



Message from our Chair

Dear Member

Welcome to our June newsletter. As summer approaches, our groups continue to flourish, and we are looking forward to sharing everything our u3a has to offer with the wider community on June 6th at the Gardeners and Craft Fair.



One of the best things about u3a is discovering new interests and meeting new people. Why not make June the month you try something different?

For example, you could:

- learn a few words of Spanish?
- join a walking group?
- try photography?
- take part in games?
- enjoy a craft session?
- simply come along for coffee and conversation?

You do not need experience — just curiosity and enthusiasm.

If you are unsure which groups might suit you, speak to a committee member or group leader. We are always happy to help.

Favourite Summer Reads

Do you have a book recommendation for lazy summer afternoons? Send us your suggestions for next month's newsletter and sent them to Terry at the email below.

Recipe Swap

We are looking for members' favourite picnic treats, cakes and easy summer recipes. Please send them to newsletter@westwoldsu3a.org.

New Members Meeting

Do come along on 16th June for cake and conversation – get in touch for more details. If you have not sent your RSVP yet, please do so ASAP so we can get our Cake Fairy on the case.

Finally, welcome to Heather Jones who has been co-opted onto the Committee. She will be learning the ropes from Ginny and take over as Speaker Finder in December.

Sharon Rupp
Chair

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

Local History Group 2026 Programme

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

July 14th - Visit to the Lincolnshire (Bus) Motor Museum

August - No meeting – Summer Break.

September - No meeting – Summer Break.

October 13th. - A talk by **Chris Hewes** entitled: "Wedding Customs and Nursery Rhymes".

November 10th. A talk by **Kenneth Moore** entitled: "Lincoln Castle".

December 15th. The Christmas Quiz.

A light hearted event with prizes for winners and losers

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



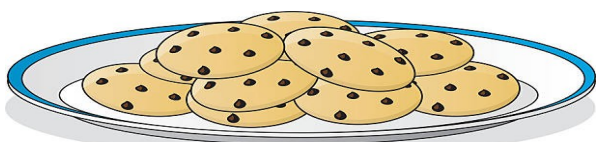
At the monthly meeting, tea & coffee is served from 9.15 – 10.15

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

June

Janice Adams
Steve Field
Kate Roberts

July

Gillian Anderton
Anna Etteridge
Kay Green

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

Catering Helpers Rota

June

Serving: Helene Vancliffe
Anna Etteridge
Kitchen: Sue Beck
Bernadette Heald

July

Serving: Norma Willis
Heather Jones
Kitchen: Helene Vancliffe
Penny Nott

If you 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 :-

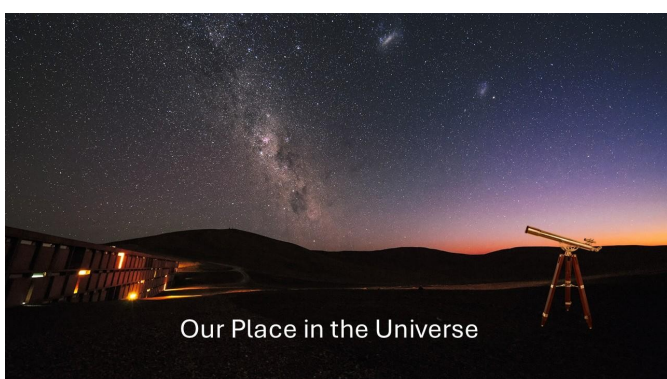
11th June—Gillian Anderton
9th July— Jill James
13th August—Bess Scott Gunn

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

Sheila Nash

General Meeting Speaker Programme 2026

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.

9th July 2026 – Dr Julie Boundford “History and Highlights 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.



13th August 2026 Dr. Leah Warriner-Wood AFHEA – The Doddington Hall Tapestry Senior Lecturer, Conservation of Cultural Heritage

A talk which examines tapestries as part of the collecting and display strategies of the Delaval family at Doddington Hall, which after a long journey over five years the bedroom tapestries have been returned to their rightful place at Doddington Hall.



Following on from the Speaker’s presentation given by Adrian Gray at the last General Meeting he has contacted us to say that he mentioned an interesting story no-one knew about regarding the Market Rasen vicar who was murdered. This can be found on YouTube at

<https://www.youtube.com/watch?v=Fhe8UMXnMlc>

Copy and paste this url into your browser to see this video.

