



Message from our Chair

Dear Member



Summer is coming to an end and we turn our thoughts to the busy Autumn coming up. We are planning our Volunteer Thank You events for October, and following feedback from last year have decided to split this into 3 events: Group Leaders, Refreshments Team and Greeter/ Reception Teams who will each have their own date set for a coffee morning. We are also organising a New members Meeting for November, watch this space.

Also on October 3rd there will be a First Aid training session run by the Red Cross for £3 to include refreshments ; where else can you get a coffee and biccys for that?! Come and see us at the Events table for more information and to sign up.

This is the last event for the year so don't miss out. Most importantly though, is to begin preparation for the AGM on 13th November with Committee Nomination forms being available at the September meeting. These have to be completed by the October meeting, along with any written questions members may wish to raise.

Please consider whether you can represent our members by coming on to the Committee, and I and my colleagues are available to talk you through what is involved.

chair@westwoldsu3a.org

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 we can 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



ADVANCE NOTICE OF THE AGM

The 27th Annual General Meeting of the West Wolds u3a will be held on Thursday 13th November 2025 at Market Rasen Festival Hall at 10.30am.

Committee Nomination Forms will be available at the September General Meeting and should be submitted by Thursday 16th October to the Secretary.

Members are invited to submit proposed and seconded motions for the Agenda by 2nd October to the Secretary on secretary@westwoldsu3a.org

Relevant paperwork will be sent to all members on 23rd October and there will be 7 days in which to submit any questions in writing.

GIFT AID

Now we are in the thick of Membership (New and Renewals), it is an opportune time to remind you of the benefits of 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.

Thank you.
Chair

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

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.

General Meeting Speaker Programme 2025

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

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

westwoldsu3a



**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

Local History Group 2025 Programme

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



CATERING PLEA FROM RACHEL TELFER

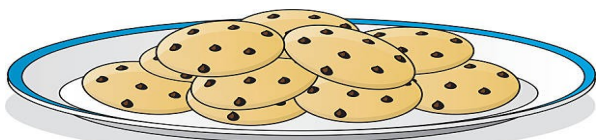
Kitchen helpers are needed in October and Serving and Kitchen Helpers in November, please contact Rachel Telfer at the August meeting if you can offer your help.



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

October

Peter Fox
Anna Etteridge
Eunice Hughes

November

Mary Orphanoudakis
TBA
TBA

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

Catering Helpers Rota

October

Serving:: Liz Eastburn
Norma Willis
Kitchen: Yvonne Heathershaw
Alan James

November

Serving:: Norma Willis
TBA
Kitchen: Rob Springett
Bernadette Heald

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 :-

11th Sept—Margaurite Hopkins
9th Oct— Bess Scott Gunn
13th Nov—Katherine Drake
11th Dec – Norma Willis

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

Sheila Nash

Creative Writing Group

The subject of the creative work for the August meeting was a poem on either, ' Home', ' A County', or 'Meeting a stranger'.

This is a piece on 'A County' submitted by Anne Gill.

From the Tyne to the Tweed, the places between
A landscape that's different and has to be seen.
A county well versed in history and time
With Areas of poverty, waste and decline,

From the coast and the sea with villages, quite pretty
Backboned by Cheviot and Pennines, so gritty.
Valleys with rivers so clear and so free
Sources of torrents as they reach the sea.

Land of the Kings, of Saints, and of Gentry
Their camps and their Castles still stand here as sentry
With dukes, lords and ladies, but also with crimes.
A county that suffered from the loss of the mines.

Estates and castles show off their wealth
Open for public to gain money by stealth
Lands sold for profit to Arabs and Russians
But people in streets are still begging on cushions.

It is a beautiful county you cannot deny,
To see it on holiday, it catches the eye
But under the beauty and projects review
There is much to to be done for a balance anew

and the second piece is a controversial piece about home

HOME

Our families have lived here for thousands of years.
The land; it was fertile and the crops gave good yields.

The scene from the homestead was pleasant and wide.

From the north to the hills and down to the tide.

