

Newsline April 2025 (Public Version)



The weather is better and the Short Walks Group has started walking again. Here we are enjoying the exercise.

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Newsline No 65 April 2025

Please email articles and pictures to the Newsline team by 10th April to ensure inclusion in May 2025 edition.

su3anewsline@outlook.com

Items that arrive after the 10th will be carried forward to the following month's edition.

Group news is of particular interest to existing and new members and an excellent opportunity to review and

promote your group.

Updates on social activities are also good to see, such as the coffee mornings at Southwell Garden Centre or Sunday lunch groups. We now have space for some 'Letters to the Editor'.

PLEASE remember to include your email address; a telephone number is optional. Thank you.

Anne , Editor



Do you enjoy all the activities you do with Southwell u3a? Do you take an active role, as a volunteer in an Interest group, or on the Committee, organising social

events, helping with membership, or refreshments? If not, why not?

The u3a movement is successful because it is completely run by volunteers. We have no money to keep us going from local Councils or national Government. So volunteering is at the heart of everything we do. I know how grateful we all are to those members who help in any way.

Volunteering is:

- ⇒ Fun
- ⇒ Satisfying
- ⇒ A means of making new friends
- ⇒ Confidence building
- ⇒ A way of feeling useful
- ⇒ A different way of learning new skills

Some of our active members have been involved for many years and may be considering passing on the baton. Are you a newer and younger member? How could you help? We need your energy and enthusiasm! Having new members join our Committee recently has been wonderful but we need more.

Succession planning is vital and members are needed to join us with a view to taking on more responsibility in due course. Please contact me or any Committee member to find out more about what is involved.

And now something that everyone can do – please have a good look at our website. We are thinking about a considerable revamp and would like to know your views. Is your group page up to date? Is information easy to find? What else should be available? Our webmasters have been doing a wonderful job but cannot do it without the help of members. Do you use social media and have you joined our Facebook group? We also have a Facebook page publicising our activities to the wider world.

Thank you in advance!

Jean

In Brief!

Our April meeting is **Tuesday, 1st April 10.00hrs at Southwell** Leisure Centre. The Speaker will be Bernard Bale talking on the subject of 'About today/ today's world'. Please remember to bring your own mug for coffee/tea so we can do our bit for the environment!

SHORT COURSES AND WORKSHOPS FOR 2025

Three upcoming free workshops for Southwell u3a members.

10th April Fire Safety this will be a presentation by officers from Notts Fire and Rescue service at Southwell Rugby Club from 10am, with time for questions, approx. one hour.

22nd May First Aid by British Red Cross although this is currently full I am willing to take names for a waiting list in case of cancellations and for future workshops. This will be from 10.45 to 12.15 at Southwell WI hall.

14th August Co-op Legal Planning Dept talk entitled “ Tax, Care & Toy Boys” this will cover topics:

Protecting your home and savings – for many people, one of the biggest worries as they grow old is being able to give their family a helping hand and make sure that when they die what they have worked all their life for goes to the people they love the most. Care fees can have a significant effect on this and we'll explain how it works and what steps you can take to protect your estate.

Inheritance tax – we can help to explain how people can be impacted and some simple steps to take that may reduce the burden.

Sideways disinheritance and blended families – re-marriage of a surviving spouse can inadvertently result in the new spouse inheriting everything whilst the children from the first marriage get nothing. With blended families being more commonplace today it is never more important to take steps to ensure your chosen beneficiaries inherit. We will explain how.

Lasting Powers of Attorney – No one wants to think about what will happen if they become unable to make decisions themselves through illness, an accident or old age. However, thinking about this now and planning ahead will remove the burden from your family and help reduce the stress and cost to your family at a very difficult time.

For all the above contact: Jane

SHORT COURSES AND WORKSHOPS TABLE FOR 2025 (1 of 2)

SUBJECT and BRIEF DESCRIPTION	LIKELY DAY, DATE and VENUE	COURSE/WORKSHOP LEADER or CO-ORDINATOR and CONTACT DETAILS
AN INTRODUCTION TO THE SOLAR SYSTEM A two-session PowerPoint course about the eight planets and sun of our solar system, including history, appearance, properties, moons and space flights.	3 rd and 10 th April 10:00am – 12:00 noon Southwell Library	Richard
HOME FIRE SAFETY One hour presentation on fire safety by an officer from Notts Fire and Rescue, followed by an opportunity to ask questions.	Thursday morning in April. Date TBC Southwell Rugby Club	Jane

