



Message from our Chair



Dear Member

For those of you who examined our Financial Statement emailed in October and printed for the AGM, you may have noticed that our Income was £15,651.85 and expenditure was £15,463.61 meaning we had a net credit balance of £188.24.

Of our total income, Gift Aid amounted to £832.88 and without it we would have been in the red by £644.64. Thus, the liquidity of West Wolds u3a is dependent on Gift Aid.

What is Gift Aid? Everyone who pays income tax can get their donation to charity (that's your membership fee to us) boosted by 25% if you agree to Gift Aid. All you have to do is declare you are a tax payer and give your name and home or email address on the membership form each year.

Common misconceptions we can dispel: The tax man does not want a self-assessment form and will not come knocking at your door or check your records; and we do not have any access to your income or tax status. All HMRC want to know is do you pay tax?

If you are a taxpayer and currently do not sign up for Gift Aid, please may I ask you to do so? As our expenditure increases there may come a time in the not-too-distant future where we have to increase Membership to cover costs.

Based on this year's figures and without Gift Aid claimed, the membership would have to increase by £3 resulting most probably in a decrease in membership.

Please contact me or our Treasurer Terry Francis to retrospectively sign up for this year. Thank you.

chair@westwoldsu3a.org or
treasurer@westwoldsu3a.org

We welcome Pam Britton to the Committee as a co-opted member and she will be assisting Nick Wilson with the Groups' Co-ordinator role. Please say hello if you see Pam around.

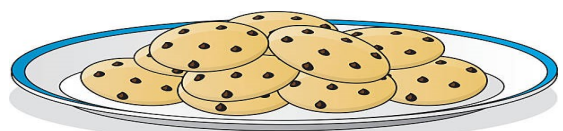
Sharon Rupp, Chair
chair@westwoldsu3a.org

What do you think of our refreshed newsletter? Do please give us feedback to newsletter@westwoldsu3a.org



**At the monthly meeting, tea & coffee is served from 9.30 - 10.15
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.



Meet The Committee

Speaker Finder: Ginny Beard



I have been on the u3a committee for 2 years and am currently Speaker Finder for West Wolds. In addition I run a very successful Solo Group for single members and occasionally hold card making classes. I enjoy being an active member of the u3a and hope to continue on the committee as the Speaker Finder.

Displays Planner: Cathy Whelan



I am a widow with both grandchildren and great grandchildren. Since retiring, I enjoy golfing and Bowls; this is my attempt to keep fit. Since joining The West Wolds u3a, I have been running a bowls group and organising Theatre visits.

I have over 30 years experience of teaching in a variety of schools and began my career in a Social Priority School in Manchester and I have taught in a Private School in Eton. I also spent 4 years teaching Army children in Germany before the fall of the Berlin Wall. I first came across the u3a when I was living in Nottingham. When I moved to Lincolnshire in 2019, I was delighted to find the West Wolds u3a. I think the organisation is a blessing for anyone moving to an unknown area.

Group Coordinator: Nick Wilson



I have accepted the position of Groups' Coordinator. I am doing this because it seems to fit well with past roles I have had in both industry and higher education.

I have experience of being a supporter and advisor to diverse groups. In the u3a context I shall look forward to having close contact with a variety of people. My personal satisfaction will come from promoting new groups where possible, whilst striving to ensure that all groups thrive and really deliver on our 'Learn, Laugh, Live' motto.

Pamela Britton



I retired in 2004 after spending 25 years as a Legal Secretary. My partner and I moved to France in the same year, where we ran two businesses. We joined an Anglo-French society, where I was on the fair committee for 10 years, and where I had an active role in the running of two groups. In 2022 we moved to Market Rasen, and felt that as we were new to the area we needed to meet local people so joined the u3a. Soon after this we joined the Digital Photography group and I became active within the WWu3a, running the 25th Anniversary Board Games event in 2024. I now run the Board Games Group and am an active member of several other Groups, and in joining the Committee, feel I can put my enthusiasm and experience to the benefit of the u3a and its' members.

