



Message from our Chair

Dear Member



As the autumn colours deepen and the year is heading to a close, we look forward to welcoming as many members as possible to our AGM on 13th November. It is your opportunity to be updated on how we are doing and vote on some important matters. It's your u3a, so please come along and support it.

We will be holding a Quiz before and afterwards with prizes for up to 6 winning team members.

Tickets for the Christmas Lunch are selling well with two thirds already sold – there are only 23 left, so please see Ginny at the November meeting if you would like to attend. We are returning to the Golf Club once again as we have heard good reports.

Did you know? November comes from the latin *novem* meaning nine, as it was the ninth month in the early Roman calendar We learn something new all the time, but that's the point of the u3a after all.

chair@westwoldsu3a.org

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.

AGM Quiz

Due to a last minute change of plan, there will now be a Quiz at the AGM with prizes. Maximum of 6 to a team.

MEMBERSHIP RENEWAL FOR 2025-26

We are down to about 11 members who haven't renewed yet. I have sent out three reminders already and therefore I regret that if you haven't renewed by the AGM in November then I will assume you no longer wish to be a member, and will remove your details from our database. This means you will not be eligible to attend any further Group meetings or the monthly General meetings.

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.

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*

LINCOLN CITY RADIO INTERVIEW

– OCTOBER 2025

What a coincidence! It was only a week after our Group Leaders meeting where it was put forward that we ought to be promoting on the radio, that I came across Anna who is a presenter on Lincoln City Radio. Anna was one of the ladies who came to the Ballroom Dance Course that I organised recently. Of course it was an opportunity not to be missed. We agreed a date and I wrote a script from which Anna devised some prompt questions. I got our past chair Gail Dennis on board and come the day we headed to the studio which was in Lincoln at Oak House, a place I know from the cycling group as we have stopped there for tea and cakes after cycling the Water Rail Way from Bardney. Gail and I got there 20 minutes before the show started and the place was deserted. All the internal doors locked and no reception! Not to worry I called Anna and she assured me she'd be there soon, just been held up by some roadworks. Shortly she turned up and took us to the studio – which was also deserted – apparently many of the shows are pre-recorded.



After a quick run through of how to use the equipment, and who was doing what, the show started. Anna made us feel at ease and the interview went like clockwork. All too soon it came to the end of the time that had been allotted for the slot, which was a shame as we had some more material. Nevertheless I'd

already got the important points over so it was OK. After a quick photo opportunity it was all

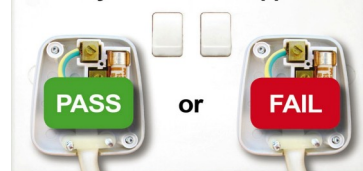


over. Well not quite for me – before leaving home I'd setup my PC to record the show, so when I got home I had to figure out how to edit the 2hrs of material down to the 15mins of actual interview, making sure there was no copyright music in the middle of it. Finally then putting all the stuff on our website. Phew! what a day, but hopefully worth it – Steve has just told me the channel gets 200k listeners a week.

Gary Beighton

PAT Testing Session

Would your electrical appliances



I have arranged a PAT (Portable Appliance Testing) session in the Festival Hall Committee Room on **Wednesday 19th November from 09:00 to 12:00**. It will be run by Gary Beighton as I am not available.

All electrical equipment used for groups in venues such as the Festival Hall or New Life Church etc. must be PAT tested and certified every year.

Please bring your equipment on the day or contact me to arrange to let me have it before the date.

Terry Francis

General Meeting Speaker Programme 2025

13th November 2025 – AGM – With Quiz

11th December 2025 – Christmas Customs with a Musical Theme with Tom Lane



8th January 2026 – Steve Lovell, Green Spaces – Islands Around the World

From Britain to some of the largest and smallest, this travelogue will look at the history, culture and natural history of these locations.



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

westwoldsu3a



Local History Group 2025 Programme

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

11th December Monthly Meeting

Rachel will provide seasonal goodies alongside the usual offerings

and

there will be a FREE raffle,
one ticket per member available
at entry only.



Attention Indoor Bowlers



After much negotiations, we have been granted 5 rinks on Tuesday afternoons at 2:00 for 2:30 till 4:30.

We are very grateful to Jane Guy who will resume desk duty for us.

