



Message from our Chair

Dear Member,

As the autumn colours deepen and the year draws to a close, October gives us a chance to pause, reflect, and celebrate another season of learning and friendship together at West Wolds u3a. It also brings plenty of opportunities to get involved, whether through interest groups, talks or simply a cup of tea with fellow members. I encourage you to try something new – October is the perfect time for fresh beginnings.



Thank you as always to our Group Leaders and volunteers, whose energy and dedication keep everything running smoothly. WWu3a is built on shared enthusiasm and I am continually grateful for the spirit of community we enjoy. To that end we welcomed our Volunteers to a Thank You event on 6th October, and the annual Group Leaders event is on **November 3rd** – **please RSVP** if you have not already done so.

Our AGM is just around the corner!

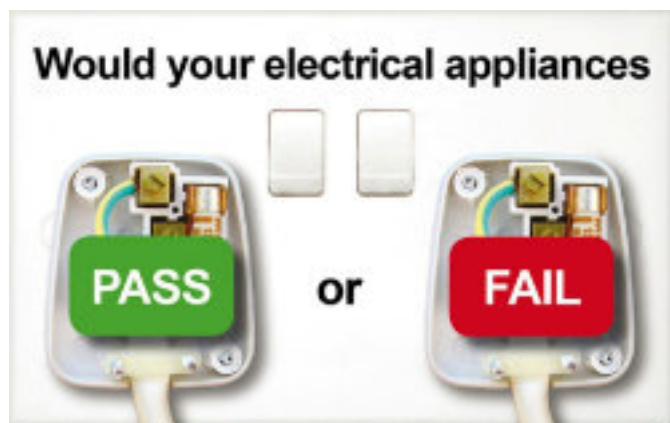
Next month, we'll be gathering once again for our Annual General Meeting. Come along to hear the Chair's and Treasurer's Reports, ask questions, have your say and vote on a few important issues. After all, **it's your u3a**. Ginny has arranged entertainment afterwards.

We look forward to seeing you!

See you next month.

Sharon Rupp
Chair

PAT Testing Session



I have arranged a PAT (Portable Appliance Testing) session in the New Life Church Eden Room on Serpentine Street on **Monday 16th November from 09:00 to 11:00**.

All electrical equipment used for groups in venues such as the Festival Hall or New Life Church etc. should be PAT tested and certified every year as suggested by the West Wolds u3a.

Please bring your equipment on the day or contact me to arrange to let me have it before the date.

Terry Francis

Greeters are needed at future General Meetings, volunteers are asked to step up and help, please contact Pauline Cooper at the meetings or via email at greeters@westwoldsu3a.org.

MEMBERSHIP RENEWAL FOR 2026-27

We are now past the time when you need to renew your membership, which runs from September 1st to August 31st. If you have not renewed by the AGM meeting on the 10th November, we will assume you no longer wish to be a member and you won't be able to attend any further groups or meetings.

You now need to pay your 2026-2027 membership fees online by BACS, or by presenting 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, but if this is the only way, some people have added an extra 50p.

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

Care Tip 11th September 2026

Waiting a long time for a hospital appointment or operation?

Many people in England do not realise that under the NHS Constitution, you may have the right to choose where you receive your treatment. This can include another NHS hospital or, in some cases, an independent hospital providing NHS-funded care. The NHS pays for the treatment in the usual way.

If you are facing a lengthy wait for planned treatment such as a hip replacement, knee replacement, cataract operation or other non-emergency procedure, speak to your GP or hospital team and ask whether alternative providers with shorter waiting times are available. Patients referred for consultant-led care generally have the right to choose their provider and clinical team.

The NHS Constitution also states that patients should start consultant-led treatment within 18 weeks of referral or be offered suitable alternative providers if this is not possible.

A simple question could potentially reduce your waiting time by weeks or even months.

Please note: The "Right to Choose" described above applies to patients in England. Scotland and Wales have different arrangements, although patients may still be offered treatment at alternative hospitals if this helps reduce waiting times or provides access to specialist services

Posted by Able Community Care www.ablecommunitycare.com

Chris Cook

Business Development Manager, South & South East

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

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 short talk and music from the Market Rasen Brass Band.

8th December 2026— Jacqui Harris – Let's do Collectables

Jacqui Harris, of The Bidding Room will bring along some of her own collectables to talk about why we collect and also discuss values. This promises to be an interactive and informative talk.



