

Newsline September 2026

u3a

Southwell

Contents of Newline September 2026

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Front Cover: "The Bear", photograph taken by Pat (Photography Group member): Can you work out where this is? More insights into the hidden sights of Southwell on our Photography Group pages (pages 21-22)





It's been quite illuminating over the last few months reading through all the "past reflections..." from the

previous chairs. What's been interesting has been the differences in experiences from having to set up the early organisation or expanding and running a growing group, through to the difficulties of trying to keep it going during covid. Whilst many of the experiences are quite different depending on what stage of the past 20 years someone was Chair, there are also many similarities.

The first similarity is that everyone gained a lot of personal satisfaction from the role, and that all considered it to have been a privilege to have been the chair. The second is that everyone was very fortunate and extremely grateful to have had so many other people helping them during their time in post.

I touched on this in my Chair's Report for the recent AGM. I have the great fortune to be Chair of Southwell u3a in its 20th year as it continues to grow steadily. In November 2025 we passed the milestone of registering our 900th member and, currently, have a membership of over 970. The number of interest groups is still growing – we gained four new groups last year in Art History 2, Book Club, Violin Group and Vinyl and Vino (all covering quite a broad range of differing activities).

We've also had a very successful programme of short courses and workshops; the coach trips to concerts in Nottingham along with the Trips and Social programme prove very popular and, on top of that, are the coffee mornings and the regular monthly meetings at the Leisure Centre with a broad range of speakers. Information on all of this is kept updated on the Website and in Newsline.

u3a
learn, laugh, live

Of course, none of these things happen without a dedicated group of volunteers and helpers giving their time, dedication, skills and experiences, to ensure everything runs smoothly.

Our membership grows thanks to the hard work of the Membership Team, along with the publicity folk putting out a steady stream of articles in local papers and Facebook and those who keep Beacon running. The meetings, workshops and trips, etc., go well thanks to those who arrange and prepare the monthly meetings, welcome people and ensure refreshments are available and organise trips and socials. Our website and Newline is highly thought of by many other groups, so thanks to all who keep them going in an extremely professional way.

At the core of what we do are our various groups and it's the dedication and hard work of all the group leaders and deputies who prepare and run these each month and who deserve our great thanks.

Backing all this up is the Committee who, as trustees, bring a great wealth and range of experience, along with new ideas, to support the u3a with both dedication and time.

There are so many that deserve our thanks, but one person I would like to name, specifically, is Jan. None of this is possible unless our finances are kept under control, and Jan has done this, admirably, for many years. She's stepping down from the main treasurer's role and taking on the Groups' Treasurer role which I know she will do with the same high degree of professionalism and dedication.

It's not possible to mention the names of everyone involved and who contributes, but that does not mean that your help is not recognised or appreciated. On behalf of all of us, I'd like to express our heartiest thanks and gratitude to all the people who have grown and developed Southwell u3a and keep it such a fantastic organisation of which to be a part.

[Mike Freemantle](#) Chair



Last month's "Previous Chair" reflection from Brian Platts, our Chair from 2021 to 2024 suffered a rare editorial malfunction and one page hid behind the second: With apologies to all, here is the full article (Ed):

Where to start? Well probably best that I do so where Marjorie Bramhill left off at the end of her own piece in the July Newslines, in the drinks aisle of Southwell Co-op! I still suspect it was all a ruse, but Marjorie asked me if I could pick up a low-lying case of French beer for her and... err... whilst I was at it, would I consider taking over from her as the next Chair? I, of course, immediately said "no, definitely not". Unfortunately, a second request followed shortly afterwards, and I made the fatal mistake of saying that I would think about it – and you can guess how that ended!

I was already on the Committee and, a little earlier, I'd overseen the organisation of the Christmas party at the end of 2020. This had to be held on Zoom because of the Covid restrictions at that time. We had planned a 'Southwell u3a's Got Talent' show, with members performing a remarkable range of written and musical pieces from their own homes. What could possibly go wrong? Well, at least as far as our dress rehearsal was concerned, the answer was everything! "You're on

mute!" "There should be a video icon at the bottom of your screen – click on it!" were amongst the milder cries of exasperation. By some miracle though, and following the show-biz rule of "it'll be alright on the night" (or morning in our case), we eventually "Zoomed" out to an audience of over 100 – most of whom surprisingly stayed to the end of the party.