We also have a couple of rinks on Thursdays at 2:00 or 2:30.

This will be for the Autumn / Winter Season
New non bowlers are always welcome. Bowls and shoes available.

Please ring Cathy Whelan 07974856984

CATERING PLEA FROM RACHEL TELFER

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



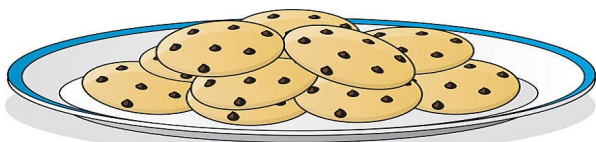
At the monthly meeting, tea & coffee is served from 9.15 – 10.15

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

December

Kay Green
Steve Fields
Kate Roberts

January

Penny Nott
Gillian Anderton
TBA

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

Catering Helpers Rota

December

Serving: Julia Radcliffe-Watts
Helen Wilson
Kitchen: Bernadette Heald
Alan James
Jane Bridger

January

Serving: Helene Vancliff
TBA
Kitchen: Rob Springett
Yvonne Heathershaw

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 :-

13th Nov—Katherine Drake
11th Dec – Norma Willis
8th Jan – Eunice Hughes

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

Sheila Nash

VOLUNTEER THANK YOU EVENTS

During October we held three Thank You Events for our Volunteers: Group Leaders, Greeters, and Reception Team. and the Refreshments Team. Although we would have liked more of our wonderful Volunteers to attend , it is a testament to living life in the golden age that so many were otherwise occupied.

The lovely cakes made by our member Sue Boorman and the sausage rolls from Whisby Butchers disappeared in a puff of smoke, despite cries of 'but I've just had breakfast!'



We had a chance to thank Caroline Dale for her 6+ years of guiding our Greeter Team with such friendliness and grace, and Pauline Cooper & Gill Walker (see below) were introduced as the successors who will take over in December.



Sharon Rupp



West Wolds
u3a
learn, laugh, live

Calling all members who attended the Alfred Enderby Visit!

I will be placing an order with Alfred Enderby shortly after the AGM. If anyone would like to add something to avoid a delivery charge, please check their website: alfredenderby.co.uk and then let me have your choices and payment.
Call or email me to arrange or see me at the AGM with the correct money.

Sharon

Chair@westwoldsu3a.org

07803 694889



**BEADING
Christmas
WORKSHOPS**

10AM - 1PM 8TH OCT, 12TH NOV, 10TH DEC
AT MARKET RASEN STATION



TO BOOK ON ANY OF THE WORKSHOPS, OR FIND OUT MORE,
TEXT OR RING ANN ON
07827292813

THE BUCKET LIST AND WHERE IT LED US

I would like to tell you a story. My wife had just one item on her bucket list, and she used this as the basis for planning our recent holiday. The single item was the Eden project, but this was to lead us on to so much more. To summarise the highlights of what happened, please read on>>>>>

10/09/25 (my wife's birthday) – we rode the “Hang loose” zip-wire over the top of the Eden project, and then visited the various Bio Domes on site



Other places discovered before 10/09/25

05/09 – Visited Snowhill Manor (National Trust) home of the eccentric Charles Wade, artist/architect/craftsman/poet/and collector of exotic artefacts

8/09 – Explored the extraordinary landscape of Lydford Gorge (National trust), a temperate rain forest, with waterfalls and “The Devil’s Cauldron”

Other places visited after the Eden Project

13/09 – whilst staying in Carlyon Bay, near St Austell, walked to Charlestown harbour (18th Century), a UNESCO world heritage site. Also, a location used for “Poldark” and various films.

20/09 – Attended a Proms concert at the Minack open air theatre, overlooking the sea. A wonderful and emotional experience. Even better than the Eden project.



Also stumbled upon, In passing

Cyclists Heaven? – The “Pump & Pedal”, Sourton Down, Devon. This is a bike shop + café +bar, selling sourdough breakfast baps all day, pasties and pizzas +decadent cakes, +Doom Beer Foodies and Winos take note – you simply must experience the apple crumble scone, blood orange gin chocolate, clotted cream & Raspberry Ripple ice cream, and “Don’t Tell Gary” Shiraz(oops!)

