

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

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 27 November: The Workhouse Storytellers



Workhouse Storytellers will be recounting, and performing in costume, some interesting tales about paupers and staff at workhouses. This group originally focussed on Southwell Workhouse and have now broadened out to cover other locations.



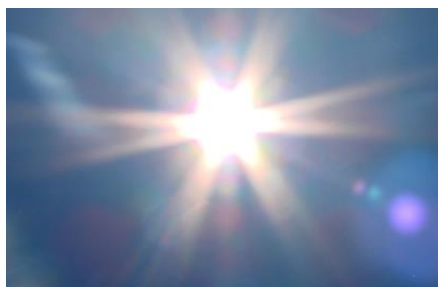
The Open Meeting is held at the West Bridgford Baptist Church on Melton Road. Doors open at 1.30pm for tea/coffee and group tables. The talk will start at 2.30pm.

Just Joe



Hello again, everyone.

Last month at the Open Meeting, Mo Cooper gave an interesting talk about the history of the deaf community in Nottingham and their fight to be accepted by society. At that meeting, I mentioned that we are concerned by the number of groups with waiting lists and what to do about it. You will also have seen emails from Kathryn referring to this problem. Currently around one-third of our groups cannot accept new members. This is very disappointing for all members, and particularly for the new members that we have been pleased to recruit. The reasons vary from group to group, and we will work with the affected groups in the coming weeks and months to understand whether the situation can be improved.



While on the subject of Open Meetings, we are now in the season when, if we do have a sunny day, the low sun shining through the windows behind the stage is a real problem for some of the audience. We started negotiations some months ago about getting roller blinds installed on these windows, but frankly this has not progressed as fast as we had hoped. In the meantime, I can only advise you to sit over towards the side door or towards the back of the Church if this glare troubles you.



On Monday I was at Trent Basin to watch the lifting of the Waterside foot and bike bridge. The weather was perfect, and it was an impressively smooth operation, carried out very gently. There were dozens of engineers in orange hi-vis adjusting and checking and scratching their chins, and it all seemed to work out well.



I look forward to cycling across it when it opens next spring.

*Joe Colls
November 2025*

Latin class



The new Latin class will have its first meeting on Friday 21 November, at 10am in the big hall at the Baptist Church, Musters Road. Thereafter it will run on the third Friday of each month. Everyone is very welcome to attend!

The course that we will be using is called Suburani, the 'people who live in Subura', a slum district of ancient Rome. This fairly new course aims to develop reading skills in Latin and introduces the grammar in a gently structured way. I will assume that people have no prior knowledge of Latin, but those who have studied Latin before may find it interesting to see a modern course.

You can have a look at the first two chapters at: <https://www.hands-up-education.org/suburani.html>

I will issue the text books on the day. They cost is £10 (a bargain at half price!), and the money will be collected then.

If you cannot make it that day, please me know, so that we can make arrangements for you to get and pay for your book. The lessons cost £2 per session to pay for hire of the hall.

If you have any questions, please contact me on hilary.awalters@hotmail.com

Social Events



Sunday Carvery Lunch

After a successful Sunday Lunch earlier this year, I have arranged another one.

Sunday 1st February 2026 at 1pm at Welbeck Hall (next to the Suspension Bridge)

£16.95 (3 choices of meat plus potatoes and vegetables, vegetarian option available or £19.95 which includes dessert.

To book a place, please contact Louise Carney on 0115 9817589 or email lcarneyhall@gmail.com

Remarkable Women: History with a Difference _____

Do you want a different slant on history? Learn about some of the women who have contributed to our world but have often been forgotten by historians?

The Remarkable Women group has now been running for over a decade. We learn about some of those forgotten women. For instance, last month we looked at some local women such as Nan Green, who has just been celebrated by a blue plaque in Beeston.



Born in 1904 in Beeston, Nan Green went on to dedicate her life to socialist humanitarian work across the world including: joining the International Brigades' fight against fascism during the Spanish Civil War; accompanying 5000 Spanish refugee children to safety in Mexico; working as a translator in China, and in civil defence work in Britain during WWII.