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



JUNE 16TH 10AM-11.30AM

New Members Meeting

Market Rasen New Life Centre.
chair@westwoldsu3a.org

THEATRE GROUP NEWS



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

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.



Railways Group

Future Plans for this year

Lincolnshire Coast Light Railway Wednesday

22nd July: please book with Alan Douglas (alandouglas4@hotmail.com) for this trip. He may well be able to offer transport for anyone in Rasen who does not have their own transport, for this and other visits, so if you are alone don't be shy to come forward. If I can help from Caistor (even though I no longer have my own car) then I will help if I can.

Scunthorpe Steel Works tour Saturday 22nd

August: the website shows tickets are still available for this trip.

Lincs. Wolds Railway Fish & Chip train Sunday

11 th October: the railway has agreed they can offer a pre-ride visit to the engine shed/signal box for our group, so this will be earlier, probably about 3.00pm, but I will finalise later. Please let me know if you have booked for the fish & chips and would like to join this 'added value' extra.

For further details please contact Brian Ward on brianthecamel39@gmail.com

The Friday Care Tip May 2026

Benevolent Funds – What Are They?

Benevolent funds in the UK are charitable organisations that provide financial support, grants, and practical assistance to individuals facing hardship, often linked to specific trades, professions, or industries. While there is no exact number, it is estimated that there are many hundreds of these funds.

How can they help with care-related financial support?

They can offer advice and practical help, including grants for items such as furniture, computers, and white goods, as well as assistance with everyday living costs. In addition, they may provide funding towards care home fees, top-up costs, or home care services, such as daily care visits during times of need.

If you are unsure whether your former employer or the industry you worked in has a benevolent fund, you can find out by contacting Turn2us. Turn2us is a UK-based national charity that helps people experiencing financial hardship access welfare benefits, charitable grants, and support services.

Contact details:

Helpline (General/Support): 0808 802 2000

Helpline (for those unable to use digital tools): 0808 164 8817 (England and Wales)

Website: www.turn2us.org.uk

Email: info@turn2us.org.uk

- Address: 33–39 Bowling Green Lane, London, EC1R 0BJ

Handyperson Services: Help with Small Jobs Around the Home

Many older and disabled people struggle with small jobs around the home — a loose handrail, a stiff lock, a draught under the door, or a smoke alarm needing a new battery. Left undone, these can affect safety and independence. What many people don't know is that free or heavily subsidised handyperson services exist across the UK to help with exactly these tasks.

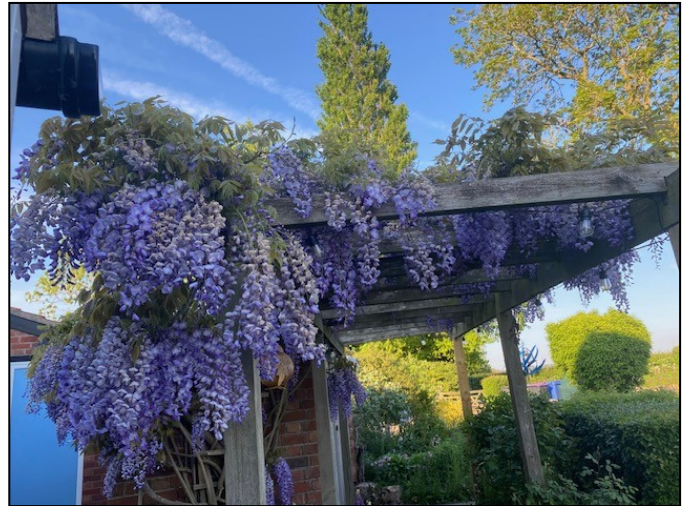
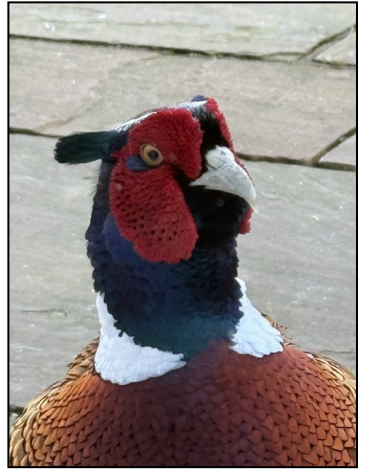
Services can help with small repairs, grab rails, door and window locks, fitting smoke alarms, and energy efficiency checks. Your first port of call is your local council. You can also contact your local Age UK, call the Age UK Advice Line on 0800 678 1602 (8am–7pm every day), or visit foundations.uk.com to find your nearest service.

