

# WEST WOLDS

## u3a

"Learn , Laugh and Live"

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

## April 2024 Newsletter

### Issue 128

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)

### CHAIR'S REMARKS

Hello everyone,

Since the last newsletter we have experienced our first 25th anniversary event. Over 100 members attended, a superb turnout, and it proved to be a wonderful experience for all concerned. The key element was the camaraderie between the many volunteers who helped to set out the tables, hand out the cake, pour the sparkling wine and cleared away afterwards.

I will never stop being surprised at the goodwill shown by all those who volunteer to make these events successful and great fun.

A big thank you to all involved. If ever you wish to join the growing team of volunteers there are plenty of opportunities to sign up to be a greeter, or serving the tea and biscuits or simply washing up. Don't hold back, join in!

*Steve McCarthy – Interim Chair*

### FOR ALL GROUP CONVENORS

Looking for New Members? Why not tell us more about what your group does.

Write a short article or create an advert for a future newsletter.

Speak to the Groups Coordinator or Newsletter Editor to find out more

### THE WEST WOLDS GARDENING GROUP.



This is a very friendly group, more of a 'garden family' now as I think of them. There is a raffle with lots of prizes, plant sales and some give-aways too.

If you have not been to any of our meetings, please do give this a try. You do not have to be a passionate gardener, but a love of plants does help! Maybe you now have a small patio with a pot or two, you are just as welcome.

We also have arranged our first coach excursion this year to Littlethorpe Manor which is near Ripon, on the 30th May. The price is £45 per person which includes the coach (from Market Rasen), the driver's tip, entrance to this beautiful garden, and tea and cake too. You do not have to be a member of the garden group to attend. Book through Jane Guy.

### GARDENING GROUP PROGRAMME

**17th April:** All about Peonies by Gail Harland

**10th May:** Nursery visit . Andrew Ward, Norwell, NG23 6JX

**30th May:** Coach excursion to Littlethorpe Manor, Ripon. £45.00

**5th June :** Garden visit to Wragby Road, Sudbrooke

*Jane Guy*

## 25TH ANNIVERSARY 14TH MARCH MEETING



To celebrate our 25th year anniversary we held a very special general meeting. At least 111 of our members attended this very enjoyable event.



The committee had worked hard to put on a memorable occasion. In his opening address, our chairman Steve reflected on past times and members, but also looked forward to the next 25 years. He quoted one of the founder members who when asked if she thought the u3a would work in Market Rasen answered "We will never know unless we try" – this can-do philosophy is one we should all strive for.



There then followed speaker Steve Short who made us all chuckle with his corny jokes, magic tricks, and the interesting history of the comedy duo Morecambe and Wise.

The audience then toasted our achievement with a glass of bubbly and a slice of delightfully decorated cake, served by the Committee and volunteers.



It was so good to see so many of the early members at the celebration even though for some of them it was quite a struggle to attend. In a corner of the hall a video was playing of some founder members recounting some of their early experiences, but most people were more interested in chatting and seeing old friends. These videos can be seen on our website, look for the 25th Anniversary link on the front page.

To further mark the anniversary there are a series of special events coming up during the year, including a treasure hunt, a garden visit, a trip to Thornes headquarters (bee keeping equipment supplier) and much more. The West Wolds u3a relies on its members to continue operating. Going on this event the signs look good that it will continue to thrive whilst maintaining a rich history.

*Gary Beighton*

## **25<sup>TH</sup> ANNIVERSARY CELEBRATIONS**

### **- IMPORTANT INFORMATION**



#### **Further Events, April to June**

Dates for four further events have also been confirmed and these are:-

**Thorne Beehives Visit** plus refreshments,  
Wednesday 24th April from 2pm, £5

**Car Treasure Hunt and Pub Lunch**, Wednesday  
1st May from 10am followed by lunch at 12 noon, £4  
per car plus extra for lunch

**Littlethorpe Manor coach trip**, full day, 30<sup>th</sup>  
May, £45

**Indoor Bowls Afternoon** Thursday July 4th, £5

**Payment can be in cash or by cheque only.**

You will need to sign up for these events so do look  
out for these or let us know.

**chair@westwoldsu3a.org**

We've already had many offers of help from  
members and Convenors and this also includes  
suggestions for further activities and events during  
the year. Thanks to everyone who has come  
forward with ideas and offers of help.

If you've not yet been in touch please contact either  
**chair@westwoldsu3a.org** with your suggestions.