SHORT COURSES AND WORKSHOPS TABLE FOR 2025 (2 of 2)

SUBJECT and BRIEF DESCRIPTION	LIKELY DAY, DATE and VENUE	COURSE/WORKSHOP LEADER or CO-ORDINATOR and CONTACT DETAILS
WHAT HAVE THE ROMANS EVER DONE FOR US? An outdoor conducted tour of a Romano-British “country house” including pictures and artefacts from the excavation. Maximum 10 places	20th May at 10:30 – 11:30am <i>Given high demand, Extra Date:</i> 27th May (same time) Higgons Mead and the Minster, Southwell. Mainly outdoors	Stephen
BASIC FIRST AID Two-hour training session in basic first aid for emergency and everyday purposes provided by British Red Cross.	May and September. Dates TBC Southwell Venue TBC	Jane
SKETCHING OUTDOORS Sketch outdoors in Southwell. Talent? It doesn't matter – just come along and have a go! Just bring a pencil; paper provided.	July, date TBC Outdoors in Southwell Location TBC	Sheila
INTRODUCTION TO FAMILY HISTORY Where to start collecting info, use of internet websites and family history programmes. Registration of births, deaths and marriages, census and parish records.	November, dates TBC Southwell Library	Martin

TIME FOR SOME TARGET PRACTICE!!



And now for something completely different! As part of our programme of short courses and workshops, Sherwood Archers will be putting on an archery lesson for Southwell u3a members at Maythorne Cottage Field, off Lower Kirklington Road, in Southwell. Members will get an hour's tuition in the sport from experienced members of Sherwood Archers. It will be very much a hands-on session, even if it doesn't quite turn you into Robin Hood by the end of the hour!

The session will be held at 10.00am on Sunday 29th June and will be limited to twenty participants. However, if there is greater demand, it may be possible to run a further session. No previous experience is required and disabilities can usually be accommodated. Sherwood Archers will be charging **£12.50** per person for the session – details of payment methods will be sent to participants.

If you would like to take part, please send me an email at drbrianplatts@hotmail.com and full details will be sent to you nearer the date.

Brian
Groups Co-ordinator

GROUP NEWS

New Groups

Mahjong

Following a successful taster session, we have started two new Mahjong Groups. There are a couple of places available in both the Wednesday morning group and the Thursday evening group.

If you are interested, please contact: Helen

STROLLERS AND SHUFFLERS!

An opportunity to join the new SAS group.

If you want to join a walking group that goes at a leisurely pace and a maximum distance of three miles, this is the group for you.



The **Strollers And Shufflers Group** will explore the pavements, lanes, and footpaths in and around Southwell. Obstacles such as stiles and mud will be avoided. All you need are suitable clothes and comfortable footwear as well as a walking aid if necessary.

Walks will start from one of three free car parks – leisure centre, near the scout hut or the Southwell Trail. Initially they will be once a month, the first Friday, with a view to other times depending on interest from members.

If you are interested and would like to know more about the group, please contact Carolyn

Astronomy

This year we have used our group meetings to study celestial bodies close to Earth. We began by looking at our 'neighbour' the Moon then followed up with an in depth study of the Apollo missions, including of course the famous first ever Moon landing. In March we then moved onto the 'red planet' Mars, recently explored by the rover Perseverance and the helicopter Ingenuity. In April we will go on to explore Earth's 'twin' Venus, whose development as a planet ended up being so very different.

Over the last 50 plus 9 years space technology has advanced at an incredible rate, with new amazing (even unbelievable) facts being discovered regularly. As a group we try to keep up-to-date and to collectively share our knowledge.

We meet on the fourth Thursday of every month from 10am to 12 noon in the back room of Southwell Library.

The dates of the next few meetings are 24th April, 22nd May and 26th June.

We try to cater for beginners by not making the sessions too technical but with enough content to stimulate the more knowledgeable.

After coffee the audience get the chance to ask questions, comment or offer views, which is, I think, an important part of our sessions.

I hope to see as many people as possible at the next meeting.



Venus above the clouds and through the clouds

Richard

COME DINE WITH US RECIPE**LENTIL AND BACON SOUP Serves 4**

This soup was so tasty that we'd finished it all by the time I thought to take a photo – hence the empty bowl! Lentils are grown throughout the world and used in many cuisines. Surprisingly, Canada is the biggest producer (no doubt the Donald will soon be imposing tariffs), followed by India and Australia. In the latter, varieties called Nipper, Cobber, Digger and Boomer are grown – not joking!

