



Items for the newsletter should be emailed to

newsletter@eastwoodu3a.org

Deadline for August 2025 newsletter – 14th July



Monthly meeting

Date: Wednesday 2nd July 2025

Speaker: Graham Keal

Subject: Oprah Winfrey Touched My Elbow

After 35 years as a showbiz reporter Graham has many amusing anecdotes to tell about the various celebrities he has met.

Speaker Finder: Roger Kidd

u3a AGM

The committee would like to thank **Chris Niven** for hosting the recent AGM so well, and to **Lorna Stirland** for taking the minutes.

Monthly Speaker Review

Andy Smith was a last-minute booking as our intended speaker had car trouble.

He was warmly greeted by some of the members who recognised him from a previous visit. He performed songs through the decades over the last 100 years accompanying himself on his various guitars and ukulele. Everybody was encouraged to sing along with him.

Andy has been busy writing his autobiography, a book of poetry and making a CD, all of which were available to buy on the day. The proceeds from the sales are to be donated to the hospice where his wife Helen lived. To date he has managed to raise £10,000.

An amazing and fascinating career.

Anne Steel

Volunteers

Signing in : Andrea Sadler, Margaret Naylor

Meet and Greet : Barbara Ingall, Sue Parkin

Setting up : Geoff Gratton, John Armstrong, Ann McGillivray.

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.

From the Editor

Another even more bumper issue. Thanks again to all the contributors who take the time and effort to keep us well informed and involved in our many fab u3a groups. We love to hear and see what you have been up to. Please do feel free though to let us know of any other achievements you may want to share with us.

Melanie Weston

Banner

We are a little puzzled that no-one has seen the banner since earlier in the year. Maybe it has been put away in the wrong place - it seems unlikely that anyone would have stolen it! This is very important for us as part of our regular publicity for our events, and we would like to find it. If you know anything about this, again please contact a committee member and hopefully we can track it down.

Janet Lander

Poetry

Upon Stanton Moor

Whence came those, to dance in a ring
in the bright moonlight of a Sabbath in spring.
Nine young maids from the cots below
all left their beds making sure none should know.
Here the creak of a bedroom floor
and there a quietly closing door.
White night- attired, like a flock of doves
they climbed the hill to the moor above.
About each other they wound their arms
and whispered words of the magic charm.
Eager to call up the names of their lovers,
shy but intent and the night was their cover.
Up and up to the heather moor;
with every step their excitement soared.
At a clearing aside of an old gnarled oak
the nine committed and there betook
to act out the ritual of olden days
In the mystical aura of full moon's rays.
They loosened their linked arms and stood alone
and the swaying began as they dipped and swooned.
Their eerie moonlit shadows played
as ghostly phantoms there portrayed.
Inhibitions fell off and they loosed their hair
and tied their ribbons on the old tree there.
Step by step and slow at the first
they dipped and they reeled though they hardly durst.
But turn on turn the maids became bold
and there their doubts and fears became as cold;
and they whirled and they danced and their loosened hair
became one with their robes as they danced without care.
Now faster they stepped in the mystic rite
and chanted the magic words into the night.
All senses now were as of nought;
they were beings of occult powers wrought.
A sight other human eyes wouldn't believe.
An amazement; a sight far too hard to perceive.
What devils and demons were called forth that night
from nine fair maidens in the full moon's light.
Unknowing the danger of mystical lore,
Unworldly great changes now flashed to the fore.
In the morning their mothers discovering them gone
found them on the moor in a ring, turned to stone.
And even this day comes a girl with a dream
and this ancient tale still holds an appeal;
that the tying of ribbon and the touch of the stones
will reveal to her heart the man, one day, she'll love.

Pat Potter Nov. '22

"Eastwood's Bloomin' Marvellous" 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 **two empty slots**:

11am to 12pm	already covered
12pm to 1 pm	already covered
1pm to 2pm
2pm to 3pm	already covered
3pm to 4pm

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

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

Rediscovering Nottingham

Our first walk was around Nottingham Arboretum, the Art and Design College and Terrace Royal.

Enjoyed by all.

