

Please send your contributions to David: wbu3aeditor@gmail.com. The deadline for the next edition is 15th September.

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.

Reminder: No Open Meeting in August

Just Joe



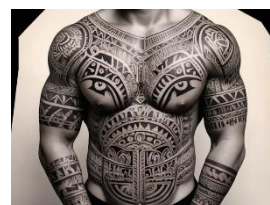
Hello again, everyone.

Recently Kathryn, our groups coordinator, has put in a lot of work to start a Weekender group. The idea is that members who want to be involved with the u3a on weekends would mutually decide on an activity (lunch, walk, theatre etc) and meet up. Kathryn had about 40 people who expressed an interest, which was encouraging. But then when she arranged a first meeting, only 6 turned up. So, it is unlikely that the group will start. This reduction in interest was most likely because organising the events would have rotated amongst the members, so that each member would run one event every couple of years. It is very frustrating that members are so reluctant to take on even such a light commitment, especially when we know that other u3as run similar groups. If you find it a bit daunting to organise it on your own, you can usually share with another member. If you have any interest in such a group, I urge you to get involved.



We are just back from a brilliant week at the Edinburgh Fringe. I'd not been before, and it was a real eye-opener. There's a huge range of acts (around 3500 this year). It seems every hall, bar, church and open space in the centre of Edinburgh is involved. It was all helped (this week at least) by excellent weather. We went to 15 gigs, ranging from burlesque to standup, magician to raconteur. On Wednesday we were at the Military Tattoo – a great spectacle against the backdrop of Edinburgh Castle.

While I'm on the subject of the Tattoo, it dawned on me the same word is used for the process of inserting ink patterns below the skin. Although the words are spelt the they have different origins. The military *Tattoo* word is derived from a Dutch phrase "doe den tap toe" which "turn off the tap". Apparently, in days gone by, drummers be sent round the hosteleries late at night to encourage the soldiers to return to their barracks. The skin use of *tattoo* is from the Polynesian word *tatu*. Polynesian tattoos are a traditional art form with great cultural and symbolic significance.



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Social Events

SLEEPING BEAUTY PANTOMIME - Nottingham Playhouse

Wednesday 10 December. 2pm matinee performance Ticket price £26

Tour of The Adams Building (Lace Market)

Tuesday 21 October at 2pm

This Grade II* listed building is the largest building in the Lace Market area. The architect was Thomas Hine and it opened in 1855. Formerly a lace showroom and warehouse, it is now used by Nottingham College.

This is a walking tour of the building, and a lot of steps are involved. There is a lift, but you may miss part of the tour based around the stairs.

The tour is approximately 1 hour and there is no cost involved

Should you be interested in either of these events then please contact Louise Carney for further information lcarneyhall@gmail.com. 0115 9817589

Theatre Visit to Nottingham Playhouse 'To Kill a Mockingbird'

Thursday 16 October
2025. 1.30pm. £27.50

An award-winning stage adaptation of the seminal American novel comes to Nottingham following a West-End and Broadway run

If you are interested, please contact Louise Carney on 0115 9817589 or lcarneyhall@gmail.com

Corsairs Rugby Football Club

Walking rugby for the over 50s. **Non-contact rugby** for both sexes.

When: 19:30 each Thursday



Where: Lady Bay rugby ground

Holme Rd, NG2 5AA
Cost: Free

Kit: Sports clothing,
Trainers
Just turn up and play, no previous experience required, no need to book a place.

