

# Eastwood and District

June 2025

Issue 132



Items for the newsletter should be emailed to  
[newsletter@eastwoodu3a.org](mailto:newsletter@eastwoodu3a.org)

**Deadline for July 2025 newsletter – 17<sup>th</sup> June**



## Monthly meeting

**Date:** Wednesday 4<sup>th</sup> June 2025

**Speaker:** David Templeman

(Nottinghamshire Local History Association)

Speaker Finder: Roger Kidd

## Audio Loop

Please note that audio loops are available at the monthly meetings in the church. Please see the technician's team at the front of the church to the right of the altar for further information. They will be happy to assist you.

## Monthly Speaker Review

We had a very interesting speaker at our meeting on Wednesday 7<sup>th</sup> May. The title was "Barrow to Baghdad and back again" (my career story) by Philip Caine.

Philip's work had taken him to many countries around the world, the last years of which were spent in the Middle East, and we learn how a career that began in Barrow in Furness ended in Baghdad and then back to Barrow.

He started in running hotels, worked on oil rigs, worked in the Algarve desert and a Nigerian jungle. He even had dealings with the KGB and the Mafia! He ended up in Dubai with his wife Sandra and then retired back to Barrow in Furness.

Since retiring in 2015 he has become a novelist and guest speaker. There is a four-part TV series coming out late in 2025 based on one of his books.

An amazing and fascinating career.

Anne Steel

## u3a AGM

### NOTIFICATION OF Eastwood & DISTRICT u3a AGM

The 11<sup>th</sup> Annual General Meeting of Eastwood & District u3a will be held on **Wednesday 4<sup>th</sup> June 2025**.

## Executive Committee Nominations

The following members have been nominated for the coming year:

Roger Kidd (Chairman)

Anne Steel (Vice-Chairman)

Keith Sherwood (Treasurer)

Sharon Dudley

Jerry Jarvis

Janet Lander

Janet O'Neill

Patricia Whelan

## AGM and Committee Roles

We still have a few spaces left for some new members. It is a great opportunity to get to know other members and to feel part of the group.

Committee meetings are held just once a month and we need enough members to cover all the different roles that are necessary for the organisation to run smoothly. It would be good to have someone to organise publicity, and we are also looking for a new Business Secretary. This is not an onerous position, and consists mainly of taking the minutes of each committee meeting, and sending relevant articles to the newsletter.

## Group Contacts

I hope that all is going well with your group, but if you have any queries or issues then please contact us and we will be happy to help you. We would like to put an article in the monthly newsletter of all the groups' activities. Have you done anything or been anywhere that we can share with our members? It can be humorous or just factual. If you don't have anything to report then don't stress, we will be contacting you once a month for any news, if applicable. If you have any photos as well then that would be brilliant.

We also send articles to the u3a Newsbites which covers all of Nottinghamshire's u3as and is published every two months. There is usually a good response and we can put Eastwood on the map!

Look forward to hearing from you.

Group Coordinators:

**Anne, Madeleine, and Sharon**

## Theatre Group

The ever-popular Theatre Group has seen many productions already this year.

February was a one-woman show: **Girls and Boys** by Dennis Kelly. It tells the story of a relationship which starts in a typical way but unravels to reveal shocking truths about what actually is going on behind closed doors. The group found this a stunning, brilliant, intense, gripping and emotional performance by Aisling Loftus.

April's outing was to **Animal Farm** by George Orwell. A fresh interpretation of the classic political fable of treachery and rebellion. A reminder of the dangers of unchecked power. The group found this a powerful, energetic performance and brought back memories of reading the book in school.

May's choice was **A Thousand Splendid Suns** by Khaled Hosseini. This is the sequel to The Kite Runner. The story is set in Afghanistan as the Taliban take over. Life is a desperate struggle against starvation, brutality and fear. It is the story of two women who find themselves unlikely allies. At the time of making the newsletter the group had not yet seen this production.