When I became Chair the following August, I felt confident that we would soon be moving into the sunlit uplands of a post-Covid world and that we would quickly be able to rebuild our u3a numbers and activities. How wrong I was! Our resumption of live group and monthly meetings soon proved to be a false dawn. A surge in Covid cases put us all back onto Zoom – not much use if you were Country Dancing or the Badminton or Table Tennis groups. Quite a few groups did find ingenious ways of meeting on Zoom though, including my own Come Dine With Us, which indeed has continued to alternate live and Zoom meetings to the present day.

We did though manage to get back to some sort of new normality by the Spring of 2022. By then however, post-Covid membership numbers had fallen by about 10% and many members remained apprehensive about meeting with fellow members, whilst others had simply got out of the u3a habit. My priorities were therefore to fully resume

group activities, recruit new members and to get back to balancing the accounts.

We became one of the so-called “Pathfinder” u3as in a national recruitment initiative, starting our own Recruitment and Retention group, shortly followed by a separate Publicity group. We held stalls and open days on the Market Square to showcase our activities, and we stood in the doorway of Southwell Co-op, bothering shoppers. By 2023, we reached the magic number of 800 members which we’d flirted with pre-Covid, but never quite achieved. Rosie Barnes of Upton was duly celebrated as our 800th member and I was invited to give an interview about the u3a on Radio Nottingham, on the back of an article of ours in the Newark Advertiser.

As you’ll no doubt know, our membership has continued to grow since that time and on our current trajectory we will soon be reaching 1000. We do sometimes wonder whether we can have too many members but, for the time being at least, the advantages of these higher numbers in supporting more interest groups, more social activities, achieving economies of scale and keeping subscription prices down still seem to outweigh any possible disadvantages.

I am also very pleased that we have continued to run an annual programme of short courses and workshops over the past four years. On a visit to see our children in Australia, I visited Canberra u3a (4000 members, in a city just shy of 500,000 people!) and was intrigued to see that they didn’t have all that many regular interest groups but ran large numbers of short courses. We already ran some ad hoc workshops but combining such workshops with short courses on everything from smartphones to solar heating and plumbing to philosophy seems to have proved popular with members.

Like every other Chair, I must pay great tribute to the many Committee members, Group Leaders and other officeholders who supported me in my three years as Chair and continue to keep the u3a show on the road. It really is a case of “By the members, for the members”. I wouldn’t underestimate the time and effort that is sometimes needed but I personally got a lot in return from my time as Chair. My advice then to any of you who might be thinking about possibly becoming a Group Leader, joining the Committee or even becoming Chair is – just go for it!

[Brian Platts](#)

ANNUAL GENERAL MEETING of SOUTHWELL u3a

MAIN OUTCOMES:

- Southwell u3a membership has continued to grow, so economies of scale mean we can hold this year's subscription at the reduced level of £15 for this year (£8 for a half-year).
- Officers and Committee Members were elected, and the updated list (and how to contact) is [shown on our website](#).
- The full minutes have been sent out to all members with email addresses. Printed copies may be requested at monthly meetings.

Are your details correct? An observation was made at the AGM that over the past few years, a lot of people have given up their landlines in favour of a mobile phone only. As such, their membership contact details in Beacon might not be up to date. If you think this might be you, or other details might have changed (e.g. email or home address), please can you let our Beacon co-ordinator, [Michele Bennett](#) know and she'll update them for you. This will then allow Group Leaders for all groups you are in to see your updated contact details.

Volunteer Wanted... "Our Chair has no vices"!

Those who were at the AGM or who have read the minutes, will note that, although we have a good number of people standing for the committee this year, we have yet to fill the post of Vice Chair.

As the title suggests, the main role is to help the Chair with the running of the group and to be able to deputise at short notice, when needed. In addition, it is hoped that the Vice Chair would be a stepping stone to taking on the role of the Chair when I step down in 2028.