West Wolds

u3a
learn, laugh, live

Are you reasonably Tech savvy?
Maybe also a little artistic?
Would you be willing to help our u3a
by creating some of our publicity?

Training offered in:-
Canva (image design tool)
and Wordpress (website design)

Interested? please contact
Gary Beighton
publicity@westwoldsu3a.org



Rasen Readers Group



Do you enjoy reading? Why not give the Rasen Readers a try? We read a variety of books from classics, biographies, fiction and nonfiction. We meet monthly to discuss the merits of the book we have read the previous month. It's interesting to hear other members' opinion of the storyline, characters and writing style, sometimes gaining a better or different appreciation of the book.

Recently we have read *The Volunteer* by Jack Fairweather, the true story of a resistance hero who infiltrated Auschwitz; the classic novel *The Tenant of Wildfell Hall* by Anne Bronte was well received by the group, and the contemporary thriller, *How to Disappear* by Gillian McAllister.

Our book club is a friendly way to meet other people who share a love of books. Perhaps your New Year's resolution is to start reading, or perhaps you already enjoy reading and want to read more widely, trying-out new genres and authors. Reading broadens your horizons and you could gain new perspectives; you'll learn from other readers too. Not only does it increase your knowledge, but improves concentration and memory, expands your vocabulary and prevents cognitive decline.

We meet at 2pm on the 4th Wednesday of the month in Market Rasen. Contact Jo Speakman on 07922 002251 to find out more.

Jo Speakman

Greeters Rota

March

Mike Newton
Alison Laing
Gail Dennis

April

David Ebbage
Penny Nott
Anna Etteridge

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

March

Serving:: Bess Scott-Gunn
Christine Kettlewell
Kitchen: Penny Nott
Bill Roberts

April

Serving:: TBA
TBA
Kitchen: Bernadette Heald
TBA

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

Front Desk Rota Volunteers

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

13th Feb —Kate Roberts
13th Mar— Norma Willis
10th Apr— Pauline Cooper

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

Sheila Nash

Local History Group 2025 Programme

February 11th.— A talk by **Stewert Wall** entitled: "Caistor Stonemasons".

March 11th.— A talk by **Emma Linguard** entitled "Who was Grim?"

April 8th.— A talk by **Chris Hewis** entitled: "A Pictorial Tour of Bygone Lincoln".

May 13th.— A talk by **Jann Reade** entitled "The Medieval Housewife"

June 10th.— "Tour of Old Woodall Spa" with **Alan Bolt**.

July 8th.— A visit to "Grimsby Fishing Heritage Centre" and with an optional tour of "The Ross Tiger".

August 12th.— *A talk by Richard Pullen entitled "Womens role after ww1" (awaiting confirmation)*

September 9th.— **No meeting – Summer Break**

October 14th.— A talk by **Chris Hewis** entitled: "Torksey on the Trent".

November 11th.— *Awaiting Confirmation*

December 16th.— The **Christmas Quiz** set by **Sharon Rupp**. A light hearted event with prizes for winners and losers.

Meetings held at Middle Rasen Village Hall

For information about any of these talks or visits contact Paul Ettridge telephone 07916 910023
Email paulettridge28@gmail.com

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

westwoldsu3a



MEMBERSHIP RENEWAL FOR 2024-25

The West Wolds u3a Membership runs from September 1st to August 31st.. At present we have 320 members who have already renewed or joined as new for the 24/25 period.

If you haven't picked up your new membership card for 24/25, please try to get to a general meeting to pick up your new membership cards, at present I still have about 70 cards that have not been claimed.

If you can't get to a general meeting, ask your group convenor to pick them up for you from me at the meeting.

Terry Francis, Membership Secretary and Treasurer

West Wolds u3a Members Survey

We hold a survey of our members every 2 years, and on 3rd February all members will receive a link via email

This is how we can assess where we are doing well and where improvements are needed. It is your u3a so please complete it, and let us know your opinions in order that we can improve our u3a for all members

It should only take 5 minutes and is invaluable for the committee. The survey will be open for 2 weeks and closes on 17th February.