My conclusions from the above?

i)Your bucket list can be about many things eg extraordinary locations and landscapes, events linked to history/art/music, cultural experiences, food and drink etc – what can you enjoy through each of your senses?

ii)Your bucket list can be so much more than a pre-determined collection of items. It can also be a journey of discovery.

So, dear readers, are you inspired by any of the above? Why not tell us about your bucket list plans, or experiences? We would love to hear from you. Submissions please to Terry Francis, our newsletter editor

That's all for now folks. Hope to hear from you soon

Nick Wilson, your group coordinator

WE NEED YOU

CREATIVE WRITING



Do you have a passion for poetry or short stories? Join us and let your imagination take flight in a supportive and inspiring group of fellow writers.

We are also seeking a new Group Leader – someone ready to guide and encourage new members to join in. Meetings are held on the fourth Tuesday of the month.

If interested please get in touch with
Pamela Britton 01673 847750 or
Nick Wilson 07938 186626

CREATIVE WRITING GROUP
A DYSTOPIAN VIEW OF THE FUTURE
ONE MANS IDEA

CLICK ON

Those teenagers who told us that real life was on line and having to live was just an inconvenient chore turned out to be right. Like a lot of people with the help of AI I've now uploaded my brain to the cloud so when I die I'll still be available for conversation, comment and anything else. So when the time comes just click on www.brainpower@iCloud.com.

I know some of you won't like the idea of talking to a dead person, I know that, but you really have to accept new technology and understand that we are fast approaching a time when none of us will actually die. For instance I intend to live on out there in some vast water cooled storage unit on the outskirts of Birmingham or Slough.

Remember to click on the link above and subscribe for a one off payment of just £199.99.

Dennis Marsden

WHAT IS MENTORING FOR GROUPS

The aim of the mentoring process is to either help someone to set up a new group or someone who is new to running a group.

The role of the mentor is to assist with getting a new group established or helping a new organiser to take on the role. In conjunction with the Groups co-ordinator (GC), advertising via our newsletter, website and at the monthly meetings will be arranged

Once sufficient interest to run a group is obtained, the mentor &/or GC will arrange the first meeting with the new Group Leader. Assistance will be given with finding an appropriate venue, suggest a meeting frequency, meeting fee and so on, and can arrange a start-up grant if needed and help to ensure the group is financially self-sufficient.

The Mentor will attend the first 2-3 meetings to assist or more if required, but once the group is established the mentor will withdraw their direct support. If further help is required during the group's infancy, they should make themselves available by phone.

So do not be daunted by having a go – there is lots of help available.

PUGS

PUGLICITY-WHAT WE'VE DONE

Since the PUG's were launched in October there have been responses from 30 of our members suggesting topics for the creation of more PUGS. Good, but that is less than 10% of our members so let's hear from those who have been mulling over the idea, but not taken action.

Think about your interests and hobbies, see if you can gather members with a similar interest, just for one or two meetings—you will meet new friends and enjoy the experience.

There have been two PUG meetings, one about Ornithology which it is hoped will become a full Group in the near future, in the meantime Ann Hadlow, the organizer of this PUG, will be holding a bird watching walk before Christmas. If you are interested in joining this PUG please call the contact at the end of this article.

The other PUG, involved five members who wanted practical experience of Ai, this "Terror or Temptation" event, allowed all those attending to pose questions to ChatGPT and discuss the responses. The topics ranged from pear growing, European history, poetry to the creation of graphic images based on verbal instructions.

The poem generated was:

*Five minds once busy, now free to explore,
Gather through u3a to learn ever more.
AI, a mystery both clever and sly,
Teaches the retirees to question the "why."
Laughter and wonder mix in their quest,
Proving that learning in age is the best.*

PUG-A LIST

Responders were interested in:
Art Appreciation—hurry, Peter Foster is hosting this on the 27th November, maximum of 6 places.

Railways— a bit more room for this at Market Rasen railway station to be led by Brian Ward on Wednesday 29th November at 1400. Contact Brian on 01472 852273.

Ai (Artificial Intelligence)—if more members are interested in a hands-on experience, call me, David Ebbage on 01673847750. No computer experience needed, but it helps!

Further interest required in:
Computing History. Just a couple more needed.

Archaeology. Host/venue obtained, again we need two more enthusiasts.

What about these topics?

Mathematics.

Aviation.

Public speaking.

