

NEWSBITES!

MARCH 2022

Sharing ideas across 34 u3as in Nottinghamshire

MESSAGE FROM THE CHAIR OF NOTTS NETWORK

u3a 40th Anniversary Celebration

Each u3a in Nottinghamshire has recently been sent an email about our Notts Network plans for this celebration during the week Sunday 18th September to Saturday 24th September 2022. We are very grateful that many of you have responded to indicate your support for this grand event but urge those who haven't yet contacted Chris Niven to do so as soon as possible. Please see further information reproduced from that email later in the newsletter.

A number of workshops put on by the National u3a Team are now up and running which you can join by booking through the u3a website or we could organise to have some put on for our Network. They are: Running your u3a, Finance Matters, Interest Groups Matter and Growth Matters. Let me know if you would like us to run one for our Network.

Our next Network meeting is set for 27th April from 10.00 to 12.00. This will be a face-to-face meeting held at St Peter's Hall, Ravenshead. As usual in April, we will not have a business meeting but instead will open up the discussion to matters raised by members. We also plan to have a longer than usual break in the middle to chat whilst taking refreshments provided by members. Please bring something to eat (but not too much!). If you would like to raise an item for discussion do let me know.

My best wishes to all of you in our wider u3a family and I hope that you are finding membership numbers increasing again now there is more interaction and opportunities for socialising.

Rosie Allen

The deadline for articles and photographs for the next issue of Newsbites! is 15th April 2022

Any u3a member can send in items, not just committee members.

Articles/photos please to
jane.newsbits@gmail.com

QUOTE FOR THE MONTH

"If A is a success in life, then A equals x plus y plus z. Work is x; y is play; and z is keeping your mouth shut"

— *Albert Einstein*

THOUGHTS FROM u3a OFFICE

HAVE YOU

. looked at the national website? There is a lot of information there about what the Trust is planning for the future, a site where you can sign in for the online workshops and a section to help u3as called 'Running your u3a'. This section is not just for committee members, anyone can access it; all you have to do is create a login with a password (that you can remember) and you can look at all the documents and advice.

. looked at Sources Online? It is updated regularly and highlights activities from u3as from around the UK. You can access it from the main website or typing u3a Sources Online into your browser. There could be ideas you can incorporate into your own u3a.

u3a

40th Anniversary

u3a turns 40 years old in 2022 and will be celebrating this milestone with a packed programme of events running all year. u3as and members will have the opportunity to get involved in the celebrations and help raise the profile of our wonderful and vibrant organisation. Some things are already planned and more will be added to the list—see them on the national website under the Events tab.

All u3as are being encouraged to have a **'Picnic in the Park'** (or wherever is suitable for your u3a) on **Wednesday 1 June**, to celebrate the Queen's Platinum Jubilee, so look at the item on the website. This would be an ideal time to do a bit of publicity work.



HAVE YOU OR YOUR u3a

. done something interesting, planned something interesting, been somewhere interesting, launched an unusual interest group, had an unusual and interesting speaker?

If so, why not tell the Communications section at u3a Office so it could be included in the national newsletter or in Sources Online. You can send our items to Nelly Mair, the Communications Officer, email eleanor.mair@u3a.org.uk

Let everyone know what you have been doing, your ideas could help other u3as.

NEWS FROM u3as IN NOTTINGHAMSHIRE

MAPPERLEY & DISTRICT u3a

All our groups are now fully functional, some choosing to remain on Zoom for most meetings as it works better for the topic, such as Photography. We started a second Book Group and another Beginners Cryptic Crosswords Group in February. Several members have progressed to the Intermediate Bridge Group making room for yet another Beginners Bridge Group.

A packed schedule during a five-night stay on the Isle of Wight was enjoyed by several members, returning the day before the wind speed of 125 mph was recorded at The Needles. We have a full programme of local and long-distance trips and visits planned for the year.

BINGHAM u3a

A Press Release from Bingham u3a

ADVANCE NOTICE - BINGHAM u3a PICNIC IN THE PARK

On Thursday the 2nd June 2022 between 2 and 5 pm, members of Bingham u3a will be having a Picnic in a local Park to celebrate the 40th anniversary of the foundation of the u3a movement in the UK and also HM The Queen's Platinum Jubilee.

