

# WEST WOLDS

## u3a

"Learn, Laugh and Live"

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

## November 2022 Newsletter

### Issue 111

Thanks for all contributions, these are very well received, I will endeavour to get them in if possible. *Terry Francis (Editor)*

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

### CHAIRMAN'S REMARKS

I hope many of you turn up to the AGM to make it a quorate meeting and so can vote at the appropriate time otherwise we cannot elect a new committee and continue to function.

Many conveners and volunteers met recently and were able to discuss ideas. We are fortunate that so many people do give up their time to help run our u3a. Everyone can contribute in some way and that is the whole ethos of u3a.

The heating has been repaired in the Festival Hall and although Gary, the new caretaker, puts out the chairs for us each meeting, the Committee and volunteers have to put out the tables and PA equipment beforehand.

Please do read the newsletter and check that your group's information is correct on the calendar.

Best wishes  
*Gail Dennis, Chairman*

### MEMBERSHIP 2022/2023

Now we are in November and our renewal year starts at the beginning of September each year, there are some members who have not renewed their membership by the end of October. They have either had two e-mails or two telephone calls to remind them and of course in the last few newsletters we have called for renewals, so I would hope they have got the message! We have therefore now adjusted our records so the status of those members has changed to non-members.

If, however, you know of any member who has not renewed but would still like to do so, please do let the membership secretary know as we would be delighted to re-instate them on receipt of a completed renewal form and payment of the fee.

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

### LOCAL HISTORY GROUP PROGRAMME.

#### 2022

December - 13<sup>th</sup>. Christmas Quiz - Paul Ettridge.

#### 2023

TBA

For information about any of these talks or visits contact **Paul Ettridge** telephone 01472 398921  
Email [groupcoordinator@westwoldsu3a.org](mailto:groupcoordinator@westwoldsu3a.org)

### UPCOMING NATIONAL ONLINE U3A WORKSHOPS

The national u3a have several online workshops coming up over the next month, including new workshops on facilitation skills and all you need to know about constitutions. Information about all of the workshops and how to book can be found on the workshops webpage. at <https://www.u3a.org.uk/advice/workshops>

The workshops are meant for all members not just committee members.

#### **November**

Wed 16 November – Interest Groups Matter 10.00-12.15

Mon 21 November – Growth Matters 10.00-12.15

Tues 22 November – Facilitation Skills 10.00 – 11.00

Thurs 24 November – Equality, Diversity and Inclusion Awareness 10.00 – 12.30

Tuesday 29 November - Constitutions 10.00-11.00

**Thank You from the Commonwealth War Graves Foundation Speaker in October**

Thank you to the members who made a donation following our October Speaker, David Ingleby from the Commonwealth War Graves Foundation. £63.20 was banked by David on our behalf which, along with our speaker donation of £60, was gratefully received.

*Sharon-Speaker Finder*

**10th November – WEST WOLDS U3A AGM**

**The 24th Annual General Meeting of the West Wolds U3A will be held on Thursday 10th November 2022 at Market Rasen Festival Hall at 9.45am for 10.30am. Entertainment will be provided afterwards by the West Wolds Warblers.**

**We would appreciate it if you could try to attend as we are legally obliged to have a certain percentage in attendance to vote on key items, and it is your chance to ask any questions.**

**All the relevant documents have been posted on our website and paper copies will be available at the entry desk.**

**We look forward to seeing you at the meeting.**

**Sharon Rupp - Secretary**

**8th December 'The Music Makers -Handbell Ringers'**

Have you ever seen handbell ringers in action and wondered how they do it? Cat and her group will give us a performance and then invite members up to 'have a go'. A bit of fun for Christmas.



**12th January – Karen Crow - Lincoln Town Crier**

As the literacy of Britain's population remained low well into the late 19th century, people came to rely on criers and heralds as a useful way of hearing about proclamations, edicts, laws and news, as books and newspapers were generally only accessible to a small percentage of the English population. Karen will give us an informative history and bring us up to date with the role today.



