West Wolds u3a
learn, laugh, live

Newsletter

Issue 159: November 2026



Message from our Chair



Dear Member,

Well, where has the year gone? November is here already, and before we know it we'll be wondering where 2026 disappeared to. Before that though we have the AGM on November 10th and we look forward to welcoming as many of you as possible so that we hit our minimum numbers. But, as we head towards the end of another busy year at West Wolds u3a, there's still plenty going on. Our Final Photo Challenge of the Year is a seasonal one: "What Does Christmas Mean to You?"

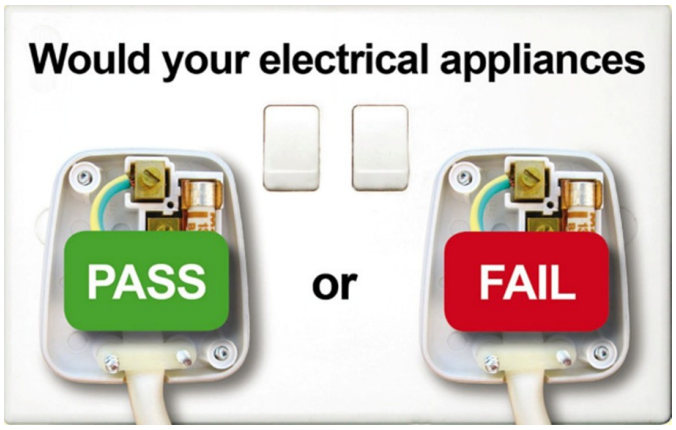
It could be a traditional Christmas scene, a favourite decoration, a family tradition, a winter walk, something that simply makes you smile — or perhaps something completely unexpected. As always, we're looking forward to seeing how you interpret the theme. So, get your cameras and phones ready and let's finish our photo challenges for the year with a festive flourish. Please send your pictures to newsletter@westwoldsu3a.org or by WhatsApp 0780 369 4889.

Don't forget to grab your Christmas Lunch tickets at our November meeting; they are selling like hot pigs in blankets!
I look forward to seeing you at the AGM.

We look forward to seeing you!

Sharon Rupp
Chair

PAT Testing Session



NOTE: CHANGE OF VENUE AND DATE

I have arranged a PAT (Portable Appliance Testing) session at my house, 1 James Court, Market Rasen, LN8 3DU on **Friday 13th 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 recommended 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 1st September to 31st August. If you have not renewed by the AGM on 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 2026-27 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 complete a 2026-27 Membership form,. Paper 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





General Meeting Speaker Programme 2026/2027

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 Morrell 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.

DO I NEED TO REGISTER AT THE MONTHLY MEETING?

Yes, please! We ask every member to register at the Reception Desk when arriving at our Monthly Meeting. There are two important reasons why this matters.

1. Your safety
Registering provides a record of who is in the building. In the event of an evacuation, the Fire Marshals need to account for everyone and confirm that the building is empty. Your registration helps us do this and is an important part of keeping everyone safe.

2. Helping to keep membership fees low
The £1 entrance contribution helps cover the cost of our Monthly Meeting. Hall hire alone costs £112 each month, with refreshments and our speaker adding to the expense.

By everyone contributing £1 at each meeting, we can help cover these costs and keep our membership fees as low as possible.
So please remember to register and pay your £1 on arrival.

Thank you for helping us keep West Wolds u3a safe, welcoming and affordable for everyone!



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

Last remaining tickets will be on sale at November AGM meeting. 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, you will need to join them as an Associate member

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

Local History Group 2026 Programme

New venue from October onwards

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

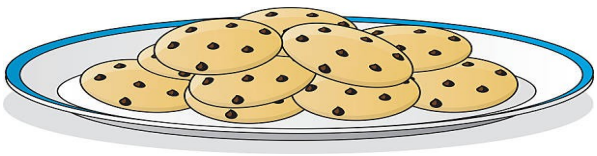
December 10th. The Christmas Quiz.
A light-hearted event with prizes for winners and losers

Meetings are held at 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 and coffee are served from 9.15 - 10.15am
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

November
Anna Ettridge
Kay Green
Valerie Wright

December
Gail Dennis
Steve Field
Peter Fox

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

Catering Helpers Rota

November
Serving: Stephanie Fox
Alan James

December
Serving: Sue Beck
Eileen Bedford

January
Serving: TBA
TBA

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 :-

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

Learn • Share • Enjoy

Small role... big difference!

