

Newsline May 2026



u3a

Southwell

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I hope you all had a good Easter, whether that was at home with family and friends or travelling away somewhere. If the latter, then I trust it wasn't affected by fuel shortages or new border restrictions meaning long queues through immigration. I used to travel a lot with work and I think my record was on one particularly bad Sunday evening arriving into Chicago O'Hare Airport when it took well over three hours to clear immigration!

I know many of you were on grandparenting duties over the Easter break, and an article in the paper this week reminded me of one time we left our own daughters with my parents over a holiday period.

Having been on the market since 1828, Gentleman's Relish is being discontinued by its manufacturer. For those of you who've never had it, Gentleman's Relish was a Victorian recipe of anchovy fillets, rusk, butter and a secret selection of herbs and spices. It was commonly served on toast, and Nigella Lawson claimed it was one of the ten foods she couldn't live without.

Similar to Nigella Lawson, my dad was also a great fan of the spread. My dad, bless him, had many great assets but

culinary expertise wasn't high on the list (although he did make an excellent "bubble and squeak"). He once used a whole industrial sized catering tin of tomato puree to make a bolognaise – there were many adjectives you could have used to describe the result but edible wasn't one of them.

On this particular day, he was in charge of looking after our two daughters (who were about 8 and 6 years old at the time) and our niece who was a few years younger. He decided he was going to take them out for a picnic.

For our niece he made some cheese sandwiches. For our two daughters (as they were slightly older so had a more mature taste) he made his favourites that he could share with them. As such, they were treated to either Gentleman's Relish and boiled egg or corned beef and mustard sandwiches.

The article in the paper had lots of people saying how sorry they were to see the relish disappear from sale – I know of two people who are glad to see the back of it! Our daughters were horrified that he would think it might also be their favourite and that they wouldn't have preferred the cheese sandwiches. The next time they went to stay we were given strict instructions to "let grandad know no more Gentleman's Relish!".

Perhaps it's an idea for the "Come

FROM THE CHAIR (Continued)

Dine with Me" group to come up with a recipe using long lost foods from childhood. Now if that included "Butterscotch Instant Whip" as dessert you can count me in...

As usual, Newline contains lots of

news about upcoming events including details of the Mid-Summer event to celebrate our 20th Anniversary. We hope to see many of you there.

Mike Freemantle, [Chair](#)

REFLECTIONS FROM THE PAST.....

(Previous Chair)

This is the third in our series of articles by previous Chairs of Southwell u3a, as we celebrate our 20th anniversary year: This time we travel back to 2012 - 2015. What were YOU, dear reader doing then? Who was the Chair?

Think of a Word.

Frustrating, dutiful, tedious, joyful, demanding, interesting, annoying, supportive, satisfying. There may be others but these are some of the emotions that were evoked in me during my time as Chair of your u3a.

I went to my first committee meeting in April or May. By August I had become Chair. We had a new Treasurer, Howard Godrey, who was destined to play a key part in the developmental process.

Southwell u3a at this time was in a state of flux. It had started about five years earlier, and the early chairs and committee had, quite correctly, concentrated on getting group activity, trips and socials to as high a level as possible. It was successful,

there were already about 400 members and it was growing.

Frustrating... because we were a large and successful u3a which needed to be organised and given a structure to work in. Being typical of all members of the human race, change was not always welcomed. I had quite a few heated discussions with group leaders and social organisers.

Dutiful... because I felt that I was giving back to the organisation and local community.

Tedious... because some of the structure that we were trying to impose, was resisted. Our argument that this was for individuals' protection was washed over. We had to go back and reiterate the need for an integrated system that protected organisers and participants alike.

Joyful... It was a really happy experience despite the resistance to change. Everyone was polite and

helpful, if not always agreeing with what we were trying to do.

Demanding... There were occasions when it seemed like the telephone would not stop ringing with enquiries from group leaders and committee members. Adding the extra duties of Chair to my group leader commitments kept me quite busy. As caravanners, my wife and I certainly spent less time away in the caravan during my three year stint.

Interesting... As Poiret would say, 'my little grey cells were exercised' from time to time, trying to solve the problems that were thrown up by the organisation.

Annoying... Usually by an external organisation, such as our bank. The committee, guided by our new treasurer, decided that it would be a good idea to open a new account for the group leaders to use. The groups account. Simple. Our bank had a branch in town, at the time. Let's go and do it - multiple forms, visits to the bank almost weekly, replacement

forms because the bank had lost the originals, and SIX months later we had the Groups account up and running!

Supportive... I never came across anyone in the u3a who was not helpful. Criticism was rare and always constructive. We had a diverse group of people on the committee who complemented each other. Discussions often threw up opposite views and it was sometimes difficult to reach a consensus. However, no one ever held up the result and we worked together to implement what was decided.