Thank you

Indoor Bowling Group New Year's Restart

The Tuesday afternoon sessions are going well. 2:00 for 2:30 until 4:00.pm
Good fun and gentle exercise.

If you are interested please ring Cathy Whelan 07974856984.

General Meeting Speaker Programme 2025

13th February – Life as a local Councillor by Stephen Bunney

An interesting view of the workings of our town and district council



13th March 13th – RNLI—200 years of the Skegness Lifeboat Station by Chris Hewis.

A more detailed look at the lifeboats stationed along the Lincolnshire coast from the Humber to the Wash.



April 10th – The Art of Saving Lions—by Anna-Louise Pickering.

Writer, photographer and Conservationist for the Pollyanna Pickering Foundation



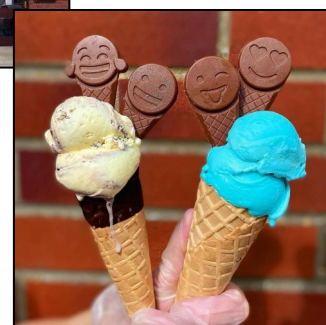
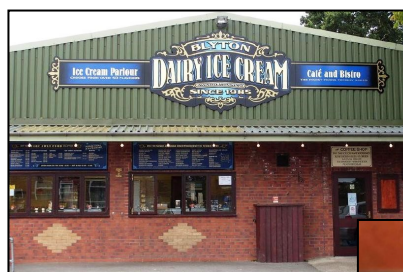
8th May 2025 – Institute of Advanced Motoring/RoadSmart

Formerly called the **Institute of Advanced Motorists (IAM)**, is a charity based in the United Kingdom, whose objective is to improve car driving standards, motorcycle riding standards, and enhance road safety by using the British police's system of car and motorcycle control.



12th June 2025 – Blyton Ice Cream

Award winning ice cream made on the original farm at Blyton, made by the family using locally sourced ingredients, Now with over 70 flavours to choose from there will be a chance to try a few on the day!!



For all Group Leaders

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



West Wolds University of the 3rd Age

No longer working full time and live in the Mkt Rasen Area?
Want to learn or be creative? Want to stay active & meet new
people?
40+ interest groups, visits, low subscription fees.
Monthly meeting with speaker at Mkt Rasen Festival Hall
2nd Thursday of the month doors open 9.45 – **Everyone Welcome**

Check out our new look [website](#). The new layout uses the latest 2024 block theme. This should make it easier to read on all your devices – even on your mobile! It's no coincidence that it looks similar to the national u3a website. Hopefully you'll think it's more attractive and will appeal to more potential members. Thanks to Gary for all the hard work put into making it. If you have any issues with the new layout please report them.



Lots of great shows coming in 2025.

Our lovely **Broadbent Theatre** has the pantomime. Snow White at the moment. Then a more serious play "The Father" will follow early in the new year. The Broadbent has a new booking office number. 03336663366.

The **Riverside Theatre Louth** will be having 2 visits from The London Opera Company. Last year they gave us the delightful HMS Pinafore.

They are coming back in in June to perform the ever popular Pirates of Penzance between 19th to 20th of June.



The Vicar of Dibley will be on 11th to 15th March. **Tickets are still available.**

There are many more great shows coming up.

Please see Cathy Whelan at the u3a meetings if you are interested or ring 01673 565608 Transport by own car/car share.

Anyone for Table Tennis?

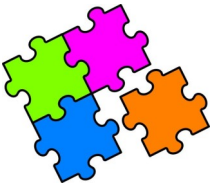


This is a call for anyone who would like to play table tennis on the third Wednesday of the month starting at 11:00 at the Market Rasen Leisure Centre.

At least 4 people are needed to keep hiring costs per person down.