2027

12th January 2027 – Behind the Scenes at a Coronation with Piers Morrell, OBE MVO

As Principal Director of Music for the RAF, Piers Morell was responsible for military music support for State Ceremonial occasions, including the funerals of HRH The Duke of Edinburgh, Her Majesty Queen Elizabeth II, and the Coronation of their Majesties King Charles III and Queen Camilla. Piers will provide some eye-opening behind-the-scenes highlights into how these events are rehearsed and performed to such an exceptional standard.

9th February 2027 – Houdini: The Father of Modern Magic with Mike Lynch

9th March 2027 – From Source to Sea with James Elliott

James Elliott is known as the Canoe River Cleaner and describes himself as a guy with a canoe, keeping the river tidy for the wildlife and local residents.



Local History Group 2026 Programme

New venue from October onwards

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 are
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

October

Alison Laing
Mike Newton
Helene Vancliff

November

Anna Ettridge
Kay Green
Valerie Wright

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

Catering Helpers Rota

October

Serving: Sue Beck
Patricia Williams

November

Serving: Stephanie Fox
Alan James

December

Serving: Sue Beck
Eileen Bedford

**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 :-

13th October —Carol Jones
10th November—Merilyn Combes
8th December— Katherine Drake

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

Sheila Nash



**West Wolds u3a Christmas lunch at
the Market Rasen Golf Club on
Tuesday 8th December 2026.**

**Tickets will be on sale at the October
and November meetings. Payment
can be made either by cash or bank
transfer on the day, cheque payments
will incur an extra 50p charge.**

**This year there will be limited
availability.**



**West Wolds u3a Christmas Lunch Menu
At the Golf Club, Market Rasen
Tuesday 8th December 2026**

2 Courses—£24.00 (which includes a tip)

MAIN COURSES

**Roast Turkey
With stuffing, pig in blanket and Yorkshire Pudding**

**Roast Topside of Beef
With pig in blanket and Yorkshire Pudding**

Roasted Vegetable Wellington

Baked Salmon in Hollandaise Sauce

**All served with roast and mashed potatoes, roast parsnips,
carrots, a medley of greens and gravy**

DESSERTS

**Traditional Christmas Pudding
with brandy sauce**

Gingerbread Cheesecake

Apple and Cinnamon Crumble

Double Chocolate Fudge Yule Log with cream

Tea/Coffee can be purchased as an extra at the bar

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.

Lincolnshire County Council Waste Services

by Alistair Wood



When Alistair Wood joined us at the September meeting to talk rubbish, it turned out to be a subject of great interest to our members, despite the potentially unappealing subject matter. He spoke to a full house, with lots of questions being asked and answered the whole way through. Alistair showed us exactly where our rubbish goes after collection, and what happens to it. He also cleared up some confusion about what goes in each bin.

The overall picture of how our waste is handled turned out to be a surprisingly positive one. The vast majority gets recycled into new products, using some advanced technology to make the most of every bit of the vast tonnage of waste the Council collects from our doorsteps. General rubbish is sent to the EfW (Energy for Waste) plant in North Hykeham in Lincoln, where 190,000 tons of waste is treated each year to produce 13.1 megawatts of electricity per year. Of that, 11.2 megawatts of electricity goes into the National Grid; enough energy to power two thirds of the homes in Lincoln. The plant also recovers the small amounts of metal that go into general rubbish for re-use. Even the ash, which has a texture similar to gravel, gets re-used for concrete and construction. The plant is entirely self-generating ie it powers itself.

From the recycling bins, plastic is separated out and baled up for recycling. The paper and cardboard is recycled into new card, tissue

and paper for printing. Again, the technology used here is impressive. Even the ink on the waste paper is separated out and removed before being made into huge 'parent' rolls of paper! A parent roll is produced every 1 1/2 hours, 90 miles long and weighing 100 tons.

Food waste collected from the new food recycling caddies will be taken to a plant where the plastic bags will be separated out and the food turned to a slurry, which is then placed in an anaerobic digester for a month, producing methane gas that is fed into the national gas grid. The residual slurry is turned into bio-fertiliser. Alistair told us it works in much the same way as human digestion of food. The food is eaten and turned into slurry and digested, producing lots of energy and a little gas, or quite a lot of gas in some cases! Then the waste product can be used on fields to fertilise the soil.

