



Message from our Chair

Dear Member,

We might like to think that our committee is the hub of everything WW u3a does but, in reality, the real beating heart of the organisation are the various interest groups and the Group Leaders who put everything together.



There are so many interesting ideas that they organise, ranging from visits by the Gardening Group to gardens local and afar, visits to the Flight Simulator and a local Transport Museum, talks at the Solo Group and sociable lunches. That is only a small selection of the 50+ interest groups to choose from.

There is so much for our members to enjoy. Sadly, as we get older, some of us find it increasingly difficult to attend these groups in person, but they are still active in mind and want to continue enjoying life. If you find yourself in this position, then try the National u3a Newsletter. Here you can choose from 129 interest groups which you can enjoy from the comfort of your own home. Ask us for details.

As we look forward to the coming months, please send us your Signs of Autumn photos for a section in the October newsletter. Terry would like them ASAP to newsletter@westwoldsu3a.org or whatsapp to 0780 369 4889.

Helene Vancliff has joined the Committee and Kay Green has a new role; in short Helene looks after how we operate, while Kay looks after who we connect with. See notice alongside.

Finally, thank you to those who joined us for our first Monthly Meeting in our new home. It was gratifying to see so many of you experience the changes our Groups Coordinators made to the layout, and enjoy the better acoustics for our interesting Speaker. Parking was not an issue in the end thanks to our considerate members who made small adjustments so that less able people could park close by. Thank you.

We will tweak a few things so that the reception room does not get too loud and crowded next month, and keep an eye on the temperature. If you prefer things on the cooler side, sit towards the front of the hall.

See you next month.

Sharon Rupp

CHANGES TO COMMITTEE

We are pleased to Welcome **Helene Vancliff** to the Committee as a co-opted member, as our **Governance Secretary**. Helene will ensure that West Wolds u3a is well governed and properly organised, and operating in accordance with its constitution, policies and the guidance of the Third Age Trust and Charity Commission. Her email is governance@westwoldsu3a.org

Kay Green's role will change to **External Relations & Networks Secretary**. This means Kay will keep us connected with the wider u3a network, support the East Midlands Council and represent West Wolds where appropriate, bringing information and opportunities back to the committee. Kay's email remains as secretary@westwoldsu3a.org

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

A THANK YOU TO RACHEL



After several years at the helm of our monthly meeting refreshments, Rachel Telfer is stepping down as our Refreshments Coordinator.

Rachel has done so much more than simply organise the tea and coffee. She completely revamped the way refreshments were provided, improving both the range and quality of what we offer and, importantly, building up a much larger team of volunteers to help. Her organisation and enthusiasm have made a real difference to our monthly meetings.

We are extremely grateful to Rachel for all the time, energy and thought she has put into the role over the years. It is certainly not a small task, and we hope she will enjoy spending time with her little granddaughter and planning her house move in the autumn.

We are delighted that Norma Willis has agreed to take over as Refreshments Coordinator. We wish Norma every success in the role and, of course, hope our wonderful volunteers will continue to support her.

A huge thank you to Rachel – and a warm welcome to Norma!

LOCAL EVENTS

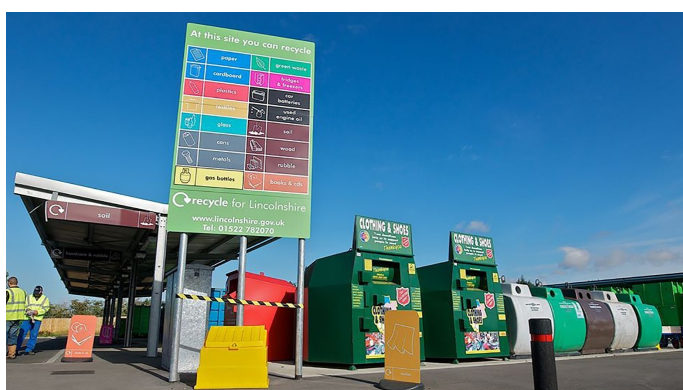
Why not look at posters for various local events happening in our area in the next few months, these are shown on our website under the What's-On drop down as Non u3a Local Events, there are One-Off events and Regular events that might interest you.

