



Message from our Chair

Dear Member

As we move into August, traditionally a quieter month, I hope everyone is enjoying the summer and finding time to relax, pursue their interests, and spend time with friends and family. While some of our groups continue to meet throughout the summer, others are taking a well-earned break, giving both group leaders and members the opportunity to recharge before the autumn programme begins.



By now, you will hopefully have received details of the changes to our monthly meetings. Following careful consideration, your committee has decided to move our meetings to the **New Life Centre on Serpentine Street**, where we will now meet on the **second Tuesday** of each month. Meeting times remain unchanged. An email explaining the reasons behind the move has been sent to members who have provided an email address, and those who are not online have received the same information by post.

I appreciate that changing both the venue and the day of our meetings will take a little getting used to, but I am confident that the improved facilities, better acoustics, comfortable surroundings and additional space will make this a positive step for the future of West Wolds u3a. I look forward to welcoming you all to our new home.

Finally, my sincere thanks go to the many volunteers who quietly keep West Wolds u3a running throughout the year. Whether you lead a group, serve on the committee, contribute to the

newsletter, maintain the website, organise refreshments, open venues or welcome new members, your time, enthusiasm and commitment are what make our u3a such a friendly and thriving organisation.

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 closer 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 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

THE FRIDAY CARE TIP – 24 JULY 2026

You do NOT have to pay to apply for the Attendance Allowance or Scotland's Pension Age Disability Payment (PADP).

We recently heard of a pensioner who was contacted unexpectedly and told she could receive up to **£114.60 per week*** and that their company could complete an application for her.

A little research revealed that some businesses charge between **£250 and £650 + VAT** to help with Attendance Allowance claims, while others work on a "No Win, No Fee" basis or take a percentage of the award.

***Lower rate is £76.70**

Before paying anyone, remember:

1. You can apply yourself online or by requesting an application form.
2. Free help is available from trusted organisations, including:
 - Age UK – [0800 678 1602](tel:08006781602) or local branches
 - Independent Age – [0800 319 6789](tel:08003196789)
 - Your local Citizens Advice branch

Advice organisations consistently point out that **you do not need to pay for assistance with an Attendance Allowance application.**

Please share this information with older relatives, friends, and neighbours who may benefit.

Posted by Able Community Care, providing nationwide live-in care support for older people and adults with disabilities. www.ablecommunitycare.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. Copy this url to your browser.

https://westwoldsu3a.org/?page_id=9363

General Meeting Speaker Programme 2026

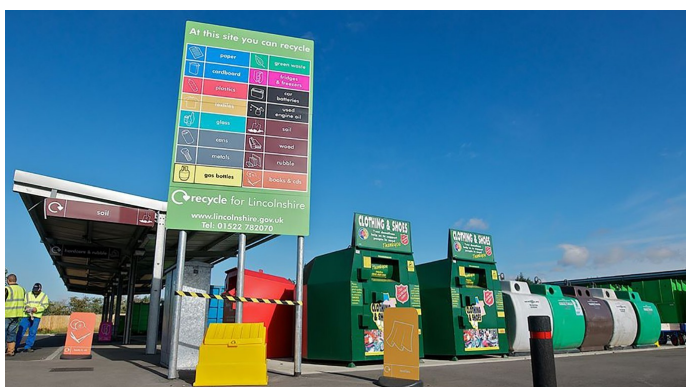
**11th August 2026 Dr. Leah Warriner-Wood AFHEA –
The Doddington Hall Tapestry
Senior Lecturer, Conservation of Cultural Heritage**



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.

**8th September 2026 – “Waste Services
Lincolnshire County Council”**

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



**13th 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.

10th November 2026—AGM

**8th December 2026—Fools Gold – Christmas
Show**

A Christmas Show with all the usual ingredients of a Fool's Gold Show – the songs – performed live, the fascinating stories behind the songs, the images to bring it all to life – and of course, a big helping of Christmas!



You will know the songs – but you may not know the stories that hide behind them, and be warned, it is very hard NOT to join in!



Local History Group 2026 Programme

August – No meeting – Summer Break.

September – No meeting – Summer Break.

October 8th. – A talk by **Chris Hewes** entitled:
"Wedding Customs and Nursery Rhymes".

November 12th. A talk by **Kenneth Moore**
entitled: "Lincoln Castle".

