

Please send your contributions to David: wbu3aeditor@gmail.com. The deadline for the next edition is 12th January.

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 December 18th



60 Years In Showbiz - the NOT-So-Secret Agent ' Facts And FIBS from Backstage and The 'Green Room' !

The Open Meeting is held at the West Bridgford Baptist Church on Melton Road. Doors open at 1.30pm.

As is usual for our end of year meeting there will be no group tables before the talk which will start at 2pm and will then be followed by drinks and mince pies

Just Joe



Hello again, everyone.

We had a very interesting and entertaining team for our November Open Meeting – four stories from the lives of both paupers and staff in workhouses. One aspect that surprised me was that workhouses were only abolished as recently as 1948.



There might be an announcement elsewhere in Highlights about the December Open Meeting speaker, but I will take the risk of saying it again. We had been expecting Andy Smart to tell us about The History of the Nottingham Theatre, but sadly Andy has been injured in a car crash and won't be available. We are lucky that a colleague of his, Tony Sherwood, has been able to step in at short notice. Tony had a career as an entertainment agent and worked with household names such as Brian Clough and Torvill & Dean. His talk is called "Tony Sherwood '60 Years in Showbiz - The NOT So Secret Agent . Stories, Facts & Fibs (and Laughs) from Backstage and the 'Green Room'". Should be fun!

Don't forget that the December Open Meeting will be on the 18th, will start at 2 pm, and will be followed by crackers and mince pies.

We have been working to raise our profile and increase our membership. In November we had an exceptionally large number of new members. This is partly because our current members have recommended us to their friends. If you have done this, then many thanks!

Also thanks to our Membership Secretary, John Tidmarsh, and our Treasurer, Martin Wakeling, for keeping abreast of the applications!

Finally, I take this opportunity of wishing you all a very happy Christmas, and good health in 2026.



Still Smiling – Christmas 2025

This year's Christmas edition of Still Smiling is out now.

Still smiling is produced each year by Phil Joiner. There are jokes, cartoons and poems, and six quizzes (with answers) that might be fun to try attempting with your family or friends.

Where can you find this treasure trove of enjoyment? Online in our web site's "[Publications](https://westbridgford.u3asite.uk/publications/)" page (<https://westbridgford.u3asite.uk/publications/>). It is in the 2025 section.

Did you miss last year's edition? Don't worry that is still there among the 2024 publications. At least it will be until 2026 starts.

Peter Oliver

Local History Group



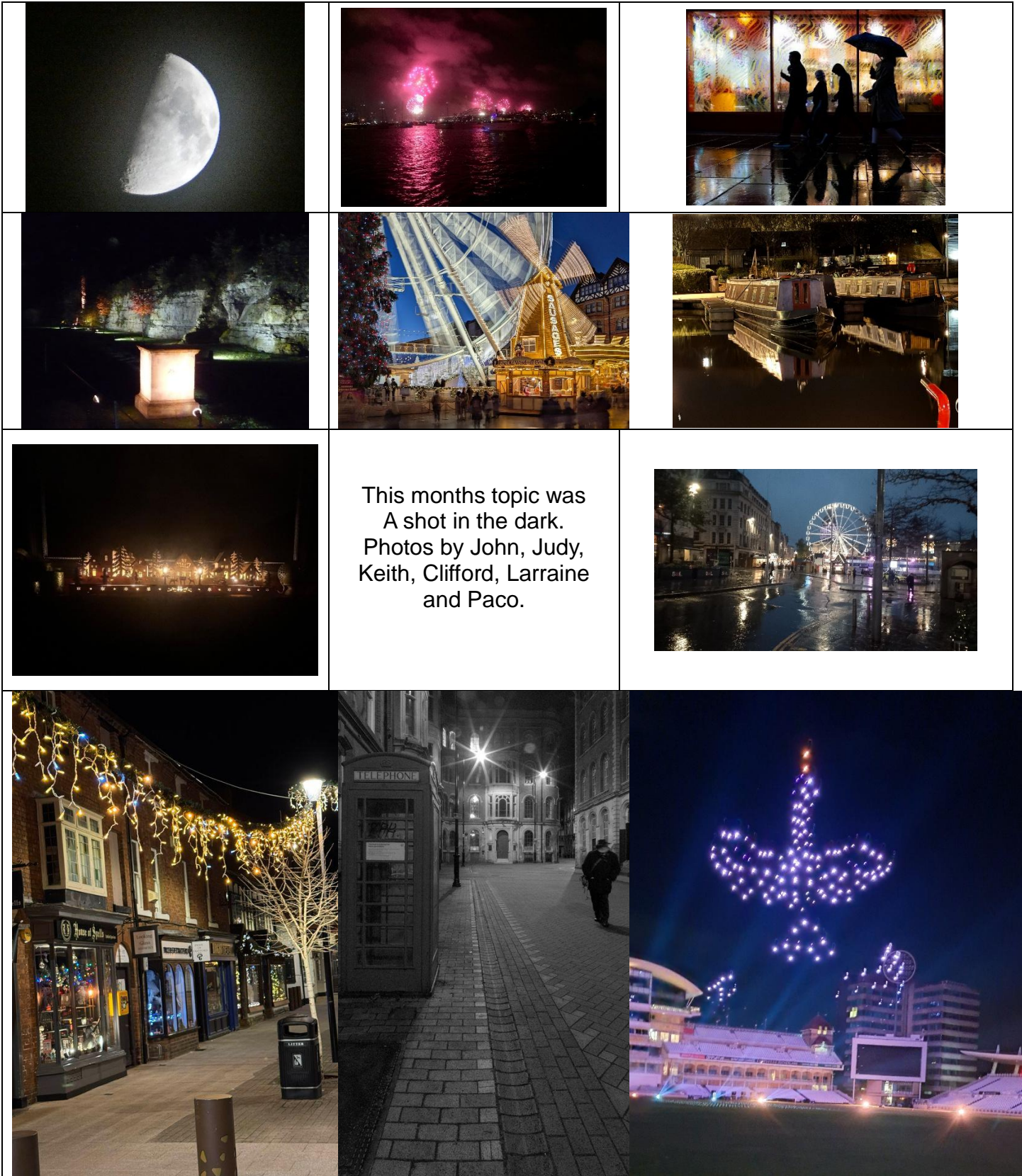
This month we went again to Beeston Library, this time to listen to a talk on the women's contribution in the English civil war. Women from both sides of the conflict were discussed, protecting their land, castles, even spying. All, of course, whilst having large numbers of children! They were made of stern stuff.