**9th February – Vicki Dennison 'Dr D' BBC Science Busker**



Experience the magic of science from Vicki who was a BBC Science presenter. Entertaining scientific demonstrations using fire & marmite!

**9th March – Colin Deeley - The Life & Times of Southwell Workhouse**



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

## GARDENING GROUP 2022/3 PROGRAMME



### 2022

16th November: Monthly meeting. Geoff Hodges "Life and Times of a Garden Editor". Geoff is a Garden writer, broadcaster & horticultural consultant.

20th December: Monthly meeting. Janette Merillion, garden designer "The sensual garden".

### 2023

18th January: Monthly meeting. Peter Maxey owner of Scothern Nursery. "How to prepare for Spring and Summer". **NEW**

1st February: 10 a.m./1 p.m. Workshop on apple grafting to be held at Snitterby Carr Farm run by Patty Phillips. All materials provided and you get

to take your own rootstock home with you too. £25.00. Pre-booking is essential with Jane.

15th February: Alan Mason "Life of a Gardener".

15th March: Monthly meeting. Steffie Shields "Impressions of Lincs" sharing aspects and stories of Lincolnshire gardens both historic or contemporary, and places you might like to visit.

19th April: Monthly meeting. Linda Clark from the Spotted Dog Flower Company will make up a bouquet of flowers and then donate them as one of our raffle prizes.

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)**

### KEEP FIT GROUP BREAK

**Please note that Dawn Stopper's Keep Fit Group will take a break for 5 weeks from Thursday 27th October starting again on Thursday 1st December.**



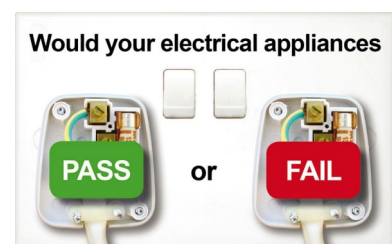
### PORTABLE APPLIANCE TESTING

If any Conveners or members have electrical equipment that they need to use in any hired venue such as the Festival Hall or New Life church or any other halls for their group activities, these need to be PAT tested every year i.e. electrically safety tested.

We have set up a date of the 16th November in the Committee Room at the Festival Hall between 09:00 and 12:00., but please try to come as early as possible, because if the Testing finishes early the engineer doing it will be able to get away.

If you are unable to get to the Hall on this date, please arrange to get your equipment to me beforehand, contact me on 01673 842088, or email [treasurer@westwoldsu3a.org](mailto:treasurer@westwoldsu3a.org)

Terry Francis, Treasurer





**WEST WOLDS u3a**  
**CHRISTMAS LUNCH**



An early reminder that the West Wolds u3a Christmas Lunch will be held on  
Thursday 8<sup>th</sup> December 2022 following the December General Meeting.

Venue: The Clubhouse, Market Rasen Golf Club. Timing: Arrival 12.30 p.m. for 1.00 p.m. lunch.

If you wish to arrive any earlier, the bar area will be open.

Shirley Fuller and Angela Murtagh will be selling lunch tickets at the November AGM.

Payment: By cheque to West Wolds u3a. Please see below for the menu and pricing.

**STARTERS:**

**HOMEMADE CHEFS' CHOICE SOUP (GF & VG AVAILABLE)**

**CHICKEN LIVER & BRANDY PATE SERVED WITH SALAD (GF AVAILABLE)**

**INDIAN SELECTION PLATTER WITH SALAD & RAITA DIP (GF & VG)**

**LEMON & PEPPER HADDOCK GOUJONS WITH LEMON TARTARE SAUCE ALL SERVED WITH  
A SELECTION OF FRESHLY BAKED BREAD (GF & V AVAILABLE)**