**Marianne Sparrow**

## Eastwood Festival

We have a stand at the **Eastwood Festival** on **Sunday 6th July** at **Coronation Park** Eastwood.

We require volunteers to man/woman the stand for the following slots:

11am to 12pm

12pm to 1 pm - already covered

1pm to 2pm

2pm to 3pm

3pm to 4pm - already covered.

If you are able to cover a slot, then please contact me (Anne Steel - Vice Chairman). I will be there all day so there will be support.

We have entered the best dressed wheelbarrow competition, so it should be a lot of fun and in a good cause!

**Anne Steel**

[vice.chairman@eastwoodu3a.org](mailto:vice.chairman@eastwoodu3a.org)

## 5 Mile Walks



The image is of 5 mile walkers in Oldmoor Wood for the May walk; this is the 11<sup>th</sup> consecutive blue bell walk.

**Susan Wheatley**



## National Trust

In April the National Trust outing was to Lacock in Wiltshire.



This former nunnery was the home of William Fox Talbot who has been credited with producing the first photographic negative using a photo of his window.



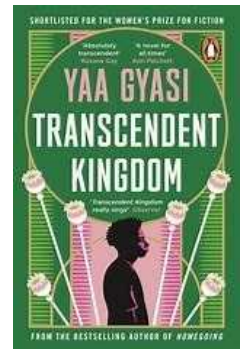
It seems that this trip had a guest appearance from Last of the Summer Wine.



Keith Sherwood

## Book Club

### Transcendent Kingdom by Yaa Gyasi



The story of Gifty, a child born in Ghana but growing up in a dysfunctional family in Alabama.

Her father returns to Ghana, leaving his family behind. Gifty's brother becomes addicted to opioid painkillers following an accident and subsequently dies. Gifty grows up to become a research scientist trying to find reasons for her brother's addiction and mother's depression.

There were 7 members at the May meeting and the book received an average score of 5. The book linked with last month's choice and shared themes included racism and family relationships.

Although the writing style was praised by the group, most of our members did not enjoy the content of the book. Some found it depressing and struggled to read it, half of the group gave up before the end. Some found it hard to take to the characters and did not enjoy the fact that it was written as a series of thoughts and didn't have a flowing narrative.

Some of our members didn't enjoy the scientific details of Gifty's research into depressive illness, particularly the use of laboratory mice as tools for research. Others found it an interesting and challenging read but very different from books that they had read before.

Recommended books:

#### Conclave

by Robert Harris

We talked about this book, which some of the members had read as a book club choice some years ago, in the light of the recent election of Pope Leo.

#### The Other Queen

by Philippa Gregory

The story of the relationship between Bess of Hardwick and Mary Queen of Scots.

**Next Meeting:** Monday 2nd June

**Milkman** by Anna Burns

(Winner of the Man Booker Prize).

Pauline Clayton

## Poetry

### The Runner

I went for a run the other day,  
Running with help from 'Couch to 5K'.  
I'm not keen on running, not on your Nelly,  
It makes me sweaty and sticky and oh so smelly!  
My face glows bright red just like Rudolph's nose,  
My body's a beacon from my head to my toes.  
When my legs start to ache from ankle to thigh,  
I just keep on jogging with a whimper and sigh.  
With support from my family (we're known as Gen 3),  
My daughter, two grandchildren and little old me),  
I run through the stitch, the miles and the pain,  
Pounding the streets in sunshine and rain.  
Then when I get back and stretches are done  
I think to myself, "Well that was good fun!!"  
A hot bath beckons with bubbles galore,  
A fast beating heart becomes slower and slower.  
Two pints of water and a nice glass of wine,  
In no time at all I start to feel fine.  
One or two days to have a good rest.  
The off again running my personal best.

Frances Lomax

## Local History

The topic of our meeting this month was The Eastwood Murder. Our speaker, Helen Baker, introduced us to Sarah Barber, who was found guilty of the murder of her husband Joseph. This was in the 1850s and Joseph was found to have died from arsenic poisoning. Sarah was sentenced to hang, but this was commuted to transportation to Hobart, Tasmania (Van Diemen's Land).