Alistair also mentioned the Waste Recycling Centres and the new booking system that will be coming in late autumn.

Many thanks to Alistair Wood for showing us the fascinating world of waste and helping to decode the mystery of what goes in which bin. In fact it was so fascinating that there may be a future West Wolds u3a trip to visit the Energy for Waste plant! Details will be published here and on the website, if and when a trip becomes available.

If you have any questions about bins and collections, you can check out the web page at Lincolnshire County Council:

<https://www.lincolnshire.gov.uk/recycling-waste>

Heather Jones

SCAM ALERT

Care Tip – 18th September 2026

How to Spot a Fake GP Surgery Text

Many GP surgeries now contact patients by text message to confirm appointments, send reminders or provide healthcare information. Unfortunately, scammers have noticed this and are increasingly sending fake messages pretending to be from GP surgeries or the NHS. The fake messages can come by phone or text.

A typical scam message may claim that you need to update your details, confirm an appointment, order medication, or pay a fee. The message often includes a link to a website that looks genuine but is designed to steal personal or financial information.

Warning signs to look out for if you receive a message from your GP Surgery:

The message asks for bank details
It says it is an urgent request
The message contains a suspicious link
The caller or text asks for passwords, PIN numbers or security codes.
What should you do?

- Do not click on any links in a message you are unsure about.
- Do not provide personal or financial information.
- Contact your GP surgery using a telephone number you already know, or one obtained independently.
- If you think you may have provided banking information, contact your bank immediately.

Remember, a genuine GP surgery may send text messages, but they should never ask for your online banking password, PIN number or security codes.

A few moments spent checking a message could prevent considerable distress and

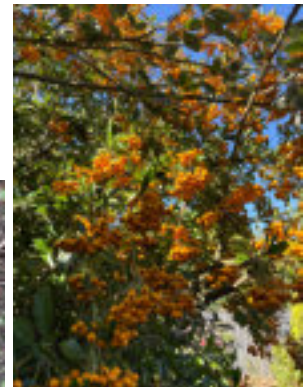
financial loss.

"The NHS Counter Fraud Authority has warned that reports involving fraudulent text messages, telephone scams and misuse of the NHS name have risen to their highest levels in recent years. Criminals are increasingly using fake messages that appear to come from GP surgeries or NHS organisations in an attempt to obtain personal and financial information."

The Friday Care Tip is provided free of charge by Able Community Care, a Norfolk care provider established in 1980. Its purpose is to help make information from the health and social care sectors easier to find for older people, their families and carers

Chris Cook, Business Development Manager,
South & South East

SIGNS OF AUTUMN



U3A Group Leaders Session – A Strong Step Forward

Our Group Leaders Session on 19th September was one of our most constructive gatherings yet, bringing together leaders from West Wolds u3a and neighbouring u3as. The room buzzed with shared experience, honest reflection, and a clear commitment to strengthening support for all our groups.

Leaders spoke openly about the challenges of starting out – from knowing who to contact to managing waiting lists, room changes, and the practicalities of running a group. Their insights highlighted how much difference clear guidance and a friendly point of contact can make.

We also heard encouraging stories from leaders who had benefited from national and local u3a resources, subject advisers, and peer networks. Their experiences showed how powerful it is when local and national support work together.

Throughout the afternoon, leaders exchanged ideas and identified simple improvements that would make a big impact. This included practical checklists, better visibility of committee roles, and more opportunities to share ideas.

One message stood out: our u3a thrives when leaders feel equipped, appreciated, and connected. The session gave us a clearer picture of what leaders need and renewed our commitment to providing it. Follow-up resources and future support sessions are already being discussed.

A warm thank-you to everyone who attended. Your enthusiasm and honesty are what keep our u3a community strong.



Members of Louth and West Wolds u3as in discussion.
All images, S. Dean



A powerful afternoon of insight, connection, and practical support

What Guests Thought

The workshop ran for over two hours and was packed with practical guidance for current and future Group Leaders. West Wolds u3a Leaders Jane Guy and Sandra Dean, supported by Terry Francis, delivered an engaging and informative session. Jane's experience with the large Gardening Group and Sandra's passion for leading multiple groups, especially Languages, made their insights invaluable. As a newer member, I felt warmly welcomed and gained useful tips, especially during the troubleshooting activities. Sessions like this are essential for keeping u3a vibrant and forward-looking. I left feeling inspired to consider becoming a Group Leader myself.