We shall be entertained by a top local band and vocalists and other attractions including a platinum - themed competition.

There will be no charge to members, who will bring their own picnics, drinks, seating etc.

FOR DETAILS OF THE EVENT - Phone Linda on 07855 762 775 or e-mail bingham.u3a.programme@gmail.com

RETFORD u3a

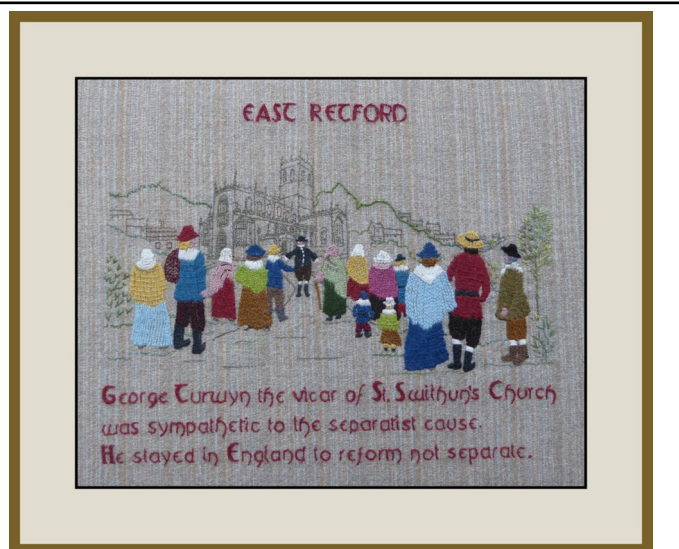
Retford u3a enjoyed a very interesting talk in February given by one of their members, Jenny King, on her involvement with producing five spectacular embroideries depicting the history of The Pilgrim Fathers in our area.

The five Pilgrim Embroideries have been produced over two years by a small group of dedicated needlewomen, based in Retford, Nottinghamshire. The works are in response to the Mayflower 400 project which commemorates the early days of the Separatist movement in this area.

The panels include depictions of the churches and congregations, of Babworth, Scrooby, Austerfield, Sturton le Steeple and East Retford, with text referring to their seventeenth century influential church leaders. Following persecution for their beliefs in England, many travelled to Holland and then America as Mayflower Pilgrims in 1620.

The 70cm x 60cm embroideries, designed by Jenny King, have been completed by Jenny, Janet Archer, Beverley Naylor, Fay Evason and Lynn Hadland, with initial help from other previous members of the Embroiderers' Guild. Construction has been on large frames, and the panels have been taken to many local events, where local councillors and members of the public have been encouraged to add stitches to support a sense of pride in our heritage.

The specially woven woollen fabric, and the wool work techniques used, were greatly inspired by the beautiful Quaker Tapestries housed in Kendal, Cumbria.



The Pilgrim Embroideries will be displayed locally when possible, and then donated to the respective churches in the near future. They have been framed for maximum protection in oak and under glass.

After the talk the members enjoyed studying the intricate stitching on some of the embroideries that Jenny had brought, and one or two purchased the beautifully illustrated book that Jenny has written describing the trials and tribulations involved in the project.

Sue Ross

CALVERTON & DISTRICT U3A



Calverton & District u3a members were in full publicity mode at the 'What To Do In '22' Clubs Fayre in Woodborough Village Hall on Saturday 26th February.

We were one of 25 exhibitors telling everybody about their local organisations – ranging from singing, playing the ukulele, and bell ringing, through to art and tennis.

It was wonderfully well attended with loads of people interested in what our u3a had to offer generally and especially the interest groups.

I would like to think it contributed to the six new members who joined us at our General Meeting the following week.

The event was extremely well organised by our previous Chair, Michael Dobbs. He must have slept for a week after it was all over!

Ken Jones, Publicity Officer



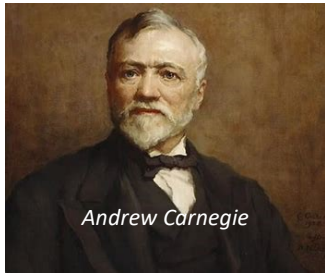
DUKERIES u3a

"Make the most of life by exploring new ideas, skills and interests with Dukeries u3a".