**MAINS:**

**TRADITIONAL ROAST TURKEY DINNER (GF AVAILABLE)**

**GAMMON STEAK WITH CIDER & GRAIN MUSTARD SAUCE (GF AVAILABLE)**

**CREAMY FISH PIE WITH A HERBY SHORTCRUST PASTRY LID (GF AVAILABLE)**

**KALE ROULADE FILLED WITH SWEET POTATO AND SUN-DRIED TOMATO (GF & V)**

**ALL SERVED WITH TRADITIONAL CHRISTMAS VEGETABLES & POTATOES**

**DESSERTS:**

**A SELECTION OF HOT & COLD FESTIVE DESSERTS FROM OUR TOWER OF TREATS**

**FOLLOWED BY FRESHLY BREWED COFFEE & MINCE PIE**

**£25.00 PER PERSON (3 COURSES) OR £22.00 PER PERSON (2 COURSES)**

**Please make known any dietary requirements when purchasing your ticket.**



WW u3a GARDEN GROUP EXCURSION TO RHS HARLOW CARR,

NEAR HARROGATE ON MONDAY, 24TH APRIL, 2023



There are now five gardens run by the RHS (Royal Horticulture Society) and our garden group has now obtained Associate membership, which means we can organise one coach visit per annum to whichever garden we want, and all the passengers get in free. Therefore our coach excursion becomes more affordable at a time when we are all being more careful with our money as we all face increased costs.

Last year we went to the RHS's most recent garden near Manchester, RHS Bridgewater, which we all enjoyed. Now we have chosen our nearest RHS garden at Harlow Carr to visit next Spring. I do hope you will be able to join us.

You can explore the kitchen garden, the alpine house, enjoy a streamside or woodland walk, and see unusual sub-tropical plants, or visit the Sandstone rock garden, Queen Mother's Lake and arboretum. Of course most of us are going to see the plants but there are other things to interest you too.

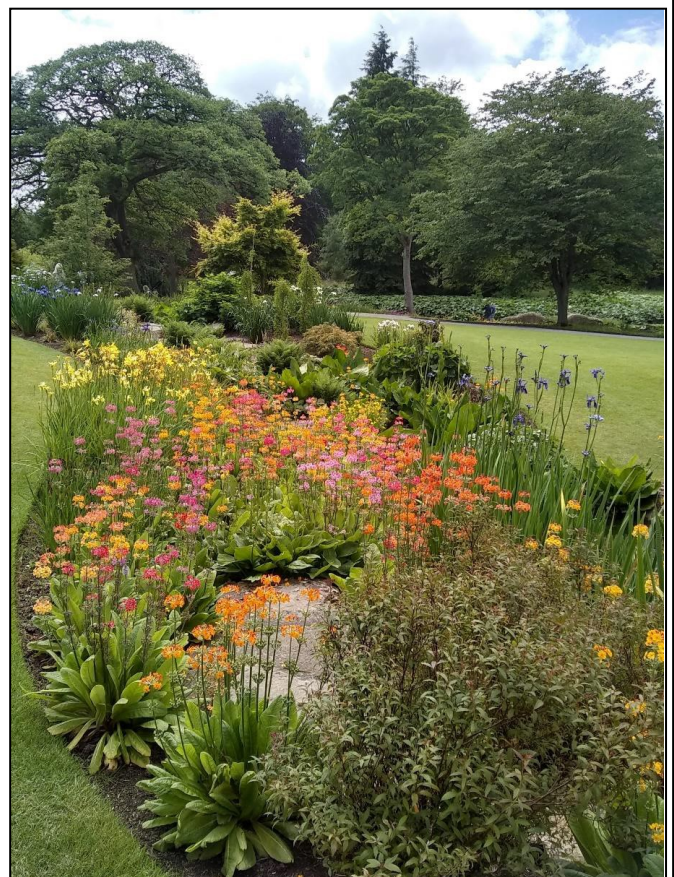
There is the famous Betty's Restaurant where you can have lunch or just a coffee and scone. There are the usual plant sales and shop, selling all things for the gardener, as well as gifts to take home for family and friends. For those who want to look up a particular species of plant or find where you can obtain them there is the wonderful Bramall Learning Centre and Library in the garden with a large range of horticultural books.

