**Edwalton, Gamston & District U3A (EGDU3A)**

**Newsletter January 2020**

**Thurs 9 January, 2 pm – Monthly Meeting at Gamston Community Hall, NG2 6PS**

**Tales from the Workhouse**

A presentation by **Dinah Willcox, Victoria Preece** and a team from Southwell Workhouse in period costume

\*\* **HAPPY NEW YEAR!** \*\*

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

“A recent scientific study has found that women who carry a little extra weight live significantly longer than the men who mention it.” (*Author Unknown*)

**Our Monthly Meetings** are held on the **2nd Thursday of the month** **at 2.00 pm in Gamston Community Hall (GCH)**.The Hall is near Morrisons supermarket and a short walk from the stop at Morrisons for buses 5, 7 and L/shopper. There is no August meeting.

**Planned Speakers for 2020**

**Thurs 13 February:** Speaker **Rosemary Gibson**. Theme **‘History of the Grantham-Nottingham Canal’.**

**Thurs 12 March:** Speaker **Ann Featherstone**. Theme **‘Understanding Joseph Merrick, the Elephant Man’.**

**Thurs 12 April:** Speaker **Bob Massey**. Theme **‘Violet Jessop, survivor of the Titanic and Brittanic, 42 years stewardess and VAD nurse’.**

**Thurs 14 May:** Speaker **Philip Caine** (author of the Jack Castle series of adventure novels). Theme **‘Barrow to Baghdad and Back’.**

**Thurs 11 June:** Speaker **Paul Stafford**. Theme **‘A Visit to North Korea, the most secretive and bizarre country in the World’.**

**Thurs 9 July:** Speaker **David Bell**. Theme **‘The Plague Doctor from Eyam’.**

**Did You Know?**

**Riviera Travel:** EGDU3A members with a membership card who book a holiday via Riviera Travel can benefit our EGDU3A. When you pay for your holiday, EGDU3A will receive 10% of the purchase price. For those departing on or after 1st April 2020, the 10% commission will be paid directly to the Third Age Trust, in the month after departure, for them to distribute to EGDU3A. All payments for departures before 1st April 2020 will be dealt with by Riviera Travel in the current manner. Tel 01283 742300 and mention Edwalton, Gamston and District U3A when booking. Brochures are available from [www.utariviera.co.uk](http://www.utariviera.co.uk). See Mike Brandt (Membership Sec) for a membership card.

**Broadway Cinema:** U3A members can enjoy special rates at The Broadway Cinema for their Silver Screen Showing each Thursday at 10.30 am or 1.30 pm unless shown otherwise. Show your U3A membership card and the price is £4.50 including tea or coffee and a biscuit. See Mike Brandt for a membership card.

**Legal Helpline:** U3A members can access a 24-hour Legal Helpline by phoning 0344 770 1040 and quoting U3A Legal Helpline.

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

**The Suzy Lamplugh Trust:** This exists to ensure that everyone both feels and is safer through Campaigning, Training and the National Stalking Helpline. In addition, 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).

**Just Go Holidays:** Interested in organising a coach holiday? Just Go Holidays offer tailor-made group travel at home and abroad. They have long experience of organising excursions with varied pick-up points. If interested, visit [www.justgoholidays.com](http://www.justgoholidays.com).

**Free Guide on How to Live a Healthier Life:** An Australian doctor (Roger Smith) has published a book entitled ‘Take a Simple Drive to a Healthier Life’ and has made it available for free as an ebook. It is also free via Kindle on Amazon and as a download from the website thesimpledoctor.info.

**Our U3A and the Wider Community**

**1. Social Prescribing.** Social prescribing is a means of enabling GPs and other frontline healthcare professionals to refer patients to ‘services’ in their community instead of offering medicine-based solutions.

Within our local communities, some people would benefit greatly from social prescribing, e.g. those who have (a) been bereaved or act as long-term carers and feel isolated owing to the demands of being carers, (b) recently retired with few or no hobbies and (c) moved to a new area and find it hard to make friends and become part of the community.

These are but 3 examples of people who may find our U3A and what we offer to be ‘just the thing they need’. We can help by talking to local GP surgeries or an associated social prescribing link worker in order to explain what EDGU3A can offer. It is clear that U3A members see major benefits in terms of building confidence, defeating loneliness, feeling supported, learning new skills and feeling valued and able to enjoy life.