Interested ? Please contact Roy James on 07933 361213 or e-mail on roystoncjames@gmail.com

Jigsaw Exchange

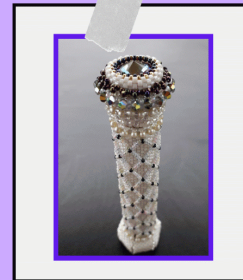
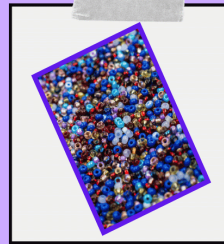
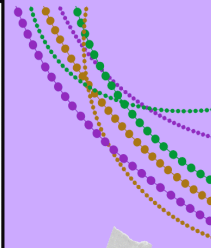


Are you a jigsaw fan? WW u3a member Lyn Henry has set up a Jigsaw exchange/library. She has around 50 jigsaws to choose from.

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

FANCY WORKING WITH PRETTY BEADS OF ALL SHAPES AND SIZES?

JOIN ANYTIME AND MAKE BRACELETS, NECKLACES, EARRINGS ETC.



LEARN A VARIETY OF STITCHES.



Good eyes and nimble fingers are essential!



VENUE AND TIMES
We meet at the leader's house in Market Rasen on the afternoon of the 2nd and 4th Wednesday of each month, 1.30pm till 4.30pm. Please call Ann on 07827292713 if interested.

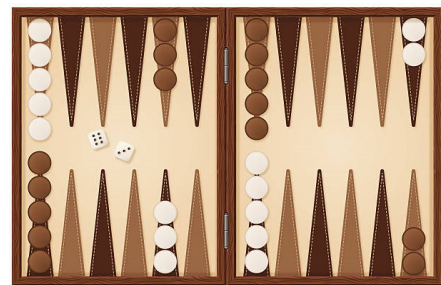
Mahjong Group— new day



The Mahjong Group now meets at the Lammas Leas Community Hall on the **2nd and 4th Fridays** of the month from 2-4pm.

Contact Margaret Allerston on 01673 842247

Backgammon Group — at the Bistro



For our meeting in March 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.

Bill Roberts

Games On



This month we are meeting on the 10th and 24th February, at The Bistro Cafe, Market Rasen at 2pm. If you feel like joining us for an afternoon of fun and games, then please come along. Please feel free to bring along your favourite game.

If interested please contact:
Pam Britton on davepame@gmail.com
or 01673 847750



Canasta Group

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. Or
verabrisbane@gmail.com

Discussion Group

This group is full at present, but contact David Ebbage for further information on davepame@gmail.com or 01673 847750.

The meetings are held at Dave's house in Market Rasen, time/date : 1000 on third Wednesday of the month

Turkish Dancing Group

Turkish Dancing recommenced on 3rd February at the Middle Rasen Church Hall

Please contact Gillian Anderton on 01673 844382 or 07983930019 for further information.

Music Appreciation Group

Please contact Kathryn Wade for further information. 07783 977800

Solo Group



The next solo group meeting will be on Friday 21st February at the New Life Church at 2.00 p.m. I have invited Christina Starling from Bridge Mcfarlane Solicitors back to continue her talk so hope to get as much support as possible. Look forward to seeing you all again especially any new members to the u3a.

Ginny Beard

Walking Groups Programme for next two months

Date	Place	Distance	Walk Leader	Telephone
Feb 12th	Market Rasen	4 Miles	Rachel Telfer	07443 483831
Feb 18th	Cocklode Wood to Goltho Chap	2.75 Miles	Sharon Rupp	07803 694889
Feb 25th	Middle Rasen	4.5 Miles	Lesley Brewis	07510 353502
Mar 5th	N. Carlton / Scampton	4.5 Miles	Sharon Rupp	07803 694889
Mar 12th	Wragby	4.5 Miles	Rachel Telfer	07443 483831
Mar 18th			Merilyn Combes	07814 470265
Mar 25th	Louth/Alvingham Canal		Yvonne Heathershaw	07990 643933

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.

IMPORTANT: Due to recent issues, please ensure you have the walk leaders' mobile number and they have yours. If a walk has to be changed or cancelled at short notice it is imperative that you have provided a mobile number so you can be reached on the day.

In addition PLEASE ENSURE YOU HAVE TOLD THE WALK LEADER YOU INTEND TO COME ON THEIR WALK. If you have not, and it is cancelled/changed, you will not be informed. If you cannot come after all, please let the leader know so the group do not delay the walk waiting for you. Thank You.