The sea brought the fishing, a harvest so fresh.
The boats caught the shoals deep into the mesh.
Our family had fortune, and neighbours a plenty,
But then there was trouble, the year twenty twenty.

No longer crops grow; the homestead is rubble.
We and our neighbours have plenty of trouble.
There is death and disease, no water or food.
There is no one to help us and the aid is crude.

The fields are untended, there is no point in trying.
We only have time for the dead and the dying
We are frightened and desperate with nowhere to go.
As we wait for the bombs and the soldiers to show.

Anne Gill 07/2025

Please note that this group is suspended as Sue Flower has stepped down as the group leader

CALLING ALL KNITTERS



A kind member has passed a selection of knitting patterns along; they will be on the table at September's meeting – please help yourself.

Attention Indoor Bowlers

The Winter Bowls Programme will be starting in September.

This usually means that as all those outdoor Bowlers return, there is a shuffling of time slots
This is mainly due to Indoor League matches filling all the morning slots. We have been allocated 2 slots on Thursday afternoons from 2.00 till 4.30.

I am trying to get at least one morning slot, earlier in the week.

Our mornings slots from 10.00 till 12.30 on Tuesdays and Thursdays continue till September.

Thank you all for supporting the group over the Summer.

Cathy Whelan



AN EARLY DATE FOR YOUR DIARY

West Wolds u3a Christmas Lunch
will be at the Market Rasen Golf Club
on Thursday 11th December 2025

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

**Payments can be made by either
cheque or cash.**



VISIT TO TATTERSHALL THORPE CENTRE

A crash at Heathrow Airport, a loop in a Tornado, a bombing run over Berlin and the demolition of a German dam—all before lunch!



Not quite, but all done in Virtual Reality (VR) at the Thorpe Camp Simulator, by four trainee pilots of U3A West Wolds. This was the third visit by our members and was every bit as successful as the previous two. Nobody was grounded and we were able to experience virtual flights on a Tornado F3, sitting in the ejector seat of a genuine cockpit, surrounded by your own airborne office. Other flights were in the less agile Lancaster, Spitfire and Jet Provost, with varying degrees of success-failure.



The Centre is slowly building its range of simulator flights as well as its collection of aviation hardware, making it an interesting aviation site to visit. Their web site is: <https://www.thorpecamp.org/> and West Wolds U3A hope to make further visits in 2026. Keep your eyes open for these visits which are novel experiences for the optical and other senses. Must fly now!

Dave Ebbage



AUGUST SUMMER WALKS

CHAMBERS FARM WOODS—4 MILE

The proposed walk at Chambers Farm Woods on 19th August was to follow the 4 mile Green Route but during the advance recce it was clear that due to lack of maintenance it was impassable in places.



Thus on this showery morning we followed the White and Red route instead, and just as well as we were all pretty damp at the end of this shorter walk.



The refreshments at Shepherds tea room in Wragby cheered us all up however and we will try the Green Route again once we recce with machetes to clear the way.

Sharon Rupp

DONNINGTON ON BAIN WALK—4.5 MILE

It was a lovely sunny day when ten of us set off from Donington on Bain for a four and a half mile circular walk around the hills of the village.



We had lovely views across to Biscathorpe and then in to the valley near the disused church. One slightly uneasy moment was when we had to walk through a field of cattle. Sue and Scooby confidently led the way through and all was fine.

