



## Message from our Chair

Dear Member

A huge thank you to everyone who has helped support our recent showcase event. Whether you helped set up tables, chatted to visitors, or simply came along with enthusiasm and a smile — every contribution mattered.



It was a fantastic opportunity to raise awareness of our u3a and welcome new faces. The interest shown by members of the public has been extremely encouraging, with many people surprised by the huge variety of groups and activities available.

Thank you also to all our Group Leaders and their members who represented us so brilliantly. Your passion for your groups really shone through.



With over 370 members, West Wolds u3a continues to thrive because of the kindness, energy and willingness of members to get involved. Together we are creating something very special.

Special thanks also go to local businesses who kindly supported us with prize donations and encouragement.

We had an enjoyable morning at our New Members get-together last month, meeting new faces and finding out a bit more about them. More new members have joined this year so word must be spreading what a friendly and interesting organisation we are.

Also last month was the annual Gardening Group holiday, ably organised by Jane and assisted by her helpers. See a write up about it later in the newsletter.

### NON-COMMITTEE SUPPORT

We welcome Janet Wilson who will support us with Publicity including the rolling display at the monthly meeting which was re-vamped for June. Do take a look each month at what Janet brings to entertain us with.

### CANVA

Sandra Dean has kindly offered to be our Canva Consultant to give training and support. More details in the autumn.

*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

## **MEMBERSHIP RENEWAL FOR 2026-27**

We are getting close to that time again when we are going to ask you to renew your membership, which runs from September 1st to August 31st, we hope you continue to support the West Wolds u3a next year with all that we can offer.

From the June meeting onwards you can now start to pay your 2026-2027 membership fees online by BACS, or by presenting a cheque, or cash, or using a contactless card at the Meetings. When paying online, please add reference 'Mem and your surname.'

Please note that we prefer you not to use cheques as the Lloyds bank now charges us 50p per cheque transaction.

For details, you will need to download and fill in a new 2026-27 Membership form, which can be downloaded to fill in manually, copies will also be available to pick up at the meetings,. Once completed return it to the Membership Secretary as detailed on the form.

**Alternatively, the easiest way is to fill in the online Membership form on our website which sends your details directly to the [membership@westwoldsu3a.org](mailto:membership@westwoldsu3a.org) email address.**

We do need you to complete a form so that we can ensure that the data we hold against your name is still correct and relevant and as a paper trail for me to ensure I get all members signed up.

The Membership fee for September 2026 to August 2027 has remained the same as last year for Individual and Joint membership, with Associate Membership at only £5 for members of other u3as :-

**£18 for Individual membership**

**£34 for Joint Membership**

**£5 for Associate Membership.**

*Terry Francis,  
Treasurer & Membership Secretary*

## **SHOWCASE—ON 6TH JUNE**



# General Meeting Speaker Programme 2026

## 9<sup>th</sup> 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.



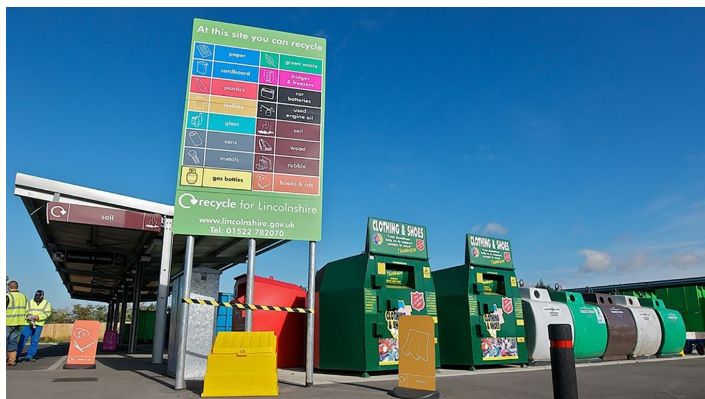
## 13<sup>th</sup> August 2026 Dr. Leah Warriner-Wood AFHEA – The Doddington Hall Tapestry Senior Lecturer, Conservation of Cultural Heritage



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.

## 10<sup>th</sup> September 2026 – “Waste Services Lincolnshire County Council”

An illustrated presentation – A behind-the-scenes look at the workings of a Recycling Centre.



