

# WEST WOLDS

## u3a

"Learn, Laugh and Live"

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

## September 2024 Newsletter

### Issue 133

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

As we enter September hopefully you have all renewed your membership. If you haven't please do so because the membership secretary is exceedingly busy and needs to focus on other issues such as the end of year financial report.

Several people have commented on the poor sound system at the General Meetings and it is something we are looking at. Previously we would lift the speakers onto the tripod stands, however there was a health and safety issue because they are very heavy. We have tried several different approaches with no improvement and we will continue to consider other solutions. Please keep giving us feedback so that we know how it is going.

It is wonderful to report that there is a constant stream of new and exciting groups coming into being. Take a look at the website or read the monthly newsletter to see what's new. If you would like to start a new group please contact the Groups Coordinator or speak to a committee member at the General Meeting.

I hope the coming month is good for you.

Steve McCarthy, Interim Chair,

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

### AGM in November

Some members of the Keep Fit, Turkish Dancing and the Line Dancing Groups are intending to put on a short performance of the River (Rase) Dance at the AGM in November.

If anyone is interested in joining in, please contact Gillian Anderton, Dawn Stopper or Margaret White.

### MEMBERSHIP RENEWAL FOR 2024-25

Now is the time when we need you to renew your membership, which runs from September 1st to August 31st, we hope you continue to support the West Wolds u3a next year with all that we can offer.

From now on you can now start to pay your 2024-2025 membership fees online by BACS, or by presenting a cheque, or cash, or using a contactless card at the Meetings.

For details, you will need to download and fill in a new 2024-25 Membership form, see online on our website, or available to pick up at the meetings, and return it to the Membership Secretary as detailed on the form.

**Alternatively, you can now fill in the online Membership form on our website which sends your details directly to the [membership@westwoldsu3a.org](mailto:membership@westwoldsu3a.org) email address.**

**We do need you to complete a form each year so that we can ensure that the data we hold against your name is correct and up to date.**

The Membership fee for September 2024 to August 2025 has remained the same as last year for Individual and Joint membership, but we have decided that Associate Membership need only be £5 :-

**£18 for Individual membership**

**£34 for Joint Membership**

**£5 for Associate Membership.**

*Terry Francis, Treasurer & Membership Secretary*

Thanks go to Gary Beighton for creating and testing the Online Form.

## SECRETARY'S NOTEBOOK - SEPTEMBER



### An Overview of Equality, Diversity & Inclusion (EDI)

Diverse membership benefits our u3a's by enriching the culture and makes the organisation more interesting.

Some members may need support to take part in our activities and we may need to change things to facilitate their participation.

*'Equality is about ensuring that every individual has an equal opportunity to make the most of their lives and talents....{and} recognises that historically, certain groups of people with particular characteristics such as race, disability, sex and sexual orientation have experienced discrimination'*

Equalities and Human Rights Commission 2023

There are 9 protected characteristics by law: Age; disability; gender reassignment; marriage/civil partnerships; pregnancy/maternity; race; religion/belief; sex and sexual orientation.

All u3a's should treat people fairly and so communication with our members about their needs is important. Also, there is a legal requirement for all organisations to make reasonable adjustments to accommodate people. There is no definition of what is 'reasonable, but u3a's should do their best. It is important that affected members should let their requirements be known.

For more information, there is a EDI Policy on the website.

### 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

## MEMBER CODE OF CONDUCT

As we are at Renewal time, it is a good opportunity to remind all members of the Code of Conduct which clarifies the standard of behaviour expected from each u3a member and is relevant to all.

- Members must always act in the best interests of West Wolds u3a and the u3a Movement, strive to uphold its reputation and never do anything which could bring their own, another u3a member, another u3a or the u3a Movement into disrepute or expose it to undue risk.
- Members are expected to use West Wolds u3a's resources responsibly and use them only to further its stated charitable objects/purposes.
- Members are expected to respect the current organisational policy of West Wolds u3a, regardless of whether it conflicts with their personal views.
- Members are expected to abide by West Wolds u3a's procedures and practices.
- Members are expected to treat each other with dignity and respect at all times.

