

NEWSLETTER



Issue August 2017

Web Address: www.hucknallu3a.org.uk

The meeting is held on the second Wednesday of the month starting at 1.30pm at the Hucknall Leisure Centre.

Message from our Chair

Welcome to the August 2017 Newsletter.

This is the month of the UK school summer holidays. For many of us it means dedicating some of our time to caring for and entertaining grandchildren whilst their parents are at work.

However when I was working it was a chance to catch up with things including reading for pleasure.

Reading for pleasure means any reading that is primarily for enjoyment. It is no longer restricted to the printed word but increasingly includes online reading, whether on a website, or via an e-reader such as a Kindle.

- Fiction: Novels, short stories, jokes, comics, poetry, lyrics, plays and scripts
- Non-fiction: Reference books, newsletters, letters, emails, biographies, memoirs, newspapers, magazines, websites

Why read for pleasure?

FUTURE SPEAKERS

13th September 2017 – Andy Smith – “Sing a Century”

11th October 2017 – Brian Freeland

8th November 2017 – Lesley Taylor – “Talking Rubbish!”

Please forward articles for the next Newsletter to hucknallu3newsletter@live.co.uk by 1st September 2017

Message from our Chair (Cont...)

There are a range of benefits to be gained from reading for pleasure:

- it increases sense of achievement, confidence, self-esteem and self-awareness
- you can do it anywhere
- it helps to prevent boredom and promotes relaxation.

As a U3A member you could join the Reading Group led by Sandra Green (space permitting) and we have the monthly book stall led and organised by Sally Hill which is a means to book- share by reading and returning books which can be sold on at a bargain price to other members.

Currently there is a high demand for the genre known as 'Women's Fiction' or 'Chick Lit'

Donations of books by any of the following authors would be especially appreciated:

Lynn Andrews: Anne Baker: Maeve Binchy: Emma Blair: Diane Chamberlain Josephine Cox: Margaret Dickinson: Katie Fforde and Sophie Kinsella

David Rose, Chairman

Update: Leisure Centre Car Parking

Please be aware that the car park designated parking bays have been repainted.

This includes the coach parking area which is for coaches and buses only.

The wardens are now actively checking the car park and issuing fixed penalties for parking in the coach area and for not parking within the white lines of each bay.



Thanks to member Joyce Avery for highlighting this development.

OUR SPEAKER THIS MONTH

Hands of a Genius – Graham Short

Graham Short, a very different and entertaining speaker. Known for carving the Lords prayer on the head of a pin, his latest piece is a portrait invisibly engraved on the transparent window of the new £5 note. Previously the subject of a Discovery channel documentary.

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COMMITTEE CORNER - Notes from our Committee

The committee met on Wednesday 2nd August apologies were received from Marilyn Gretton and Christine Berrill and the minutes of the July meeting were agreed.

A detailed discussion took place around a draft 'financial reserves' policy and budget setting for 2018 to 2019. An additional special committee meeting has been arranged for Wednesday September 20th 10am to 12 noon to continue this development.

Marguerite gave an update on meeting attendances, membership applications and the progress of the consideration of a 'bar code' membership cards system.

Siobhan highlighted disappointing low attendance at both Kurling and Walking Netball despite many more members signing up and agreeing to attend. The attendees report that they really enjoyed both activities.

Barrie fed back information from the Notts Network meeting and confirmed that the Hucknall U3A copyright licence has been renewed and that the national U3A website has been 'revamped'.

Alan opened a discussion around 'whole group' emails when and how they might be used and there was a consensus that all emails sent out to large numbers of members should be 'bcc' (blind copy) rather than 'cc' (open copy)

The 10 Year Centenary Hucknall U3A calendar has been printed. This is complimentary for all members and the distribution will start at the October monthly meeting.

David Rose (Chairman)

Help wanted for a Nottingham University Student Research Project

I'm a postgraduate student on the MSc Health Psychology course at the University of Nottingham and am currently undertaking a research study which forms part of my educational qualification. My study is concerned with exploring the experiences and beliefs of people who have had a transient ischaemic attack (TIA or 'mini-stroke').

I'm currently on the look-out for participants - specifically, adults who have had a TIA in the last 2 years, and would be interested in taking part in my research study, or maybe knows someone who's had a TIA? I would be extremely grateful for your help.

The study will involve taking part in a one-off semi-structured interview, which should take no longer than one hour to complete, at a mutually convenient time and place. Participants will be asked to share their views on TIA. All interviews will be anonymised, so please be assured that no-one would be identified at any stage.