## 8<sup>th</sup> October 2026 – Lincs and Notts Air Ambulance Service

The Lincs & Notts Air Ambulance is a service operated by the Lincolnshire and Nottinghamshire Air Ambulance Charity. It is tasked by the East Midlands Ambulance Service to provide a pre-hospital critical care helicopter emergency medical service.



## Local History Group 2026 Programme

**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](mailto:paulettridge28@gmail.com)



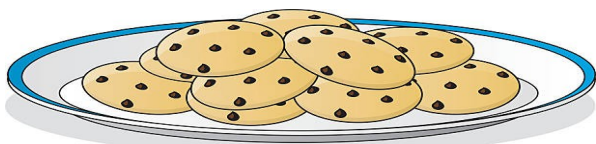
At the monthly meeting, tea & coffee is served from 9.15 – 10.15

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

#### July

Gillian Anderton  
Anna Etteridge  
Kay Green

#### August

Dave Ebbage  
Mary Orphanoudakis  
Brian Ward

If anyone would like to volunteer as a greeter, please contact Pauline Cooper at the meetings or [greeters@westwoldsu3a.org](mailto:greeters@westwoldsu3a.org).

### Catering Helpers Rota

#### July

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

#### August

Serving: Julia Radcliffe-Watts  
Gwyneth Thompson  
Kitchen: Alan James  
Yvonne Heathershaw

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 :-

9th July— Jill James  
13th August—Bess Scott Gunn  
10th September—Steve Field

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

*Sheila Nash*

## A DISCUSSION WITH A DIFFERENCE!

On the 17th June, the Discussion Group hosted two new members. Coming from the USA, they both had distinctive drawls accentuating their heritage! The ice was broken very soon however when Claude was asked about his background and what life was like in his "Neck of the woods". A very lively and penetrating interchange followed, discussing the way they made decisions, the merits of their decisions and how their hallucinations influenced how they were received by strangers.

Of course this was not one of our "normal" discussions, but the first one to be held uniquely with Claude and ChatGPT, leading residents of the Ai world. Using simply a laptop and a conference microphone our members took turns in posing our two guest's various questions, invoking several considered responses. One topic covered the personality of the Ai, by trying to extract the nature of this synthetic entity, whilst another opened by questioning the ability of Claude to decide in a similar fashion to a human being, and the ability to have its own opinion. Similar questions were directed to ChatGPT, who, like Claude responded using first names, with a voice described as "buttery" in the menu Settings. Although the answers were not identical by any means, the process of communication was very similar and the conversation flowed very well, despite the separation both in distance and the separate worlds.

The discussions towards the end of our meeting formed a more mixed collection of remarks amongst ourselves, but we were surprised when Claude was able to overhear our comments and start asking us what we were talking about! I hope my aim to bring Ai directly to our members, and to show the interaction that could be achieved, was successful, and judging by later comments I may be a little way there - "is there anything more I can help you with Dave?" As Claude would say!

*Dave Ebbage*

West Wolds

**u3a**  
learn, laugh, live

MONDAY 20<sup>TH</sup> 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.



## 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**

## SCAVENGER HUNT WINNERS RECEIVE THEIR PRIZES

Our Group Showcase Event, held in Market Rasen on 6th June, attracted many visitors who enjoyed exploring the wide range of activities offered by West Wolds u3a. One of the highlights of the day was our Scavenger Hunt, which challenged participants to visit the interest group tables and identify the mystery items on display.



We were delighted to welcome our three prize winners back to collect their prizes. Congratulations to **Stephanie Wall, Rosanna Benn, and Jenny King**, who collected the first prize on behalf of her family and who also won a year's free membership.



The first prize was a wonderful hamper generously donated by Tesco, while the other winners also received fantastic prizes kindly donated by our u3a and Lincolnshire Co-op. Thank you to everyone who took part, and to our generous sponsors for supporting the event. The Scavenger Hunt proved to be a great way of introducing visitors to the many groups and activities available within West Wolds u3a.

*Sharon Rupp*

## NEW SPANISH BOARD GAMES GROUP

A new Spanish Board games Group will be starting soon on the fourth Thursday of the month between 2 and 4 pm. It's different to the Conversation and Scrabble group which runs through the winter as it's aimed at Beginners.