**2. Trent Dementia.** Trent Dementia is a small Nottingham-based charity which aims to improve the quality of care, support and wellbeing of people who live with dementia. To this end, it runs projects and events alongside those living with dementia and their supporters. It is looking to expand its activities and reach out to people in the local area. If you have had a dementia diagnosis or know someone who has, you can contact them on 0115 748 4220 or by visiting the website at www.trentdementia.org.uk.

**3. Saving Plastic Bottle tops.** Pauline Barrett has had an excellent response so keep them coming. Any tops will do. Bring them along to her at our monthly meetings or contact Pauline at tollertonpolly220@gmail.com.

**EGDU3A Website**

Our website (<https://edgamu3a.weebly.com>) provides information and pictures about the monthly meetings, how to join, range of interest groups and other matters. Our Webmaster, Steve Barrett, would welcome comments, ideas, photos, group updates, etc. Please contact Steve at sbaru3a220@yahoo.com or edgamu3a.weebly.com

Please note also that we have a Facebook page which members can access via our website home page. News items and photos can be emailed to Sandra Morrey at sandra@morrey.biz

**Your Executive Committee Members**

|  |  |  |
| --- | --- | --- |
| **Position** | **Name** | **Contact** |
| **Chair** | George Golledge | gosh.golledge@ntlworld.com |
| **Vice Chair** | Currently vacant |  |
| **Treasurer** | Richard Davis | richarddavis803@gmail.com |
| **Business Secretary** | Sandra Morrey | sandra@morrey.biz |
| **Membership Secretary** | Mike Brandt | mikebrandt100@gmail.com |
| **Groups Coordinator** | Michael Groves | grovesfamily@hotmail.com |
| **Outings Coordinator** | Joan Mayhew | joanmayhew@hotmail.com |
| **Webmaster** | Steve Barrett | sbaru3a220@yahoo.com |
| **Newsletter Editor** | Terry Mayhew | terry.mayhew@nottingham.ac.uk |
| **Speaker Seeker** | Josephine Cutts | etndil@icloud.com |
| **Minute Taker & Door Keeper** | Jill Kelly | william.kelly60@ntlworld.com |
| **Refreshments** | Sue Ambler | sue.ambler@icloud.com |
| **Poster Distributor** | Martin Ambler | martin.ambler@btinternet.com |
| **Past Chair** | Chris Shaw | chrisshaw20038@hotmail.com |
| **Post Pending** | Carol Shuttleworth | cys@theshuttleworths.co.uk |

**Your Interest Groups and Events**

If you have ideas or would like to start an Interest Group, contact Mike Groves (Groups Coordinator) at a monthly meeting or at grovesfamily@hotmail.com. If there is something, e.g. general equipment, that you need for your group, let Mike Groves or Richard Davis (Treasurer) know so that we can plan appropriate funding. For example, a new group could obtain funding for an invited speaker if their first meeting is open to all members.

**Potential New Interest Groups**

**Board Games Group.** So far, a number of members have expressed interest and it looks like Friday would be a good day to meet. It is hoped to hold an inaugural meeting in December and be up-and-running by Christmas, possibly meeting in a member’s home. If anyone else is interested, please contact Pauline Barrett at tollertonpolly220@gmail.com.

**Concert-Goers Group.** Following a performance by Radcliffe Ladies’ Choir in July, it was suggested that there might be interest in a group organising trips to various concerts. If you are interested, please contact Chris Shaw at 0115 974 5512 or chrisshaw20038@hotmail.com.

**Current Interest Groups**

**PLEASE NOTE:** As a matter of courtesy, would members of Interest Groups please advise their Group Leaders/Contacts in advance if they are not able to attend scheduled meetings.

Interest Group members take turns to manage ‘tea and biscuits’ at our monthly meetings in GCH. For the next meeting, responsibility falls as follows:

**Thurs 9 Jan:** Spanish Group

**Art Appreciation.** We meet on the 3rd Wednesday morning of the month. Venues usually rotate through members’ homes. On **Wed 15 Jan**, we meet at 10.30 am at 6 The Paddocks, Edwalton. For further information, please contact Roy Townsend at roy.townsend@btinternet.com

**Book Group.** Meets on the 2nd Tuesday of the month at 2.30 pm in a member’s home. New members are welcome. The next meeting will be on **Tues 14 Jan**. For further information, contact Roy Townsend at roy.townsend@btinternet.com

**Bridge Group.** Meets at 2.15 pm every Tuesday in a member’s home. New members (seasoned players or beginners) are welcome. Come along, you don’t need a partner. For further information, contact Ann Widdowson at annwid62@gmail.com