Andrea Sadler



5 Mile Walks

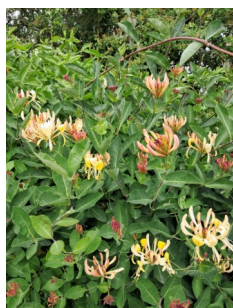
The morning of the 3rd of June started off very wet indeed, but luckily the rain cleared for the start of our walk from Brinsley Headstocks car park. But before we got underway there was a very special ceremony to perform. Roger Reynolds began the 5 Mile Walk group 11 years ago.

He has done such a good job over the years we thought he deserved recognition as he has decided to pass on the organisation and administration. **A massive Thank You, Roger.**



The walk started with a slight detour as there were cows and calves in the field. This meant 3 stiles to contend with, a daunting prospect for those with knees of a certain vintage, but we did it!

We enjoyed the views of Eastwood from the fields and loved the birdsong. All was going well until the cows in one field decided to cross the path we were on. Cows, calves, bullocks and bulls! We had a drinks break hoping they would all move, but they did not. There was a bit of a stand off between Ivan and a calf, but thankfully we eventually all made it through.



A lovely walk through Brinsley meadows following Brinsley Brook to the site of the Headstocks which will at some point be replaced, along with some benches made from the original wood, and a renovated wood carving.

Maureen Ward

Gogglebox

At our June meeting, we discussed **Code of Silence** and **The Assembly**.

A good number of the group had found the plot of **Code of Silence** (iPlayer) to be fairly implausible, and had not persevered to the end. It was felt that the police would be unlikely to allow Alison to proceed with her undercover work with so little training, and that she was far too much of a loose cannon. The more recent **Reunion**, in which Rose Ayling-Ellis also starred, was felt to be a much better story. However, despite these flaws, we all agreed that the programme gave a fascinating and illuminating insight into the life of the deaf community, and some of the issues that they regularly have to deal with. The lip reading scenes were particularly interesting. The ending seemed to predict a second series with Alison as a police lip-reader.

By contrast, **The Assembly** (ITVX) was universally liked and praised. It was an unexpected gem that most of us would not have watched if it had not been for the group. The interviews of celebrities by a neuro-diverse group were frank and with no apparent filters. Most of the interviewees responded very well to a lively and interesting range of questions. Some of them were very personal and the responses were equally honest. Gary Lineker appeared to be uncomfortable at times, and maybe is not so used to "baring his soul" as the other actors and singers. Two celebrities said that it had been the best interview experience they had ever had, and there were some parts that were really moving. This is a format from France, and is now being adopted across the globe by other TV companies. We really hope that there will be a second series.

Next month, we will discuss **The Last Anniversary** and **Death Valley**, both on BBC 1 and iPlayer. Other recommendations are **The Gold** (BBC), **Outrageous** (Udrama) and **Great House Revival** (BBC1) and an old favourite, **Detectorists** (iPlayer).

Janet Lander



War Babies and Boomers

Early Television

As small children, many of us didn't have TV – it was still a luxury item. In 1953, the televising of the coronation of Queen Elizabeth II was the event that brought television ownership to the wider community. The television sets themselves were huge wooden boxes containing complicated valves, knobs and wires, needing an aerial on the chimney, or an indoor one that was moved around to enable us to see small, grainy, black and white images which we thought were miraculous.



Most of our members' households acquired sets by rental, rather than outright purchase. Radio Rentals, Telefusion and others sprang up to meet demand. These companies employed engineers to service them who were often called out when things went wrong. We recalled rolling pictures, interference or a completely blank screen. A tweak, a tightened screw, or a new valve were all that was needed to get it up and working again, until the next time.

There was only one channel – BBC, which was only on for limited times during the day. As I recall, they came on for an hour mid-afternoon for Watch with Mother; Andy Pandy; Muffin the Mule; Rag, Tag and Bobtail; Bill and Ben; The Woodentops.

The channel came on again at five for school children's programmes. These were mostly fun educational programmes to do with exploring zoos and wild animals with Johnny Morris; art projects – drawing, painting, creating models and animations. There was even one called Why Don't You Turn Off the TV and Do Something Interesting, remember? And then came Blue Peter and Crackerjack.

