

# WEST WOLDS

## u3a

"Learn , Laugh and Live"

Website: [www.westwoldsu3a.org](http://www.westwoldsu3a.org)

### CHAIRMAN'S REMARKS

It was lovely to see so many people at the September meeting, hearing the usual buzz of conversation and being able to say hello to people I had not seen for a while.

Some of us wore masks when moving around the hall and we made sure the building was well ventilated. The wearing of masks is now a matter of personal choice and West Wolds u3a does not demand that members wear them but some of us choose to do so to better protect each other.

Some of our Group Activities have been running in outdoor spaces since some members are still unwilling to meet indoors. Now Autumn is here they will have to make the decision to go indoors or cease. Some groups are hiring larger indoor spaces instead of meeting in someone's home and therefore have to charge more for the attendance at such groups.

Please remember that everyone who does a job at the Monthly Meetings or runs a Group or is on the Committee is a volunteer and does these things so that others as well, as themselves, can benefit from being a u3a member. There have been a few instances recently where members have been upset by the way they have been spoken to by other members. Please all be kind and remember that how you have expressed yourself may have caused unintended pain to another person on top of what they are already dealing with.

Thank you to all the hosts and leaders of groups who have made it possible for Interest Groups to function in some way during these very testing times. Hopefully more groups will be able to re-start and a new one or two as well.

Best wishes  
Gail Dennis, Chairman

## October 2021 Newsletter

### Issue 98

Thanks for all contributions, these are very well received, I will endeavour to get them in within the limited space available. *Terry Francis (Editor)*

[newsletter@westwoldsu3a.org](mailto:newsletter@westwoldsu3a.org)

### MEMBERSHIP RENEWAL 2021/22 REMINDER

I was pleased to see so many people clamouring to renew their membership at the September meeting, sorry if there were any delays, but we have to ensure that we have the correct date on your cheque and cheques are signed etc. Once Jane Guy knows you have paid and she has received an up-to-date Membership form, she will be able to give you your Membership cards at the next meeting.

**We do need you to complete and return a membership form to the Membership Secretary Jane Guy for GDPR purposes and to ensure she can update our systems with any changes to address, telephone or email data, and we are now asking you to provide additional information such as an emergency contact on the form.**

We are now collecting the fees which we have managed to keep at £17 for Individual Membership, £31.50 for Dual Membership and £11 for Associate Membership. **Please note that if you have not renewed by the December meeting we will assume you are not intending to do so, so will remove you from our membership list and you won't be able to take part in any group activities.**

To this end we have modified the Membership Renewal form which can be downloaded from the West Wolds website to allow you to select how you wish to pay. For those of you that use online banking and are able to pay by setting up an online payment (BACS), sometimes called Faster Payments, you can pay into the Lloyds account using the account number and Sort Code shown on the form. When paying online, please ensure you use the full title "**The West Wolds University of the Third Age**" as it will not accept just the "West Wolds U3A" title which is alright on cheques.

We are still able to accept cheques if you do not have online banking capabilities, and will accept cash at the General Meetings, although this is much harder to deal with now that the Lloyds branch in

Market Rasen has closed for good.

Alternatively you can set up a Standing Order with your bank to pay the same amount into our Lloyds account every year, but if we have to change the Membership Fee in the next year then you will have to change your Standing Order. The Standing Order Mandate is at the bottom of the third page of the form, you will need to cut this off and send it to your bank. You do not need to fill this in if paying online by BACs.

If you are unable to download the membership renewal form and print it out to fill it in, we will have some copies of the forms available at the October meeting, or alternatively, if you can't get to a meeting, please contact me, I can send you a form in the post. All payments by cheque or online banking etc. will require you to add your Membership number if you are renewing so that we can refer the payment back to you, new members do not need to do this. We are including your membership number on all emails sent from the Beacon system, please take note of this for the future. However if you do not know your number we can help with that.

Also, if you are a tax payer, please fill in the Gift Aid section on the third page and return with the form to Jane Guy at the address shown on the Membership form.