Helen made the topic interesting by giving us an insight into the places in and around Eastwood where Sarah had worked and lived. She was a barmaid at the Sun Inn for a time and lived in Bomfords Row and Church Lane (Street).

Bomfords Row was of particular interest to Helen as some of her family had lived there and a few of our members were able to remember the shops which Helen's family, the Gregorys, owned in Eastwood

It was a very interesting topic, about which you can find out more, either at the library or on line.

Our next meeting will be 9 June 2025 and the subject will be Greasley Castle

Janet Lander

## KnitAid

Knit Picks

Knitting & Mental Health

# Knitting Is a Workout —for Your Brain

*How every stitch strengthens your mind*

Knitting is more than a soothing hobby—it's brain exercise in disguise.

From following complex patterns to tracking rows and correcting mistakes, knitting engages your memory, attention, and problem-solving skills. In fact, a 2011 study published by the National Institutes of Health found that adults who regularly participated in mentally stimulating activities like knitting had a 30–50% lower risk of developing mild cognitive impairment later in life.



Every time you pick up your needles, you're building more than just a sweater.

Knitting helps keep your brain sharp and your mind active—an incredible long-term benefit of a pastime many of us already love. So while you're stitching something beautiful, you're also investing in your cognitive wellness. That's the kind of multitasking we love.

Source: National Institutes of Health (NIH). 2011 – "Engaging in cognitive activities, aging, and mild cognitive impairment."

<https://pubmed.ncbi.nlm.nih.gov/21677242/>

www.knitpicks.com

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Margaret Naylor

## From the Editor

Another bumper issue. Thanks again to all the contributors who take the time and effort to keep us all informed and involved in our many fab groups. We love to hear and see what you have been up to in the groups but also any other achievements you may want to share with us.



Melanie Weston



## Jewellery Group

We had another lovely meeting in May. We managed to make quite a few pieces including earrings, necklaces and bracelets. A lot of these are made recycling beads from charity shops. We had a couple of potential new members who came to try us out. Hopefully we will be seeing them again soon. Here are a few of the items we made this month.



Melanie Weston

## Group Co-ordinators

Anne's Groups		Madeleine's Groups		Sharon's Groups	
1	Creative Crafts	1	Cafe Culture	1	Art Appreciation
2	French Conversation	2	Church History	2	Book Group
3	General Gardening	3	Coffee & Co	3	Canasta
4	History of England	4	Creative Writing	4	Gogglebox
5	Jewellery Making	5	Family History	5	Petanque
6	KnitAid	6	Local History	6	Photography
7	National Trust	7	Spanish	7	Psychology
8	Pub Pals	8	Strollers	8	5 mile Walks
		9	Wine Appreciation	9	War Babies and Boomers
				10	Rediscovering Nottingham

## Group Information

**If you have any ideas for new groups or need further information please contact:**

[groups.coordinator@eastwoodu3a.org](mailto:groups.coordinator@eastwoodu3a.org)

**Art Appreciation:** meet in Brinsley Parish Hall, 3rd Monday @ 10:30 am. **New members welcome!**  
Contact Helen 07535 785061

**Book Group:** 1st Monday @ 11.00 am in Eastwood Library.  
Contact Sue 01773 717676 or Pauline 01773 788366

**Café Culture** meet in various venues on the 2nd Wednesday @ 10.30 a.m.  
Contact Margaret 07828 155 086

**Canasta:** meet in The Hayloft 2<sup>nd</sup> & 4<sup>th</sup> Thursday @11.00am.  
Contact Nina 01773 717 770

**Church History:** Meets in Rumbletums 2<sup>nd</sup> Friday @1:00 pm.  
Contact Marianne 0115 9134077

**Coffee & Co:** meet in various venues on the 4<sup>th</sup> Wednesday @ 11.00 am.  
Contact Barbara 0115 9468721

**Creative Crafts:** meet in Rumbletums 2<sup>nd</sup> Wednesday @ 1-2.30 pm. **New Members welcome!**  
Contact Margaret 07828 155086