Satisfying... This is the most important attribute in this list. I had a sense of achievement from my time as Chair of your u3a. Things did change, slowly, and by the time I handed over the reins to Lesley Elkington, I felt that my time had been well spent.

It's a great job. Join the committee and have a go!

Peter James. Chair 2012 - 15

SOUTHWELL u3a 20th ANNIVERSARY CELEBRATION

As a reminder, we are looking forward to marking 20 years of Southwell u3a, and are excited to be holding a midsummer's celebration in the beautiful location of Norwood Park. Details of the evening are

given in the poster on the next page. Tickets will again be on sale from the May monthly meeting. More information can also be obtained from our [Vice-Chair, Liz Neesam](#)



Southwell u3a
20TH ANNIVERSARY
CELEBRATION

Come and join us in marking 20 years of Southwell u3a at a midsummer's evening of celebration, festivities and friendship, to be held in the beautiful location of Norwood Park.

THURSDAY 16TH JULY 2026
6pm - 10pm

Tickets include a welcome drink, a cheese and cold meat platter and dancing to live music from Velvet Souls band.

Tickets £35.00 per person

Tickets available at the April monthly meeting



THANK YOU!

As a u3a group we are only able to offer all the activities we do thanks to the great efforts and time given by all our volunteers. It is through their dedication and devotion that we can run everything we do, including the trustees managing the charity, all the various group activities, the trips and socials, putting on the regular monthly meetings, through to coffee mornings and all the short courses and workshops.

We owe a great thanks to all of those who help, but I'd like to offer a special thanks to four people who are all standing down after many years of helping us all.

Nadina Lincoln is stepping down as secretary, having been a trustee and on the committee for over five years now. As a charity we have a lot of formal things that need to be done, and Nadina has quietly and efficiently ensured that we've kept up to date with all of those.

John Langley has been the Group's Treasurer for the past seven years. With a large number of groups it takes quite an effort to manage and record all the various payments that come through, and I know all the Group Leaders (and Jan who has to pull all our financial reports together) have

been very grateful for all the help John has given in looking after this for us.

Lastly, after working on Newslines for approximately six and four years, respectively, **Anne Greenaway** and **Linda Savage** have decided to step down. Although immensely proud of everything they've done they feel this is an appropriate time to step aside. Anne and Linda, supported by Rik Ludlow in the Website Team, have ensured that Newslines go out to each one of us every month, and they've helped to grow it into what it is now – a fantastic source of news, articles and information covering everything that Southwell u3a does. See the next page to find out what Anne and Linda are getting up to!

On behalf of us all, I'd like to offer a big thank you to Nadina, John, Anne and Linda for everything they've done for Southwell u3a over the past years.

Mike Freemantle. Chair

Do you play Pétanque?

Notts Network Pétanque competition

We need two players for the Notts Network Pétanque competition on May 18th at Nottingham City Pétanque Club. It will be an all day event. Please contact [Nadina Lincoln](#) if you can play.

Interim Editor's Jottings and "Letters to the Editor"

Dear Reader,

Our Southwell u3a is in many ways like a large family, so I know many of you will have heard of Anne Greenaway's recent bereavement. A packed Holy Trinity Church was a fitting tribute to her husband Ian. Anne, and her deputy editor, supporter and friend Linda Savage, have worked tirelessly for six and four years respectively to produce a superb "Newslines". I count myself blessed, being the Webmaster Team member who supported them in their endeavour, and enjoyed doing so!

Both feel this is the right time to retire from Newslines, and our Committee has agreed that I should act as "Interim Editor". Our Chair [has offered a warm "thanks" to both](#), and the Committee is now [looking for others](#) to take on the role—with my support, should this be needed. It is a lovely way to get to know more about what happens in our vibrant u3a, interact with many wonderful people, and create a publication which compares well with others across the wider u3a movement. In the meantime, I hope

you will all understand if Newslines is not quite as full of flair as usual as I get to grips with it!

You will see Anne and Linda are already enjoying their "retirement", learning, laughing and living as ever, and have [contributed their own article and photograph](#).

One item that Anne, Linda and I discussed was the benefit of having a "Letters to the Editor" page. As Interim Editor, I am totally up for that, and by happy coincidence one of our Group Leaders, Chris Bentley, wrote in just after the April edition went to press. His interesting letter about his trip to Japan is featured [on page 9](#).

[On page 19](#), do not miss the exciting news that our Creative Writing Group is now "Published". Not yet with the sales figures of Stephen King, J.K. Rowling or Richard Osman, but it's early days!

Hoping you enjoy this edition—

Rik Ludlow, Interim Editor

DEADLINE FOR OUR NEXT NEWSLINE, NO. 80 JUNE 2026

Please email articles and pictures to su3anewslines@outlook.com by the 15th May for the June edition.

Group news is of particular interest to existing and new members, as are updates on social activities. "Letters

to the Editor" are welcome. Contributions are shared with our Facebook and Website teams.

