



WEST WOLDS u3a

Garden Group

Newsletter

FEBRUARY 2025

FORTHCOMING EVENTS FOR NOTING IN YOUR DIARY

Meeting Programme from February 25 to April 25

Meeting date	Speaker	Topic
19 th February	Andrew Ward	Gardening in a changing climate
19 th March	Martin Fish	Propagation – plants for free
16 th April	Hannah Sylvester	The medicine chest in your back garden

NB The Garden group does not meet from May/August for our main monthly meeting with a guest speaker (usually) but instead we have a garden visits programme during these months.

Please note that the programme may change but I will give you as much notice as possible if it does.

Refreshment Rota from January 25/April 25

Meeting date	Helper	Helper
19 th February	Sue Boorman	Pamela Ward
19 th March	Tom & Pam Leigh	Bess Scott-Gunn
16 th April	Merilyn Coombs	Jane Lloyd

Floater – Pauline Perkins and Marguarite Hopkins

Thank you to all of the above garden group members who have kindly agreed to be on our refreshment rota. I have prepared instructions of what is required to help those new to helping. If for any reason you are unable to do your session please let Jane know.

OTHER GARDEN ITEMS OF INTEREST

Want to identify a plant? <https://www.rhs.org.uk/about-the-rhs/publications/plantfinder>.

Bring a flower/plant to any of our meetings which we can try to identify for you.

Facebook. If you are on Facebook you might like to visit The Gardening Bubble which gives lots of gardening tips.

[Rhs.org.uk/sustainabilitytips](https://www.rhs.org.uk/sustainabilitytips)

One of our members, John Murphy, is seeking volunteers who would help to plant tree saplings from Monday 2nd to Wednesday 4th December at his home in Middle Rasen. You would need to take your own spade and gloves and wear a pair of strong boots. If interested let me know and I will pass over John's details.

WHAT'S COMING

19th February. Speaker Andrew Ward. "Gardening in a changing climate".

Early last year some of our group visited Andrew's nursery at Norwell and purchased a number of lovely plants. He has been our guest speaker in the past and been well received.

Andrew lectures widely throughout the country undertaking approximately 50 talks a year. He trained as a Plant Breeder and started Norwell Nurseries and Gardens 29 years ago with his wife Helen. The garden holds over 2,500 different varieties of plants and has featured in many magazines including Country Living, Country Life, English Gardener, Landscaper Magazine, Gardens Illustrated, and the RHS Garden magazine. It has been included since 2013 in the highly prestigious publication Great Gardens to Visit. It is renowned for colour from spring but especially in the autumn when the National Collection of Hardy Chrysanthemums can be seen. They also hold the National Collection of Astrantias.



If there is one thing that climate change will bring, it is extremes of weather, either heat, drought or wet. Therefore, plants that exhibit a willingness to survive and even thrive under tricky conditions will become increasingly important. However, that doesn't mean we have to rely on boring Hypericums and Geranium Johnson's Blue!

This talk looks at the consequences of global warming and at beautiful, interesting, more unusual plants that are amenable to weather extremes.
New in 2019

3 night/4 day HOLIDAY from 18th July, 2025 to Shropshire



Do you recall me mentioning that one of the gardens (Groom's Cottage) we plan to visit had been nominated for a national gardening award? That was for the "Gardens of the Year" competition when more than 9,000 members of the public voted for their favourite garden. I am delighted but not surprised that Jo and Andi Butler's lovely garden was voted the 'People's Choice'. In the January edition of Gardener's World the judges said "the garden's travel-inspired garden theme came out tops, showcasing their passion for plants and upcycling and it's a wonderful place to relax and welcome the visitor". We are visiting on one of our summer evenings. I am really looking forward to taking you there.

See marketing flyer and booking form for all details. **Lots of places still available.**

I have now booked our final visit on our homeward journey. We will be visiting Thornbridge Estate Gardens in the Derbyshire Dales. One of their gardeners will start by giving us an introductory talk and we will be taking lunch in their restaurant. This is already included in the price.