Related Documentation available from the website or any Committee member:

- Principles of the u3a
- Complaints Policy
- Disciplinary Policy

### ADVANCE NOTICE OF THE GROUP LEADERS AND VOLUNTEERS THANK YOU EVENT



**This will be held on Wednesday 30<sup>th</sup> October 2024**

**At Market Rasen New Life Church Main Hall**

**Group Leaders Meeting starts at 2pm**

**Followed at 3:15 pm by the arrival of remaining Volunteers, when Afternoon Tea will be served for all.**

**Invitations will be sent out in early September**



## 25<sup>TH</sup> ANNIVERSARY CELEBRATIONS - IMPORTANT INFORMATION



Further events proposed :-

**Games Afternoon at Market Rasen New Life Church. Monday 21st October 1-4pm .**  
A wide variety of board games will be available, or bring along your favourite.  
Refreshments included £2  
Payment in cash. See Pam Britton

**Indoor Bowls Taster Session – 26th September 2:30pm at Dunholme Bowls Club**  
See details on page 11.

You will need to sign up for this event so do look out for them or let us know of your interest.

**chair@westwoldsu3a.org**

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

### FRONT DESK ROTA VOLUNTEERS

The volunteers to sit with Sheila Nash on the front desk for the next three meetings are :-

12th September - Bess Scott Gunn

10th October- Steve Field

14th Nov. Norma Willis

Sheila volunteers to do the role herself most months when she is available, and will contact people by phone or email to get them to sit alongside her or take over when she is not available.

If anyone else is happy to be added to the list, please let Sheila know.

*Sheila Nash*

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



**westwoldsu3a**



**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

#### October

Peter Fox

Eunice Hughes

TBA

#### November

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

#### October

Serving:: Norma Willis

TBA

Kitchen: Yvonne Heathershaw

Bernadette Heald

#### November

Serving:: Bess Scott Gunn

Penny Nott.

Kitchen: Valerie Wright

Eileen Bedford

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

## ADVANCE NOTICE OF THE AGM

The 26th Annual General Meeting of the West Wolds u3a will be held on Thursday 14th November 2024 at Market Rasen Festival Hall at 10.30am.

Committee Nomination Forms will be available at the September General Meeting and should be submitted by Thursday 17<sup>th</sup> October to the Secretary.

Members are invited to submit proposed and seconded motions for the Agenda by 3<sup>rd</sup> October to the Secretary on [secretary@westwoldsu3a.org](mailto:secretary@westwoldsu3a.org)

Relevant paperwork will be sent to all members on 24<sup>th</sup> October and there will be 7 days in which to submit any questions in writing.



**AN EARLY DATE FOR YOUR DIARY:  
West Wolds u3a Christmas Lunch  
at the Kings Head, Tealby  
on Thursday 12th December 2024**

**Tickets will go on sale at the October and  
November meetings.**





## RECOMMEND A FRIEND PRIZE DRAW!

It is a proven fact that the way we recruit members most effectively is by **you!**

We have tried Advertising, Facebook campaigns and manning stands at various events, but what brings new members in most effectively are your recommendations.

So, talk to your friends and neighbours, bring them along to a meeting or two, or a Group. If your friend joins up between **June 1<sup>st</sup> and October 1<sup>st</sup>** then you will be entered into a draw to win a £20 National Garden Voucher.

The draw will be made at our October General Meeting.

Pick up an entry form from the Reception Desk at the August and September meetings. Closing Date 1<sup>st</sup> October.

**\*T&C's: you must have renewed your membership by 1<sup>st</sup> October**



## WILMSLOW U3A CYCLING GROUP VISIT

5 intrepid cyclists from the Wilmslow u3a arrived in Market Rasen mid-August for a week to explore our area by bike.



They joined 3 of us on Monday morning for a WW u3a ride. It was a gorgeous day, and I took the opportunity to lead a ride down to Bardney. We cycled through Wickenby and Langworth, stopping off to admire the tiny church in Apley. Arriving in Bardney we had a very nice stop for a drink and a bite to eat at the Open Door Café. The group from Wilmslow really enjoyed our quiet country roads. On a couple of occasions on single track roads we had motorists stopping for us to pass – something they told me would never happen in Wilmslow.