Small jobs matter. These services exist so no one has to go without help with them.

Posted by Able Community Care, a nationwide live-in care provider established in 1980. Call 01603 764567 for further information and a brochure.

If, as an individual, group or magazine you would like to receive The Friday Care Tip, please reply to: info@ablecommunitycare.com

SIGNS OF SUMMER



Queen Elizabeth II—Her Life in Style at the King's Gallery Buckingham Palace

Awakened by the alarm at 5.30, normally an unheard of time in my scheme of things, usually the time I sigh and register that there will be at least another three hours in bed, but not so today! There is a coach to be caught in Market Rasen at 7.05 and on no account must we be late!

Arriving at the market place in good time, so I thought, to find the coach already there so the car was hurriedly parked (what a bargain a whole day's parking for £2.00 and I knew we wouldn't be back until after 10.00pm) only to find the coach driver needed to waste more time before the next pick up? Ladies already on board had set off from Louth at 6am and had to waste time enroute as obviously the coach company hadn't realised the journey between Louth and Market Rasen does not take an hour and five minutes!

Our journey continued as we made two more pick ups before we were well and truly on our way. You can imagine the buzz of conversation with a coach load of 50 WI ladies excited at the prospect of going to Buckingham Palace, not to receive a distinguished award, but to visit the King's Gallery to view the late Queen Elizabeth's wardrobe of clothes and accessories. A brief comfort stop at Peterborough services where I had the worst cup of tea in my life! A lesson to be learnt here "do not buy tea in a coffee shop". The choice of tea rather than coffee meant the services of the on-coach toilet wouldn't be necessary. A venture I didn't relish.

Arriving safely outside the King's Gallery entrance at 12.30. after an interesting and some what eye-opening journey through London we had until 2.30, our scheduled entrance time, to find somewhere to grab some lunch. My friend and I were not too impressed with the cafes near the Palace so we walked for a few minutes until we came to one of those very modern "arcades" where eateries of every description were housed. Beautiful but very pricey for us country folk. However we came upon a Danish bakery, what a find! A wonderful selection of sweet and savoury pastries and proper pots of tea in a

lively friendly atmosphere.

Returning to the Palace, at last our allocated entry time arrived for us to enter and enjoy Queen Elizabeth II: Her Life in Style exhibition showcasing over 300 pieces of the late Monarch's wardrobe. It featured garments from 10 decades of her life from childhood through to adulthood and official diplomatic tours. What a wonderful exhibition! .

Breathtakingly beautiful. Words are difficult to find to describe the fabulous designs and workmanship which had gone into their creation. How proud I felt when I saw the intricate detailing of the wedding dress and coronation gown and all the exquisite ball gowns designed and created by our talented Couturiers such as Norman Hartnell, Hardy Amies and many more famous designers. Two hours later after having thoroughly absorbed all the intricacies and details of the very extensive "wardrobe" we emerged into the Gift shop. Obviously catering for the very rich foreign tourists although I was pleased to see they had the ubiquitous children's "pocket money" section which I headed for, being one of the last big spenders!

Exiting the Palace the coach was ready and waiting for us and we were on our way home. I couldn't help wondering about the more technical points of the clothing such as " How could a small person like the late Queen bear the weight of the heavily jewelled and embroidered gowns." How much did they weigh, how many seamstresses and embroiderers were involved, how long did they take to make, how much did they cost" priceless probably , finally where and how could such a wonderful collection be preserved and housed.

I do hope they will be exhibited again as I believe all the tickets have sold out and many people would still love to see the displays. I am so pleased I had the opportunity to visit the exhibition a truly memorable day and well worth the 5.30 am wake up!

Val Wright

MAY WALKS

May 6th walk—Middle Rasen 5 Miles

On May 6th, eight of us set off from Middle Rasen for a four and a half mile walk. The weather was fine.

The first part of the walk is across a ploughed field which has no marked route for the footpath so we decided to walk around it instead. This was followed by a short distance along the side of the A46 until we were able to rejoin the footpath. We then walked across fields climbed over a very wobbly stile until we reached the lovely bridge in West Rasen. It has become a tradition to have a group photo taken here.



We then walked back to Middle Rasen alongside fields badly needing rain.