The cost of this excursion is £30 per person which covers coach travel, driver's tip and entrance to the garden.

**A copy of the Booking Form is attached as the next page of this newsletter, please fill this in and return to Jane Guy with your payment.**

For more information contact Jane Guy  
[jane.m.guy@gmail.com](mailto:jane.m.guy@gmail.com) or telephone 0797 1277 482

Alternatively if anyone would like to be dropped off in Harrogate for a day's shopping instead of visiting Harlow Carr, that will be fine but they need to let me know that on the booking form.





West Wolds

## EXCURSION BOOKING FORM

24<sup>th</sup> April, 2023 to Harlow Carr, Near Harrogate

Name(s): .....No. of places required: .....

Main contact address: .....

.....Postcode.....

Email:.....Tel:.....Mobile.....

Special requests (mobility, etc) : .....

Next of kin.....Their mobile.....

U3a Membership Number.....

**PICK UP POINT: Lorry car park, behind Tesco, Market Rasen  
@ 9 a.m. Return 5 p.m.**

**COST: £30.00 PER PERSON WHICH INCLUDES TRAVEL, DRIVER'S TIP AND ENTRANCE TO THE GARDEN.  
NO REFUND WITHIN TWO WEEKS OF DEPARTURE.**

To confirm your reservation please complete this booking form with your payment as soon as possible to secure your place. Cheques to be made payable to West Wolds u3a and posted to: **Mrs Jane Guy, 14 Jubilee Avenue, Faldingworth, Lincs., LN8 3FF.**

To make an online payment (BACS) pay Lloyds Bank; a/c The West Wolds University of the Third Age (Sort code 30-96-09, account No 71220968)

**More booking forms and any enquiries please contact Jane.**

**01673 885415 or 0797 1277 482**

**jane.m.guy@gmail.com**

**DIGITAL PHOTOGRAPHY GROUP-**  
**PICTURES OF THE MONTH FOR OCTOBER**

Autumn Shadows

Taken By Suzanne Barker



Self Portrait

'Me and Trees'

Taken By Marion Blackstock

How Many Bicycles  
Taken By Steve McCarthy



For more photos taken by the West Wolds u3a Digital Photography Group look at our Challenges page on the website at [https://westwoldsu3a.org/?page\\_id=8458](https://westwoldsu3a.org/?page_id=8458)



St Barnabas

40  
YEARS

TEALBY WI

WORKING IN PARTNERSHIP

# Making a difference for *hospice care*

## Tealby Festive Fayre

12th November 2022, 10am - 3pm

Tealby Memorial Hall, Beck Hill, Tealby LN8 3XS

Light refreshments will be served.



every day *matters*

[StBarnabasHospice.co.uk](http://StBarnabasHospice.co.uk)

## WINTER WARMTH INITIATIVE



Lindsey Age UK are offering their Winter Warmth initiative again this winter:

As the cost of living crisis continues and the temperature begins to fall, Age UK are keen to ensure that we do all that we can to help older people stay safe and well this winter.

The team at Age UK Lindsey has put together a range of carefully selected items designed to help people keep warm and help them to save money.

With support from Tesco, Age UK national and the Gertrude Penney Fund, the pack includes:

- Items to keep warm, such as socks, handwarmers and a blanket
- Products to help save energy around the home
- An insulated cup to help keep tea or coffee hotter for longer
- Essential food items to help reduce a shopping bill
- A thermometer – so people can check if their home is warm enough

We are keen for the packs to go to the older people that need them most. The people that are at risk of having a cold home or struggling to meet the rising costs of energy

What else can we offer

If we are able to contact the older person we can offer the following:

- A home energy assessment – this will then lead onto the following if appropriate:
  - A Benefits Energy Check
  - A Home Energy Check – energy saving devices will be fitted to the property to help save further i.e. radflex behind radiators, energy saving light bulbs
  - Partnership working with Lincolnshire Fire and Rescue if there are any causes for concern
- ◆ Sign up to receive our newsletter so we can keep in touch

Please contact Sharon if you wish to access the pack &/or need help/advice at [secretary@westwoldsu3a.org](mailto:secretary@westwoldsu3a.org)

## CAN I SURVIVE THE HIGH ENERGY AND FOOD COSTS?

Nearly three years ago we were all in shock with the coming of Covid. We were worried, anguished and became frightened of the unknown. We did not know what to believe and stayed indoors. Now we have something quite different on the horizon but with similar challenges. Spiralling energy costs with an average bill of £2,500 p.a. and an increase of nearly double what it was last October!