It's disappointing that we don't have news of a speaker for January, but our plans were thwarted. However, members may be interested in a free exhibition at the Weston Gallery at the Lakeside - **The Leen: Nottingham's River** on till 15 March, Tues-Sunday, 12 noon-4pm. "The exhibition puts the Leen at the centre of the story of modern Nottingham. From its source in the Robin hood Hills above Newstead Abbey to the River Trent at the Meadows, the River Leen connects places and communities". You might also be interested in some of the many talks and walks available from the Lakeside.

There are talks at West Bridgford Library, too, and one coming up on 31 March may be interest - Women Won The War, telling of the role of women in the First World War,

We are now arranging the programme for next year, the information will be sent out via the group mailing list as well as in Highlights.

Averil and Yvonne





Our last visit of 2025 was to Colwick Park led by our expert Chris Hall and was followed by a Christmas lunch at the Toby Carvery. After all the dull wet days we were pleased to have a pleasant sunny morning for our circuit of the park and a nice dry surface to walk on.

Alas there were no turtle doves, French hens or partridges in pear trees, but we did get a glorious view of a goldcrest; such a treat as they are usually skulking amongst fir trees and unwilling to show themselves. After that the gifts kept coming with the sun shining on the lake lighting up goosanders, goldeneye, wigeon and shovelers. Little and great crested grebe were entertaining us with their “now you see me, now you don’t” antics and the cormorants were hanging out to dry, one in particular having a face-off with a heron who was not impressed. The bare trees gave us nice sightings of a siskin, greenfinch and several long-tailed tits.

After all the walking (and talking!) we were ready for our lunch which I think we would all agree was very nice and thanks to Simon for arranging it.

Sadly we had to say goodbye to Chris and his lovely wife Anny as they are emigrating to sunnier climes. Chris had helped to set up the group with Pete Elderton in 2011 and since then has led numerous walks and organised many trips in the UK and abroad for the group. We have all benefited from his expertise and over the years he has become a good friend to many of us and will be much missed.

Merry Christmas and a Happy New Year to everyone. Linda

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 5 th Jan	Skylarks AM meet	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

Orienteering Walking _____



Autumn Walk Dates and Locations

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. New members, irrespective of prior orienteering experience, are welcome to join the group.
2. Walk location & details are subject to change, potentially at short notice if weather related.
3. All walks are Permanent Orienteering Courses ("POC's) unless stated or implied otherwise.
4. "VOC's" are Smart Phone APP based (Virtual) Orienteering Courses
5. 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 & title of talk
December	18 th December	Andy Sharp – The History of Nottingham Theatre Tony Sherwood – 60 years in Showbiz

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
10:30	Art Appreciation	BC	1 st Tue	Heather Barbar	0115 9232824 0115 9232819	
11.30	Tai Chi Beginners	JCP	Weekly	Rachel	07793243274	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	Louise	01159817589	
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	Wait List
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	
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	Pickelball	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	3 rd Fri	Hilary	07813499840	
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:

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
TBCH – Trent Bridge Care Home	TM – Test Match	V – Various	Z – Zoom

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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