Rik Ludlow
[Interim Editor](#)

Anecdote "To The Editor"

Funny things can happen while on holiday. Member Chris Bentley recalls a recent interesting encounter he had while in Japan:

"We were staying in an Onsen hotel in rural Japan. That's a hotel that has a communal hot spring bath. The hotel provides guests with a yukata (a kind of light kimono) and flip flops which can be worn in the hotel and particularly if you are going to the hot bath. When you get to the bath area you first go in to a dry room where you strip off completely, putting your clothes, towels and other things in a locker:



You then lock up keeping the key on a rubber band round your wrist and proceed to the wet area. Once there you must take a shower before getting in the communal bath which is hot and can be quite deep. You sit in it until you feel cooked enough and then

you can go into the cold room which has a cold plunge pool or into the sauna room if there is one. However before doing any of this I realised that I was still wearing my glasses so I went back to unlock the locker. But the key wouldn't turn no matter how I jiggled it. So what was I to do with all my clothes locked up in the locker and me standing there completely starkers? I could hardly walk out to Reception to get help. Luckily, after some minutes of near panic, a very friendly man, came into the room, also completely starkers, saw my predicament and with some difficulty managed at last to get the locker open. Phew! As I thanked him I suddenly noticed that he had intricate tattoos across his left shoulder, back and upper arm... But he was politeness itself, very pleasant and I didn't manage to check whether he still had all his fingers intact. But an interesting experience. Only in Japan!

Do YOU have any interesting anecdotes or life experiences to share with members via Newsline?

u3a
learn, laugh, live

THANK-YOU ANNE and LINDA

What are Anne and Linda doing now they have retired from Newsline? This is what they have told us:

"To start our retirement we joined the u3a Coffee Morning Group at Southwell Garden Centre where we enjoyed a very warm welcome. Conversation and laughter flowed all morning as well as coffee and scones! Afterwards six members stayed for a very reasonably priced lunch, tasty as well!

We will definitely go to the next one : Wear your lanyard so we know who you are!"



COFFEE MORNING May 2026

Southwell u3a members 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. We meet from 10:30am on 2nd and 4th Thursdays, so note **14th and 28th May** in your diaries! 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.



NEW OPPORTUNITIES in the NEWSLINE EDITORIAL TEAM

As you see from the previous pages, Anne and Linda have retired from the "Newsline Team"

Our monthly Newsline is a much loved and highly regarded publication. It is one of the key means by which we at Southwell u3a keep our members up to date with events and activities. We now have vacancies on the editorial team following the retirement of these two key members. You do not need to have prior editorial

experience, simply having an interest in communication and the written word is sufficient as full training and support will be given. So, if you have a yen to get involved in the 'print trade' and would like to find out more, [please get in touch](#). We would love to hear from you.

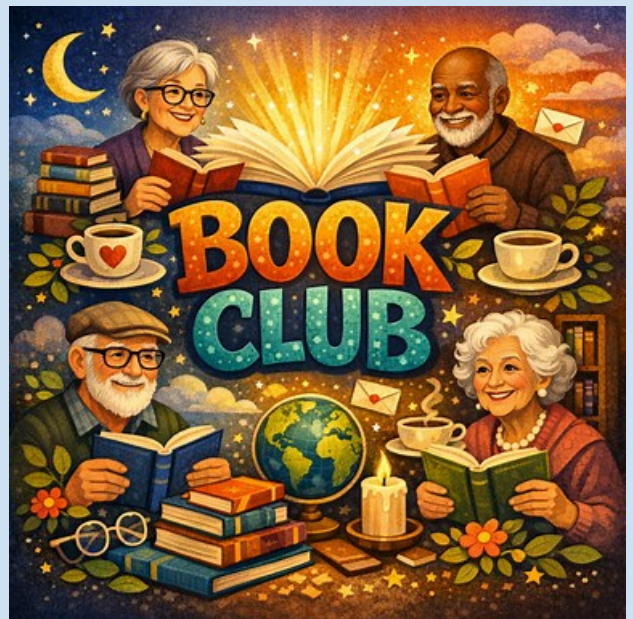
Thanks, Liz ([Vice Chair](#))

NEW GROUP: Book Club

If you love to read and would like to seek out new authors, how about joining a brand new book club?

Monthly meetings to be held on the last Wednesday of each month, 6.30-8.30pm, starting Wednesday 27 May. All genres will be looked at, no need to be a literature scholar! First meeting at Group Leader's house, then future venues to be agreed. If you think this might be for you, please contact [Claire Wallis](#)

[Web site: Southwell u3a Book Club](#)



NEW GROUP: LEARNING the VIOLIN

The Violin Virtuoso Short Course certainly started something! Six brand new fiddlers have now agreed to meet regularly to swap ideas, learn and laugh together. We just might be the only u3a in Nottinghamshire to have such an intrepid group! We have

already had a couple of trial meetings, and learned loads more about violins, how they are made, and pitfalls to guard against! We hope to have a page on the website soon. Watch for an update in next month's Newsline.