*Terry Francis*

[treasurer@westwoldsu3a.org](mailto:treasurer@westwoldsu3a.org)

### **WEST WOLDS U3A AGM**

The 23rd Annual General Meeting of the West Wolds U3A will be held on  
**Thursday 11th November 2021**  
at Market Rasen Festival Hall at **10.30am**.

Entertainment will consist of a Music Quiz  
(Name That Tune style) for fun,  
followed by an appearance by the  
**Turkish Delight Desert Dancers**, with guest  
appearances by **The Sultan**  
and **Abdul The Slave** and his 2 camels.

### **BEHIND-THE-SCENES OF YOUR COMMITTEE**



The Committee extend a warm invitation to all members to attend a Committee Meeting to see 'behind the scenes' of what we do to keep your u3a running. You are welcome to come along and observe, and you might find being a committee member is not as daunting as you imagine, and more fun.

The ethos of the u3a is 'by the members, for the members' and we work together to keep our u3a going and offering all the events, activities, meetings etc that we do. The u3a is key in our local area at combating loneliness and isolation for older people but we need our members to take part to help run our u3a. Without volunteers, we will not exist so please think about what you could do to help, in any role **no matter how small**.

Contact any committee member for more information on how you could help..

### **NOTE FOR CONVENERS**

Please check that all members attending your group meetings have renewed their u3a Membership, if they haven't please remind them that they are not allowed to attend any further sessions until they have.



## **RHS BRIDGEWATER VISIT BY GARDENING GROUP**

On Tuesday 21st September our Gardening Group travelled west from Market Rasen, not to Bridgewater in Somerset, but to the new Royal Horticultural Society (RHS) garden at Worsley, a suburb of Salford. Expecting typical Manchester weather we were delighted to be treated to a glorious warm and sunny autumnal day.



The garden has been created from what was the estate of Worsley New Hall, built for the 1<sup>st</sup> Earl of Ellesmere, whose father was the man who commissioned Tomas Brindley to build the very first canal to Manchester to transport coal from his mine. The estate flourished until the 1940's when it fell into disrepair and the original magnificent gardens became a wilderness.



The RHS had long wanted to create a garden in the North West of England to match those of Wisley and Harlow Carr. The Bridgewater garden is the

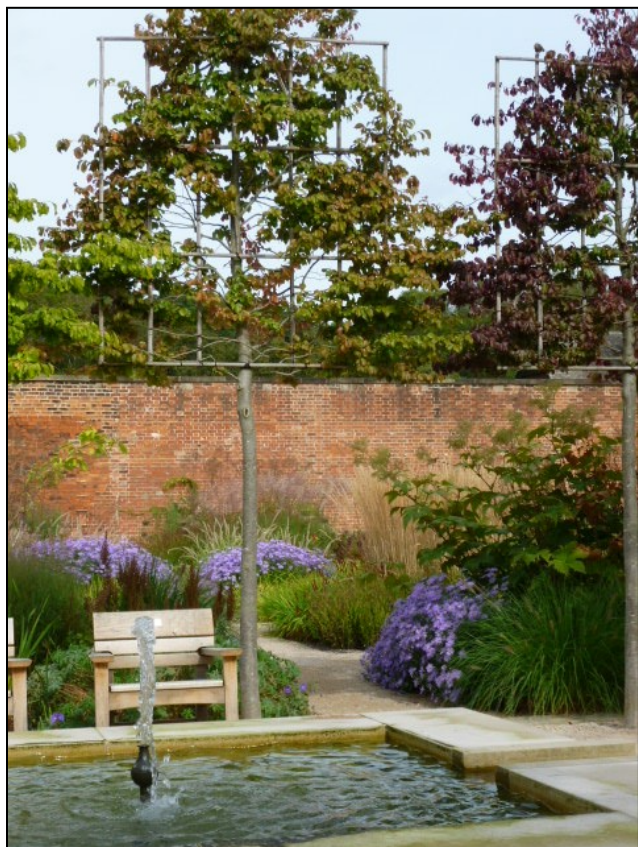
first new garden that the Society has designed and created from scratch for over 100 years and they have made a magnificent job, a garden for the 21<sup>st</sup> Century. The garden is not complete and is not expected to be for many years, but still worth a trip over to Lancashire.