Cathy Green, New Member



A room full of ideas, encouragement, and shared experience from Lindsey, Louth, West Wolds and Woodhall Spa.

Thanks go to Sharon Rupp, West Wolds Chair, for championing this initiative; Terry Francis for technical support on the day; Jane Guy for sharing her insights into effective group leadership; and Sue Boorman for providing much-appreciated refreshments. And a final thank-you to everyone who attended and helped make the session such a success.

Sandra Dean

Together, we keep u3a thriving.



Garden Group News

Welcome back to a new season of talks which began on September 16th at New Life Church Centre, Market Rasen. Our October Monthly Talk will be on Wednesday 21st October at our usual venue at 2pm.

Our end-of-season trip to North Yorkshire gave members a wonderfully varied day of garden inspiration.

We began at Stillingfleet Lodge, a peaceful, wildlife-friendly garden full of winding paths, soft planting and intimate corners. Its relaxed, natural style encouraged everyone to slow down and enjoy the details.

In the afternoon we travelled to Scampston, where the contrast could not have been greater. The contemporary walled garden, with its bold structure, dramatic shapes and confident use of colour, offered a fresh perspective and plenty of ideas to take home. The wider parkland and Palladian setting added an extra sense of occasion.

Together, the two gardens made a perfectly balanced day out—cottage-garden charm in the morning, modern design in the afternoon. Members returned home inspired, refreshed, and already talking about next year's adventures.

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

Please note that early booking is always advisable for any of our trips. Email Jane directly.

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

jane.m.guy@gmail.com

October 2026

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 Two 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.

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 solo group met on Friday 18th September and we had a very informative talk by PCSO Dawn Cowling and her colleague Mark. The next meeting will be on Friday 16th October and our guest will be Angela Tubb who will talk about her book the Golden Cage and her extensive travels around the world.

Pat Hage has volunteered to collect names and menu choices for our Christmas lunch on Sunday 29th November, at Market Rasen Golf Club. If you would like to reserve your space please have a deposit of £10.00 for the next meeting.

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



If you are interested in playing Cards and Board Games then please come along and join us, we meet at the Bistro Cafe, at 7 Queen Street, Market Rasen at 2pm on Monday 12th and 26th October. We are a friendly group who enjoy playing games.

If you are interested in joining 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



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.

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



Technology Leads the Way

Staying Safe Online in Spanish Groups

As our Spanish Groups increasingly use new technologies such as WhatsApp, Zoom and shared online resources, we follow a few simple habits to help everyone stay secure. Here's our short list of Golden Rules.

1. Keep personal details private,
2. Use trusted links only,
3. Update your devices regularly.

If an unfamiliar person were to join a chat or send a message, we'd check with the group leader before responding. We always send out emails using the u3a approved Beacon system which guarantees that personal data is safely stored.

Building Confidence with Apple AirPlay

AirPlay is a simple way to display an iPhone or iPad screen on a TV or projector. It's ideal for our Spanish sessions: vocabulary slides, short videos, music, cultural photos and WhatsApp notes can all be shared clearly with the whole group. Sue, one of our iPhone users, recently demonstrated how she uses it when she shared her holiday adventures with the group in early September.

It's a gentle, confidence-building way for members to develop digital skills using devices many of us already own.

What About Android?

If, like the Spanish Group Leader, you don't use iPhone, then fear not, Android has access to Google Cast (Chromecast).



Ann, Chris and Sue - having fun getting to grips with technology at Spanish Intermediate Plus

You Don't Need to Be in a Spanish Group to Think About Safety Online

Spotting Deepfakes

What is a Deepfake? Deepfakes are videos or audio altered to make someone appear to say or do something they never did. They are becoming very familiar across platforms such as Facebook and are becoming more common. Look out for odd facial movements, voices that sound slightly robotic, or clips shared with dramatic claims or pressure to act quickly. We've chatted about this (in Spanish of course) and a quick group discussion in Spanish can help everyone practise language skills while staying alert.

We're all familiar with the term Fake News, but could we spot the Fake Donald?



Facebook Fact

Facebook is currently the most targeted platform for deepfake-related fraud.