NEW LEARNING EXPERIENCES: Workshops and Courses

The next few pages list the programme of Short Courses and Workshops that our organising group has put together for you for 2026, updated to late April. Please take a look at the programme and **click on the title** of any course or workshop that interests you. This will take you to the latest information on our website. On the webpage, **click on the name or title of the organiser**. This will take you to a form on our website where you can submit your booking request or make further enquiries.

You can't just turn up on the day – you need to book in advance.

Prompt booking both ensures that you will get a place if the venue has limited capacity and allows the course or workshop leader to contact you if there are any late changes. All of the events now have definite dates, so do check your diary and see if you can fit any more sessions in!

Brian Platts [Groups Co-ordinator and New Groups Enabler](#)

SUBJECT AND CONTACT DETAILS	BRIEF DESCRIPTION	DATE, TIME and VENUE
Pottery Taster Workshop	<p>Additional Course, not previously advertised: A fun opportunity to make your own “pinch” pots with Southwell potter Jen Bort. Step-by-step instruction and demonstration – no previous experience needed. The session and materials are free but £5 charge for any pots that you would like Jen to take away, glaze and fire in her kiln.</p> <p>Book for this course via the website</p>	<p>Monday 10th August, 1.30–3.30pm.</p> <p>Southwell Library</p>
INTRODUCTION TO THE PHILOSOPHY OF MIND	<p>This course is now full and in progress, listed so that members already on it can see the remaining dates.</p> <p>Course leader: Robert Kirk, formerly professor and head of the department of philosophy, University of Nottingham.</p> <p>See April Newline on our website for the topics being discussed.</p>	<p>Four more meetings, each from 11.00am–1.00pm:</p> <p>13th and 27th May, 10th and 24th June.</p> <p>Conservatory of the Admiral Rodney in Southwell</p>

NEW LEARNING EXPERIENCES: Workshops and Courses (page 2 of 3)

SUBJECT AND CONTACT DETAILS	BRIEF DESCRIPTION	DATE, TIME and VENUE
<p><u>COME AND TRY A CAPPELLA SINGING</u></p> <p>A few places still available</p>	<p>A Cappella means singing without instruments – just voices in harmony. Alyson Chaney will be running a friendly workshop, starting with rounds and simple songs, then diving into sea shanties and classic pop hits. No experience or ability needed!</p>	<p>Wednesday 13 May 2:00–3.30</p> <p>W.I. Hall, Southwell</p>
<p><u>VISIT TO THE AUGUSTINIAN PRIORY OF ST PETER IN THURGARTON</u></p> <p>FULLY BOOKED – WAITING LIST ONLY</p>	<p>A visit to the remains of the Augustinian priory (now part of St Peter’s Church) and a talk by u3a member Ellis Morgan who has a great knowledge of this important building. Travel by own transport (or bus) to Thurgarton.</p>	<p>Tuesday 19 and 26 May 10:30</p> <p>St Peter’s Church, Thurgarton</p>
<p><u>SKETCHING OUTDOORS</u></p>	<p>A repeat of Sheila Robin’s 2025 session an introduction to sketching. No experience required – just have a go! Bring your own paper and pencils if you have them or they can be provided on the day.</p>	<p>Saturday 13 June. Start at 1:30, Car Park of Greet Lily Mill, Southwell</p>
<p><u>ROMANO-BRITISH SOUTHWELL – ARCHAEOLOGICAL ENIGMAS AND FINDS</u></p>	<p>A talk and display of archaeological finds from the Roman era in Southwell – given by Chair of the Southwell Community Archaeology Group (and u3a member!) Stephen Rogers.</p> <p>Message from Stephen: If you have contacted me about this workshop and not heard back, you do have a place and there are still some places available. I have responded to emails immediately but a few have bounced back. I will be sending out more details nearer the time, so if you do not hear from me by early June contact me via Brian Platts,</p>	<p>Tuesday 21 July 10:00 – 12:00</p> <p>Trebeck Hall, Southwell</p>

NEW LEARNING EXPERIENCES: Workshops and Courses (page 3 of 3)