The making of the garden was the subject of a fascinating television programme some months ago, which detailed the stages of planning, landscaping, clearing the lake and planting the gardens. Not only formal beds, but making a walled garden, a kitchen garden and a paradise garden in addition to restoring the potting sheds and glasshouses.







Visitor needs have been addressed with a beautifully designed Welcome building with an attractive cafe, garden centre and gift shop together with knowledgeable advice available to visitors on horticultural subjects.



The visit was organised by Jane Guy with her inimitable touch and attention to detail. The excursion was much appreciated and gave inspiration to our group of gardeners.

*David Oliver*

### **GARDENING GROUP PROGRAMME**

- 20<sup>th</sup> October:** Pam Tatam "Starting from Scratch"  
**17<sup>th</sup> November:** Peter Williams "Special plants for small gardens".

- 7<sup>th</sup> December:** **CHANGE OF DATE.** Christmas afternoon tea party  
**19<sup>th</sup> January:** Ben Preston from Perennial the Gardener's charity "York Gate through a Head Gardener's Eye"

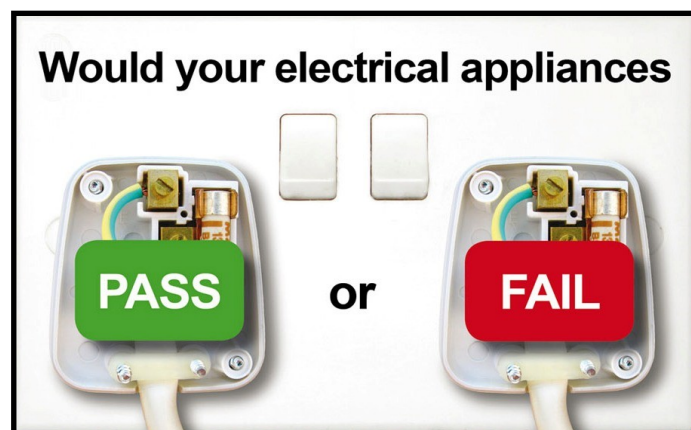
To join the group, or for any other garden enquiry please contact me by phone

**Jane Guy: telephone 0797 1277 482,  
 email [gardening@westwoldsu3a.org](mailto:gardening@westwoldsu3a.org)**

Jane is now producing a monthly newsletter just for the Gardening Group with all the details of meetings and visits and interesting information about gardening. To receive a copy of this contact her as above and she will email it to you.

*Jane Guy*

### **PORTABLE APPLIANCE TESTING**



This is a reminder of the date we have arranged for Pat Testing any electrical equipment that Conveners use for their groups in venues such as the Festival Hall or New Life Church etc.

We have pencilled in the date of **Tuesday 16<sup>th</sup> November at the Festival hall between 09:30 and 12:00**. Because the Committee Room which we usually use is booked for the Covid Testing, we will be in the main hall, near the Storage room at the back of the hall.

Please ensure you arrange to either bring any electrical equipment that you use in community venues for your groups on that morning between 09:30 and 12:00, or arrange to get it to me to take to the session. It will be tested and a label affixed to show that it is safe to use.

If anyone needs any further information, please contact me, Terry Francis on 01673 842088 or email [treasurer@westwoldsu3a.org](mailto:treasurer@westwoldsu3a.org)

## LAS CONQUISTADORAS (THE CONQUERORS)



The last eighteen months have been a great challenge for everyone and in the early days of Lockdown our Spanish group decided to move to a digital format using Zoom. At this stage we quickly found out that we were learning new skills alongside staying in touch with friends who we missed seeing each week. Gone was the regular face-to-face conversation, coffee, biscuits and chat. However, we were able to manage our meetings remotely with our own selected beverages of choice. Something we'd not really done regularly soon turned into the opportunity to celebrate a birthday or public holiday from the comfort of our own homes if we wished!

To begin with, we found there was a great willingness to continue to have a weekly meeting. Some members of our group chose to take a natural break from things and have moved away, whilst others took to their computers to maintain some sort of normality and structure to our weeks. Our Convenor, Alison, wanted to stay in touch but pass on the reins to someone else.