**Let's make this a year to remember!**



**AT THE MONTHLY  
MEETING, TEA & COFFEE IS  
SERVED FROM  
9.30 - 10.15.**

**PLEASE REMEMBER THAT THE CATERING  
STOPS SERVING AT 10:15, PLEASE ENSURE  
ALL CUPS ARE RETURNED TO THE  
KITCHEN BY THIS TIME.**

**THANK YOU FOR YOUR CO-OPERATION.**

**IF ANYONE NEEDS HELP CARRYING  
THEIR DRINK TO THEIR CHAIR, PLEASE  
ASK ONE OF THE CATERING TEAM.**



#### **Greeters Rota**

##### **May**

Alison Laing  
Mike Newton  
Barry Dukes

##### **June**

TBA  
TBA  
TBA

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

#### **Catering Helpers Rota**

##### **May**

Serving:: Stephanie Fox  
Bess Scott Gunn  
Kitchen: Pam Britton  
Janice Adams

##### **June**

Serving:: Jane Bridger  
Christine Kettlewell  
Kitchen: Bill Roberts  
Kate Roberts

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



# West Wolds U3A

## 25<sup>th</sup> Anniversary

### Car Treasure Hunt – Team Event

### On Wednesday 1<sup>st</sup> May 2024



Starting @ 10:00 from Willingham Woods Car Park

Explore our beautiful countryside whilst solving clues  
and answering questions.

**Cost just £4.00 per car**

Booking and further details are available from:

Sharon Rupp

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

Food and drink can be purchased at the finish.  
Limited numbers so book early to avoid disappointment!!  
Full instructions given at the start.



## **MEET WEST WOLDS SAFEGUARDING AND WELFARE TEAM**

We are delighted to introduce our dedicated Safeguarding and Welfare Team. Committed to ensuring the well-being and safety of our u3a community, this team is here to provide support and guidance in securing a safe environment for all members. Feel free to reach out to them with any concerns or questions, as they play a vital role in fostering a safe and inclusive u3a experience for everyone.

### **The Safeguarding Team**

As the interim safeguarding lead, Sharon Rupp is the named member of the committee with responsibility for safeguarding. This means that there will always be a time when you can contact someone in our u3a about welfare or safeguarding concerns.

Mandy Murphy is our welfare volunteer and many of you will already know the role she plays when you receive a card or message if you've been unwell or into hospital. If you're aware of someone who needs a message from Mandy do let any member of the committee know.



A message from Mandy

Hello fellow members, My name is Mandy Murphy and for about 10 years now I have been sending messages and cards to fellow members. It is certainly a labour of love as I find the activity so worthwhile. As a fellow member of West Wolds u3a I would ask that you contact me if you know of a member who is struggling at the moment, whether through illness, loneliness or a recent bereavement.

I will usually respond with a hand crafted card the next day, so please do get in touch with the details of anyone who would welcome a friendly message.

If you want to know more you can take a look at our recently reviewed West Wolds Safeguarding Policy and Further Guidance on the website under the information tab or you can talk to Sharon directly on 07803 694889.

Don't forget that if you ever have an urgent need to contact Lincolnshire Safeguarding Adults Board (LSAB) you can reach them on 01522 782155 (Monday to Friday 8am - 6pm) or 01522 782333 (out of hours).

## **MAHJONG GROUP**



If any members have a Mah Jong set that is surplus to requirements and destined for a charity shop, would you be willing to donate it to our group? We would be very grateful.

Contact Margaret Allerston on 01673 842247



## **GENERAL MEETING** **SPEAKER PROGRAMME 2024**

**9th May - Elaine Hagger - Voluntary work at Bletchley Park**



Bletchley Park was the top-secret home of the World War II codebreakers. Today, it's an award-winning heritage site, where you can learn about the groundbreaking achievements of people who worked there.

**13th June - Martin Lloyd - Passport, Assassins, Traitors and Spies**

Thrill to a dramatic account of how a group of assassins brought about a change in the passport regulations; how the unmasking of a spy caused a modification in passport design and how, for one man, the passport itself turned into a killer.



**11th July "You Must Remember This"**

**by Bernard Bale - Speaker \* broadcaster \* actor \* author & writer.**

Take a step back in time to childhood, going to school, growing up and living through the 1940s, 1950s, 1960s, 70s and stepping into the 80s. Remember the radio, the TV, the music, the fashions, the stars – the way we were. This is a fun look at life as it was and as it is

**8th August - Lincolnshire Lowland Search and Rescue**

Lowland Rescue covers everywhere "from hill to high water". We primarily cover the county of Lincolnshire, but we also regularly assist neighbouring teams.