SUBJECT and CONTACT DETAILS	BRIEF DESCRIPTION	DATE, TIME and VENUE
<u>GOLF TASTER SESSION</u>	A one-hour taster session at Norwood Park Golf Centre, with tuition from a professional coach. This will be a fun session, aimed at beginners, and all equipment will be provided. Numbers limited to 10 but may be increased to 20, with a second coach, if there is sufficient interest. A fee of £6.50 per person will be payable to the golf centre. Express interest asap.	Thursday 11 June at 10:00 Venue: Norwood Park Golf Centre, Southwell
<u>HOW TO DRAW FACES</u>	An introduction to drawing faces from talented artist John Tyas (from the art stall on Southwell Market). John will cover techniques and tips for drawing faces, suitable for both beginners and those with a little more experience. There will then be an opportunity to put theory into practise. Just bring a pencil!	Friday 7 August 10:00 – 12:00 Large meeting room, Southwell Library
<u>INTRODUCTION TO SMARTPHONES</u>	Back by popular demand! Two sessions for beginners to learn the basics of smart phones, presented by Lorna and <u>Tony Mellor</u> . Much of the content is also applicable to tablets.	Monday 9 and 16 November 10:00 – 12:00 Large meeting room, Southwell Library
<u>VIOLIN VIRTUOSOS!</u>	This course was popular, was fully booked, and is now completed. It was so successful that several of its members have started a “Learning Violin” group. See page 8 to learn more: A couple of vacancies!	Now completed

GROUP NEWS : A CAPPELLA

It's hard to believe that almost a year has passed since our very first A Cappella gathering back in June 2025 and what a joyful, music-filled year it has been.

Our membership has blossomed to 40 singers (25 women and 15 men), and we now meet every third Wednesday from 2–4 pm in the WI Hall here in Southwell. Each rehearsal is a wonderful mix of learning, laughter, and harmony.

Over the past twelve months we've built an eclectic repertoire: half a dozen hearty sea shanties, a selection of Christmas carols, a rousing wassail to welcome the New Year, plenty of classic pop favourites, and even a much-loved madrigal that we bravely tackled together. We always begin with vocal warmups to keep our technique strong, and we often weave in rounds and layered songs to help us tune into the rich harmonies that make A Cappella so magical.

Our free A Cappella Taster Workshop is already filling up, and we can't wait to welcome even more curious singers on Wednesday 13 May, 2–3.30 pm, at

the Southwell WI Hall. If you've ever wondered what it's like to sing in harmony with others, this is your moment to give it a try. Please contact me if you'd like to attend.

Looking ahead, we're eager to take our music out into the community. We now have a repertoire that's fun, varied, and performance-ready—and we'd love a public event to work towards.

To mark our first anniversary in June (Wednesday 17 June) we'll be celebrating in true WI style: with cake (naturally) and a celebratory drink. If you'd like to join us for the festivities, you'll be welcomed with open arms—and perhaps even encouraged to sing along.

For more information, including a glimpse of our full A Cappella Songbook, please visit our website.

[Link to Web Page and Group Leader Alyson Chaney](#)



Most of the time, in astronomy we tend to be fascinated with the wonders of science and technology that allow us to discover facts and indeed explore this magnificent universe around us. In March it was therefore a refreshing change to look back at how ancient man used the heavenly bodies as indicators of periods of time, leading on to the much more 'modern' idea of a sundial.

Then in April we switched back to the planets and watched a Brian Cox DVD which compared and contrasted conditions on Earth with Mars from the time they were first created through to today.

Building on the successful Artemis 2 flight, we now talk with excitement about once again landing humans on the Moon and possibly going on to do the same with Mars, extending our stay to long-term. So I think that May lends itself naturally to the question of how realistic is this 'dream'? There will be a presentation based on a book written by a well-respected scientist who analyses the issues and sets out his beliefs on how they can all be overcome.

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

Southwell Library. The dates of the next few meetings are 28th May, 25th June and 23rd July.

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.

As we move into the next financial year, I hope that we can keep all of our loyal membership which has steadily grown in numbers.

[Link to Astronomy Web Page and Richard Peacock, Group Leader](#)

Possible Mars habitation module – pixels.com



BABOUSA (semolina and almond cake)

Babousa is a traditional sweet syrup-soaked semolina cake popular throughout the Middle East. Some believe the name is derived from a colloquial Arabic expression meaning “just a kiss”. Fearing that it may be the kiss of death for me in my pre-diabetic state, I reduced the amount of sugar in the syrup but you may well prefer to stick to this original recipe:



INGREDIENTS

350g fine semolina	½ tsp bicarbonate of soda	Syrup: 400g sugar
150g caster sugar	70g whole almonds or	375mls water
115g butter	50g flaked almonds	Juice of half a lemon
175g natural yoghurt	1 tsp rosewater	2 tbsp rosewater
2 medium eggs	1 tsp vanilla essence	
	1 tsp baking powder	

METHOD

Mix butter and sugar until light and creamy. Add vanilla essence and 1 tsp rosewater. Add eggs one by one and beat well.

Sift semolina, baking powder and bicarb into a large bowl and mix well.

Fold in the butter mixture and yoghurt alternately until a smooth batter.

Grease an ovenproof dish or cake tin (about 20cm) and pour in the batter. Decorate with the almonds. Bake in the oven at 180° C for around 30 mins.