WILLINGHAM WOODS WALK —TUESDAY 23 JANUARY.

The planned walk to Legsby had to be cancelled due to a road closure. However, we managed to organise a new venue at Willingham Woods with the majority of walkers successfully informed.



We nevertheless enjoyed a 3 mile woodland walk; a grand total of 12 members turned out and it was good to see more menfolk as well as new faces.

The weather could have been kinder but



fortunately there was no rain and very little mud. We rounded off the walk with a stop at the kiosk for a nibble or a warming drink as required!

We look forward to seeing you all on Sharon's walk at Welton on Wednesday 5th February.

Yvonne Heathershaw

Want to join us on a Wellness Walk?

Walking in nature provides a calming effect on the mind that reduces symptoms of anxiety and depression, boosts 'happy' endorphins, reduces blood pressure and is good for topping up our Vitamin D levels.



A 'taster' walk is taking place at Goltho on Tuesday 18th February and has been designed for new walkers; it will be gentle and interesting, taking in the woods, sculptures and the ruined Goltho Chapel.

Why not give it a go? Get more information and sign up at the February meeting, or call Sharon (walk leader) on 07803 694889.



FORTHCOMING VISITS

Monday 24th February 1;30 to 3:30pm – HAPPY HOOVES, Bleasby £10. Happy hooves is a not-for-profit organisation offering hands on animal experiences for adults and children with special needs, or anyone who wants a feel-good boost! Take part in grooming, walking the animals or petting them, learn about the valuable work this charity does with special needs children and adults and how animals can benefit mental health, known as animal therapy. This is an interactive experience with a variety of animals specially tailored to our u3a group. PLEASE SIGN UP AT THE FEBRUARY MEETING – CASH IN ADVANCE PLEASE.

Monday 17th March – BATTLE OF BRITAIN MEMORIAL FLIGHT VISITOR CENTRE Coningsby, £10

More details at the Monthly Meetings.

Monday 19th May – PIN GIN, Louth, £25

Tour of the distillery and tasting of their famous Gins with free tote bag and 10% off in the Gift Shop.

More details at the Monthly meetings.

Monday 2nd June – ALFRED ENDERBY SMOKEHOUSE, Grimsby, £10

Each smokehouse tour offers an introduction to the traditional smoking methods used and is followed by a short tasting session. At the end of the tour visitors can buy award winning smoked fish and fish products.

More details at the Monthly meetings.

Terms and Conditions of all Visits:

These are all self-drive events.

Payment in full due at time of Booking.

Minimum numbers required for tours, so cancellation may occur if numbers are not reached and a full refund will be given.

Any accessibility issues must be made aware at time of booking so suitability can be assessed.

VISITS-SEE THE STARS IN CLEETHORPES!



West Wolds u3a members have been invited to attend an evening visit to the Cleethorpes Astronomical Society at their observatory at 7:15pm on Wednesday the 12th February.

A similar event last year proved very popular and attracted over 15 members. Peter Rea, last year's speaker, gave an excellent presentation, and will return in February with a new talk (with excellent slides), additionally if the sky is clear, some night sky viewing will be possible, so it should be an enjoyable evening.

The price/head is £5.00 to include beverage and biscuit.

Please respond as soon as possible to me, David Ebbage on davepame@gmail.com or 01673847750.

Payments should be made via BACS or by Wednesday 5th February latest

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 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

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.

Our first coach excursion of the year is to Sandringham, the Kings Estate in Norfolk. We are going on Wednesday, 18th June. Pick up at Tesco's in Market Rasen at 8.30 a.m. and return at 6.00 p.m. £55 p.p. which includes the coach, driver's tip, entrance to the garden, house and little church. For more information and to make a booking contact Jane on 07971277482 or e-mail jane.m.guy@gmail.com

If you need an application form for the Summer Holiday please contact Jane.

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

Jane Guy

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.