Copy this url to your browser.

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

General Meeting Speaker Programme 2026

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

Vote for your committee and a quiz

8th December 2026—Fool’s 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

New venue from October onwards

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 at
09:45 from October onwards.**

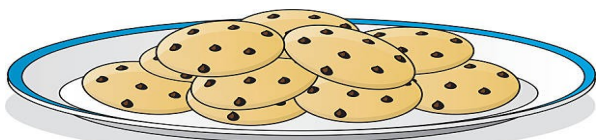
For information about any of these talks or visits
contact Paul Ettridge telephone 07916 910023
Email paulettridge28@gmail.com



**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

September

Dave Ebbage
Brian Ward
Penny Nott

October

Alison Laing
Mike Newton
Helene Vancliff

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

Catering Helpers Rota

September

Serving: Bernadette Heald
Alan James

October

Serving: Sue Beck
Patricia Williams

November

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 :-

8th September—Steve Field
13th October —Carol Jones
10th November—Meryllyn Combes

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

Sheila Nash



AN EARLY DATE FOR YOUR DIARY

**West Wolds u3a Christmas Lunch
will be at the Market Rasen Golf Club
on Tuesday 8th December 2026**

**Tickets will go on sale at the October
and November general meetings.**



THEATRE GROUP NEWS



**Are you interested in organising trips to
local Theatres. A new leader is required
to take over the Theatre 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](https://www.lindseyu3a.org.uk/copy-of-theatre),
you will need to join them as an
Associate member**

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.

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

Coach trip to The Birmingham Museum and Art Gallery

An invitation to join Lindsey u3a on a coach trip to the Birmingham Museum & Art Gallery, with the option of a tour of the Smith & Pepper Workshop in the Jewellery Quarter.

We will be leaving Welton Village Hall at 8 am on Thursday 8th October to avoid the heavy school traffic so should hopefully arrive in Birmingham at approx. 10.30 am. The first stop will be the Birmingham Museum and Art Gallery for those that only want to go to there. Current exhibitions include the Staffordshire Hoard and the Pre-Raphaelites. There is a café on site.

Those that want to go to the Jewellery Quarter will stay on the coach and be driven to the Workshop Museum. The first two tours are already full so you will have the option of joining the 12.30 tour or those scheduled for later.

The cost of the tour is £10 per person paid for in advance. You do not have to go around the museum and can spend all your time (and money!) shopping in the Jewellery Quarter instead, as long as you get back to the Birmingham Museum & Art Gallery for 4pm.

The cost of the coach is £25 per person in advance either by cash, cheque, or BACS using the following details

A/C Name; Lindsey u3a Group Account

A/c Number; 43774660

Sort code; 60-13-15

Reference; visits/birm/'followed by your surname'

eg: visits/birm/thompson.

You will have to make your own way from the Jewellery Quarter back to the Birmingham Museum and Art Gallery using the tram as the coach will leave there at 4pm.

We will leave the Museum to return home at 4pm

For further details and to book a place please contact; Rosey Thompson

Mobile; 07866 688 700 or

Email; roseythompson61@gmail.com

WEST WOLDS U3A MEETS OUNDLE U3A

Recently Nick and I set off on one of our motorhome trips. This time to explore the area south of Stamford and as always our bikes came with us. What better way to get to know an area than to cycle it with locals so with that in mind we contacted the cycle group of Oundle u3a and asked if we could ride with them. The answer was yes, and here came the first differences between our groups. West Wolds rides 2 or 3 times a week in the morning, Oundle rides once a week in the afternoon. West Wolds rides about 20 miles with occasional longer rides and Oundle rides between 12 and 20 miles.

On the day we rode with them the ride was to be about 15 miles so we left the campsite to ride the 8 miles to the meet up point wondering just what we were letting ourselves in for. We were the first to arrive but after a few minutes 8 other riders had turned up. They have recently had as many as 17 on a ride whereas West Wolds usually has about 4 to 6 riders. The difference in numbers sets up quite a different dynamic to the group.