Please note that the study has received ethical approval from the School of Medicine Research Ethics Committee. If anyone is interested in taking part, or would like to find out more information, then they can get in touch with me at this email address (msxsd@nottingham.ac.uk) or call me on 07980 957038.

I'd really appreciate any help you can give to help spread the word. Sophie Dawson, MSc Health Psychology Postgraduate student.

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NEWS FROM THE GROUPS

GENERAL GROUP REQUEST

Please think carefully before putting your name down to take part in an activity with any of the interest groups.

Recently There have been a number of instances where there appears to be a viable number of members for a group and then on the day when the group is to take place people do not turn up without letting Siobhan or the Group Leader know they are not able to attend.

There may be some occasions when this is unavoidable but please show some consideration and make contact if you know that your circumstances have changed and you can no longer attend.

ADVENTURE BEFORE DEMENTIA GROUP

The photographs show Marguerite Hodgkinson and Siobhan Lee on the inaugural flight of the Adventure Before Dementia Group. Anyone interested in being adventurous please contact either Marguerite or Siobhan for details of the next adrenaline rush.



ARTS INFORMATION GROUP

To join the Arts Information Group and receive a weekly updated calendar of what's available in our local area ask Alan Snape to include your e mail address in the circulation list. Contact Alan on 07940146542 or alansnape@hotmail.co.uk

The calendar usually includes events at Royal Concert Hall, The Broadway Cinema, The Bonington Cinema/Theatre plus International live transmissions of Opera, Ballet and Theatre.

CREATIVE WRITING GROUP

We meet at Titchfield Court from 1-3 pm on usually the fourth Tuesday of each month. Our Co-ordinator, Janet Gibson, gives us a title, sentence or just a word to inspire us to write a piece of around 500 words which we develop at home and then read out to fellow members at the next meeting, for constructive criticism and appraisal. After a short tea-break we then do a ten minute exercise. This month we read our July homework which was entitled "It was when I saw the £1 notes fly in the air.....".

Our next session will be on Tuesday, 26th September as we do not meet in August (although we hope you might like to join us for a social coffee on Tuesday, 15th August at Bella Mia, Hucknall at 11.30 am) and our homework for September is "Seashells". We shall require £5 at the September meeting

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please for the rent for the next three months. We would love to welcome more members to our group so please get in touch for more information.

For any information about the Creative Writing Group please contact Sandra Green (sandra.green80@ntlworld.com or tel. 0115 8408132)

DRAMA GROUP

We are pleased to report an increased membership at this month's meeting. Anyone interested in joining with us (mainly play reading at present) should contact Alan on 07940146542

GARDENING GROUP

In August our visit will be to Renishaw Hall, Nr Staveley, the home of the Sitwell family. Please note that this will be on a Thursday Aug 17th leaving Ogle Street at 10.00 a.m. returning by 5.00 p.m. and will also include a visit to Dobbies garden centre situated close by.

Sept 19th outing to Trentham Gardens is already overbooked and should be paid for preferably at the August U3A monthly meeting. This will be the final coach trip of 2017 with Oct 17th and November 21st meetings being speakers in the Byron Suite of the John Godber Centre.

HISTORY GROUP

August – No Meeting – Summer break

September 20th back to the indoor meetings at Central Methodist Church to start at 2pm. There is free car parking at the rear of the building off the new road Torkard Way. As a very special start to the new season we have a speaker called Michael Parkin who will tell us all about the Pentrich Revolution of 200 years ago.

HISTORY GROUP (FAMILY)

The Family History Group is on a break at present. It will give members time to search out family villages, look round church yards and check out the memorial inscriptions. In the meantime I am usually available at the main meetings if anyone would like a chat about research.

KURLING GROUP

The first meeting of the kurling group took place at St. Peter and St. Pauls Church Hall on Sunday 23rd July. Lots of fun was had by everyone even if we didn't understand the rules to start with. We are assured it will get easier. The hall was a tad on the small side, but as with everyone in their 3rd age we are used to adapting to different conditions and were able to get on with the fun. There will be no meeting in August by unanimous agreement as that is the bank holiday weekend. The next meeting will be September 24th 2pm – 4pm

Please keep your eyes on the website and your emails for a venue change if one can be found for the September meeting. If no venue can be found it will continue at St. Peter and St. Pauls.