The Remarkable Women group meets on the 3rd Thursday afternoon of the month at the Baptist Church. For more information about the group, contact Pat at 01159146670 or pag6be@gmail.com.

Muddlers Gardening Group _____



We hold interactive meetings on the 2nd Friday of every month, (interspersed with visits to gardens in the spring /summer months) at the Baptist Church 2pm - 4pm. We aim to create an atmosphere in which people get to know one another and share gardening tips, discuss a plant of the month, a team gardening quiz, jobs in the garden per month and a topic on an aspect of gardening. We invite speakers when we can.

Our dates are:

Friday 12 December - Christmas dinner at Blue Diamond Centre East Bridgford, followed by a talk from Blue Diamond.

Friday 9th January 2026

Friday 13 February 2026

Friday 13 March

Friday 10 April

Friday 8th May

Friday 12 June

Friday 10th July

Friday 11 September

Friday 9th October

Friday 13 November

Friday 11th December - Christmas meal

Please do come along and give us a try.

Pickleball group



The first session of this new group was on the 30th October when 13 members attended. It meets every Thursday from 2.30 till 4pm at Rushcliffe Arena where there are three courts booked. It costs £3 per session.

You don't have to have played pickleball before, and we have a few paddles and balls so everyone can join in. If anyone is interested in joining, they should contact Peter Dowsett on petedowsett@yahoo.com.

Anglo Indian Heritage History Group

The Anglo Indian Heritage History group will be exploring migration stories of the British in India, and south Asians in Britain. The group is supported by Professor Udit Sen from the University of Nottingham to provide some historical context. Group members share their family stories in a historical context, for example Sara Deller shared her investigation in to her father's/grandparents' travel to India and Dwinderjit Virk talked about her father, a Punjabi Sikh veteran serving in the British army in WWII in Burma