Prepare the syrup – heat the water in a pan. Add the sugar and dissolve. Add lemon juice and 2 tbsp rosewater. Bring to boil and simmer for 10 mins, stirring occasionally. Remove from heat and leave to cool.

When the cake is baked through, spoon over the syrup mixture. Leave to cool and cut into diamonds, squares or slices.

Enjoy!

[Link to Web Page and Group Leader, Brian Platts](#)

Dandelion Clocks

Perched on their stalks
Haphazardly
Scattered across
The field

We taught our children
How to blow time
Fluff sailed through the meadow
Tiny particles launched
from their fragile anchorage

We counted away
Hour after hour
Heedless of the
Extravagance

Remembering when
We were urged
“To make time”
“To use time wisely”
And “time will run out”

We run out of dandelion clocks
While around us
Spiralling seeds
Dropped to the ground
Or catching a breeze
Floated dreamily
Somewhere

And time stood still
And held our silence

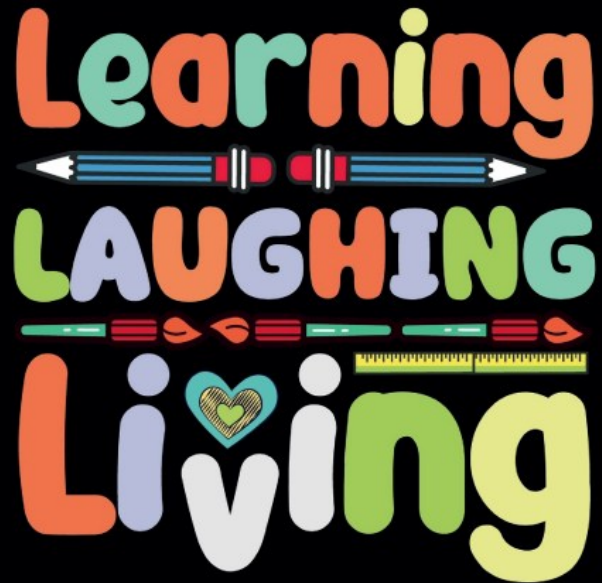
Anne Wells, © 2026

[Link to Creative Writing Web Page
and Group Leader Mike Biggs](#)

Since August 2022, the Southwell U3A Creative Writing Group has met every other Wednesday to share and develop our writing skills. This anthology of prose and poetry showcases the talent, versatility and industry of the members, whose ages range from sixty-something to eighty-something. We hope you enjoy this testament to the U3A motto 'Learning, Laughing, Living' as much as we enjoyed writing it.

Learning Laughing Living

Mike Biggs



A selection of prose and poetry from the Southwell U3A Creative Writing group

Edited by Mike Biggs

Learning, Laughing, Living, the u3a motto in action!

In August 2022, a new Southwell u3a Creative Writing Group was formed, comprising seven writers plus the leader, and we have met every two weeks since then to learn and share the craft of writing and the joy of words.

On April 24th this year we **published our first anthology**, "Learning, Laughing, Living", a selection of over 70 stories and poems written by our members. It's published in paperback,

worldwide, through major online retailers including Amazon, Barnes & Noble, Dillons, World of Books and more. Priced at just £9.99, we hope to generate some revenue from sales so we can donate to u3a funds, so **please give us your support.**

Please also submit online reviews, and send me any feedback, as we are always happy to learn more.

[Link to Creative Writing Web Page and Group Leader Mike Biggs](#)



u3a Festival in Sherwood Forest

Wednesday June 17 2026

**Visitors Centre,
Edwinstowe, NG21 9RN**

10.30am-3.00pm

A free event open to all.

**Join us for games, musical performances
and guided walks.**

Cafe on site or bring your own picnic.

**For a fun filled day of entertainment,
great company and plenty of spaces to unwind and
enjoy the beauty of nature together**

**Please visit the Arts and Crafts Centre
and RSPB Gift Shop**

GROUP NEWS: THEATRE GROUP

Our Theatre Group goes from strength to strength, and as you see we enjoy each other's company!

Here we are at our recent Annual Lunch, at The Saracen's Head.

For more information about our group, visit our [web page](#) or contact our leader, Pam.

You can find a larger version of this picture on this month's front cover



Do you like making (or wearing) pearl jewellery or gemstone earrings and bracelets? Or do you have some broken but special pieces and would love to mend them? If so, I now have space for a small number of new members around my table. Join the



Jewellery Making Group on the 3rd Wednesday from 2.00 pm, in my home on Marrison way, Southwell ! For further information, [contact Annabel Kingsbury](#) via our group website.

MEMBER BENEFITS AND DISCOUNTS

MEAL DEAL AT THE HEARTY GOODFELLOW

The Hearty Goodfellow in Southwell has agreed to give a 10% discount on all food (not drinks) to Southwell u3a members for lunch or dinner.