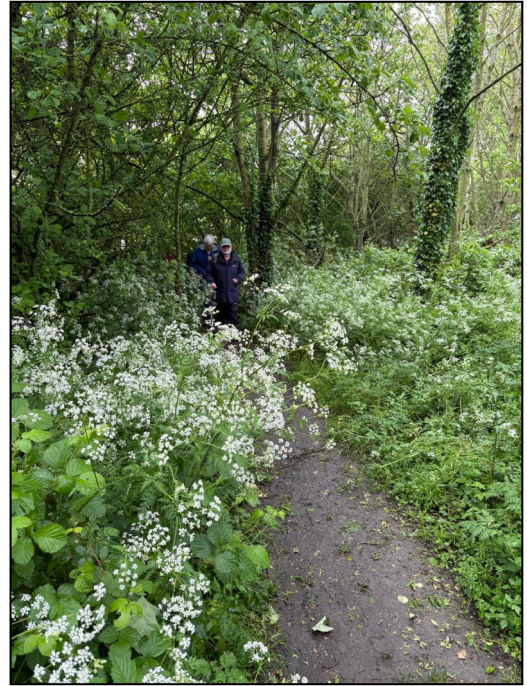
May 13th Walk— Waters Edge

Lovely walk this morning. No rain to speak of and heard a cuckoo as a bonus

Merilyn Combes



May 19th Walk—Scothern to Ashing Nature Reserve



The weather forecast was blustery and heavy rain; the walk members checked the group chat in the hope the walk leader would cancel and the walk leader checked to see if everyone would drop out! But the walking group are a hardy bunch and 12 turned up and set off across the fields from Scothern to Ashing Nature Reserve. Fortunately the heavy rain did not materialise, and apart from a few showers, we stayed fairly dry. A 'sausage roll break' warmed us all up and after the walk, the group had lunch at the nearby Garden Centre.

Sharon Rupp



WALK & TALK GROUP

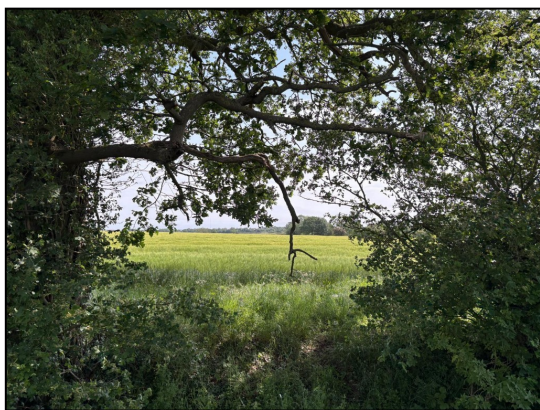
May 27th—Walk & Talk — Goltho

The first new Walk & Talk group met during a break of the heatwave and enjoyed a sunny but fresh walk of 1 mile at Goltho. Stopping to admire birdlife and wildflowers, it was a leisurely and chatty stroll. The group enjoyed refreshments at the Granary in Wragby to continue good conversation.



Why not join the next Walk & Talk outing on June 23rd at Boultham Park in Lincoln.

Sharon Rupp



WRITING FOR PLEASURE GROUP

Another successful meeting on Tuesday, interesting variations on our set pieces. It is amazing where the ideas come from. A memory, an incident, a noise. They all tell a story and can be written about. We write on various subjects for each time we meet, we have set topics and a 'free' writing piece

MAD HOUSE

By Denis Marsden

This is what I have to put up with. The hand on my alarm clock lags behind so when it's half past the hour it still remains on the hour! Also before the alarm goes off it has a small heart attack winding and popping. I did actually replace it with a modern one with luminous numbers that really stood out in the dark, the problem is the hands aren't luminous so you haven't a clue what time it is unless the big hand is covering a number then you can make a guess at it.

Then there's the radio, it's an expensive one (it's a Roberts) that works perfectly apart from turning itself on at odd times, this is inconvenient especially at night.

I forgot to mention the big clock in the front room that falls off the wall with a loud crash about three times a year and makes me think I'm being broken into.

Another inconvenience is the light in the hall, when you click it on it pauses for a moment (as if deciding what to do next) then comes on dull, turns to full brightness goes dull again, then settles down to being on properly, it's a bit like an old radio warming up.

Oh and one more thing, the timer on the cooker works but only when it sees fit. The washer sometimes works but then at other times it stands silent like an offended woman, sullen, gloomy and unresponsive, the spin dryer's no better; they both have minds of their own: it's a mad house!

