



Message from our Chair

Dear Member

By the time you read this, Easter will have passed but I hope a little chocolate treat at the monthly meeting is not too late. I will also be donating an Easter Hamper for 4 lucky members – or not if on a diet!



Gardens open in April under the NGS Scheme include Dunholme Lodge on Sunday 26th April which many of you will be familiar with but maybe not this one: Sunday 19th and 26th April at 23 Accommodation Road, Horncastle, LN9 5AS. A medium sized garden with a range of tall and dwarf bearded iris, auricula theatres showing off lovely doubles and there are also a range of fruit trees and bushes.

On a more serious note, your committee members wear many hats, performing multiple tasks apart from their official committee role, particularly to run the monthly meetings. When one or more of us become ill which coincides with holidays, as happened in March when 4 members were absent, the running of the monthly meeting is in danger of failing.

So we are looking to build a small pool of kind-hearted, willing volunteers we can call on from time to time when extra help is needed. This wouldn't be a big commitment; no pressure to say yes every time. It simply means that when something comes up – an event, a short-notice task, covering for someone, setting up, tidying up, or lending an extra pair of hands – we can reach out and ask if you're available.

Many hands make light work, and having a ready list of helpers would make a huge difference. Even giving an hour occasionally can ease the load and help everything run smoothly. If you'd be happy to be included in this "helper pool," please let us know. We truly appreciate every offer of support – it all adds up.

For those of you who already help regularly, please do not feel your efforts are overlooked, we simply could not manage without you and are very grateful for your time. Thanks go also to those who stepped up in March to help make the meeting happen.

Thank you for being part of our community.

Sharon Rupp
Chair



CAN YOU HEAR OUR SPEAKERS?

We have been experimenting with the sound system at the Festival Hall over the last few months, and things seem to be improving.

Please let us know what you think, and if you have not attended for a while because of this, please give us another chance and feedback your experience.

Local History Group 2026 Programme

April 14th – A talk by **Hazel Banard** entitled
"The National Egg Collection".

May 12th. – A talk by **Jann Reade** entitled
"Wisewoman".

June 9th. – Visit to Caistor with **Elizabeth
Jefferson.**

Meetings are 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

Greeters Rota

April

Pam John
Lucie Kew
Valerie Wright

May

Gail Dennis
Peter Fox
Eunice Hughes

If anyone would like to volunteer as a greeter, please contact **Pauline Cooper** at the meetings or greeters@westwoldsu3a.org.

CATERING PLEA FROM RACHEL TELFER

Catering helpers are needed for future General meetings

Serving and Kitchen Helpers are always needed at the meetings, please contact Rachel Telfer at the next meeting if you can offer your help in the future.



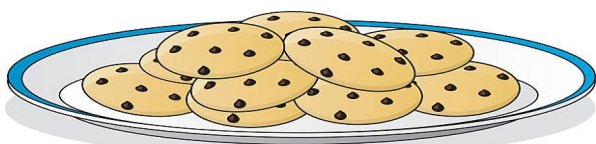
At the monthly meeting, tea & coffee is served from 9.15 – 10.15

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.



Catering Helpers Rota

April

Serving: Elaine Butler
Julia Radcliffe Watts

Kitchen: Bill Roberts
Kate Roberts

May

Serving: Jill James
Eileen Bedford

Kitchen: Bernadette Heald
Alan James

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 Apr— Anne Yeo

14th May—Amanda Curtis
Norma Willis

11th June—Gillian Anderton

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

Sheila Nash

General Meeting Speaker Programme 2026

9th April 2026 – Roland Grant, The Falklands Conflict 1982 – “A Soldiers Experience”



A personal experience of a military man on the ground in the Falkland Islands which covers how we lived, fought and coped with the conflict.



14th May 2026 – Adrian Gray MA - “Scandals of the Lincolnshire Gentry”

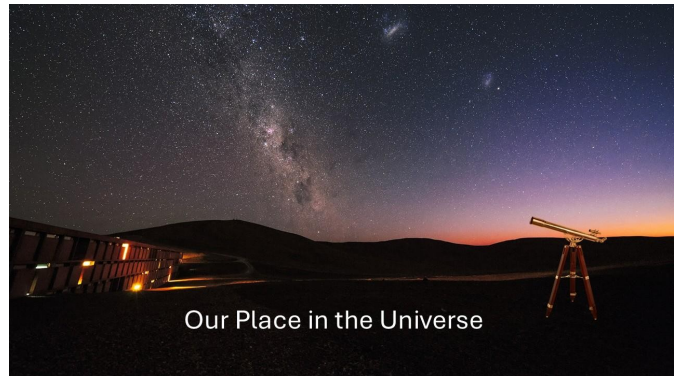


Scandals of the Lincolnshire Gentry and aristocrats of Lincolnshire who have repeatedly proved that they are 'no better than anyone else' through a succession of scandals – greed, corruption, adultery and much else. This entertaining talk picks out a few of the more colourful incidents from across the county, featuring most of its best-known historic families.

