

Please send your contributions to David: wbu3aeditor@gmail.com. The deadline for the next edition is 13th April.

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 – 26th March



WILL YOU FEED

A SCHOOL

WITH MARY'S MEALS?

– a talk about the charity “Marys Meals - feed a school” and their work

Volunteer speaker Sharron Cawthorne

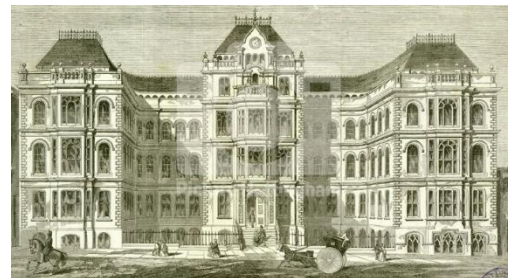
The Open Meeting is held at the West Bridgford Baptist Church on Melton Road. Doors open at 1.30pm for tea/coffee and group tables. The talk will start at 2.30pm.

Just Joe



Hello again, everyone.

I enjoyed Chris Matthews’ presentation at our last Open Meeting. He was talking about the development of the lace-making industry in Nottingham in the 18th and 19th centuries. Many of the more impressive buildings in Nottingham are a result of that industry. I had thought that they were mostly factories, but many of them were warehouses. I don’t tend to look up at the higher parts of buildings while walking along pavements (I suppose if I did then I’d keep bumping into people), so I miss a lot of the fine architecture that has been created. For example, the Adams Building on Stoney Street (by TC Hine) was the lace showroom and warehouse of Adams and Page. A large area of the basement was designed as a chapel (with a company chaplain and vestry) where more than 500 workers and managers would take part in a service before starting work. How times have changed.



The word *lace* originally came from the Latin *laci* meaning a noose or snare – the same origin as *lasso*. The meaning of “a piece of cord used to draw things together” was preserved in *shoelace*, before the main meaning migrated to “fabric network of fine threads”.

Joe Colls, Chair WB u3a.

The Nottinghamshire County Show

<https://nottinghamshirecountyshow.com/>

09 May 2026 at the Newark Showground

Celebrating Farming & Rural Life in Nottinghamshire


Showcasing the best of farming, countryside and rural life

We're celebrating our local agricultural community with attractions including livestock, equine, local food producers and craft stalls, countryside competitions, traders and more!

Tickets from:

<https://nottinghamshirecountyshow.com/tickets>

Prices: Over 17 - £15, Under 17 – Free, Parking - £5



Greythorn

Greythorn is a 'mature' band who play 60's & 70's rock and pop (and some more recent material!) for dances, parties, and sing-alongs.

All proceeds go to Cancer Research UK.

WE ARE LOOKING FOR A NEW LEAD GUITARIST

PLEASE CONTACT DAVID JAMES IF YOU ARE INTERESTED - 07860157170

We're looking for older adults (aged 60 years and above) with normal hearing to participate in our study which involves learning a skill for 8 weeks

- Scan the QR code to access the initial screening form
Or go to:
<https://forms.office.com/e/YF3Ft3TLXM>
- A researcher will get in touch and invite you to an in-person pre-training data collection in our lab
- Training: Learn a skill from home (music/mandarin/chess) for 8 weeks
- A post-training data collection will be done in-person



Complete the study and receive £60 as a thank-you!

For more details or if you have any queries, please do not hesitate to contact Akshaya Jayasri, at

akshaya.kannan2023@my.ntu.ac.uk



This study has been reviewed and given a favourable ethical opinion for conduct by Nottingham Trent University's Schools of Business, Law and Social Sciences Research Ethics Committee.

Editor's note: I have signed up for the above and had my first assessment that took almost 3 hours (though it can be split). I was surprised by how hard the hearing tests were. I'm now into my studying period and will re-sit the assessment after that. Please email me if you have any questions.

Remarkable Women

Question: What do the following writers have in common? Pearl Buck, Nadine Gordimer, Doris Lessing, Alice Munroe, Svetlana Alexievich and Han Kang.