Our pieces of the Subject 'Pitmen' are still in progress. Here is the piece written by Anne Gill, a factual piece, a piece of lateral thinking.

PITMEN

During the early part of the 20th century, young men in the pit villages in the North East had little to occupy their minds after a day's work, other than walking on the beach, exercising their whippets or their ferrets and gardening to put food on the table. There was very little else.. They went to work in the dark. They worked in the dark and they came home in the dark, sat around the fire and read.

A National movement started in 1903 had not yet reached the area, although some of these younger men, middle aged men had a pastime that no one could have interpreted into anything that would be called a National Treasure. When in 1927 the Workers Education Association started in Ashington within the local library, curiosity of some of these men took them to the first meeting. It was a meeting entitled 'evolution'. After trying additional classes at the WEA in a variety of subjects, one in particular that the group of miners decided to attend was called Art Appreciation. The University of Durham found a tutor, who was a painter and teacher called Robert Lyon. The Pitman from Woodhorn Colliery and Ellington Colliery soon became dissatisfied with this practice, so the group of nine members, through Lyons tuition, created their own work, paintings to their own subjects, as a means to try and develop or understand the art of appreciation for themselves.

They left the library and set up a group meeting in a wooden hut.

It certainly wasn't something that was seen in the northeast as being a man's pastime or job especially not a Pitman, who was supposed to be strong, fearless, and brave, not a person or a group to put a brush to canvas and create the story of their lives, their families lives, their social activities and the world around them at that time. The group flourished. Until 1938 just before the Second World War. When they decided to name themselves the Ashington Group with an extensive list of regulations by which members should abide, in 1938 they held their first exhibition at the Hatton gallery which is now part of Armstrong College Newcastle.

In time they began to be noticed by British critics and other artists. An exhibition in London was arranged by Lyon. Prominent figures of the time, started collecting their work, and several galleries held paintings on loan.

After the second world war the men continued to meet on a weekly basis taking on new members. Their work was prolific, some called it naive, some called it primitive, the colours depicted depression, the climate, the landscape, there were subjects from

devastation to whippet racing, family life, washing up, kitchens and households, and gardening on the allotments. Some even depicted the workings the miners endured underground. Each of these are full of atmosphere and dread.

There has been great interest in this group. People have studied the group for PhDs and for social outcome. It was the first Group ever to show their art Exhibition in China after the Cultural Revolution in 1980. There have been books written about them, one by William Feaver,

The Ashington Group hut was finally demolished in 1983 when the last founding member of the group 'The Ashington Painters', arranged for all the paintings to be put into a trust. These paintings are now held and displayed at the museum in Woodhorn colliery.

There has been a stage play about their story, these nine men, painters, their work lives, their living conditions and their famous art, in a play called the Pitman Painters. The Ashington group 1934 to 1984, it was adapted by Lee Hall.

After almost a century the last surviving member of the Ashington Group died in 2004 a few months short of his hundredth birthday

They have left a legacy of their working lives, their living and their history. The group has no formal training and yet their paintings are endearing, enlightening and sometimes humorous. If you're ever up in Ashington, Northumberland. Woodhorn Colliery is a wonderful place to spend an afternoon. It has a lasting impression on everybody that visits.

Information for our Meetings.

We meet on the Third Tuesday of the month, in the Station Masters Office at the Station Market Rasen. Our next meeting will be June 18th. Please, Call in and join us, it's free, and see what we do. The cafe is open at the Station now from 10.00 to 2.00 so grab a coffee and sit in with us. You will be made very welcome.

Anne Gill

U3A Groups Newsletter Update

From June 2026, the Language, AI, and Big Wide World newsletters and articles will be sent only to members of those groups.

This helps reduce inbox overload and keeps updates relevant to the people who want them. It will also help us tidy up the website, with newsletters stored neatly in their own group areas — making everything easier to find and keeping the site uncluttered.

If you'd like to continue receiving any of these newsletters, simply join the relevant group:

- # Language Groups (French, Portuguese, Italian, Spanish)
- # AI Interest Group
- # Big Wide World

Group Leaders can check your membership if you're unsure.

And remember you don't have to be a regular member of any of our groups to find out what's happening in our world.