Greeter Team

Be part of the warm welcome that sets the tone for our meetings!



We'd love you to join our Greeter Team!

Greeters welcome our members and visitors, help them feel at ease and show them around the venue. It's a friendly, sociable role and a great way to get involved and meet people.

Why get involved?

- **Polish up your skills** – communication, confidence, problem solving.
- **Get fresh ideas** – from fellow greeters and members.
- **Share your ideas** – help us make the welcome even better.
- Be part of a friendly team who support each other.

Learn Share Enjoy

What does the role involve?

- Welcome members and visitors
- Show them around the venue (loos, refreshments, group tables etc.)
- Point out committee members and explain how meetings work
- Introduce people to our groups and activities
- Help with any questions or just be a friendly face

It's easier than you think!

No experience needed – just a friendly smile and a willingness to help.

Non Greeters...

why not come along and find out more? Meet the team, see what's involved and see how you could help.

You might just find it's for you!

All are welcome!

westwoldsu3a.org

chair@westwoldsu3a.org

WHAT DOES YOUR MEMBERSHIP FEE PAY FOR?

Every u3a across the country pays a fee to the national office for membership of £4 per member, and for West Wolds this is likely to cost for 2026-27 £1,505 . So what do we get from national office for this fee?

The one most people are aware of is Insurance Cover yet there is a general misconception as to what this really covers so here is a short overview:

Public Liability Covers injury caused to a third-party or their property arising from a u3a activity. Members can be regarded as a third-party if they are injured as a result of an accident for which the u3a is legally liable.

Property Covers damage to moveable items owned by the u3a and contents of a member's home whilst a u3a activity is hosted.

Cyber This covers any costs involved following a data loss.

Money This covers Theft of u3a money as a result of a break -in or during a u3a activity.

Apart from insurance, the National office deliver training workshops, summer schools, advice and legal updates, procedures for committees to follow, an annual AGM, as well as regional conferences to exchange ideas and receive updates on future strategy, online learning events free to all members on diverse subjects, Branded merchandise and so on.

In addition, there is a fee for members to receive the Third Age Matters (TAM for short) Magazine at £4.20 per member which on current predictions will be invoiced shortly at approx. £768. Members can opt out of receiving this publication if it is not required, or could share with another member, either option would make a saving to our u3a coffers (see below).

Finally there is a £1-per-member fee to cover the costs of Beacon. This is the management system designed and implemented by u3a members which frees up a lot of time and effort for committees and streamlines many of the processes required to run a u3a.

So from your £18 standard individual-membership rate*, there is £8.80 remaining to run West Wolds u3a on (*some members pay a reduced rate so we do not receive that from all members).

Rachel Telfer - standing down as Refreshments Coordinator



The Committee thanked Rachel Telfer on behalf of the members, for her years as Refreshments coordinator and support to our u3a.

Rachel had to step down as she had family commitments on a Tuesday, but is still a member until she moves away (no date yet!)

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.

Lincs and Notts Air Ambulance

by David Carrick

The Helicopter Emergency Medical Service (HEMS) started in 1994. It only flew when there was enough money in the bank account to pay for the mission, and ran as a 'swoop and scoop' operation, in which the crew had no access to the patient during the flight.

Nowadays, HEMS has a permanent HQ at Waddington and offers a state-of-the-art critical care service. That means they're like a mobile A&E and are often at the mission scene for an hour or more, providing emergency care for 'someone having the worst day of their life'. There is also a critical care car that is used between the hours of 2am and 7am when the helicopter is undergoing essential daily maintenance or when the pilot can't see Lincoln Cathedral from HQ, meaning no-fly due to bad weather.

In darkness, all four members of the crew – pilot, co-pilot, doctor and paramedic – wear night vision goggles costing £20,000 each. The crew are not only experienced and highly qualified, they also have to be fit enough to run with heavy kit when necessary. Some of them come at their own expense from other countries to save lives with the HEMS.

The helicopter and crew are in the air within 5 minutes of a call and can reach anyone in the two counties – an area of 3,500 square miles - within 20 minutes, and in the 32 years they've been running, they've done that 33,500 times. It's undeniably an impressive operation. We laughed when David told us that in order to comply with civil aviation regulations, the crew have to have one of those standard first aid kits in the helicopter!