LUNCH GROUP

The Lunch Group meets on the fourth Wednesday of each month at 12 noon (unless otherwise stated) at a different restaurant each month. The menus vary in price and content but hopefully average out over the year at a reasonable cost. It is an opportunity for members to meet together socially and try

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out different restaurants which, as individuals, they may not have had the chance to try before. We always have a quiz which is usually related to the venue or its theme. We hope you will find something of interest to your "taste" and look forward to meeting up with you each month.

We are always grateful when members can offer lifts to non-drivers but could members contact the drivers directly please where possible, as it is getting to be a big job phoning round! Of course, I should be happy to find lifts for new Lunch Group members and I would also be grateful if drivers could indicate to me that they are willing to offer lifts. And please offer a contribution towards the cost of petrol if possible. When putting your name down, if the menu is available, could you please indicate your menu choices at that time.

Can I please remind you that the annual administration fee of £1 per person is now due; this covers printing, phone and quiz prize expenses for the year.

On July 26th we went to The Nag's Head at Woodborough and had an excellent meal. The Horse Quiz was won by Peter Hindle and J. Orosz. On August 23rd we will be in the 19th hole at Beeston Fields Golf Club. Then on September 27th we shall be dining at Fillets at Forest Town, Mansfield. We had hoped to return to the Thorn Tree (George's) at Woodlinkin but since their refurbishment, they will not take groups of more than fourteen. I am also taking bookings for our Christmas Lunch at the Albert Hall on December 20th. Unfortunately there is no Panto for us this year. Please email me if you would like your name putting down for any of these lunches and also check out the menus on the U3A website. I am always happy to hear about your recommendations for reasonably priced venues.

For any information about the Lunch Group, please contact Sandra Green
(sandra.green80@ntlworld.com or tel. 0115 8408132)

MUSIC FOR PLEASURE GROUP

The music for Pleasure Group met twice during July, having decided not to meet during June due to members' holidays.

Only four members were able to attend the meeting on 4th July, but the group enjoyed a very pleasant evening in John's conservatory, listening to some old favourites from Glenn Miller, Shirley Bassey and the group Bread from the 1970's.

We enjoyed our usual mix of music and socialising, as ever supplemented by cakes, wine and other goodies.

Our meeting on 25th July was blessed by a fine, warm English summer's evening, so the group took full advantage of the weather and enjoyed an evening in John's pretty garden.

Rather than choosing to listen to music which we had previously chosen, we let the strains of Smooth Radio drift out to us in the garden whilst we had our usual evening of chat, wine and nibbles which members had brought along.

We were joined by a new member who has expressed a wish to join the group.

As ever, thanks to John Peters for his hospitality.

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NATIONAL TRUST GROUP

There are still some places left on September's National Trust trip to Rufford Old Hall, near Ormskirk and Biddulph Grange gardens. The date is Monday, 25 September and the cost of the trip is £10 for the coach.

If you are not a National Trust member there will be additional entrance costs of £14.65. Although we as a group have visited both venues they proved very popular attractions. The coach will be leaving Hucknall Leisure Centre at 8.00 am.

PUB QUIZ & LUNCH GROUP

The Pub Quiz & Lunch is held on the second Monday of each month at The Nabb Inn. The subscription is £1 per person which covers each team's Quiz sheet and a raffle ticket for each member. There is a cash prize for the first and second team, with a £5 pub voucher for the raffle, along with a Bumper Bag containing donated items, for which our thanks are given to those who donated.

Donations of raffle prizes or items for the Bumper Bag would be gratefully accepted. Just pay the subscription on arrival, then order your lunch at the bar and put your thinking caps on. There is a small table quiz just for fun, followed by the Quiz itself and then lunch, followed by the answers and the raffle. We are limited to 36 seats so please come early as it's first come, first served for seats in the alcove area.

The July Pub Quiz was won by "Full House", with runners up "Whatever".

The next Pub Quiz & Lunch will be on Monday, 10th August at 12 noon and the September one will be on Monday, 11th September.

For any information about the Pub Quiz & Lunch, please contact Sandra Green (sandra.green80@ntlworld.com or tel. 0115 8408132)

SCIENCE 2 GROUP

The last session before our August break was a visit to the Ecclesbourne Valley Railway on Friday 21st July. This is a heritage railway primarily run by volunteers that links Wirksworth to Duffield along 8 miles of track.

Initially we were split into 2 groups for an interesting guided tour of the sheds and workshops before boarding the 11.15am train for a return journey to Duffield.