11th June 2026 – Peter Rea “Our Place in the Universe”



Which also includes a short history of the Beacon Hill Observatory in Cleethorpes founded in 1969 and located at Beacon Hill Allotments.



Our Place in the Universe

9th July 2026 – Dr Julie Boundford “History and Hi Lights of Louth Museum”



Founded in 1910, Louth Museum is independently owned and operated by the charity, the Louth Naturalists', Antiquarian and Literary Society, locally known as 'Ants & Nats'. This illustrated talk will outline the story of the Museum, from its

late Victorian origins to a modern attraction with, 'always something new to notice', and will feature the Museum's notable attractions.





West Wolds

INSPIRING, SUPPORTING AND GROWING OUR U3A COMMUNITY

GROUP LEADER WORKSHOP



About the Workshop

Join Jane and Sandra for a lively and supportive two-hour workshop designed for:

Current Group Leaders

Members considering becoming Group Leaders in the future

Anyone curious about how our u3a groups run and the support available

This is a fantastic opportunity to explore leadership in a friendly, encouraging environment. Whether you're already leading a group or simply wondering if it might be for you, this session will help you feel informed, confident, and connected

Meeting Details



19 September, 2026



1.30pm - 3.30pm



New Life Church,
Market Rasen



jane.m.guy@gmail.com

What to Expect

Practical guidance on running successful groups

Insights into the support available for leaders

Ideas for starting new groups

A welcoming space to share experiences and ask questions

Light refreshments and plenty of time to chat

Why Attend?

Build confidence in leading or starting a group

Connect with fellow leaders and future leaders

Discover new opportunities within our u3a

Help shape the future of our vibrant learning community

Getting Involved

Look out for the upcoming email invitation from our Chair. We'd love to see both seasoned leaders and those who might be ready to take their first step.

Let's grow our u3a together—one group, one idea, one leader at a time.

West Wolds

u3a
learn, laugh, live

MONDAY 20TH JULY 2026 10.30AM

DODDINGTON HALL UNIFORM COLLECTION

£5 DONATION

Most of the collection is of British Army officers' ceremonial uniforms dated from 1881, to 1945, the end of the Second World War. There is a small but good component of Navy and RAF uniforms and some court and civil ceremonial outfits. Most of the uniforms are from Savile Row or best Edinburgh tailors. About half the uniforms are named and in many cases the name, rank and regiment can be cross referenced with the Army List and in turn with interesting personal history.



Telephone Display in Library

Caroline Foster would like to thank everyone who helped with the TELEPHONE display in the library.

There were 10 telephones on show, all different. The Librarians said that it was a big hit, with people all ages discussing and sharing memories .

A big thank you to all who shared their telephone stories with me which I have passed on.

The display has now gone on to one of the local schools for a couple of weeks.

In MAY the library is having a month of Heritage and History events, displays and talks, please look out for the posters etc.

Thanks again Caroline

COLLECTION AT LAST MEETING IN AID OF ASTHMA + LUNG UK

I'd just like to say, on behalf of everyone here at Asthma + Lung UK, a huge thank you for your fantastic donation of £127 following Mike Storr's presentation to West Wolds u3a.

£127 could go towards 4 hours of a Respiratory Nurse Specialist on our Helpline. Our Nurses can give expert advice on understanding a new diagnosis, medication and treatment options and living well with a lung condition, offering lifesaving advice to the people who need it.

It's amazing how much of a difference your donation can make which is why we'd like to thank you again for helping us. We are dedicated to helping create a world where good lung health and the ability to breathe freely are a basic right enjoyed by all. From research and campaigning to advice and support, as the nation's lung charity we are on a mission to change the way that lung health is perceived.

Thank you so much,

Alice

Community Team

NATURE WALK WITH STEVE LOVELL 23RD MARCH

Nestled in the heart of the Lincolnshire Wolds, the South Ormsby Estate offers a rare glimpse into a landscape where traditional organic farming and wild nature don't just coexist—they thrive.



Starting from the open farmland spotting red kites and buzzards as well as hares, we entered the woods where oak, sycamore, ash, pine and larch were in abundance. We heard an early chiff chaff and a great spotted woodpecker as well as small twittering birds in the distance. Steve also saw a tree creeper although it was difficult to see even with binoculars.