**From Hill to High Water™**

## GAMES ON!



The next games group meeting is on the 29th April at The Bistro, Market Rasen at 2pm, to finish before 4pm.

We are a friendly group of members who all like to play games, we supply a variety of games for you to play, so if interested then please come along and join us. Importantly, the players were able to buy refreshments as they played! If you have any new games you would like to introduce, or join in with the existing games please contact Pam.



The **Board and Card Games Group** meet on the last Monday of the month at 2pm, in The Bistro, Market Rasen.

Contact Pam Britton for information

## THEATRE GROUP



**Show:** Gilbert & Sullivan's **HMS Pinafore**

**Venue:** Louth Riverside Theatre

**Date:** Saturday 22nd June 07:30

**Cost:** £15

For further details contact **Cathy Whelan** at the general meeting or by phone on 07974 856984

## DISCUSSION GROUP

**TOPIC :** In considering what we, the human race, have attempted to make the world a better place for our children and grandchildren, have we succeeded?

This will be chaired by Steve Flockton.

Venue in my house (Market Rasen), meeting time/ date 10:00am on the Third Wednesday. Next meeting Wed. 17th April. Maximum number is 8.

Please contact the Convenor, David Ebbage on visits@westwoldsu3a.org or 01673 847750

## CROCHET GROUP

Pat Hage is running a new Crochet Group on the 1st and 3rd Mondays of the month at 2pm in Market Rasen. Please contact her on 01673 849447 or by email on phage65@gmail.com

## CANCELLATION NOTICE OF APRIL VISIT

The visit to the [LINCOLNSHIRE ROAD TRANSPORT MUSEUM](#) on Thursday 18th April, has been cancelled due to lack of interest.

u3a Contact: David Ebbage on 01673 847750 (visit@westwoldsu3a.org).

## U3A FESTIVAL 2024 AT YORK UNIVERSITY

July 18th to 20th

This national event will include a wide range of events.

Details on the national website and in TAM



# VISIT

Lincolnshire Aviation

Heritage Centre

Tuesday 14<sup>th</sup> May. Meet 1000 East Kirkby.



This is your chance to experience the excitement and atmosphere as the Lancaster and Mosquito aircraft from World War 2 taxi. The thunderous noise, smell and grandeur will assault your senses. The museum, and other displays, offer a window on aviation during the War, and to complete your visit there is the option to sample the modern cuisine of the NAAFI!

You should not miss this- £10/person.

Car sharing may be possible.

Web site: <https://www.lincsaviation.co.uk/>

Contact David Ebbage: [visits@westwoldsu3a.org](mailto:visits@westwoldsu3a.org)

Tel: 01673 847750



## IN CASE OF EMERGENCY CARDS (I.C.E)

If you come to the next General Meeting look out for some 'In Case Of Emergency' cards which will be available on the front desk, these can be put in your wallet, purse or phone case and can be filled in with your emergency contacts and medical details so that emergency responders can find them easily.



### In Case of Emergency Contact:

Name 1: .....

Tel: .....

Name 2: .....

Tel: .....

Medication: .....

.....

Conditions: .....

.....

Allergies: .....

.....

*Terry Francis*

## LOCAL HISTORY GROUP PROGRAMME

### **Meetings at Middle Rasen Village Hall**

**May 14th.** A talk by Nigel Horner entitled "Radicalism, Reform, and Reaction: the strange and fantastic story of the Lincoln Asylum 1819 to 1850"

**June 11th.** A talk by Paul Howitt Cohen entitled "Lost Country House"

For information about any of these talks or visits contact Paul Ettridge telephone 07916 910023  
Email [pauletttridge28@gmail.com](mailto:pauletttridge28@gmail.com)

## SOLO GROUP

The solo group met again on Friday 15th March, we had a great turnout of 21 members and we were pleasantly entertained by Geoff Barnard.

The next meeting will be on Friday 19th April and Kay Turnbull from the local library will give a short presentation on all that's available at the Market Rasen library.

Thank you.

Please feel free to make any suggestions for future meetings when we meet at the New Life Church, Market Rasen on the third Friday of each month at 2.00 p.m.

*Ginny Beard*



## **HAVE MORE FUN MEET NEW PEOPLE GENTLE EXERCISE**

COME AND JOIN OUR  
INDOOR BOWLING GROUP  
WE MEET ON THURSDAY  
FROM 2.15 TILL 4.30  
AT DUNHOLME INDOOR BOWLS CENTRE

BOWLS AVAILABLE AT THE CLUB.  
FLAT SHOES NEEDED.

