

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

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 – 28th May Emma Sheardown: THERE'S NO SUCH WORD AS CAN'T:



How often have you said "I can't"? If Emma had said "I can't" at various stages throughout her life, then:

- She wouldn't be walking
- She wouldn't be talking
- She wouldn't have brought home gold for her country from world and European championships

And... she wouldn't be able to motivate and inspire YOU!

During her talk, 'There's No Such Word As Can't' Emma will share her journey from proving the medics wrong after they told her parents that she would never walk or talk, going on to become world and European champion in the sport of Para Dressage and facing and conquering the battle of depression when her career came to an end.

Emma will share the highs and lows, the triumphs and the challenges as she proves to you that whatever you want in life and whatever you go through... there really is no such word as can't'

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.

Help required...

At the 25 June Open Meeting, Roger Prescott will be presenting an episode of Juke Box Jury, playing and voting on songs from the 60's, just like the TV programme. But Roger needs help - 4 volunteers go on stage with him and act as the jury, giving comments and voting "Hit" or "Miss". We have 2 volunteers already so **another 2 are required**. You need to be confident being in front of an audience and with using a microphone. If you are interested, come and see Kathryn at the Open Meeting on Thursday 28 May, near the door to the church or email her at wbu3agroups1@gmail.com.

Cream tea at the AGM 25 June...

If you would like to have a cream tea at the 25 June Open Meeting, and have not already done so, could you let Yvonne know you will be there. You can email her at wbu3asec@gmail.com.

Just Joe



Hello again, everyone

I'm just back from a short golf break with some friends. Golf can be a most infuriating game. Whether I do a good shot or not comes down to tiny differences in the impact of club on ball. Sometimes I catch the "sweet spot" and the ball follows a very satisfying arc in the sky, then lands, bounces and rolls close to where I was imagining before I took the shot. Then the next time, taking what appears to be a similar shot with the same club, it just scuttles along the grass and shoots off at an angle. The problem is not so much that this happens in the same place, but more that I have no idea why it happens or what has gone wrong or how I can correct it. However, the golf course is still a lovely place to be on a fine day.



My sister lives in France and also golfs. I remember asking her about the French words for all the different features of playing golf, hoping to improve my French vocab. The result was a bit disappointing. *Le par, le clubhouse, le fairway, le green, le rough, les wedges...* You get the picture. To be fair, there are also French words. My favorite is *oiselet*, which means *birdie*.

Joe Colls, Chair WBU3a

Local History Group Programme



16th June Exploring Local Maps, WB Library

8th July Tuxford Windmill, tour and cream tea

If you would like to know more or want to book on to any of these, contact Yvonne or Averil.

y.haynes@hotmail.co.uk or averilhancox@gmail.com



Walks from West Bridgford

You may recall that back in 2020, inspired by a wish to encourage activity during the Covid restrictions and giving me something to occupy my time, I began to devise and describe walking routes in and around West Bridgford, some of the descriptions including some local history. The walk descriptions reflect the period when they were written, and the quieter streets experienced during the Covid restrictions. However, the routes themselves have not changed, and I have continued to enjoy walking them and hope others have too.

By 2023 I had devised 19 walks and promised a further one when the new cycle and pedestrian bridge over the Trent had been built. Waterside Bridge is due to open by “late Spring” and I have devised a walk over the bridge and then two options – 20 A up into Colwick Woods and 20 B through Colwick Country Park. The walks can be accessed on our website directly <https://westbridgford.u3asite.uk/local-walks/>