**Ingredients:**

50g smoked back bacon, fat removed and finely chopped
1 medium onion, finely chopped
1 small red pepper, finely chopped
1 tbsp oil
1 litre chicken or vegetable stock
1 small sweet potato, peeled and finely diced
1 garlic clove
150g dry red lentils
large sprig of thyme
1 or 2 bay leaves
salt and freshly ground black pepper

Method:

1. Heat the oil in a large saucepan. Add the chopped bacon, onion and red pepper. Cook on a low heat for about 5 minutes, or until the onion and pepper have started to soften.
2. Boil a kettle and use the hot water to make your litre of stock. If using fresh stock, bring it to the boil in a separate saucepan.
3. Add the sweet potato, garlic and lentils to the bacon and vegetables. Stir for a minute, then add the just-boiled stock and the herbs.
4. Season with salt and pepper. Return to the boil, then turn down to a medium heat, cover and cook for 15–20 mins, or until lentils tender.
5. Remove the herbs and check seasoning. Blend using a stick blender, although you can leave the soup as it is, if preferred. Garnish with anything you have to hand, such as a few leaves of parsley. **Enjoy!**

Southwell u3a Concert Coaches – Royal Concert Hall, Nottingham



Booking is now opening early for the final two concerts of this season to which normal prices of Band C £35, Band B £37 and Band A £41 apply. I expect these to be extremely popular and so early booking is recommended.

I will be at the April 1st Monthly Meeting to accept orders, cheques and credit card payments for both. I will also be at the May 6th Monthly Meeting when I would hope to finalise bookings for the June 3rd concert. I am away again during May and will have limited time at the end of the month to sort out tickets and the coach.

Thanks to everyone, new and old, who has supported the “Concert Coaches” this season, it has been highly successful and hugely enjoyable

Roger

Friday 2 May 7:30pm

The Hallé

Marta Gardolińska	conductor
Alena Baeva	violin
Copland	Appalachian Spring
Barber	Violin Concerto
Dvořák	Symphony No. 9 ‘From the New World’

Tuesday 3 June 7:30pm

The Hallé

Kahchun Wong	conductor
Nardus Williams	soprano
Susan Bickley	mezzo soprano
Nicky Spence	tenor
William Thomas	bass

Hallé Choir

Wagner	Overture: Tannhäuser
Beethoven	Symphony No. 9 ‘Choral’

Roger

The Booking Form is on next page.

Southwell u3aConcert Trip Booking Form

(This is available on the Members' version of Newsline)

COFFEE MORNINGS

Southwell u3a enjoy fortnightly coffee mornings at Southwell Garden Centre, Fiskerton Road. They are very popular and open to all members. It is an opportunity to have a chat and a coffee. Do come along at 10:30hrs on the 2nd and 4th Thursday mornings of the month. The April get togethers are on the 10th and 24th. There are usually one or two Committee members present for you to talk with. It can help other members if you remember to bring and wear your u3a lanyard.



ANOTHER AMAZING OFFER FOR u3a MEMBERS!!!!

DISCOUNT AT LASANI, SOUTHWELL!

In the mood for a curry? **Lasani**, on Church Street Southwell, has agreed to give Southwell u3a members a 10% discount on their bills (food **AND** drink) at their 'Contemporary Indian Brasserie'. You will need to show your membership card when you order your meals and drinks and the discount will only apply to u3a members in your party. The discount is on offer all week but not for takeaways, which are already discounted. **Enjoy!**



CREATIVE WRITING GROUP

Winter

She sat all afternoon
Gazing at the steel grey sky,
Alone in her front row seat
By the window,
Living in the winter day,
Watching the insouciant blue tits
Skittering across
Her small, green garden,
Before taking flight
Into the cherry tree.

The cherry tree,
Naked,
Reaching skywards,
A clear silhouette in the greyness,
Offered a trembling perch
On its most fragile branches.

Straining her eyes,
Leaning forward, she espied
The green shoots of her
Beloved daffodils,
A tiny snowdrop
Fiercely committing itself
To being there.
She smiled, unclasped
Her old, gnarled hands
And felt alive.

She watched the little girl next door
Skip past her gate,
Cosy in her hat and scarf,
Muffled up against the cold,
And waved,
Wishing she too could skip
Away the cold,
Be a bright light
In the chill, grim grey.

Slowly the sky darkened.
Evening came.
Leaning forward,
She joined the darkness,
Resolutely
Looking for the first star,
The silver slice of moon,
Following the rhythm
Of the winter's day.