CONTACT CATHY WHELAN  
01673 565608

## WHAT DOES YOUR MEMBERSHIP FEE PAY FOR?

Every u3a across the country pays a fee to the national office for membership. It increased in April 2022 to £4 per member, and for West Wolds this is likely to cost for 2023-24 £1,216. So what do we get from national office for this fee?

The one most people are aware of is Insurance Cover yet there is a general misconception as to what this really covers so here is a short overview:

**Public Liability** Covers injury caused to a third-party or their property arising from a u3a activity. Members can be regarded as a third-party if they are injured as a result of an accident for which the u3a is legally liable.

**Property** Covers damage to moveable items owned by the u3a and contents of a member's home whilst a u3a activity is hosted.

**Cyber** This covers any costs involved following a data loss.

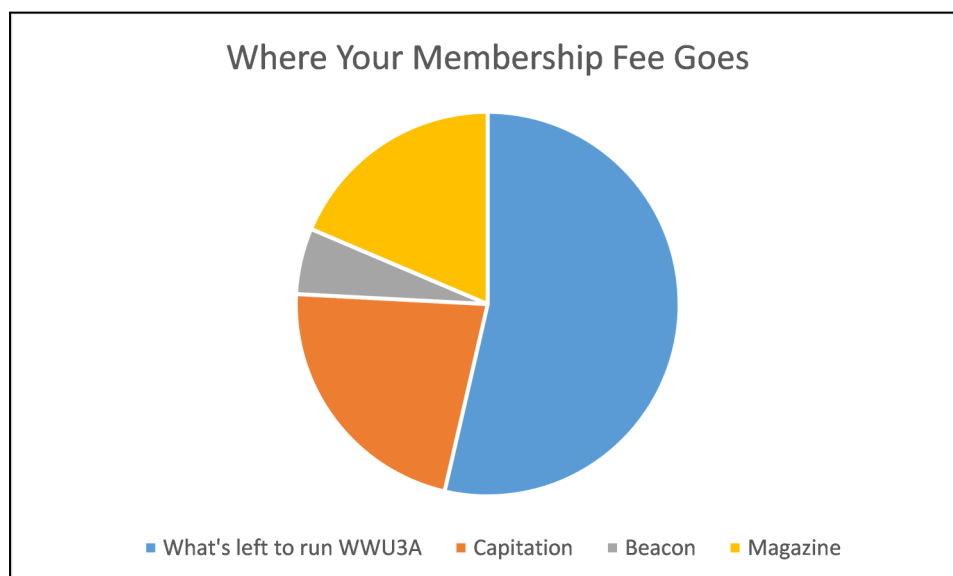
**Money** This covers Theft of u3a money as a result of a break-in or during a u3a activity.

Apart from insurance, National office deliver training workshops, summer schools, advice and legal updates, procedures for committees to follow, an annual AGM, as well as regional conferences to exchange ideas and receive updates on future strategy, online learning events free to all members on diverse subjects (more info: <https://www.u3a.org.uk/learning/learning-activities> and <https://www.u3a.org.uk/events/educational-events>) Branded items and so on.

In addition, there is a fee for members to receive the Third Age Matters (TAM for short) Magazine at £3.60 per member which on current predictions will be invoiced shortly at approx. £500. Members can opt-out of receiving this publication if it is not required, or could share with another member, either option would make a saving to our u3a coffers (see below).

Finally there is a £1 per member fee to cover the costs of Beacon. This is the management system designed and implemented by u3a members which frees up a lot of time and effort for committees and streamlines many of the processes required to run a u3a. So from your £18 standard single-membership rate\*, there is £9.65 remaining to run West Wolds u3a on (\*some members pay a reduced rate so we do not receive that from all members). The biggest outlay is the monthly general meeting with hall hire fees (which increased by 35% in April 2022), speakers and refreshments. There are other costs of course, Neighbourhood fees, printing and postage generally and for the Newsletter, stationery, PAT testing, start-up grants for new groups and so on-the details are presented at the AGM each November. What you also receive, apart from that mentioned above, is access to over 40 interest groups; providing not only the opportunity to learn or improve a skill or your health and wellbeing but a social setting to meet new and old friends and laugh, live, learn.

Sharon Rupp - Secretary



## LANGUAGE GROUPS AT WEST WOLDS U3A



### **French**

This group now has eight members and is ready to relaunch. Look out for the messages about venues and times for this popular group to see if we can get it started again in 2024.