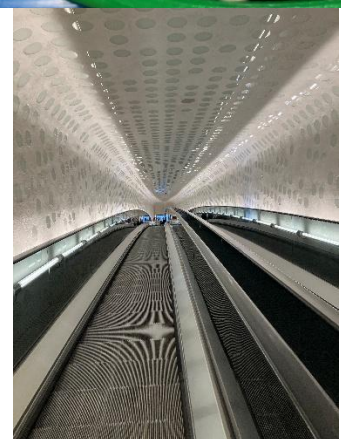
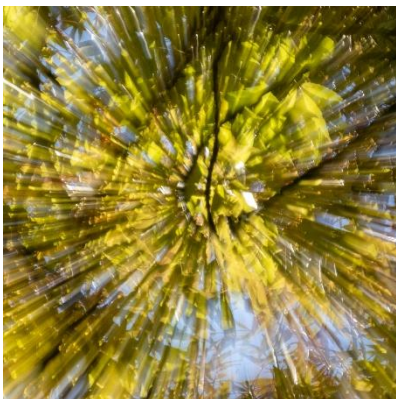
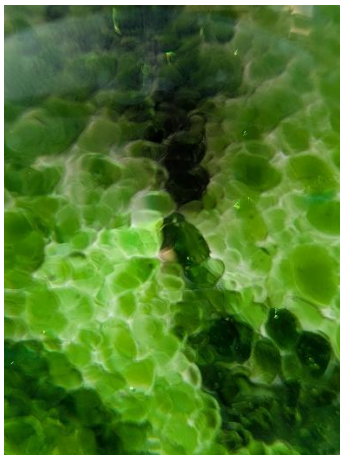
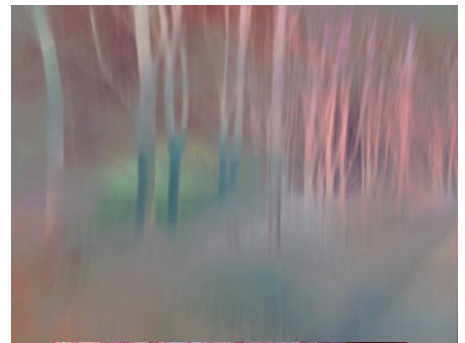
Answer: They are all women writers who have won the Nobel Prize for Literature. If you would like to find out more, the Remarkable Women group will be talking about them on Thursday 19th March at the Baptist Church at 2pm.

For more information, contact Pat: 9146670 or pag6be@gmail.com

Photography Group



Our topic was Abstract.
Photos by : Chris, John, Judy,
Kathryn, Keith, Laraine, Linda,
Paco, Rachel and Sue.





New Groups, New Leaders - looking for your help, by Kathryn Tuddenham

As West Bridgford U3A continues to grow, we are always looking for ideas for new groups/activities. So, if you have any ideas of an activity you would like to see us offer, especially if it is something you know about, or have experience of, and would like to share with other members, please get in touch at wbu3agroups1@gmail.com or wbu3aenquiries@gmail.com.

We do know that the thought of leading a group can be disconcerting, but it's not as scary as it may seem at first.

There are benefits to being a leader:

- Meeting new friends,
- Building a group of like-minded enthusiasts who share your interest or hobby,
- It's never too late to learn - running a group can give you new technical or interpersonal skills,
- New knowledge - leading an activity may mean you learning something new and expanding your existing knowledge about an existing interest or hobby

So, what does a leader do?

- Basic group admin - booking rooms, communicating with the members, manage funds
- On the day - collect money, manage the room set up/clearing, refreshments if appropriate
- Deliver/co-ordinate the activity, or liaise with the person delivering the activity

And there is support. Firstly, the groups co-ordinator team will support you in the early days as you find your feet and get used to the task. Also, there are lots of more experienced group leaders out there who will help you - they might even be in the group you are leading! Additionally, you don't have to do it alone - many of our most successful groups have a team of leaders who share the tasks.

So please get in touch - we look forward to hearing from you. Also, I will have a table at the March Open Meeting for New Groups, New Leaders, so please come and see me if you have an idea for a new group or wish to know more about leading a group.

