



Message from our Chair

Dear Member



Visiting other u3a's in our wider region as I do, I can confidently and without bias state that we are the best. Our meetings are buzzing, our Reception Desk and Greeters are friendly and welcoming and Speakers excellent.

These are comments I have had from other u3a's Committee members who have visited us over the past year and who are taking our ideas back to improve their own meetings.

Our volunteers have worked hard to gain us this reputation so let's ensure we all do our bit to keep our u3a cordial and welcoming to each other and visitors alike.

chair@westwoldsu3a.org

CATERING PLEA FROM RACHEL TELFER

Kitchen helpers are needed in October and Serving and Kitchen Helpers in November, please contact Rachel Telfer at the August meeting if you can offer your help.

Membership Payments and Forms

It would be much appreciated if members could submit their payment at the same time as their membership form and not separately. This applies to both online and paper renewals and enables me to process your membership speedily, rather than holding back forms until the payment is cleared.

Terry Francis
Treasurer & Membership Secretary

MEMBERSHIP RENEWAL FOR 2025-26

It's that time again when we are asking 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.

You can now pay your 2025-2026 membership fees online by BACS, or by presenting a cheque, or cash, or using a contactless card at the Meetings. When paying online, please add the reference 'Mem and your surname.'

For details, you will need to fill in a new 2025-26 Membership form, **the easiest way is to fill in the online Membership form on our website which sends your details directly to the membership@westwoldsu3a.org email address.** Alternatively the form can be downloaded to fill in manually, copies will also be available to pick up at the meetings,. Once completed return it to the Membership Secretary as detailed on the form. Or bring it to a meeting We do need you to complete a form so that we can ensure that the data we hold against your name is still correct and relevant and as a paper trail for me to ensure I get all members signed up. Correctly. **If you are a tax payer, please click or sign in the box for it so that can we claim back Gift Aid.**

The Membership fee for September 2025 to August 2026 has remained the same as last year for Individual and Joint membership, with Associate Membership at only £5 for members of other u3as :-

£18 for Individual membership

£34 for Joint Membership

£5 for Associate Membership.

Terry Francis,
Treasurer & Membership Secretary

General Meeting Speaker Programme 2025

14th August 2025 – Lincolnshire Bomber Command Centre

The International Bomber Command Centre is a memorial and interpretation centre overlooking the city of Lincoln, and telling the story of RAF Bomber Command's extensive losses of aircraft and crews during the Bombing of Germany during World War II.

11th September 2025 – The Art of Saving Lions—by Anna-Louise Pickering. – Rematch



The return of Anna-Louise Pickering who was cut short in April.

Writer, photographer and Conservationist for the Pollyanna Pickering Foundation

9th October 2025 – Kenneth Moore “You’ll Fly Laughing Part 2”



Another humorous account of 34+ years as a Royal Air Force Navigator from timing toilet break to the workings of the ejector seat and finally what the best dressed combat aviator is wearing these days!!

13th November 2025— AGM—Details TBA

Local History Group 2025 Programme

August 12th.— A talk by Nigel Horner entitled “**Proper Objects**” exploring those with mental illness in Lincolnshire before the advent of The Lincoln Asylum.

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

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

November 11th.— A talk by Hugh Nott entitled “**Paper making in Lincolnshire**”

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

u3a
learn, laugh, live

West Wolds u3a

**KEEP YOUR MIND
BLOOMING THIS
AUTUMN**

Our membership year runs from September
Annual Fee £18 per person
£34 for persons sharing the same address
(that's £1.50 per month)

What's Included

- Access to over 50 Interest Groups
- Social and Learning Events
- News and Information
- Insurance and Support
- Exclusive Discounts and Offers
- Trips and Visits

As we step into this new month, let's embrace
the changing season with open arms

membership@westwoldsu3a.org



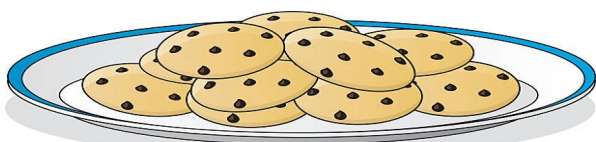
Our table of interest this month is Wiltshire Farm Foods. Louis Clark who is the Business Development Executive for the company will be available to discuss their range of products to order. There will be some samples of cake to enjoy and some very special offers for our members, so not to be missed . *Ginny Beard*



At the monthly meeting, tea & coffee is served from 9.15 – 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.