I am going to try to bring some reality to the situation, give some advice after years of working for Citizens Advice, formerly known as the local CAB, as a manager and former debt adviser and for a number of years as a trustee of the EDF Energy Trust Fund. I hope what I write doesn't sound patronising or teaching anyone to suck eggs.

We all understand how this has come about, with the start of the war in Ukraine. We could ask why did Europe rely so heavily on energy from Russia, but hopefully lessons will be learnt for the future? The resulting increase in the cost of most fuels means most other goods we like to purchase arrive by transport so we have seen unprecedented rises in all consumer goods. Our pensions remain the same for the moment, but who knows whether the Government intend to increase these?

This is not a good time to switch energy supplier. The best deals now are 'Dual Fuel' paid by Direct Debit which ensures a cheaper rate. Beware of Energy type scams as many are emerging. If you are offered something that sounds too good to be true it probably is.

*What is the Government offering us?*

£400 non-repayable 'Energy Support Grant' for families

Winter Fuel Payment. £200 for those under 80 and £300 if over 80.

£300 'Pensioner Cost of Living Payment', linked to Winter Fuel Payment (WFP) eligibility. You are generally eligible for the WFP if you are over State Pension age (66). The money is paid as a top-up to your WFP in November/December.

Local authorities are responsible for running the government's Council Tax Rebate scheme under which eligible households get a non-repayable grant of £150. You are generally eligible if your home is in Council Tax bands A to D, although you must claim this payment if you do not pay Council Tax by direct debit.

Cold weather payments. Payment is £25 for each seven-day period of very cold weather between 1 November and 31 March.

Boiler Upgrade Scheme (BUS) BUS is a government scheme offering help with the cost of installing low carbon heating systems such as heat pumps and biomass boilers. You can get a grant of £5,000 or £6,000, depending on the technology you choose. Support for biomass boilers is only available if your property is **in a rural area or off the gas grid**. To be eligible, your property must have a fossil fuel heating system such as oil, gas, or direct electric – help is not available for the replacement of existing low carbon systems. You must generally have an Energy Performance Certificate with no outstanding recommendations for loft or cavity wall insulation. To apply, you first need to find a Microgeneration Certification Scheme

**HELP FROM: Visit [gov.uk](http://gov.uk) website to get help with your bills**

Your mental health is as important as your physical health. You should talk to your GP if your money problems are affecting your mental health.

*Is there any other help available for us?*

I am well aware that many elderly people are very confused over our welfare benefit system and even some advisers struggle over a myriad of help out there. In my experience many do not claim because they don't know how to or what they may be entitled to, and if they try they are often thwarted before going any further. For pensioners who only have their state pension they should also be claiming Pension Credit. For anyone with severe mobility or health issues they are very likely to be eligible for Attendance Allowance and this is not means tested. It would be worth getting a Benefit Check if you are struggling financially.

Food Banks are very popular and in Market Rasen there is one run by the New Life Church in Serpentine Street. They are open Mondays, Tuesdays, Thursdays and Fridays from 10.30/12.30. To access food parcels you need to visit the Church or contact 07716 358892 .

Another food bank is available at the Salvation Army in John Street., open Mon-Fri 9am-3.30pm

What did you do before you retired? Many career types have welfare funds for their older members, e.g. The RBL for retired veterans or Perennial for retired gardeners.

*What if I can't pay my gas or electricity bill?*

Contact your supplier and explain your situation.