Evening programmes commenced at 7pm with the news, followed by a serial called 'The Groves' – along the same lines as The Archers radio serial, but on TV. (I remember this particularly because I had been sent to bed early one night for being naughty and screamed because I was missing The Groves.) There were serious programmes like Panorama, and serious people like Malcolm Muggeridge until 10pm when, after the National Anthem, the service was suspended until the following day.

Sport was covered on Saturdays, and Songs of Praise and a Dickens drama on Sunday.

Everything became more exciting when a second channel, ITV, was launched. We had Play School and the ITV alternative Rainbow, and Maggie vied with Blue Peter for viewers. New cartoons: Tom and Jerry; Top Cat; Popeye; Mickey Mouse were shown, and adventures – The Three Musketeers; Black Beauty; William Tell; Robin Hood; Ivanhoe; The Secret Garden.

After the sport (remember the Wrestling on Saturday afternoons?) and Songs of Praise, weekend television became a competition to attract teenagers to the early evening slot: Top of the Pops; Juke Box Jury (David Jacobs and Janice (Oil give it 5) Nicholls); 6-5 Special; O Boy; Ready, Steady, Go.

We were given serials: Emergency Ward Ten; Dr Kildare; Rawhide; Bonanza. Quiz shows: Take Your Pick; University Challenge; Give Us a Clue; Play Your Cards Right. Variety: Saturday Night at the London Palladium; The Black and White Minstrels; The Two Ronnies; Morecombe & Wise; Val Doonican. Very British Comedy: The Rag Trade; Steptoe & Son; On the Buses; George & Mildred; Rising Damp; Hi di Hi; Open All Hours; Dad's Army and Some Mothers do 'Ave Em.



Everything stopped on Sunday evenings (even some church services were rearranged) when The Forsyte Saga was shown, then Poldark; When the Boat Comes In; and The Onedin Line.

Familiar faces read the news: Michael Aspel, Moira Stewart, Richard Dimbleby; Reggie Bosanquet and Richard Baker. And told us the weather forecast: Bert Ford; Ian Gaskell; Barbara Edwards; Michael Fish, and John Kettley.

Things have progressed a lot since those early days of television. We have far more channels, far more choice, but the quality of those early programmes will keep many of them in our memories long after these present-day offerings have faded.

Ann McGillivray

Local History

At our June meeting, we had a very interesting talk about Greasley Castle, given by Liz Allen.

It is not widely known that in medieval times, Greasley was a large and thriving community, clustered around its castle. She explained how she had been recruited as an amateur, and that subsequently the project was assigned to Triskele Heritage, who carried out an enhanced Level 2 buildings archaeology survey, focusing on the ruins and farm buildings at Greasley Castle Farm. Unfortunately, further work has not yet been authorised and some ambitious plans, including an education centre and café have been shelved for the time being.

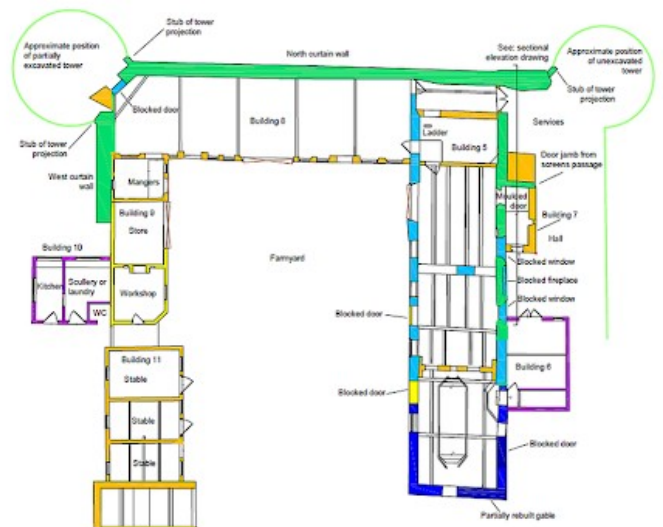
The survey showed that originally the site had a large courtyard castle, which could have surpassed Haddon Hall in size and opulence. It also uncovered evidence of corner turrets, a great hall, and impressive stonework. The site is mentioned in the Domesday book (Ulfi, a Saxon) and the ownership of the estate was given to William Peveral in 1066. In 1340, its owner, Nicholas Cantelupe, was given permission by Edward III to crenellate the manor house (add turrets and battlements, to look like a castle).