£14 million needs to be raised annually to run the HEMS. There is no direct funding, from government or anyone else. That may be surprising, but it does mean that there is no third party calling the shots who could potentially remove funding and restrict expensive drugs, for instance. We can help by participating in the Air Ambulance Lottery, making a donation in our Will, doing fundraising challenges or volunteering in a charity shop. The good news is that on the day of the talk, our members gave generously and we collected more than £288.80, plus our donation of £50 making a total of £338.80 given to HEMS on the day! Well done to everyone who attended. It's certainly something to feel good about, knowing that a world-class critical care team is only 20 minutes away, should it ever be one of us or a loved one having the worst day of their life.

Find out more about the Air Ambulance at www.ambucopter.org.uk.

Heather Jones

Cribbage Group



The Cribbage Group had their first meeting when members brushed up on their knowledge of the game.



After spending the afternoon getting to grips with the rules and scoring, everyone is looking forward to the next get together.



If you are interested in learning a new card game why not join us? We are meeting on the second and fourth Monday afternoons of the month, and you will be most welcome.

Please contact Valerie 01673 843661

VISITS TO TATTERSHALL THORPE SIMULATOR



Over 30 West Wolds u3a members visited the simulator site during the last season, despite electrical problems affecting their simulators during the long heatwave. In many ways I have been privileged to see the reaction shown by those that stepped into Tiger Moths, Typhoons and Lancaster bombers! Many, showed pre-flight nerves at the idea of sitting in the driving seat,



but with the assistance of the excellent instructors, David Shaw and the site controller David Gledhill, they soon settled down to various flight profiles. From take-offs to barrel rolls, then to inverted flight, even a loop to more refined control under the Humber Bridge, a landing at Heathrow or a flight to 70000ft. All were attempted with varying degrees of failure!



During the pause in flights, due to the heat, new simulator equipment arrived at the site in the



shape of a Phantom F4 simulator, and only recently, a trainer version of the F35 fighter bomber which should be operational with the other simulators next year, also "landed". If you have not done this visit yet, I recommend it for your "Bucket list".

PUG AI DEMO's

The response to my call for members to experience practical Ai demonstrations, has been overwhelming! Across six events, 30 West Wolds u3a members, with little or no experience of AI, and some with a fearful and nervous approach, had the opportunity to meet with ChatGPT, Claude and Gemini, face-to-face! Without exception, a startling awakening as to the many applications of AI was apparent. We started simply, requesting information about York, then more specifically a plan of a day visit with a meal and historic sites to be included. Lastly, we requested a revised plan for someone with a urinary infection! Within seconds, a shortened itinerary was produced locating toilets at times within the visit. Amazingly, this particular refinement was of great use to an attendee who was soon to holiday abroad!

During each event members increasingly added their own requirements or tasks, and without exception satisfactory responses were obtained, whilst on occasions Ai replied and included requests for further context. Context is very important when prompting Ai with a task as it improves the quality of the response. By the way a prompt is simply a question or task submitted to Ai.

The range of tasks was considerable, here are a few:
Produce a recipe from the contents of a fridge.
Provide menus for a coeliac sufferer and list all ingredients needed.
Enhance and colourise photographs.
Supply details of 5 local walks of up to 2 miles duration.
Providing options for travel, and an itinerary, from Athens to a remote Greek village, with approximate costs.
Family History.
Generating PowerPoint presentations from researched data.
Poetry.
Image generation from typed or spoken input.
Simplifying complex documents-Terms and Conditions.

Ai voice usage
Producing and personalising Greeting cards.
Interactive conversations in specified languages- planning of language courses, grammar and vocabulary.
Gardening topics.
Medical problems generally, including post-operative exercise guidelines.

NB. Members were warned not to input personal or sensitive data, to verify the output to their satisfaction, be aware of possible hallucinations, and observe copyright issues.

These demos generated many other applications once the members had returned home, much to their satisfaction. It is hoped that if there is still demand for this event, others can be arranged during the Autumn.

Dave Ebbage

CATHY GREEN'S REPORT FOLLOWING ATTENDANCE AT AN AIPUG MEETING

" My partner and I attended Dave Ebbage's 'AiPUG Meeting' on the 25th September.

In a nutshell it was an introduction, if you like, to ChatGPT and other similar apps, such as Claude, Gemini, Perplexity, etc. The premise of the meeting was to introduce people to this app and for those that like me are 'tech'- and AI phobic, Dave showed us how simple and how varied the app can be. From writing a poem to helping with research into your family history, it was all extremely interesting and we also had a like task to do, as a group, to come up with an idea that could 'test' the app, we decided for it to construct a poem, on the theme of black cats and cat cafes. All extremely interesting.