83% of all deepfake scam losses in 2025 originated on social media, with Facebook at the top.

Consider joining the AI Group to receive more detailed information about Deepfakes and much more

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

OCTOBER 2026



WEST WOLDS LANGUAGE GROUPS

Language Groups Latest

Whether you're starting from scratch or brushing up old skills, our Spanish groups offer a warm, relaxed way to learn together. Come and say **hola** this October.

Spanish for Beginners starts again this October. If Spanish isn't your first choice, we also offer French, Italian and other language groups — all welcoming, relaxed and open to new members. No experience needed — just curiosity and a willingness to try.

EXPLORE LANGUAGES, EXPLORE THE WORLD

Why not join one of our language groups this autumn and start a new adventure? Whether you're dreaming of travel, looking for a stimulating challenge, or simply curious about other cultures, learning a language is a wonderfully rewarding way to stretch your mind. To find out more, just get in touch with Sandra who will help you discover the group that suits you best.

CAN'T SEE THE LANGUAGE YOU WANT TO LEARN?

If we don't yet offer the language you'd love to learn, let us know — you might not be the only one! We're always happy to explore new groups when there's interest, and we'll do our best to make space in existing ones too. So don't be put off if a group looks full — just ask.



WANT TO LEARN A LANGUAGE FROM HOME?

At West Wolds we offer a range of online Language Meetups — relaxed, friendly groups you can join without leaving home. They're perfect for winter months or for anyone who finds travel tricky. Most groups meet in the early evening too, giving busy members a chance to join in at a time that really works.

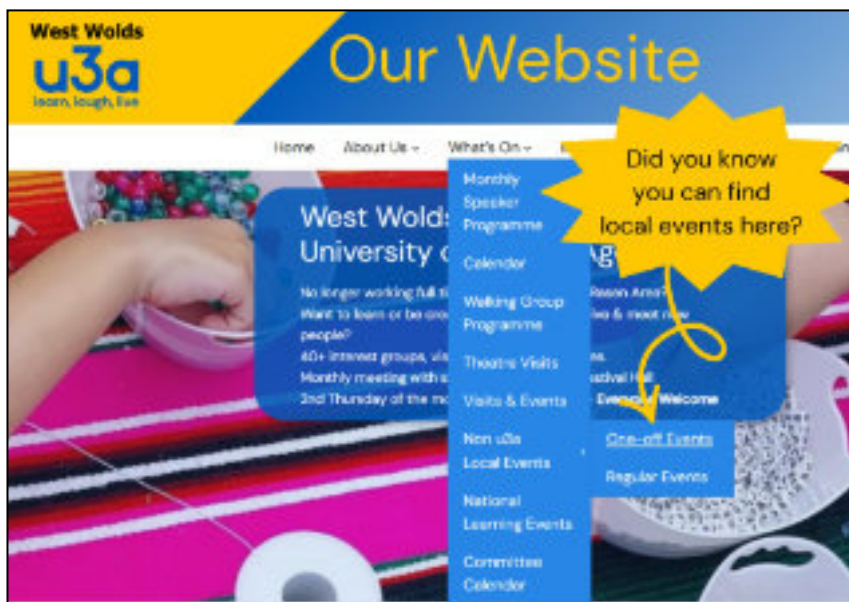
SEE THE BIGGER PICTURE - INTEREST GROUPS ONLINE

The online branch of the u3a is known as **Interest Groups Online (IGO)**. With plenty of additional interest groups this online community means that you can meet people from around the UK with a similar interest. The cost is **£12 per year** and this will give you access to a whole new community and an opportunity to make new friends. Follow the links to IGO on the national u3a website.



sandrawwu3a@gmail.com





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
Oct 15th	Wold View Country Park, Claxby	1 Mile Walk & Talk	Alan Newman	07485 597868
Oct 20th	Cleethorpes Country Park	4.5 Miles	Alan Newman	07485 597868
Oct 27th	Goltho	2.75 Miles	Sharon Rupp	07803 694889
Nov 4th	Binbrook		Sharon Rupp	07803 694889
Nov 11th	Fiskerton		Yvonne Heathershaw	07990 643933

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.