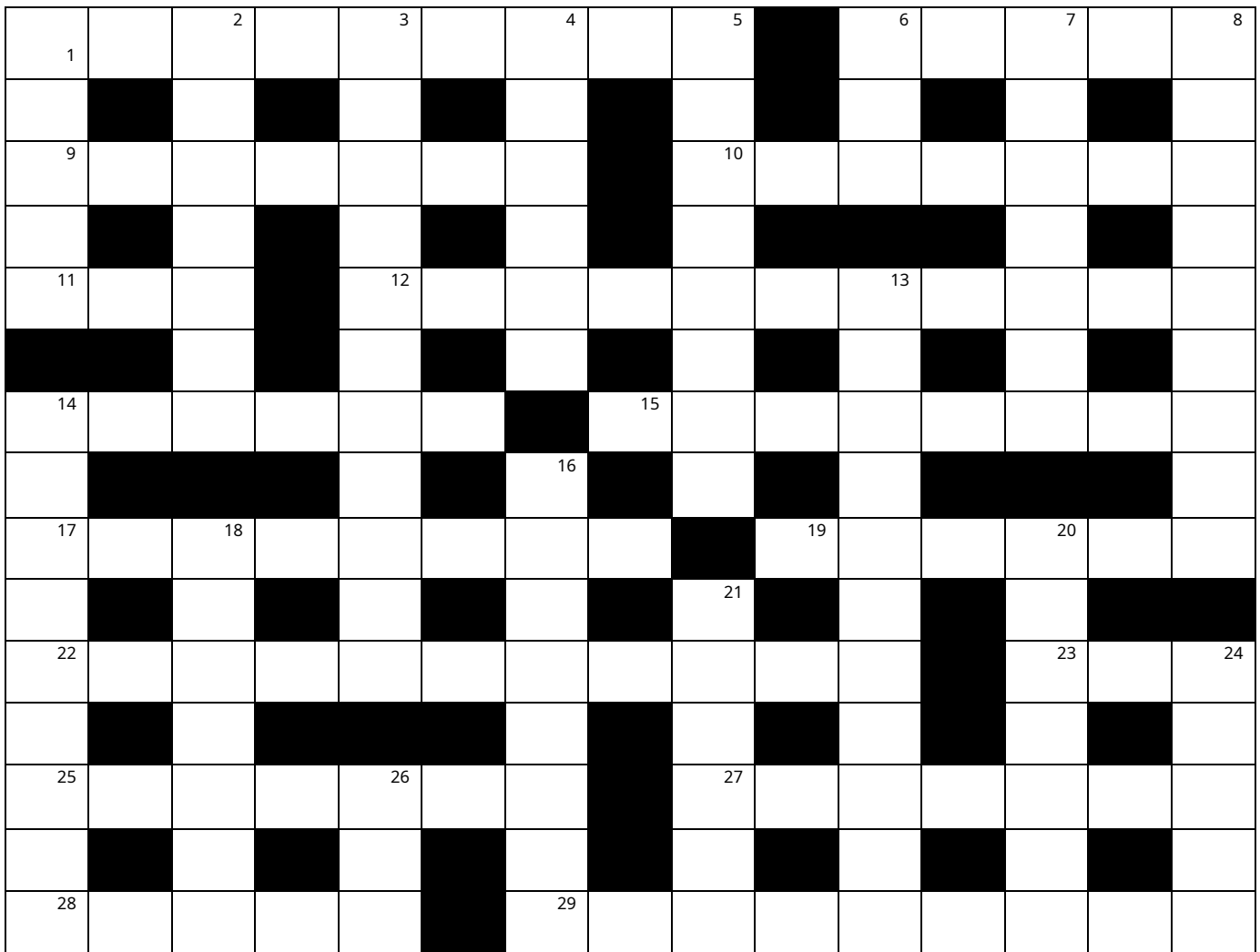
If you would like a copy of the new walk, or any of the earlier ones, email me: pjarmstrong@ntlworld.com.

Also, if you are interested in walks over a wider area of Nottingham, I have produced a ‘network of NET walks’ that start and finish at NET tram stops. These can be found on the Transport Nottingham website: <https://www.transportnottingham.com/article/walking/>

Keep walking...


Patrick Armstrong

Sinclair's LAST crossword!




Across	Down
1. Medicines taken to counteract poisons (9)	1. Behind (5)
6. Pleasing smell (5)	2. Sober reflection (7)
9. One more (7)	3. Losing water (11)
10. Spacecraft circling a planet (7)	4. Spun yarn (6)
11. Small barrel (3)	5. Hides on board for free passage (8)
12. Person needing to use sign language (4,3,4)	6. Long white robe worn by clergy or servers (3)
14. Real, existing now (6)	7. Result of a process; quantity produced (3-4)
15. Wicker cradle (8)	8. Spectacular gymnastics (9)
17. e.g. Bin men (8)	13. Low spirits (11)
19. Artistic pattern (6)	14. Small change in a document (9)
22. Unwilling (11)	16. Previously Ceylon (3,5)
23. Individual Savings Account (3)	18. Grass land for grazing (7)
25. Escaping adroitly, dodging (7)	20. Pilots an aeroplane (7)
27. Caught fire (7)	21. Relax (6)
28. Stupid person (5)	24. Assistants (5)
29. Directions for deliveries (9)	26. Mischievous child (3).

Many thanks to Sinclair for his work in producing these puzzles since 2015, I know many people will miss the
 We are hoping that others will feel the urge to test us with similar puzzles.



Do you find it hard to follow speech in noisy settings or take part in conversations?



If you are over 18 and...

- Experience listening difficulties
- Have access to the internet

We invite you to be part of an online study. The study aims to improve two new listening and thinking games for people with hearing loss.

To take part 🖱️ <https://tinyurl.com/PLUS-Optimal1>
 Or email: Natalie.Lerigo-Smith1@Nottingham.ac.uk

Links:

<https://tinyurl.com/PLUS-Optimal1>

Natalie.Lerigo-Smith1@Nottingham.ac.uk

Groups information

So that we can avoid information getting out of date, we have decided to remove the groups table 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



We're excited for u3a Festival 26!