No need of light now,
It will come again tomorrow,
And tomorrow.
She closed her eyes
And listened to
The silence.

(c) Anne Wells

January 2025



Croquet Group



croquet group and enjoy a fun filled afternoon each summer month?

Contact: Elaine

Medium Walks Group



Our Medium Walk group undertook a 6.5 mile ramble through the Lowdham and Epperstone areas on the 26th February. Luckily the weather was much drier than forecast but conditions underfoot were generally muddy. We enjoyed some good views and signs of Spring with drifts of snowdrops. We finished with an excellent pub lunch at the Springfield Inn.

Mike

We would like to encourage new players to come along and join us this coming season. No experience needed, as helpful guidance will be given. Thank you to all the new members who have already made contact. Our start date for 2025 is on Monday 14th April 13.45hours to 16:00hours.

Croquet is a game which promotes gentle physical exercise alongside the mental stimulation of tactical play, which is a perfect sport for our u3a membership. Flat shoes must be worn and all the equipment is provided. Please bring along your own mug. Much fun and laughter is shared during our refreshment break. Parking is at the Sportsground, Cookes Lane, Morton and the three well maintained lawns of Southwell Croquet Club are opposite. £10 lawn fees payable on the day. Why not come along and join our

Photography Group



The modern digital camera is an incredible device and most of us only use a small fraction of its potential.



We normally meet at Southwell Library on the second Tuesday of each month at 2pm. This month we looked at some Snapseed pictures, a free photo editing package particularly suited to phone pictures. Then those who understand Snapseed tried to explain it to those of us who are still struggling. Our leader then continued his attempts at getting us to use the manual settings on our cameras rather than just use Auto and let the camera do the work, by explaining auto focus, metering, and exposure compensation.

Photography Group cont'd

With longer days and signs of spring, we started to plan our on location programme for the year. We'll be starting with a new bluebell site, and maybe a bird sanctuary. We try to get out as much as possible and to go to a wide variety of photogenic places.

We cover a wide range of expertise and equipment, we are a genuine self-help group and support each other whatever level of skill and model of camera or phone that we have. If you've got a phone you can be a photographer – you don't even need a camera!

While the group is full, we can normally take on a few new members, if you are interested get in touch with our Leader,

Graeme

Psychology Group

LET'S GIVE THE BRAIN
SOME LOVE!



What do you call a human skull without a hundred billion neurons? (Answer at the end of this article).

Our new Psychology group has now met a few times and we are enjoying

learning together, we are discovering that the brain is amazing.

The brain is the organ of the mind; we're studying its structure and the neuroplasticity of the brain.

Every time you recall a memory or have a new thought, you create a connection in the brain; even in older age a process of neurogenesis produces new brain cells.

The brain is the seat of intelligence, initiator of body movement, interpreter of the senses and controller of behaviour.

So it's important to give the brain some love by taking care of it.

Group members do their own research, using the library, Google and A.I. then do a presentation to the group, followed by light hearted discussions. Some of the topics we hope to cover are–

- Personality types, learning styles, attachment theory.
- Life issues such as grief and loss, anxiety, stress, addictions, eating disorders, dementia,
- Gender issues, media, relationships, sleep and dreams, transitions in life, neural divergence and phrenology.

We also plan to explore Mindfulness.

GROUPS cont'd

Psychology cont'd

We will get familiar with the work of some of the well-known Psychologists such as Freud, Berne, Piaget, Pavlov.

It's not heavy stuff and we keep it fun.

We meet on the second Tuesday afternoon of the month.

There are a few spaces if this sparks your brain.

We meet on the second Tuesday

Answer: A no-brainer!

Georgina

Social Bowls

The Social Bowls group play on Friday afternoons from 2pm to 4pm from April 25th to September 19th. We have a core of regular bowlers but would welcome some new members. You are welcome to come along and have a go to see if you like it.

The aim of the group is to have a friendly, informal game of bowls, to have fun playing the game; it is not all about winning! We draw teams from a hat, so you end up playing with different people each week.

Members can borrow bowls from

Farnsfield Bowling Club if they do not have their own. You just need to wear flat soled shoes, so as not to damage the grass. We charge £3 per session which goes to Farnsfield Bowling Club for the use of their green and equipment.

For those who have never played



before we will do beginners' sessions on Friday 25th April and Friday 2nd May at 1.30pm at Farnsfield Bowling Club.