A Video making PUG.

Writing for Pleasure. Building on activities in Creative Writing.

Badminton.

Strollers/short walks.

Your brain is the only limit—think out of the box!

**PUG-NACIOUS
GO FOR IT!**

Think of a topic that really interests you.

**Contact David Ebbage on 01673857750 and
discuss your idea, or email on
davepame@gmail.com**

**If possible, gather some like-minded
members— I will advertise for them if
needed.**

**Enjoy your adventure, the excitement it
brings, and the new friends you meet in the
process. Act now—it's free.**

PUG AWARE AUTUMN

MORRIS DANCING MORE THAN A HOBBY

I first encountered Grimsby Morris (then an all-male side) sometime in the mid 1990's when I was a Scout Leader. The Group were putting together an entertainment for the parents, friends etc, when I came up with the idea of Morris Dancing. The idea had sprung from a recent holiday on the North Yorks Moors, where, whilst visiting a local hostelry, I had encountered Saddleworth Morrismen. I was fascinated by the spectacle and really enjoyed the performance although thought no more about it until then.



At that time, I was working for a Frozen Food Company as a packaging buyer and one of the people I regularly met was a member of Grimsby Morris. I spoke to him about the idea, and he gave me the telephone number (not internet then) of the 'Bagman' (Secretary) of the side. I agreed to go along to watch one of their practice sessions and meet the dancers. They agreed to come along to a Scout meeting night to teach the lads a dance. True to their word they turned up with Rag Coats, bells and sticks flying. They posed for the obligatory photograph at the end of a great evening, leaving us with a recording of the music to accompany the dance. Needless to say, the entertainment was a big success which was mainly down to the enthusiasm of Grimsby Morris in getting the lads to buy in. It obviously planted a seed somewhere in my soul. I had always been a bit of a 'folkie' anyway and the dancing was earthy and very much an English tradition.

The next time I encountered Grimsby Morris was at a 'Waes-hal' at the now, unfortunately, defunct Brandy Wharf Cider Centre. I talked to one or two familiar faces that I somehow recognised beneath the face paint, and they tried to persuade me to join. At that time, I did not have the time due to being involved in so many other things going on in my life. However, I

knew that at some stage I would like to try Morris dancing.

There were a number of occasions following where I encountered the side as I had become a bit, no, a great deal of a Morris fan. Then, on Boxing Day 2004, at the Crows Nest Public House, I succumbed to my desire to try it, I promised to go along to their first practice after Christmas. I did as I promised and was simply overwhelmed by the welcome and friendship shown to me. I knew from the moment I started learning my first dance, I was hooked, and quite honestly, have not looked back since. It only took me a short time to master the stepping of 'Boarder' dancing and performed my first dance in public on 12th March 2005 at the Number Two pub in Cleethorpes. Obviously, I was nervous but I think I performed reasonably well.

I am now a veteran of some 21 years and still very much enjoy it. I still dance and it keeps me fit, although I do have the occasional 'niggle', which is probably only to be expected. My mind thinks I'm still young but my body has other ideas.

The fortunes of the side (members wise) have fluctuated over the years, and like many clubs etc. aging membership and the Covid Pandemic has taken its toll. Somehow, I don't know, I suppose just the will to survive, we've managed to keep going and are now very much looking forward to our Diamond Anniversary in 2027.

The side is now a mixed sex side, with many new members, however there are still 'old stagers' like me around to give encouragement and hopefully guidance. I still make the occasional mistake but, hey, I never said I was perfect.

In the time I've been a member, I have danced all around Lincolnshire and many other places beyond. We have raised several thousands of pounds for local charities by performing dance outs and 'Traditional Lincolnshire Plough plays (Plough Jags), all of which has been great fun and truly fulfilling.

I am still very much enjoying being a Morris Dancer, so much so, that I have just taken on the role of 'Fool' within the side and how that will pan out, only time will tell.

I can honestly look back and say I wish I'd taken up Morris Dancing sooner.