Ask for a payment plan so you can spread your arrears payment including your current supply over a period of say 12 months which is more manageable for you.

If you are in receipt of Pension Credit ask to go on their 'Fuel Direct' scheme

British Gas Energy Trust Fund helps any household with a gas supply (and not necessary theirs) with a grant to pay off a fuel debt. EDF Energy Customer Support Scheme and E ON Next Energy Fund offer similar help to their own customers.

**HELP FROM: As part of the Warm Homes programme, Age UK Lindsey can help (see previous page). If you are of pensionable age they can check your benefits entitlement and ensure that you are receiving the financial help that you need. They can also make the application process easier by offering support with completing forms. Call 01507 524242 (option 1) to find out more.**

*Ways to save energy in the home*

turn down the thermostat. Somewhere between 18/21 degrees C should be sufficient instal heating controls.

ensure there is space around radiators.

draught proof and insulate your hot water cylinder and hot water pipes.

insulate any open chimneys that are not in use.

instal cavity wall insulation which could result in annual savings. It would likely take 3 years to recover the outlay costs.

heat only the rooms you use.

gas is still a cheaper form of heating than electricity.

If you have a Smart meter you can check which appliances cost a lot to run and reduce their usage.

**HELP FROM: As part of the Warm Homes programme, you could receive a free home energy check from Age UK Lindsey (see previous page). If you are over 65, live in a cold home or have a long-term health condition, you may be eligible. Their trained Home Energy Adviser will discuss your home energy needs over the telephone and then arrange to come to your home and install FREE energy efficient equipment, such as light bulbs and reflective radiator panels to help make your heating more efficient. Call 01507 524242 to find out how they can help you.**

Above all, **PLEASE STAY WARM!**

Jane Guy

Membership Secretary

## Catering Helpers Rota

### December

Serving:: Suzanne Barker  
Marion Blackstock  
Kitchen: Anita Handford  
Christine Kettlewell

### January

Serving:: Christine Pearce  
Vera Brisbane  
Kitchen: Anita Handford  
Yvonne Heathershaw.

**Rachel Telfer is always looking for members who would like to volunteer to help with catering, please contact her at the meetings.**