I joined them on Monday evening for a meal in the Advocate where I offered them a pretty comprehensive list of places to visit & bike friendly cafes along with a good idea of the terrain to expect. They obviously paid attention because on the following day 2 of them took the train to explore Lincoln while the other 3 cycled over to Louth – which is no mean feat – nearly 3000ft of climbing (there and back). They had a great time and even got to climb up to the spire in St James' church.

I joined them again on Wednesday for a ride where they led me north via Howsham and Grasby to Caistor. I had to intervene a couple of times to stop them taking very rugged and unsuitable tracks but to my surprise they introduced me to the Helz café in Caistor – which I hadn't been to before and is very suitable for visiting by bike. It proved to be a lovely lunch stop sitting on the veranda and enjoying our meal. They were most impressed with the beautiful flower displays in Caistor and on the return I took them for a quick detour through Willingham Woods.

I was thanked profusely for my help and local knowledge which I am sure enhanced their stay. There were several comments about coming back

again in the future and there was a sincere offer to host a similar visit if any of us would like to visit Wilmslow in the future.

*Gary Beighton*

## YOUR KEEP FIT GROUP NEEDS YOU



The Keep Fit Class is plodding on  
Our faithful few still fit and strong  
Numbers are down, what's the reason  
Holidays, families, the summer season.

It's hoped that you will all return  
To Stretch/strengthen/calories to burn  
We move to music, sometimes on chairs  
Use resistance bands (and a smile to wear)

Keeping Fit CAN be fun  
And suitable for everyone  
So let us all try and get together  
With the shorter days and colder weather

We are a happy friendly bunch  
And meet after for coffee (or lunch)  
Maybe we'll see you all again?  
Also needed – a few more men!

**Thursday mornings 10:15 at the Festival Hall  
(except when there is the monthly u3a meeting)**

*Dawn Stopper*



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

**12th September – Nettleham Woodland Trust**

Our community group is dedicated to the development and management of the woodlands around Nettleham.



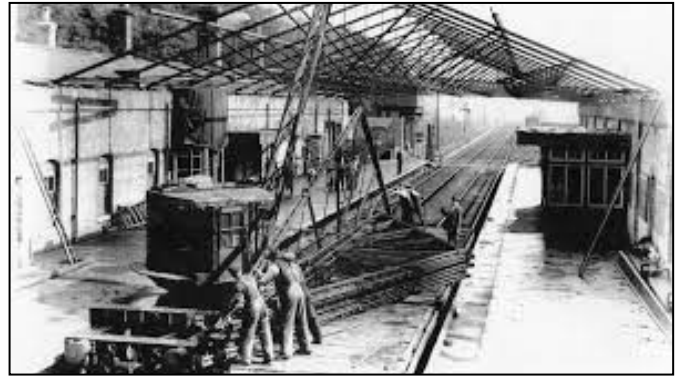
**10th October – “You’ll Fly Laughing” by Kenneth Moore**

A humorous account of 34+ years as a Royal Air Force Navigator flying Shackletons, Phantom F4s, Tornados and finally AWACS.



**14th November - AGM**

**12th December - The Arrival of the Railway to Market Rasen by Hazel Barnard**



**TURKISH DANCING GROUP**

Just a note to inform the dancers among us, that for the time being this group will not be holding classes until maybe the New Year. Hopefully we may be able to encourage a few more to join us. In the meantime if you do fancy trying a few hip rolls, swaying and laughing, then please contact me.

Gillian Anderton 01673 844382 or 07983930019

## THE WEST WOLDS GARDENING GROUP.



We welcome any new members to our group. Below is our programme. For our meeting programme we meet at The New Life Church in Serpentine Street on the third Wednesday of every month from 2 p.m./4 p.m.