For more information contact Sandra Dean on [sandrawwu3a@gmail.com](mailto:sandrawwu3a@gmail.com) .



## LOCAL EVENTS

Why not look at posters for various local events happening in our area in the next few months, these are shown on our website under the What's-On drop down as Non u3a Local Events, there are One-Off events and Regular events that might interest you

## THE FRIDAY CARE TIP JUNE 12TH 2026

### The 10-Minute Rule for Phone & Message Scams

Scammers often create a sense of urgency to pressure people into making quick decisions. The 10-Minute Rule is a simple but effective way to protect yourself.

How it works:

Pause and don't act immediately.

Scammers may claim your bank account has been compromised, you owe money, or immediate action is required. Their goal is to make you panic and respond without thinking.

Wait at least 10 minutes.

After ending the call, give yourself time before taking any action. This helps you think clearly and can also prevent certain scam tactics where fraudsters attempt to keep the phone line open after you hang up.

Verify independently.

If you're concerned, contact the organisation directly using a trusted phone number from their official website, bank card, or correspondence. Never use contact details provided by the caller or in a suspicious message.

Report suspicious activity

If you receive a suspicious text, report it to your mobile network provider (in the UK, you can forward scam texts to 7726). If you believe you've been targeted by a scam, report it to Action Fraud.

Remember: Genuine organisations will understand if you take time to verify a request. When in doubt, stop, wait, and check.

Posted by Able Community Care, a nationwide care provider of live-in care support since 1980.

For an information pack please call 01603 764567

Chris Cook

Business Development Manager, South & South East

Able Community Care Ltd. The Old Parish Rooms, Whitlingham Lane, Trowse, Norwich NR14 8TZ

Web: [ablecommunitycare.com](http://ablecommunitycare.com) Tel: +44 (0) 1603 764567 Fax: +44 (0)1603 761655

## NEW MEMBERS MEETING 16th JUNE



AI generated photo

We welcomed 14 new members to the New Life Centre for coffee, cake and informal conversation. A short welcome and introduction to the Committee and leader members attending by the Chair was followed by a presentation by Dave Ebbage and a tour of our website by Terry Francis. The kettles were pressed back into service and once again chat ensued.

Thank you to those who attended, it was lovely to meet you.

*Sharon Rupp*

## WEST WOLDS CYCLING GROUP



Why not get out on your bikes and join the Cycling Group, Contact Gordon Jennings



### u3a SUMMER FUN QUIZ

#### **Around Britain**

1. Which is the largest island in the Mediterranean Sea?
2. Which English county is home to Stonehenge?
3. What is the longest river entirely within the UK?
4. Which seaside town is famous for its tower inspired by the Eiffel Tower?

#### **Nature**

5. Which British bird is often called the 'harbinger of spring'?
6. Which tree produces acorns?
7. What is the fastest land animal?
8. Which vitamin is produced naturally by sunlight on the skin?

#### **History & Heritage**

9. Which battle was fought on 18th June 1815?
10. Which Roman emperor invaded Britain in AD 43?

11. What ship carried the Pilgrim Fathers to America?

12. Who became Britain's first female Prime Minister in 1979?

#### **Books, Music & More**

13. Who wrote Treasure Island?
14. Which Shakespeare play features Rosencrantz and Guildenstern?
15. Which Beatle wrote 'Here Comes the Sun'?
16. Who composed The Four Seasons?

#### **Just for Fun**

17. Which sport is played for the Ryder Cup?
18. Which fruit is traditionally associated with Wimbledon?
19. What is the collective noun for flamingos?
20. Which month has exactly 28 days?

