**Edwalton, Gamston & District u3a (EGDu3a)**

**Newsletter April 2024**

*Our Motto is ‘Live, Laugh and Learn’ – but most of all LAUGH!*

***From Pat Gammons:***

For those of you that don't want Alexa or Siri listening in on your conversation, they are making a male version: it doesn't listen to anything.

Someone said, "Nothing rhymes with orange."  I said, "No, it doesn't."

There's a fine line between a numerator and a denominator.  Only a fraction of people will find this funny.

**Thurs 11 April, 1.30 pm**

**Monthly Meeting at Edwalton Church Hall, NG12 4AP**

**Paula Cornwell will advise you to ‘Mind your Motoring Manners’**

Ladies, do you have the perfect driving temperament for 1920's motoring? Do you dress appropriately, know your hand signals and understand horn etiquette? Come along for an upbeat and interactive talk.

1. **Please bring along the correct entrance fee** (£1 per member or visitor).

2. Tea/coffee will be available but **please bring along your own mug or cup**.

3. The Church Hall is located at **1 Vicarage Green,** Edwalton and can be accessed **via Wellin Lane or Edwald Road**.

4. **Do not attend if you have COVID-19 symptoms**.

**Planned Speakers (Frances Todd)**

**Thurs 9 May:** Speaker **Nina Dawn** will tell us **‘What You Didn’t Know about Charities’**

**Thurs 13 June: Rev Canon Alan Haycock** will reveal **‘Confessions of a Country Vicar’**

**EGDu3A Website (John Todd)**

Our website (<https://edgamu3a.weebly.com>) provides information for anyone wanting to contact us or view our range of activities. However, it needs a revamp and the u3a Trust has developed a new platform for hosting the web sites of individual u3as. We will be joining this initiative and developing a brand-new website for our u3a. I am very pleased that Richard Harris has offered to assist me in this venture, and I am sure that together we can create a new and exciting website. I am grateful to Sue Bailey of West Bridgford u3a, who has already completed their new website, for offering to help us if we encounter problems.

**Come and Join our Executive Committee! (Susan Bryant)**

A person with a mustache and a mustache pointing his finger

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The Executive Committee effectively manages and organises our u3a. Its members take on different roles: some take on critical roles and serve as officers (viz. Chair, vice-Chair, Treasurer, Business Secretary) but others serve as ordinary members with duties which they have volunteered to undertake (e.g. Membership Secretary, Groups Coordinator, Speaker Seeker). Whether an officer or ordinary member, individuals only serve for a fixed period of time and, at our AGM in September, some committee members must step down. In particular, we will need to replace the officer posts of **Business Secretary** and **Treasurer** as well as the posts of ***Membership Secretary, Newsletter Editor*** and ***Webmaster***.

If you are interested in one of these positions, rest assured that the responsibility is not huge and that help is available from existing Committee members. You can learn more by contacting the Chair, Business Secretary or current post holders.

**Notes from Groups Coordinator** **(Richard Harris)**

A person with a mustache and a mustache pointing his finger

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For several years, George and Sheila Golledge have led 2 Interest Groups (Craft Group and Walking Group) and organised our regular Pub Quiz at the Meadow Covert. However, they will be standing down from these roles in August and so ***we need volunteers who are willing to lead these groups from September***. If you are interested in helping, please contact Richard at a monthly meeting.

If you are interested in joining any of our existing Interest Groups, or would like to help start a new group that matches your interests, please contact Richard or the relevant Group Leader (listed in brackets after each Group name).

**EGDu3a Current Interest Groups**

**\*\*NB:** As a matter of courtesy, and where possible, group members should inform group leaders in advance when they are not able to attend a group session.**\*\***

**\*\*NB:** Any member of an Interest Group must also be a paid-up member of our u3a.**\*\***

**If you require further information about a group please contactr the Groups Coordinator by completing the form on the Contacts Page.**

**Art Appreciation** **(Roy Townsend):** We meet on the 3rd Wednesday of the month with venues rotating through members’ homes. We meet next at 2.00 pm on **Wed 17 Apr** at Roy’s house when Ray Dunajko will lead on ‘Dod Proctor’. New members are welcome to join us.