In true U3A style this was followed by a pleasant lunch at Le Mistral French restaurant in Wirksworth. Several members followed that with another trip on the train taking advantage of their all day rover ticket.

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Our thanks are extended to John Tedstone who is a volunteer at Ecclesbourne for acting as one of our guides and for setting up the visit and to our catering manager John Berrill for organising the meal.

The photographs show the group on the platform and John standing behind the driver (a retired judge) and Albert his assistant in the cab on the outward leg.



Next meeting Friday September 15th 10am to 12 noon at The John Godber Centre

We have a guest presenter Astronomer and author Nigel Marshall who will deliver a presentation: 'Moons and their place and importance in the Universe'

This will be followed by a question and answer session with Nigel.

Science 1 members are cordially invited to join us. David Rose.

THEATRE GROUP

Crazy for You Musical Theatre, Theatre Royal, 4th October, 14:00, £32.50

My Fair Lady, Musical Theatre, 25th October, 14:30, £18.00

FOLLIES – Derby Theatre, 4th November, 14:30, £19.00

The Little Mermaid, Ballet, Theatre Royal, 9th November, 14:00, £30.00

Tango Moderno starring Vincent & Flavia, Theatre Royal, 24th January 2018, 14:00, £36.50

The Son of a Preacher Man, Theatre Royal, 31st January 2018, 14:00, £33.00

Cinderella – Mathew Bourne – Theatre Royal, 10th March 2018, 14:30, £41.00

The War Horse, Royal Concert Hall, 21st March 2018, 2pm, Tickets £52.50 to be paid by August 2016

The Jersey Boys – Royal Concert Hall, 10th May 2018, 14:00, £39.00

Sunset Boulevard , Theatre Royal, 23rd May 2018, 14:00, £45.00

STOP PRESS - I have 4 seats for the ballet The Little Mermaid on Thursday 9th November at 2pm. Tickets £29.50. Please contact me if you are interested in the next week, by email. Thank you. Barbara Ives, Theatre Group Leader.

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WALKING GROUP (MID LENGTH)

Our July walk took place on Monday 17th, with 27 walkers making the most of a beautiful day as we walked from The Plough Inn at Hathersage to Shatton village and back. The walk took us alongside the River Derwent, where we stopped by the stepping stones for coffee. It was then on through woodland and open fields before reaching the lovely village of Shatton. From here our return journey took us up to a higher level overlooking the beautiful Hope Valley. After lunch we went back down to the River Derwent and onwards towards Hathersage. On reaching the stepping stones across the river, the group split up into two; one group crossing the river and returning through Hathersage village, while the others continued along the riverside path and back to the Plough Inn. At the Plough we enjoyed a well-deserved drink in the beer garden before returning home. Thank you to Barrie and Sue Saunders for providing this lovely walk.



Our August walk, to be led by Steve and Anne Lawrence, will be from Hayton, near Retford, on Monday August 21st.

WALKING GROUP (SHORT LENGTH)

The next walk will be on Thursday 17th August. We will meet at the Old Reindeer, Edingley around 09.45am for a 10.00am start. The walk will be around 4 miles long around the Farnsfield, Edingley area.

The walk leader will be Barbara Hawksworth. Everyone welcome.

We meet every third Thursday of the month and you can contact me for any further information on 0115 840 1702. Liz Edwards – Coordinator.

WALKING NETBALL GROUP



The Ladies of the walking netball were put through their paces by Helen our excellent coach. Although there aren't enough of us at the moment for a full team we competed in several competitive games, had coaching in shooting, passing and shadowing our opponents.

It was great fun, supportive and good exercise.

It's only an hour 11.30 to 12.30 on a Wednesday morning at the Hucknall Leisure Centre

More U3A members would be most welcome to join us. Marguerite Hodkinson

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WEEKENDERS GROUP

The events organised by either the Lunch Group or the Weekenders Group are open to all U3A members, regardless of whether they are regulars or not. Obviously places are sometimes limited so it's first come, first served. I should be grateful if you could let me know if you are interested in these events as soon as possible, so that I can let other members know if I have places left. Our July to September programme is on the U3A website.

Again we had lovely weather for our trip to Lichfield Arts Festival on July 8th when Christine Wheatley and Anita Lingard won the Arts Bus Quiz. We met for lunch on July 22nd at The Tee House, Hucknall and our next Social Evening was at Lindsay Smith's home on 5th August; many thanks Lindsay! We look forward to our Bus Pass Day Out to Belper on 12th August.