Contact: Nick Parkes
nickparkes71@gmail.com

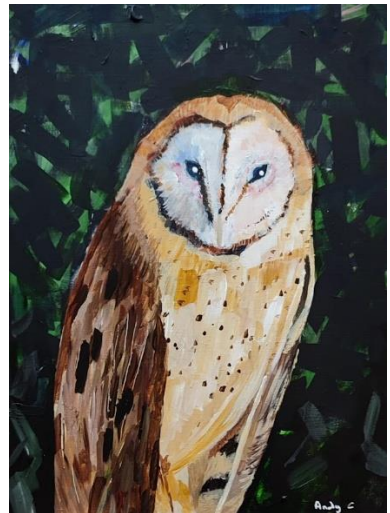
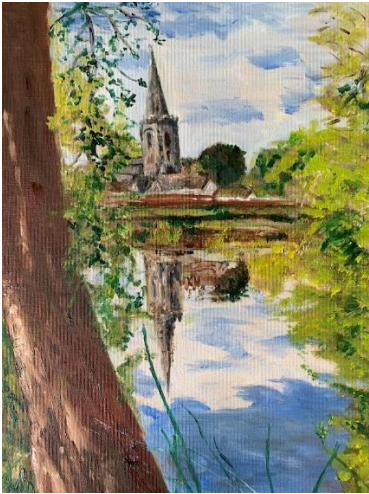
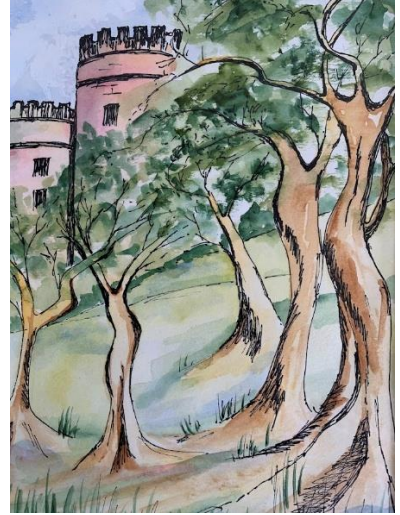
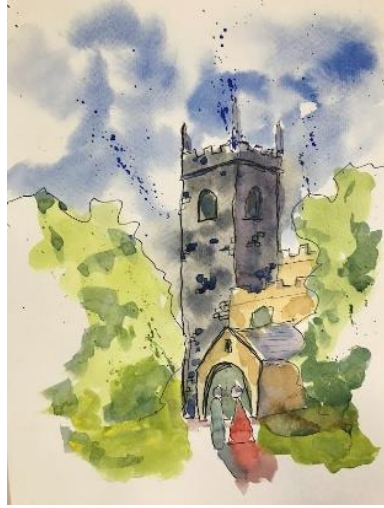
Tuesday Painting & Drawing



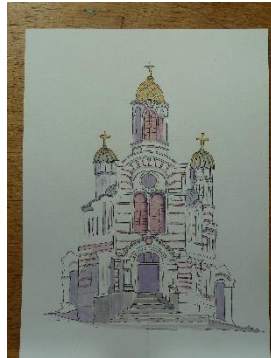
The Tuesday Painting and Drawing group are always up to try new subjects and learn new techniques. We have been painting birds diving and had a marvellous tutor to teach us how to paint waves in acrylics. More of our members are leading sessions too and Andy showed us how to use watercolour and pen to paint buildings. We have also painted in the style of local artist Susan Entwistle who has a gallery in Tollerton.

Next term we will be painting figures in the style of Lowry, making pictures from buttons and painting lighthouses, but we never know where these ideas will lead. All sessions are suitable for beginners as well as those with more experience. The coffee and biscuits can be recommended too.

Janet

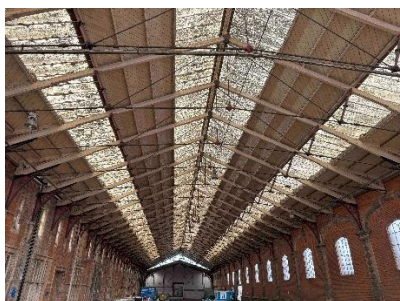


Thursday Art Group



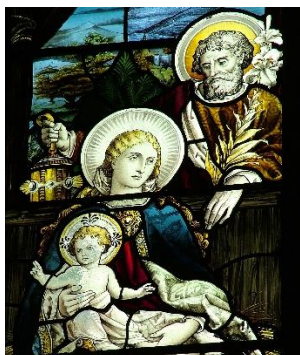
Photography group





(continued from last month's issue)

Pictures are by Sue, Rachel, Laraine, Kathryn, Judy, Lynne, Christine, John, Keith, Peter, Clifford and Mick