**Board Games Group (Geoff Challinger):** The group has been meeting each month at times and venues which suit members but ***there will be no meetings until further notice.***

**Book Group (Roy Townsend):** Meets on the 2nd Tuesday of the month at 2.30 pm in a member’s home. We meet next on **Tues 9 Apr** at Mike Grove’s house for ‘A Long Petal of the Sea’ by Isabel Allende. New members are welcome.

**Bridge Group (Wendy Danzey):** We are presently meeting at Wendy’s house each Tuesday at 2.15 pm, so next on **Tues 2,9,16+23 Apr**. We have 10 members and, usually, 2 tables each session. ***Existing members should let Wendy know in advance if you are going to attend a session***.

**Chatterbox/Coffee Shop Group (Chris Shaw):** Meets on the last Thursday of the month at 10.30 am in The Poppy & Pint, Lady Bay for tea/coffee and gossip/chat. We meet next on **Thurs 25 Apr**. Also, please note that May has 5 Thursdays, and I will be away on **Fri 30 May,** but this should not stop members from meeting. However, I shall be at the pub for **Thurs 23 May** if anyone else wishes to have a natter.

**Church Visiting Group (Mike Groves):** Roughly once a month, we visit churches of architectural interest followed by lunch together. **On Fri 12 Apr**, we will visit the beautiful church of St Mary the Virgin, Rectory Lane, Bottesford NG13 0DA at 10.30 am for a guided tour. The church has a 15th Century spire and many memorials connected to the Dukes of Rutland. Lunch afterwards is at Wetherspoons, the Butter Cross, Market Place, Bingham NG13 8AP.

**Craft Group (Sheila Golledge):** Meets usually on the 1st Monday of the month at 10.00 am in The Holy Spirit Church Hall, Victoria Rd, West Bridgford***.*** Cost £3.50 for hire of hall and 50p towards refreshments. We will not meet in April or May due to Bank holidays, so the next meeting will be on **Mon 3 June**.

**Craft Project Group (Chris Sutherland):** We are affiliated to the Craft Group but have our own agenda. We are a group of 8 who meet at 10.00 am on the 3rd Monday of the month at the home of a group member. We are restricted in size because not all homes can hold more than 8 people. The next meeting is on **Mon 15 Apr**.

**Cycling Group (Isabel Martindale):** Rides usually occur on the 1st and 4th Monday or Friday of the month. ***However, the sessions are dormant at present***.

**French (Eileen Loftus):** We are a mix of learners and competent speakers seeking to improve our reading, writing and speaking skills. We meet twice per month. Our main meeting is on the 3rd Wednesday of the month (**Wed 17 Apr**) at 10.30 am in The Poppy & Pint in Lady Bay with an *ad hoc* meeting on the 1st Wednesday (**Wed 3 Apr**) for those who cannot commit to meeting twice a month.

**Gardening (Fiona Steele):** We meet usually on the 1st Thursday afternoon of the month at members’ homes or other locations. Our next meeting is at 2.00 pm on **Thurs 4 Apr** when the group are visiting a private garden in Belper.

**History (Kuo Hsiang Choong):** We meet at 10.30 am in the Willow Tree pub on the 2nd Wednesday of the month to study various aspects of History. We meet next on **Wed 10 Apr** when Maura Roche will continue the second episode on the history of Ireland and England with a talk on ‘Northern Ireland and ‘the Troubles’’. This is still topical as Stormont has been revived with a Sinn Fein female first minister.

**Lunch Club (Mike Groves):** We meet socially over lunch on the 3rd Thursday of the month at 12 noon in The Poppy & Pint, Lady Bay, NG2 5DX. We meet next on **Thurs 18 Apr**. If you would like to come, ***sign up at the meeting on Thurs 11***. This event is very popular and we need to know numbers attending so that the P&P can be informed in advance.

**Music Appreciation and More** **(Chris Shaw):** This group embraces Music Appreciation, Singing for Fun, Event visits and Film DVD showings.

**Singing for Fun Group** meets on the 2nd Tuesday of the month in the afternoon at a venue to be confirmed. The next meeting will be on **Tues 9 Apr**.