Workshop news.

I have booked Wednesday, 9th April at 2 p.m. for a workshop at Bardney Manor, (make your own way there, but I will try to organise lifts from Market Rasen) when we will make our own dried flower arrangement. The cost is £10 p.p. to include the usual tea and cake. Bookings to Jane as usual.

Coach Excursion next year.

West Wolds u3a Garden Group excursion to Sandringham, Kings Estate, Norfolk on Wednesday, 18th June, 2025



This coach excursion costs £55 per person which includes travel, driver's tip, entrance to the house, garden and church. Since inheriting the garden following the passing of the late Queen, King Charles III is further developing the garden.

Sandringham is the much-loved country retreat of Their Majesties, The King Charles III and Queen Camilla. Including an organic farm, sawmill, residential and commercial properties, local parishes and communities, the estate is nestled in the heart of The Norfolk Coast Area of Outstanding Natural Beauty. There are 600 acres of parkland, much open to the public to explore.



A range of facilities in the Courtyard cater for everything from a light bite to a sweet treat or ice cream. The Courtyard is also home to a Shop which stocks an extensive range of Estate products. The relaxed Sandringham Restaurant serves a range of tasty dishes and drinks, many featuring produce from the Estate.

To make a booking contact Jane Guy by e-mail jane.m.guy@gmail.com or mobile on 0797 1277 482.



EXCURSION BOOKING FORM

Wednesday, 18th June, Kings Estate,
Sandringham, Norfolk

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 @ 8.30 a.m. Return 6.00 p.m.

COST: £55.00 PER PERSON WHICH INCLUDES TRAVEL, DRIVER’S TIP & ENTRANCE TO THE HOUSE AND 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) Ref. GG Sand

More booking forms and any enquiries please contact Jane. 0797 1277 482 or jane.m.guy@gmail.com

Meeting – November 25 Celebrity gardener Mark Lane.



Many of you will be familiar with the TV gardener Mark Lane. He is our guest speaker next November. Mark says

“No matter what level of ability you have there is a gardening task that you can undertake. Being the UK’s first garden designer and BBC gardening presenter who uses a wheelchair full-time, I really want to show how gardening can help both physically and mentally. For me, I suffered with depression for many years and still have the ‘spectre of depression’ sitting on my shoulder, but by being outside, getting my hands into the soil, which releases endorphins in the brain and serotone, I start to improve my mental health. Rubbing soil within the palm of your hand and between the fingers can help

with manual dexterity. By thinking about what to sow or grow, planning pots for autumn or the spring, or creating a new border you stimulate the neurons in your brain.

Garden tools have come a long way, and there are some great ergonomic ones and tools specially designed for individuals who live with weak wrists or are unable to clutch a tool. I would always recommend trying out tools before you buy. Make sure they feel good when you use them, are lightweight and well-made.

There are two types of gardener – an active gardener who continually gardens and loves sowing, planting, planning and creating; the other is a passive gardener who enjoys sitting back and enjoying a garden and the feeling that the space creates, the scents, colours and the wellbeing benefits of being outdoors. It doesn’t matter which type you are, whether you garden alone or garden as a social activity the knack is finding a gardening task that you can do. Pace yourself and at regular intervals just sit in your garden, whether it be a patio, a balcony, a few window boxes or a rolling estate and enjoy nature at its best.

WHAT'S HAPPENED?

Absolutely nothing! And just when we really do need something in the diary. Unfortunately, our January meeting had to be cancelled because our venue, The New Life Church is undergoing renovations which ended up being a bigger and longer job than originally thought. I am sure we will all benefit from the new works.

I don't really enjoy the period November to mid-February, simply because I can't get out in the fresh air much and potter in my garden. I can feel my mental health declining but we are nearly out of that period and I can see now the days drawing out, albeit quite slowly.

WHAT ELSE?



The Nursery this year will be holding two Open Day events! On Saturday 31st May and Saturday 13th September both 10am to 3pm. We will also be joined at these events by The Gobbet Nursery, which provides a fabulous selection of perennials, Iris, Shrubs, Acer. Like ourselves they are all propagated and grown at their nursery.

