

Please send your contributions to David: wbu3aeditor@gmail.com. The deadline for the next edition is 16th March.

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 – Thursday 26th February

Chris Matthews: Nottingham Lace Walk

Manufactured lace had a momentous impact on Nottingham: helping to change a turbulent county town into a modern industrialised municipality. This illustrated talk will show the sheer scale and speed of this change around Nottingham city centre.

Chris Matthews is a historian, graphic designer and conservation officer based in Nottingham. He has written and designed various local history publications such as Homes and Places: A History of Nottingham's Council Housing, The Meaning of Concrete for Interwar Nottingham and Model Villages of the Nottinghamshire Coalfield.

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.



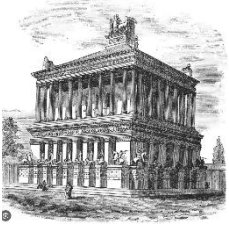
Just Joe



Hello again, everyone.

In January we were in India and as part of the trip we got to see the Taj Mahal. It was built by a Mughal emperor in the 17th century to house his wife's tomb. I have to admit that I wasn't optimistic. All my life I've heard repeatedly that it's the most beautiful building in the world. So, I was ready for a let-down. But no! It really is amazingly beautiful – most unusual to enjoy simply sitting and looking at any building, let alone a mausoleum.





The word *mausoleum* is from *Mausolos*, who was a Persian king. Artemesia, who was Mausolos's wife (and sister), had him buried at Halicarnassus in 353 BCE in a massive marble tomb adorned with sculpture. Counted among the Seven Wonders of the ancient world, it was destroyed by an earthquake in the Middle Ages.

Joe Colls, Chair WB u3a.

Membership Renewal

A big thank you to over 300 members who have already sent their 2026/2027 renewal payment through in response to John's email / letter.

Just a reminder that although the deadline for renewal isn't until 31st March, John and Martin appreciate the workload of over 800 renewals being spread out! If you need to check the original email these were sent out by John on the 25th January and includes a request to check the emergency contact information we hold for you.

Don't forget if you haven't already opted to receive your new membership card as an email attachment it's not too late to opt in; members of the committee are happy to help you download it you need assistance.

Clare

Social Event

Barnum at Nottingham Playhouse

Wednesday 27 May - 2.30 pm

Price £32.50

Lee Mead stars as the World's Greatest Showman in this spectacular production



If you are interested or require more information, please contact Louise Carney on 0115 9817579 or lcarneyhall@gmail.com

West Bridgford u3a – Help Us to Spread the Word

When we are recruiting for new members, the main hurdle is often that many have never heard of the u3a, or if they have, then they think it is some kind of educational establishment. You might be able to help us offset this preconception.

We can supply any member with some of the A5 leaflets that we hand out to anyone who is potentially interested in joining; the leaflets describe who we are and the kinds of things we do and give details of our website and contacts. So, if anyone expresses an interest in what you get up to in the u3a, or you have friends who are not yet members, you'll be able to point them in the right direction! There will be some of these packs available at Open Meetings. If you don't come to Open Meetings, email me on wbu3achair@gmail.com and I'll get a pack to you.

Joe Colls

An Evening with Kelly's Heroes (u3a.)



This concert has been organised by Carlton and Gedling

For over 30 years Kelly's Heroes have been among Nottingham's finest and best musical ambassadors. With a repertoire that encompasses fast and furious Celtic tunes and songs, gentle ballads, quality contemporary numbers as well as some original material, this local based band are one of the most sought after on the club, pub and festival circuit.

On **Saturday March 28th** they bring their own brand of music to the Richard Herrod Centre (Foxhill Road, Carlton, Nottingham, NG4 1RL).

Doors will open at 7:15 for an 8:00pm start. Tickets are £12 and are available from:

Neil Kendrick 07941 864 115 or Sue Warren 07791 358 143
(or at the General Meetings of Carlton and Gedling u3a).

NATIONAL CENTER FOR SUPER-AGE EXERCISE RESEARCH
Loughborough University

HELP OSTEOPOROSIS RESEARCH

CAN BRIEF HOME EXERCISE REDUCE THE RISK?

LOOKING FOR

- Women aged 55-75.
- Not taking any osteoporosis medication including hormone replacement therapy (HRT).
- Willing to do a few minutes of home exercise daily.