Where members from across the UK will come together for 3 days of learning, fun and u3a community.

Find out more

What we offer



Local Learning Groups

With over 1000 local u3as across the UK you will never be too far from a group of like-minded learners.

Find a u3a



Learn Online

Our exciting schedule of online learning activities complements the local offer and connects members across the UK.

Discover



Interest Groups Online

This online only u3a community has an eclectic selection of groups you can join, all from the comfort of your own home.

Explore groups

Get involved



Sources Blog

The u3a blog is dedicated to sharing, inspiring and learning.

Take a look



Radio Podcast

Our monthly podcast showcases the amazing things happening across the u3a movement.

Have a listen



Events & Workshops

Inspiring events and online workshops provide information and support to u3as.

Find out more

(the images above are screenshots so the buttons are inactive)

Have you explored the national u3a website?

Some members of our u3a will know that there is a central body, known as The Third Age Trust, which develops policies, shares information, manages the development and maintenance of Beacon and agrees strategies and objectives for the organisation as a whole. It is funded by a contribution (currently £4) from the annual membership subs.

So far, so dull. Not obviously having much impact on our members or the way in which we organise local activities. A central bureaucracy - essential, but largely invisible to individual members.

But wait! There is much more to discover from the Trust's website:

Learn and Share activities

These cover a wide range of interests from challenges and projects to competitions.

On-line Interest Groups

There's a wide choice of on-line activities covering interests which may not be available within individual u3a groups. And because they are on-line, they can be enjoyed by members who find it difficult to get to local meetings.

Events & Workshops

Developed in partnership with u3a members to provide support, information, advice and inspiration.

The u3a Festival will be running from the 13th to 15th July at the University of York – “a celebration of fun, learning and community.”

And there's much more. Just put u3a.org.uk into your search engine, scroll down and discover all the opportunities you didn't know existed!



Fire Practice

On the 23rd April, I took advantage of the opportunity to attend the Fire Safety Awareness training organised by Chris Bright of West Bridgford Baptist Church.

As many of you know, I run the Singing for Fun group which has about 50 attendees each session. So, full of enthusiasm and deeming it to be 'about time', I decided to have a fire practice at my next singing session, which was on the following day. I asked Sue Pheasant, the administrator in the Church Office, to do a fire practice, at a certain time in the morning. She was initially concerned that the Toddlers were in the small hall, but I was feeling bossy, so mentioned that Fires were no respecters of who was doing what. Happily, Sue was convinced.

So, at the appointed time, the loudest noise was set off, this surprised even me as I was expecting Sue to pop her head around the door and shout 'FIRE'. My group reacted straight away, honestly it was like magic. As we had previously discussed, people knew which exit to use, and go straight away.

The back door of the largest meeting room has been replaced and is easy to access and wide, front 3 rows went out that way. Brenda, with her walker, had been assigned a chum to assist her and she came out the front door. Designated people checked the toilets, and Jean had the register, to ensure we were all out.

WE DID IT in 3 minutes and 45 seconds according to Ann on the stopwatch.

The toddlers were all there and they thought it dead exciting, bless. The oldies were all there, and thought it made a change, but despite the sun it was chilly and we went back indoors for a cuppa tea and a debrief.

A couple of things for feedback: most ladies took their handbags, well naturally, we need our keys to get back in, phones, money, smelling salts and handkerchief. And because we are a large group, and people came from 2 different directions, the checking of names needs to be reconsidered.

The side door of the large meeting room is **NOT** a designated fire door, and indeed our access this way would have been blocked by the toddlers' use of their fire door under the stairs.

Did I mention we have a dog in a handbag, and he was fine too? Overall, it was well worth while doing

Orienteering Walking _____



Spring Walk Dates and Locations

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 details of arrangements. Please dress for the weather and wear boots.

Programme for March to June 2026

Date	Walking from	Walking through ...	Leader	Distance (miles)
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 _____



For all visits we provide our own or share transport. For longer trips with our expert, we expect passengers 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 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 _____



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

2026 Speakers and Subjects _____




Date	Speaker & title of talk
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

Crossword Solution:

Across: 1. Antidotes 6. Aroma 9. Another 10. Orbiter 11. Keg 12. Deaf and Dumb 14. Actual 15. Bassinet 17. Emptiers 19. Mosaic 22. Disinclined 23. ISA 25. Elusion 27. Ignited 28. Twerp 29. Addresses

Down: 1. Aback 2. Thought 3. Dehydration 4. Thread 5. Stowaway 6. Alb 7. Outturn 8. Acrobatic 13. Despondence 14. Amendment 16. Sri Lanka 18. Pasture 20. Aviates 21. Unwind 24. Aides 26. Imp.

Your West Bridgford u3a Committee

			
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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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