You will need to show your membership card **before you order** your meals and drinks and the discount will only apply to individual u3a members in your party.



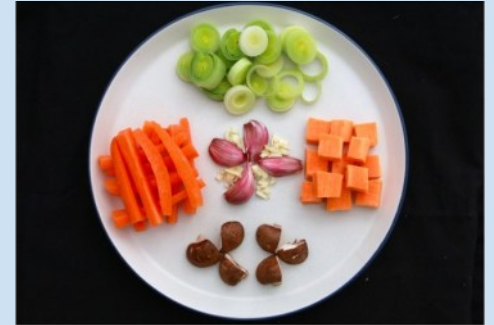
GROUP NEWS: Photography Group



The Photography Group had another busy meeting in April when we reviewed images on the theme of **Vegetable Still Life**. Members had to choose vegetables and set up an artistic image; followed by an



image of their preparation and finally the vegetables ready to eat. Not as easy as you might think but here are images from three of our members showing these various stages – Karen



(our newest member), Anita and Jim. You never know, MasterChef for Amateurs may be their next port of call!



*Photos above by Jim:
Onions prepared and
turned into soup*

*Photos below by
Anita: Vegetable Dish
in the Making*

*Photos above by
Karen: Vegetables,
before, during and
ready to eat*



GROUP NEWS: Photography (Continued)

We had our first outing of this year at Rufford Park in April and although a wee bit nippy (particularly for those of us who were there at 07:15) we were able to take a wide selection of images. More local trips are planned for the rest of the year.

The Group is currently full of happy members and we have a small waiting list, but still would like to hear from anybody else who would like to join us.

[Graeme Stewardson, Group Leader.](#)



Feeding Time for Chaffinch

Graeme



Safe Landing

Lisa

GROUP NEWS: Vinyl and Vino

The Vinyl and Vino group had its inaugural meeting in April when 15 of us met up in two separate houses for a very pleasant evening of listening to some of the old greats and discussing our musical tastes and experiences over a glass of wine. At Mike's house the group kicked off with Supertramp: Crime of the Century and Eric Clapton: 461 Ocean Boulevard, whilst Brian went for The Beatles: Sgt. Pepper's Lonely Hearts Club Band and Genesis: Nursery Cryme.

What did we all learn? Firstly, how great it was to sit and listen to an album all the way through and not pick and choose tracks; secondly, what a varied and diverse interest we all have; thirdly, that we all prefer side 2 of Crime of the Century and, lastly, that



even after nearly 60 years there's still a lot to discuss about Sgt. Pepper! There are still places available for others interested in joining the group.

Mike Freemantle. Group Leader

MEMBER BENEFITS AND DISCOUNTS

BAG A DISCOUNT AT ROHAN!

The recently opened Rohan clothing shop in Southwell is generously offering a discount to all u3a members. Members will receive a 10% discount on all **full price** items (not sale items) – just show your membership card on request.





January: The history and work of the Notts and Lincs Air Ambulance Service. (Tony Hendon and Lynn)

However he couldn't continue in his role as a policeman but continued to work for the police in other capacities particularly security for companies and individual houses,

He eventually retired from the police force but saw a job advertised as a security consultant for the media, sports and leisure department which he applied for and got. He concentrated particularly on museum security which he said covered particular areas where museums were vulnerable. This was not only theft but fire damage, malicious damage and the transport of valuable items from one place to another.

February: The History of Rockingham Castle (Michael Burton)



He quoted a particular example of the transport across London of a marble sculpture by Leonardi di Vinci which had a crack endemic to the marble. This was moved across London in a special lorry with very soft suspension, at 5 mph and at 4 am in the morning. He has also been responsible for transporting works of art across the channel to France and Germany and back.



March: In March John Constantine spoke about the history of magic, which dates back to ancient Egyptian times.

Last Month's Talk, 7th April:

Our speaker in April was William Brown MBE who started by going through his school and job history. After



leaving school at 16 he joined the Nottingham police but during the miners strike he was allocated to Hyson Green and then was attacked and seriously injured by a group of youths. His partner had his throat cut so he was lucky to escape alive.

He still works as a security consultant and travels all around the world giving advice.

It was a very well received talk and appreciated by our members.

This Month's Talk, 5th May:

Our speaker this month is Paul Lillie who came last year and gave an

OUR SPEAKERS (Continued)

exceptional talk about Elvis, singing his songs and painting pictures of Elvis at the same time. His talk in May will be about the Beatles. I am not sure how he will portray those four young men by himself but please come along and enjoy his rendition.

Next Month's Talk, 2nd June:

Gambling seems to be becoming endemic in the UK. It started with horse racing and football. Then the National Lottery came. Now we have all sorts of lotteries from dogs and cats to houses. Paul Isherwood will give us an insight into the dangers and depths of gambling addiction. He is a recovered addict with first hand experience of the problem.