WHAT'S INVOLVED

- Baseline measurements including (2 visits <2 hours):
- DXA and **computed tomography** bone scans.
- Hopping test.
- Blood samples
- Questionnaires.
- 12-month brief home based exercise programme.
- Follow-up assessments (mid-training at 6-month + post-training at 12-month).

BENEFITS OF PARTICIPATION

- Knowing more about your bone health.
- Help research on osteoporosis.

BEATOP@mailbox.lboro.ac.uk
01509226207
NCSEM, Loughborough University

Scan me



BEAT-Osteoporosis Flyer IRAS ID:354429 v.1 July 8th, 2025



Do you have capacity within your group? Are you keen to boost attendance? If so, you can forward a short summary of your activities or any planned events to Brendan Dawson, email wbu3aexec5@gmail.com and we can use that to increase awareness both within and outside u3a.

Holiday Group



Meets very informally for coffee or lunch to get to know each other. If anyone has an idea for a holiday, they bring it to the group to see if anyone else is interested. It's not about arranging holidays, but a discussion of ideas – members arrange their own. The group has been going now for around 12 years and new members are always welcome. If you're interested, you can contact Penny Reid on 0115 923 3384.

Local History Group



The Local History Group has had a good start to the year, firstly at our January meeting when we were treated to an excellent talk by former policeman, Tom Andrews, an authoritative and engaging speaker. His subject was Chief Constable of Nottinghamshire Police 1930-1959, Athelstan Popkess, an amazing man who never took 'no' for an answer. Shortly after his arrival he organised 2-way radio communication for police cars, the first in the country, and other forces were instructed to follow suit. He was also ahead of the game in 1936 when he organised air raid shelters and warning systems in Nottingham and he continued his innovations until his retirement.

In February we had an interesting talk on Alms-houses from Robert Mee, a local historian He gave us a history of Alms-houses from their beginning in the 8th century and covered the whole of Europe and as far away as Jerusalem. As many were attached to monasteries, those in England fell foul in Henry VIII's dissolution but over time philanthropists filled some of the gaps. There have been many locally, though some, like the Dorothy Boots Alms Houses in Wilford have been sold off.

Averil and Yvonne

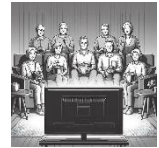
Remarkable Women

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 in the past by historians? The Remarkable Women group has now been running for over a decade. We learn about some of those forgotten women.

On Thursday 19th February we will be looking at some of the women who have won the Nobel Prize for Physiology or Medicine. The prize has been awarded since 1901, but it wasn't until 1947 that the first woman won it. To date the prize for Physiology or Medicine has gone to 232 laureates but only 14 have been women and only one woman has won it by herself.

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.



Silent Film / Film Noir



The silent era of cinema flourished from around 1900 until it was abruptly terminated by the arrival of films with sound (“talkies”) around 1930. In this short period cinematic technique evolved rapidly and led to the production of a fascinating body of work which is rarely seen today.

This small U3A group meets on the 1st Tuesday evening of each month in order to view a silent film and then reflect on it perhaps over a glass of wine.

Films from various genres may be explored including the romantic dramas of Valentino and Garbo, the comedies of Keaton and Chaplin, the epics of Griffith and De Mille, the swashbuckling exploits of Douglas Fairbanks, films from the Russian school and the rich Expressionist German films of Wiene, Leni, Murnau, Lang and Pabst. Some modern silent films may also be included.

Spaces are available for new members.

There is also a film noir group, which is currently full, with a small waiting list. If you’re interested in either group, you can contact Ed Marchewicz on 07890 009 443.