See page 15 for answers

## GUINNESS AND CHOCOLATE CAKE

### Ingredients

100g butter  
75g dark chocolate (85% Cocoa) broken into small pieces  
150ml Guinness (alcohol free works fine)  
2 eggs lightly whisked  
175g light brown sugar  
175g self-raising flour (gluten free works fine)

### The topping

100g cream cheese (Philadelphia)  
Splash of Guinness or sherry  
50g Icing sugar  
Chocolate to decorate

### Method

Oven at 160°C (140°C fan)  
Line a baking tin with 18cm (7inch) cake tin liner  
Put the butter, chocolate and Guinness into a heatproof bowl and rest over a pan of simmering water, (making sure the base doesn't touch the water), until the butter and chocolate have melted.  
Lift the bowl off the pan and leave to cool slightly.  
Tip into a larger mixing bowl.  
Add the eggs and sugar and whisk well.  
Fold in the flour until the mixture is smooth.  
Pour the mixture into the prepared cake tin and bake for about 45 minutes.  
Leave the cake in the tin to cool and then turn out onto a wire rack.  
For the topping, mix the cheese, Guinness and sugar together until smooth.  
Spoon onto the cake and spread to cover.  
Grate the chocolate over the top.

## GORDON BOSWELL ROMANY MUSEUM

A visit to Gordon Boswell Romany Museum at Spalding took place on Monday 1<sup>st</sup> June. All ten of us arrived on time in the carpark to be greeted by Margaret Boswell who ushered us in for coffee, tea, and biscuits, then gave us a talk on the tour of the wagons and their history, two of which her and husband had frequently used in the past to go 280 miles to Appleby Horse Fair. A very enjoyable three hours spent with a very knowledgeable lady.

*Mandy Curtis*



## BRAVING ST THOMAS'S BELL TOWER

On 12<sup>th</sup> June at 18:30, four intrepid members of the Digital Photography group braved a dusty, very narrow, cobwebby spiral staircase to climb to the top of St. Thomas's Church bell tower in Market Rasen, lead by the Tower Captain Norman Palmer.



It was a tight squeeze climbing 72 worn steps of different heights after stooping through a small door about 4 foot high at the bottom, at the top it was another tight squeeze through another low doorway onto the roof where we had amazing views over the town of Market Rasen

and the surrounding tree filled landscape looking into the distance towards Lincoln where we could see the Cathedral spires.

We spent about a half hour up there taking photos in all directions, and looking towards the Market Rasen Cricket Ground over the roof of the Festival Hall, we could see a match taking place.



Then coming down was almost worse than going up as you couldn't see how far the steps were down in front of you in the dim light in the staircase, I know my legs were feeling very wobbly by the time we reached the bottom.

Then Norman and Fred Rowlands of our group showed us the buttresses of the church roof inside where there is a green man hidden in one of the carvings, an owl and other creatures in others.



Thanks go to Fred Rowlands and Norman Palmer for arranging the visit, it was quite an experience.

If anyone would like to take part in this, Fred will be arranging another visit in July, but be warned to wear old clothes that you don't mind getting dirty.

*Terry Francis*

# Garden Group Holiday 2026

A West Wolds Gardening Group Summer Holiday:  
Three Counties, Countless Memories

June 29<sup>th</sup> - July 2nd 2026

This summer's West Wolds Gardening Group holiday to Norfolk, Suffolk and Essex proved to be one of our most enjoyable adventures yet — three days filled with gardens, coastlines, laughter and the kind of easy companionship that makes our group so special.

Travelling by coach, we explored a wonderful variety of gardens across the three counties. Each stop offered something different: peaceful formal layouts, exuberant borders in full summer colour, creative planting schemes brimming with ideas, and historic landscapes that invited us to slow down and take them in. Members wandered at their own pace, comparing notes, discovering new plants, and occasionally falling in love with something irresistible from a nursery bench.

The weather was kind to us, adding a warm glow to every visit. Between gardens, the coach was alive with chatter — stories shared, plants debated, and plenty of good-natured humour. These moments of connection are often the quiet highlight of our holidays, reminding us how much joy comes from travelling together.

Across Norfolk, Suffolk and Essex we found inspiration in every corner, from gardens shaped by grand vistas to sheltered walled spaces bursting with summer growth. Many of us returned home with new ideas, new plants, and renewed enthusiasm for our own gardens.

It was a holiday full of friendship, fresh air and the simple pleasure of exploring beautiful places together. Thank you to everyone who joined us and helped make the trip such a warm and memorable part of our gardening year.