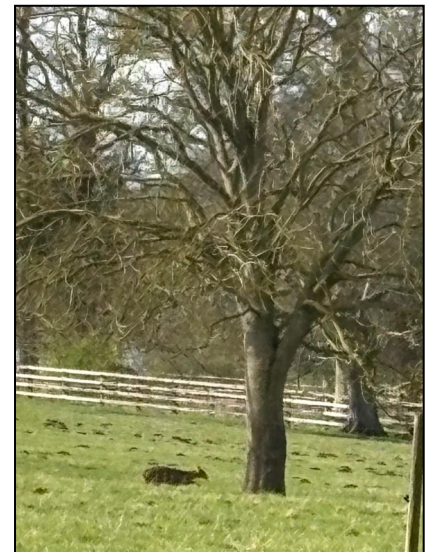
Moving back to the barns in the farmyard we enjoyed drinks, warm sausage rolls and a variety of cakes before moving on into the village and across the land to view the Hall and lake where different trees were in abundance – yew, horse chestnut, hazel plus field fares and long tail tits, canada geese etc and wildflowers peeping through. We also spotted a loveliness of

ladybirds nestled in the crack of a fence post.



We were lucky enough to witness boxing hares, more muntjac deer and a barn owl on the way back. There are many footpath routes on the estate and there will be maps and leaflets on the information table in April.

Sharon Rupp



THEATRE GROUP NEWS



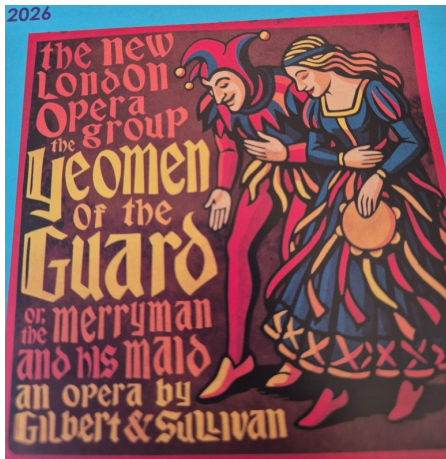
At Riverside Theatre Louth

YEOMEN OF THE GUARD by Gilbert and Sullivan.

SATURDAY the 20th June

Start 7.30

Tickets £15.



This will be The New London Opera Group's final visit to Louth. We have enjoyed their annual visits, their colourful costumes, wonderful singers and favourite songs.

The cost of the tickets are so much lower than any of the Tribute Bands.

Hope to see many of our Theatre Goers at this last performance.

Please ring Cathy Whelan for tickets
07974856984

Are you interested in organising trips to local Theatres. Cathy is asking for someone to take over the Theatre Group as she will be stepping down from running the group. For more details contact Cathy Whelan

For other Theatre Trips look at the Lindsey u3a offering at <https://www.lindseyu3a.org.uk/copy-of-theatre>, you will need to join them as an Associate member

WRITING FOR PLEASURE GROUP—CHANGE

The Writing for Pleasure Group, will be changing weeks from April.

We shall, by agreement, no longer be meeting on the fourth Tuesday. We shall be meeting on the third Tuesday of each month. Unless we have agreed not to.

This means that the next meeting at the Station Masters office will be on April 21st at 10.00.

Hope you might be able to join us.

Anne Gill

LINE DANCING VENUE CHANGE

Please note change of venue for Line Dancers with effect from Friday 20th March to Market Rasen Methodist Church School Room.



Pauline Cooper

Attention Indoor Bowlers



Summer Bowling

As the winter Season at Bowls comes to an end in April, we are trying to negotiate new times.

They will be in the mornings. As soon as this is confirmed we will let you all know.

New non bowlers are always welcome. Bowls and shoes available.

Please ring Cathy Whelan 07974856984

WE NEED YOUR HELP TO RUN OUR U3A

© RUN OUR U3A



If you can help with
producing some of our
posters or have some basic
tech ability, please can you
help support us temporarily?
For more information please

get in touch
chair@westwoldsu3a.org

IMPORTANT ANNOUNCEMENT

Language Group Meetings From April 2026

As fuel and general living costs continue to affect many people, we're putting a simple contingency plan in place to help keep our language groups running smoothly and inclusively.

Here's what we'll be doing:

- Car-sharing (optional): Members may choose to share lifts to reduce travel costs - something many of you already do brilliantly.
- Fewer face-to-face meetings if needed: We may occasionally reduce in-person sessions during periods of high fuel prices and/or fuel shortages.
- More online options: We'll make greater use of our WhatsApp groups for quick practice and updates, and we'll hold Zoom sessions when travel is difficult.
- Flexible approach: We'll adjust the balance between in-person and online meetings month by month, depending on circumstances.