Once we set off we realised there was another factor which was going to affect the dynamics. Oundle u3a rides much faster than West Wolds!! Two or three riders would set off fast in front and stop at road junctions for others to catch up and off we would go again. One of those riders was 89 years old, and I do hope he was riding an ebike because I couldn't get close enough to check. Riding this way meant we were all strung out resulting in a lot less chat than we were used to.

After 15 miles we arrived at a garden centre for a coffee and cake stop (some things are always the same). With West Wolds we generally stop mid ride, but for Oundle this was the end of the ride and people gradually dispersed leaving us to find our own way back to town and from there back to our campsite. Result – Oundle 15 miles, West Wolds 32 miles.

For anyone out here thinking of joining us we are a friendly, sociable group who never leave anyone behind. So dust off your old bike from the shed or polish up your new ebike and come and join us.

Janet Wilson



THE DODDINGTON TAPESTRIES— A PRESENTATION BY DR LEAH WARRINER-WOOD



Dr Warriner-Wood is a conservation expert who was part of the team that took on the big project to clean and conserve the tapestries at Doddington Hall. Those of us who visited Doddington Hall on the outing earlier this month were able to get a close-up look at the tapestries during the guided tour. The guide mentioned the cleaning and restoration work and if any of us wondered how you would go about cleaning very old, heavy, filthy tapestries that were starting to fall apart under their own weight, those questions were answered beautifully in the talk.

The project turned out to be complex, skilled, labour-intensive and time-consuming. Dr Warriner-Wood took us through the long process, including the initial evaluation and careful examination, creating accurate drawings, taking the tapestries down and rolling them onto drainpipes, performing a delicate synchronised vacuum cleaning with special equipment by a four-person team, packing and shipping them to a special cleaning facility in Belgium (whose staff said they were the dirtiest tapestries they'd ever worked on), attaching them to a new lining, doing conservation stitch work and finally re-hanging using industrial strength velcro. We even got to see the astonishing amount of soot and dirt that came off the tapestries just in the initial vacuum cleaning!

The dramatic result revealed the original beauty of the tapestries, making the painstaking work of the skilled conservation team worthwhile.

The tapestries hang in the Holly Bedroom and the Yellow Bedroom and you can see both on the guided tour route through the house.

Many thanks to Dr Warriner-Wood for giving us such a fascinating insight into the conservation work on these outstanding treasures of our county.

Heather Jones

INTEREST GROUPS FINANCE POLICY

Covering the cost of running an interest group
Interest groups should be self-financing.

The Group Leader should agree with the other members of the group what costs the group will incur and how much each member will contribute to cover these costs. This should be reviewed annually.

Groups that meet in members' homes

If a group meets in members' homes, it is suggested that each attendee makes a small contribution to the host to cover the cost of providing refreshments. There is no need to keep a record of such payments.

Groups that meet in hired venues

If a group meets in a hired venue, the group members should contribute to the cost of hire. Contributions should be sufficient to cover the total hire cost; Group Leaders should not be left out of pocket. A record of these contributions and costs must be kept. A register of attendees should be made for Fire Regulations.

Groups that incur other expenses

Some groups incur other expenses; for example, purchase of craft materials, library membership, magazine subscriptions, fees for guest speakers, etc. Group Leaders should agree with the other members of the group how these costs will be covered. A record of these contributions and costs must be kept.

Car sharing

If members travel together by car to attend meetings or to go on visits, a contribution to the driver toward the cost of travel is welcome. Members should agree any such contributions between themselves. There is no need to keep a record of such payments.

Further info on website under Information for Group Leaders

A SUNNY SATURDAY IN SCUNNIE.



What better way to spend a Summer Saturday than by taking a train ride around Scunthorpe Steelworks! The 'train' did consist of a diesel loco and four vintage guard's vans from the freight train era many years ago, but the balconies on each presented fine views of the Works as we travelled around just some of the hundred miles of railway lines that criss cross the site, which itself requires some fourteen miles of perimeter fencing.