Although others can step in as necessary when I am absent and we can function without a Vice Chair

for a short period of time, the u3a cannot function without a Chair. Consequently, it's important to fill the Vice Chair role as a possible successor for the future.

If any of you would like to consider this as something you'd like to do, or you know of others who you think might, please let me know. Good support can be given from the existing committee, advice and workshops are available from the Third Age Trust and networking opportunities with other local u3a groups.

[Mike Freemantle](#) Chair

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

Dear Reader,

I am happy to accept "Letters to the Editor" whether for publication or offering improvement suggestions.

The deadline for the October edition is the 18th September. Please email articles and pictures via a "Reply" to your Newline email, otherwise contact me [via our website "contacts" page](#). Contributions are shared with our Facebook and

Website teams. If you submit photographs, please ensure you have permission from any individuals featured. If you use an image taken from the internet please ensure that it is copyright-free.

[Rik Ludlow](#), Interim Editor

Calling new members... SOCIAL OPPORTUNITIES

We know many people join our u3a because it gives so many opportunities to meet and get to know other interesting people. If you are a new member, this page may help you identify some of the social opportunities that membership offers.

Our Monthly Meeting:

Our u3a meeting is held on the first Tuesday of each month, starting at 10.00am, at the Leisure Centre, Nottingham Rd, Southwell NG25 OLG. The September meeting will include an interesting speaker, time for news and notices, and a break to allow you to meet other members informally over tea/coffee (please bring a mug or cup if you can). You can complete membership applications or renewals, collect your membership card and lanyard, ask about interest groups, pay for concert and social trips and chat to our Chair and Committee members.

Coffee Mornings:

Southwell u3a members enjoy fortnightly coffee mornings at Southwell Garden Centre, Fiskerton Road. It is an opportunity to have a chat and a coffee and get to know other Southwell u3a members. We meet from 10:30am on the 2nd and 4th Thursdays, so note the 10th and 24th of September in your diaries. It

helps other members if you remember to bring and wear your u3a lanyard.

Other Opportunities:

Elsewhere in Newline and on our website, you will often see details of events organised by our **Social Committee** and our ever-popular **Concert Coaches**. We also have almost 90 [Interest Groups](#) and our programme of [Workshops and Short Courses](#) continues. Membership is growing and we now have over 950 active members, making us one of the larger u3a organisations in [Nottinghamshire](#)! You can also enjoy a small discount if you join other local u3as: You may read about opportunities in the wider movement on the [last page of this edition](#).

If you enjoy using your existing talents, being on a committee, or having a leadership role, you may or may not wish to give such attributes a rest on retirement. However, if you would prefer to keep your skills and brain cells active, we have many suitable openings, and most will help you move into this next exciting phase of your life! Talk to any Committee member or Group Leader.

[Rik Ludlow \(Interim Editor\)](#)

SOCIAL TRIPS: FUTURE EVENTS

Advance Notice! The Trips Committee are planning two events for the forthcoming Autumn/Winter months.

Ever wondered how items in your online shopping basket get from Amazon to you? In **October** (date to be confirmed) we hope to take a coach to **Amazon** near East Midlands Airport for an introduction to the people, technology and processes.

On Wednesday 9th December we have a visit to **"Christmas at Doddington Hall"** Price to include coach travel,

refreshments on arrival, ticket entry to the Hall to view the fabulous Christmas decorations, a light lunch and time for shopping.



Further details, including price, will be available at the meeting on Tuesday 1st September.

[Jane Parker](#) Trips and Social Committee

Southwell u3a Support for Smartphone and Computer Users

Do you need Help with your computer or smartphone? Join our support group!

After the break for Summer, the support group starts up again on the 22nd September. We meet on the 4th Tuesday of each month in the downstairs back room of the library, at 2.00pm. Come along and join us for friendly advice, practical support, and the chance to learn something new. Just pop along, or contact one of our Group Leaders for more information: computerhelpsu3a@gmail.com or [visit our webpage](#)

Whether you're struggling with your smartphone settings, need help sending emails, want to learn how to use apps, or are having trouble with your computer, our group is here to help. No question is too small, and we aim to cater for all levels of expertise.