December 10th. **The Christmas Quiz.**
A light hearted event with prizes for winners and
losers

**Meetings are held at Market Rasen New Life
Church, Serpentine Street, Market Rasen.**

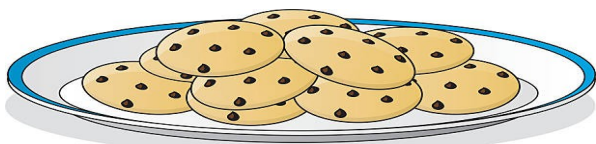
For information about any of these talks or visits
contact Paul Ettridge telephone 07916 910023
Email paulettridge28@gmail.com



**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

August

Dave Ebbage
Mary Orphanoudakis
Gillian Anderton

September

Bess Scott Dunn
Brian Ward
Penny Nott

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

Catering Helpers Rota

August

Serving: Julia Radcliffe-Watts
Gwyneth Thompson

September

Serving: Bernadette Heald
Alan James

October

Serving: Sue Beck
Patricia Williams

Help is needed for November and
December!!!

**If you would like to volunteer to help
with catering at future meetings, please
contact Norma Willis at the meeting.**

Front Desk Rota Volunteers

The volunteers to sit with Sheila Nash on
the front desk for the next meetings are :-

11th August—Bess Scott Gunn
Carol Jones
8th September—Steve Field
13th October—Carol Jones

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

WALK & TALK WALKS— JULY 29TH HUBBARD'S HILLS

12 members joined the 1.9 mile Walk & Talk walk on 29th July at Hubbard's Hills in Louth, led by Anna Ettridge. Most of the group parked in Love Lane and walked across the parkland through Westgate Fields into the Hubbard's Hill Park and alongside the River Lud to the end of the Park, It was a glorious day, just about the right temperature.



We started at 10am so as to miss the hottest part of the day which was going to be another heatwave day. It was a gentle walk along good paths, mainly under the trees by the river. When we stopped by the weir on the river near the public toilets, we were fascinated to see a flock of ducks that came up to us with many ducklings.



At the end of the Park, the group turned around and walked back along good paths bypassing the families and lots of children who were having great fun splashing in the shallow river, they seemed to be having a



great time. Some of the group then walked further on into Louth to the St. James Church where they had coffee and cake.

Why not look out for further short Walk-and-Talk walks over the next few months.

Terry Francis

Louth u3a plan to visit the South Ormsby Estate on Thursday 24th September and are opening it up to West Wolds members.

Those who join the visit will enjoy a 2 hour guided walk around parts of the Estate. There is then the option of a wine tasting with nibbles for a charge of £10 or a gin tasting (without nibbles) for £3.

You will be picked up by coach from outside The Boar's Head on Newmarket, Louth at 1.00pm. Upon arrival there will be a choice of a more or less active walk.

The wine tasting or gin tasting and the opportunity to buy gin, wine or flour will take place after the walk. There will also be some information available for those who might be interested in ordering some of the Estate's Lincoln Red Beef.

The cost of the trip is £20 to cover the coach and the guided tour. Payment for the wine or gin tasting will be taken by the Estate on the day.

If you are interested in joining the trip, you can email chair@westwoldsu3a.org -payment at the time of booking by Bank Transfer is required.

I will also need to know if you want to try the wine tasting, as the Estate need the numbers to cater for the 'nibbles'

Sharon Rupp

CROCHET GROUP

Just before Easter this year our crochet group received a plea for help from Market Rasen C of E Primary School. Years 3 and 4 children were taking part in the Schools Challenge at Lincolnshire Show. The project was all about bees and they needed some crocheted bees and flowers for their display. The flowers needed to be in bright colours, pink, orange, blue, yellow etc. but not red. Apparently bees cannot see the colour red, it appears black to them. You learn something new every day! We sourced wool from friends, charity shops and even bought some from shops! There seemed to be a dearth of green wool, but luckily we didn't need much of that shade.



The children were very enthusiastic about their project and we were pleased to be able to help. We actually handed over more than 100 flowers, leaves and 5 bees. It was quite a relief to put our crochet hooks down and give our aching fingers a rest!



Last year we crocheted a similar number of red poppies for a u3a member who was involved in a Remembrance Sunday display.