Our aim is to keep everyone connected and enjoying our groups together while being mindful of the pressures some members may be facing.

If you ever find travel or cost a barrier to attending, please feel free to let me know in confidence.

Best wishes,
Sandra Dean

languages@westwoldsu3a.org

u3a
learn, laugh, live

Join Our Newest Group

SPANISH MEET-UP FOR BEGINNERS

¿Cómo estás?

¡Hola!

¡Qué gusto verte!

¿Tienes tiempo para charlar?

Third Monday each month, 7pm
Via WhatsApp
languages@westwoldsu3a.org

DRIVING IN SUNGLASSES (UK GUIDANCE)

With warmer weather approaching, more drivers will be reaching for their sunglasses — but there are important safety considerations and legal implications to be aware of, particularly when driving at night or in poor visibility.

Sunglasses are classified into categories 0 to 4 based on their tint level and how much light they allow through. For drivers, the key distinctions are:

- Category 3 sunglasses are suitable for daytime driving in bright conditions.
- Category 4 sunglasses are not suitable for driving at any time, as they block too much light.
-

Highway Code Rule 94 states that drivers must ensure their vision is not impaired at all times. Wearing dark lenses — particularly Category 3 or 4 — at night or in low-light conditions can seriously compromise your ability to see clearly, increasing the risk of an accident.

There are also insurance implications to consider. If you are involved in a collision while wearing inappropriate eyewear, insurers may treat this as negligence. This could result in reduced compensation, a denied claim, or allegations of driving without due care and attention.

Always ensure your vision is clear and unobstructed to stay safe and compliant with UK regulations.

Visit any of the motoring organisations for further information.

REPORT FROM THE ARCHAEOLOGY GROUP

Tuesday 10th March 2026

Twelve of us gathered to listen to David talk about surveying with regard to archaeological digs. Firstly, we discussed the history of measurement. Most early measurements related to the human body. A yard was the length from the nose to the tip of the finger, arm outstretched, originally defined by the King, a horse is measured in hands and we all remember feet and inches! He then took us through the history of the science and nomenclature of the discipline. Again, many of the longer distances related to farming.



A typical gridded excavation

In this country it goes back to the strip farming of the early medieval period. Land was parcelled out to villagers on the basis of the number of ridges and furrows needed to produce the food for the year.

These would be ploughed by teams of bullocks using a metal or metal tipped plough which turned over one ridge at a time. It would take a team of eight oxen a day to plough an acre. Smaller linear measures such as rods, poles, chains and perches were also used. Some of these terms are still in use today including furlongs (furrows long) in horse racing. I remember a farmer measuring out a plot of land suitable for house building using rods and chains. Also, the names attached to the people undertaking measurements are still used in current surveying e.g. chainmen. Nowadays the use of modern technology has obviated the use of such men in many cases.



Leica Electronic Total Station

Moving on to more recent times David talked of the need to establish a local base line and to relate it to a universally agreed standard, such as provided by the Ordnance Survey (OS). Land and building levels, are related to mean sea level at Newlyn, in Cornwall, and across the country bench marks have been established on thousands of buildings so that when starting a survey of an excavation these can be used to establish levels within the project. Combining both systems allows archaeological features to be fully coordinated and positioned within the landscape.

Dave Ebbage

Card Making Class



Cards recently made at Ginny's Spring card making class and thank you to all the ladies who came along.

Ginny Beard

Gardening Group – Future Events

Highlights

Getting Started With Vegetables

Martin Fish

Wednesday, 15th April

It's a pleasure to welcome Martin Fish to our u3a group, whose generosity, humour, and passion for his subject make learning feel effortless. His talk is sure to leave us all a little brighter and more inspired.

Martin has a wonderful way of turning knowledge into joy, and his upbeat spirit makes every topic feel fresh and inviting. Our u3a group is in for a real treat with a talk that promises both insight and smiles.

Annual Plant Sale – 15th April

This annual event takes place on 15th April from 2pm at New Life Church, Market Rasen. It will follow the talk and sales begin while the refreshments are being served.

This year it's being organised by one of our new helpers, Julia together with Sue.. There's plenty on offer for you to buy to fill any gaps in your own garden or to give to friends and neighbours. Why not come along and bring a friend.



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, John Cullen

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

18th March – Alpine Plants and Bulbs, Rob Potterton

15th April – Getting Started With Vegetables, Martin Fish plus Gardening Group Annual Plant Sale

Check out the monthly Gardening Group Newsletter for full details.