### Meeting Programme from September 24 to April 25

Meeting date	Speaker	Topic
18 <sup>th</sup> September	Andrew Mikolajski	Pin me to the wall
16 <sup>th</sup> October	Peter Williams	Shady characters and shy maidens
20 <sup>th</sup> November	Rob Potterton	A labour of love
18 <sup>th</sup> December	Quiz perhaps!	Christmas celebrations and afternoon tea
15 <sup>th</sup> January	Alan Mason	More travels
19 <sup>th</sup> February	Andrew Ward	Gardening in a changing climate
19 <sup>th</sup> March	Martin Fish	Propagation – plants for free
16 <sup>th</sup> April	Hannah Sylvester	The medicine chest in your back garden

If what you have read sounds like something you would like to do too, then please do join us for any events – but let Jane know first; [jane.m.guy@gmail.com](mailto:jane.m.guy@gmail.com)

*Jane Guy*

### NOTICE OF DEATHS OF MEMBERS

Following the deaths of a few members in recent months, the committee has reviewed how it is best to handle the situation when we receive such news.

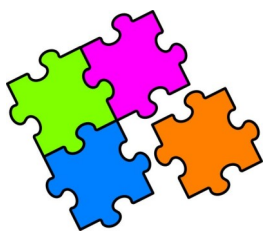
It has been agreed we would make announcements of a death in the monthly Newsletter if the family have requested us to do so.

We will not make announcements at the monthly meeting or on the website.

*The Committee*



### JIGSAW EXCHANGE



Are you a jigsaw fan?  
WW u3a member Lyn Henry  
has offered to set up a Jigsaw  
exchange/library. She has  
around 50 jigsaws to choose  
from.

If you'd like to borrow/swap or donate a jigsaw  
then please contact her – tel: 01673 843851.

### BACKGAMMON GROUP – AT THE BISTRO

For our meeting in September we will be at the  
Bistro, anyone wanting to join the group, please  
contact Bill Roberts for further details.

We are keeping to 2pm on the first Tuesday of the  
month.

### MAHJONG GROUP



The Mahjong Group meets at  
the Lammas Leas Community  
Hall on the 4th Friday of the  
month.

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

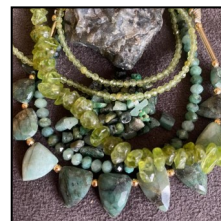
### BEADING GROUP



Would you like to join a  
new group to do beading?  
Beading involves the  
working of a variety of  
stitchwork to produce  
bracelets, earrings,  
necklaces or bookmarks  
etc, following patterns or  
being creative to produce  
something unique.

As always, the aim is fun,  
not work.

Interested? Please contact  
Ann Hadlow on 07827  
292813



### GERMAN GROUP

The German Group is taking a break until  
September, for further information contact  
Gary Beighton

### 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

### NATIONAL U3A FRIENDS SITE

Look at the u3a Friends site on the National  
u3a website at

<https://www.u3a.org.uk/get-involved/u3a-friends>

u3a Friends is an exciting new initiative to  
bring together stories and interests from  
across the u3a movement; to use our collective  
voice to change lives and to share exclusive  
member offers with our exclusive Friends  
Extra benefits program. All of these come  
together under the banner of u3a Friends.  
Signing up to the newsletter means you are up  
-to-date and in touch with all that's happening  
across the movement as it happens.

## GAMES ON!



Due to demand we are now having two games sessions every month, these will take place at the Bistro cafe at 2pm on the 9th September and the 30th September. All are welcome, and if you have a favourite game, then please bring it along. Don't be bored, bring a board! Does anyone play the game of GO? we would like to hear from them, we also need Chess players to challenge our current enthusiast - don't be shy you will enjoy the company.



Contact: Pam Britton on  
visits@westwoldsu3a.org or 01673 847750

## CANASTA GROUP

The Canasta group is now in its second year. We meet every other Tuesday at Lammas Leas, Market Rasen, in the common room. From 2pm until 5pm. We are a friendly group and have 18 members at present. Not everyone comes all the time.

If you have never played Canasta before and think you might like to give it a go, come and visit us, you would also be welcome if you have played before!

If you are interested please contact us.  
[chrispeaone@gmail.com](mailto:chrispeaone@gmail.com). Or  
[verabrisbane@gmail.com](mailto:verabrisbane@gmail.com)

## DISCUSSION GROUP

The Discussion Group will return refreshed in September with a challenging new topic:- Of the many National and International events of 2024, which do you believe is the most significant. Consider amongst many:

Wars in Ukraine and the Middle East.

The recent Election and new government.

The Southport riots.

The election of a new President in the USA.

The mounting evidence of Climate Change.