Personally, I had no idea of some of the ways in which this app can be of use in general, and of use, in more complicated terms. I especially was interested in the fact that it could be used as a 'photoshop and video editing software' programme. With these applications becoming more of a commonplace in our lives, it is important for us to try to gain some more understanding and not allow any potential unwarranted 'fear' to creep in and for us to simply not use them. I personally came away with more of an understanding and more of an education into the applications and functions that these Apps can offer...and to not be afraid!
I would definitely recommend this type of session that Dave may be further offering for any Members that would like to know/understand more on this topic, so as not to be 'scared' but to embrace it as a great personal helper, in so many aspects of our lives.

Dave's partner, Pam, put on some lovely refreshments to help the afternoon along.
Many thanks Dave for an informative and fun-filled session.

Cathy Green, u3a (relatively) new Member..."



Once again our members flying the flag for WWu3a'







Garden Group News

Welcome to our regular update for everything to do with gardening. We meet at New Life Church Centre, Market Rasen at 2pm (doors open from 1.30pm). This month there's a welcome return from John Cullen, explaining how to encourage more pollinators into our gardens.

Gardening Group Monthly Meeting, New Life Church, 2pm. (Doors open from 1.30pm)

Join us once again for a lively session of gardening hints and know-how. There's always plenty on offer at our meetings and this month we welcome back John Cullen. It's always fascinating to listen to his lively presentations that will be accompanied with plenty of sound advice and good humour.

Additional Gardening Group Activities

This month we've got two great activities on offer. First an afternoon of Seed Sorting in affiliation with Hardy Plant Society and second, a morning of planting saplings in celebration of the 50th anniversary of the Viking Way.

Seed Sorting Afternoon - Weds 25th November, 1.30-3.30pm, New Life Church

An afternoon of relaxed company, gentle sorting and plenty of chat. Cake and refreshments provided. Free.

Tree Planting Morning - Weds 25th November, at 10am

Countryside Access has over 1000 native trees and shrubs to plant along the Viking Way near Biscathorpe. The site is accessible. Contact Debbie Braund, Lincolnshire Countryside Access Project Officer on 01522 782070

Can't decide what to choose - why not do both!

New members are always made very welcome. Contact Jane, our group leader, for more details.

jane.m.guy@gmail.com

November 2026

Gardening Group Holiday
The Malverns
21–24 June 2027

Travel with friends
Enjoy four days at The Abbey Hotel, Malvern

Transport provided by
PC Coaches
Pick-up in Market Rasen

Have you booked your place yet?

Further details via Gardening Group email

We're delighted to announce that bookings are now open for our 2027 Garden Group holiday to The Malverns — and interest is higher than ever.

Why this trip is already special

- 40 members have already expressed interest — our biggest response to date
- 22 single rooms secured
- Our base is the charming Abbey Hotel, a traditional, beautifully located hotel right in the centre of Malvern
- We'll visit six exceptional gardens in and around the Malverns:

Brockamin
Picton Old Court Nursery
Spetchley Park
Ravelin
Hergest
Ivycroft

- Plus two additional garden visits on the journeys there and back
- Three lunches included, along with travel and 3 nights Dinner, Bed & Breakfast


Ivycroft

Price
£615 per person Reflecting the higher costs of the Malvern area, but still excellent value for a fully curated holiday with gardens, meals, travel and accommodation included.

Single Room Options
For those requesting single occupancy:

- £60 p.p. for a true single room (single bed)
- £100 p.p. for single use of a twin/double room

Allocated on a first come, first served basis. Sharing a twin room remains the best-value option — save £200 between you, and perhaps treat yourself to a few extra plants.

Booking & Deposits
A £75 deposit + £18 insurance (total £93) is required. Insurance is optional but strongly recommended — last year's five late cancellations showed how valuable it can be.

Deposit deadline: 18 November
Payment can be made at the October or November Garden Group meetings (cash or cheque) or by BACS as listed on the booking form.

A holiday made for good company
For anyone travelling solo, this trip brings together like-minded people, easy conversation, and a warm sense of belonging — one of the loveliest reasons to join us.