Available to all GG Members

New members always welcome

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

GG, April 2026

FIRST VISIT BY OUR NEW ARCHAEOLOGY GROUP

The newly formed Archaeological Group were fortunate in recently being introduced to Richard Parker of the Norton Disney Historical and Archaeological Group. This group caused great interest in archaeological circles in 2023 when they unearthed a Roman Dodecahedron, a bronze metal geometric device of which some 33 have been discovered in the UK. To date, despite nearly 100 being unearthed in mainland Europe, nobody has managed to identify the purpose of the device. With this background the group and the site have become famous, whilst the Dodecahedron, has recently been exhibited at the Newark Museum.



Galaxy S20 Ultra 5G

Ten members of our group visited Norton Disney Village Hall, on the 22nd March and were given a detailed introduction, by Richard Parker the project Director, and background to the discovery and to the significance of such a find.

Additionally, on display were many of the artefacts discovered, including pottery, clay loom weights, metal objects including coins and brooches, and plans to explain the layout of the site. Bones recovered from the ground were also displayed, and a bone specialist was on hand to help explain how they were identified as from particular animals, and also if they had indications of being butchered for consumption.



Galaxy S20 Ultra 5G

Consumption was also evident in the very tasty and plentiful array of savouries and cakes provided by our hosts, which completed a very interesting and entertaining visit. We have received an invite to visit the actual dig site later this year when the next phase of the excavation commences, so we are looking forward to a further visit to the past!

Dave Ebbage



Garden Group News

Top tips, great plants, friendly faces — the perfect way to round off our gardening season.

April 2026

Annual Plant Sale - 15th April, New Life Church
This annual event takes place on 15th April from 2pm at New Life Church, Market Rasen. There's a talk by our special guest, Martin Fish, plus refreshments too.

Our annual plant sale has plenty on offer for you to buy to fill any gaps in your own garden or to give to friends and neighbours. Why not come along and bring a friend.

**New members are always made very welcome.
£3 entrance (includes refreshments and the talk).**

March Meeting Review - Alpines with Rob Potterton

Our March meeting brought a real treat as we welcomed Rob Potterton, whose family nursery is renowned for its exceptional collection of alpine plants. Rob delivered a talk that was as informative as it was inspiring, offering members a fascinating glimpse into the beauty, diversity, and surprising resilience of these miniature marvels.

Rob began by sharing the story of the Potterton family's long involvement with alpines, setting the scene with humour and an obvious passion for his subject. He guided us through the essentials of alpine cultivation—soil structure, drainage, watering, and the importance of mimicking the plants' natural habitats. His explanations were clear, practical, and peppered with memorable examples that made even the trickiest concepts feel accessible.

One of the highlights was Rob's showcase of particularly striking species, each accompanied by tips on how to grow them successfully at home. Members especially enjoyed his advice on creating small alpine troughs and rock garden features, proving that even the tiniest outdoor space can host these charming plants.

What made the talk especially engaging was Rob's ability to blend expert knowledge with down-to-earth guidance. Whether you were a seasoned alpine enthusiast or a complete beginner, there was something to take away—new ideas, renewed confidence, or simply a deeper appreciation for these hardy little plants.

The session ended with lively questions and plenty of enthusiasm for trying alpines in our own gardens. A warm thank-you to Rob for such an enjoyable and enlightening afternoon, and to Jane for continuing to bring us such high-quality speakers.

Season Finale - Getting Started With Vegetables and our Annual Plant Sale

Wednesday 15th April 2026, 2.00pm, New Life Church. £3 admission.

Further details from Jane Guy
jane.m.guy@gmail.com



Solo Group

The Solo Group met on Friday 20th March and although it was a small meeting everyone still enjoyed the refreshments and the fun quiz, some more than others!!

It was agreed that at the next meeting on Friday 17th April we would bring some board games, dominoes or cards along and share them around the group.

Anyone who has any suggestions or ideas for future meetings is more than welcome to contact me at GinnyB644@sky.com

For further information about the solo group please contact Ginny Beard on telephone

01673 844432 or 07980 209642

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

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

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.

Anyone for Table Tennis?



Table tennis is fortnightly on Tuesday mornings

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

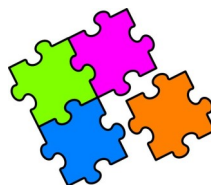
Interested ?

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.

Games On



We have now moved to the new Bistro Bar and Kitchen at 7 Queen Street, Market Rasen. Please come along and join us on the 13th and/or 27th April at 2pm, for an afternoon of fun. You are welcome to bring along your favourite game. There is parking at the back of the premises if needed.

If you are interested in joining us then please get in touch with Pamela Britton On 01673 847750.