### **German**

This long running group meets every Tuesday throughout the year in Market Rasen. The group welcomes new members.

### **Italian**

This very popular group has recently celebrated its first anniversary. Activities are varied and fun and we enjoy everything about Italian culture. Meetings are held fortnightly on Thursdays throughout the year, every first and third of the month.

### **Latin**

This is a well-established group that meets regularly; it's for those with some prior knowledge of the language who want to keep up their skills.

### **Spanish for all levels**

We have four well established Spanish groups that cover all abilities from beginners to advanced. Items of interest are shared through the monthly newsletter. Full details for groups can be found on the website and in this newsletter.

### **Spanish Beginners (Próximos Pasos)**

As the Spanish name suggests, this group is designed to look at introductory Spanish in a little more detail than the Spanish for your Holidays group. Meetings take place every fortnight. The group is full so if you no longer wish to attend let me know so that I can offer the place to someone on the waiting list. I'd like to welcome Lesley, a new member, to the group from March 25th.

### **Spanish Intermediate Plus (¡Hablemos Español!)**

Our flagship group is for those who have been studying Spanish for a while and who already know a good range of language through travel and time spent in a Spanish speaking country. This group is full.

### **Spanish Conversation and Scrabble (Vamos a Juntarnos)**

Our group for confident Spanish speakers who have been using the language for a while meets to talk and play board games entirely in Spanish. Meetings are either fortnightly or monthly by arrangement. This group is full however a waiting list is available.

### **Spanish for Your Holidays (Primeros Pasos)**

This group is a short activity designed for those who'd like to learn a bit of Holiday Spanish only. Ask for more details. The next group starts in September.

**Full details can be found on the West Wolds u3a website or on the groups page of this newsletter. We look forward to seeing you at one of our groups very soon.**



**Find out how Artificial Intelligence can boost your language learning – join the new AI group**  
**Full details can be found on the West Wolds u3a website or on the groups page in this newsletter. We look forward to seeing you at one of our groups very soon.**

*Sandra Dean*

**Interested in German? Contact  
[groupscoordinator@westwoldsu3a.org](mailto:groupscoordinator@westwoldsu3a.org)**



## **A.I. IN OUR LIVES**



Our new Artificial Intelligence (AI) group will be holding face to face meetings at New Life Church in Market Rasen from September. We're taking a short break right now due to the need for our Group Leader to take it easy for a bit following doctors' advice.

In this month's edition of our information page you'll find interesting information about the wealth of Online Learning Events available to all u3a members. Either google Online Learning Events u3a or head straight to the national website. They cover a range of topics and there's something there for everyone without the need to step outside your own home.

### **AI Subject Adviser**

The u3a now has a national subject adviser, Barry Claydon, who has put together a library of articles on various topics and levels. This is available to every u3a member and can be found on the national u3a website. It's regularly updated and crammed with good information. It contains articles for absolute beginners and experts alike.

### **Interest Groups Online (IGO)**

If you can't make a time for our own AI group you can join an AI group online. To do this you need to join IGO as a separate group. The cost is £12 for a full year (renewable every April). At the moment they're running monthly groups of four sessions aimed at people who are starting out on their AI journey. This Introductory Course gives you a gentle introduction into the world of AI. Entitled AI for Everyone, the course covers four topics including Generative AI, Fake News - What Is It?, Bots, Apps and More, Society.

### **West Wolds – Another First**

Our u3a AI group is the first in Lincolnshire, however more are currently being planned. Very soon we'll be joined by a group in Sleaford and there are many u3as who are already developing groups to link AI with Science and Technology or advances in Photography, Art or Computing. Some groups are specifically looking at discussion and ethical issues while others are exploring the technical aspects in more depth.