Although the huge site looks deserted and, in many places even derelict, we were assured that in fact it is thriving, and now operates much more efficiently than many years ago, and that its future is looking bright. Its major output nowadays is rail lines in many lengths, much of which is currently being exported by train to Turkey for renewal of their system.



Photos of the working areas are not allowed but these show how the rail network looks in its working environment. We passed the Blast Furnaces and could feel the heat of the molten iron in the 'torpedo' wagons carrying some 200 tonnes of ore.



A very interesting day out indeed for some of the members of the Railway Group.

Brian Ward.



STEPPING BACK IN HISTORY: WEST WOLDS U3A VISITS DODDINGTON HALL

On 3rd August, 31 members of West Wolds u3a enjoyed a memorable day combining history and art at Doddington Hall, near Lincoln.



The group toured this Elizabethan mansion, completed in 1600 for Thomas Tailor, registrar to the Bishop of Lincoln. In over 400 years it has passed through just five families — Tailor, Hussey, Delaval, Jarvis, and finally Cole/Birch — always by inheritance rather than sale, so the house has never been emptied and retains centuries of accumulated furniture, textiles, and art. A nice touch for the "stepping back in History" theme: during the Civil War, Doddington escaped damage because it was occupied by family members on both sides of the conflict. Since 2006 it has been the family home of Claire and James Birch, direct descendants of the Jarvis line.



Beyond the history, members were treated to something quite different: Doddington's extensive collection of sculptures, displayed both inside the house and throughout the park and gardens. Wandering the grounds, we found contemporary artworks set against mature parkland — a

striking contrast between Elizabethan architecture and modern sculpture. The blend of heritage and contemporary art made for a rich and varied outing, giving members plenty to talk about on the journey home. We recommend this as an excellent visit, but be aware, visits to the house must be pre-booked.



Dave Ebbage

OPERATION PROTECT THE REPAIR: **HOW AI HELPED ME NAVIGATE RECOVERY**

Two and a half weeks ago, I had a Delorme procedure for rectal prolapse. The operation itself went well, and thankfully I have been recovering well. But what I have found much harder to deal with has been what happened afterwards — or, more accurately, what didn't happen.

When I was discharged from hospital, my main instruction was simply: "Do not strain."
And that was pretty much it. No planned follow-up appointment. No detailed guidance about what exercise I could safely do, when I could start increasing activity, or when I might be able to return to something as important to me as my 4 times weekly line dancing.

I understand that surgical teams are incredibly busy, and I certainly don't expect someone to hold my hand through every day of recovery. But when you've just had surgery in a very sensitive area, being sent home with one short instruction can leave you feeling rather lost.

So I did what many people do these days.
I Googled.
And Googled.
And Googled some more.

The problem with searching for medical information online is that you can end up with an enormous amount of information, but not necessarily an answer to the question that is actually worrying you. That's where AI unexpectedly became really helpful. I started asking ChatGPT and Grok questions about my recovery — not because I wanted it to replace my surgical team, but because I needed somewhere to talk through the things I was unsure about.

Could I exercise? What does "don't strain" actually mean in everyday life? Could I sit and do some gentle arm movements? What sort of movements might make me instinctively brace my abdominal or pelvic muscles? And, most importantly for me: how could I keep a little bit of my beloved line dancing in my life while I waited for my body to heal?

Together, we came up with a rather tongue-in-cheek name for my current mission: – Operation Protect the Repair.

It helped me think differently about recovery. Instead of being frustrated that I couldn't do the things I normally enjoy, I started thinking about this period as an investment in getting back to them properly. AI helped me break things down into

practical, understandable pointers — gentle seated movements, normal breathing, avoiding anything that involved straining, twisting, bouncing or bracing, listening to my body and stopping if something didn't feel right. It even helped me create simple visual guides showing movements that were potentially less stressful during the early stages of recovery and a gradual road back towards line dancing. That has been surprisingly reassuring. But there is an important caveat.