**We're planning on arranging two trips next year  
Keukenhof in Holland in April 2027 followed by The  
Malverns in June 2027. Find out more by contacting  
[jane.m.guy@gmail.com](mailto:jane.m.guy@gmail.com)**



# Garden Group News

Enjoy a u3a Gardening Group summer ; take a look at what's in store over the next two months and beyond.

**July & August 2026**

## Anyone for Tea and Cake?

Several of our members went along to Caistor Lakes in June for a relaxing afternoon with friends. This was a wonderful opportunity to forget about cutting lawns or weeding while time was spent in good company for an hour or two.

## Garden Visits in July and August

### Garden Visit, Richard Chuck, Binbrook - 15th July

Always a popular and knowledgeable member of the gardening world, Richard will be welcoming us to his home in Binbrook in July. It promises to be a fascinating visit.

### Garden Visit, Pat Spolton , Claxby - 19th August

One of our regular members Pat will be opening her garden to us in August. Pat has a lovely garden and she is always happy to share her ideas and skills with members alike.

## End of Season coach Trip

Stillingfleet Lodge and Scampston, North Yorkshire - 5<sup>th</sup> September.

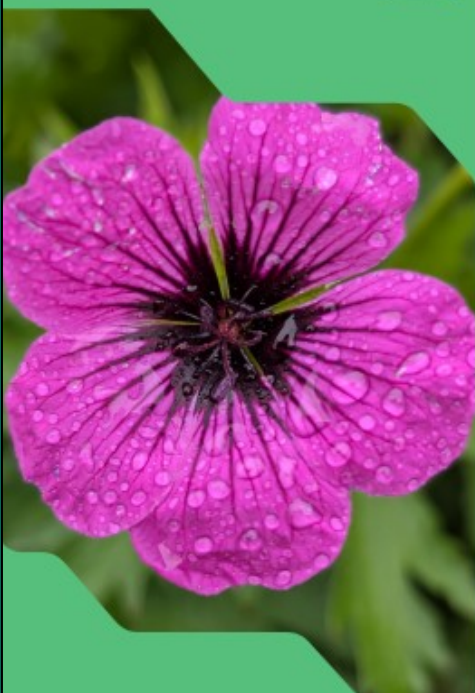
This full day excursion takes us to two different gardens in the north of England. Stillingfleet with its wildlife-friendly planting and winding paths is a garden full of character. Scampston offers a bold, contemporary structure with its walled garden, drama and colour. Together they make for a wonderfully balanced day out.

**Full reports in our fabulous monthly Gardening Group Newsletter - get your copy by joining our group**

**A new season of monthly talks has already been finalised from September 2026. It promises to be a bumper year. Highlights will include a three day trip to Kerkenhof, in April 2027 and a summer holiday to The Malverns next summer.**

**New members are always made very welcome. Contact Jane for more details or to book your place**

[jane.m.guy@gmail.com](mailto:jane.m.guy@gmail.com)



## Solo Group



The solo group met on Friday 19th June and were pleasantly entertained by Nick Wilson and friends with some music and song, thank you to those who came along.

There will be a break for July and August and we will resume again on Friday 18th September as usual. Have a good summer and look forward to seeing you all in the Autumn and thank you for your support.

I have guest speakers booked for the September, October and November meetings so watch out for details in the Newsletter.

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](mailto: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.

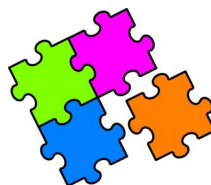
Interested ?

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 13th July and the 27nd July 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 AND CRIBBAGE PLAYERS

If you would like to play Bridge or Cribbage then please let me know as we have members who wish to play and they need other players to make up a 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](mailto:chrispeaone@gmail.com). Or  
[verabrisbane@gmail.com](mailto: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.

## WANTED FOR INDOOR BOWLS GROUP



New Bowlers for our u3a indoor Bowls Group.  
Every Thursday afternoon  
2.0 till 4.30.

Gentle exercise and great fun. Meet at Dunholme Indoor Bowls, Honeyholes Lane.

Bowls and shoes available.  
First 3 sessions free.

Call 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

## JUNE WALKS

### June 10th—Tealby Walk - 3.5 Miles

On June 10th twelve of us set off from Tealby community shop for a 3.5 mile walk. This took us on to the Wolds where we were treated to a good view of the cathedral . This is a very pretty local walk and well worth doing. The weather stayed fine even though it had been a gloomy forecast.