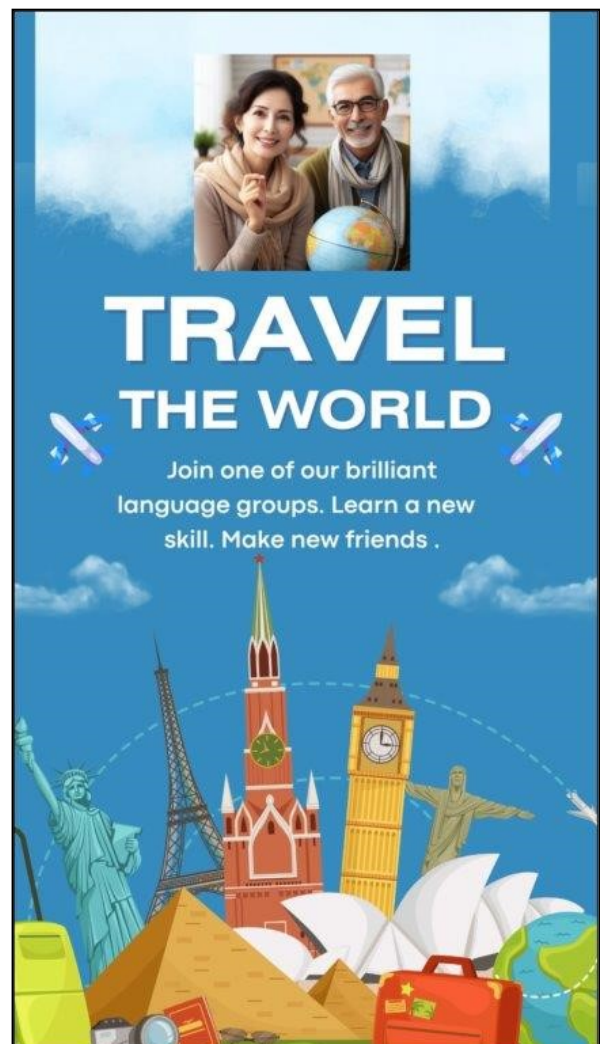
### **AI for Everyone**

Come along to the u3a Festival at York University in July (18th - 20th) and meet a range of enthusiasts at the AI Stand. I've already agreed to be there with Barry to demonstrate some of the things that are happening with Language. planning a mix of topics rather like our own group.

### **Further AI Information**

**If you feel you could help to run this group with the current group leader, then get in touch – contact our AI group directly via the website or speak to the Groups Coordinator**

*Sandra Dean*



*Image created using AI*



**WEST WOLDS U3A GARDEN GROUP**  
**EXCURSION TO LITTLETHORPE MANOR,**  
**NR. RIPON ON THURSDAY, 30<sup>TH</sup> MAY, 2024**

This is perhaps the loveliest garden I have ever visited so I am very pleased to be able to take our Garden Group there at a wonderful time of the year.



The garden is on two levels – an upper level of 4 acres around the house, fairly formal in layout, with 7 acres of parkland below. The design is not an attempt at an historical recreation, but more the creation of a garden sympathetic to the Manor and its surrounds. On the upper level, a series of four gardens with different themes are linked together by repeated use of the same hard landscape materials and key structural planting (Hornbeam, Yew and Box hedging, with Bergenia, Luzula and Hakonechloa groundcover). A path running from the stable block to the drive links the gardens together via the Holly walk, Pergola and Fountain lawn.



The heart of the estate is the walled garden, reflecting Mrs Thackray's desire to relate the four seasons to the cycle of life. In the centre is Ygdrasil, the Norwegian World Tree – the symbolic Tree of Life. The circular features here are repeated as a theme throughout the garden.



The gardens around the house are increasingly formal. The Sunken garden parterre is based upon the White Rose of York emblem, the clipped box and trelliswork combining well with the white rendered Manor house. The main formal axis of the garden, from the terrace down to the classical pavilion, reflects Mr Thackray's ambition to create a 'mini arcadia'. To the front of the house, the new drive introduces a more contemporary feel, but still repeating the same key plants, materials and circular motifs.

*Jane Guy*

**For further information or an excursion  
Booking Form please contact jane Guy on  
0797 1277482 / 01673 885415  
or via email [jane.m.guy@gmail.com](mailto:jane.m.guy@gmail.com)**

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



**westwoldsu3a**

## **WALKING GROUPS PROGRAMME FOR NEXT TWO MONTHS**

<b>Date</b>	<b>Place</b>	<b>Distance</b>	<b>Walk Leader</b>	<b>Telephone</b>
Apr 16th	BONBY TO BRIGG	5+ Miles	SUE HANNATH	07774 402947
Apr 23rd	NETTLEHAM	3 MILES	SHARON RUPP	07803 694889
May 1st	THORESWAY	5 MILES STRENUOUS	JEAN POTTERTON	07498 469418
May 8th	LOUTH	4 MILES	ANNA ETTRIDGE	07597 363651
May 15th	TEALBY	5+ Miles	SUE HANNATH	07774 402947
May 21st	SANDILANDS	3+ Miles	IRENE/ROGER DIXON	07716 805107
May 29/29	TWIGMORE WOODS	3 Miles	YVONNE HEATHERSHAW	07990 643933
June 5th	SCOTHERN TO NATURE RESERVE		SHARON RUPP	07803 694889
June 12th	CLEETHORPES	4 Miles	YVONNE HEATHERSHAW	07990 643933

