

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

newsletter@westwoldsu3a.org

Merry Christmas and a Happy New Year From the Committee

CHAIRMAN'S REMARKS

Thank you to everyone who made the effort to come to the AGM and support the process of electing a new committee. Different jobs will be agreed at the next committee meeting. The December General Meeting will be a few days after and we look forward to seeing you there and some of you afterwards at the Christmas meal.

Please continue to volunteer for the various jobs that help our u3a function. If you have an idea for a new group or can take on the leadership of a group that has not been functioning recently please let us know.

I would like to wish you all compliments of the coming season and hope we all have a mild winter.

Best wishes
Gail Dennis, Chairman

MEMBERSHIP 2022/2023

Now we are in December and our renewal year starts at the beginning of September each year, there are some members who had 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 would 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

THANK YOU!

The Committee would like to thank all our volunteers for everything they have done during the year to support our u3a. Without you, we could not function.

Merry Christmas and a Happy New Year to all our Volunteers and Members.

CATERING REQUEST

Help is needed with serving teas/coffees etc. and also in the kitchen for February and March.

A reminder that the serving of the refreshments at the monthly meeting will finish by 10:15 a.m. This will enable the volunteers to clean and tidy the kitchen area and be able to join the meeting at 10:30 am

Rachel Telfer, Refreshments Co-ordinator.

SPEAKER PROGRAMME 2022/23

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.



2023

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.



9^h 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.



The Lincolnshire Primary Care Network Alliance (PCN) is an NHS based initiative by working GPs with links into every GP practice in Lincolnshire. They have approached us regarding a project they are running within rural communities looking at patients who have high blood pressure that they are unaware of, and which can lead on to serious health issues.

They will have a pop-up clinic at our December meeting, inviting any member to have their blood pressure checked by a nurse in a confidential manner.

Please visit the bar area at the Festival Hall if you would like to participate. This is only available before the Music Makers start their performance at 10:30.



2022

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

LOCAL HISTORY GROUP
PROGRAMME.

2023

TBA

For information about any of these talks or visits contact **Paul Ettridge telephone 01472 398921**
Email groupcoordinator@westwoldsu3a.org

1. Impersonation Fraud

An impersonation scam is where a criminal pretends to be from trusted organisations such as a bank, the police, your energy supplier or the government to name a few. Their approaches often start with a text or email from the ‘organisation’ asking you to take action. They might ask you to transfer money to a safe account and pressure you to act immediately.

2. Purchase Fraud

Online shopping, although convenient, gives criminals lots of opportunities to trick you. It might be a deal that seems too good to be true, or you might be asked to pay by bank transfer when buying something online. Sometimes they’ll use cloned websites or cloned URLs to make it look like you’re on a legitimate website.

3. Payment in Advance Fraud

Also known as advance fee fraud, this is where you’re convinced to pay an upfront fee for something which you ultimately never receive. This could be for a loan, a background check or another service. Criminals might put you under pressure to pay quickly or using crypto-currency.

How can I protect myself?

If you get a request for money or personal details before you do anything you should **Stop, Challenge, Protect.**

Stop – Taking a moment to stop and think before parting with your money or information could keep you safe.

Challenge – Could it be fake? It’s ok to reject, refuse or ignore any requests. Only criminals will try to rush or panic you.

Protect – Contact your bank immediately if you think you’ve fallen for a scam and report it to Action Fraud.

If you do fall for an online scam, Citizens Advice’s consumer service is here to help. They provide free, impartial and confidential one-to-one support on scams. They can help you report the scam and help you understand the next steps. If you’ve lost a significant amount of money or are struggling as a result of being scammed, they can also help direct you to other services which may be able to help you.

WEST WOLDS WARBLERS PERFORM AT AGM

The West Wolds Warblers were the headline act at the AGM on the 10th November, there were about 12 of us who sang along to about ten songs both old and new with the lyrics displayed on the big screen on the stage, and I was very pleased to see many of the audience singing along to the well-known songs. We could have done more, but ran out of time.

I hope you enjoyed the performance and if you want to join our group you would be very welcome on the first Wednesday of the month at the New Life Church between 2-4pm, the fee is £2 per session to pay for the room and we supply tea/coffee and biscuits at half time. You don't have to be a brilliant singer, it is just a good chance to open your lungs and enjoy yourself, singing along to the music.

Terry & Julia Francis

u3a LIAISON

Our own Intermediate Spanish group recently met up with the Spanish group from Lincoln Cliff Villages u3a for an afternoon of Spanish conversation accompanied by some delightful tapas dishes. The lunchtime meeting started off with a wonderfully refreshing non-alcoholic sangria. Some



of us were driving after all. This was followed by a range of truly Spanish inspired dishes.