WBU3A storm Parliament

In unexpected bright sunshine, thirty-five members of West Bridgford u3a had a wonderful trip to Westminster on March 2 2026. The tour of parliament was arranged through Rushcliffe MP James Naish and, as a bonus, the man himself was on hand to talk to the group before the start of our tours which were led by members of his team.



The tours started in Westminster Hall, and included a visit to both the House of Commons and the House of Lords. Most of us were surprised at how small the House of Commons is – not even big enough to seat at the same time all 650 MPs that need to use it.

Nonetheless, it was impressive for its history and our guides explained where each parliamentary group sit in the Chamber that was rebuilt after being bombed during the Second World War.

The House of Lords is slightly bigger and much grander – lots of blood-red leather, and gold decorations, and of course the famous woolsack where the Lord Speaker sits.



After the tours we had time to explore other places in London, were delighted to see the newly regilded Big Ben sparkling in the sunshine.

Despite a very early start to the day, we all had a great time, and bus trip was enlivened by the driver, John, who gave us a running commentary of London landmarks as we passed them. Overall, an interesting and very enjoyable day out.

Social Event

Barnum at Nottingham Playhouse

Wednesday 27 May - 2.30 pm

Two places remaining !! 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

Greetings card class

Our group meet second Tuesday each month at 10 -12am at the Baptist church we are a small group and we make Greeting Cards, we have been running for about 13 years and the majority of members have been coming for the whole time.

We use a variety of media including - stamping, die cutting, decoupage, colouring etc.

I make 2 samples prior to each class for members to follow and I provide all necessary materials to complete these. A charge of £5 to cover costs including the room is made. We are a very happy and sociable group.

I do have 2 vacancies at the moment due to illness.

These are the cards we made last month.

Joan. Tel. 07866171339



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

Opera Appreciation



Opera should be fun. Come and enjoy the spectacle, emotion and atmosphere. It's a feast for the senses. We won't use jargon and there will be lively discussion. The idea is to watch an opera on DVD but within the 2ish hours, chosen by the group from a selection of popular ones. Synopsis and subtitles provided. Coffee break part-way through with chance to ask any questions. Suitable for beginners and experienced alike. Try it – if you, don't you'll never know. Our first meeting takes place on Wed 15 April, 2pm at the Baptist Church. If you are interested, please contact Chris Shaw on chrisshaw20038@hotmail.com

Sinclair's Crossword

1		2		3		4		5		6		7		8
9								10						
11				12						13				
14							15							
						16								
17		18							19			20		
								21						
22												23		24
25				26				27						
28						29								

Across.

- 1.Minor improvement in some writing (9)
- 6.Long handled spoon with cup-shaped bowl (5)
- 9.Officially supervise (7)
- 10.Syncopated piano music from the 1890's (7)
- 11.Common garden songbird (3)
- 12.Fate of illegally parked vehicles (11)
- 14.Not in the U.K.(6)
- 15.Finnish capital (8)
- 17.End of railway or bus route (8)
- 19.An attractive feature (6)
- 22.Fun race (3-3-5)
- 23.Small flat fish (3)
- 25.Increase in slope (7)
- 27.Raising this shows surprise or disapproval (7)
- 28.Fibrous plant used for ropes (5)
- 29.Opportunities to vote (9)

Down.

- 1.Approximately (5)
- 2.Person who has the right to vote (7)
- 3.Where someone or something is going (11)
- 4.Free from an obligation or liability (6)
- 5.Subjected to physical or mental suffering (8)
6. Piece of a felled tree (3)
7. Visiting a location whilst in one's car (5-2)
- 8.Cause dramatic or sudden excitement (9)
- 13.Good judgement or insight (11)
14. Females in a play (9)
16. Circumstances causing trouble or annoyance (8)
21. Be logical or consistent (6)
24. Deep rounded basins, game (5)
26. Friend (3)
18. Feelings of sorrow or disappointment (7)
20. Be subjected to (7)

Orienteering Walking _____



Spring Walk Dates and Locations

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**



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)
2nd April	Winsters	Winsters 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

Bird Watching Group



We had a welcome relief from the rain for our recent day trip to Blacktoft Sands, an RSPB reserve situated at the beginning of the Humber Estuary. It was cold but bright, a good light to appreciate the birds in their now colourful breeding plumages.