EVERYONE WELCOME.



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.
chrispeone@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 normally meets, at 10:00 am, on the third Wednesday of the month, the next meeting will be on Wednesday 15th April..

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.

Dave Ebbage

MAHJONG GROUP



The Mahjong Group meets at the Lammas Leas Community Hall on the 4th Friday of the month.

Contact Margaret Allerston on 01673 842247

Languages are booming at West Wolds u3a – and there’s always room for one more voice.



West Wolds u3a Language Groups – Learning, Laughter and New Friendships Every Week!

At West Wolds u3a, our language groups are buzzing with energy. With sessions running on every day of the week and at times to suit busy members, it’s no surprise they’ve become some of the most popular and welcoming groups in our community. Whether you’re brushing up on holiday phrases, diving into a new language from scratch, or rediscovering a long-forgotten skill, there’s a place for you.

What makes our language groups special is simple: they’re friendly, supportive, and full of people who love learning together. Many members join one group and soon find themselves trying another. Even better, our reputation for warmth and fun means we regularly welcome brand-new members who join West Wolds u3a specifically because they want to be part of our language community.



Why Our Language Groups Keep Growing

- They’re fun, friendly and pressure-free
- They offer choice – online, in-person, daytime, evening, short courses, and ongoing groups
- They help members connect, make friends, and share cultural interests
- They attract new members from outside West Wolds u3a, who often join specifically to take part
- They give everyone a chance to learn at their own pace in a supportive environment

Our message is simple: if you’ve ever thought about learning a language – or returning to one – there’s a place waiting for you. Come along, join in, and discover just how enjoyable language learning can be.

What Our Members Are Saying

- **“I wasn’t a member of West Wolds u3a before, but the language groups convinced me to join.”**
- **“I never thought I’d speak Spanish out loud, but the group is so friendly that you forget to be nervous.”**
- **“I hadn’t spoken French since school, but the group made it easy to pick it up again.”**
- **“I joined as a complete beginner and felt welcome from the very first session.”**
- **“I joined u3a specifically to learn Italian – and I’m so glad I did. The group made me feel at home straight away.”**

Thursdays Fortnightly

**ITALIAN: BEGINNERS PLUS
ITALIAN: NEW BEGINNERS**

We share 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. Further details from:- languages@westwoldsu3a.org

Dates to suit the group

SPANISH FOR YOUR HOLIDAYS

A very popular short course lasting five weeks and a "must" if you're planning on speaking a little Spanish when you travel.

Next course - From August 2026

Tuesdays Weekly

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 already speak the language

LANGUAGE GROUPS ON EVERY DAY OF THE WEEK AND AT TIMES TO SUIT BUSY U3A MEMBERS

Dates to suit the group

PORTUGUESE FOR BEGINNERS

5 Week Short Course Examines both the culture and the language. Ideal if you've no past experience Next course Summer 2026

Beginners - 3rd Monday monthly

Intermediates - 1st Monday monthly

NEW - SPANISH MEETUP

Great for everyone who wants to join a group with no travel involved 30 minutes conversation

Fridays Fortnightly

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).

Wednesday Evenings Fortnightly

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 and we have lots of fun!

FRENCH, ITALIAN, PORTUGUESE & SPANISH

Contact Sandra for more details:

languages@westwoldsu3a.org

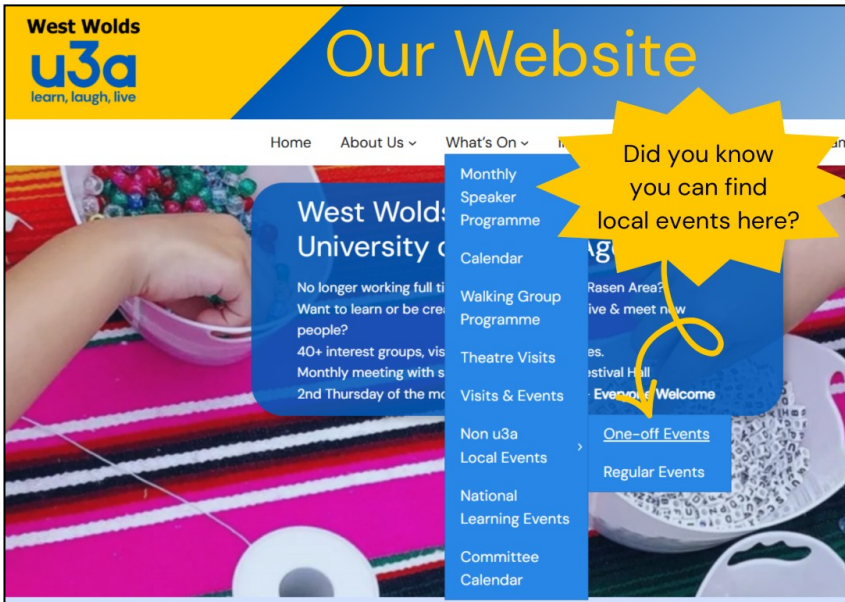
**Be quick :
Our groups fill fast!**

Tuesdays Weekly

GERMAN

Every Tuesday at 2pm
New Life Church, Market Rasen

Contact Gary for up to date details:
publicity@westwoldsu3a.org



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

westwoldsu3a



Walking Groups Programme for next two months

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.