7th July: Southwell u3a 20th anniversary party

4th August: Martin Lloyd, formerly of the BBC, will give us a talk about passports, assassins, traitors and spies. This is the story of how and why our passports were changed because of traitors and spies.

1st September. Nick Bailey was one of the first DJs on Radio Caroline. This is his history of those times (1966/67), his time working in Australia, Gibraltar, Cologne, Berlin and Hong Kong together with his migration to Classic FM and his classical music show.

6th October Tony Heydon will talk to us about Serious Crime Investigations. Tony used to work at the CID in Nottinghamshire. He was involved in many of these investigations during his career. It should prove to be an interesting talk.

3rd November: Stephen Booth is now a very successful author of detective novels set around the Derbyshire Peak District. He relates the story of how he became an author as well as how he uses stories based on his interactions with readers.

1st December: Subject yet to be decided. [Link to Contacts Page for John Cook,](#)

[Southwell u3a Speaker Seeker](#)

MEMBER BENEFITS AND DISCOUNTS

Riviera Travel offer a 10% discount which is paid to the member's u3a group,

on many holidays:

Members have to show proof of membership at time of booking. **PLEASE**

NOTE: DISCOUNT IS NOT TO INDIVIDUAL MEMBERS.



Southwell u3a Concert Coaches—Royal Concert Hall



I am now opening booking for the last two concerts of the season shown below and they will continue at the **reduced prices** of Band A £36, Band B £32 and Band C £30 **all including the coach.**

I will be at the May Monthly Meeting to take bookings and payments via credit card but you may also send Booking Forms and Cheques made out to Southwell u3a to the address on the Booking Form sent to my circulation list. Any new members interested in being informed of concerts please contact me [via the Southwell u3a website.](#)

Roger Bennett

WEDNESDAY 20 MAY, 7.30PM

WARSAW PHILHARMONIC

Krzysztof Urbański – conductor

Alexandra Dariescu – piano

Bacewicz Scherzo

Lutosławski Little Suite

Chopin Piano Concerto No. 2

Beethoven Symphony No. 7

THURSDAY 4 JUNE, 7.30PM

THE HALLE

Euan Shields – conductor

Simone Lamsma – violin

Janaček Taras Bulba

Tchaikovsky Violin Concerto

Dvořák Symphony No. 8

[Link to Roger Bennett, Concert Trip Organiser](#)

CONCERT BOOKING FORM

Please book me a ticket and place on the concert coach to the Royal Concert Hall on:

Name: I confirm I am a u3a member.

Contact Tel No:

Emergency Contact

Name: u3a member: Yes/No

Emergency Contact No:

Pick up point

No. of tickets:

Seating Area: Stalls/T1/T2

Price Band: A/B/C

Seat Nos.

Please circle your choice.

I enclose a cheque for £..... made out to Southwell u3a.

Money is non-refundable unless your ticket/place can be re-sold. Please return this form and cheque for the full amount to Roger.

[Contact Roger via the Concerts Webpage](#)

Alternatively, cheques and Booking Forms can be given in at the Monthly Meeting.



MEMBER BENEFITS AND DISCOUNTS

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'. **The offer excludes vouchers.** 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.

NEW
Extra
Member
Benefit for
2026:

A DAY AT THE RACES!

Southwell Racecourse have kindly offered a very special deal to our members:

Southwell u3a members can book day tickets (except on "feature" days) on a 2-for-the-price-of-1 basis. Just scan the QR code to take advantage of this generous offer.

The advertisement for Southwell Racecourse features a green background with a white scalloped border. At the top, the Southwell Racecourse logo is displayed. The main text reads '2-4-1 Club Offer' in large, white and orange fonts. Below this, it says 'General Admission tickets to all fixtures in 2026*' in white, with a note '*excluding feature days' in orange. At the bottom, there is a QR code and the text 'Scan TO BOOK' and 'USE CODE LOCALSPORTS26'. A dark green bar at the very bottom contains the text 'BOOK NOW southwell-racecourse.co.uk'.

Southwell u3a contacts and other u3a websites:

Southwell u3a:

Southwell u3a website is <https://southwell.u3asite.uk>

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

To contact our officers, committee and other postholders:

[Contact - Southwell u3a](#)

For information about our interest groups and to contact our Group Leaders:

[Groups - Southwell u3a](#) Names and contact details are also available at our monthly meetings.

Nottinghamshire u3a Branches:

The 34 individual u3a organisations in our county are all federated into the Nottinghamshire Network, which has its own website and magazine:

[Nottinghamshire Network of u3as - Learn, Laugh, Live!](#)

[February 2026 Newsbites now available](#)

The National u3a Organisation:

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

The National u3a organises a range of (mainly virtual) events and workshops:

www.u3a.org.uk/events

Community Contacts

Southwell Town Council website is <https://www.southwellcouncil.com>, council office 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>, 01636 650000