Further Details - Please contact Jane via email **jane.m.guy@gmail.com**

Solo Group



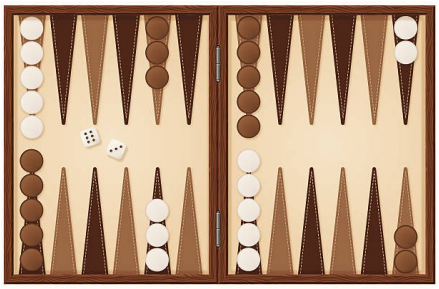
The solo group met again on Friday 16th October and thank you to all those who attended. Angela Tubb was our guest speaker, a local author who spoke about her interesting life including time she spent in East Pakistan.

Our next meeting will be on Friday 20th November and I have invited Sue Heron to give us a talk about her beekeeping and hopefully she will have some honey to sell. This will be a free to attend event so no charge at the door.

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 C.I.C., anyone wanting to join the group, please contact Bill Roberts for further details.

We are keeping to 1:30 to 3:30pm 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 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?

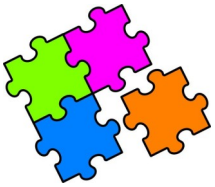


Table tennis is weekly on Tuesday mornings apart from the second Tuesday of the month.

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/ lending 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 1-3pm on Monday 9th and 23rd November. 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.



Bridge Group

Meeting at Patti Thomas' house, Market Rasen.

Every two weeks 2-4pm

Contact Pam Britton On 01673 847750 for further information



INDOOR BOWLS GROUP



New times for Indoor Bowls Group. From 1st September. Tuesdays at 2.30-4.30pm. 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.



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

MAHJONG GROUP



The Mahjong Group meets at the Lammas Leas Community Hall on the second and fourth Fridays of the month.



Contact Margaret Allerston on 01673 842247

DIGITAL PHOTOGRAPHY GROUP TALK

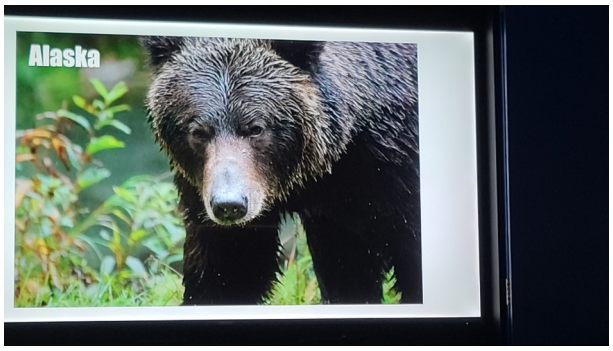
19th OCT



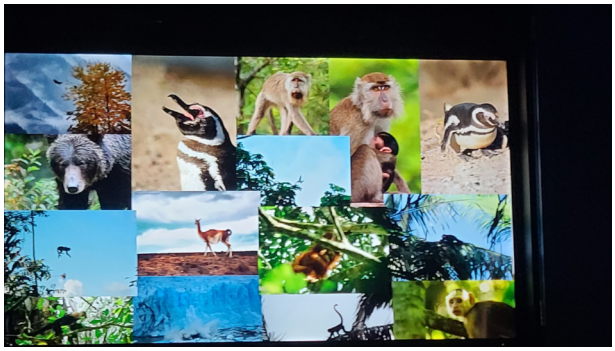
In a change from our normal meeting, we had the pleasure of having a very interesting talk by a young local photographer. Timmy Barker is from Caistor, and at just 15 he has been fortunate to experience a round-the-world trip with his parents, during which he saw a wide variety of wild animals to fulfil his photographic dreams.



Starting in South America, he visited a glacier to see the "calving", and photograph penguins, from there the family travelled North up the west coast and stayed in Venezuela, visiting the Amazon and its forests before moving on to North America to the state of Alaska. It was in Alaska where Timmy met his first Grizzly bear, the photograph of which is his favourite.



The Eastern part of their journey landed them in Borneo where again, in visiting a forest, they followed a local guide who literally hacked his way through the undergrowth to make a path in order to locate a very rare and popular creature, the orangutan. Despite the extreme rarity of seeing this animal, even in the wild, Timmy was very fortunate to obtain a close photograph of a young orangutan in the trees, much to his delight. This is also one of his most memorable images,however one recent photograph gave him great pleasure, when he was shortlisted in the prestigious Wildlife Photographer of the Year competition, making the top 10% of entries from across the world. The photograph shows a Golden Eagle returning to its nest in autumnal conditions and it features in the collage below.