**Music Appreciation Group** meets usually on the 2nd Wednesday of the month at 2.00 pm in the billiard room of the Willow Tree pub, Rufford Way, West Bridgford, NG2 6LS. However, note that we meet next on **Wed 17 Apr** at Chris’s (28 North Road) to watch Puccini’s ***La Boheme*** (2½ hr, with refreshments). It is a tale of love in Paris between poor students and has well-known melodies, typical student antics and tragedy. As I only have comfortable room for 6, ***please let me know if you would like to come***.  If the event proves popular, we can arrange a larger room, perhaps a hall. I will email the story and background beforehand and there will be running subtitles so it should be easy to follow. Next month, it would be nice to watch a musical or ballet. Please let me know any suggestions you have as well as which days are convenient.

**Events Group:** I have information about the cinema and Royal concert hall events.

**Outings Group (****Bernie Groves, Marie Smith, Carol Shuttleworth, Prue Brandt, Janet Johnson):** We organise outings/events for which information and booking sheets are available at the Outings Group table at our monthly meetings. Visit the table to see a more comprehensive list of our plans. ***To secure a booking, bring along appropriate cash payment and sign-up!*** Events planned so far include:

**April 22-24/25:** 2- or 3-day trip to York. Bookings for 22 people have been made at the Pavilion Hotel and dinner at the hotel has been arranged for Tues 23 April. Further information about the trip will be emailed to participants nearer the date.

**Wed 22 May:** Visit to the Framework Knitters’ Museum, Ruddington. Arrive 10.40 am for 11.00 am to 1.30 pm guided tour, cost £9 (allowing free entry for 12 months if requested). Pay on the day, but numbers are limited to 18 (3 groups of 6). Use the Co-op car park and walk to Chapel St or park where you can in the village. Alternatively, the no 10 bus stops at The Green. Note that access to the upstairs of cottages is via steep steps but other arrangements should be highlighted in downstairs rooms on the date.

**Thurs 23 May:** Visit to Playhouse for ‘Punch’, 7.30 pm. Cost £7.50. ***Payment deadline Thurs 11 April***. Bring your money in an envelope with your name on it.

**Thurs 27 June:** Booking for a maximum 30 people has been made for a 3-hour River Trent Princess Cruise with afternoon tea. Cost £22.75 per person. Departs Riverside Lodge at 12.30 pm. ***Balance payable by Thurs 9 May monthly meeting.***

**Fri 12 July:** We are celebrating the ***10th anniversary*** of our u3a with a special afternoon tea at Sir Julien Kahn Pavilion, West Park, Loughborough Rd, West Bridgford from 3.00 to 5.30 pm. Tea will be prepared by James Crossman, former owner and chef at Le Petit Paris. Cost £10 (part subsidised by Executive Committee). ***Sign up at Thurs 11 April meeting. So far, 45 members have done so.*** Bring your money in an envelope with your name on it. Parking limited to 70 cars, but the no 10 bus stops nearby.

**Tues 16 July:** Visit to Calke Abbey, meeting at 11.00 am. National Trust Members free of charge (take your membership card!), non-members £7.50 (park and gardens only) or £12.50 (includes the house). Transport: own car/car share lift. ***Sign up by Thurs 9 May.***

**Painting Group (Josephine Cutts):** Meets at 10.00 am on the 3rd Thursday of the month at Jo’s home. In March, our topic was ‘First Signs of Spring with the emphasis on Yellow’ and it produced the paintings shown below. We meet next on **Thurs 18 Apr** when the subject will be ‘Alive’.

A painting of a castle and a catkins roof

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**Photography for Fun (John Sutherland):** Meets on the 3rd Monday of the month at 2.30 pm in Holme Pierrepont & Gamston Village Hall. Part of the fun at our meetings is seeing how members interpret each month’s theme. The March meeting (theme ‘Black and White’, see images below) produced a wide range of images (plants, wildlife, pets, art, portraits, buildings, abstracts, etc) all of which contributed to a lively discussion. New members are welcome (with or without images) so come and see what we are up to. At our next meeting on **Mon 15 Apr**, the topic is ‘Food’. The topic for May will be ‘Wheels’.