Information about the group can be obtained from the group leader,

Nadina

Theatre Group



Theatre Group post-Christmas lunch at the Full Moon, Morton.

If you are interested in joining our friendly group please contact:

Pam

company, and the thrill of winning. It was such a success we are thinking of organising another day in the summer months.

The next trip being organised for you is to Wentworth Woodhouse, Rotherham, South Yorkshire. This house has a long history, it was featured in the book Black Diamond and boasts the longest façade of any house in Europe. The date is Thursday 19th June with the cost being approximately £40, which includes the cost of the coach. Tickets will be sold at the April Monthly meeting and thereafter by email.

Madeline

Trips and Social Events

Several Southwell u3a members had a



very successful and enjoyable day on Monday 3rd March, organised by Madeline Oliver and Rosemary Milton from the Trips and Social Events Committee, the sun shone and there was a lovely atmosphere, good



SOUTHWELL u3a TRIP BOOKING FORM

(available on the version for members)

Visit to Materials Recovery Facility Veolia

Need to know how to best use your recycle (silver) bin?

Learn what to put in and what **not** to put in it.

An informative lecture and sorting exercise followed by an optional inspection of the facility from on high, up a two-floor flight of steps.

Biscuit and beverages courtesy of Veolia.

Dates:- April 10th Thursday morning 10am max 15 attendees

April 15th Tuesday afternoon 2pm max 15 attendees

Please contact: (Members only)

INTEREST GROUPS MATTER

**Do you lead an interest group?
Would you like to lead/convene/facilitate a group?
Are you a groups co-ordinator?**

Find out more and join our exciting **FREE workshop on
Monday 23 June 2025
10 a.m. until 12.45 p.m.
at the Newstead Community Centre
Tilford Road, Newstead Village, NG15 0BS**



Programme:

- **Presentation on organising groups**
- **Break out groups**
 - **Music**
 - **Science**
 - **Walking**
 - **Group co-ordinators**

If you would like to join us please contact Margot Gale giving your full name, email address, your u3a and preferred break out group:
margot.nottsnetwork@outlook.com

Learn, laugh, live

OUR MARCH SPEAKER

In March we heard from Andy Smart about the life and times of Albert Ball VC. He was the very best of our fighter pilots in the First World War, received two DSO medals (the first time this had ever happened) as well as a posthumous VC.



We heard about his life from school days to the beginning of the First World War. He signed up with the Sherwood Rangers and was sent south but was anxious to get into the

action in France. Making no progress in the army with this ambition he went to Hendon and spent his own money to train as a pilot. He was accepted into the Royal Air Corps and during the war spent the time in France where he became famous for shooting down 42 German aircraft before his plane crashed. He was buried by the Germans with full military honours in 1918.

Our speaker next month is Bernard Bale who is talking about today's world.

Southwell u3a Speakers for 2025

6th May	Caitrin Rutland	Genetics
3rd June	Janine Buckley	Nottinghamshire Pit Ponies
1st July	Alastair Littlewood	Tales From The Vikings
5th August	Gareth Howells	The Treasure Trove — A Medieval Mystery
2nd September	Rev. James Woolford	Musician, Comic And Magician
7th October	u3a Astronomy Group	Birth And Death Of The Universe
4th November	Roger Browne	Great American Songbook
2nd December	Christmas Party	

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The Hearty Goodfellow in Southwell has agreed to give a 10% discount on all food (NOT drinks) to Southwell u3a members. Lunch or dinner. **EACH** member must show their own current u3a membership card **before** ordering to get their **INDIVIDUAL** discount.

COURSES AT SOUTHWELL LIBRARY

Inspire are running several stimulating courses at Southwell Library.



If you are interested, explore their website. www.inspireculture.org.uk

Useful websites

Southwell u3a website is <https://www.southwellu3a.com>

National u3a website is <https://www.u3a.org.uk>

Southwell u3a members Facebook page is <https://www.facebook.com/groups/southwellu3a>

Community News

Southwell Town Council website is <https://www.southwellcouncil.com>, council office admin@southwell-tc.gov.uk or 01636 816103

Nottinghamshire County Council website is <https://www.nottinghamshire.gov.uk>

You can contact Notts County Council customer service team via 0300 500 8080

Customer service opening hours: Monday to Thursday: 8:30am to 5pm Friday: 8:30am to 4:30pm

Newark & Sherwood District Council website is <https://www.newark-sherwooddc.gov.uk>, customerservices@newark-sherwooddc.gov.uk 01636 650000