**Chatterbox Group**. Meets on the 2nd Wednesday of the month at 11.00 am in The Meadow Covert. The next meeting is on **Wed 8 Jan**. Please try and come. For further information, contact Chris Shaw at 0115 974 5512 or chrisshaw20038@hotmail.com

**Craft Group.** Meets on the 1st Monday of the month, usually at 10.00 am in The Holy Spirit Social Centre, Victoria Rd, West Bridgford. We meet next on **Mon 6 Jan** for an embroidery session and, in February, have arranged for Katie Sanderson to hold another enamelling session. For further information, contact Prue Brandt at pruebrandt@hotmail.com

**Craft Project Group.** We are affiliated to the Craft Group but have our own agenda. We meet at 10.00 am on the 3rd Monday of the month at the home of a group member. The next meeting is on **Mon 20 Jan**. For further information, contact Sue Harding at susan.harding66@outlook.com

**Family History Group.** Meets at the Willow Tree pub on the 1st Monday of the month at 2.00 pm. The next meeting is on **Mon 6 Jan**. Do come along if you are searching for your ancestors. For further information, contact Ann Widdowson at annwid62@gmail.com

**French.** This is a small group of learners and competent speakers seeking to improve their reading, writing and speaking skills. We meet at 11.00 am in The Meadow Covert pub on the 3rd Wednesday of the month but, on **Wed 22 Jan**, we are planning to meet in town at a French restaurant for our annual get-together lunch. Please contact Terry Mayhew at terry.mayhew@nottingham.ac.uk for further information.

**Gardening.** We meet usually on the 1st Thursday of the month at members’ homes or other locations. We will meet next at 2.00 pm on **Thurs 2 Jan**. For further information, please contact Fiona Steele at 0115 981 2780 or fionasteele23@hotmail.co.uk

**History.** We study many aspects of History and meet usually at 2.00 pm on the 2nd Monday of the month in the Willow Tree pub. Our next meeting is on **Mon 13 Jan** when we will learn about ‘The Ghost of Newstead Abbey’ before discussing possible topics for future months. Members will receive an update nearer the time. Due to size constraints, the group is now full. For those on our waiting list, volunteers are needed to start up another group. Contact Patricia Gammons (Liaison/Coordination) for further information.

**Italian.** This group, in its present form, is suspended until about September 2020. Current members may be contacted by Chris Shaw about the possibility of organising fewer and smaller sessions in the interim. For further information, contact Chris Shaw at 0115 974 5512 or chrisshaw20038@hotmail.com

**Lunch Club.** A great opportunity to meet socially over lunch at a different venue each month. Come and join us. Pay for yourself on the day. At each venue, we decide a date and place for the subsequent meeting. We meet next at noon on **Thurs 16 Jan** at The Ferry Inn, Main Rd, Wilford NG11 7AA. For further information, please contact Mike Groves at grovesfamily@hotmail.com

**Music Appreciation.** This group is suspended until September 2020. For further information, contact Chris Shaw at 0115 974 5512 or chrisshaw20038@hotmail.com

**Outings Group.** Please sign up at one of our monthly meetings to join an outing. For further information, contact Joan Mayhew at joanmayhew@hotmail.com. Planned events:

**Tues 7 Jan 10.30 am:** National Justice Museum, cost £12. A fully-escorted guide around this award-winning museum. Once voted Museum of the year and Visit England Gold Award for Best Visitor Attraction.

**Tues 25 Feb 10.00 am:** Cyber Crime Talk, cost £1. Protect yourself and learn how to avoid being a victim. A talk of about 2hr at Holme Pierrepont & Gamston Village Hall.

**Tues 17 Mar 11.00 am:** Richard III Exhibition, Leicester, cost £7.25 (group rate), £8.30 (OAP). A self-guided tour and make your own way there.

**Wed 8 Apr 1.00 pm:** Papplewick Pumping Station, Rigg Lane, Ravenshead, cost £4. Come and see what this important water-pumping station meant to industrial Victorian Nottingham. It is one of the best-preserved stations of its kind. The trip is one of the Science Group events but others are welcome to come along. Only 11 places left.

**Thurs 23 April 5.30 pm:** BBC tour, free. See how programmes on East Midlands Today and Radio Nottingham are arranged. 5.30-7.30 pm approx. Stairs, walking and standing.