A collage of a dog and a city

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**Pilates Group (Debra Osborn):** We meet every 1st and 3rd Wednesday at 1.30 pm in St Lukes Church, Leahurst Road, West Bridgford, NG2 6GL. Sessions last for 45 min with Debs Osborn, a fully qualified Pilates teacher. We are due to meet next on **Wed 3 Apr** but this is cancelled as I have another commitment. However, we will meet on **Wed 17 Apr**, **8 May and 22 May**. ***Please arrive 10 min beforehand*** so the room can be set up for the session, and remember to bring your exercise mat and towel. The cost of room hire is £2 per member per session (to be paid when you attend).

**Psychology (Isabel Martindale):** Meets on the 3rd Tuesday of each month at 2.00 pm in The Willow Tree pub. A group member selects a topic to introduce and sends out information prior to discussion. Space in the group is limited due to the venue arrangements. We meet next on **Tues 16 Apr**.

**Quiz Night (George & Sheila Golledge):** Occurs on the 3rd Monday of selected months at 7.00 pm in the Meadow Covert pub with a maximum limit of 30 members. The next Quiz Night will be on **Mon 17 June**.

**Science Group (John Todd):** Meets at 2.00 pm on the 3rd Wednesday of the month in Holme Pierrepont & Gamston Village Hall. A charge of £2 per member covers the hall hire and speaker expenses. Our March meeting was very well attended and the talk by Andres Pays was well worth it. We meet next on **Wed 17 Apr** when Professor Alan Watson will tell us about the great improvement in the care of children with poorly functioning kidneys. He was the first consultant to be appointed in the East Midlands and South Yorkshire with specialist knowledge and experience of paediatric renal medicine.

**Scrabble (Sue Brittain):** We meet on the 3rd Monday of the month at 2.00 pm at the Meadow Covert pub. We meet next on **Mon 15 Apr**. This is friendly, social group and the main aim is simply to enjoy ourselves. We do not keep records of winners or losers and there is no league. New members are always welcome.

**Shakespeare Play Reading Group (Josephine Cutts):** Meets on the 4th Thursday of the month at 2.00 pm at Jo’s home. We meet next on **Thurs 25 Apr** when we will continue reading parts from ‘The Merchant of Venice’.

**Spanish Group (Janet Fishel):** We meet on the 2nd and 4th Monday of the month at 11.00 am in the Meadow Covert. This month, we meet on **Mon 8 and 22 Apr** to conclude Pasos 1 by learning the Perfect Tense and using it in the context of reporting lost property, accidents and emergencies. Due to venue constraints, the group size is limited.

**Sunday Singles (Barry Coulby & Marie Smith):** This social group meets at 12.30 pm on the last Sunday of the month in the Willow Tree pub. Our next meeting is on **Sun 28 Apr.** The Willow Tree has asked that we pre-order our meals by the Monday before. We are researching future routes and destinations for our Coffee Trail events. Details will be sent to group members. Come and join us!

**Table Tennis (Isabel Martindale):** We meet each Wednesday at 10.50 am in the foyer of Rushcliffe Arena and play until noon when we visit the cafe. The next meetings are on **Wed 3,10,17+24 Apr**. We have lots of laughs and enjoyable exercise.

**Walking Group (Sheila & George Golledge):** Meets on the 3rd Friday of each month and our next walk is on **Fri 19 Apr**. It will be a 5-mile circular walk around Keyworth and Widmerpool led by Geoff Ellis. Meet at 10.30 a.m. on the steps of St Mary's church at the junction of the main road and Selby Lane. This is convenient for the bus stop and the nearby car park off Elm Avenue. The walk is on footpaths and tracks and may be muddy following rain. For more information about the walk, please contact Geoff on [geoffellis05@gmail.com](mailto:geoffellis05@gmail.com) or 07528 504027.