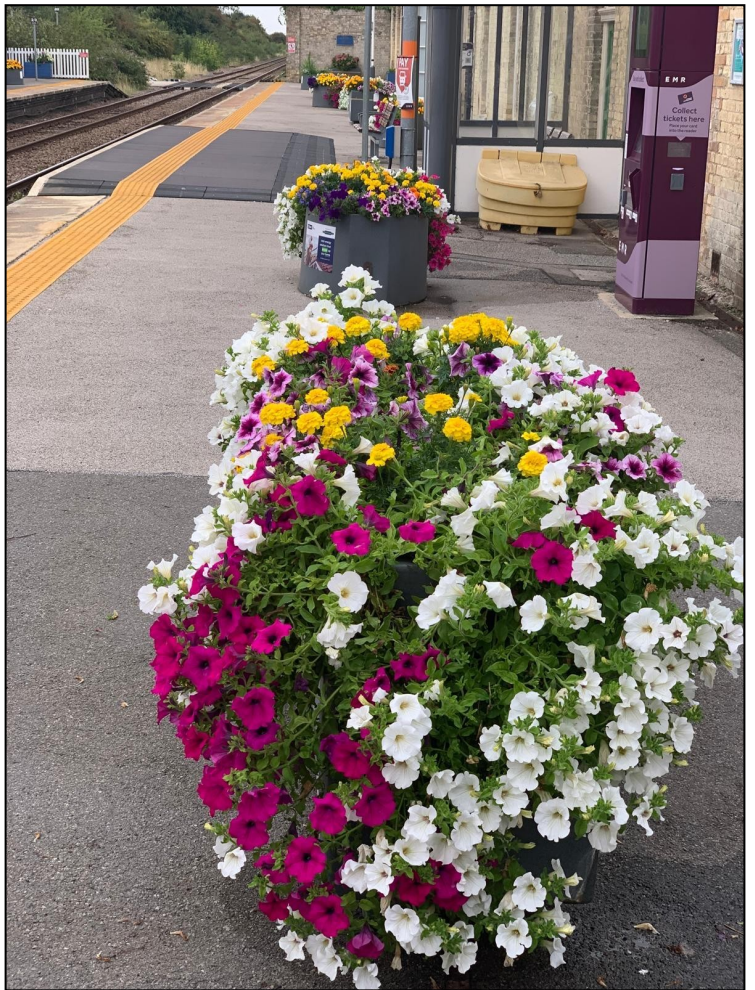


We finished off at the village pub with some of the group enjoying their lunch.

Rachel Telfer

STATION ADOPTION GROUP

Volunteers on Friday mornings keep the station in tiptop condition, for the benefit of the community and rail passengers alike; planting, watering and weeding the flower beds, plus maintenance, painting and repairing as necessary, and generally keeping the station tidy!



Yvonne Heathershaw

At present we are a team of half a dozen or so, and would always be pleased if you would like to come and join us, for a couple of hours on Friday mornings, we look forward to seeing you there.

BASIC FIRST AID TRAINING



We have booked the Red Cross to run a Basic First Aid
Course on **Tuesday October 7th**
at the Market Rasen New Life Church at 10am.
The cost is £3 to include refreshments, and will last for 2
hours.

Please sign up at the Visits table.

Would you like to learn Ballroom Dancing?



Local qualified dance instructor Peter Davies has kindly offered to run a beginners ballroom dance class for 4/6 weeks starting in the autumn. Classes will be for 1hr /week preferably on Thursday afternoons TBD. Cost will be merely to cover the Hall hire approx £24/£36 per couple for the course.

This amazing offer is subject to at least 5 couples signing up. Tell your friends!

If you are interested please contact Gary
vicechair@westwoldsu3a.org

Come on all the guys!

This fantastic offer has attracted a few couples and quite a few single ladies who need a partner!

Why not take the plunge. Take it from me – men really can dance, it's a great skill to have and don't forget – on the dance floor the man is in charge!

You won't find an offer better than this anywhere.

Gary Beighton

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?



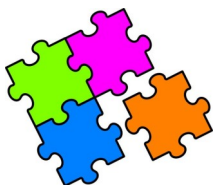
Table tennis is fortnightly on Tuesday mornings

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

Interested ?

Please contact Martin Keen on 07928 120265

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 and 4th Mondays of the month. The next sessions will be on the 8th September and the 22nd September at 2pm in the Bistro Cafe, Market Rasen.

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

Our discussions start again, following the Summer break, at the usual venue on Wed. 17th September at 10:00, there may be new members wishing to attend, if so please contact me on 01673 847750. The topic for this meeting will be:

"Many of the UK's services, infrastructure, industries, national government policies and educational facilities are increasingly receiving negative reports. Discuss the positive aspects of the UK's future, and the potential future for the 70 million inhabitants of these isles?"