**Creative Writing:** meet 3<sup>rd</sup> Tuesday @ 2:00 – 3:30 pm  
**New members welcome!**  
Contact Chris 07891 032300

**Family History:** meet in The Hayloft on the 4<sup>th</sup> Monday 11.00 – 12.30 pm.  
Contact Diana 0115 9169343

**French Conversation:** meet in The Hayloft on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday @ 10.00 am. **New members welcome!**  
Contact Pauline 01773 788366

**General Gardening Club** meet 2:30 – 4:30, 3<sup>rd</sup> Friday April - September @ different member's garden each month.  
Contact Ann on [candamcg@gmail.com](mailto:candamcg@gmail.com)

**Gogglebox:** meet in The Hayloft on the 3<sup>rd</sup> Tuesday 11.00 – 12.30 pm.  
Contact Janet 07889 976342

**History of England:** meet in The Hayloft, 1st Thursday @ 10.00 am.  
Contact Janet: 01773 770183

**Jewellery Making:** meet in The Hayloft 3<sup>rd</sup> Thursday @. 3 10.00-11:30am. **Next meeting Thursday 19<sup>th</sup> June 2025**  
Contact Melanie 07722 177820

## Group Information

**KnitAid:** meet in Rumbletums, Kimberley, 3rd Thursday @ 10-12.00 noon.  
Contact Margaret 07828 155086

**Local History:** meet in Brinsley Parish Hall 2<sup>nd</sup> Monday @ 10:30 – 12:00  
Contact Janet 07889 976342 [janet\\_lander@yahoo.co.uk](mailto:janet_lander@yahoo.co.uk)  
or Julie Matthews 07929 914230 [juliemattuk@yahoo.co.uk](mailto:juliemattuk@yahoo.co.uk)

**National Trust:** meet in The Dog & Parrot on 1st Monday each month @ 10.00 am.  
Contact Yvonne 07951 886195

**Pétanque:** meet in The Foresters Inn Newthorpe.  
Contact Jim 07977 415072 for further information.

**Photography:** meet in Brinsley Parish Hall on 3<sup>rd</sup> Tuesday @ 10.00 am.

**New members, beginners & enthusiasts all welcome.**  
Contact Barbara 01773 786004 or 07977109451

**Psychology:** meet in Rumbletums on the 4th Wednesday @ 1.00 pm.  
Contact Jim 07977 415 072 or Diana 0115 9169343

**Pub Pals:**  
Contact Janet 07961 832 864 or Rob 07845 177500

**Rediscovering Nottingham Group 1:**  
meets the last Tuesday of the month. Starting in June.  
Contact Andrea Sadler on [andreahsadler@gmail.com](mailto:andreahsadler@gmail.com)

**Rediscovering Nottingham Group 2:**  
meets the last Friday of the month. Starting in June  
Contact Linda Rothwell on 07712 277962

**Spanish:** meet on the 2nd & 4th Wednesday 11.00 am - 12.30 pm @ Julie's Tea Rooms. **New members welcome!**  
Contact Paul 0115 9133449

**Strollers:** meet on the last Wednesday from April to Sept.  
Contact Jill on 01773 765735 or 07979 964091  
for further information.

**Walks, 5 miles:** Meet on Tuesday 3<sup>rd</sup> June @ 10.00 am  
Starting from Brinsley Headstocks carpark.  
**New group contact details!**  
*Walk co-ordinators:* Maureen and Heather.  
*New admin contacts:*  
Susan on 01773765484 / 07866 604450 or  
Angela on 01773 786896

**War Babies & Boomers:**  
Contact Ann [warbabies@eastwoodu3a.org](mailto:warbabies@eastwoodu3a.org)

**Wine Appreciation:** meet in The Hayloft @ 7.00 pm on the 2<sup>nd</sup> Monday.  
Contact Chris 07779 375865