The sessions are designed to be relaxed, informal, and easy to follow. Members can ask questions, share experiences, and learn useful tips in a welcoming environment. Our aim is to help everyone build confidence and feel more comfortable using technology in daily life.

NEW LEARNING EXPERIENCES: Workshops and Courses

The next few pages list the remaining 2026 programme of Short Courses and Workshops, updated to late August. Please look through 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 title or the name 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 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
PROTECT YOUR DIGITAL LIFE WORKSHOP 1: Foundation Layer – personal accounts and daily tools (beginner) Book through Liz Needham on the website contacts page	Steve Dickman will show you how to manage passwords securely, choose the right email provider, select a secure browser, and set up 2-factor authentication. Review the security and privacy of your access to the internet and new ways of browsing and communicating securely that could also save you money.	Monday 21 September 9:30 – 12:30 Venue: Southwell Library, large meeting room

<u>PROTECT YOUR DIGITAL LIFE</u> WORKSHOP 2: Device Security – Operating systems and applications (intermediate) Book through Liz Needham on the website contacts page	The second of Steve Dickman’s 3 workshops covers how to take control of your PCs, laptops or smartphones. Includes essential security settings for Windows, Mac and Linux computers, plus smartphones on iOS and Android. How to keep your applications updated, spot suspicious downloads and create safer computing habits	Monday 12th October 9:30 – 12:30 Venue: Southwell Library, Large meeting room
<u>“STOP THE BLEED”</u> Book through Liz Needham on the website contacts page	Workshop provided by CitizenAid. Learn how to control severe bleeding in an injured person and potentially save a life.	Friday 2nd October 1:00 – 2:00pm W.I. Hall Southwell
<u>ADULT BASIC LIFE SUPPORT</u> Book through Liz Needham on the website contacts page	Workshop provided by Newark Community First Aiders. Learn how to give emergency first aid for adults experiencing life-threatening conditions, such as cardiac arrest or choking, including use of a defibrillator.	Friday 13th November 1:00 – 3:30pm W.I. Hall, Southwell

<u>INTRODUCTION TO SMARTPHONES</u>	Back by popular demand! Two sessions for beginners to learn the basics of smart phones, presented by Lorna and Tony Mellor. Much of the content is also applicable to tablets. (See also the “Support Group”, page 9)	Monday 9th and 16th November 10:00 – 12:00 Large meeting room, Southwell Library
<u>PROTECT YOUR DIGITAL LIFE</u> <u>WORKSHOP 3:</u> Network Perimeter-WiFi and Router Configuration (advanced) Book through Liz Needham on the website contacts page	For those ready to go further, Steve Dickman explores home network security. Learn how to configure your WiFi router safely, protect yourself from “Internet of Things” devices, use advanced ad-blockers and understand VPN endpoints, extending protection to your laptop and smartphones, even when you’re not at home!	Monday 16 November 9:30 – 12:30 Venue: Southwell Library, upstairs meeting room

Feedback from the **Pottery Workshop**: We all enjoyed a great afternoon on Monday 10th August in the Library with Jen Bort, testing our skills with two pieces of clay. We also sampled Jen’s delicious flapjack! We will be collecting our creations in a few weeks’ time, when they have been fired. Thanks! Miriam Tate



MEMBER BENEFITS

BAG A DISCOUNT AT ROHAN!

The 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.





**U3A MEMBERS
10% OFF
YOUR FOOD**

Show your U3A membership card to receive 10% off your food bill.

**ANY LUNCH SERVICE
WEDNESDAY TO SATURDAY**

**HOME COOKED FOOD**
Made with care using quality ingredients.

**FRIENDLY STAFF**
Enjoy warm hospitality in our bar, restaurant and terrace.



**BOOKINGS RECOMMENDED
ON OUR WEBSITE**
www.crownatrolleston.co.uk

OR

**CALL US
01636 925719**

 **Crown at Rolleston, Staythorpe Road, Rolleston, NG23 5SG**

**COMBINE WITH OUR
LUNCH FOR
2 FOR £22**
U3A MEMBERS PAY
JUST £19.80

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.