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 8th Sept | Skylarks (to be confirmed) | Led by members of the Group | No Charge |
| Tues 23 to Thu 25 Sept, 2-night stay | North Norfolk coast Fully Booked | 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 26th August - **Foxton Locks & Village, Leics** - a "SPY Trail Format" - Lunch @ Foxton Locks Inn

Tuesday 23rd September - **Swadlincote Woodlands, Derbyshire** - Lunch @ The Greyhound Inn, Woodville

Notes:

1. The August & September Walk Meet Times will be 1015 for a 1030 walk start.
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:

| Date | Walking from | Walking through ... | Leader | Distance (miles) |
|----------------------|-----------------|---|---------|------------------|
| 4 th Sept | Castleton | Hope Valley, Edale Ridge & Winnats Pass | John | 6.5 |
| 2 nd Oct | Rowsley | Rowsley Wood, Rabbit Warren, Beeley | Maureen | 6.75 |
| 6 th Nov | Wyedale Cr Park | Wyedale, Flag Dale, Millers Dale & Monsal Trail | John | 5.5 |
| 4 th Dec | Rowsley | River Derwent & Chatsworth Park | Pete | 5 |

Cycling group _____



| Ride Programme: July to December 2025 | | | | | |
|---------------------------------------|--|-------|-----------------------|-----------------|--------------------------------|
| Date (Fridays) | Ride | Miles | Leader | Phone | Start Point |
| 22 nd Aug | Rutland Water | 18 | Pete | 07828 647221 | Rutland Nursery |
| 12 th Sept | Whisby to Lincoln | 20 | Graham & Christine | 07803 123339 | Whisby |
| 26 th Sept | Newark to J & J Alpaca Farm Dry Doddington | 17 | Hugh & Di | 07880 962135 | Newark |
| 10 th Oct | Bestwood to Newstead Abbey | 17 | Pete | 07828 647221 | Bestwood Park |
| 24 th Oct | Southwell to Sherwood Pines | 27 | Graham & Christine | 07803 123339 | Southwell |
| 14 th Nov | Erewash Valley & Bennerley Viaduct | 18 | Hugh & Di | 07880 962135 | To be confirmed |
| 28 th Nov | Gunthorpe via Colwick Park | 17 | Pete | 07828 647221 | Welbeck Road West Bridgford |
| 12 th Dec | Clifton Grove to Rushcliffe CP & Christmas meal | 14 | Pete | 07828 647221 | Welbeck Road West Bridgford |

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 | Clare wbu3atech@gmail.com | | |
| 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 | LH | 1 st Mon | Diana | 07736943339 | |
| 2.00 | History | BC | 4 th Mon | Carol | 07419317738 | |