We started quite early on in March 2020 by setting up our Zoom group and we were lucky to have someone who was keen to be in charge of this. Sue took it upon herself to be that person and things quickly settled down into a new routine for us. I looked forward to keeping my Spanish language study up each week. Knowing that I'd be speaking in Spanish gave me the impetus to keep reading Spanish texts. Looking at the news from Spain and other parts of the Spanish speaking world gave me a wider view of things and helped me to know that "we were not in this on our own."

Some members of the group were even "trapped" abroad in Spain, unable to make the deadlines for return to the UK. Thankfully this situation resolved itself when travel restrictions allowed.



As the months progressed and we moved into the summer of this year we found that, with the blessing of Boris Johnson, we had the opportunity to meet in each other's gardens. This gave us an additional opportunity to practice our culinary skills. Our weekly meetings included a tapas lunch or a Spanish cake with our coffee. The weather up until August was kind and we managed our weekly meetings whilst topping up our vitamin D levels. We had a rota for visits which meant that we planned these carefully according to travel, current rules and restrictions and, of course, the pre-session Lateral Flow Test which everyone was keen to take to safeguard our group. We even planned a visit to a Spanish themed restaurant but had to abandon that when the establishment had Covid related staffing issues of their own.

The sessions have continued at the regular time of 2.30pm each week and Zoom has enabled group members to take part when they've been away from home such as on a short holiday if they wished. We've become a very cohesive and supportive group experiencing the full range of events in people's lives; a special birthday, family illness and bereavement, moving home, isolation, celebration and yes, the ravages of Covid. We really feel that we are Conquistadoras (conquerors).

March 2020 seems a long time ago but it's fair to say that a great deal has changed and we've truly learned so much about ourselves as individuals, as a U3A group collectively and separately within our own communities. This autumn, we've welcomed our first new member (John), so we will now have to call ourselves Los Conquistadores in the future.

*Sandra Dean*



## **PROPOSED SPEAKER PROGRAMME**

### **2021**

#### **11<sup>th</sup> November - AGM**

A quiz will be held plus a performance by one of our Groups: The Turkish Delight Desert Dancers combining dance with some fun appearances from Abdul the Slave with his camels, and the Sultan.

#### **9<sup>th</sup> December - Mark Walsh 'Here's a Funny Thing'**

A return visit from Mark Walsh and his ukulele giving a talk on the history of Music Hall and Variety. Music Hall started in London in the late 1830's and evolved into Variety in the 1920's. Variety continued as a main form of entertainment until the early 1960's. Mark is very proud to have been one of the 'Chairman' at the World Famous City Varieties Music Hall in Leeds, home of 'The Good Old days'.

### **2022**

#### **13<sup>th</sup> January - 'Great Ormond Street Hospital Children's Charity'**

GOSH Children's Charity supports the hospital and its patients by funding four key areas: Rebuilding & Refurbishment, Support for families and children, Research and Life-saving medical equipment.

#### **10<sup>th</sup> February - 'Vicky Wilkinson - Glass Artist'**

Vicky is a glass artist based in rural Lincolnshire. She will talk us through the unique properties of glass and the specialist ways of working with it, her personal experiences training and working in fused glass and where she draws inspiration.

#### **10<sup>th</sup> March - Squadron Leader Mark Sugden 'RAF Battle of Britain Memorial Flight'**

The RAF BBMF operates out of RAF Coningsby and maintains and operates 6 spitfires, 2 Hurricanes, a Lancaster, a C47 Dakota and 2 Chipmunks. They are flown to celebrate and commemorate public and military events.

#### **14<sup>th</sup> April – Dr Julian Onions 'Galaxies-One Gigayear at a time'**

What are galaxies, how are they classified, how are they formed, what do we understand about their lives, and how many pretty pictures can Julian fit in to one talk.

#### **12<sup>th</sup> May - Martyn Fuller 'Recycling Facts & Fictions- How Your Bin can Save The World'**

Veolia are innovators committed to focusing on carbon reduction by preventing pollution, preserving natural resources, protecting biodiversity, combating climate change and raising environmental awareness.