AI isn't my surgeon, and it isn't a substitute for proper medical advice. I've been treating everything it tells me as general information and prompts for questions I may need to put to my colorectal team or GP. If something doesn't feel right, or if I develop concerning symptoms, that's when I need a real healthcare professional.

What AI has given me is something slightly different: a way to organise my thoughts, understand general guidance, ask better questions and feel a little less alone when I haven't had the follow-up support I expected. And perhaps that's the bit that has surprised me most. I never imagined that AI would become part of my recovery story. Yet here I am, sitting patiently on the sidelines, resisting the temptation to dance, and having conversations with an AI about pelvic pressure, armology and the correct way to protect a surgical repair. It isn't quite the recovery support I imagined I'd receive

But it has helped.
So, for now, I'm taking things slowly, listening to my body and reminding myself that healing is the priority and line dancing will still be there when I'm ready. Operation Protect the Repair continues.

And one day, hopefully sooner rather than later, Operation Get Back on the Dance Floor will begin.

Pauline Cooper



THIS MONTH

Welcome Back - September to November
A new season of language learning begins at West Wolds. As we move into autumn, our groups come together again to enjoy friendly conversation, fresh ideas, and the pleasure of exploring languages from home or in person. Whether you're returning to a group or trying something new, we're delighted to have you with us.

NEWS

We're expanding our groups and joining forces with the well-established Board Games Group. Pam, the Group Leader has invited our Spanish members to come along and play Board Games on a Monday afternoon (4th Monday monthly). We've got a fabulous array of games to try. Why not find out more?

AUTUMN RESTART

- **Autumn Warm-Up Sessions** – Gentle re-entry conversation to ease back into speaking after the summer break.
- **New Season, New Skills** – Mini tasters in pronunciation, listening tricks and memory boosters for language learners.
- **Cultural Curiosity Club** – Short autumn features on books, films and traditions to spark fresh interest as the nights draw in.

Try
This

WHAT'S
NEW?

STAY IN TOUCH

- **Changing Details**
- **Italian Beginners Plus**
- **Group Leader**
- **Amanda O'Connor**

✉ languages@westwoldsu3a.org

📞 WWU3A Italian Beginners Plus

WHAT TO LOOK OUT FOR

- **Culture-through-Cuisine Nights** – Let's plan a meal out in the language you're learning with your group: choose regional dishes, practise ordering, and explore the traditions behind the food.
- **Restaurant Role-Play Moments** – Look for chances to use real-world phrases: booking a table, asking for recommendations, or chatting with staff – a simple meal becomes a cultural immersion.

Your next language adventure starts here

languages@westwoldsu3a.org



WEST WOLDS

u3a
learn, laugh, live

Groups are free
once you're a
member - £18 a
year

Thursdays Fortnightly

ITALIAN: BEGINNERS PLUS ITALIAN: NEW BEGINNERS

We share a range of activities in a supportive and fun way. Meetings are fortnightly
1st and 3rd Thursdays from 10am
Middle Rasen

New Beginners welcome at the same time
languages@westwoldsu3a.org

Dates to suit the group

SPANISH FOR YOUR HOLIDAYS

A very popular short course of five weeks

A "must" if you're planning on speaking a little Spanish when you travel.

Next course - Summer 2027

Tuesdays Weekly

SPANISH: INTERMEDIATE PLUS

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

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

Mondays Monthly

From July 2026

SPANISH BOARD GAMES

Ideal for mixed language ability.

Join us at The Bistro, Market Rasen

4th Monday of every month
2pm-4pm

NEW!

Beginners - 3rd Monday monthly

Intermediates - 1st Monday monthly

SPANISH MEETUP

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

NEW!

Fridays Fortnightly

SPANISH BEGINNERS

We make language learning fun and realistic
Ideal as a follow-on course to Spanish for Your Holidays

Market Rasen Railway Station

2nd and 4th Fridays each month (1.30pm - 3pm).

Wednesday Evenings Fortnightly

From October 2026

FRENCH BEGINNERS & FRENCH CONVERSATION

Both groups meet fortnightly on 2nd and 4th Wednesday evening each month sharing the same venue at 6pm in Lammas Leas Community Room. Sessions last one and a half hours and we have lots of fun!