Date	Place	Distance	Walk Leader	Telephone
Apr 21st	Walesby	4.2 Miles (Brisk)	Merilyn Coombes	07814 470265
Apr 29th	Hemswell	4 Miles (Medium)	Yvonne Heathershaw	07990 643933
May 6th	Middle Rasen	4 Miles	Rachel Telfer	07443 483831
May 13th	Waters Edge	(Brisk)	Merilyn Coombes	07814 470265
May 19th	Scothern	4 Miles	Sharon Rupp	07803 694889

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 March

Here are some photos from the Digital Photography Groups challenges from March, based on a theme of 'Looking In' plus a favourite of the month. This selection was voted on at our Digital Photography Group meeting. We have decided to have just one theme per month now as the group has grown in numbers and it takes us a long time to constructively critique and vote for our favourites from the theme.

Favourites of the month



Painting of river next to a bridge, on a real bridge next to a river under a bridge!

By Norman Douglas



Smoke and Steam

By Gwyneth Thompson

Looking In



Rugby Looking In

By Dave Ebbage

Tube Train
By Pam Britten



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=32438

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 2025/2026

Chairman & Safeguarding Officer

Sharon Rupp Tel: 07803 694889

chair@westwoldsu3a.org



Vice Chair, Publicity Officer, and Website Support

Business Secretary and Data Protection contact & Displays Team

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

Ginny Beard Tel: 07980 209642

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



Events Coordinator

Mandy Curtis Tel: 07950 658057

events@westwoldsu3a.org



Support Roles (Non Committee)