#### **9<sup>th</sup> June – Colin Deeley 'Life & Times of The Workhouse'**

Built in 1824, Southwell Workhouse is the best preserved example of the hundreds of workhouses built across the country. Learn about the Workhouse's role and how it evolved through time.

#### **14<sup>th</sup> July Celia Lord 'So You Think You Know Lincoln Cathedral'**

Find out what you don't know about our best known landmark.

#### **11<sup>th</sup> August – Trevor Rogers 'Gardening in The North'**

What are the key adaptations we gardeners must make to succeed in a less than perfect climate? Trevor is a fruit growing consultant and horticultural speaker, as well as finding time to be a volunteer gardener at Gunby Hall.

#### **8<sup>th</sup> September – Jeff Jacklin – 'Life in the NHS - It Only Hurts When I Laugh'**

Experiences of a Hospital Dr with some background history of the NHS and comedy video sketches from Tony Hancock and Ronnie Barker.

#### **13<sup>th</sup> October - David Ingleby 'We Are The Commonwealth War Graves Commission'**

The Battlefields of two World Wars are largely gone but the graves, cemeteries and memorials remain moving reminders of the events that took place there. David will give us an introduction to the history and on-going work of the CWGC.

#### **10<sup>th</sup> November AGM**

#### **8<sup>th</sup> December TBA**

## Good News Theatre Goers...



At last the Theatres are open again.

The 7th October was the first outing of West Wolds u3a Theatre Group since the beginning of Covid.

There were 2 excellent leads.

Jonathan Cooke who played The Mayor and John Hewer who played Khalestakov, an irresponsible young man who is mistaken for the feared Government Inspector.

The actors had practiced their lines via ZOOM during Lockdown. The long speeches were amazing.

It was a very welcome return to normality.

From this month, Theatre Visits will be organized by Jane Lloyd. She will have a table at the meetings with notice of future shows.

At last we got to see....

THE GOVERNMENT INSPECTOR. A Fantastic Comedy by Nikolai Gogol.

*Cathy Whelan*

This show had been booked in February 2020, and postponed multiple times.

What an absolute joy to be back in the Theatre again. The show was an excellent and very funny adaption of the play, and the casting and production were both faultless and very funny.

## Catering Helpers Programme

### November

Keith Grayburn.  
Beryl Reynolds  
Linda Grayburn.  
Anita Handford

### December

Keith Grayburn.  
Beryl Reynolds  
Linda Grayburn.  
TBA



Cartoon created by Gillian Anderton

## GROUPS DISCLAIMER

Please be aware that when groups or activities recommence, it is your responsibility to take care of your own health and safety when participating in any u3a activities, and ensure that any current Government guidelines around Covid are adhered to.

The Committee

## Changes of Circumstance

If you have any changes of circumstance, e.g. change of address, telephone or email, or a death of a member, please let the Groups Co-ordinator and Membership Secretary know by phone or email.

## COMMITTEE & MANAGEMENT RESPONSIBILITIES 2021

### **Chairman, Safeguarding Officer And General Meeting Coordinator**

Gail Dennis Tel: 01673 843575

[chairman@westwoldsu3a.org](mailto:chairman@westwoldsu3a.org)

### **Vice Chairman**

Jane Lloyd Tel: 01673 843078

[vicechairman@westwoldsu3a.org](mailto:vicechairman@westwoldsu3a.org)

### **Treasurer**

Terry Francis Tel: 01673 842088

[treasurer@westwoldsu3a.org](mailto:treasurer@westwoldsu3a.org)

### **Business Secretary, Speaker Finder and Secretary to**

East Lincs. Neighbourhood  
Sharon Rupp Tel: 07803 694889

[secretary@westwoldsu3a.org](mailto:secretary@westwoldsu3a.org)

[eastlincs@westwoldsu3a.org](mailto:eastlincs@westwoldsu3a.org)

[speakerfinder@westwoldsu3a.org](mailto:speakerfinder@westwoldsu3a.org)

### **Membership Secretary**

Jane Guy Tel: 01673 885415

[membership@westwoldsu3a.org](mailto:membership@westwoldsu3a.org)