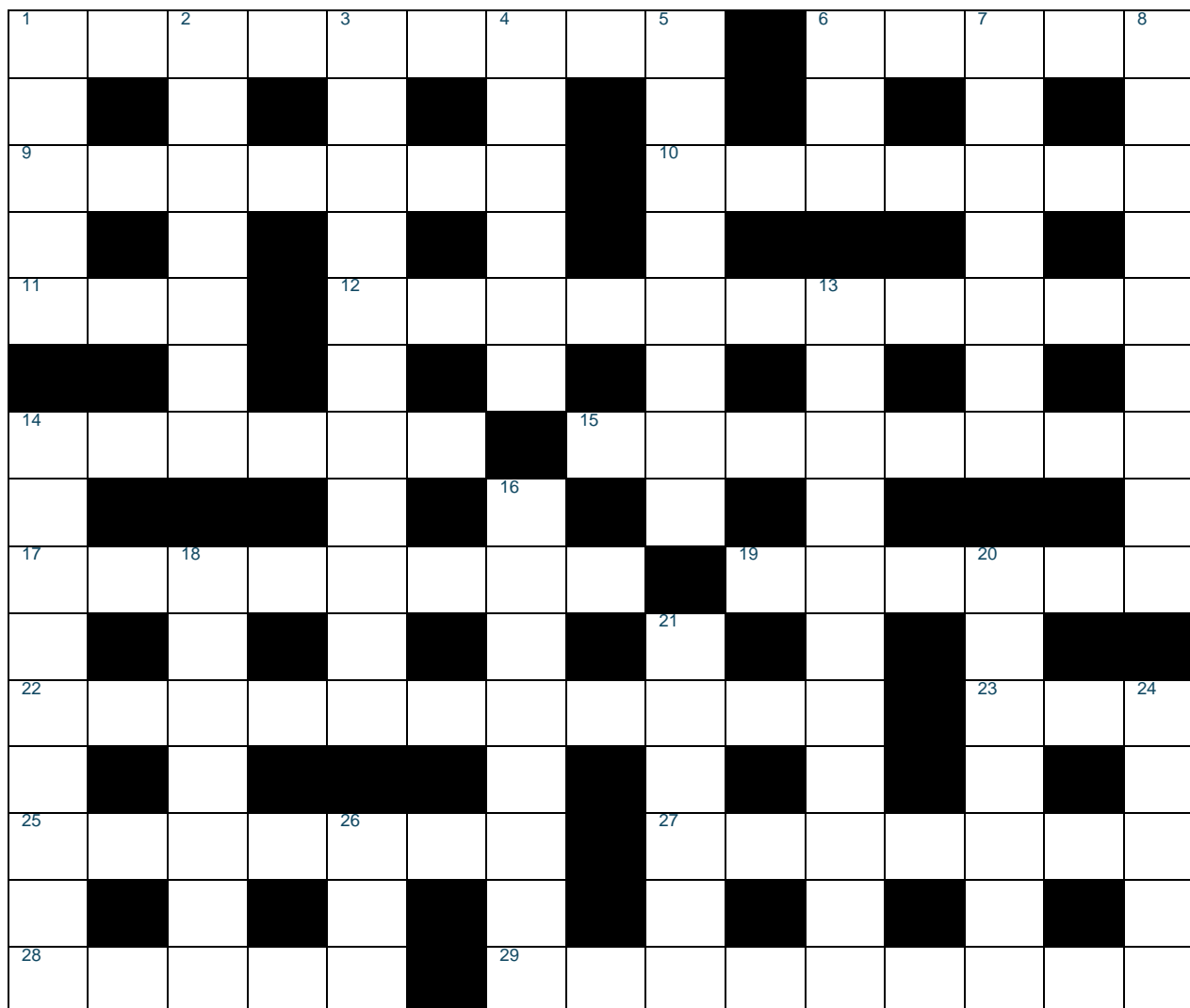
At our last meeting on the 15th November the speakers were Prof. Udit Sen (*The part played by India in military and economic contributions to World Wars I and II*), Dr Jas Bilku (*Inspired to Aspire - a Doctors story*) and Surrinder Kaur (*A short history of the NHS and the historical contribution of south Asian doctors*).

We meet on a Saturday at the University of Nottingham, Humanities Building room A02, 2pm - 4pm (we don't have to pay for the room). Lifts can be offered from West Bridgford if necessary. Our meeting dates are:

25/01/2026	28/3/2026	17/05/2026
4/07/2026	12/09/2026	07/11/2026

Please come along to any of the meetings and give it a try. We particularly short of Anglo British people who have family histories they have researched going back to the Raj or have an interest in colonial history.

Sinclair's crossword



Across.

1. Collection of different elements (9)
6. Head of an abbey of monks (5)
9. Common garden bird (7)
10. Building or outside area for plays (7)
11. Also (3)
12. Without compassion or conscience (11)
14. Holds a tie in place (6)
15. This makes secure (8)
17. Responding readily to a suggestion (8)
19. Lives in a tent outside (6)
22. Country used to be in Yugoslavia (11)
23. Wise bird (3)
25. Financial run of good luck (7)
27. Closest (7)
28. Support for movable blackboard (5)
29. Feelings or emotions easily roused (9)

Down.

1. Scope or bounds of something (5)
2. Sweetener as an energy source (7)
3. Destroy completely something living (11)
4. Season (6)
5. Outside (8)
6. Consumed (3)
7. Booming heron (7)
8. Appointed to administer money of a society (9)
13. Spending excessively or beyond normal restraint (11)
14. Apt at learning (9)
16. Give to someone for a purpose or place (8)
18. Short journeys for messages or goods (7)
20. Short saying embodying a general truth (7)
21. Taking a packed meal to eat outside (6)2
24. Flexible, supple (5)
26. No score (3)

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 Dec	Rowsley	River Derwent & Chatsworth Park	Pete	5