Those attending are encouraged to suggest their own events!

The date of the next meeting is Wednesday 18th September at 1000, venue as usual, in Market Rasen. We have a full membership at present, however, if anyone, including existing members, would like to form a second group, then please come and discuss it at the next meeting with the Group Leader: David Ebbage or on visits@westwoldsu3a.org or 01673 847750 on visits@westwoldsu3a.org or 01673 847750

## SOLO GROUP



The solo group met on Friday 16th August and was given a very interesting talk by local historian, Caroline Foster. The next meeting will be at the New Life Church at 2.00 p.m. on Friday September 20th. The charge is £3.00 per person to cover the cost of refreshments and the hire of the room.

*Ginny Beard*

## CREATIVE WRITING GROUP

Would you like to join a group of like-minded people who will support each other to create short pieces such as poems, comic verse, and stories? As always, the aim is fun and satisfaction, not work. We are not looking to develop serious authors who seek fame and fortune. However we might just aspire to having the groups efforts appearing in this newsletter !

Interested ? Want to know more? Please contact Sue Flower 01673 849188

## LOCAL HISTORY GROUP PROGRAMME

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

**September 10th.** A tour of "Old Caistor" with Elizabeth Jefferson

**October 8th.** A talk by Chris Hewis entitled: "The Tale of Tom Otter"

**November 12th.** A Talk by "The Red Arrows" - Awaiting Confirmation

**December 10th.** The Christmas Quiz set by Caroline Foster. A light hearted event with prizes for winners and losers.

For information about any of these talks or visits contact Paul Ettridge telephone 07916 910023  
Email [paulettridge28@gmail.com](mailto:paulettridge28@gmail.com)



### INDOOR BOWLING GROUP AT DUNHOLME BOWLING CLUB Honey holes Lane LN23SU.

A Taster session is to be arranged on the  
26th September at 2:30.  
Arrive at the club by 2pm.  
Just 10 places available.

BOWLS AVAILABLE AT THE CLUB.  
Shoes, rink fees and refreshments included  
Cost £5 per person

We'd be really pleased to have you join us for the afternoon, that will appeal to anyone with an interest in having fun, lots of laughs, and very light exercise. No previous experience necessary.

CONTACT CATHY WHELAN  
01673 565608

## THEATRE GROUP



### UPCOMING EVENTS AT THE BROADBENT THEATRE.

#### FILM

### **THE ROCKY HORROR** **PICTURE SHOW**

07:30pm Friday 25th October  
£10

### UPCOMING EVENTS AT THE RIVERSIDE THEATRE LOUTH

#### **BILLY JOEL**

**07:30pm FRIDAY 20TH DECEMBER**

£23.00

Tickets will be on sale at the September meeting.

If interested please ring Cathy Whelan  
01673 565608

Transport by own car/car share.

### MUSIC APPRECIATION AND RASEN BOOK GROUPS

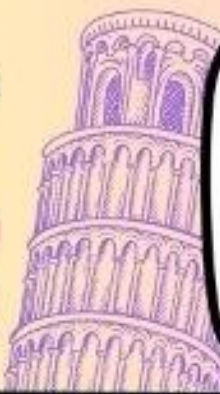
Due to an impending house move Kathryn Wade will be unable to accommodate hosting the above two groups in future as she is downsizing.

If anyone in either of the groups can accommodate the groups in their house, please contact Kathryn to see what can be arranged.

Alternatively please contact the Group Coordinator Gary Beighton to let him know if you are willing to help.



bonjour



## ITALIAN

We meet every fortnight on Thursdays to share a range of activities in a supportive and fun way. We don't take ourselves too seriously. This very popular group has some space if you're quick. Contact details below.



## SPANISH: INTERMEDIATES PLUS

This popular and friendly group meets every Tuesday and enjoys finding out about Spain and using the language to engage with others in our own group and beyond. Limited space available.

## SPANISH FOR YOUR HOLIDAYS BOOKING FROM SEPTEMBER

This group will be starting in September for 6 weeks at 2.30pm. It's designed for anybody who wants to learn a few Spanish basics to take on holiday. It would also provide you with an entry point to this fascinating language. One afternoon per week from Monday 9th September.