**Tues 14 May 12.00 noon:** International Bomber Command Centre (IBBC), near Lincoln, free. The IBBC is a world-class facility serving as a point for recognition, remembrance and reconciliation. It provides a comprehensive record of Bomber Command and ensures that generations learn about their vital role in protecting the freedom we enjoy today. Tour 40 min, parking charge £3, optional museum visit £7. Café on site.

**Tues 9 June 10.30 am:** National Brewery Museum, Burton-on-Trent, cost £12. About 2.5hr tour of brewery, museum and visit to the Shire horses. Beer samples included! Full at present but put your name down as a reserve.

**Tues 13 Oct 10.00 am:** Bradgate Park Deer Rut. A walk with Stan, an EGDU3A member, to see the deer rut. Distance walked up to you. The only charge is for car parking.

**\*\*\* More 2020 Outings coming soon, so Watch this Space! \*\*\***

**Painting.** We meet on the 3rd Thursday of the month at 10 am at the home of Josephine Cutts. We meet next on **Thurs 16 Jan** for 10.30 am with the topic ‘Circles’. This group is presently full with a short waiting list to join. For further information, please contact Josephine Cutts at etndil@icloud.com

**Photography for Fun.** We meet on the 3rd Monday of the month at 2.30 pm in Holme Pierrepont & Gamston Village Hall. Each session, we allow 8 photos per person to permit more in-depth discussion. The next meeting is on **Mon 20 Jan** when the theme will be ‘On the Spur of the Moment’. For further information, please contact Stan Darling at stan@darlings.org

**Science.** We meet at 2.00 pm on the 3rd Wed of the month in Holme Pierrepont & Gamston Village Hall. There is a charge of £2 per group member to cover the cost of hiring the hall. Our next meeting is on **Wed 15 Jan**, when Paul Fireman will tell us about ‘The Cloud’. If you are interested in attending, please contact John Todd on johnh.todd@yahoo.co.uk or 0115 914 7074 or 07590 571945

**Scrabble.** We meet on the 3rd Monday of the month from at 2.00 pm at a member’s home on a rotational basis depending on commitments. Our next meeting is on **Mon 20 Jan**. This is friendly, social group and the main aim is simply to enjoy ourselves. We keep no records of winners or losers and there is no league. New members are always welcome! For further information, contact Sue Brittain at suebrittain@hotmail.co.uk

**Shakespeare Play Reading Group.** We meet on the 4th Thursday of the month at 2.15 pm at the home of Josephine Cutts. Our next meeting is on **Thurs 23 Jan** when we will finish reading parts from ‘The Tempest’ and then begin ‘Twelfth Night’. For further information, please contact Josephine Cutts at etndil@icloud.com

**Singing for Fun Group.** This group is suspended until September 2020. For more information, contact Chris Shaw at 0115 974 5512 or chrisshaw20038@hotmail.com

**Spanish Group.** We study Unit 11 of Pasos 1 Spanish Beginners Course and meet on the 2nd and 4th Mon of the month at 11.00 am in the Meadow Covert. The next dates are **Mon 13 and 27 Jan**. We continue to study how to express our feelings, describe what we do and use the phone and other means of communication. We will focus on future tenses, the present continuous and expressions using the verbs ‘hacer’ and ‘tener’. For further information, please contact Janet Fishel at janetfishel@yahoo.com

**Stamp Collectors’ Group.** Meets occasionally at the home of John Todd. The stamp collecting group has not met recently. We welcome anyone who wants to show us their collection. We are not experts so meetings are very relaxed. For further information, or to join, contact John Todd at johnh.todd@yahoo.co.uk or 0115 914 7074

**Sunday Singles.** This new group meets on the 4th Sunday of the month together with other occasional *ad hoc* events. For further information about the group, please contact Cherry Brandon on c.brandon2@ntlworld.com. Our next event will be lunch at Cote restaurant, Central Avenue, West Bridgford, on **Sun 26 Jan**. Please contact Barry Coulby on barry@coulby.me.uk if you would like to join us at this event

**Wine Tasting Group.** Meets at 2.00 pm on the 4th Wednesday of the month in Holme Pierrepont & Gamston Village Hall. We meet next on **Wed 22 Jan**. Details of the wines to be reviewed and sampled will be supplied beforehand. Our group is very much centred on the “Live, Laugh and Learn” approach without getting too serious. For further information, contact Richard Davis at richarddavis803@gmail.com or on 0115 981 2970