Explore languages, AI and the Big Wide World

Join us - Market Rasen Gardeners' Market and Craft Fayre, Saturday 6th June from 9am

u3a Monthly Meetings, Festival Hall, Market Rasen, 2nd Thursday each month from 9.30am



u3a

18th May 2026 – Digital Photography Group visit to RNLI Station Cleethorpes



On the 18th May, 13 members of the West Wolds Digital Photography Group made a visit to the new RNLI station at Cleethorpes, organised by Brian Ward. On meeting at the station at 2:30pm we were met by the Senior Helmsman of the RNLI team, Steve Burton. He took us upstairs and showed us their operations and mess room, with wonderful views of the sea and sea front. He explained how they operate, working closely with the Lifeguard Station across the road. They have about 40 volunteer members including 5 women who are on call at any time.



When they get a call depending on how urgent it is, they can use either a larger RIB lifeboat named 'Loving You', which can take up to 12 crew, or a smaller inshore Life Boat, which is normally manned by 3 crew members, but can hold up to 8 people, and even ten as two of the crew who have flotation suits can hang off the sides as they return to shore.



He then took us downstairs to show us the SMEAC area where they write up the call as they come in, who has been called and who is driving the tractor units, and he also showed us the crew quarters where they have their personal waterproof suits and life jackets hanging, these suits are all in one with the wellingtons attached to the end of the legs and with insulated undergarments. There was a humidifier working as the suits have to be dried out between calls.

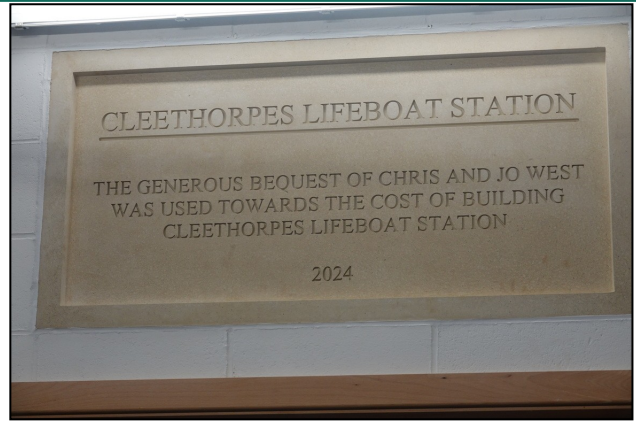




hen we were taken into the hangar area where the two boats are garaged with their very large tractor units which are used to tow the boats out to the sea. These boats have to be replaced every so often as they age, and have been donated by people in memory of loved ones. The larger one was called 'Loving You' in memory of a donor's daughter, it was said that the RNLI wanted to name the boat something different, but was told 'if I can't name the boat, then I am not going to pay for it', so 'Loving You' is what it's called.



The Senior Helmsman was very helpful answering all our questions. At the end we all exited through the gift shop where we were able to



offer donations to the RNLI and buy various souvenirs of the visit.

When we were in the crew area I saw one vital crew member sleeping on the job.



Whilst we were outside the station at the end of the visit, there were various ships going past on the Humber, one with vertical windvanes that generate electricity.



Thanks to Brian for organising the trip.

Terry Francis



Garden Group News

Step into Summer with our Outdoor Seasonal Events. Garden visits, coach trips, afternoon teas and a holiday to Norfolk and beyond—we've got it all!

June 2026



A Year of Meetings in Full Bloom

Our programme has been packed with variety — expert talks, seasonal visits, and plenty of laughter along the way. Members have explored everything from alpines to airplants, snowdrops to seed-sorting, each session offering new ideas and practical tips to take home. What truly stands out is the warmth in the room at every gathering: friendly faces, lively questions, and the simple pleasure of growing together.

New season of monthly talks from September 2026.

Felley Priory & The Old Vicarage, Southwell - Trip Highlights

A wonderful day of gardens, history and good company. We began at Felley Priory, wandering through beautifully kept borders, peaceful pathways and spring colour at every turn. Members enjoyed time to explore, chat and browse the tempting plant nursery.

In the afternoon we continued to The Old Vicarage at Southwell, where the gardens were equally inspiring — full of structure, character and thoughtful planting. Many of us left with ideas (and a few plants) to try at home.

A relaxed, uplifting trip enjoyed by all — great gardens, great weather, and even better company.

Open Garden - Market Rasen

Some of you already knew Sue's garden, and it truly lived up to its reputation. It was a stunning small space, overflowing with colour and a joy to wander through. Sue's baking was every bit as wonderful, and the cake disappeared quickly. We raised £5 each for her chosen charity on the day.