Haddon Hall



Entrance at the front



Plan of castle



Arch to the Great Hall, in the farm

The subsequent owners of the castle suffered various misfortunes – William la Zouch was killed at the battle of Bosworth; John Savage was accused of murder; and Arthur, Lord Capell was beheaded in 1649 as a Royalist. More recently, it is owned by a private family.

Finding out more about the history of the castle is problematic, since contemporary sources differ – one calling it a “roofless ruin” and another relating that it was leased for a year in the mid 18th century for £1,700 per annum. It is not clear how it came to be demolished, and only an organised archaeological dig could answer some of these questions.

Janet Lander



Heat Exhaustion -

when the body overheats, but it can cool itself down

Look for

- tiredness, dizziness and/or weakness
- headache
- muscle cramps
- feeling/being sick
- heavy sweating
- intense thirst
- fast breathing
- high temperature

Action

- move to a cooler place in the shade
- remove all unnecessary clothing
- drink a cool drink (not alcohol)
- cool skin – spray or sponge with cool water
- stay with them

Anyone affected should start to cool down and feel better within **30 minutes**.

If you are concerned about symptoms, or they are worsening, contact **NHS 111**.

In an emergency, or if you think someone has heatstroke, dial 999.



HEAT-RELATED ILLNESSES



Heat Exhaustion

Heat exhaustion occurs when the body overheats, but it can cool itself down. It does not usually need emergency medical attention if it cools down within 30 minutes.

Look for

- tiredness, dizziness and/or weakness
- headache
- muscle cramps
- feeling/being sick
- heavy sweating
- intense thirst
- fast breathing
- high temperature

Action

- move to a cooler place in the shade
- remove all unnecessary clothing
- drink a cool drink (not alcohol)
- cool skin – spray or sponge with cool water
- stay with them

Anyone affected should start to cool down and feel better within **30 minutes**.

If you are concerned about symptoms, or they are worsening, contact **NHS 111**.



Heatstroke

Heatstroke occurs when the body is no longer able to cool itself down and its temperature becomes dangerously high.



Look for

- still unwell after 30 minutes of resting
- loss of consciousness
- very high temperature
- confusion
- lack of co-ordination
- fast heartbeat
- fast breathing or shortness of breath
- hot skin that is not sweating
- seizures

Action

Heatstroke is a medical emergency.

- dial 999 and then try to cool them down
- move to a cool place
- remove all unnecessary clothing
- cool skin – spray or sponge with cool water
- put them in the recovery position if they lose consciousness while waiting for help
- stay with them



In an emergency, or if you think someone has heatstroke, dial 999.

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	Rediscovering Nottingham
		9	Wine Appreciation	9	5 Mile Walks
				10	War Babies and Boomers

Group Information

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

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 2nd & 4th Thursday @ 11.00am.
Contact Nina 01773 717 770

Church History: Meets in Rumbletums 2nd Friday @ 1:00 pm.
Contact Marianne 0115 9134077

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

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

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

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

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

General Gardening Club meet 2:30 – 4:30, 3rd Friday April - September @ different member's garden each month.
Contact Ann on candamcg@gmail.com

Gogglebox: meet in The Hayloft on the 3rd 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 3rd Thursday @ 10.00-11:30am. **Next meeting Thursday 17th July 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 2nd Monday @ 10:30 – 12:00
Contact Janet 07889 976342 janet_lander@yahoo.co.uk
or Julie Matthews 07929 914230 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 3rd 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 4th Tuesday of the month. Starting in June.
Contact Andrea Sadler on andreahsadler@gmail.com

Rediscovering Nottingham Group 2:
meets the 4th 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 1st July @ 10.00 am.
Walk starts from Bramcote Park 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

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