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

West Wolds u3a Gardens of Shropshire

Friday 18th to Monday 21st July 2025 - 4 days

4 Days
by coach
£575pp sharing
£675 sole occupancy
Half board
Inclusive of
entrance fees



Friday 18th July – Lincolnshire to Telford

Depart Market Rasen 8.30 am.

Our first stop is at **John's Garden, Ashford Nursery, Kingswinford.**

Arrive 11.15 for visit and lunch (take pack up or purchase something in the restaurant at the Nursery).

Depart at 1.30pm and continue to **Ruthall Manor** near Bridgnorth, arriving at approximately 2.30pm. Visit includes entrance and tea and cake.

Depart at 4pm and continue to Telford, arriving at our hotel at approximately 5pm with time to relax before dinner.

Saturday 19th July: Goldstone Hall/David Austin Roses/Grooms Cottage

Depart hotel at 9.30 am for our visit to **Goldstone Hall, Telford.**

Coffee & biscuits included. Depart 11.00 am.

11.30 am. Arrive at **David Austin Roses, Telford.** We have lunch here (included in tour cost). Depart at 2.30pm and return to hotel.

3.15pm arrive at hotel. Time to relax before an early dinner at 6 pm.

7 pm: Depart hotel and travel to **Grooms Cottage, Telford,** arriving at approximately 7.30 pm. Visit includes a glass of prosecco and cake.

9 pm: Depart Grooms Cottage. Arrive back at hotel 9.30pm.

Sunday 20th July – Hodnet Hall/Wollerton Old Hall/Moat Hall

9.30 am: Depart hotel and travel to Market Drayton, to arrive at **Hodnet Hall** at approximately 10 am. Visit and lunch included.

1 pm: Depart Hodnet Hall and continue to **Wollerton Hall, Market Drayton,** arriving at approximately 1.30pm. Depart 3.30pm and travel to Shrewsbury.

Arrive at **Moat Hall** at 4.00pm for tea and cake. Depart 5.15.

Arrive at hotel 5.45 pm.

Monday 21st July – Depart hotel at 9.30am and commence journey home.

With a garden visit en route, we aim to arrive back at **Tesco's Car Park, Market Rasen** at approximately 6 pm

Please note: Some gardens may involve steps or uphill walks to and from where the coach can park. This holiday is therefore not advised for those with restricted mobility.

ALL DEPARTURE TIMES WILL BE ANNOUNCED ON THE COACH

Departing from Market Rasen at 8.30am:

For further details contact Jane Guy

Tel. 07971 277482 (e-mail jane.m.guy@gmail.com)

Telford Hotel Spa & Golf Resort, Shropshire (AA 4 star)

Situated in 170 acres and overlooking the Shropshire countryside, this stunning hotel with first rate facilities is located five miles from Telford and on the doorstep of Ironbridge Gorge.

- Bar & lounge, restaurant
- En-suite bedrooms
- Indoor pool, sauna, steam room & 18-hole golf course
- Lift

What's included:

✓3 nights' accommodation with 3 course, 3 choice dinner, and full English breakfast

✓Return executive coach travel

✓Porterage on arrival and departure

✓Visits and entrance fees as shown

*Price based on a minimum group size of 30 passengers and two persons sharing a twin/double room.

Single room supplement £100

Deposit £75 by 31st January '25.

Optional insurance £17pp

Booking Terms & Conditions apply

just for
groups!

Tour details are subject to change and have been arranged in conjunction with *just for groups!*

The Old Bakery, Queens Road, Norwich NR1 3PL
01603 886740 www.justforgroups.co.uk



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 FOR YOUR HOLIDAYS

This short course has now finished for another year. Always popular if you're planning on speaking a little Spanish when you travel. Next course 2025.

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.

WEST WOLDS U3A: MEET OUR LANGUAGE GROUPS

FRENCH BEGINNERS AND FRENCH CONVERSATION

From September 2024 there will be two groups covering a wider ability range so you'll fit right in whatever level of French you're at. Our groups meet fortnightly on 1st and 3rd Wednesday evenings each month at 6pm.

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 February 2025. We're currently looking for new members and have a few spaces left, so hurry!