**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 poster features the Southwell Racecourse logo at the top, which includes a stylized horse head. Below the logo, the text "2-4-1 Club Offer" is prominently displayed, with "2-4-1" in large white numbers and "Club Offer" in a cursive orange font. Underneath, it says "General Admission tickets to all fixtures in 2026*" in white, with a note "*excluding feature days" in orange. A QR code is positioned to the right of the text "Scan TO BOOK". Below the QR code, it says "USE CODE LOCALSPORTS26". At the bottom, a dark green bar contains the text "BOOK NOW" in orange and "southwell-racecourse.co.uk" in white.

**2-4-1
Club Offer**

**General Admission tickets
to all fixtures in 2026***
**excluding feature days*

Scan
TO BOOK

— USE CODE —
LOCALSPORTS26

BOOK NOW southwell-racecourse.co.uk

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.**

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.

GROUP NEWS: A CAPPELLA GROUP

We were absolutely delighted to give our very first performance to the residents of Moorfield Court earlier this month. Our mix of pop favourites and lively shanties soon had everyone joining in with real enthusiasm, creating a joyful atmosphere from start to finish. A huge thank you to the 14 singers who braved the hot weather and sang so beautifully – your energy and commitment shone through. We received many kind compliments afterwards, along with an invitation to return, which is always the best sign of a successful afternoon.

At our mid-August meeting, we introduced two wonderful new songs to our repertoire: the spirited shanty John Kanaka and the timeless Simon & Garfunkel classic Bridge Over Troubled Water. Alongside our usual vocal warm-ups, rounds and chants, we

revisited some favourites, including the hauntingly lovely Eriskay Love Lilt. It was a rich and rewarding session, full of shared learning and plenty of smiles.

If you'd like to explore what we sing, you can find our full repertoire on the [A Cappella](#) page on the Southwell u3a website. And if you're thinking of joining us – we'd be thrilled to welcome you. We meet every third Wednesday of the month, from 2–4 pm at the Southwell WI Hall on Sheppards Row. Our next session is on Wednesday 16 September, and we'd love to see you there. We're a warm, friendly group of singers, and you can be sure of a genuinely warm welcome.

Alyson Chaney [A Cappella](#)

ASTRONOMY GROUP

In July we were privileged to have an external speaker, Shaun Livsey, attending our group meeting. He gave an interesting and stimulating talk on a variety of astronomical facts across the universe.

Then in August we went back to our solar system and looked at the four Galilean Moons of the biggest planet, Jupiter which is a gas giant. These are the first large-sized moons that we come across after our own Moon, they are all rock worlds and as they are each vastly different they attract a lot of interest from scientists.

In September we will then move further across the solar system and look at Saturn, which is famed for its wonderful rings. All the gas giants have rings, but Saturn's are by far the brightest. One of

the things we will look at is why and how did they arise?

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 24 September, 22 October and 26 November.

The group 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 has the chance to ask questions, comment or offer views, which is, I think, an important part of our sessions.

Please see the webpage [Astronomy – Southwell u3a](#) where you can contact me, Richard Peacock, Group Leader.



u3a Southwell

Sanctuary of Scars

The room smelled of rain-damp wood and old paper. Six writers sat in a loose circle of mismatched chairs, the only light cast by a single amber lamp in the centre. For months, they had met every Tuesday, but tonight was different. Tonight, they weren't critiquing grammar or debating plot points. Tonight, they were reading the stories they had spent a lifetime trying to hide.

Mary cleared her throat, her fingers trembling against a crumpled stack of notebook paper. When she began to read, her voice was barely above a whisper. It was a story about a kitchen table, a broken clock, and the sudden, empty silence left behind after her mother passed away. As Mary read, the atmosphere in the room shifted.

Across the circle, Harry closed his eyes. Listening to her words felt like a physical weight pressing down on his chest. He wasn't just hearing a plot; he was drowning in the heavy tide of Mary's grief. The room seemed to shrink until there was nothing left but her voice, filling up every empty crack

in the floorboards. Harry felt a sudden, sharp ache in his throat, a resonance so pure it made him realise his own unhealed losses were staring right back at him. When Mary finished, she didn't look up. She waited for the usual 'clinical' feedback. Instead, there was a profound, aching silence. Then, James spoke. "Thank you for trusting us with that," he whispered.