**Wine Tasting Group (Richard Davis):** Meets at 2.00 pm on the 4th Wednesday of the month in Holme Pierrepont & Gamston Village Hall, Old Tollerton Road, Gamston NG2 6NX. We meet next on **Wed 24 Apr** when we will continue our review of World wines by country with a selection of wines from Italy. Our emphasis remains ‘Live, Laugh and Learn’ without getting too serious.

**Writing for Fun (Stan Darling):** We meet at 10.15 am on the 1st Thursday of the month at the home of a group member, so the group size is limited. On **Thurs 4 Apr** our topic will be ‘The Portrait’ and, as usual, there will be lively discussions about the way we each treat the topic.

**Writing with a Purpose (Andrew Newsum-Smith):** We meet usually at 2.00 pm on the 3rd Thursday of the month at the home of a group member. ***However, the group is presently dormant.*** We are looking to welcome new members.

**Did You Know?**

**Riviera Travel:** If you book your holiday via Riviera Travel on their Affinity Partnership Scheme, our u3a can benefit by 9% of the cost of your holiday. On this scheme u3a counts as the Affinity Partner. To book, call Riviera Travel on 01283 248304 and ***be sure to mention u3a or Edwalton, Gamston & District u3a when booking***. Alternatively, book online via [affinity@rivieratravel.co.uk](mailto:affinity@rivieratravel.co.uk) or call 01283 523470 with your booking reference and name the Affinity Partner.

**The u3a National Newsletter:** You can sign-up for this at u3a.org.uk/newsletter. It is sent monthly by email to members with news, events and offers from across the u3a movement. Members can also send in stories and other items.

**u3a Trust Services:** The u3a Newsletter includes a ‘ClickandSave’ offer whereby members can access discounted gift cards for various stores and services. To access this facility, enter the official website, <http://www.u3a.org.uk>, click on News on the top line and then select Newsletter and move down to Offers and Services (usually the last item). You will be required to set up a username and password. The voucher downloads very quickly to your phone. You can opt for a voucher to be posted to you, but then the postage charge reduces the benefit.

**Emergency 999 Services:** If you are deaf, hard of hearing or speech impaired, you can use this service to send an SMS text message on your mobile. You can also text if you are aware that a life is at risk, crime/trouble is happening, someone is injured or threatened, someone is threatening you, etc. The text message will be passed to the police, ambulance, fire rescue, or coastguard. **You need to register your mobile phone before using the service**. To do so, text the word ‘register’ to 999. Then they will text you straight back and register your mobile number. You can also make a silent telephone call to the Police on 999 if you're ever threatened by someone and you are afraid to speak. When the operator answers, you should just cough, or tap 55. That will alert the operator to inform the Police at once.

**HollieGuard Personal Safety App:** This free app can be downloaded to your smart phone and used to track your location when you are out going about your daily business. When you feel unsafe, you simply shake your phone and this sends an alert to a group of chosen contacts to warn them that you could be in danger. Once shaken, the phone makes audio and visual recordings of what is occurring around you. These are saved and sent to your contacts so they can see what is happening, and then call the police or ambulance service if necessary. If the phone is shaken again, a flashing light and high-pitched beep alerts people nearby that that you may be in danger. For more information, visit <https://hollieguard.com/> or [www.hollieguard.com](http://www.hollieguard.com/).

**Legal Helpline:** Members can access a 24-hour Legal Helpline by phoning 0344 770 1040 and quoting u3a Legal Helpline.

**Suzy Lamplugh Trust:** This exists to ensure that everyone is safer through Campaigning, Training and the National Stalking Helpline. It provides advice on Internet safety, particularly when using social networks, online dating sites, computers, email and mobile phones. For information, visit [www.suzylamplugh.org](http://www.suzylamplugh.org).

**Community Save a Life Scheme:** This is a FREE online training scheme designed to teach basic life-saving skills. If interested, visit [www.virtual-college.co.uk/prepared](http://www.virtual-college.co.uk/prepared).