Trevor Jones

Gardening Group Holiday 2026

Jane Guy

Garden Group Leader

What's Included:

- ✓ Visits to gardens across Norfolk, Suffolk and Essex included

Highlights include Beth Chatto's Garden, Bressingham Gardens, RHS Hyde Hall, Fullers Mill and East Ruston

- ✓ 3 night stay, Britania Hotel, Norwich, Dinner, Bed and Breakfast included

Twin and Limited Single Room Availability (supplement applies)

- ✓ Travel by luxury coach—in style, comfort, and good company

- ✓ Pickup and return from Market Rasen

- ✓ Evening activities, full use of spa facilities plus extra Gardening Group Activities

Event Details:

 29th June 2026

 08.30 departure, Tesco Delivery Car Park

 3 Nights Stay

 Breakfast, dinner, light refreshments included

 Sprowston Manor Hotel, Golf and Country Club

 **Reserve Your Spot Now!**

COST OF TRIP

£500pp (Deposit £75)

 079712 77482

 jane.m.guy@gmail.com

AUTUMN WALKS IN OCTOBER

Sixhills Walk



On Wednesday October 1st six of us completed a five mile walk at Sixhills. The weather was rather damp with a continuous light rain for the majority of the walk but this didn't dampen our spirits. We walked across a ploughed field, through crops which covered the footpath and bridleways.

Our journey took us past two fields with alpacas, which are a part of an alpaca walking business, horses and two emus!

The walk has some lovely views from Sixhills towards Legsby. We finished with delicious refreshments from the ice cream cafe in North Willingham.

Belchford to Fulletby

What a beautiful autumn day we had for the Belchford to Fulletby walk on 22nd October. Challenging hills we didn't mind as the views were beautiful and worth the climb. We even had refreshments in Fulletby Church for a small donation. Why not join the walking group next time to see what other views might be on offer?



BOOK EARLY—FOR NEXT MAY AT THE LIBRARY

Market Rasen Librarian, Kay Turnbull, is spearheading a project to encourage residents of Market Rasen and surrounding villages to publicise the history of the town and the local area. This is part of **Local History Month 2026** – a countywide initiative by Lincolnshire Libraries.

In May of next year, the library will host displays of the local history, historic items and related material. To this end Kay would welcome any input from U3A members who may be interested in partaking or providing information or artefacts relating to this project.

During the month of May – except half term 25th–29th May, the plan is to have:

A talk/demo on and by a Detectorist –handle some items from Roman and Medieval times.
Display any suitable antiquities supplied by local families.

Possibly meet an Archaeological professional to discuss local historic activities and how they are relevant to today and the future.

View local antiques provided by residents/organisations (do you have any?).

A talk or “question and answer” session on any unusual antiques, inviting people to bring along their heirlooms to discuss what they were used for and why have they kept them.

There will be more information to follow, when all libraries have discussed and finalised arrangements.

Potential Dates:

Tuesday 5th, 12th, 19th 1.30–3pm

and

Friday 8th, 15th 22nd 1.30–3pm

This is a unique opportunity to learn more of local history and perhaps satisfy your own curiosity about Market Rasen in the past. If you want to partake, wish to contribute or even assist in creating this event, then Contact:

Market Rasen Librarian, Kay Turnbull email: market_rasen.library@gll.org OR

In U3A: Paul Etteridge Local History Group Leader 07916910023

David Ebbage on 01673847750

PUT RASEN BACK ON THE MAP



Gardening Group – Future Events

Highlights

Mark Lane – Royal Gardens of the World

Wednesday, 19th November

West Wolds Gardening Group welcomes renowned broadcaster and garden designer Mark Lane for a captivating talk on Royal Gardens of the World.

Drawing from his acclaimed book and extensive research, Mark will take us on a journey through 21 celebrated royal gardens—from the majestic Alhambra to the tranquil grounds of Highgrove. With his signature storytelling style, he'll reveal the hidden histories, signature plantings, and cultural influences that shaped these regal landscapes.

Expect insights into how royal families have used gardens to express power, passion, and even diplomacy. It's a must-attend event for anyone who loves horticulture, history, or simply a good garden tale.