For any inquiries, please contact the Group Leader, David Ebbage, on the above number. The meetings are held at Dave's house in Market Rasen, time/date : 10:00 on the third Wednesday of the month.

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 15th August and on this occasion Gail Dennis spoke about the Broadbent Theatre at Wickenby. Thank you to Gail and to all those that came along, another very successful meeting.

Our next meeting will be on Friday 19th September 2025 and our guest will be Alison Dale from the Clip Cafe.

Thank you.
Ginny Beard

Garden Group – Future Events

Highlights

Ed Cook – “Native Rewilding”

Wednesday, 17th September.

Ed Cook has a warm and attractive personality and is a ‘natural’ at engaging with his audience and keeping them absorbed in his subject. He works at his family nursery producing plug plants for sale on the internet. The nursery is on the River Trent near Sherwood Forest.

Ed’s passion is re-wilding which is the topic of his talk. Ed is the third generation of Nurserymen in the family, but the passion for native wildflowers and restoring native habitat started 20 years ago.

Ed graduated as a Master in Biochemistry (Oxford) and had a 20-year career in the Emergency Services. Pursuing his hobby he created numerous wildflower habitats during that time, and now has come together as a family to start a business doing what he loves, instead of a hobby fitted around work!



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.

MORE THAN WORDS : DIVE INTO U3A LANGUAGES

September 2025

A Message from the Languages Team

The summer is always a busy time as groups make the most of the summer weather and try one or two different things. The Italians have enjoyed a meal out while the Spaniards have been visiting Lincoln for a walk and enjoying coffee and antiques at Hemswell. They usually manage to find a little time for a spot of tapas too! The French have been getting creative to write stories together. It all makes for a very eclectic mix!

I've been down to London to give a presentation to the u3a at the national office. As Spanish subject adviser it's always lovely to meet other subject advisers in person and to catch up with old friends. We all have so much to learn from each other.

Now back to September and with the autumn ahead of us all it's time to think about getting back to groups. Why not try the following idea?



This month's challenge: Get to know new members by playing Two Truths and a Lie. Write down three sentences about yourself and share with the group. Others have to guess the lie. Play the game in your target language to improve your command of the vocabulary you need for the task.



¡Hola! New u3a Spanish Group Kicks Off in Market Rasen

A vibrant new u3a Beginners Spanish group has just launched, bringing a touch of España to the Community Room at Market Rasen Station! In July, eight enthusiastic new members gathered for their inaugural session, ready to embark on a linguistic adventure.

The group is designed for complete beginners, focusing on making learning fun and accessible. With a fantastic turnout for its first meeting, the new Spanish group is set to be a popular addition to West Wolds u3a languages, fostering new friendships and opening doors to a new culture. Watch this space for updates on their linguistic progress!

A warm welcome to new members

We fly the flag for everybody who wants to find a lively group to join.

With a truly astounding number of language groups across our local u3a we pride ourselves in offering a very warm welcome to all new members of our u3a and also to those established members who wish to take on a new learning opportunity.

Language learning remains a great way to keep your mind active.

Welcome to Heather and Kaele to our French group and also to Bob, Carol, Caroline, David, Gibbo, Helene, Jan, Judith, Piers, Rhona, Sheila and Sue who have recently joined our new Spanish group at Market Rasen Station. ¡Vamos!

Get Involved : Join Us

If you have questions, suggestions, or want to join a group, reach out to us:



languages@westwoldsu3a.org

French Storytelling

To end off the summer our combined French groups decided to play a game entitled Exquisite Corpse or Le Cadavre Exquis. Each person in the group takes a turn to write the next part of the story without knowing what has previously been written. Our chosen winning story is presented below both in French and English for your enjoyment. Please note, no alcohol was consumed!



AI generated images



A Strange Day in Paris

A black cat with sunglasses was walking on the roofs of Montmartre. Suddenly, it started to rain and the cat fell into the gutter. It was a mouse with a small slice of cheese. The cheese was very strong. Poor Monsieur Poirot!