Dukeries u3a members are looking forward to three special events this year. 2022 marks the 30th birthday of the group and celebrations start as part of the Annual General Meeting on 16 May. This will be closely followed by a party celebrating the Queen's Platinum Jubilee on 4 June. Later on, in September, Dukeries u3a will be taking part in the festival week held throughout the country celebrating the 40th anniversary of u3a in the UK.



Now the Covid situation has eased, all activity and interest groups have started up again and social events are happening. Members had a great social night at the Race Night held in Jubilee Hall, thanks go to Stefan, Colin and David for helping to arrange this and practising their maths skills! The Sunday and Tuesday lunch clubs enjoyed meals at Launay's and Rose Cottage in Edwinstowe. There is also good news that the Bowling Group will soon be welcomed back at the Ollerton Bowling Club. The Ramblers recently walked 2 colliery trails starting with the eight-mile Colliery Walk which included the Cresswell Crags historic site. This was followed by the six-and-a-half mile Pleasley Pit Trail. Shorter walks around the Ollerton area continued for the Whatsapp Walkers who walked for about three to four miles.



The speaker for our March meeting was Simon Cork who told members about the fascinating life and work of the great philanthropist, Andrew Carnegie. Serving firefighter Jack Hibbert will visit Dukeries u3a during the April meeting to give advice on home safety specifically tailored to u3a members.

As part of our commitment to engage in the local community, Dukeries u3a members are delighted to be invited to take part in walks firstly by Andy Oxnard, Community Engagement and Development Co-ordinator and secondly by the Friends of Sherwood Heath. Hopefully there will be sunshine at the picnic planned for 8 May at the RSPB site in Edwinstowe. Congratulations are due to members and to organiser Pam for smashing the £2000 mark in collecting for the Lincs and Notts Air Ambulance, the members' nominated charity.

Dukeries u3a follows the u3a motto 'Learn, Laugh, Live' and believe that 'Now is the time to make the most of your life'. We now have 149 members drawn from Ollerton, Edwinstowe and the surrounding villages. Our area is undergoing a large building programme and we have been successful in attracting new members who have moved to the Dukeries area from other parts of the country.

Ann Street, Publicity Officer

NEWS FROM THE NETWORK

Nottinghamshire Network of u3as—u3a 40th Anniversary Celebration

Notts Network plans to hold a grand event during the week of Sunday 18th to Saturday 24th September 2022.

Each day during the week u3as will receive and pass on a 'beacon' and take the opportunity to celebrate the u3a in whatever way they choose. This could include workshops, demonstrations, music and dancing etc.

On Saturday 24th there will be a Grand Finale in the Market Square, Nottingham. This will include a flash mob, local celebrities and the final arrival of the beacons.

We would love it if you can think of innovative ways to transport the beacon. This is an opportunity to publicise your u3a as well as the u3a Movement.

If you have not already done so, please could you confirm your u3a's involvement by email to chrisniven1@yahoo.co.uk



Talking to the public about u3a



How do we engage members of the public at a pop-up stall or an open day? How do we answer questions about the 'U' word or the *T***d Age*? At what point in the conversation do we offer a leaflet? Should we say 'Have you heard of the u3a' or 'Let me tell you about u3a...'?

It all seems so simple until you get down to the nitty-gritty. Fortunately, some very experienced u3a members have created a new, short guide: ***Advice for Volunteers on a u3a recruitment stand.***

You can download the guide by googling ***u3a recruitment.*** This is one of the latest additions to the ***u3a Recruitment and Retention Toolkit.*** There is a link to other guides in the Toolkit which you can find on the u3a national website if you google u3a recruitment.

Paul Martinez, Carlton and Gedling u3a and Chair of u3a Recruitment Working Party.

Mary had a little lamb
Its feet were white as snow
And everywhere that Mary
went
The lamb was sure to go



SMILE OF THE MONTH

There is no such thing as a grouchy old person. The truth is once you get old you stop being polite and start being honest.

LEARN, LAUGH, LIVE