The return from Borneo will possibly feature in a further visit to deliver, once again, in a very professional manner for a young lad of his age, more of his photographic experiences.

Thanks again for a very interesting afternoon.

Dave Ebbage

Group 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, simply an enthusiast, who enjoys finding material for this small group. If interested, please get in touch with anyone on the committee.

West Wolds u3a Languages



THIS QUARTER

Welcome Back - December to February

The winter months can be a great time for language learning. As the days grow colder, our groups gather for friendly conversation, fresh ideas, and the pleasure of exploring languages together – whether 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

Winter is a great time to explore the links between our languages, and even simple New Year greetings show their shared Latin roots: Feliz Año Nuevo, Bonne année, and Buon anno all echo the original Latin annus and novus. A neat reminder that Spanish, French, and Italian grow from the same family tree – and a warm way to welcome the year ahead.

WHAT'S NEW?

WINTER PLANS

Try This

- Create mini dialogues about festive or New Year plans – arranging meet-ups, planning meals, or deciding what you'll do to celebrate.
- Practise future tense with simple planning phrases – e.g. I'm going to visit family, We're going to cook a special meal, I'll start a new hobby in January.
- Share one small goal for the New Year – each member says what they will learn, will try, or will improve in the coming months.

CHANGING DETAILS

Spanish Group Assistant Leaders

Christine Stubbs - Intermediates Plus

Helene Vancliff - Beginners Plus

Sandra Dean - Spanish Board Games

languages@westwoldsu3a.org

Spanish (Hablemos Español)

Spanish Beginners

Spanish Board Games

WHAT TO LOOK OUT FOR

- **Our French and German Groups will be restarting this winter, offering friendly conversation, fresh ideas, and a welcoming space for returning and new members alike. Contact languages@westwoldsu3a.org for more details**
- **Spanish Groups Tapas Meal at Ole Ole – a friendly late-winter get-together with good food and great conversation. Early February date planned.**

Your next language adventure starts here

languages@westwoldsu3a.org

WEST WOLDS u3a learn, laugh, live

Groups are free once you're a member – only £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 are welcome to try the language for themselves at Italian Tasters
languages@westwoldsu3a.org

Dates to suit the group

SPANISH FOR YOUR HOLIDAYS

A very popular short course of five sessions
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

¡Hola! ¿Hablas español?

Mondays Monthly

SPANISH BOARD GAMES

Ideal for mixed language ability.
Join us at The Bistro, Market Rasen
4th Monday (November 23rd) for some seasonal fun
1pm–3pm

Time changes from November

Beginners - 3rd Monday monthly
Intermediates - 1st Monday monthly

SPANISH MEETUP

Great for everyone who wants to join a group with no travel involved.
30 – 40 minutes of conversation
7pm – 7.40pm

Great for learning from home

Fridays Fortnightly

SPANISH BEGINNERS PLUS

We make language learning fun and realistic
Ideal as a follow-on course to our popular Spanish for Your Holidays
Market Rasen Railway Station
2nd and 4th Fridays each month
1.30pm – 3pm

Wednesday Evenings Fortnightly
New Leader Required

FRENCH BEGINNERS & FRENCH CONVERSATION

We're looking to restart these groups. Watch out for further details.

languages@westwoldsu3a.org

Be quick : Our groups fill fast!

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 / 2+ spaces
French Conversation /3+ spaces
Italian Taster/by request
Spanish Beginners /2 spaces
Spanish Language Meet-Up /2 spaces

STARTING SUMMER 2027

Portuguese for Beginners
Holiday Spanish

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 November.

All our Spanish groups have settled into the normal swing of things this autumn and we're busy attracting new members to each group. Together, we launched an advertising campaign aimed at attracting new members and we're pleased to say that this has started to show very pleasing results.

SPANISH AND A LITTLE ARGENTINIAN TANGO PERHAPS?

Our visit in early October to see Last Dance Saloon at Caistor Town Hall turned out to be more than just an enjoyable evening of theatre. For several of our Spanish learners, it became a lively extension of our language journey.

Set in Buenos Aires, the play's humour gave plenty of material for post-show discussion — and a few of our members couldn't resist slipping into Spanish as they chatted afterwards. It was a light-hearted opportunity to try out a few Argentinian tango steps complete with all the flicks and intricacies you might see in any episode of Strictly Come Dancing on a Saturday night.