### **Groups' Coordinator**

Paul Ettridge Tel: 01472 398921

[groupcoordinator@westwoldsu3a.org](mailto:groupcoordinator@westwoldsu3a.org)

### **Newsletter Production Editor and Technical Support**

Terry Francis Tel: 01673 842088

[newsletter@westwoldsu3a.org](mailto:newsletter@westwoldsu3a.org)

### **Website Administration**

Steve McCarthy Tel: 01673 308364

[webadmin@westwoldsu3a.org](mailto:webadmin@westwoldsu3a.org)

### **Publicity Officer**

Gary Beighton Tel: 01673 849364

[publicity@westwoldsu3a.org](mailto:publicity@westwoldsu3a.org)

## Support Roles (Non Committee)

### **Catering Coordinator**

Rachel Telfer Tel: 01673 844244

[rachetelfer1@hotmail.co.uk](mailto:rachetelfer1@hotmail.co.uk)

### **Greeters Coordinator**

Caroline Dale Tel: 01673 844142

[ginger.mike29@btinternet.com](mailto:ginger.mike29@btinternet.com)

### **Welfare**

Mandy Murphy Tel: 01673 565295

[Mandy.murphy1396@gmail.com](mailto:Mandy.murphy1396@gmail.com)

## How to Subscribe on the West Wolds website to receive updates and notice of New Posts by email.

Opening the West Wolds website homepage, [www.westwoldsu3a.org](http://www.westwoldsu3a.org), look for the area shown on the right.. Enter your email address and click on the 'Receive Updates' button. You will receive an email from Wordpress, which refers you to opening your account. Make sure you click the link shown.

Back copies of all Newsletters can be seen on the website.

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Here is the Interest Groups Monthly Timetable as shown before the Lockdowns, please contact the relevant Group Convener shown overleaf to ascertain if the group is running, and times and where they meet.

Conveners, please check the days and times for your group are correct and let me know if any changes are needed. *Terry Francis (Editor)*

## INTEREST GROUPS MONTHLY TIMETABLE (excludes short run groups)

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday
1st	14:00 Bridge 14:00 Digital Photography 14:00 Turkish Delight Desert Dancers 14:30 Table Tennis	10:00 Family History  14:00 Backgammon 14:00 Film 14:30 Spanish 14:30 German	10:00 Country Walks 10:00 Cycling (Short Rides) 10:30 Strollers  14:00 West Wolds Warblers 14:00 Canasta	10:00 Beginners Italian 10:00 Patchwork * 10:00 Keep Fit  14:00 Indoor Bowls 14:30 Drama	10:00 Latin 10:00 Line Dancing 10:00 Biblical Hebrew 10:00 Cycling (Longer Rides)  14:00 Scrabble 14:00 Discovery Group
2nd	14:00 Bridge 14:00 Recorders 14:00 Daytime Ukulele 14:30 Table Tennis	10:00 Local History  14:30 Spanish 14:30 German	10:00 Embroidery 10:00 4 Mile Walkers 10:00 Cycling (Short Rides)  12:00 Luncheon Group  14:00 Poetry	09:45 <b>GENERAL MEETING</b> <b>Festival Hall</b> <b>Market Rasen</b>  14:00 Indoor Bowls 14:30 Drama	10:00 Latin 10:00 Line Dancing 10:00 Biblical Hebrew 10:00 Cycling (Longer Rides)
3rd	14:00 Bridge 14:00 Digital Photography 14:30 Table Tennis	10:00 Beginners Family History 10:00 Country Walks 10:30 Strollers 14:00 Embroidery 14:30 Spanish 14:30 German	10:00 Telling our Stories 10:00 Cycling (Short Rides) 10:00 9 Mile Hikers  14:00 Readers Group 14:00 Gardening Group	10:00 Italian 10:00 Keep Fit 10:00 Patchwork *  14:00 Indoor Bowls 14:30 Drama	10:00 Latin 10:00 Line Dancing 10:00 Biblical Hebrew 10:00 Cycling (Longer Rides) 14:00 Scrabble* <b>(*And 5th Friday of the month, if there is one)</b>
4th	14:00 Bridge 14:00 Daytime Ukulele 14:30 Table Tennis	10:00 IT Workshops 10:30 3 Mile Walkers  14:30 Spanish 14:30 German	10:00 Cycling (Short Rides)  14:00 Rasen Book Group	10:00 Cross Stitch 10:00 Keep Fit* <b>(* And 5th Thursday, if there is one)</b>  14:00 Indoor Bowls 14:30 Drama	10:00 Latin 10:00 Line Dancing* 10:00 Biblical Hebrew 10:00 Cycling (Longer Rides)* <b>(*And 5th Friday of the month, if there is one)</b> 14:00 Mah Jong