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

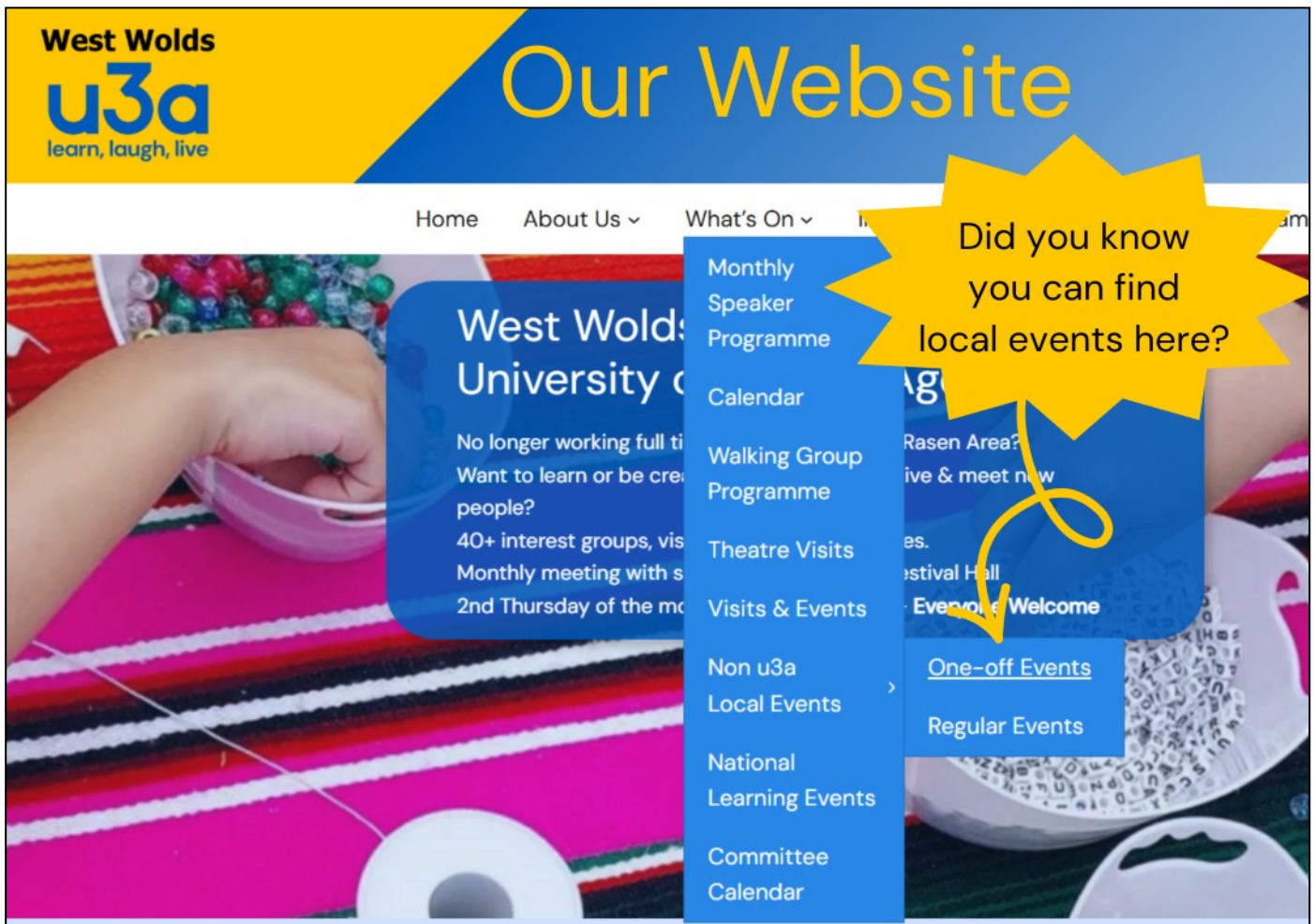
15th April – Ten Top Tips for Gardeners, plus Plant Sale, Martin Fish



Check out the monthly Gardening Group Newsletter for full details

Garden Group Leader – Jane Guy jane.m.guy@gmail.com

GG, November 2025



Theatre Group

Shows for your diary

At the Broadbent Theatre

On November 28th at an earlier time of 7.0pm. There is a Live filming of the West End Theatre production of.

The Fifth Step.

A critically acclaimed and very funny new play. Starring Martin Freeman and Jack Lowden.

**The Broadbent Theatre has a new Booking Office Number
0333 666 3366.**

Cathy does not have the facility to pre-book blocks of seats so you have to book tickets yourselves.



And at the Riverhead Theatre

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?