GERMAN

Now meeting in a new venue every Tuesday at 2pm this expanding group welcomes new members at the New Life Church, Market Rasen. Contact Gary for more details

publicity@westwoldsu3a.org

FRENCH, ITALIAN AND SPANISH

Contact Sandra for more details
sandrawwu3a@gmail.com

Content correct as of February 2025

Digital Photography Group Pictures of the Month for January 2025

Here are some photos from the Digital Photography Groups challenges for January, based on a creative theme 'Weathered' and a technical theme of 'Silhouette' plus a favourite of the month. This selection was voted on at our Digital Photography Group meeting.

Favourite of the Month

Hang in there

Taken by

Angela Coupland



Technical

Silhouette

Taken by

Brian Ward



Creative—Weathered 1

Falling Apart

Taken by

Dave Ebbage



Creative—Weathered 2

Old barn Door

Taken by

Mick Coupland

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=7658

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 be 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

Chairman & Safeguarding Officer

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How to Subscribe on the West Wolds website to receive updates and notice of New Posts by email.

Open the West Wolds website homepage
westwoldsu3a.org look for the Subscribe box..

Enter your email address and click on the '**Subscribe**' 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.

Here is the Interest Groups Monthly Timetable, please contact the relevant Group Leader shown overleaf to ascertain if the group is running, and times and where they meet.

Leaders, 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	<p>14:00 Crochet</p> <p>14:00 Digital Photography</p> <p>14:00 Turkish Delight</p> <p>Desert Dancers</p>	<p>10:00 Family History</p> <p>14:00 Indoor Bowls</p> <p>14:00 Backgammon</p> <p>14:00 Upholstery</p> <p>14:30 Spanish Intermediate</p> <p>14:00 German</p>	<p>10:00 Country Walks</p> <p>10:00 Cycling (Short Rides)</p> <p>10:30 Strollers</p> <p>14:00 West Wolds Warblers</p>	<p>10:00 Patchwork</p> <p>10:00 Italian for Beginners</p> <p>10:15 Keep Fit</p> <p>14:30 Drama</p> <p>14:30 Recorder Group</p>	<p>10:00 Latin</p> <p>10:00 Line Dancing</p> <p>10:00 Biblical Hebrew</p> <p>10:00 Cycling (Longer Rides)</p> <p>14:00 Scrabble</p> <p>14:00 Discovery Group</p> <p>14:00 Spanish Conversation & Scrabble</p>
2nd	<p>10:00 Embroidery 2</p> <p>13:30 Spanish Beginners</p> <p>14:00 Board & Card Games</p>	<p>10:00 Local History</p> <p>10:00 Beginners Family History</p> <p>14:00 Indoor Bowls</p> <p>14:00 Upholstery</p> <p>14:00 Canasta</p> <p>14:30 Spanish Intermediate</p> <p>14:00 German</p>	<p>10:00 Embroidery</p> <p>10:00 4 Mile Walkers</p> <p>10:00 Cycling (Short Rides)</p> <p>12:00 Luncheon Group</p> <p>14:00 Poetry</p> <p>14:00 Music Appreciation</p> <p>18:00 French Beginners</p> <p>18:00 French Conversation</p>	<p>09:45 GENERAL MEETING Festival Hall Market Rasen</p> <p>14:30 Drama</p>	<p>10:00 Latin</p> <p>10:00 Line Dancing</p> <p>10:00 Biblical Hebrew</p> <p>10:00 Cycling (Longer Rides)</p> <p>14:00 Mah Jong</p>
3rd	<p>14:00 Crochet</p> <p>14:00 Digital Photography</p>	<p>10:00 Country Walks</p> <p>14:00 Indoor Bowls</p> <p>14:00 Upholstery</p> <p>14:30 Spanish Intermediate</p> <p>14:00 German</p>	<p>10:00 Cycling (Short Rides)</p> <p>10:00 Discussion Group</p> <p>11:00 Table Tennis</p> <p>14:00 Readers Group – FULL</p> <p>14:00 Gardening Group</p>	<p>10:00 Patchwork</p> <p>10:00 Italian for Beginners</p> <p>10:15 Keep Fit</p> <p>14:30 Drama</p> <p>14:30 Recorder Group</p>	<p>10:00 Latin</p> <p>10:00 Line Dancing</p> <p>10:00 Biblical Hebrew</p> <p>10:00 Cycling (Longer Rides)</p> <p>14:00 Scrabble* <i>(*And 5th Friday of the month, if there is one)</i></p> <p>14:00 Solo Group</p> <p>14:00 Spanish Conversation & Scrabble</p>
4th	<p>10:00 Embroidery 2</p> <p>13:30 Spanish Beginners</p> <p>14:00 Board & Card Games</p>	<p>10:30 3 Mile Walkers</p> <p>11:00 Creative Writing</p> <p>14:00 Indoor Bowls</p> <p>14:00 Upholstery</p> <p>14:00 Canasta</p> <p>14:30 Spanish Intermediate</p> <p>14:00 German</p>	<p>10:00 Embroidery (*<u>Last Wednesday of month</u>)</p> <p>10:00 Cycling (Short Rides)</p> <p>13:30 Beading Group</p> <p>14:00 Rasen Book Group</p> <p>14:00 Artificial Intelligence</p> <p>18:00 French Beginners</p> <p>18:00 French Conversation</p>	<p>10:00 Cross Stitch – FULL</p> <p>10:15 Keep Fit* <i>(* And 5th Thursday, if there is one)</i></p> <p>14:00 Architecture – every two months</p> <p>14:30 Drama</p>	<p>10:00 Latin</p> <p>10:00 Line Dancing</p> <p>10:00 Biblical Hebrew</p> <p>10:00 Cycling (Longer Rides)</p> <p>14:00 Mah Jong</p>