Greeters Rota

September

Penny Nott
Gwyneth Thompson
Janice Adams

October

Peter Fox
Anna Etteridge
Eunice Hughes

If anyone would like to volunteer as a greeter, please contact Caroline Dale at the meetings or on 01673 844142.

Catering Helpers Rota

September

Serving:: Liz Eastburn
Helen Wilson
Kitchen: Valerie Wright
Eileen Bedford

October

Serving:: Liz Eastburn
Norma Willis
Kitchen: Yvonne Heathershaw
TBA

If any members would like to volunteer to help with catering at future meetings, please contact Rachel Telfer at the meeting.

Front Desk Rota Volunteers

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

14th August—Amanda Curtis
11th Sept—Margaurite Hopkins
9th Oct— Bess Scott Gunn

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

Sheila Nash

OUR FACEBOOK PRESENCE

A couple of months ago, we resurrected our Facebook page and we would like to thank all of you who have supported this page as the number of "likes" and "followers" have increased.

The aim of a Facebook presence (and now also Instagram) is to make more people aware of our great organisation and attract new members.

However, your help is needed. The more likes/followers of the page and engagement with the content increases the chance of the page appearing in your newsfeed, being visible to a wider audience and increasing the likelihood of it coming up on Facebook search results.

So, I would appeal to all of you who use Facebook and/or Instagram to "like" and "follow" our page and engage with the posts. This could include liking individual posts, commenting, and sharing to your own individual Facebook page.

As we need to show what is on offer, please send me anything at all that you think may be useful to post. One member of the cycling group has previously sent me a photograph of their group after their day's ride with a few of his own words and this post has had one of the most views so thank you Martin Keen. Also thanks to our Chair who has given the most support.

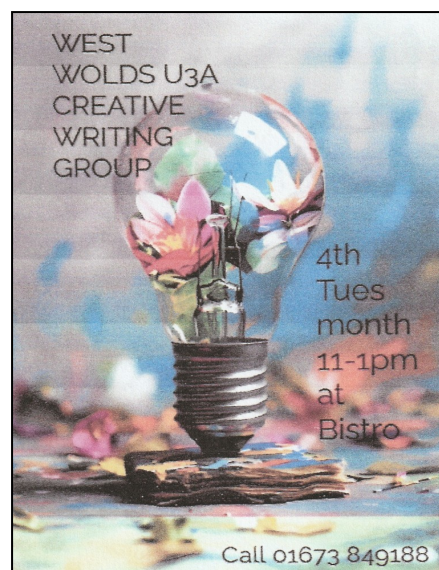
Email: paulinecooper734@gmail.com

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

westwoldsu3a



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

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.

WEST WOLDS AT THE COMMUNITY MARKETPLACE VOLUNTEERING EVENT



On 15th July we attended the Market Rasen Community Marketplace Volunteering Event at the Festival Hall. Approximately 20 organisations from the vicinity were there and this event was open to residents and visitors alike to find out what is available locally, with free refreshments available.



We enjoyed talking to people and handing out our information about our u3a, but also connecting with other charities and organisations to see where mutual support can be given and obtained. This is the third event we have attended over the past few months, and thanks to our Display team who are going to have a summer break now

JOIN OUR ITALIAN LANGUAGE GROUP



**LEARN, SPEAK, AND ENJOY
ITALIAN!**

**THURSDAYS AT 10AM
(1ST AND 3RD OF THE MONTH)**

**FORTNIGHTLY SESSIONS RESUME
FROM SEPTEMBER 4TH**

Ciao Amici!

**SIGN UP TODAY AND JOIN
OUR FRIENDLY GROUP!**

languages@westwoldsu3a.org

Card Crafting Group



Another successful card making class at Ginny's house where everyone made 3 all occasion cards each. Thank you to all the ladies that came to both classes.