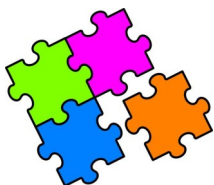
Table tennis is fortnightly on Tuesday mornings

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



This month we will be meeting on the 10th November and the 24th November at 2pm at the new Bistro Cafe, which is at the old Jossals site but we will let you know if that changes. If you are interested in joining our group please come along and join us.

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

The Discussion Group has now reached its maximum capacity owing to the limits of our venue. HOWEVER, if you are interested in joining this Group, we can Discuss possible options.

The Group will meet as usual, at 10:00 am, on the third Wednesday of the month, the next meeting being on Wednesday 19th November.

Please contact David Ebbage on 01673847750 if you wish to learn more, or join us. Prior to our meetings, existing members will receive details of the topic for the next meeting.

Lastly, members may, occasionally, be asked to contribute a topic for discussion.

Breaking News:

Following meetings at De Aston school, we are very pleased to announce that in early December, the West Wolds u3a Discussion Group will hold Intergenerational discussions with a group of pupils from the 11th and 12th years at De Aston school. We are grateful to the Head Teacher and staff at De Aston for this unique opportunity for our two generations to discuss mutually important topics-watch this space.

Dave Ebbage

Solo Group

Thanks to Steve for holding the quiz for the solo group meeting on the 17th October.

The next meeting will be on Friday 21st November and this will be the last of one of the year. It will be a casual catch up, a chance to book the solo Christmas lunch and an opportunity to discuss what we might like to do for 2026.

Any suggestions for speakers, games etc will all be very welcome.

Thank you.

Ginny Beard

ITALIAN: BEGINNERS PLUS AND NEW BEGINNERS

We use a range of activities in a supportive and fun way. Meetings are fortnightly (1st and 3rd Thursdays from 10am) in Middle Rasen. New Beginners welcome at the same time. Details in current newsletter.

SPANISH FOR YOUR HOLIDAYS

A very popular short course of six to eight weeks and a "must" if you're planning on speaking a little Spanish when you travel. Next course – Summer 2026

SPANISH: INTERMEDIATE PLUS

This popular and friendly group meets every Tuesday. We enjoy finding out about Spain and using the language to engage with others in our own group and beyond. Suitable for all who speak the language

WHY NOT GET IN TOUCH WITH US? ANY LANGUAGE/ANY LEVEL

PORTUGUESE FOR BEGINNERS

10 Week Short Course
Examines both the culture and the language
Next course Summer 2026

NEW VIRTUAL SPANISH

Launching from 2026 – Ask for further details

SPANISH BEGINNERS

We use a range of Spanish materials to make our language learning fun and realistic.
Resuming from July 2025. Ideal as a follow-on course to Spanish for Your Holidays. 2nd and 4th Fridays each month (1.30pm – 3pm).

FRENCH BEGINNERS & FRENCH CONVERSATION

With two groups you'll find the level that's just right for you. Both our groups meet fortnightly on 2nd and 4th Wednesday evening each month sharing the same venue at 6pm in Lammas Leas Community Room. Sessions last one and a half hours

FRENCH, ITALIAN, PORTUGUESE & SPANISH

Contact Sandra for more details:
languages@westwoldsu3a.org

GERMAN

Every Tuesday at 2pm
New Life Church, Market Rasen
Contact Gary for more details:
publicity@westwoldsu3a.org

Walking Groups Programme for next two months

Date	Place	Distance	Walk Leader	Telephone
Nov 12th	Claxby	4 Miles	Sharon Rupp	07803 694889
Nov 18th	Leaders Mtg at New Life Church			
Nov 19th	Legsby (10:30)	3 Miles	Yvonne Heathershaw	07990 643933
Nov 25th	Goltho	2.75 Miles	Sharon Rupp	07803 694889
Dec 3rd	Cleethorpes (with Food) - N.B. 11:00		Merilyn Combes	07814 470265
Dec 10th				
Dec 17th				
Jan 2026 Date TBA	Walks meeting		Ken Howitt	