Une étrange journée à Paris

Un chat noir avec des lunettes de soleil se promenait sur les toits de Montmartre. Soudain, il s'est mis à pleuvoir et le chat est tombé dans le caniveau. C'était une souris avec une petite tranche de fromage. Le fromage était très fort. Pauvre Monsieur Poirot!



French groups reconvene after the summer from September 10th at Lammas Leas.



languages@westwoldsu3a.org

Spanish on Tour Español de gira

August is a time for travelling and we chose to do just that this summer. While our usual group took a break we spent some time together trying out a few different things in our locality. In early August we headed to Hemswell Antiques Centres to try out our shopping skills. The following week we visited Lincoln to wander the streets and discover a little history. We increased our miles by taking in a stroll around Willingham Woods, calling in for a cheese scone and coffee on our way back. Later in the month we indulged in tapas with a little Spanish music and poetry. It really does feel like we've all been away!



We completed a Spanish treasure hunt



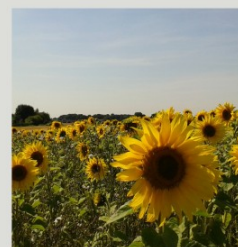
Cheese scones can be a true delight



Finding our way around Lincoln in Spanish



Coffee break at the Hemswell Antiques Centre



A fabulous summer walk in the Wolds

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

Walking Groups Programme for next two months

Date	Place	Distance	Walk Leader	Telephone
Sept 10th	Nettleham	3 Miles	Sharon Rupp	07803 694889
Sept 17th	North Willingham	5 Miles	Amanda Curtis	07950 658057
Sept 23rd	Nettleton/ Caistor	4-4.5 Miles	Richard Scott	07498 580305
Oct 1st	Sixhills		Rachel Telfer	07443 483831
Oct 7th				
Oct 15th	Holton		Alan Newman	07485 597868
Oct 22nd	Belchford	4.5 Miles	Sharon Rupp	07803 694889
Oct 28th				
Nove 5th				

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 August 2025

Here are some photos from the Digital Photography Groups challenges from August,, based on a technical theme of 'Man/Woman Made' and a creative theme 'Urban Jungle' plus a favourite of the month. This selection was voted on at our Digital Photography Group meeting.

Favourite of the month

Young Steam Punks

Taken by

Pam Britton



Technical

Man/Woman Made

Taken by

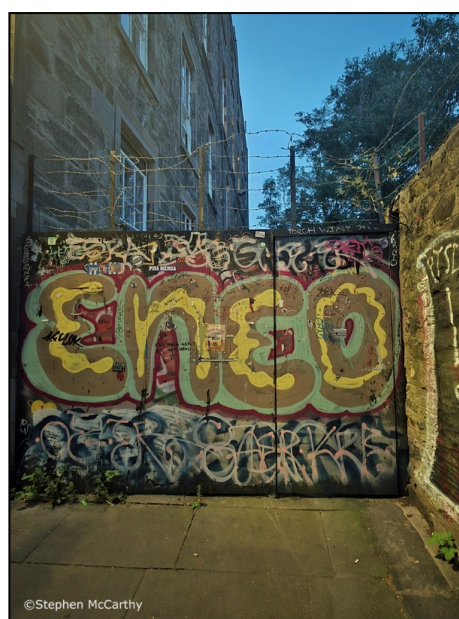
Brian Ward

Creative

Edinburgh Urban Jungle

Taken by

Steve McCarthy



For more photos taken by the West Wolds u3a Digital Photography Group look at our Challenges page on the website at https://westwoldsu3a.org/?page_id=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

vicechair@westwoldsu3a.org

publicity@westwoldsu3a.org



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

treasurer@westwoldsu3a.org

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Speaker Finder

Ginny Beard Tel: 07980 209642

speakerfinder@westwoldsu3a.org



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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 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

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

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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

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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

Martin Keen 07928 120265

THEATRE VISITS

Cathy Whelan 07974 856984

TRIBUTE BANDS

Phyl Murray 01673 838543

TURKISH DELIGHT DESERT DANCERS

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.