Contact Sandra

languages@westwoldsu3a.org



or simply use the QR Code to head straight to the language you require and to leave a message - we'll always get back to you!

SPACES AVAILABLE 2026

French Beginners / 3 spaces

French Conversation / 3 spaces

Italian Taster/various dates in August

Spanish Beginners / 2 spaces

Spanish Language Meet-Up / 2 spaces

STARTING SUMMER 2027

Portuguese for Beginners

Holiday Spanish

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

September 2026



INSPIRING, SUPPORTING AND GROWING
OUR U3A COMMUNITY

GROUP LEADER WORKSHOP

About the Workshop

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

Current Group Leaders

Members considering becoming Group Leaders in the future

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

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

Meeting Details



19 September, 2026



1.30pm - 3.30pm



New Life Church, Market Rasen



jane.m.guy@gmail.com



sandrawwu3a@gmail.com



What to Expect

Practical guidance on running successful groups

Insights into the support available for leaders

Ideas for starting new groups

A welcoming space to share experiences and ask questions

Light refreshments and plenty of time to chat

Why Attend?

Build confidence in leading or starting a group

Connect with fellow leaders and future leaders

Discover new opportunities within our u3a

Help shape the future of our vibrant learning community

Getting Involved

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

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

Keukenhof Gardens Mini Cruise

April 13th - 15th 2027

Travel with friends
Enjoy two days at sea plus a full day at the gardens

Transport provided by
PC Coaches and P&O Ferries

Have you booked your place yet?
Further details via Gardening Group email

Last Few Spaces Remaining



Keukenhof Mini-Cruise 2027 – A Spring Escape to Remember



Get ready for a burst of colour and a touch of adventure as we set sail on our Keukenhof Mini-Cruise 2027 with PC Coaches and P&O Ferries. This delightful short break combines the comfort of coach travel, the ease of an overnight ferry crossing, and the unforgettable spectacle of Keukenhof's world-famous spring gardens. With millions of tulips, daffodils, and hyacinths in full bloom, it's a feast for the senses and a perfect early-season getaway. Relax on board, enjoy good company, and step into one of Europe's most breathtaking floral displays — a trip that promises colour, charm, and plenty of photo moments.

Keukenhof Mini-Cruise 2027 – Further Details

Cost - £445 pp to include coach transfers, ferry crossing and entrance to Keukenhof. Single Supplement £25 (£470 pp).

Single Cabin Availability - We have an allocation of five single cabins (the full quota). These will be allocated on a "first come, first served" basis on receipt of a £100 deposit (payable by 31st August 2026)

Insurance - Travellers will need to obtain their own insurance as this includes travel abroad. Holiday Extras are partnered with PC Coaches. PC Coaches are happy to provide details to contact Holiday Extras Insurance for a no-obligation quote.

Payment - Upon request to join this visit you will be provided with a booking reference. This will enable you to secure your cabin with our booking allocation.

Final Payment - This is due by February 2nd 2027.

Further Details - Please contact Sandra via email sandrawwu3a@gmail.com

Solo Group



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

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?



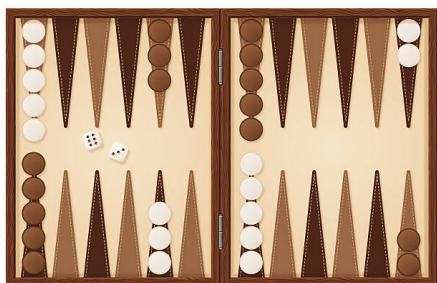
Table tennis is weekly on Tuesday mornings apart from the second Tuesday of the month.

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

Interested ?

Please contact Martin Keen on 07928 120265

Backgammon Group — at the Bistro

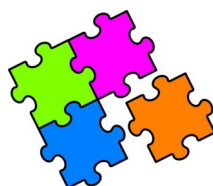


We meet at the Bistro, anyone wanting to join the group, please contact Bill Roberts for further details.