We will also be hosting a Macmillan Coffee Morning alongside these events, these funds will be donated to Macmillan.

Group visits to the Nursery are most welcome, daytime or evening. Your group can be from 10 people, costing £3. per person including a hot or cold drink, homemade cake, and a guided tour of the Nursery led by either Rob or Jackie.

The guided tour shows you the 'behind the scenes', working parts of the Nursery customers don't normally see, finishing with tea in the garden. If the weather is wet, we can give a propagation talk in the greenhouse and serve refreshments there.

HAPPY GARDENING! Jackie Potterton Phone Number: 07507770728

Pottertons Nursery
 Moortown Road
 Nettleton
 Lincolnshire
 LN7 6HX

CAN YOU HELP?

Thank you to those of you who have brought raffle prizes to our monthly meeting but we still need more. The raffle is very important for us. We are now paying approx. £50 to hire the meeting room and approx. £100 for our speaker's fee and then another £30 on average for their petrol costs. There is also the cost of the refreshments. We charge £3 p.p. for door entry and recently have been getting about 40 members attending. If you work that out we are not covering our costs! We really don't want to put the entry fee up and have an opportunity to make up the difference with a monthly raffle. Therefore, if you have any unwanted gifts which are suitable for a raffle please do bring them along. In the past we have had some great prizes. Thank you to everyone for their contributions. Tickets are on sale at £1 a strip and available from Margaret Foster or Val Wright. Many thanks to them for organising.

IMPORTANT INFORMATION



We meet on the third Wednesday of each month (unless otherwise stated) from 2 p.m./4 p.m. at the New Life Church in Serpentine Street, Market Rasen, LN8 3AR from September to April. Entrance fee is £3.00 which includes a cup of tea or coffee and a biscuit. There will also be a raffle to help cover the fee of the speaker and their travel costs.

In the summer months we arrange visits to local lovely gardens, some private visits and some gardens open under the National Garden Scheme. We occasionally run workshops, organise coach excursions to gardens out of our county and holidays too.

If you have any ideas for a speaker at one of our meetings, know of a local garden we may visit, perhaps open your own, or a garden you would like to visit out of the county when we can hire a coach, please do let me know. Or, indeed, if you have any ideas for introducing something new or how we may improve our group with an emphasis on gardening of course, please do let me know!

SMALL PRINT

Paying for activities: To pay for one of our events you can pay by cheque and make it payable to West Wolds u3a and send your cheque to Jane Guy at 14 Jubilee Ave., Faldingworth, Nr. Market Rasen, LN8 3FF, or pay by BACS and quote 'garden' to Lloyds Bank; a/c West Wolds U3A, Sort code 30-96-09, account No 71220968. Jane is also

available at the u3a general meeting on the second Thursday of every month as well as at the Garden Group meetings.

Attending an event: It is crucial that you make an early booking for any *coach excursion or holiday* because we have to make a decision on the financial viability of the excursion. If the event is not well enough supported it will have to be cancelled and your money refunded. Once we have paid your money over to pay for the coach and garden entrance we will be unable to make a refund. This is usually within two weeks of our departure, unless you can resell your place. For all *other activities*, except our monthly meetings you do still need to make a booking as we have to confirm numbers with the garden owner or the workshop facilitator.

If you no longer wish to belong to the Garden Group or receive this newsletter please let Jane know.

DISCLAIMER

All our garden events, except the annual holiday, are covered by u3a group insurance. For the holiday we are covered by ABTA, e.g. if the holiday is cancelled because of Covid, any payments made will be recoverable, and individuals are offered personal cover, e.g. if cancelling the holiday because of ill-health or if you have an accident on the holiday. This personal insurance is optional. We do of course carry out a 'risk assessment' before each visit.

CONTACT DETAILS

To book an event or for any other garden enquiry please contact Jane Guy: telephone 0797 1277 482, or email gardening@westwoldsu3a.org