For our first get-together the conversation included chatting about how we'd all started learning Spanish. Several people had started learning during lock down when we were looking for things to occupy our time while others were keen to keep foreign language learning skills fresh in their minds. Whatever the reason, our groups are very important to us.

The national u3a are very supportive of local initiatives where groups join together to share skills and ideas. With this in mind both Spanish groups plan to make these informal meetings a regular feature of our programmes in order to take our language learning further.

Sandra Dean

BEGINNERS CARD CRAFT

Ginny Beard ran a beginners Card Making session for 6 members last month on 1st November at her home.



During the morning we were totally engrossed making our cards following Ginny's clear instructions, and the techniques learned and employed included embossing, die cutting, paper folding and stamping.



Everything needed is supplied and it's an enjoyable and relaxing event, highly recommended. For more information about future sessions, please contact Ginny direct.



We were all delighted with our first attempts and hope to attend another session if Ginny can put up with us again!



DIGITAL PHOTOGRAPHY GROUP-
PICTURES OF THE MONTH FOR NOVEMBER



Shallow Depth of Field

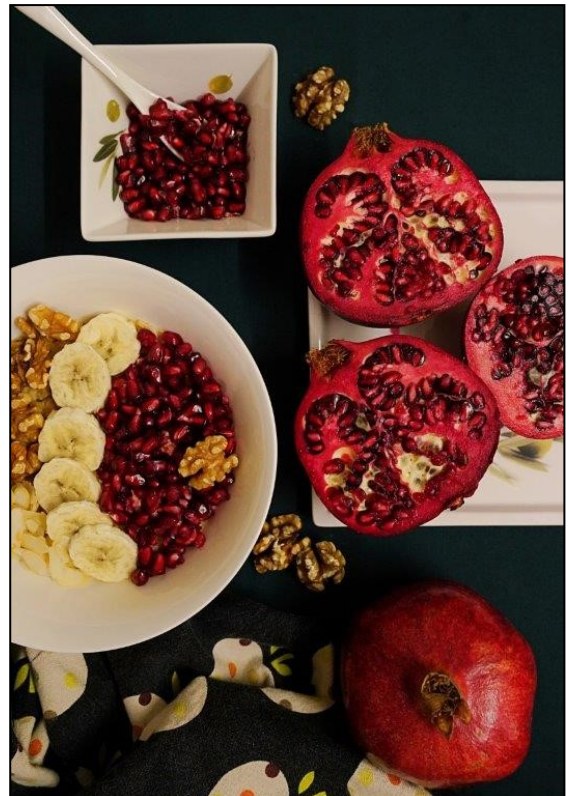
Pelargonium

Taken by Terry Francis

Creative Food Photography

Breakfast

Taken by Suzanne Barker



Favourite Photo of the Month

Floods at Willingham Woods

Taken by Mary Orphanoudakis



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

**WW u3a GARDEN GROUP EXCURSION TO RHS HARLOW CARR,
NEAR HARROGATE ON MONDAY, 24TH APRIL, 2023 - PLACES STILL AVAILABLE**



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 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

24th 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

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

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 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

Catering Helpers Rota

January

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

February

Serving:: Liz Eastburn
Keith Grayburn
Kitchen: Bernadette Heald
TBA.