RECIPES

FRUITY PEANUT FLAPJACK



Makes 12 bars, suitable for freezing

300g jumbo Oats
60g each Pumpkin Seeds and Sunflower Seeds
30g Desiccated Coconut*
60g Plain Flour
90g chopped dried Apricots
90g Dried Cranberries
200g Butter
200g Golden Syrup
150g Light Muscovado Sugar
125g Crunchy peanut Butter
20 x 30cm (8 x 12 inch) Tin greased and lined

Method:

Heat oven to 160 C or Gas 3
Combine the seeds, coconut, flour, apricots and cranberries in a large bowl.
Gently melt the butter and syrup, then add the sugar and peanut butter. Stir until melted.
Pour into the dry ingredients and mix until combined.
Spoon the mixture into the tin and bake for 20-25 minutes or until golden and firm. Cool in the tin, then cut into 12.

*If you don't like coconut add 30g more oats.

Provided by Mandy Curtis

HERBY STUFFED SALMON.



Heat oven to Mark 4/180°C

Make a stuffing by combining :-

100g ground almonds
100g cream cheese
3tbs capers rinsed and chopped
4tbs fresh dill chopped
Zest of one lemon, plus 1tbs juice.

Seasoning

4 salmon fillets sliced through the middle but not all the way

Divide the filling between the fillets and put in a roasting tray. Drizzle with olive oil and roast for 20-25 minutes until the salmon is cooked.

Serve with new potatoes and seasonal greens.

Provided by Rachel Telfer

NAVAJAS, MY NIRVANA

This could so easily be just like a school essay i.e. "Wot I did on me Olidays". Instead, this article aims to explain why a small town in Spain won the hearts of both myself and my wife, leading us to return there year after year. Below is our statement of reasons:



So, Navajas, population 846, located approx. 60km inland from Valencia, just off the A23. The town is totally surrounded by mountains, with 150+ miles of roads ideal for road cycling, with no habitation on them, and the only traffic is normally other cyclists. (see picture of the town above)

SPECIAL NOTE : To any members of our cycling group reading this. You may like to go onto Google maps, and check out the road CV200, which runs from Almedijar to Ain. If you do so, welcome to my favourite climb in the world. – see photo below of me at the top of the climb.



Camping Altomira, a beautiful site, with generous parking spots for motorhomes/caravans, laid out in

terraces, overlooking the mountains. There is always a great "buzz" on site due to the mix of like minded people of all nationalities just there to enjoy the stunning scenery and the walking/cycling. At weekends, the site becomes very Spanish, as they turn up all year round to occupy the chalets/ bungalows, and to eat in the excellent restaurant....

The campsite restaurant – starters = usual range of salads, calamari etc. but we go for the "croquetas", with interesting flavours like Camembert. Paellas, there are many, my favourite being duck and mushroom.

A wide range of meats, where we were encouraged to try choice cuts from acorn- fed pigs.

Equally broad choice of fish,

where my favourite was Sea Bass.

The "Via Verde de Ojos Negros"– the Greenway of the Black Eyes. This follows the track of an old mining railway. and runs for miles, being easily accessible from the top of the campsite .Once again, ideal for cycling, walking etc.

Salto de La Novia (the leap of the bride)– the local beauty and picnic spot, which includes a 60m tall waterfall. It is situated below the town on the edge of the river

The hilarious bingo game which is jointly organised by all the bars in the town square, and played on Sunday afternoons, whilst locals and any tourists enjoy a leisurely lunch. it is difficult to know whether the caller has a speech impediment, is drunk, or just likes making a dramatic performance!

Quick quiz for readers :

Dos Senoras GordasOchenta y ocho : means?

La Linea es Correctameans?

I am pleased to note that Navajas seems to be in no danger of becoming over commercialised. Also, if motor-homing life becomes too much. there are plenty of bungalows and glamping pods on the campsite to choose from.