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 October 2025

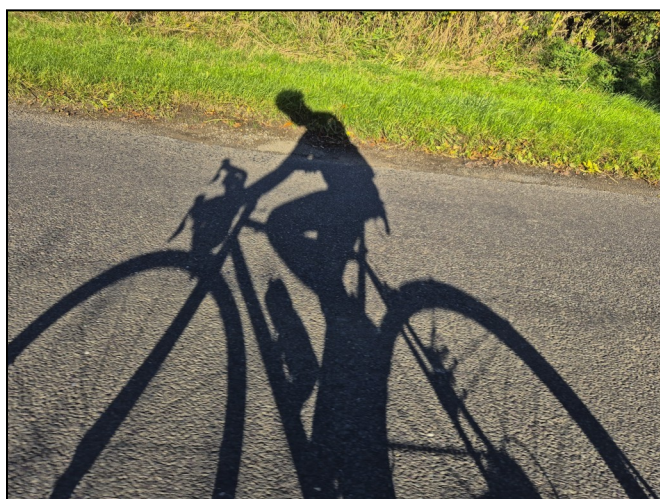
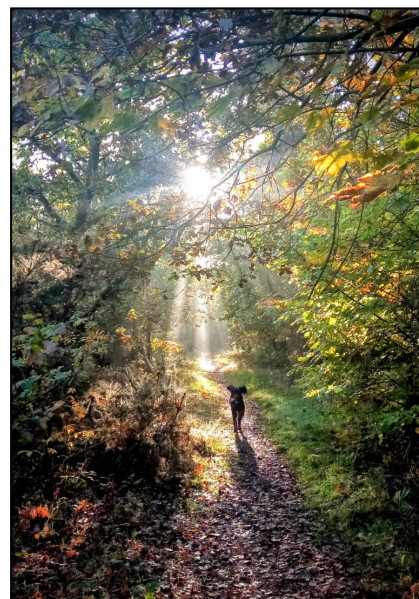
Here are some photos from the Digital Photography Groups challenges from October,, based on a technical theme of 'Shadows' and a creative theme 'Rare' plus a favourite of the month. This selection was voted on at our Digital Photography Group meeting.

Favourite of the month

Woodland Walk

Taken by

Liz Argent



Technical - Shadows 1

Bike Ride

Taken by

Martin Keen

Technical - Shadows 2

Dual Shadows

Taken by

Chris Slack



Creative — Rare

Lincoln Longwool Sheep

Taken by

Martin Keen



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

membership@westwoldsu3a.org

newsletter@westwoldsu3a.org



Speaker Finder

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speakerfinder@westwoldsu3a.org



Groups' Coordinator

Nick Wilson Tel: 07938 186626

Groupcoordinator@westwoldsu3a.org



Displays Planner

Cathy Whelan Tel: 07974 856984

committee2@westwoldsu3a.org



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

racheltelfer1@hotmail.co.uk

Greeters Coordinator

Caroline Dale Tel: 01673 844142

ginger.mike29@btinternet.com

Welfare

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Website Administration & Auditor

Steve McCarthy Tel: 01673 308364

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Social Media Admin

Pauline Cooper Tel: 07716 805580

paulinecooper734@gmail.com

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 14:00 Backgammon 14:00 Upholstery 14:30 Spanish Intermediate 14:00 German 14:30 Indoor Bowls	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 14:30 Drama 14:30 Recorder Group 14:30 Indoor Bowls	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 14:00 Upholstery 14:00 Canasta 14:00 German 14:30 Spanish Intermediate 14:30 Indoor Bowls	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 14:30 Indoor Bowls	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 14:00 Upholstery 14:30 Spanish Intermediate 14:00 German 14:30 Indoor Bowls	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 14:30 Drama 14:30 Recorder Group 14:30 Indoor Bowls	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 11:00 Creative Writing 14:00 Upholstery 14:00 Canasta 14:00 German 14:30 Spanish Intermediate 14:30 Indoor Bowls	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) 14:00 Architecture – every two months 14:30 Drama 14:30 Indoor Bowls	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 07544 593070

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

TBA

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

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—SUSPENDED

New Leader Required

PATCHWORK

Lyn Henry 01673 843851

POETRY

Eva Smith 01673 842218

PORTUGUESE—LANGUAGE & CULTURE

Sandra Dean, sandrawwu3a@gmail.com

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

Sandra Dean, sandrawwu3a@gmail.com

SPANISH INTERMEDIATE PLUS

Sandra Dean, sandrawwu3a@gmail.com

SPANISH FOR YOUR HOLIDAYS

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

WINE TASTING GROUP

Nick Wilson 07938 186626

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.