## WEST WOLDS U3A: MEET OUR LANGUAGE GROUPS

ciao

## SPANISH BEGINNERS

We use the BBC Talk Spanish materials as a core text with a range of other materials to make our language learning fun and realistic. Resuming in January 2025. We're currently looking for new members and have a few spaces left, so hurry!

## FRENCH

Join us on September 19th at 6.00pm in Lammas Leas Community Room to make plans for the autumn.

This group has recently grown to accommodate both experienced and new French speakers. From September there will be two groups covering a wider ability range so you'll fit right in whatever level of French you're at.

## GERMAN

The group meets every Tuesday throughout the year and is always looking for new members. If you've never learned German and fancy having a go then contact Gary directly for more details

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

## FRENCH, ITALIAN AND SPANISH

Contact Sandra for more details  
[sandrawwu3a@gmail.com](mailto:sandrawwu3a@gmail.com)



content correct as of September 2024





# Summer of Learning: U3A Yorkshire and Humber Region Shines

The U3A Yorkshire and Humber Region recently hosted its annual Summer School at the picturesque Hawkhill in the North Riding of Yorkshire, and close to the Howardian Hills.

Just on the outskirts of Easingwold, Hawkhill offers a vibrant and stimulating setting for this event for learners of all ages.

From July 22nd to 25th, Yorkshire and Humber Region play host to members from across the UK. Attendees were immersed in a diverse range of subjects, from the intricacies of the English language to the vastness of cosmology. The opportunity to explore new interests and connect with like-minded individuals created a truly enriching atmosphere.

The beautiful setting provided the perfect backdrop for both academic pursuits and relaxation. With comfortable accommodation, delicious cuisine, and ample opportunities to socialize, attendees were able to fully immerse themselves in the Summer School experience.

Whether you were captivated by the world of philosophy or inspired by the creativity of art, the U3A Summer School offered something for everyone. As the event drew to a close, attendees left with not only newfound knowledge but also lasting friendships and a renewed sense of purpose.



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

Date	Place	Distance	Walk Leader	Telephone
Sept 11th	HARTSHOLME PARK	3ish miles	TERRY FRANCIS	07840 975547
Sept 17th	BELCHFORD		SHARON RUPP	07803 694889
Sept 24th				
Oct 2nd	BAG ENDERBY	5.25 Miles	YVONNE HEATHERSHAW	07990 643933
Oct 9th	WALESBY_ CLAXBY	5+ Miles	MERILYN COMBES	
Oct 15th			SHARON RUPP	07803 694889
Oct 29/30th				
Nov 6th	BINBROOK		SHARON RUPP	07803 694889
Nov 13th				

Please contact the Walk Leader direct to sign up any of these walks or see Ken Howitt 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 Ken Howitt on 07933 744043 with the details of the walk.

### **Walking Group**

On 14<sup>th</sup> August, after a last minute change of location, the Walking Group met at Nettleham for a 3 mile walk. It was a cooler day after hot weather previously and made it a very pleasant morning. After leaving the village we passed through fields and alongside a stream, returning for refreshments including delicious lemon scones at The Tea Cosy Café – highly recommended. Our Walking Group is a chance to exercise whilst enjoying the countryside with friendly people. Come along and try us out .

We offer a walk most weeks with a variety of

distances and terrains so there is something for everybody. Contact the Group Convenor Ken Howitt and get on the mailing list for details of forthcoming walks.





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

Here are some photos from the Digital Photography Groups challenges for August, based on a fun theme 'Empty Spaces' and a technical theme of 'Long Exposure' plus a favourite of the month. This selection was voted on at our Digital Photography Group meeting.