Well, that's all for now Amigos, so Adios

Nick Wilson

JULY SUMMER WALKS

North Willingham Walk 2nd July—7 Miles

Five of us set off in dry weather from Wrights Ice Cream Parlour at North Willingham, we walked nearly 4 miles in a downpour, then sheltered under a tree until it had nearly stopped raining. We crossed a flat field of rape before some hard walking up to Sixhills, where Marilyn decided to leave us. Onward with 4 of us across a field with cattle in, and through woods up to Hainton Top Farm. Then the ground became good on a farm track to Caistor High Street, we walked via a busy road down to Ludford Viking Café, where we stopped for lunch amid another downpour, which we were happy to watch from within the café, as our feet were soaking wet.

Bardney Walk 9th July—5.5 Miles

Due to the increasing temperatures predicted, the walk at Bardney on 9th July kicked off at 9.15am. Fortunately cloud cover helped keep temperatures below 24 degrees but when the sun broke through it felt very hot.



Enjoyment was not spoiled though, and we had varied terrain – field edges, woodland tracks and a little road all on the flat. A welcome drink

and snack was appreciated at the cafe after a humid 5.5 miles.



Cleethorpes Walk 16th July — 4.6Miles

On July 16th 10 enthusiastic walkers started off in the Haven Holiday Park car park near Humberston and set off along the sea front with stunning views of the sand dunes and sea past the Lakeside Park as far as the Helms Café on the Cleethorpes sea front,



Along the way we lost a couple of the walkers who decided they couldn't make it that far, and some split off to go further towards the pier. After a lovely stop sitting in the sun for refreshments, we made our way back, three of us decided we would take a ride on the Cleethorpes Coast Railway, enjoying an Ice Cream on the way.
Oh, we do like to be beside the seaside!

Tealby Walk— 22nd July—4 Mile

On 22nd July, 9 walkers set off from The Kings head pub in Tealby to do a 4 mile walk . We walked through the village and the churchyard and then through some fields to reach Caistor lane. It was a lovely sunny day and the views were amazing.



After a short walk along the lane we walked down a track passing a beautiful property and reaching the Viking way near the Risby sheep fields. They were there waiting to greet us !!



A lovely walk along the Viking way took us back to Tealby and the Kings Head where we enjoyed a welcome drink and one member enjoyed a sandwich and chips !! A very enjoyable walk.

Lesley Brewis



Middle Rasen Walk—30th July—4.5 Mile



On the 30th July, led by Rachel Telfer, 10 walkers set off from North Street in Middle Rasen and walked alongside the A46 then through farm tracks and fields of sheep, and over a very rickety stile to West Rasen where we stopped on the Pack Horse Bridge and then followed alongside the River Rase back to Middle Rasen.



The weather was overcast but quite warm with a gentle breeze which made it survivable, although there were a few red faces at the finish. Rachel then invited some of the group back to her house to partake in tea/coffee and a nice Lemon Drizzle Cake. This was another enjoyable walk.

Terry Francis

GREETINGS, EVERYONE!

On arriving at our monthly u3a General Meeting, you will be met by a Greeter, to welcome you. What is the purpose of this?



Many years ago, at a Committee meeting, the decision was taken to provide a member or members at the door of the Festival Hall, to provide a welcoming figure to those who were attending the meeting for their first time. It was recognised that for many newcomers, taking the first step into an unknown situation, in the presence of total strangers, might not be any easy one. The majority of the then Committee members also recognized that this had applied to them, on their initial visit, to some extent or another.

So, what does the Greeter then do, after a newcomer has been met? The Greeter is charged with taking care of each visitor, and escorting them around the venue, pointing out all the various group information sheets and tables. To assist with helping the visitor retain all the information on offer, there is also a Welcome folder which they are given to read and digest at their leisure later. The first step is always the refreshments table, to help with the settling-in process!

Some visitors require more guidance and attention than others, which is fine, and it is up to the Greeter to recognize this and react accordingly, leaving the new potential member to find their feet in amongst the hustle and bustle which generally greets them on arrival.