| | | | | | | |
|-----------|----------------------------|------|---------------------------------------|------------|----------------------------|-----------|
| 2.00 | Wine Appreciation | MH | 1 st Mon | Rod | 01159232019 | |
| | Spanish Conversation | MH/Z | Every Mon | Ewa | 07740347756 | Wait list |
| AM | Tuesday | | | | | |
| 10.00 | Greeting Cards | BC | 2 nd Tue | Joan | 01159818477 | |
| 10.00 | Painting and Drawing | BC | Alt weeks | Pam | 01156489365 | |
| 10.00 | Yoga Type Exercise | MCH | Weekly | Julie | 07729360083 | Wait list |
| 11.15 | Tai Chi Beginners | WH | Weekly | Rachel | 07793243274 | Full |
| PM | Tuesday | | | | | |
| 12.15 | Tai Chi Improvers | WH | Weekly | Lynne | 07811707868 | |
| 2.00 | Knit and Natter | ST | 1 st & 3 rd Tue | | 01158711810 | |
| 2.00 | Photography | BC | 1 st Tue | Paco | 01159233109 | Wait list |
| 2.00 | Quiz | TM | 4 th Tue | Louise | 01159817589 | |
| 2.00 | Beginners Bridge | BC | Weekly | Ron | 01159234176 | |
| 2.30 | Cryptic Crosswords | TM | 1 st & 3 rd Tue | Stephen | 01159140255 | |
| Eve | Silent Films | MH | 1 st & 3 rd Tue | Ed | 07890009443 | |
| AM | Wednesday | | | | | |
| 10.30 | Short Walks | V | 2 nd & 4 th Wed | Christine | 07434614890 | |
| PM | Wednesday | | | | | |
| | Book Group 1 | MH | 3 rd Wed | Liz | 01159145642 | Wait list |
| | French | Z | Alt weeks | Anne | 07974706281 | |
| | 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 | International Folk Dancing | BC | 1 st & 3 rd Wed | | 01158711810 | |
| 2.00 | Table Tennis | BC | 2 nd & 4 th Wed | Glenys | 01158370932 | Wait list |
| 2.30 | Badminton | RA | Wed | Chris Phil | 07941509357 07505513556 | Wait list |
| AM | Thursday | | | | | |
| | Guitar Group 1 | MH | Alt Thu | David | 07990654643 | |
| | Hiking | V | 3 rd Thu | Kevin | 07981516719 | |
| | Peak District Walking | V | 1 st Thu | Pete John | 07828647221 07721538057 | |
| 10.00 | Family History | BC | 3 rd Thu | Julie | 07729360083 | |
| 10.00 | Mah Jong | MC | 1 st & 3 rd Thu | Glynis | 07504246410 | |
| 10.00 | Painting & Drawing | BC | Alt Thu | Ron | 01159234176 | |
| 10.00 | Poetry | MC | 2 nd Thu | Joan | 07881718784 | |
| 11.00 | Guitar Fun Strummers | MCH | Alt Thu | Gordon | 07796934365 | |
| PM | Thursday | | | | | |
| | Book Group 3 | SH | 2 nd Thu | Fran | 01158789790 | |
| | Book Group 4 | Z | 1 st Thu | Sue Jolley | 0115 8465037 | |
| | Guitar (beginners) | MH | Alt Thu | David | 07970059525 | |
| 1.30 | TED Talks Discussion | BC | 2 nd Thu | Pat | 01159146670 | |

| | | | | | | |
|-----------|--------------------------|----|---------------------------------------|-------|-------------|--|
| 2.00 | Remarkable Women | BC | 3 rd Thu | Pat | 01159146670 | |
| 2.00 | Scrabble | TM | 2 nd & 4 th Thu | June | | |
| 2:00 | Ukelele | BC | 2 nd & 3 rd Thu | David | 07771515810 | |
| 7.30 | Film Group | Z | 4 th Thu | Joe | 07760458791 | |
| AM | Friday | | | | | |
| | Longer walks (5-6 miles) | V | 1 st Fri | Keith | 07778783217 | |
| | Longer walks (5-6 miles) | V | 3 rd Fri | Liz | 01159231605 | |
| 10.00 | Cycling | V | 2 nd & 4 th Fri | Pete | 07828647221 | |
| 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 | |

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 | JCP – Julian Cahn Pavilion | MCH - WB Methodist Church | MC – Marlborough Court |
| LH – Leader’s home | 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 |
|-----------|--------------|---|
| 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 | Rachel Welcome Team |
|  |  |  |  |
| Louise Social Events | Brendan Committee Member | Paco Committee Member | Trish Committee Member |

Email contacts:

| | | | |
|-------------------------------------|--|--|--|
| Joe | wbu3achair@gmail.com | Carole | wbu3aexec2@gmail.com |
| Peter | wbu3atech2@gmail.com | Rachel | wbu3aexec4@gmail.com |
| Kathryn | wbu3agroups1@gmail.com | Louise | wbu3aexec3@gmail.com |
| Yvonne | wbu3asec@gmail.com | Brendan | wbu3aexec5@gmail.com |
| Martin | wbu3atreasurer@gmail.com | Paco | wbu3aexec1@gmail.com |
| John | wbu3amem@gmail.com | Trish | wbu3aexec6@gmail.com |
| General Enquiries | | wbu3aenquiries@gmail.com | |
| | | Voicemail: 0115 871 1810. | |
| Editor - David | | wbu3aeditor@gmail.com | |
| Tech Support & Beacon Admin - Clare | | wbu3atech@gmail.com | |