We were then able to treat ourselves to a coffee and cake at the coffee morning in the memorial hall..

*Rachel Telfer*



### June 16th—Humberstone Fitties—4.5 Miles

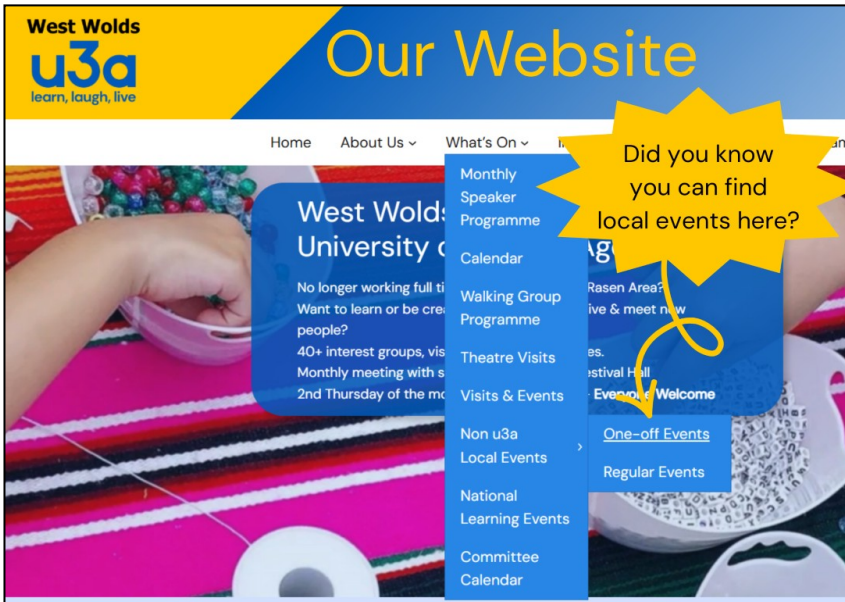


A light breeze gave ideal weather for the 9 walkers. Through the Fitties village and along the grass embankment coastal way with glorious views over the estuary. We finished with a short walk on the beach followed by excellent scones/ lunch at the Gingerbread House tea room.

*Alan Newman.*

### SUMMER FUN QUIZ ANSWERS

- 1 Sicily
- 2 Wiltshire
- 3 River Severn
- 4 Blackpool
- 5 Swallow
- 6 Oak
- 7 Cheetah
- 8 Vitamin D
- 9 Waterloo
- 10 Claudius
- 11 Mayflower
- 12 Margaret Thatcher
- 13 Robert Louis Stevenson
- 14 Hamlet
- 15 George Harrison
- 16 Antonio Vivaldi
- 17 Golf
- 18 Strawberries
- 19 A flamboyance
- 20 All of them



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
July 14th	Claxby	5 Miles Brisk	Rosie De Smit	07711 682888
July 21st				
July 28th				
August 5th	Goltho	2.75 Miles	Sharon Rupp	07803 694889
August 12th	North Willingham	6 Miles	Amanda Curtis	07950 658057

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 June

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

### Favourites of the month



Evening, Poole Beach Dorset  
Taken by  
Alan Douglas



Cardinal Beetle  
Taken by  
Martin Keen

### Something Beginning with 'P'



Pencils  
Taken by  
Angela Coupland



Predator  
Taken by  
Brian Ward

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](https://westwoldsu3a.org/?page_id=32438)



### IN MEMORIAM

**GARY BEIGHTON**  
1951-2026  
A MUCH MISSED MEMBER OF  
OUR 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](mailto:chair@westwoldsu3a.org)



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#### Groups' Coordinator

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### How to Subscribe on the West Wolds website to receive updates and notice of New Posts by email.

Open the West Wolds website homepage [westwoldsu3a.org](http://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 <b>GENERAL MEETING</b> 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* (*And 5th Friday of the month, if there is one) 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 (*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 10:00 Indoor Bowls 10:15 Keep Fit* (* And 5th Thursday, if there is one) 14:00 Spanish Board games 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—NEW LEADER REQUIRED

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—BOARD GAMES

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.