Favourite of the Month –

Hawkmoth Caterpillar

Taken by Gwyneth Thompson

Long Exposure

Figure

Taken by Steve McCarthy



Empty Spaces

Cromarty

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)

### 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 Tel: 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 & Safeguarding  
Officer**  
Sharon Rupp Tel: 07803 694889  
[secretary@westwoldsu3a.org](mailto:secretary@westwoldsu3a.org)



**Committee member  
without portfolio**  
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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 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 18:00 French Beginners 18:00 French Conversation	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	10:00 Embroidery 2  13:30 Spanish Beginners	10:00 Local History 10:00 Beginners Family History  14:00 Upholstery 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 13:30 Beading Group 14:00 Poetry	09:45 <b>GENERAL MEETING</b> <b>Festival Hall</b> <b>Market Rasen</b>  14:00 Indoor Bowls 14:30 Drama	10:00 Latin 10:00 Line Dancing 10:00 Biblical Hebrew 10:00 Cycling (Longer Rides)
3rd	14:00 Crochet 14:00 Digital Photography	10:00 Country Walks  14:00 Upholstery 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 18:00 French Beginners 18:00 French Conversation	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	10:00 Embroidery 2  13:30 Spanish Beginners 14:00 Board & Card Games	10:00 Music Appreciation 10:30 3 Mile Walkers  14:00 Upholstery 14:00 Canasta 14:30 Spanish Intermediate 14:00 German	10:00 Embroidery <b>(*Last Wednesday of month)</b> 10:00 Cycling (Short Rides)  13:30 Beading Group 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 LEADERS

### ARCHITECTURE

David Oliver 01673 880188

### ARTIFICIAL INTELLIGENCE (AI)

Sandra Dean, sandrawwu3a@gmail.com

### BACKGAMMON

Bill Roberts 01673 842703

### BEADING GROUP

Ann Hadlow 07827 292813

### BIBLICAL HEBREW

Alison Atkinson 01673 849979

### BOARD & CARD GAMES GROUP

Pam Britton 01673 847750

### CANASTA

Vera Brisbane 07870 185247

### 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

### EMBROIDERY 2

Pat Hage 01673 849447

### FAMILY HISTORY

Janet Wilson 07966 232247

### FAMILY HISTORY - BEGINNERS

Janet Wilson 07966 232247

### FRENCH BEGINNERS – STARTING FROM SEPTEMBER 19th

Sandra Dean, sandrawwu3a@gmail.com

### FRENCH CONVERSATION – STARTING FROM SEPTEMBER 19th

Sandra Dean, 0773 4456213

### GARDENING

Jane Guy 0797 1277482

### GERMAN – PAUSED UNTIL SEPTEMBER

Gary Beighton 0758 2227856

### INDOOR BOWLS

Cathy Whelan 01673 565608 / 07974 856984

### ITALIAN (for beginners) - FULL

Sandra Dean, sandrawwu3a@gmail.com

### 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 – CAN ANYONE OFFER ACCOMODATION FOR THIS GROUP

Kathryn Wade 01673 849487

### PATCHWORK

Lyn Henry 01673 843851

### POETRY

Eva Smith 01673 842218

### READERS GROUP- FULL

Audrey Storey 01673 849625

### RASEN BOOK GROUP – CAN ANYONE OFFER ACCOMODATION FOR THIS GROUP

Kathryn Wade 01673 849487

### RECORDER GROUP

Geoff Goddard 07752 945543

### SCRABBLE

Audrey Storey 01673 849625

### SOLO GROUP

Ginny Beard 07980 209642

### SPANISH – BEGINNERS – TAKING A REST – STARTS AGAIN IN JANUARY 2025

Sandra Dean, sandrawwu3a@gmail.com

### SPANISH CONVERSATION & SCRABBLE FULL

Sandra Dean, sandrawwu3a@gmail.com

### SPANISH INTERMEDIATE PLUS - FULL

Sandra Dean, sandrawwu3a@gmail.com

### SPANISH FOR YOUR HOLIDAYS – STARTING FROM SEPTEMBER

Sandra Dean, sandrawwu3a@gmail.com

### THEATRE VISITS

Cathy Whelan 07974 856984

### TRIBUTE BANDS

Phyl Murray 01673 838543

### TURKISH DELIGHT DESERT DANCERS - PAUSED UNTIL THE NEW YEAR

Gillian Anderton 01673 844382

### UPHOLSTERY AND FURNITURE RESTORATION – CONTACT GAIL FOR FURTHER INFORMATION

Gail Dennis 01673 843575

### WEST WOLDS WARBLERS

Terry & Julia Francis, 01673 842088

### THE COUNTRY WALKERS

Ken Howitt 07933 744043

### THE STROLLERS – NEW CONVENER REQUIRED