If anyone is interested in joining our crochet group, please contact Pat Hage on 01673 849 447. We crochet toys, blankets, bags etc. and we meet on 1st and 3rd Monday afternoons and you will be very welcome.

Pat Hage

LOCAL HISTORY GROUP VISIT

On July 14th, the local history group had a very pleasant morning at the Lincolnshire Road Transport Museum in Lincoln.

The museum was founded in 1959 by four vehicle enthusiasts who bought a piece of land in Lincoln. They then dismantled an old Nissan hut from a local airfield and re-erected it on the site where the museum is today.



From a few cars in 1959, the museum now has a vast selection of vintage cars, buses, bicycles, motor bikes, lorries and even a fire engine.

The museum was also jam-packed with memorabilia and photos from days gone by.

There were plenty of oohs and aahs

and 'I had one of those' to be heard as we were shown round.



The museum is run entirely by volunteers who are very enthusiastic and made us very welcome. Even though a bus ride hadn't been

planned, one of the volunteers had an HGV licence. A 1950 FFW 830 Lincolnshire Bristol L5G Type Fleet Number 2020 appeared, and we were taken for a twenty-minute ride round Lincoln. It was very noisy, rather bumpy but great fun.



Afterwards we had coffee and biscuits with a lot of chatter about the good old days! A great morning and visit down memory lane.



Anna Ettridge

DODDINGTON HALL UNIFORM COLLECTION

The penultimate visit of the year was to the MC Tsen Collection at Doddington, which consists of 900 military uniforms and about 3000 accompanying items like hats, swords and boots. The majority of the items are British Army officers' ceremonial uniforms dated from 1881 to the end of the Second World War, plus a small amount of Navy and RAF uniforms.



The collection is staffed by volunteers and we were guided by Alex, Royal Engineers; Phil, Royal Corps Signals; Roco, Quartermaster and Andy an enthusiastic collector. In the short time we were there, they managed to pack in a lot of fascinating information, and they remained available for questions and further demonstration after the formal talk had ended.

Amongst the many facts, we discovered why the jackets were red, how to identify different



regiments by their buttons and saw how Field Marshall Montgomery consoled himself after the surrender by the Italians was 'stolen' by the Americans. This was a truly absorbing visit for all.



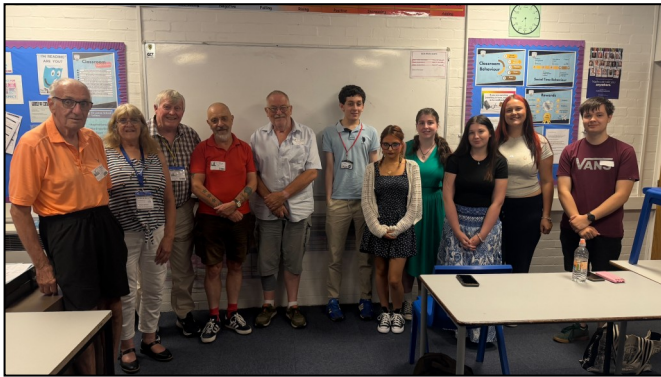
Our final event is the bespoke guided tour of Doddington Hall on 3rd August which includes entry to the gardens and sculpture exhibits.

Sharon Rupp



DISCUSSION GRP MEETING DE ASTON SCHOOL

9TH JULY



The topic for the last meeting with De Aston School prior to the summer break was as controversial as was expected, namely "Who are politicians acting for, the country or themselves?".

The team of six Sixth form pupils gave a very knowledgeable input to the topic, and there were several important changes/notes regarding how the motivation of MP's had changed. Our Group noted that the pupils had more political knowledge and awareness than perhaps our age group had had at the same age, although that could be due to the many sources of information now available.

Despite the topic, the meeting went well and further discussions are planned for the Autumn. Once again, I would like to thank De Aston for supporting this initiative which without doubt has been most invigorating for all.

Lastly, thanks to Sarah Tucker, the Sixth Form tutor for organising the team and venue for the event.

Dave Ebbage

WHAT'S THIS ALL ABOUT AI? (IN CASE YOU ARE ASKED).

There is a lot of talk about Artificial Intelligence (AI) particularly relating to pictures (I purposely didn't say "photographs").

