.

As mentioned in previous Newsbites, taking a well-deserved break is Caroline Rhoades who for 15 years has been organising holidays, with members from many u3as benefiting from these enjoyable trips. Caroline was presented with a lovely bouquet by our Chairman Sue Taylor with our heartfelt gratitude for all her hard work.



On the afternoon of Thursday 8th May, we walked into a room decorated with Union Jacks and red, white and blue bunting for an "Anniversary VE Day Celebration." Most members were wearing a combination of red, white and blue clothes, with a few dressed in 1940's clothing. The tables were decorated with Union Jack serviettes, and there was a variety of lovely sandwiches and cakes (even catering for vegetarian and gluten-free) and, of course fresh tea and coffee. There was a free raffle with ticket numbers with several prizes and a topical quiz. The afternoon ended with a good old wartime singsong led by David Riley.



Our Miscellany Group visited Thornbridge Hall, a Grade II listed stately house and family home in the Peak District. During our visit we explored the amazing gardens, enjoyed a cream tea and best of all enjoyed a guided tour of the hall by Adam, brother of the current owner, who gave us an amusing and fascinating insight into the history of the hall up to the present day. Many items reclaimed from the house at Clumber Park were brought to Thornbridge and add to its charm.

Other varied activities have included a National Trust trip to Beningbrough Hall which has the most beautiful gardens. The walking groups have also made the most of the recent spell of ideal weather.

Wendy Walker

RAVENSHEAD u3a

At Ravenshead u3a we love our trips out, and also our food!

In May our Antiques Group headed out to Hemswell Antiques Centres near Gainsborough, on an old RAF airbase, which claims to be the largest antiques venue in Europe. With 4 separate two storey buildings crammed with antique, vintage and retro items representing hundreds of dealers, there was plenty to see.

After a 75 minute journey, all 12 members headed into the cafe for coffee, before commencing their tours of the adjacent two buildings and returning to the cafe for lunch.



Not every member toured all the 4 buildings, but some found things they were specifically looking for, and others picked up impulse buys that appealed to them. By the time the group got back on the yellow mini coach, there were plenty of smiles, stories and purchases to enthuse about.

Meanwhile, both our Food and Cookery Groups held meetings on a theme of "Healthy Eating".

For Group 2 the menu of contributions to the "home fuddle" included: butternut squash soup, Joe Wick's giant couscous salad, roasted sweet potatoes with low fat cheese, salmon & stir fry vegetables, mixed leaf Caesar salad, crustless quiche,



healthier strawberry cheesecakes, mixed berry frozen yogurt, melon selection, fruit salad, brandy snaps.

Group 1's contributions looked tasty too, and to finish off their meeting they held a Mölkky (Finnish Skittles) game afterwards (winning team in photograph).



John Butler
Chair



STAPLEFORD & DISTRICT u3a

In June our speaker reflected on the spirituality of the quiet William Coltman V.C., who, refusing ever to kill, took almost superhuman risks as a stretcher bearer, becoming World War I's most decorated non-commissioned officer.

By contrast, in July, Bharat Patel's amusing recollection of his Indian family's adjustment to life in the UK preceded hilarious, sometimes uncomfortable, tales from his international career in television. Humour aside, he spoke also of Hope Against Cancer, a charity supporting a unique Leicestershire and Rutland cancer research facility.

Numbers in the Quiz, Craft, Scrabble and Rummikub, and Trivial Pursuit Groups are steady. The IT Group holds successful meetings via Zoom. Singers and the Ukelele Group are flourishing.

Our Cookery Group has taken a break for summer, and our Painting Group is restarting after an unavoidable break, and Local History discussed future plans after a last-minute speaker cancellation.



Facilities at the local library are used by our Book Club Group and Family History Group, where discovering a 2 x Great Grandfather's early membership of the Royal

College of Surgeons was very exciting: disappointingly, the surgeon's nephew served a 10 year prison sentence for Uttering and Forgery.

The Gardening and Walking Groups are busy. In wonderful mid-May weather constant birdsong accompanied the Walking Group along the Erewash Canal to Stanton-by-Dale (stopping briefly at the School House), into Stoney Clouds and back to the Canal where a heron and seven cygnets with their parents were spotted. Our own monthly newsletter benefits from a topical gardening inspiration column written by Sandra Hart. This month she recommended the Wedding Cake Tree (*Cornus Controversa Variegata*). It's worth investigating.

Marion Edwards

DUKERIES u3a

May's Annual General Meeting in Ollerton's Jubilee Hall was extremely well supported (despite the counter attraction on a warm Spring day of a relaxing afternoon in the garden). Officers' reports of the previous year's activities and the elections of officials and committee for the new year preceded presentations to four of the u3a's stalwarts.