## Greeters Rota

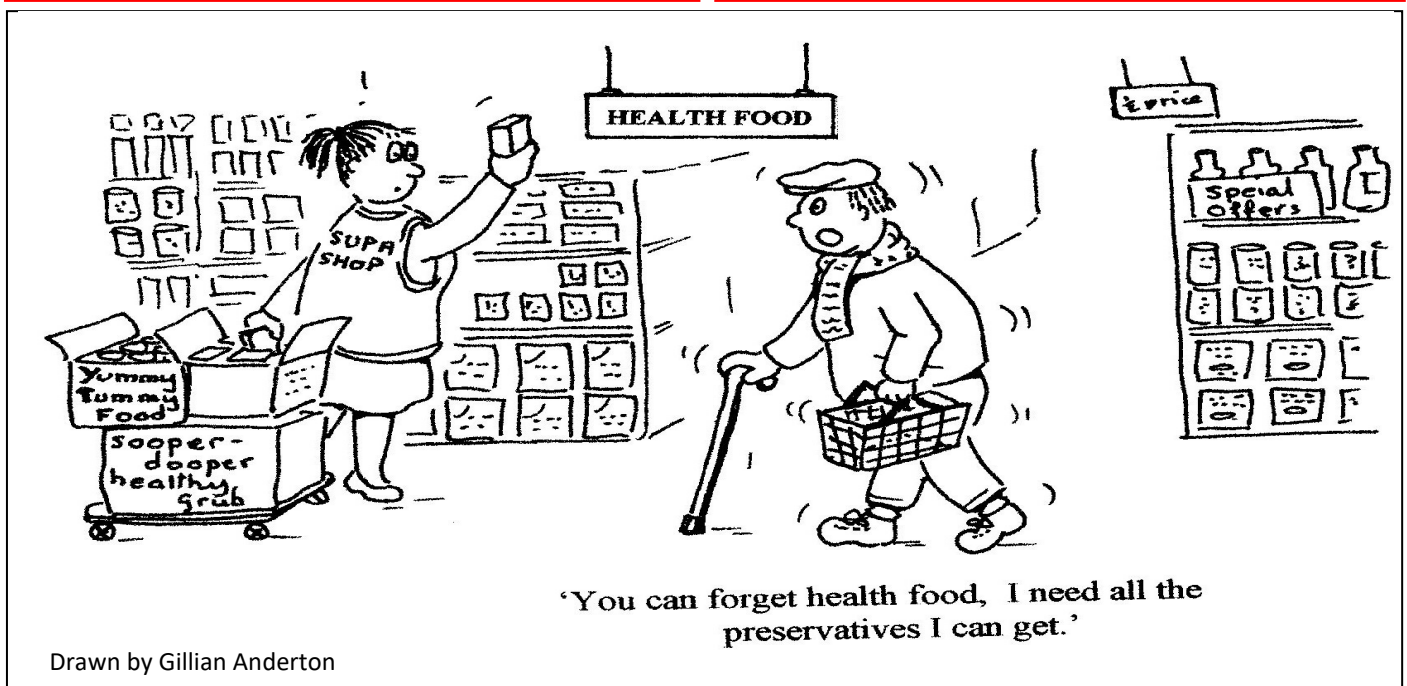
### December

Alison Laing  
Mike Newton  
Beth Scott Gunn

### January

Shirley Fuller  
Eunice Hughes  
Mary Orphanoudakis

**Caroline Dale is asking if anyone would like to be a greeter, please contact her at the meetings or on 01673 844142.**



## HEALTH ISSUES

If you have a hearing or sight issue, or any other health issue that you feel we may be able to help you with whilst attending a group or the general meeting, please speak in complete confidence to a committee member.

## YOUR COMMITTEE IS LOOKING FOR ASSISTANTS!

To ensure the efficient operation of your u3a, the Committee would like to invite members to assist with small tasks.

There will be no requirement to join the Committee but it would be helpful if interested members could attend the monthly Committee meetings on some occasions.

If you can spare an hour a month to help, or to find out more information please get in touch with Sharon: [secretary@westwoldsu3a.org](mailto:secretary@westwoldsu3a.org).

## GROUPS DISCLAIMER

Please be aware that now groups or activities have recommenced, 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 2021/2022

### **Chairman 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**

Sharon Rupp Tel: 07803 694889  
[secretary@westwoldsu3a.org](mailto:secretary@westwoldsu3a.org)  
[speakerfinder@westwoldsu3a.org](mailto:speakerfinder@westwoldsu3a.org)

### **Membership Secretary and Safeguarding Officer**

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)

### **Publicity Officer**

Gary Beighton Tel: 01673 849364  
[publicity@westwoldsu3a.org](mailto:publicity@westwoldsu3a.org)

### **Secretary to**

**East Lincs. Neighbourhood**  
Shirley Fuller Tel: 01673 885948  
[eastlincs@westwoldsu3a.org](mailto:eastlincs@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)

#### **Website Administration**

Steve McCarthy Tel: 01673 308364  
[webadmin@westwoldsu3a.org](mailto:webadmin@westwoldsu3a.org)

## 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.

#### Sign Up For Updates

Enter your email address to get updates from Westwolds U3A and receive notifications of new posts by email.

Join 93 other subscribers.