Basically, AI is everywhere – it is in pretty well every digital camera, and phone, it's in the software used to prepare photos from basic cropping to balancing scenes and possibly removing clutter, red-eye etc. In most cases, this is under the control of the photographer, but as with most things there are advantages and disadvantages.

Where the problems come from is the use of Generative AI

(GAI) where the AI software creates elements of the image which were not part of the photo taken by the photographer. This is not manipulating the image, rather introducing new elements that were never there.

A local camera club has a temporary rule (until they can come up with something better) which states that to be GAI free, every pixel must have been created in camera – including e.g multi-exposure shots. They require all entries to competitions to be clear about whether GAI has been used.

This is really of relevance only if someone is thinking of or going to enter competitions or exhibitions. u3a is looking at the issue and may issue guidance in the future.

Dave Ebbage

Board Games - Friendship and Sharing Fun Together

There's a special kind of camaraderie that happens when people gather around a table. Board games bring members together, spark conversation, and turn strangers into friends. Every session is filled with laughter, shared moments, and the simple joy of learning something new.

Our Board Games and Spanish Board Games groups – for Beginners and Intermediates – recently got together at The Bistro in Market Rasen. Members of two Spanish groups – Beginners and Intermediates – were able to practise language skills naturally through play, reading cards, giving instructions, and celebrating small wins together. No pressure, just friendly learning in a relaxed setting.

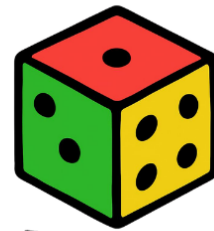
As each table gets on with their own game the language really isn't a problem. It shows just how international Market Rasen can be on a Monday afternoon.

Whether you're rolling dice or trying out a new Spanish phrase, the real highlight is the companionship. People arrive curious and leave smiling, having made new friends along the way.

Come along and join the fun – learning is always better when it's shared.



ROLL THE
DICE



lanza
el dado

Board Games

2nd and 4th Mondays at 2pm

Details from Pam

Committee1@westwoldsu3a.org



Spanish Games

4th Monday at 2pm

Details from Sandra

languages@westwoldsu3a.org

Group Leaders Unite

Group Leaders Pam (Board Games) and Sandra (Spanish) thought it'd be a great idea to join forces to share a venue. The regular Board Games Group offered a table at the Bistro to our Spanish groups who enjoy a good board game (in Spanish of course).

The afternoon was a wonderful opportunity for people to get to know each other across four different groups on the day.

**22ND JULY - VISIT BY THE RAILWAYS GROUP
AND LOCAL HISTORY GROUP TO
LINCOLNSHIRE COAST LIGHT RAILWAY,
INGOLDMELLS, SKEGNESS**



On the 22nd July, 14 members of both the Railways Group and Local History Group made a visit to the Lincolnshire Coast Light Railway (LCLR). We met at Walls Lane Station at Skegness Water Leisure Park at 11.00, being greeted by the Station Master (after some of us had taken a wrong turn, due to a direction sign having been placed the wrong way round on the park!) We purchased our tickets and once the train arrived, took our seats in an open coach. A railway volunteer informed us that this particular coach had seen action during World War 1, during which it had received shrapnel damage to the frame, which he pointed out. The train of two coaches, ours plus a covered one, set off hauled by 'Wilton', a Simplex Diesel Locomotive. After a journey of about 15 minutes, we arrived at Seathorne Bank Station, where we alighted and took advantage of refreshments from the small café/shop there.



After a short time, 'Wilton' arrived with our return train which we boarded, many of us taking a place in the covered coach this time. On arriving

back at Walls Lane Station, we were again met by the Station Master who then led us to the shed where Peter Balderston, another railway volunteer, greeted us. He proceeded to give us a tour of the shed, telling us the history of the railway and the various items of rolling stock that we could see.



We learned that the railway began in 1960, being built by a group of narrow-gauge railway enthusiasts, but at that time it was situated at Humberston near Cleethorpes. Using stock purchased from the Nocton Agricultural Railway, they built a short track to run trains for holiday makers staying at the Fitties holiday park. The railway at Nocton had been built when equipment had been returned to the UK from France after World War 1, when it had been used to transport soldiers, ammunition and other gear to and from the trenches. This included ambulance wagons used for returning wounded soldiers for medical treatment.