**Writing for Fun.** We meet at 10.30 am on the 1st Thursday of the month at the home of a group member. However, we meet next on **Thurs 9 Jan** when the topic will be ‘Favourite Written Pieces’. Due to size constraints, the group is now full. For further information, contact Pauline Barrett at tollertonpolly220@gmail.com

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

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| --- | --- | --- | --- | --- | --- |
| **Order of** **Day in** **Month** | **Monday**6th,13th,20th, 27th  | **Tuesday**7th,14th, 21st, 28th  | **Wednesday**1st, 8th,15th, 22nd,29th | **Thursday**2nd, 9th,16th, 23rd,30th  | **Friday**3rd,10th,17th,24th,31st  |
| **1st am** | 6th Craft Group |  |  | 2nd Writing (moved to 9th)2nd Gardening |  |
| **1st pm** | 6th Family History Group | 7th Bridge |  |  |  |
| **2nd am** | 13th Spanish |  | 8th Chatterbox | 9th Writing for Fun |  |
| **2nd pm** | 13th History  | 14th Book Club14th Bridge |  | **9th Monthly Meeting at GCH** |  |
| **3rd am** | 20th Craft Project Group |   | 15th Art Appreciation 15th French (moved to 22nd)  | 16th Painting Group16th Lunch Club |  |
| **3rd pm** | 20th Photography for Fun20th Scrabble | 21st Bridge | 15th Science | 16th Executive Committee Meeting |  |
| **4th am** | 27th Spanish |  | 22nd French |  |  |
| **4th pm** |  | 28th Bridge | 22nd Wine Tasting | 23rd Shakespeare Play Reading |  |
| **NB:** The Sunday Singles Group meets on the 4th Sunday of each month (next - **Sun** 26th) |

**Summary Information about Interest Groups**

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| --- | --- | --- | --- |
| **Group** | **Meetings** | **Leaders** | **Contacts** |
| **Art Appreciation** | 3rd Wed am | Roy Townsend | roy.townsend@btinternet.com |
| **Book Club** | 2nd Tue 2.30pm | Roy Townsend | roy.townsend@btinternet.com |
| **Bridge** | Each Tue 2.15pm | Ann Widdowson | annwid62@gmail.com |
| **Chatterbox** | 2nd Wed 11am | Chris Shaw | chrisshaw20038@hotmail.com |
| **Crafts** | 1st Mon 10.00am | Prue Brandt | pruebrandt@hotmail.com |
| **Craft Project** | 3rd Mon 10.00am | Susan Harding | susan.harding66@outlook.com |
| **Family History** | 1st Mon 2.00pm | Ann WiddowsonPaul Hudson | annwid62@gmail.comphudson@aol.com |
| **French** | 3rd Wed 11.00am | Terry Mayhew | terry.mayhew@nottingham.ac.uk |
| **Gardening** | 1st Thurs pm | Fiona Steele | fionasteele23@hotmail.co.uk |
| **History** | 2nd Mon 2.00pm | Pat Gammons | Pat Gammons |
| **Italian** | Not until Sept 2020 | Chris Shaw | chrisshaw20038@hotmail.com |
| **Music Appreciation** | Not until Sept 2020 | Chris Shaw | chrisshaw20038@hotmail.com |
| **Outings** | See Newsletter | Joan Mayhew | joanmayhew@hotmail.com |
| **Painting** | 3rd Thurs 10.00am | Josephine Cutts | etndil@icloud.com |
| **Photography for Fun** | 3rd Mon 2.00pm | Stan Darling | stan@darlings.org.uk |
| **Science** | 3rd Wed 2.00pm | John Todd | johnh.todd@yahoo.co.uk |
| **Scrabble** | 3rd Mon 2.00pm | Sue Brittain | suebrittain@hotmail.co.uk |
| **Shakespeare Play Reading** | 4th Thurs 2.15pm | Josephine Cutts | etndil@icloud.com |
| **Singing for Fun** | Not until Sept 2020 | Chris Shaw | chrisshaw20038@hotmail.com |
| **Spanish** | 2nd and 4th Mon 11.00am | Janet Fishel | janetfishel@yahoo.com |
| **Stamp Collecting** | Occasional | John Todd | johnh.todd@yahoo.co.uk |
| **Sunday Singles** | 4th Sun | Cherry Brandon | cbrandon2@ntlworld.com |
| **Wine Tasting** | 4th Wed 2.00pm | Richard Davis | richarddavis803@gmail.com |
| **Writing for Fun** | 1st Thurs 10.30am | Pauline Barrett | tollertonpolly220@gmail.com |