Did you know? Argentinian tango began in the late 19th century in the working-class barrios of Buenos Aires, where immigrants, freed slaves, and locals blended African rhythms, European melodies, and street culture into a dance that was originally considered scandalously intimate.



WANT TO LEARN A LANGUAGE FROM HOME?

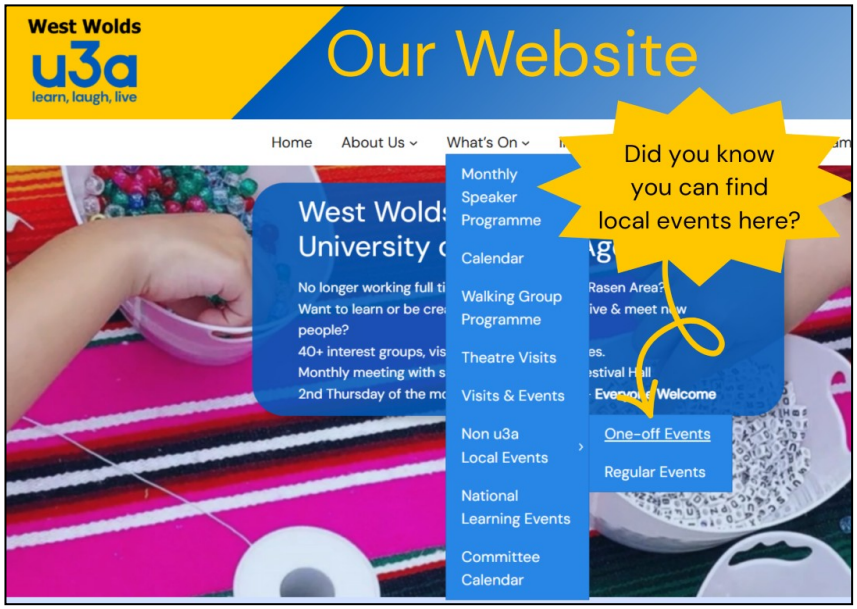
At West Wolds we offer two Spanish online Language Meetups — you can join without leaving home. They're perfect for winter months or for anyone who finds travel tricky or expensive. Most groups meet in the early evening too, giving busy members a chance to join in at a time that really works for them.

SEE THE BIGGER PICTURE - INTEREST GROUPS ONLINE

The online branch of the u3a is known as **Interest Groups Online** (IGO for short). This online community means that you can meet people from around the UK with a similar interest. IGO offers over thirteen different language groups for the cost of **£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 u3a** on the national u3a website.

languages@westwoldsu3a.org

All images created with Canva



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 confirm with the walk leader before attending

Date	Place	Distance	Walk Leader	Telephone
Nov 11th	Fiskerton		Yvonne Heathershaw	07990 643933
Nove 17th	Belchford	4.5 Miles	Sharon Rupp	07803 694889
Nov 24th	Willingham Woods	Walk & Talk	Yvonne Heathershaw	07990 643933
Dec 2nd	Cleethorpes (+Steel's Lunch)		Merilyn Combes	07814 470265
Dec 9th	Doddington		Sharon Rupp	07803 694889

Walks can be across uneven terrain, so please ensure you check with the walk leader about the details of the walk.
If you can offer to fill in any of the blanks and lead a walk, please contact Ken Howitt on 07933 744043 with the details of the walk.

IMPORTANT: Due to recent issues, please ensure you have the walk leaders' mobile number and they have yours. If a walk has to be changed or cancelled at short notice it is imperative that you have provided a mobile number so you can be reached on the day. In addition PLEASE ENSURE YOU HAVE TOLD THE WALK LEADER YOU INTEND TO COME ON THEIR WALK. If you have not, and it is cancelled/changed, you will not be informed. If you cannot come after all, please let the leader know so the group does not delay the walk waiting for you. Thank you.

OCTOBER WALKS

Donington on Bain – 5 Miles



On October 7th a merry band of nine walkers set off from Donington on Bain for a five mile walk.

It was quite a wet day and probably a long time since some of us have had such a wet walk.

After a short climb uphill we walked along the ridge behind the village, still with some good views but not as clear as previous times. This then led us downhill into the valley and back to the village. All finished off with some of the group enjoying a coffee at the Black Horse.