For any information about the Weekenders Group, please contact Sandra Green (sandra.green80@ntlworld.com or tel. 0115 8408132)

U3A HOLIDAYS (With Ashfield)

Due to political unrest in Venezuela this trip will not go ahead.

Any queries ring Caroline, 01623731987, e-mail crhoades159@gmail.com

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HUCKNALL & DISTRICT U3A INTEREST GROUPS

August 2017

For further details contact Siobahn Lee, 0115-9550119 or check the website at www.hucknallu3a.org.uk from there you can email the respective Group Leader

ARTS

| | |
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| CHOIR | 1st Wednesday 13:30 3rd Wednesday 11:30 |
| CREATIVE WRITING | 4 th Tuesday 13:00 |
| DISCUSSION | 1st Monday 13:45 |
| DRAMA | 4th Friday 10:00 |
| FILM CLUB | Thursday 10:30 & 13:00 Friday 19:15 |
| FAMILY HISTORY | 2nd Friday 14:00 |
| HISTORY | 3rd Wednesday 14:00 |
| MUSIC FOR PLEASURE | 4th Tuesday 19:00 |
| NATIONAL TRUST | Various dates & times |
| READING (BOOKS)* | 1st Wednesday 14:00 |
| SINGALONGA | 3 rd Tuesday 10:30 |
| THEATRE | various dates |
| UKULELE | 2nd & 4th Monday 10:00 |

ACTIVE WELLBEING

| | |
|----------------------------|---------------------------------|
| CYCLING | Every Wednesday 9:00 |
| GROWING OLD DISGRACEFULLY* | Various |
| GRUMPY OLD MEN | Various |
| NOT SO GRUMPY OLD MEN | Various |
| KURLING | 4 th Sunday |
| WALKING NETBALL | Every Wednesday 11:30- 12:30 |
| WALKING (LONG) | 1st Tuesday 10:00 |
| WALKING (MID)* | 3rd Monday 10:00 |
| WALKING (SHORT) | 3rd Thursday 10:00 |

FOOD & DRINK

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| DINING IN | 1st Tuesday |
| INTERNATIONAL DINING | As Arranged |
| LATE BREAKFAST | 1st Friday 09:15 |

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|--------------------|------------------------------|
| LUNCH GROUP | 4th Wednesday 12:00 |
| PUB QUIZ & LUNCH | 2nd Monday 12:00 |
| WINE APPRECIATION* | 3 rd Monday 19:30 |
| WINE TASTING * | 3rd Wednesday 19:30 |

HOBBIES & PASTIMES

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|--------------------|---------------------|
| CANASTA | 1st Friday 19:00 |
| CRAFT 1 * | 3rd Monday 13.45 |
| CRAFT 2 | 2nd Tuesday 14:00 |
| GARDENING | 3rd Tuesday 14:00 |
| HOLIDAYS | various dates |
| KNITTING & CROCHET | 4th Tuesday 14:00 |
| MAH JONG | 2nd Friday 19:00 |
| POT LUCK * | 1st Wednesday 19:30 |
| RUMMIKUB | 1st Monday 2:00pm |
| SCRABBLE | 4th Thursday 14:00 |
| SPORT SPECTATOR | various dates |
| TABLE GAMES | 3rd Friday 19:00 |
| WATER COLOUR | 1st Monday 14:00 |
| WEEKENDERS | various Sat & Sun. |

LANGUAGES

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|----------------------|--------------------------------|
| FRENCH CONVERSATION* | 3rd Tuesday 10:00 |
| FUN WITH LANGUAGES | 2 nd Thursday 10:30 |

SCIENCE AND THE ENVIRONMENT

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|--------------------|---|
| BIRD WATCHING | 2nd Tuesday 10:30 |
| SCIENCE 1 | 4th Thursday 10:00 |
| SCIENCE 2 | 3rd Friday 10:00 |
| TECHNOLOGY SUPPORT | Tuesday 10-11:30am Wednesday 2-4pm Thursday 1-4pm |

*Indicates group full. If you are interested then contact Siobhan who will happy to help you set up a further group.

Please be aware that some Interest Groups have a limited number of places due to activity, venue etc.

Group Leaders are normally available in the Board Room at the monthly U3A meetings to answer any questions that you may have about their group. Their contact details are displayed on the Interest Group Information Board.

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