**Please contact the Walk Leader direct to sign up any of these walks or see Sharon Rupp at the General Meeting. Walks can be subject to change so anyone who is not on Ken's mailing list must contact the walk leader to ensure they are booked on the walk before turning up.**

**Walks can be across uneven terrain, so please ensure you check with the walk leader about the details of the walk.**

**If you can offer to fill in any of the blanks and lead a walk, please contact Sharon Rupp on 07803 694889 with the details of the walk. Sharon is standing in for Ken Howitt for the time being.**

## **THE NEW STROLLERS**

As you may already know we were hoping to relaunch this very popular walking group and we are keenly searching for volunteers to lead walks of about 2 miles distance. Unless other volunteers step up to lead a walk, we will be dropping this group after April/May!  
So, please, help us all out by taking charge of a walk.

If you can offer a walk see me at the u3a general meeting on or leave a message for Sharon on **07803 694889**

Sign up to lead a walk at the meeting on April 11th

Let's revive what was once a very thriving group!!

*Sharon Rupp*

**No walks for April or May**



**DIGITAL PHOTOGRAPHY GROUP-**  
**PICTURES OF THE MONTH FOR MARCH 2024**

Here are the selected photos from the Digital Photography Groups challenges for March, based on a fun theme 'Barriers' and a technical theme of 'Spring' plus a favourite of the month.  
These were voted on by the group at our April meeting to decide which ones we all like the best



'Barriers'  
Can't Get Out  
Taken by  
Angela Coupland

'Spring'  
Ladybird  
Taken by  
Christine Slack



Favourite of the Month  
Rockcliffe Burn  
Taken by  
Marion Blackstock

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)

### GROUPS DISCLAIMER

Please be aware that 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 2023/2024

### **Interim Chairman and General Meeting Coordinator**

Steve McCarthy 07540 302603  
[chair@westwoldsu3a.org](mailto:chair@westwoldsu3a.org)



### **Speaker Finder**

Ginny Beard Tel: 07980 209642  
[speakerfinder@westwoldsu3a.org](mailto:speakerfinder@westwoldsu3a.org)



### **Vice Chair TBA**

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

### **Visits**

Dave Ebbage Tel: 01673 847750  
[visits@westwoldsu3a.org](mailto:visits@westwoldsu3a.org)



### **Business Secretary**

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



### **Committee member without portfolio**

Nick Wilson Tel: 07938 186626

### **Support Roles (Non Committee)**

### **Treasurer & Membership Secretary Newsletter Production Editor and Technical Support**

Terry Francis Tel: 01673 842088  
[treasurer@westwoldsu3a.org](mailto:treasurer@westwoldsu3a.org)  
[membership@westwoldsu3a.org](mailto:membership@westwoldsu3a.org)  
[newsletter@westwoldsu3a.org](mailto:newsletter@westwoldsu3a.org)



### **Catering Coordinator**

Rachel Telfer Tel: 01673 844244  
[racheltelfer1@hotmail.co.uk](mailto:racheltelfer1@hotmail.co.uk)

### **Greeters Coordinator**

Caroline Dale Tel: 01673 844142  
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### **Publicity Officer, Groups' Coordinator**

### **and Website Support**

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### **Welfare**

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### **Website Administration**

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### **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