SEPTEMBER WALKS

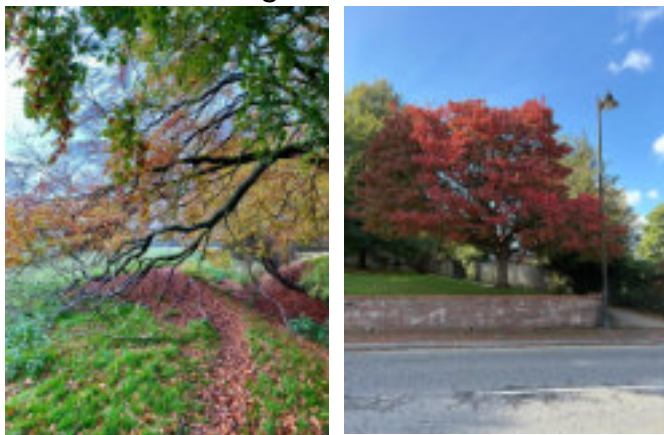
22nd Sept – South Elkington Walk

On a warmer day than forecast, 8 walkers set off for 4 miles through woods and uphill to Acthorpe with lovely views towards the coast. Luckily there were several shady spots and a breeze to cool us. Refreshments were welcome at the village cafe.



Sharon Rupp

Other walks during the month



WALK & TALK

30th Sept. Boultham Park Lincoln



On Wednesday 30th September, seventeen hardy souls took on a 2 mile walk at Boultham Park in Lincoln, contrary to the forecast the weather was warm, sunny and dry, apart from the last 5 minutes where we felt the edge of a cloud.

After the first mile around the lake, 6 members of the group went back to the cafe and the remaining eleven braved the river walk along the River Witham back to the start. Most finished with refreshments in the cafe. Everybody seemed to enjoy a slow stroll and a natter.

Terry Francis

Digital Photography Group Pictures of the Month for August

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

Favourites of the month

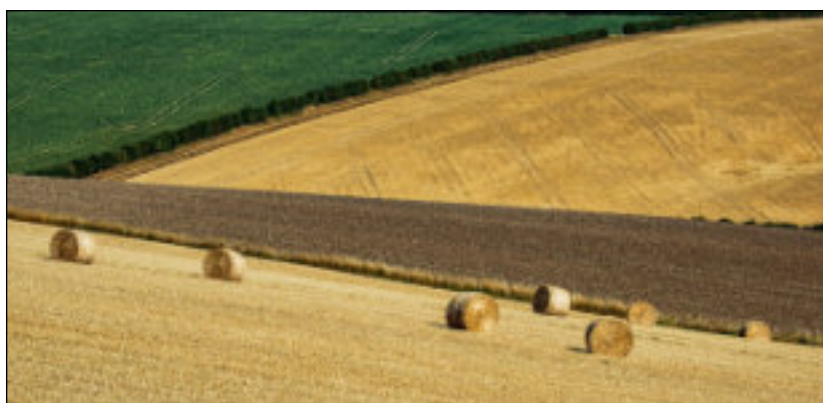


People on a Beach
Taken By
Angela Coupland



Hay Bales in a Field
Taken By
Steve McCarthy

Summer



Patchwork
Taken By
Martin Keen



Three Flowers
Taken By
Angela Coupland

For more photos taken by the West Wolds u3a Digital Photography Group look at our Challengespage 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 - Vacant

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@westwoldsu3a.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 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) 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 New Life Church 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	09:45 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 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 Readers 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) 14:30 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 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 01673844432 / 07980 209642

CROCHET

Pat Hage 01673 849447

CROSS STITCH—**FULL**

Audrey Storey, 01673849625

CYCLING

Gordon Jennings 0794 8881121

DIGITAL PHOTOGRAPHY

Terry Francis 01673842088

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

FRENCHBEGINNERS- **paused until Oct '26**

FRENCHCONVERSATION- **paused until Oct '26**

Sandra Dean, sandrawwu3a@gmail.com

GARDENING

Jane Guy 0797 1277482

GERMAN—**NEW LEADER REQUIRED**

INDOOR BOWLS

Cathy Whelan 01673565622 / 07974 856984

ITALIAN BEGINNERSPLUS

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 0818373

MAH JONG

Margaret Allerston 01673 842247

MUSIC FOR PLEASURE

Nick Wilson 07938 186626

ORNITHOLOGY

Ann Hadlow 07827 292813

PATCHWORK

Lyn Henry 01673843851

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

NEW LEADER REQUIRED

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.