Interest Groups & Leaders

ARCHITECTURE

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ARTIFICIAL INTELLIGENCE (AI)

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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

CREATIVE WRITING

Sue Flower 07752 085409

CROCHET—FULL

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

Sandra Dean, sandrawwu3a@gmail.com

FRENCH CONVERSATION

Sandra Dean, sandrawwu3a@gmail.com

GARDENING

Jane Guy 0797 1277482

GERMAN

Gary Beighton 0758 2227856

INDOOR BOWLS

Cathy Whelan 01673 565608 / 07974 856984

ITALIAN (for beginners)

Sandra Dean, sandrawwu3a@gmail.com

JIGSAW EXCHANGE

Lyn Henry 01673 843851

KEEP FIT

Dawn Stopper 01472 851133

LATIN

Gwen Parsons 01673 601086

LINE DANCING

Pauline Wood 07716 805580

LOCAL HISTORY

Paul Ettridge 07916 910023

LUNCHEON GROUP

Kay Green Tel: 0790 081 8373

MAH JONG

Margaret Allerston 01673 842247

MUSIC APPRECIATION

Kathryn Wade 01673 849487

PATCHWORK

Lyn Henry 01673 843851

POETRY

Eva Smith 01673 842218

READERS GROUP— FULL

Audrey Storey 01673 849625

RASEN BOOK GROUP

Jo Speakman 07922 002251

RECORDER GROUP

Geoff Goddard 07752 945543

SCRABBLE

Audrey Storey 01673 849625

SOLO GROUP

Ginny Beard 07980 209642

SPANISH—BEGINNERS—STARTING FROM FEB 2025

Sandra Dean, sandrawwu3a@gmail.com

SPANISH CONVERSATION & SCRABBLE

Sandra Dean, sandrawwu3a@gmail.com

SPANISH INTERMEDIATE PLUS

Sandra Dean, sandrawwu3a@gmail.com

SPANISH FOR YOUR HOLIDAYS—STARTING FROM SEPTEMBER 2025

Sandra Dean, sandrawwu3a@gmail.com

TABLE TENNIS

Roy James 07933 361213

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 LEADER REQUIRED

If a group is showing as FULL, and you would like to join, talk to the relevant Group Leader, they may be able to help you start up a new second group.