Catering Coordinator

Rachel Telfer Tel: 01673 844244

racheltefler1@hotmail.co.uk

Greeters Coordinator

Pauline Cooper

greeters@westwoldsu3a.org

Welfare

Julia Francis Tel: 01673 842088

juliafrancis22@gmail.com

Website Administration & Auditor

Steve McCarthy Tel: 01673 308364

webadmin@westwoldsu3a.org

Social Media Admin

Stephen Flockton 07746 665521

stevelaf@yahoo.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	<p>14:00 Crochet</p> <p>14:00 Digital Photography</p> <p>14:00 Turkish Delight</p> <p>Desert Dancers</p> <p>19:00 Spanish Online</p>	<p>10:00 Family History</p> <p>11:00 Table Tennis</p> <p>14:00 Backgammon</p> <p>14:00 Upholstery</p> <p>14:30 Spanish Intermediate</p> <p>14:00 German</p> <p>14:30 Indoor Bowls</p>	<p>10:00 Walking Group</p> <p>10:00 Cycling (Short Rides)</p> <p>10:00 Walking Group</p> <p>14:00 West Wolds Warblers</p>	<p>10:00 Patchwork</p> <p>10:00 Italian for Beginners</p> <p>10:00 Italian Taster</p> <p>10:15 Keep Fit</p> <p>14:30 Drama</p> <p>14:30 Recorder Group</p> <p>14:30 Indoor Bowls</p>	<p>10:00 Latin</p> <p>10:00 Line Dancing</p> <p>10:00 Biblical Hebrew</p> <p>10:00 Cycling (Longer Rides)</p> <p>14:00 Scrabble</p> <p>14:00 Spanish Conversation & Scrabble</p>
2nd	<p>10:00 Embroidery 2</p> <p>14:00 Board & Card Games</p>	<p>10:00 Local History</p> <p>10:00 Beginners Family History</p> <p>11:00 Table Tennis</p> <p>14:00 Upholstery</p> <p>14:00 Canasta</p> <p>14:00 German</p> <p>14:30 Spanish Intermediate</p> <p>14:30 Indoor Bowls</p>	<p>10:00 Embroidery</p> <p>10:00 Walking Group</p> <p>10:00 Cycling (Short Rides)</p> <p>12:00 Luncheon Group</p> <p>14:00 Poetry</p> <p>18:00 French Beginners</p> <p>18:00 French Conversation</p>	<p>09:15 GENERAL MEETING</p> <p>Festival Hall</p> <p>Market Rasen</p> <p>14:30 Drama</p> <p>14:30 Indoor Bowls</p>	<p>10:00 Latin</p> <p>10:00 Line Dancing</p> <p>10:00 Biblical Hebrew</p> <p>10:00 Cycling (Longer Rides)</p> <p>13:30 Spanish Beginners</p> <p>14:00 Mah Jong</p>
3rd	<p>14:00 Crochet</p> <p>14:00 Digital Photography</p> <p>19:00 Spanish Meet-Up For Beginners via WhatsApp</p>	<p>10:00 Walking Group</p> <p>10:00 Writing for Pleasure</p> <p>11:00 Table Tennis</p> <p>14:00 Upholstery</p> <p>14:30 Spanish Intermediate</p> <p>14:00 German</p> <p>14:30 Indoor Bowls</p>	<p>10:00 Cycling (Short Rides)</p> <p>10:00 Discussion Group</p> <p>11:00 Table Tennis</p> <p>14:00 Readers Group – FULL</p> <p>14:00 Gardening Group</p>	<p>10:00 Patchwork</p> <p>10:00 Italian for Beginners</p> <p>10:00 Italian Taster</p> <p>10:15 Keep Fit</p> <p>14:30 Drama</p> <p>14:30 Recorder Group</p> <p>14:30 Indoor Bowls</p>	<p>10:00 Latin</p> <p>10:00 Line Dancing</p> <p>10:00 Biblical Hebrew</p> <p>10:00 Cycling (Longer Rides)</p> <p>14:00 Scrabble*</p> <p>(*And 5th Friday of the month, if there is one)</p> <p>14:00 Solo Group</p>
4th	<p>10:00 Embroidery 2</p> <p>13:30 Spanish Beginners</p> <p>14:00 Board & Card Games</p>	<p>10:30 Walking Group</p> <p>11:00 Table Tennis</p> <p>14:00 Upholstery</p> <p>14:00 Canasta</p> <p>14:00 German1</p> <p>14:30 Spanish Intermediate</p> <p>14:30 Indoor Bowls</p>	<p>10:00 Embroidery (*Last Wednesday of month)</p> <p>10:00 Cycling (Short Rides)</p> <p>13:30 Beading Group</p> <p>14:00 Rasen Book Group</p> <p>14:00 Artificial Intelligence</p> <p>18:00 French Beginners</p> <p>18:00 French Conversation</p>	<p>10:00 Cross Stitch – FULL</p> <p>10:15 Keep Fit*</p> <p>(* And 5th Thursday, if there is one)</p> <p>14:00 Architecture – every two months</p> <p>14:30 Drama</p> <p>14:30 Indoor Bowls</p>	<p>10:00 Latin</p> <p>10:00 Line Dancing</p> <p>10:00 Biblical Hebrew</p> <p>10:00 Cycling (Longer Rides)</p> <p>13:30 Spanish Beginners</p> <p>14:00 Mah Jong</p>

Interest Groups & Leaders

ARCHAEOLOGY

David Ebbage 01673 847750

ARCHITECTURE - CLOSED TIL NEXT YEAR

New Leader Required

ARTIFICIAL INTELLIGENCE (AI)

Sandra Dean, sandrawwu3a@gmail.com

BACKGAMMON

Bill Roberts 07544 593070

BEADING GROUP

Ann Hadlow 07827 292813

BIG WIDE WORLD TRAVEL GROUP (BBW)

Sandra Dean, sandrawwu3a@gmail.com

BIBLICAL HEBREW

Eunice Hughes 07783 738533

BOARD & CARD GAMES GROUP

Pam Britton 01673 847750

CANASTA

Vera Brisbane 07870 185247

CARD MAKING

Ginny Beard 01673 844432 / 07980 209642

CROCHET

Pat Hage 01673 849447

CROSS STITCH—FULL

Audrey Storey, 01673 849625

CYCLING

Gordon Jennings 0794 8881121

DIGITAL PHOTOGRAPHY

Terry Francis 01673 842088

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

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 paulinetwinkletoes734@gmail.com

LOCAL HISTORY

Paul Ettridge 07916 910023

LUNCHEON GROUP

Kay Green Tel: 0790 081 8373

MAH JONG

Margaret Allerston 01673 842247

MUSIC FOR PLEASURE

Nick Wilson 07938 186626

ORNITHOLOGY

Ann Hadlow 07827 292813

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 MEET-UP FOR BEGINNERS ONLINE

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

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

WRITING FOR PLEASURE

Anne Gill 0767 073976

WALKING GROUPS

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.