The Nocton railway was built to transport potatoes from the potato fields back to the standard gauge railway, for transhipment to the Smiths potato crisp factory in Lincoln. We learned that the railway at Humberston closed in 1985 after the local council run bus service was increased, so less passengers used the railway. That combined with other factors, meant a reduction in revenue for the railway.

The railway was given a new lease of life with the assistance of Mr Fred Ellis of Skegness, who welcomed the railway to the Skegness Water Leisure Park that he was developing. After 17 years of hard work by volunteers, the LCLR reopened on 3rd May 2009. Our tour of the shed at the Water Leisure Park included being shown examples of wagons that had been used in World War 1, carriages that had been purchased

from the Ashover Light Railway, Derbyshire and the Sand Hutton Railway in North Yorkshire, plus old diesel and petrol locomotives, one of them



dating back almost a hundred years. But probably the highlights for most of us were the 1917 ambulance van and the steam locomotive 'Jurassic' built in 1903 by Peckett and Sons of Bristol for a cement works in Warwickshire. Interestingly, 'Jurassic' was purchased in 1961 by the LCLR for the princely sum of £50! According to Peter, it now costs around £4,000 a year to keep 'Jurassic' running. Unfortunately, the locomotive had been unable to run for the last week or two, because of the fire risk from sparks from the chimney, the recent extremely hot weather having dried out the grass and foliage in the area.

After a thoroughly interesting visit the members dispersed to spend the rest of the afternoon at will, many heading for a bracing walk along the Skegness promenade.

Alan Douglas

SPEAKER PRESENTATION AT THE JULY MEETING **JULIE BOUNTFORD: LOUTH MUSEUM – PAST, PRESENT AND FUTURE**



We were treated to an engaging and entertaining talk about Louth Museum by Julie Bountford, who is one of the volunteers who run the Museum. She told us how the Museum, now owned by the 'Ants and Nats'

Society, came into being, and spoke about the principal exhibits.

One of the most extraordinary is the Louth Panorama, which is a reproduction of a work of art created by William Brown in 1843. It has a dedicated gallery showing a 360-degree view of Louth as seen from the 293 (and 1 inch!) spire of St James' Church in the 1840s. The gallery allows visitors to get close enough to pick out the many details including some of the people of Louth who lived there at the time.



The museum has a great website, including high quality resources of great value to everyone from serious researchers to anyone with curiosity about Louth's past. There is a lively autobiography of the great carver, TW Wallis, whose work is exhibited in the Museum. You can find the website at **louthmuseum.org.uk**

The Museum volunteers also give talks, group visits and guided walks. Apparently, the Prostitution and Vice walk will be returning by popular demand, themed attire optional! Also, September 12th is Heritage Day when entry to the Museum is free of charge, and there will be a children's quiz. There will be a new scheme coming in which will allow visitors free subsequent visits until the end of the season.

New volunteers are always welcome, if you fancy getting involved.

Thank you to Julie for giving us such an informative and enjoyable talk, and showing us how the Museum allows us to experience the living history of Louth.

Heather Jones

ANN DROID

The BBC TV Programme Everyone's Talking About

Meet Ann Droid – the BBC's sharp, witty and surprisingly human android who's changing the way we think about technology, identity and the future. Follow her adventures as she navigates life, logic and the limits of artificial intelligence... with plenty of humour along the way.



Try It This Week

Pop onto iPlayer and watch Episode 1 – ideal for a group viewing or a fun talking point in your next u3a session.

Curious About AI? Join our AI Interest Group for news of events and a regular newsletter sandrawwu3a@gmail.com



Where to Watch

- BBC One / BBC Two Check your TV listings for the latest broadcast times.
- BBC iPlayer Stream every available episode on demand. Open BBC iPlayer, search "Ann Droid", and start watching instantly.

Why Watch?

- Clever storytelling with a warm, human heart
- A perfect mix of sci-fi curiosity and everyday humour
- Great for discussion groups, tech clubs, and anyone curious about AI

Starring Sue Johnston as the sharp-witted grieving widow and Diane Morgan as the second-hand android carer.

Images created in Canva



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 - 5th September.