We are keeping to 2pm on the first Tuesday of the month.

Bill Roberts

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 28th September 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.



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.

INDOOR BOWLS GROUP



New times for Indoor Bowls Group. From 1st September. Tuesdays at 2.30 till 4.30. Throughout the Winter season.

Gentle exercise and great fun. Meet at Dunholme Indoor Bowls, Honeyholes Lane. Bowls and shoes available. First 3 sessions free.

Call Cathy Whelan 07974856984.

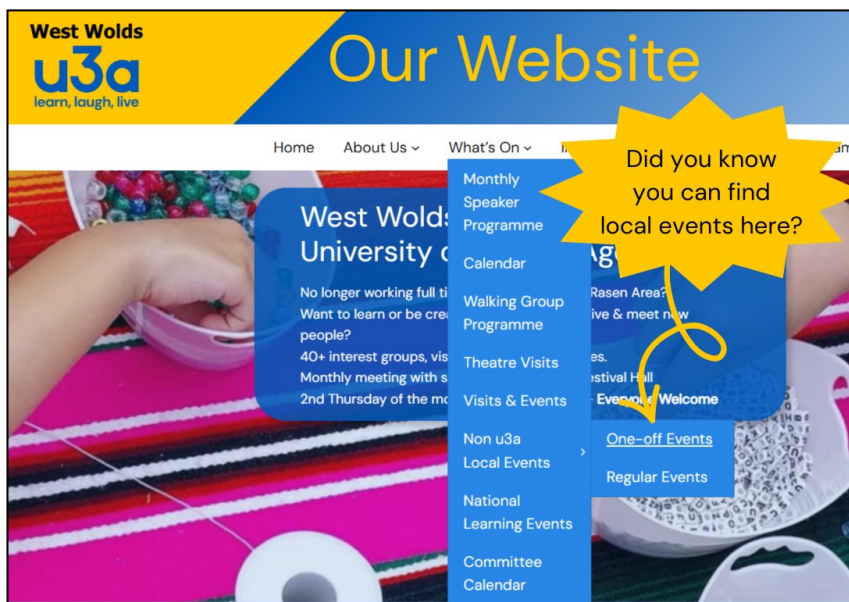
MAHJONG GROUP



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
Sept 9th	Rasen Round	4 Miles	Yvonne Heathershaw	07990 643933
Sept 15th				
Sept 22nd	South Elkington	4 Miles	Sharon Rupp	07803 694889
Sept 30th	Boultham Park, Lincoln	2 Miles walk & Talk	Terry Francis	07840 975547
Oct 7th	Sixhills	4.5-5 Miles	Rachel Telfer	07443 483831
Oct 14th				

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.

AUGUST WALKS

Tealby & Willingham, 4 Miles—12/08/26



We started at 10am from Wright's ice cream parlour towards Tealby across the fields, on the farm track. When we reached the ford the dogs had a paddle, while we stopped for a rest and a drink in a shaded area.

We then went on towards the woods, where we passed another ramble group out, in to woods, a wee and drink stop at picnic ground.

We passed across a road, back into the shady Willingham Woods, then across 2 fields to Lowfield farm.



The heat was getting to the dogs, and so I decided to call my hubby to come and collect the dogs and Richard, which left us four to walk two fields back to village, across the road again and back to the ice cream parlour,



There we found Richard refreshed with an ice cream, a good walk had by all.

Mandy Curtis

Irby -Aylesby 5.5 miles



Alan Newman

Digital Photography Group Pictures of the Month for August

Here are some photos from the runner ups from the Digital Photography Groups challenges from July, based on a theme of 'Hidden Beauty' August photos will be shown in the October issue