**Learn CPR in minutes:** Over half of all cardiac arrests involve those over the age of 65 and every minute without CPR or a defibrillator reduces survival chances by 10%. National u3a has joined with the British Heart Foundation to promote the use of an app that will teach CPR in about 15 min. To use the RevivR app, you need a smartphone or tablet and a cushion. To request information, contact 0300 330 3322 or [heretohelp@bhf.org.uk](mailto:heretohelp@bhf.org.uk)

**EGDu3a and the Wider Community**

**Trent Dementia.** A Nottingham-based charity which aims to improve the care, support and wellbeing of people living with dementia. It runs projects and events for them and their supporters. If someone you know has had a recent diagnosis, you can contact them via [www.trentdementia.org.uk](http://www.trentdementia.org.uk) or on 0115 748 4220.

**Bulk Waste Collection.** If you have items that your local Waste & Recycling Centre cannot accept, there are other possibilities. For large items, call 0115 981 9911 or book collections via the rushcliffe.gov.uk website. For large electrical items, call 0115 914 8408.

**Saving Plastic Bottle tops.** Plastic bottle/jar tops can be dropped off at the Tollerton Post Office on Melton Road. Proceeds go to the Dove Cottage Hospice in the Vale of Belvoir.

**Recycle your old Spectacles.** If you have old or unwanted pairs of spectacles, you can help others with sight-related issues living locally and in developing countries by simply handing them in to the Specsavers store at 25-27 Central Avenue, West Bridgford.

**Litter Picking.** A group meets regularly at Holme Pierrepont & Gamston Village Hall on the 3rd Saturday of each month to pick up local litter. Equipment is provided by Rushcliffe

Council. Register to join and get details via [gamstonlitterpickers@gmail.com](mailto:gamstonlitterpickers@gmail.com).

**Grantham Canal.** ***The Canal and River Trust*** encourages Rushcliffe residents to take advantage of the haven for wildlife that is the canal. The charity also runs volunteering sessions to tackle litter, lay hedges, etc. To find out more, visit canalrivertrust.org.uk.

***WEBCAN*** is an organisation of local residents who aim to restore consistent water levels in the Lady Bay & Gamston sections of the canal and make it attractive to wildlife. General meetings are held in the Poppy & Pint and other venues in West Bridgford. Volunteers put on waders and enter the water on a weekly basis. For further information, just visit <https://www.facebook.com/groups/924282821910150/> and, if you wish to volunteer, contact Paul Abel at [paulabel@ntlworld.com](mailto:paulabel@ntlworld.com) or on 07973 169820.

**Jokes**

**A group of people in the water

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**(Joan Mayhew)**

A bird with a parrot head

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**(Chris Shaw)**

**Summary of This Month’s Events and Interest Groups**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Week/**  **Time** | **Monday**  1,8,15,22,29 | **Tuesday**  2,9,16,23,30 | **Wednesday**  3,10,17,24 | **Thursday**  4,11,18,25 | **Friday**  5,12,19,26 |
| **1st am** | 1st Craft Group **(not meeting April or May)** |  | 3rd French *(ad hoc)*  3rd Table Tennis | 4th Writing for Fun |  |
| 1st pm |  | 2nd Bridge | 3rd Pilates **(not meeting)** | 4th Gardening |  |
| **2nd am** | 8th Spanish |  | 10th Table Tennis  10th History Group |  | 12th Church Visiting Group |
| **2nd pm** |  | 9th Bridge  9th Book Club  9th Singing for Fun | 10th Music Appreciation **(see below on 17th)** | **11th Monthly meeting at Edwalton Church Hall** |  |
| **3rd am** | 15th Craft Project Group |  | 17th French  17th Table Tennis  17th Art Appreciation | 18th Painting Group  18th Lunch Club (Poppy& Pint) | 19th Walking Group |
| **3rd pm** | 15th Scrabble  15th Photography for Fun | 16th Bridge  16th Psychology | 17th Pilates  17th Science  17th Music Appreciation **(note date change)** |  |  |
| **4th am** | 22nd Spanish |  | 24th Table Tennis | 25th Chatterbox Group |  |
| **4th pm** |  | 23rd Bridge | 24th Wine Tasting | 25th Shakespeare Play Reading |  |
| **NB:** Sunday Singles Group will meet this month on **Sun 28 Apr**  **NB:** 3 groups are temporarily dormant: Writing with a Purpose, Cycling and Boardgames | | | | | |