Hopefully our system is effective and helpful. It has been recognized by visitors from other u3as as being so, and been adopted by them. So, when you are jovially greeted by a robust 'Good Morning, and Welcome,' it's not just for effect, but is part of our carefully crafted strategy to provide a warm welcome and greeting, which will hopefully be followed through when newcomers become members and join their chosen groups. Every member can help a newcomer be made welcome by their own warm greetings. We were all first timers once, don't forget!

Brian Ward

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.



Theatre Group

Shows for your diary
. Taking bookings at next meeting for.

At the Broadbent Theatre

Dream Abba Story

Saturday 20th September. £12/£13 pp.
£12 is for pensioners

And at the Riverhead Theatre

Calendar Girls

Saturday 13th September

Elton John

Friday 14th. November

Please see Cathy Whelan at the u3a meetings
if you are interested or ring 01673 565622
Transport by own car/car share.

Anyone for Table Tennis?

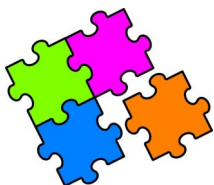


Table tennis is fortnightly on Tuesday mornings

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.

Mahjong Group



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

Poetry Group

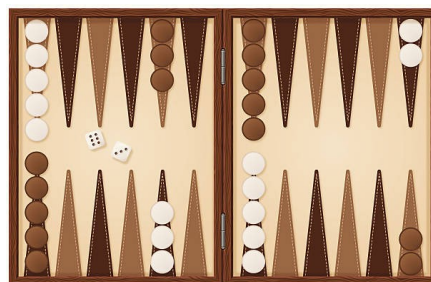
Do you like poetry but never seem to have the opportunity to sit down and read and enjoy the words and thoughts of someone else.

Our poetry group meets once a month on the second Wednesday of the month. We are not a writer's group but if you want to read your own work that is fine. We each choose a favourite poem to read, and this usually leads on to some interesting short discussions, maybe about the poet or the subject or even the memories it has revived.

We break for coffee or tea and then continue with a second poem each. It is a very pleasant relaxing two hours. Unfortunately, we have lost a few members recently and the number has dropped. It would be nice to welcome some new members with their fresh thoughts and opinions.

Contact Group leader Eva Smith on 01673 842218.

Backgammon Group – at the Bistro



We meet 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

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

Games On



We are a friendly group of members who like to play card and board games, including Bridge. You are welcome to come along and join us on the 2nd Monday of the month. The next session is on the 11th August at 2pm in the Bistro Cafe, Market Rasen. From September we will be meeting twice a month, on the 2nd and 4th Monday of the month at 2pm.

EVERYONE WELCOME.

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

Please note there will be no meeting in August, so we will recommence on Wednesday 17th September.

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 the third Wednesday of the month.

Indoor Bowls

Over the Summer we are meeting twice a week on Tuesday and Thursday at 10.30. This will change in September.

Contact Cathy Whelan for further information.

Music Appreciation Group



The Music group is suspended until 3rd Friday afternoon in September.

Please get in touch with me if you have any questions.

Kathryn B Wade. 01673849301.

Solo Group

The solo group met on Friday 18th July at the New Life and we had the pleasure of experiencing some Wiltshire Farm Foods. Daisy and Cat prepared a display of cakes and hot foods for us to try. Thank you to everyone who came along and hope you will make the most of the special offers available at the moment.

The next meeting will be on Friday 15th August when Gail Dennis will be giving us an in-depth talk about the Broadbent Theatre at Wickenby. As usual this meeting will be at the New Life Church, Market Rasen at 2.00 p.m.

Thank you, Ginny Beard



Shropshire's Garden Gems : A Garden Tour Extravaganza

A keen group of garden enthusiasts embarked on a delightful horticultural holiday to Shropshire, immersing ourselves in some of the UK's most exquisite green spaces. The itinerary bloomed with variety, beginning with John's Garden and Ashwood Nursery together with David Austin Roses, the world renowned rose grower where we were captivated by the fragrant displays of English roses.