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

Treasurer & Membership Secretary

Newsletter Production Editor

and Technical Support

Terry Francis Tel: 01673 842088

treasurer@westwoldsu3a.org

membership@westwoldsu3a.org

newsletter@westwoldsu3a.org



External Relations & Networks Secretary

Kay Green Tel: 07900 818373

secretary@westwoldsu3a.org



Governance Secretary

Helene Vanclyff

governance@westwoldsu3a.org



Speaker Finder

Ginny Beard Tel: 07980 209642

speakerfinder@westwoldsu3a.org



Speaker Finder assistant

Heather Jones

speakerfinder@westwoldsu3a.org



Groups' Coordinator

Nick Wilson Tel: 07938 186626

Groupcoordinator@westwoldsu3a.org



Displays Planner

Cathy Whelan Tel: 07974 856984

committee2@westwoldsu3a.org

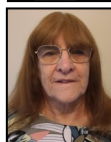


Displays Team and

Group Coordinator Support

Pam Britton Tel: 01673 847750

committee1@westwoldsu3s.org



Events Coordinator

Mandy Curtis Tel: 07950 658057

events@westwoldsu3a.org



Support Roles (Non Committee)

Catering Coordinator

Norma Willis Tel: 01673 847983

normawillis@hotmail.co.uk

Greeters Coordinator

Pauline Cooper Tel: 07716 805580

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

whatsones@westwoldsu3a.org

Meeting Helper

Peter Fox

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

Open the West Wolds website homepage westwoldsu3a.org look for the Subscribe box..

Enter your email address and click on the 'Subscribe' button.

You will receive an email from Wordpress, which refers you to opening your account.

Make sure you click the link shown.

Back copies of all Newsletters can be seen on the website.

Here is the Interest Groups Monthly Timetable, please contact the relevant Group Leader shown overleaf to ascertain if the group is running, and times and where they meet.

Leaders, please check the days and times for your group and the information on the last page are correct and let me know if any changes are needed. *Terry Francis (Editor)*

INTEREST GROUPS MONTHLY TIMETABLE (excludes short run groups)

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday
1st	14:00 Crochet 14:00 Digital Photography 14:00 Turkish Delight Desert Dancers 19:00 Spanish Intermediates Plus online	10:00 Family History 11:00 Table Tennis 14:00 Backgammon 14:00 Upholstery 14:30 Spanish Intermediate 14:30 Indoor Bowls	10:00 Walking Group 10:00 Cycling (Short Rides) 10:00 Walking Group 14:00 West Wolds Warblers	10:00 Patchwork 10:00 Italian for Beginners 10:00 Italian Taster 10:15 Keep Fit 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 14:00 Board & Card Games	09:15 GENERAL MEETING Festival Hall Market Rasen 14:00 Upholstery 14:00 Canasta 14:30 Spanish Intermediate 14:30 Indoor Bowls	10:00 Embroidery 10:00 Walking Group 10:00 Cycling (Short Rides) 12:00 Luncheon Group 14:00 Poetry 18:00 French Beginners 18:00 French Conversation	10:00 Local History 10:15 Keep Fit 14:30 Drama	10:00 Latin 10:00 Line Dancing 10:00 Cycling (Longer Rides) 13:30 Spanish Beginners 14:00 Mah Jong
3rd	14:00 Crochet 14:00 Digital Photography 19:00 Spanish Meet-Up For Beginners via WhatsApp	10:00 Walking Group 11:00 Table Tennis 14:00 Upholstery 14:30 Spanish Intermediate 14:30 Indoor Bowls	10:00 Cycling (Short Rides) 10:00 Discussion Group 11:00 Table Tennis 14:00 Readers Group – FULL 14:00 Gardening Group	10:00 Patchwork 10:00 Italian for Beginners 10:00 Italian Taster 10:15 Keep Fit 14:30 Drama 14:30 Recorder Group	10:00 Latin 10:00 Line Dancing 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 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 14:30 Indoor Bowls	10:00 Embroidery (*Last Wednesday of month) 10:00 Cycling (Short Rides) 13:30 Beading Group 14:00 Rasen Book Group 14:00 Artificial Intelligence 18:00 French Beginners 18:00 French Conversation	10:00 Cross Stitch – FULL 10:15 Keep Fit* (* And 5th Thursday, if there is one) 14:00 Architecture – every two months 14:30 Drama	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 UNTIL 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 By Arrangement

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 By Arrangement

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 By Arrangement

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

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.