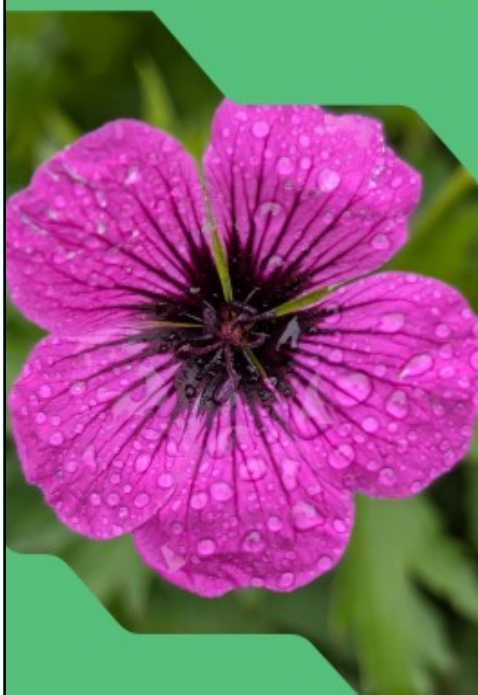
This full day excursion takes us to two different gardens in the north of England. Stillingfleet with its wildlife-friendly planting and winding paths is a garden full of character. Scampston offers a bold, contemporary structure with its walled garden, drama and colour. Together they make for a wonderfully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





WEST WOLDS GARDEN GROUP VISIT

STILLINGFLEET LODGE GARDENS AND NURSERY AND SCAMPSTON WALLED GARDENS

Saturday 5th September 2026

A visit to Stillingfleet Lodge Gardens and Nursery and Scampston Walled Gardens is a must. They are both beautiful gardens near York and well worth a visit. Early September is an ideal time to purchase some new plants and get them in the garden while the soil is still warm, to get them off to a good start.

Bring a pack-up or purchase a snack at one of the delightful cafes on each site.

A reasonable level of fitness is required as both gardens have plenty of walking, however there are plenty of opportunities to take a break if you wish. Sensible footwear and a jacket will be useful.

Luxury travel by coach
Entrance to Stillingfleet Lodge and Scampston Walled Garden
Driver's Tip

Tickets at £50 per person

(£25 for GG Members who've attended a minimum of four meetings)

Leaving Tesco's Car Park, Market Rasen at 8.30am
Return approx 6pm

Solo Group



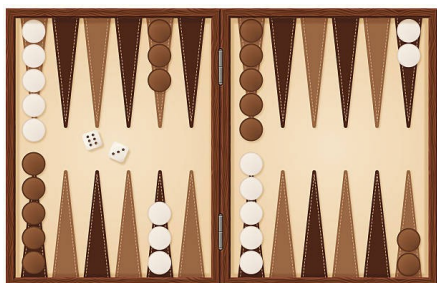
There will be a break for July and August. Have a good summer and look forward to seeing you all in the Autumn and thank you for your support.

The next Solo Group meeting will be at the New Life Church in Market Rasen on Friday 18th September at 2.00 p.m. Our guest speaker will be PCSO 2322 Dawn Cowling from the Neighbourhood Policing Team.

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.

Contact Group leader Eva Smith on 01673 842218.

Anyone for Table Tennis?



Table tennis is weekly on Tuesday mornings apart from the second Tuesday of the month.

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

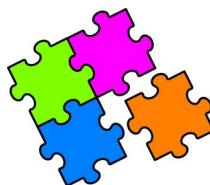
Interested ?

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. We are only meeting once this month, on the 4th Monday which is the 24th August at 2pm in the Bistro Cafe, in Market Rasen. You are welcome to come along and join in the fun.

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. Or
verabrisbane@gmail.com

German Group Leader Required

The German language group needs a new 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.