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 Nov	Netherfield AM Meet 9:30	Led by members of the Group (Lynne)	No Charge
Monday 8 th Dec	Colwick + Xmas lunch AM Meet 9:30	With Professional Expert and Simon	£17
Monday 5 th Jan	Skylarks AM Meet 9:30	Led by members of the Group (Simon)	No Charge
Monday 19 th Jan	Rutland – Egleton Full Day Meet 9:45	Led by members of the Group (Lynne)	No Charge
Monday 9 th Feb	Attenborough AM Meet 9:30	Led by members of the Group (Jim)	No Charge
Monday 23 rd Feb	Blacktoft Sands Full Day Meet 9:45	Led by members of the Group (Lynne)	No Charge
Monday 9 th March	Whisby AM Meet 9:30	Led by members of the Group (Jim)	No Charge
Monday 23 rd March	Frampton Marsh Full Day Meet 9:45	Led by members of the Group (Simon)	No Charge

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

Orienteering Walking



Late 2025/Early 2026 Walk Dates and Locations:

Tuesday 25th November - **Castle Hill Country Park, Leics** - Lunch @ Jades Tea Rooms, Newton Linford

Tuesday 16th December 2025 - **Cotgrave Country Park & Village - "VOC"** - Lunch @ Shepherds, Stragglethorpe

Tuesday 20th January - **"Treasures of our Town (Nottingham)" - Treasure Hunt Format** - Lunch in City Centre

Notes:

1. The November Walk Meet Time 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**

2025 Speakers and Subjects



Month	Date	Speaker and title of talk
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

Cycling group _____



Ride Programme: July to December 2025					
Date (Fridays)	Ride	Miles	Leader	Phone	Start Point
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 10.00	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
11.30	Tai Chi Beginners	JCP	Weekly	Chris		Wait list
PM	Tuesday					
12.30	Tai Chi Improvers	JCP	Weekly	Lynne	07811707868	Wait list

2.00	Knit and Natter	ST	1 st & 3 rd Tue	Christina	Via website	
2.00	Photography	BC	1 st Tue	Paco	01159233109	Wait list
2.00	Quiz	TM	4 th Tue	Brendan	07920 161188	
2.00	Beginners Bridge	BC	Weekly (almost)	Ron	01159234176	
2.30	Cryptic Crosswords	TM	1 st & 3 rd Tue	Stephen	01159140255	
Eve	Silent Films	MH	1 st Tue	Ed	07890009443	
Eve	Film Noir	MH	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 conversation	Z	Alt weeks	Anne	07974706281	
	Local History	V		Yvonne	07746668469	
	Lunch Club	V	Alt Wed			Wait list
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
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	TBCH	1 st 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	APCC	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	
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	
2:30	Pickleball	RA	Thu	petedowsett@yahoo.com		
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	
10.00	Latin	BC	3rd Fri	Hilary	07813 499840	

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	
2.00	Gardening group	BC	2 nd Fri	Surrinder	Via website	
	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 or email the named contact.

Key to venues:


APCC -Abbey Park Community Centre	BC – Baptist Church	JCP – Julian Cahn Pavilion	MCH - WB Methodist Church
MC – Marlborough Court	LH – Leader’s home	MH – Member’s home	P&P – Poppy and Pint
RA – Rushcliffe Arena	SH – Scout Hut	ST - Stratford Haven	TBCH – Trent Bridge Care Home
TM – Test Match	V – Various	Z – Zoom	

Crossword solution:

Across: 1 Aggregate 6 Abbot 9 Bluetit 10 Theatre 11 Too 12 Remorseless 14 Tiepin 15 Fastener 17 Amenable 19 Camper 22 Herzegovina 23 Owl 25 Bonanza 27 Nearest 28 Easel 29 Excitable.

Down: 1 Ambit 2 Glucose 3 Exterminate 4 Autumn 5 External 6 Ate 7 Bittern 8 Treasurer 13 Extravagant 14 Teachable 16 Allocate 18 Errands 20 Proverb 21 Picnic 24 Lithe 26 Nil.

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

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