Craft Fair - Market Rasen, 6th June

Join Jane and friends from our wonderful Gardening Group at the Craft Fair. You'll find us in the Market Square from 10am

New members are always made very welcome.

Contact Jane for more details

jane.m.guy@gmail.com



Gardening Group – Future Events

Highlights

Afternoon Tea – Caistor Lakes

Wednesday, 10th June

There's something wonderfully restorative about an afternoon at Caistor Lakes. With peaceful water, gentle birdsong, and views that seem to exhale calm, it's the perfect setting to pause and enjoy good company.

Our afternoon tea brings together everything we love most – friendly faces, relaxed conversation, and a table full of treats that feel like a little celebration in themselves. It's a chance to unwind, reconnect, and simply enjoy being together in a place that always welcomes us with open arms.

**Cost £19.00 pp
(full afternoon tea)**

**or just join us for a cuppa and a piece
of cake if you prefer**

Places available for this trip

Meet at Caistor Lakes at 2pm

Contact Jane for further details

jane.m.guy@gmail.com

Non Garden Group Members welcome



Four Days of Gardens, Scenery and Good Company

Our annual summer holiday takes us through Norfolk, Suffolk and Essex. It promises a wonderful blend of garden inspiration and pure enjoyment. From sweeping views to hidden horticultural gems, each stop offers something different to delight the senses. We'll wander through beautifully curated gardens, explore new places, and enjoy the easy camaraderie that always makes our trips so memorable. With laughter on the coach, shared discoveries, and plenty of time to relax, it's the kind of getaway that leaves you refreshed, inspired, and already looking forward to the next one.

This visit is now full, however if you've missed out then do take a look at the next coach trip in September as there are one or two places left.

Look out for details of our Gardening Group holiday for 2027 which will be to the Malvern area. Details coming soon.



**Check out the monthly Gardening
Group Newsletter for full details.**

Available to all GG Members

New members always very welcome

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

GG, June 2026

Solo Group



The Solo Group met on Friday 15th May and we were entertained by Patti Thomas, one of our members, she gave us a very interesting talk about her life to date from when she was born in Canada to now settling in Market Rasen.

The next meeting will be on Friday 19th June and our Groups' Co-ordinator Nick Wilson will be joining us with some music and songs.

We will be having a summer break for July and August and will resume again on Friday 18th September.

Thank you all for your continued support.

For further information about the solo group please contact Ginny Beard on telephone 01673 844432 or 07980 209642 or via email on GinnyB644@sky.com

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 weekly 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 meet at the new Bistro Bar and Kitchen at 7 Queen Street, Market Rasen. Please come along and join us on the 8th June and the 22nd June 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.



WANTED - BRIDGE PLAYERS

If you would like to play bridge then please let me know as we have two people who wish to play and they need two more to make up this group. Day and time will be sorted out once we have a group.



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

German Group Leader Required

Due to the sad passing of Gary Beighton, the German language group needs a leader. Is there anyone who would be prepared to take on the role You don't need to be a fluent German speaker, merely an enthusiast, who likes finding material for this small group. If interested, please get in touch with anyone on the committee.

Attention Indoor Bowlers



Summer Bowling

The Bowls group have been given 3 rinks on Thursday mornings at 10.00 for 10 30 start.

Cathy is hoping to negotiate some spaces for Tuesdays also.