Further exploration led us to Grooms Cottage and the elegant Moat Farm both offering unique insights into diverse gardening styles. A highlight was undoubtedly Hodnet Hall, with its stunning landscapes and water features, followed by the acclaimed artistry of Wollerton Old Hall. We revelled in the charm of Ruthall Manor when Lynda welcomed us to her family home to witness how the landscape had changed to suit her individual character and planting style.

Beyond gardens, our group also took in the historical marvel of Iron Bridge, a testament to industrial heritage. We stayed at the Golf Hotel once part of Hay Farm, a dwelling lived in by Abraham Darby III.

Our trip concluded with a visit to the beautiful Thornbury Estate in Derbyshire where we broke our journey on the return to Lincolnshire.

This was a charming break taken with friends old and new from across our West Wolds family together with one or two members of other local u3a gardening groups.

Our sincerest thanks go to Jane Guy, our gardening group leader and Diane Puncheon who conceived the visit and planned the details.

Details of future Garden Group visits and group sessions are available from Jane at gardening@westwoldsu3a.org or directly from the West Wolds u3a website

Garden Group – Future Events

Highlights

Open Garden Visits in August

Boston Exotic Garden – August 6th

Started in 2017, this fairly new garden has been transformed into an exotic garden full of interesting tropical plants including bananas, cannas and brugmansia. It's a wonderful opportunity for an afternoon out. Booking with Jane essential.

Sue Boorman's Garden, Market Rasen – 10th August

Sue will be welcoming you all to her lovely garden from 3pm. There's a £1 entrance charge (a donation to Breast Cancer). Refreshments including delicious homemade cakes will be available with a donation to Sue's chosen charity on the day.

Contact Sue for further details
01673-565975

1 Acre Close, Market Rasen, LN8 3DL



Highlights

Monthly Speaker Programme

17th Sept – Native Rewilding, Edward Cook

15th October – Gardening for Mental Health and Wellbeing, Jane Hickling

19th November – Royal Gardens of the World, Mark Lane

17th December – Christmas Tea, Bring and Share

21st January – Propagation for Grown Up Gardeners, Peter Williams

18th February – Cultivation and Propagation of Nerines, Agapanthus, Etc., Colin Hickman

18th March – Alpine Plants and Bulbs, Rob Potterton

15th April – Ten Top Tips for Gardeners, plus Plant Sale, Martin Fish



Check out the monthly Garden Group Newsletter for full details.



SPANISH MENU

STARTERS

A regular cornucopia of diary events from members involving speaking and listening in Spanish.

MAIN COURSES

A Spanish novel to share or perhaps a little grammar to iron out something you've not yet mastered!

DRINKS

A monthly magazine full of ideas to try, updates, lots of fun and lively chatter.

DESSERTS

A little extra like a Spanish tapas meal or a classical Spanish recital perhaps? We have it all!

If this has whetted your appetite, then why not get in touch?

languages@westwoldsu3a.org

Desert Island Discs: Music, Memory and the Sound of the Sea...

Imagine you are transported to a desert island. There is no Wi-Fi, no supermarkets... but there is a solar radio, a magical record player and space for only six songs. Sadly we limited ourselves to one song per person otherwise we'd still be indulging our musical passions to this very hour.

What music would you take with you?

This imaginative exercise, inspired by the famous BBC programme Desert Island Discs, invited us to reflect on the songs that have marked our lives, our memories and our dreams.

We're a theatrical and artistic lot in the Spanish Group and it's fair to say that music is very important to all of us. We recently shared a Desert Island Disc themed afternoon where we chose to nominate our favourite piece of music, talking about it (in Spanish of course).

We chose music that inspired us, music that evoked memories - some very painful. There was also music to mark significant life events and challenges.

Here are our choices. Which ones would you take?

Guitar Concerto de Aranjuez, Rodrigo - chosen by Sue T
Living La Vida Loca, Ricky Martin - chosen by Ann F
Baker Street, Gerry Rafferty - chosen by Sue R
Your Song, Elton John - chosen by Chris S
Weddings and Wars, Will Varley - chosen by Alan D
Cloud Nine, George Harrison - chosen by Sandra D

The Intermediate Plus Spanish Group meets every Tuesday afternoon somewhere in The Lincolnshire Wolds by appointment to share an enjoyment of language, culture and a great deal more.