Recent Posts

Here is the Interest Groups Monthly Timetable, 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 Digital Photography 14:00 Turkish Delight Desert Dancers	10:00 Family History 14:00 Backgammon 14:00 Upholstery ( <b>Paused</b> ) 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 14:30 Recorder Group	10:00 Latin 10:30 Line Dancing 10:00 Biblical Hebrew 10:00 Cycling (Longer Rides) 14:00 Scrabble 14:00 Discovery Group 14:00 Start Spanish
2nd	14:00 Recorders	10:00 Local History 10:00 Beginners Family History 14:00 Upholstery ( <b>Paused</b> ) 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 10:30 Line Dancing 10:00 Biblical Hebrew 10:00 Cycling (Longer Rides) 14:00 Start Spanish
3rd	14:00 Digital Photography	10:00 Country Walks 14:00 Embroidery 2 14:00 Upholstery ( <b>Paused</b> ) 14:30 Spanish 14:30 German	10:00 Telling our Stories 10:00 Cycling (Short Rides) 14:00 Readers Group – <b>FULL</b> 14:00 Gardening Group	10:00 Italian – <b>Not currently meeting</b> 10:00 Keep Fit 10:00 Patchwork 14:00 Indoor Bowls 14:00 I.T. Workshop 14:00 Discussion Group 14:30 Drama 14:30 Recorder Group	10:00 Latin 10:30 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> 14:00 Start Spanish
4th		10:00 Music Appreciation 10:30 3 Mile Walkers 14:00 Upholstery ( <b>Paused</b> ) 14:30 Spanish 14:30 German	10:00 Embroidery <b>(*Last Wednesday of month)</b> 10:00 Cycling (Short Rides) 14:00 Rasen Book Group	10:00 Cross Stitch – <b>FULL</b> 10:00 Keep Fit* <b>(* And 5th Thursday, if there is one)</b> 14:00 Indoor Bowls 14:30 Drama	10:00 Latin 10:30 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 14:00 Start Spanish

## INTEREST GROUP CONVENERS

### **BACKGAMMON**

*Bill Roberts 01673 842703*

### **BIBLICAL HEBREW**

*Alison Atkinson 01673 849979*

### **BRIDGE – NEW CONVENER REQUIRED**

*TBA - New Convener required*

### **CANASTA**

*Jan Watkins 01673 308791*

### **CARD MAKING**

*Ginny Beard 01673 844432 / 07980 209642*

### **CROSS STITCH – FULL**

*Audrey Storey, 01673 849625*

### **CYCLING**

*Gordon Jennings 0794 8881121*

### **DIGITAL PHOTOGRAPHY**

*Terry Francis 01673 842088*

### **DISCOVERY GROUP**

*Mary Howes 01673 849554*

### **DISCUSSION GROUP**

*Angela Wilson angewilson55@gmail.com*

### **DRAMA**

*Gail Dennis 01673 843575*

### **EMBROIDERY**

*Pat Hage 01673 849447*

### **FAMILY HISTORY**

*Jacqueline Reid 01673 849490*

### **FAMILY HISTORY – BEGINNERS**

*Jacqueline Reid 01673 849490*

### **GARDENING**

*Jane Guy 0797 1277482 / 01673 885415*

### **GERMAN**

*Gary Beighton 0758 2227856*

### **INDOOR BOWLS**

*Jane Guy 0797 1277482 / 01673 885415*

### **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**

*Kay Green Tel: 0790 081 8373*

### **MAH JONG**

*Jane Fairclough 0794 756 6606*

### **MUSIC APPRECIATION**

*Barry Dukes 01472 852454*

### **PATCHWORK**

*Lyn Henry 01673 843851*

### **POETRY**

*Eva Smith 01673 842218*

### **READERS GROUP – FULL**

*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 – NEW CONVENER REQUIRED**

*Brian Siddown, 01673 860433*

### **THEATRE VISITS**

*Jane Lloyd 01673 843078*

### **TRIBUTE BANDS**

*Phyl Murray 01673 838543*

### **TURKISH DELIGHT DESERT DANCERS**

*Gillian Anderton 01673 844382*

### **UPHOLSTERY AND FURNITURE**

### **RESTORATION – SUSPENDED UNTIL MAY**

*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 COUNTRY WALKERS**

*Ken Howitt 01652 678490*

### **THE STROLLERS – NEW CONVENER REQUIRED**

### **THE 9-MILE HIKERS – NEW CONVENER REQUIRED**

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