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

Please ring Cathy Whelan 07974856984

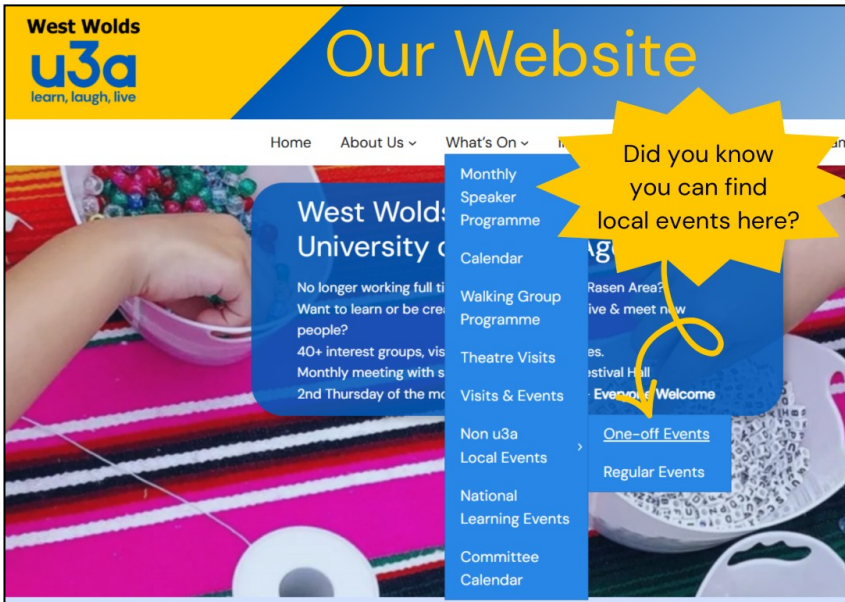
MAHJONG GROUP



The Mahjong Group meets at the Lammas Leas

Community Hall on the 2nd and 4th Fridays of the month.

Contact Margaret Allerston on 01673 842247



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
June 16th	Humberstone Fitties	4.5 Mile	Alan Newman	07485 597868
June 23rd	Boultham Park	2 Miles	Terry Francis	07840 975547
July 1st				
July 8th	Donnington on Bain	4 Miles (Brisk)	Rachel Telfer	07443 483831
July 21st	South Elkington		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 May

Here are some photos from the Digital Photography Groups challenges from May, based on a theme of 'Food' plus a favourite of the month. This selection was voted on at our Digital Photography Group meeting.

Favourites of the month



Gardening Boots

Taken by Alan Douglas



Gannet collecting nesting material

Taken by Martin Keen

Food



Bread

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=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

vicechairman@westwoldsu3a.org

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



Speaker Finder assistant

Heather Jones



Support Roles (Non Committee)

Catering Coordinator

Rachel Telfer Tel: 01673 844244

rachelterfer1@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

whatsonevents@westwoldsu3a.org

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	13:30 Spanish Beginners/ Portuguese 14:00 Crochet 14:00 Digital Photography 14:00 Turkish Delight Desert Dancers 19:00 Spanish Online	10:00 Family History 11:00 Table Tennis 14:00 Backgammon 14:00 Upholstery 14:30 Spanish Intermediate	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 10:00 Italian Taster 10:00 Indoor Bowls 10:15 Keep Fit 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 Spanish Conversation & Scrabble
2nd	10:00 Embroidery 2 13:30 Spanish Beginners/ Portuguese 14:00 Board & Card Games	10:00 Local History 11:00 Table Tennis 14:00 Upholstery 14:00 Canasta 14:30 Spanish Intermediate	10:00 Embroidery 10:00 Walking Group 10:00 Cycling (Short Rides) 12:00 Luncheon Group 14:00 Poetry 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	13:30 Spanish Beginners/ Portuguese 14:00 Crochet 14:00 Digital Photography 19:00 Spanish Meet-Up For Beginners via WhatsApp	10:00 Walking Group 10:00 Writing for Pleasure 11:00 Table Tennis 14:00 Upholstery 14:30 Spanish Intermediate	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 10:00 Italian Taster 10:00 Indoor Bowls 10:15 Keep Fit 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* <i>(*And 5th Friday of the month, if there is one)</i> 14:00 Solo Group
4th	10:00 Embroidery 2 13:30 Spanish Beginners/ Portuguese 14:00 Board & Card Games	10:30 Walking Group 11:00 Table Tennis 14:00 Upholstery 14:00 Canasta 14:30 Spanish Intermediate	10:00 Embroidery (* <u>Last Wednesday of month</u>) 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 10:00 Indoor Bowls 10:15 Keep Fit* <i>(* And 5th Thursday, if there is one)</i> 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

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 - paused until Oct '26

Sandra Dean, sandrawwu3a@gmail.com

FRENCH CONVERSATION- paused until Oct '26

Sandra Dean, sandrawwu3a@gmail.com

GARDENING

Jane Guy 0797 1277482

GERMAN—CLOSED FOR THE FORESEEABLE FUTURE

New Leader Required

INDOOR BOWLS

Cathy Whelan 01673 565622 / 07974 856984

ITALIAN BEGINNERS PLUS

Amanda O'Connor, languages@westwoldsu3a.org

ITALIAN FOR TRAVEL

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 MEET-UP (INTERMEDIATES PLUS) 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.