Receive Updates

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 and the information on the last page 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 Crochet 14:00 Digital Photography 14:00 Turkish Delight Desert Dancers	10:00 Family History  14:00 Backgammon 14:00 Upholstery <b>PAUSED UNTIL SPRING</b> 14:30 Spanish Intermediate 14:00 German	10:00 Country Walks 10:00 Cycling (Short Rides) 10:30 Strollers  14:00 West Wolds Warblers	10:00 Patchwork 10:00 Italian for Beginners 10:15 Keep Fit  14:00 Indoor Bowls 14:30 Drama 14:30 Recorder Group	10:00 Latin 10:00 Line Dancing 10:00 Biblical Hebrew 10:00 Cycling (Longer Rides)  14:00 Scrabble 14:00 Discovery Group 14:00 Spanish Conversation & Scrabble
2nd	13:30 Spanish Beginners – <b>FULL</b>	10:00 Local History 10:00 Beginners Family History  14:00 Upholstery <b>PAUSED UNTIL SPRING</b> 14:00 Canasta 14:30 Spanish Intermediate 14:00 German	10:00 Embroidery 10:00 4 Mile Walkers 10:00 Cycling (Short Rides)  12:00 Luncheon Group  14:00 Poetry	<b>09:45 GENERAL MEETING Festival Hall 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 Crochet 14:00 Digital Photography	10:00 Country Walks  14:00 Embroidery 2 14:00 Upholstery <b>PAUSED UNTIL SPRING</b> 14:30 Spanish Intermediate 14:00 German	10:00 Cycling (Short Rides) 10:00 Discussion Group  14:00 Readers Group – <b>FULL</b> 14:00 Gardening Group	10:00 Patchwork 10:00 Italian for Beginners 10:15 Keep Fit  14:00 Indoor Bowls 14:30 Drama 14:30 Recorder Group	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> 14:00 Solo Group 14:00 Spanish Conversation & Scrabble
4th	13:30 Spanish Beginners – <b>FULL</b> 14:00 Board & Card Games	10:00 Music Appreciation 10:30 3 Mile Walkers  14:00 Upholstery <b>PAUSED UNTIL SPRING</b> 14:00 Canasta 14:30 Spanish Intermediate 14:00 German	10:00 Embroidery <b>(*Last Wednesday of month)</b> 10:00 Cycling (Short Rides)  14:00 Rasen Book Group 14:00 Artificial Intelligence	10:00 Cross Stitch – <b>FULL</b> 10:15 Keep Fit* <b>(*And 5th Thursday, if there is one)</b>  14:00 Architecture – every two months 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 CONVENORS

### **ARCHITECTURE**

*David Oliver 01673 880188*

### **ARTIFICIAL INTELLIGENCE (AI)**

*Sandra Dean, 0773 4456213*

### **BACKGAMMON**

*Bill Roberts 01673 842703*

### **BIBLICAL HEBREW**

*Alison Atkinson 01673 849979*

### **BOARD & CARD GAMES GROUP**

*Pam Britton 01673 847750*

### **CANASTA**

*Brian Ward 01472 852273*

### **CARD MAKING**

*Ginny Beard 01673 844432 / 07980 209642*

### **CROCHET**

*Pat Hage 01673 849447*

### **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**

*Dave Ebbage 01673 847750*

### **DRAMA**

*Gail Dennis 01673 843575*

### **EMBROIDERY**

*Pat Hage 01673 849447*

### **FAMILY HISTORY**

*Jacqueline Reid 01673 849490*

### **FAMILY HISTORY - BEGINNERS**

*Jacqueline Reid 01673 849490*

### **FRENCH CONVERSATION**

*Sandra Dean, 0773 4456213*

### **GARDENING**

*Jane Guy 0797 1277482 / 01673 885415*

### **GERMAN**

*Gary Beighton 0758 2227856*

### **INDOOR BOWLS**

*Cathy Whelan 01673 565608 / 07974 856984*

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

*Sandra Dean, 0773 4456213*

### **KEEP FIT**

*Dawn Stopper 01472 851133*

### **LATIN**

*Gwen Parsons 01673 601086*

### **LINE DANCING**

*Margaret White 01673 849274*

### **LOCAL HISTORY**

*Paul Ettridge 07916 910023*

### **LUNCHEON GROUP**

*Kay Green Tel: 0790 081 8373*

### **MAH JONG**

*Margaret Allerston 01673 842247*

### **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 – FULL**

*Kathryn Wade 01673 849487*

### **RECORDER GROUP**

*Geoff Goddard 07752 945543*

### **SCRABBLE**

*Audrey Storey 01673 849625*

### **SOLO GROUP**

*Ginny Beard 07980 209642*

### **SPANISH – BEGINNERS – FULL**

*Sandra Dean, 0773 4456213*

### **SPANISH CONVERSATION & SCRABBLE**

*Sandra Dean, 0773 4456213*

### **SPANISH INTERMEDIATE PLUS**

*Sandra Dean, 0773 4456213*

### **THEATRE VISITS**

*Cathy Whelan 07974 856984*

### **TRIBUTE BANDS**

*Phyl Murray 01673 838543*

### **TURKISH DELIGHT DESERT DANCERS –**

*Gillian Anderton 01673 844382*

### **UPHOLSTERY AND FURNITURE**

**RESTORATION – PAUSED UNTIL NEXT  
SPRING**

*Gail Dennis 01673 843575*

### **WEST WOLDS WARBLERS**

*Terry & Julia Francis, 01673 842088*

### **VISITS GROUP**

*Dave Ebbage 01673 847750*

### **THE COUNTRY WALKERS**

*Sharon Rupp 07803 694889 (Temporary walks coordinator)*

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