Walking Groups Programme for next two months

Date	Place	Distance	Walk Leader	Telephone
Aug 13th	N.Willingham	5 Miles	Amanda Curtis	07950 658057
Aug 19th	Chambers Farm Woods	4 Miles	Sharon Rupp	07803 694889
Aug 27th	Donnington on Bain	4.5 Miles	Rachel Telfer	07443 483831
Sept 3rd	Keelby		Rosie De Smit	07711 682888
Sept 10th				
Sept 16th				
Sept 23rd				
Oct 1st				
Oct 7th				

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.

Digital Photography Group Pictures of the Month for July 2025

Here are some photos from the Digital Photography Groups challenges from July,, based on a technical theme of 'Connect' and a creative theme 'Something made of wood' plus a favourite of the month. This selection was voted on at our Digital Photography Group meeting.

Favourite of the month

Hoverfly on Cornflower

Taken by

Chris Slack



Technical — Connect

Taken by

David Newman

Chris Slack



Creative

Something made of wood

Taken by

Pam Britton

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

Sharon Rupp Tel: 07803 694889

chair@westwoldsu3a.org



Vice Chair, Publicity Officer, and Website Support

Gary Beighton Tel: 01673 849364

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Business Secretary and Data Protection contact

Kay Green Tel: 07900 818373

secretary@westwoldsu3a.org



Treasurer & Membership Secretary

Newsletter Production Editor and Technical Support

Terry Francis Tel: 01673 842088

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membership@westwoldsu3a.org

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Groups' Coordinator

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Groupcoordinator@westwoldsu3a.org



Displays Planner

Cathy Whelan Tel: 07974 856984

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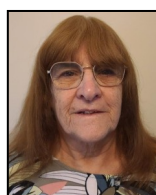


Displays Team and

Group Coordinator Support

Pam Britton Tel: 01673 847750

committee1@westwoldsu3s.org



Support Roles (Non Committee)

Catering Coordinator

Rachel Telfer Tel: 01673 844244

rachelterfer1@hotmail.co.uk

Greeters Coordinator

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Website Administration & Auditor

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Social Media Admin

Pauline Cooper Tel: 07716 805580

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

Interest Groups & Leaders

ARCHITECTURE – CLOSED TIL NEXT YEAR

David Oliver 01673 880188

ARTIFICIAL INTELLIGENCE (AI)

Sandra Dean, sandrawwu3a@gmail.com

BACKGAMMON

Bill Roberts 01673 842703

BEADING GROUP –FULL

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 565622 / 07974 856984

ITALIAN BEGINNERS PLUS

Amanda O'Connor/Sandra Dean,
sandrawwu3a@gmail.com

JIGSAW EXCHANGE

Lyn Henry 01673 843851

KEEP FIT

Dawn Stopper 01472 851133

LATIN

Gwen Parsons 01673 601086

LINE DANCING –FULL

Pauline Cooper 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 07783 977800

PATCHWORK

Lyn Henry 01673 843851

POETRY

Eva Smith 01673 842218

PORTUGUESE –LANGUAGE & CULTURE

Sandra Dean, sandrawwu3a@gmail.com

READERS GROUP – NOW CLOSED

Audrey Storey 01673 849625

RASEN READERS

Stanley Shiel 07510 152471

RECORDER GROUP

Geoff Goddard 07752 945543

SCRABBLE

Audrey Storey 01673 849625

SOLO GROUP

Ginny Beard 07980 209642

SPANISH –BEGINNERS

Sandra Dean, sandrawwu3a@gmail.com

SPANISH CONVERSATION & SCRABBLE – IS TAKING A REST UNTIL NEXT AUTUMN

Sandra Dean, sandrawwu3a@gmail.com

SPANISH INTERMEDIATE PLUS

Sandra Dean, sandrawwu3a@gmail.com

SPANISH FOR YOUR HOLIDAYS – STARTING FROM SUMMER 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 SEPTEMBER

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

WALKING GROUP

Ken Howitt 07933 744043

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.