

Message from the Chairman

I was reading the Autumn publication of Third Age Matters and was taken by an article on the secret of the success of the U3A.

The Third Age Trust has published a new report titled Learning not Lonely. It looks at the challenges of making new friends later in life, especially if you are on your own. It listed the benefits that members had identified as; learning new skills, feeling healthier and building confidence, amongst many. As the population demographic changes there is a growing interest in how people in their third age are handling this phase in their lives. There are a number of research projects that are looking at this subject. As the U3A movement thrives and grows we see evidence of those benefits in our groups that we showcased last month, our monthly meetings and the contacts and friendships that are forged in these forums. Our membership continues to grow month on month and our groups are growing. Long may we continue to develop our skills and experience and enhance our general wellbeing. Best wishes *Chris*



Strollers

Unfortunately the Strollers group has not had the best of years. The unsuitable weather conditions in May, June and July led to cancellations. They had a really pleasant walk along the Cromford Canal at Jacksdale in August and also in Wollaton Park in September, with the sun shining. We are hopeful that the last walk in Shipley Park will end the year well, before having a break till next spring. Very best wishes to you all, *Val*



Congratulations to Derrick and Christine Hart, the Interest Group Coordinators. They were married on a very wet day at St Helen's Church, Selston in October. We send best wishes to them for their future life together.

Our U3A group's Christmas meal will take place on
Thursday 13th December
at The DoubleTree by Hilton. (Gateway Hotel)
Cinderhill
Time 12 for a 12.30 pm start.

November Monthly meeting: -

Refreshments Rota: - Yvonne Marsh, Len Marsh, Janet O Neil, Barbara Wigley

Meet & Greeters Rota: Barbara Moir, Pauline Daws, Muriel Barsby

- Set up/Clear away Rota: - Geoff Gration, Peter Hayden, Robert Leam.

Signing in: - Marion Hawley, Marian Chambers

P.A. Team: - Ray Dring, Roger Bacon, Colin McGillivray, Kevin Rockley, Frank Queripel, Terry Marriott.

Dates for the Diary: Meetings are held on the first Wednesday of the Month at St. Mary's Church, Church Street, Eastwood.

Wed Nov 7th at 10 am

Wed Dec 5th at 10 am

Wed Jan 2nd at 10 am

John Stirland – well known gardener!

Christmas celebration with entertainment by Ian Morton.

All refreshments will be provided this year.

Pat Hall - funny anecdotes and experiences.



Featured New Interest Groups

The newsletter will only feature details of new groups and items of news about activities. Latest up-to-date information at: www.eastwoodu3a.org

New Directory A new directory has been published. If you have access to the Internet it can be found on the Eastwood U3A website but if anyone would also like a Directory printed out for them please email newsletter@eastwoodu3a.org or leave a comment on the website. *Margaret Naylor* If you have ideas for new groups, or need further info contact Derrick Hart 01773 717398 or 07840543487. groups.coordinator@eastwoodU3A.org

Group News

5 mile Walkers: next walk Tues 6th Nov meet 10.00 am top right hand corner Morrisons' car park then on to Shipley Park car park (charge applies) Contact Roger Reynolds on 01773 788169.

Micro Brewery Pub Pals: Next meet Nov 8th – The Crown, Heanor. Nov 22nd – Bunny Hop, Langley Mill. Contact Yvonne Carey on 01773 712530.

Coffee Mates: is now full. Next meet 21st Nov at Trowell Garden Centre. Contact Andrea for more info 0115 938 2299

Bird Watching: Meet Thurs. 15th Nov – Kingsmill Reservoir. The contacts for the group are Chris and Paul Millington on 01773 764 943 or 07977 436 471.

Vegetable gardening: Contact Barbara Moore on 01773 770 929. Taking a break until the spring.

Coffee & Co: is now full. Next meet at Pauline's pantry on 28th Nov at 12 noon for Christmas lunch. Contact Barbara Gani 01159468721.

Strollers: next walk Wed 31st Oct at Shipley Park. Meet in the bottom car park at 10-15. Parking charge £3 for 3hrs. Last walk of 2018. Contact Val on 01773 712269.

National Trust: Next meet 12th Nov 10.00 am at the Dog & Parrot. Visits planned for 22nd November – Waddesden Manor. Contact Yvonne Carey on 01773 712530.

Hidden Gems: Spaces for new members. Next meet – Thurs 29th Nov for a get together and planning meeting. Details to follow. Further details contact Linda Rothwell on 07712277962 or email lindarothwell@hotmail.com

Social Outings.

Volunteers still needed to take on the role of organising social events. Further info at main meeting.



City Treasures group latest visit was to Highfields Leisure Park and Lakes. They went on a circular walk of the lake. After crossing the famous stepping-stones they went down the lovely, colourful avenue of different species of trees. The day ended with a lunchtime concert in the recital hall, which featured a selection of jazz standards and original compositions. Full report and photos on the website. *Len Marsh*

Newsletter & Publicity 2019

We are looking for someone to take on this role for 2019 when my 3-year term on the committee ends. If you might be interested please talk to me, training can be given! *Caroline*

City Treasures: Meet Fri 26th Oct at the Sun Inn at 10.00 am. November to be decided. Contact Len Marsh 0115 9321230.

Discovering Nottingham: next meet for a tour of Papplewick Pumping Station on Tues 20th Nov. More details to follow. Contact Barbara Gani 01159468721.



Hidden gems. During a recent visit one of our members, Bob Ford, became the Judge in the courtroom drama of a young starving woman in Victorian times being tried for stealing. The trial unfolded as part of the Hidden Gem's visit to the Justice Galleries in Nottingham. *Linda Rothwell*

New group contacts

Art appreciation - Helen Baker
tel. 01773 710743.

Book group - Sue Draper tel. 01773 717 676 and Pauline Clayton tel. 01773 788366

Computer Drop-in

Horse & Groom, Moorgreen – upstairs, on the 4th Monday each month at 4.00 pm. Do you have a computer, tablet or laptop? Are there things you would like to know how to do? *Bob Ford*

Items or suggestions for the newsletter? Deadline: Mon 19th November, 2018. Contact Caroline Winfield: newsletter@eastwoodu3a.org

Contact Membership Secretary, email membership@eastwoodu3a.org Executive Committee members: EastwoodU3A@gmail.com; Website: www.EastwoodU3A.org