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

Greeters Rota

January

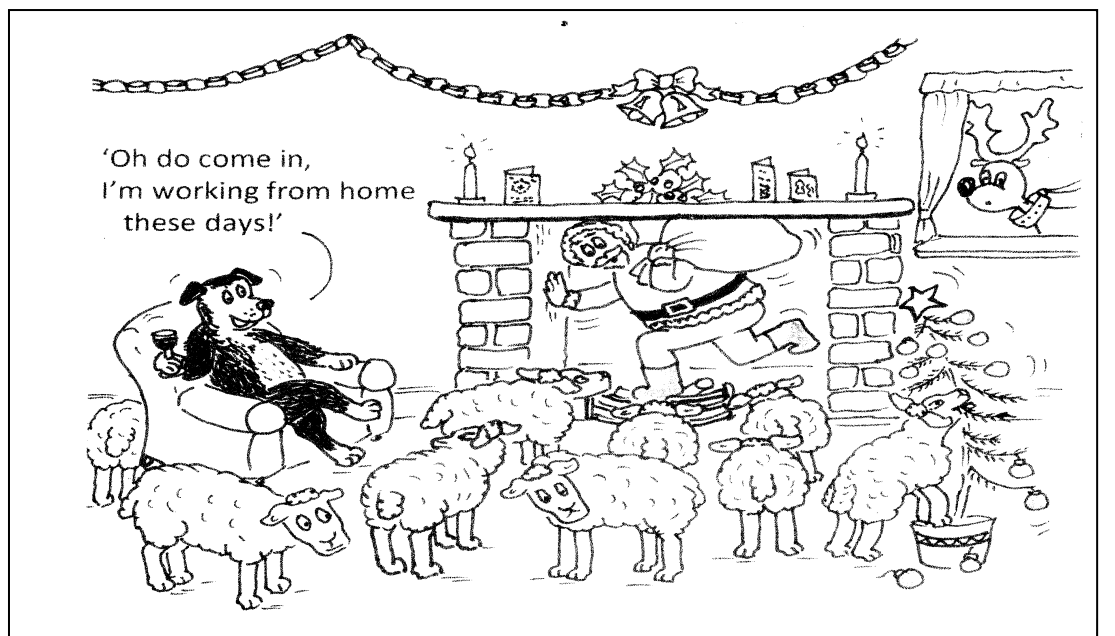
Shirley Fuller
Eunice Hughes
Mary Orphanoudakis

February

Brian Ward
Barry Dukes
TBA

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

Cartoon Created by
Gillian Anderton



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.

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

Vice Chairman

Jane Lloyd Tel: 01673 843078

membership@westwoldsu3a.org

Treasurer

Terry Francis Tel: 01673 842088

treasurer@westwoldsu3a.org

Business Secretary, Speaker Finder

Sharon Rupp Tel: 07803 694889

secretary@westwoldsu3a.org
speakerfinder@westwoldsu3a.org

Membership Secretary

Jane Lloyd Tel: 01673 843078

membership@westwoldsu3a.org

Groups' Coordinator

Shirley Fuller Tel: 01673 885948

groupcoordinator@westwoldsu3a.org

Newsletter Production Editor and Technical Support

Terry Francis Tel: 01673 842088

newsletter@westwoldsu3a.org

Publicity Officer

Gary Beighton Tel: 01673 849364

publicity@westwoldsu3a.org

Secretary to

East Lincs. Neighbourhood

Shirley Fuller Tel: 01673 885948

eastlincs@westwoldsu3a.org

Safeguarding Officer

Kathryn Wade

kathrynbwade@gmail.com

New Members – Roles TBD

Ginny Beard

Sandra Dean

Support Roles (Non Committee)

Catering Coordinator

Rachel Telfer Tel: 01673 844244

rachetelfer1@hotmail.co.uk

Greeters Coordinator

Caroline Dale Tel: 01673 844142

ginger.mike29@btinternet.com

Welfare

Mandy Murphy Tel: 01673 565295

Mandy.murphy1396@gmail.com

Website Administration

Steve McCarthy Tel: 01673 308364

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, 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 (Paused) 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- Course Complete
2nd	14:00 Recorders	10:00 Local History 10:00 Beginners Family History 14:00 Upholstery (Paused) 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 GENERAL MEETING Festival Hall Market Rasen 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- Course Complete
3rd	14:00 Digital Photography	10:00 Country Walks 14:00 Embroidery 2 14:00 Upholstery (Paused) 14:30 Spanish 14:30 German	10:00 Telling our Stories 10:00 Cycling (Short Rides) 14:00 Readers Group – FULL 14:00 Gardening Group	10:00 Italian – Not currently meeting 10:00 Keep Fit 10:00 Patchwork 14:00 Indoor Bowls 14:00 I.T. Workshop 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* (*And 5th Friday of the month, if there is one) 14:00 Start Spanish- Course Complete
4th		10:00 Music Appreciation 10:30 3 Mile Walkers 14:00 Upholstery (Paused) 14:30 Spanish 14:30 German	10:00 Embroidery (*Last Wednesday of month) 10:00 Cycling (Short Rides) 14:00 Rasen Book Group	10:00 Cross Stitch – FULL 10:00 Keep Fit* (* And 5th Thursday, if there is one) 14:00 Indoor Bowls 14:30 Drama	10:00 Latin 10:30 Line Dancing 10:00 Biblical Hebrew 10:00 Cycling (Longer Rides)* (*And 5th Friday of the month, if there is one) 14:00 Mah Jong 14:00 Start Spanish- Course Complete

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

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

START SPANISH – COURSE COMPLETED

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

Have a look at our Facebook page for interesting information, share it to all your friends, to increase our membership.



westwoldsu3a