Cleethorpes Country Park



On the 20th October 15 walkers met in Cleethorpes Country Park for a 4.5-mile walk by the lake and out along Buck Beck to the Boating Lake. From here we walked on the salt marsh along the strand line. A pleasant walk despite the strong east wind.

Three of our group (missing from the photo) who had chosen a shorter walk around the park, rejoined us for snacks and a meal at the Gingerbread Tea House.

Alan Newman

Goltho – 2.75 miles – 27th October







After the storms of earlier days, we were blessed with sunshine and blue skies. Although breezy and a few trees were down, it was a fresh and enjoyable walk passing the sculptures in Goltho Wood and the ruined chapel. A lovely surprise were the inkcaps, and wildflower meadow.

And the ladies were outnumbered for once!

Sharon Rupp

WALK & TALK

Wolds View -







Rachel Telfer

Claxby Country Park Walk & Talk

On Thursday 15 October 12 walkers enjoyed a leisurely stroll around the 7 lakes in this recently opened country park at Claxby. The paths are wide and tarmacked, with well-maintained grass alongside them.



Waterfowl and surfacing fish were easy to see. The circuit is 1.2 miles with several paths to choose to make the walk longer or shorter. Everyone was able to walk at their own pace. We all stayed afterwards in the excellent warm and friendly cafe, some having all day breakfast.

Alan Newman.

Digital Photography Group
Pictures of the Month for September

Here are some photos from the Digital Photography Group's challenges from September, based on a theme of 'Colours', plus a Favourite of the month. These selections were voted on at our Digital Photography Group meeting.

Favourites of the month



Greestone Steps
Taken By
Martin Keen

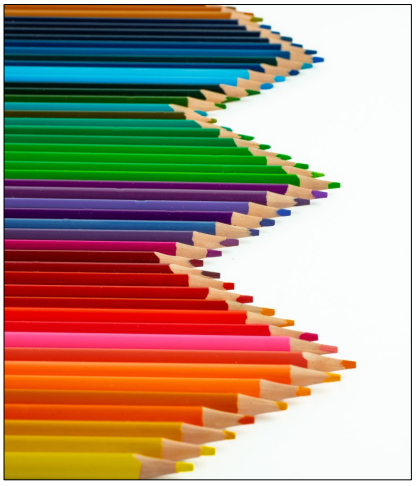


Eagle Owl
Taken By
Dave Ebbage

Colours



Kayaks in Repose
Taken By
Brian Ward



Pencils
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 Circumstances

If you have any changes of circumstances, e.g. change of address, telephone or email, or the 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 Vancliff
governance@westwoldsu3a.org



Speaker Finder
Ginny Beard Tel: 07980 209642
speakerfinder@westwoldsu3a.org



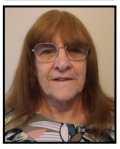
Speaker Finder assistant
Heather Jones
speakerfinder@westwoldsu3a.org



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
whatsonevents@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 issues of all Newsletters can be seen on the website.

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 **13:30** 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 **13:00** Board & Card Games **14:00** Cribbage	**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 **13:00** Board & Card Games **13:00** Spanish Board games **14:00** Cribbage	**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

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 & 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
BRIDGE
Pam Britton 01673 847750
CANASTA
Vera Brisbane 07870 185247
CARD MAKING
Ginny Beard 01673844432 /07980 209642
CRIBBAGE
Val Wright 01673 843661
CROCHET
Pat Hage 01673 849447
CROSS STITCH—FULL
Audrey Storey, 01673849625
CYCLING
Gordon Jennings 07948 881121
DIGITAL PHOTOGRAPHY
Terry Francis 01673842088
DISCUSSION GROUP
Dave Ebbage 01673 847750
DRAMA
Gail Dennis 01673 843575
EMBROIDERY
Pat Hage 01673 849447
FAMILY HISTORY
Janet Wilson 07966 232247
FRENCHBEGINNERS
FRENCHCONVERSATION
Sandra Dean, sandrawwu3a@gmail.com
GARDENING
Jane Guy 0797 1277482
GERMAN—NEW LEADER REQUIRED

INDOOR BOWLS
Cathy Whelan 01673565622 / 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

If a Group is showing as full and you would like to join, talk to the relevant Group Leader, they might be able to help you start up a second group.

LOCAL HISTORY
Paul Ettridge 07916 910023
LUNCHEON GROUP
Kay Green Tel: 07900 818373
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