Barbara Baglee, the outgoing Chair, was thanked and praised for her outstanding efforts in holding the group together during a difficult time. Ann Street, our retiring Speaker Finder and Publicity Officer, was recognised for the tremendous job she had done throughout her years on the Committee, and June Nunn's sterling service behind the scenes, keeping members fed and watered during our Monthly Meetings, was also acknowledged.

Finally, a special award of Lifetime Honorary Membership of Dukeries u3a was made to Linda Bond, a long serving committee member, group leader (currently of the Jubilee Ukulele Group), past newsletter editor and raiser of significant sums for charity. All four extremely popular members received gifts and very warm rounds of applause.



The afternoon concluded with an uproarious, home-produced skit on a (thankfully!) fictional u3a Committee Meeting by the Playreading Group. For his presiding 'genius', and his leadership of the production, James Bartlett received his very own Oscar which, I feel sure, will occupy pride of place somewhere...!

Elsewhere, amongst many other activities, Tony Brewer organised a highly appreciated visit to Brodsworth Hall and Gardens where the spring flowers made a magnificent show. A trip to the International Bomber Command Centre near Lincoln proved extremely informative and a most impressive testimony to the enduring power of the human spirit.

Mike Mounsey

WOLLATON u3a

On May 22nd the Wollaton u3a Local History group arranged a visit to the historic Loughborough Bellfoundry.



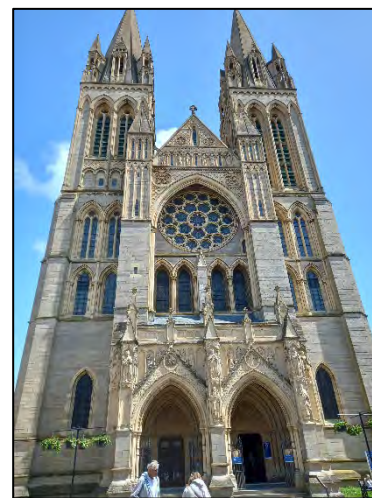
We had an excellent tour of the foundry led by one of their volunteers and this included two videos one of which showed the history of the foundry and the other the bell making process. We also had an opportunity to play some of the bells, both large bells and small hand bells. It was an excellent visit enjoyed by all and we would highly recommend a trip there.

Sarah Spilsbury

FOREST TOWN & DISTRICT u3a

Cream of Cornwall

Members from Forest Town & District u3a set off early in the morning to travel down to Cornwall for a five day holiday trip.



Our first port of call was Falmouth where one of our members went to see his grandson who is the Head Chef in one of the

restaurants there. After lunch we travelled to the smallest city Truro. We couldn't have chosen a better day because on the square we found choirs singing and stalls with their wares.

I went to visit the Cathedral and again they must have known because there was an excellent Art Exhibition inside the beautiful Cathedral. Other members decided to try and sample the Cornish Pasty. On the way back to our hotel we called into Healey's Cyder farm for our Cornish Cream Tea, not forgetting to put jam first. Some members tried samples of the Cyder before purchasing, may I say, a few bottles to take home.

Our second day took us to Megavissey, a lovely little fishing village with a beautiful harbour. This was just how I had imagined a Cornish Village to be. There we sampled Cornish Ice Cream (it would be rude not to.)

In the afternoon we enjoyed a visit to the Eden Project. The Mediterranean Dome, my favourite, was absolutely beautiful, filled with colourful plants and flowers,

Our third day was a free day, to explore the region around Newquay. A group of us decided to head over to Fistral Beach to see the surfers and visit Rick Stein's restaurant for lunch. We decided to go for the fish platter which was huge. We tried but couldn't manage to eat it all.

It was a fabulous holiday getting to know other members and making new friends.



Kathryn Cope

Nottinghamshire Network of u3as

<https://nottsnetworkofu3as.u3asite.uk/>

GUIDELINES FOR ARTICLES TO NEWSBITES

We will be particularly pleased to receive articles about any unusual or exceptional event that your u3a may have organised or any new activity that your u3a is running. u3as learn from each other and it is very useful for their members to read about new events or activities that they haven't come across before.

- Please send your text in Word format and keep to a maximum 300-word count.
- Please submit photos as separate attachments in formats JPG, JPEG, PNG or similar (not pdf). They must be of good quality and a minimum of 1MB. No collages please.
- Please ensure there are no copyright issues and that all who feature in your photos have expressed their consent for the photos to appear in Newsbites and on u3a and Network websites.
- Please let me have the name of the author of your article and his/her status e.g. member, group leader, chair etc. I do look on your websites but don't always manage to find a full name or status.

Many thanks

Maria Gabrielczyk – Editor

maria.newsbytes@gmail.com

DEADLINE FOR THE NEXT ISSUE OF NEWSBITES

Please send your articles (keep to a maximum 300-word count)
and good quality photos (as attachments please)
by 7th August 2025 to maria.newsbytes@gmail.com