Scrabble

The group meets twice a month at Test Match pub on Gordon Road in West Bridgford. They play 2nd and 4th Thursday afternoon 2 - 4pm. There are 10 members at present and attendance varies from 4 - 9 players. There are generally 2 or 3 games going at once. Everyone has 2 games during the afternoon. Games take place in the tearoom at the front of the pub which does not charge for the room, so in appreciation of this it is recommended that everyone buy a drink each afternoon – tea, coffee or whatever you fancy. Everyone enjoys it and it gives you an opportunity to test your brain! Ability is varied and new players are welcome. Contact June Wallace, email palandrob@hotmail.co.uk

Wine Appreciation _____



This group has been running since October 2017, except for some gaps during COVID. The group is fully subscribed but anyone interested in joining can be put on the waiting list. The group meets once a month in members' homes, usually on the first Monday of the month. A typical meeting lasts two hours, during which time six different wines are normally tasted, based on a theme such as grape varieties, or vineyard regions. There is a small charge to cover the cost of the wine. Subject to availability, everyone is welcome and no prior knowledge is required. The group is currently full but anyone interested can be put on the waiting list by contacting Rod Armitage for further details: 07879-875377 or by email on : armitagerod@gmail.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 March to June 2026

Date	Walking from	Walking through ...	Leader	Distance (miles)
5 th March	Rowsley	Wye Valley & Northwood Carr	Jean & Penny	5
2 nd April	Winster	Winster to Birchover	Maureen	6
7 th May	Haywood	Froggatt, Curber & White Edges	Pete	6
4 th June	Errwood Reservoir	Goyt Valley	John	5

If you are interested please contact **Pete**: Mobile 07828 647221
or email peter.elderton@live.co.uk



Orienteering Walking

Spring Walk Dates and Locations

Tuesday 24th February 2026 - **Bestwood Village, Nottingham - "VOC"** - Lunch @ Mulberry Tree Cafe, Strelley

Tuesday 24th March 2026 - **Watermead Country Park, Leicester** - Lunch @ White Horse Inn, Birstall

Tuesday 21st April 2026 - **Burbage Common, Leics** - Lunch @ Acorns, Burbage Common

Tuesday 26th May 2026 - **Beacon Hill - Lower Car Park** - Lunch @ Butler Henderson Cafe, Quorn Station

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. Meet Times for all walks will be 1015 for a 1030 walk start.
6. For more information &/or to join the group's email distribution list, contact **John** on **07721 538057** or email **jpicklesclifton@aol.com**



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 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



Ride Programme January to June 2026					
Date (Fridays)	Ride	Miles	Leader	Phone	Start Point
13 th Feb	Southwell & Villages	17	Graham & Christine	07803 123339	Southwell
27 th Feb	Shipleigh Country Park & Nutbrook Trail	14	Pete	07828 647221	Shipleigh Country Park
13 th March	Cotgrave Greenway and Country Park	12	Hugh & Di	07880 962135	Welbeck Road West Bridgford
27 th March	Kegworth & Wymeswold	17	Graham & Christine	07803 123339	Keyworth
10 th April	Watermead Country Park to Leicester	24	Hugh & Di	07880 962135	Stonehurst Farm Mountsorrel
24 th April	Bestwood to Newstead	17	Pete	07828 647221	Bestwood Park
8 th May	Aston-on-Trent & Elvaston	30	David	07970 059525	Welbeck Road West Bridgford
22 nd May	Manifold Valley Wetton & Ilam	20	Graham & Christine	07803 123339	Waterhouses
12 th June	Colwick Park and Gunthorpe via the Waterside Bridge	17	Hugh & Di	07880 962135	Welbeck Road West Bridgford
26 th June	Rutland Water	18	Pete	07828 647221	Rutland Nursery

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 information

So that we can avoid information getting out of date, we have decided to remove the groups table from Highlights and provide the link below each month that will take you directly to the groups' pages on our website. Group leaders then only have one place to check to make sure the information is up to date.

<https://westbridgford.u3asite.uk/groups/>

Group leaders – if you need any changes making to your website page please email the details to me at wbu3atech@gmail.com




Clare



2026 Speakers and Subjects _____

Date	Speaker & title of talk
26 February	Chris Matthews: The effect of the Lace industry on the built environment in Nottingham city centre.
26 March	Mary's Meals - talk about the charity and their work
23 April	Dave Mooney: Folklore and Customs throughout the Year in the East Midlands
28 May	Emma Sheardown: Competing in para dressage
25 June	Jukebox Jury
23 July	Stephen Flinders: The life and travels of Robert Bruce Napoleon Walker
24 September	Mike Burton: The River Trent, England's Heart
22 October	<i>Kathy Powis: History of the Mary Rose</i>
26 November	Paul Dyson: Wildlife artist
17 December	Danny Wells: The Victorians and the Christmas Season

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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