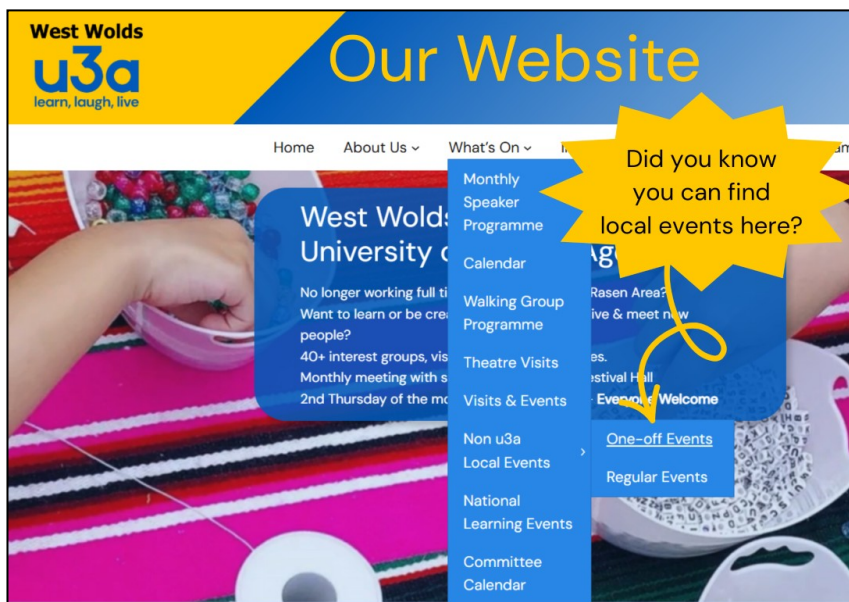
MAHJONG GROUP



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



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
August 5th				
August 12th	North Willingham	6 Miles	Amanda Curtis	07950 658057
August 18th				
August 25th				
Sept 2nd	Fiskerton		Yvonne Heathershaw	07990 643933
Sept 9th				

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 July

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

Favourites of the month



Take Off
Taken by
Martin Keen

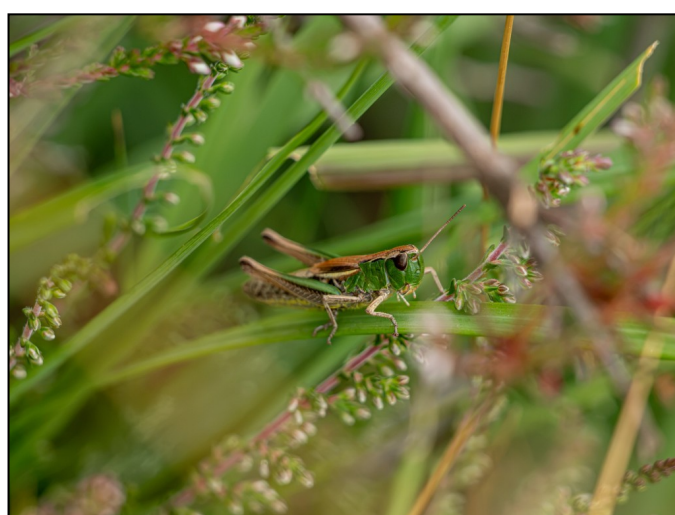


Red Hut
Taken by
Dave Newman

Hidden Beauty



Wasp
Taken by
Fred Rowlands



Grasshopper hiding in the Heather
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

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

racheltelfer1@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

Janet Wilson Tel: 07966 232247

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 10:15 Keep Fit 14:00 Indoor Bowls 14:30 Drama 14:30 Recorder Group	10:00 Latin 10:00 Line Dancing 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	09:15 GENERAL MEETING Festival Hall Market Rasen 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	10:00 Local History 10:15 Keep Fit 14:00 Indoor Bowls 14:30 Drama 13:30 Spanish Beginners 14:00 Mah Jong	10:00 Latin 10:00 Line Dancing 10:00 Cycling (Longer Rides) 14:00 Scrabble 14:00 Spanish Conversation & Scrabble
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 10:15 Keep Fit 14:00 Indoor Bowls 14:30 Drama 14:30 Recorder Group	10:00 Latin 10:00 Line Dancing 10:00 Cycling (Longer Rides) 14:00 Scrabble 14:00 Spanish Conversation & Scrabble
4th	10:00 Embroidery 2 13:30 Spanish Beginners/ Portuguese 14:00 Board & Card Games 14:00 Spanish Board 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 10:15 Keep Fit 14:00 Indoor Bowls 14:30 Drama 14:30 Recorder Group	10:00 Latin 10:00 Line Dancing 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

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

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

RAILWAY GROUP

Brian Ward 07870 368769

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

SPANISH—BOARD GAMES

SPANISH MEET-UP FOR BEGINNERS ONLINE

SPANISH MEET-UP (INTERMEDIATES PLUS) ONLINE

SPANISH CONVERSATION & SCRABBLE

SPANISH INTERMEDIATE PLUS

SPANISH FOR YOUR HOLIDAYS

For all the above Spanish Groups contact

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.