On arrival we were greeted by tree sparrows in the hedgerow near the car park and darting in and out of nest boxes in the trees. That was a great start to our day and it got even better with views of up to six marsh harriers soaring above the reedbeds. The tidal reedbed here is said to be the largest in England and has a high proportion of breeding bearded tits but unfortunately we could only hear their calls and had no sightings. We did however have a stunning view of a kingfisher perched above a drainage ditch which ran alongside the hide. She sat there for some time reflected in the water below.

Two barnacle geese surprised us by suddenly appearing from behind an island in one of the lagoons. They migrate here for the winter from Greenland and Svalbard.

Approaching Ousefleet hide, curlew were grazing in a field. From that hide we saw large numbers of wigeon and a flock (officially known as a desert) of lapwings flew in. Also present to note were teal, shoveler, shelduck, snipe and goldeneye. A distant owl box held a ghostly shape which neither binoculars or scope could positively identify as a barn owl. Leaving the reserve some of the group reported spotting a barn owl flying over the fields. Could this have been our ghostly apparition? We will never know! Linda

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	Meeting at
Monday 23 rd Mar	Frampton Marsh Full Day	Led by members of the Group (Simon)	9:45
Monday 13 th Apr	Cossington Meadows AM Optional PM visit Mount Sorrel Meadows	Led by members of the Group (Jim)	9:30
Monday 27 th April	Wanlip Meadows AM	Led by members of the Group (Lynne)	9:30
Monday 11 th May	Coombes Valley Full Day	Led by members of the Group (Simon)	9:45
Monday 18 th May	Budby Common AM	Led by members of the Group (Simon)	9:30
Monday 8 th Jun	Langford Lowfields AM	Led by members of the Group (Jim)	9:30
Monday 22 nd Jun	Frampton Marsh Full Day	Led by members of the Group (Lynne)	9:45
Monday 13 th Jul	Lyndon AM	Led by members of the Group (Jim)	9:30
Monday 27 th Jul	Blacktoft Sands Full Day	Led by members of the Group (Simon)	9:45
Monday 24 th Aug	Attenborough AM	Led by members of the Group (Lynne)	9:30

Cycling – Short rides



The Cycling Short Ride group operates in cooperation with the main Cycling group by working on the 1st, 3rd and 5th Friday of each month. It is catering for riders who do not want to use a car, racks and satnav, but would like a short ride in the week between the main Cycling group (2nd & 4th). Riders are recommended to be members of both cycling groups.

Rides start from West Bridgford Library at 10 am and are 12-16 miles return, giving time to be back at WB for lunchtime. Destinations will be published or agreed by the group the week before, but a typical list would contain Radcliffe, Wollaton, Ruddington, Cotgrave, Plumtree, Beeston Marina, Attenborough, Colwick Park, Arboretum. In the summer we may go further.

Riders need to be members of West Bridgford U3A, and the general House rule is to wear helmet, hi-vis, and bring pump and inner tube. If interested, please contact David on dnicholsoncole@gmail.com

Cycling



Ride Programme January to June 2026					
Date (Fridays)	Ride	Miles	Leader	Phone	Start Point
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**

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:

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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
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Tech Support & Beacon Admin - Clare		wbu3atech@gmail.com	

Sinclair's crossword solution.

Across. 1.Amendment 6.Ladle 9.Oversee 10.Ragtime 11.Tit 12.Impoundment 14.Abroad 15.Helsinki
17.Terminus 19.Beauty 22.Egg-and-spoon 23.Dab 25.Steepen 27.Eyebrow 28.Sisal 29.Elections.

Down. 1.About 2.Elector 3.Destination 4.Exempt 5.Tortured 6.Log 7.Drive-in 8.Electrify
13.Discernment 14.Actresses 16.Nuisance 18.Regrets 20.Undergo 21.Cohere 24.Bowls 26. Pal.