## INTEREST GROUP CONVENERS

### **BACKGAMMON**

*Bill Roberts 01673 842703*

### **BIBLICAL HEBREW**

*Alison Atkinson 01673 849979*

### **BRIDGE**

*TBA – New convener required*

### **CANASTA**

*Jan Watkins 01673 308791*

### **CARD MAKING**

*Ginny Beard 01673 844432 / 07980 209642*

### **CROSS STITCH**

*Audrey Storey, 01673 849625*

### **CYCLING**

*Gordon Jennings 0794 8881121*

### **DIGITAL PHOTOGRAPHY**

*Pat Hage 01673 849447*

### **DISCOVERY GROUP**

*Mary Howes 01673 849554*

### **DRAMA**

*Gail Dennis 01673 843575*

### **EMBROIDERY**

*Jill James, 01472 852124*

### **FAMILY HISTORY**

*Jacqueline Reid 01673 849490*

### **FAMILY HISTORY - BEGINNERS**

*Jacqueline Reid 01673 849490*

### **FILM GROUP**

*John Bartlett 01673 857480*

### **GARDENING**

*Jane Guy, 0797 1277482 / 01673 885415*

### **GERMAN**

*Gary Beighton 0758 2227856*

### **INDOOR BOWLS**

*Catherine Whelan, 01673 843820*

### **ITALIAN (for beginners)**

*Patricia Spolton, 01673 828568*

### **I.T. WORKSHOP**

*Steve McCarthy 01673 308364*

### **KEEP FIT**

*Dawn Stopper 01472 851133*

### **LATIN**

*Gwen Parsons 07749 044413*

### **LINE DANCING**

*Margaret White 01673 849274*

### **LOCAL HISTORY**

*Paul Ettridge 01472 398921*

### **LUNCHEON GROUP**

*Caroline Dale 01673 844142*

### **MAH JONG**

*Jacqueline Reid 01673 849490*

### **PATCHWORK**

*Lyn Henry 01673 843851*

### **POETRY**

*Eva Smith 01673 842218*

### **READERS GROUP**

*Audrey Storey 01673 849625*

### **RASEN BOOK GROUP**

*Kathryn Wade 01673 849487*

### **RECORDER GROUP**

*Geoff Goddard 01673 842287*

### **SCRABBLE**

*Audrey Storey 01673 849625*

### **SPANISH**

*Sandra Dean, 01507 313934 / 0773 4456213*

### **TABLE TENNIS**

*Brian Siddown, 01673 860433*

### **THEATRE VISITS**

*Cathy Whelan 01673 843820*

### **TRIBUTE BANDS**

*Phyl Murray 01673 838543*

### **TURKISH DELIGHT DESERT DANCERS**

*Gillian Anderton 01673 844382*

### **UKULELE ENSEMBLE**

*TBA – New convener required*

### **UPHOLSTERY AND FURNITURE**

### **RESTORATION**

*Gail Dennis 01673 843575*

### **THE WEST WOLDS UKULELE GROUP**

*Tim Hirst, 01673 849571*

### **WEST WOLDS WARBLERS**

*Terry & Julia Francis, 01673 842088*

### **THE 3-MILERS**

*Ken Howitt 01652 678490*

### **THE 4-MILERS**

*Ken Howitt 01652 678490*

### **THE 9-MILE HIKERS**

*TBA – New convener required*

### **THE COUNTRY WALKERS**

*Ken Howitt 01652 678490*

### **THE STROLLERS**

*TBA – New convener required*