The silence wasn't empty; it was a sacred canopy. By speaking of her pain and vulnerability, Mary had handed the circle a fragile glass heirloom. And without a word, the other five writers had reached out their hands to help her hold it. Inspired by Mary's courage, Harry steeled himself, saying to himself, 'I am brave,' and offered to share next.

His story was jagged, full of the anger and shame of a failed business and a fractured identity. As the words left his mouth, he felt a strange, physical lightness, as if he were unbuckling and shucking a heavy armour he had worn for a decade. Beside him sat Maya, a younger writer who had always felt like an imposter. Listening to this

older, seemingly confident man, Harry, laying bare his deepest inadequacies, shattered her worldview. A wave of goosebumps rippled down her arms. She looked around the circle and saw tears catching the amber lamplight on James's cheek. In that moment, Maya understood the true alchemy of the circle. They were not just a group of people reading words on paper. They were an emotional human ecosystem. The acts of courage and curiosity were feeding each other. One person's vulnerability became another person's permission to heal.

By the time the lamp flickered out late that night, the six writers walked out into the cool rain. They had arrived as individuals burdened by their private, isolated histories. They left bound together by an invisible thread, their worlds permanently expanded, carrying the beautiful weight of each other's truths.

A compass does not map out the whole journey; it simply points you toward a true north. Staying curious helps you discover hidden paths, interests and passions you might otherwise overlook; shifting your mindset from anxiety to wonder changes how you view a challenge. A sail catches the wind and gives momentum to move the ship forward, and knowing where to go is useless without the bravery to leave the safety of the shoreline. True courage is what allows us to endure obstacles and withstand unpredictable weather and unseen trials.

With curiosity and courage, we stop waiting for perfect certainty and start treating life as a brave adventure.

Ann McEwan Berry © 2026

Please see our web page [Creative Writing – Southwell u3a](#)



COME DINE WITH US (CDWU)

Sharlotka – Russian Apple Cake.

Serves 6–8

In the 19th Century, Russians knew Sharlotka as a baked pudding made with layers of brown bread and apple sauce – the origin of the modern-day Apple Charlotte. The Sharlotka has since evolved into a simple cake of chopped apples, baked into a sweet batter and requiring no butter or oil in the batter. Not to be confused with Charlotte Russe, which is not baked, contains no apples and is in fact entirely different!

Ingredients

4 – 6 Granny Smith or other tart Apples

4 Large Eggs

200 g Sugar

150g Plain Flour

1 tsp Vanilla Extract

1 tsp Baking Powder

¼ tsp Wine or Cider Vinegar

To Serve:

Icing Sugar and Cream/Crème fraîche



Method

Preheat the oven to 180C / 160C fan. Grease a 9" loose bottom cake tin and line the base with baking parchment. Peel and core the apples. Slice apples, set aside.

Using a handheld electric whisk, beat the eggs and sugar until light yellow, thickened and about triple the size. Lower the speed to slow, beat in the vanilla and flour.

Mix the baking powder and vinegar together and then add to the batter and mix gently.

Arrange the apple slices in the cake tin, pour batter over the apples.

Bake for around 40 – 45 mins (check after 35 mins). Tester should emerge clean, denoting cake is cooked through.

Serve hot or cold with cream or Crème fraîche. Dust with icing sugar if serving cold.

Enjoy!

[Link to CDWU Web Page](#)

PHOTOGRAPHY GROUP

The latest monthly theme for the Photography Group has been to look for the less obvious around Southwell.

Observational skills were paramount, looking up and down, investigating the nooks and crannies, finding unusual features from the town one might pass by without a second glance. One or two members seemed to find their shots in local pubs and we admire them for their dedication to duty!

There are too many great shots to show in Newline this month but we hope you find the selected few of interest and this might also stir your curiosity.



Boot Scraper

By Brenda

Hatch and Dispatch

By Deb



STC

By Karen



Which Pub Smokes?

By Jim



Green Man

By Hannah



PHOTOGRAPHY GROUP (Continued)



We Can See You!

By Lisa



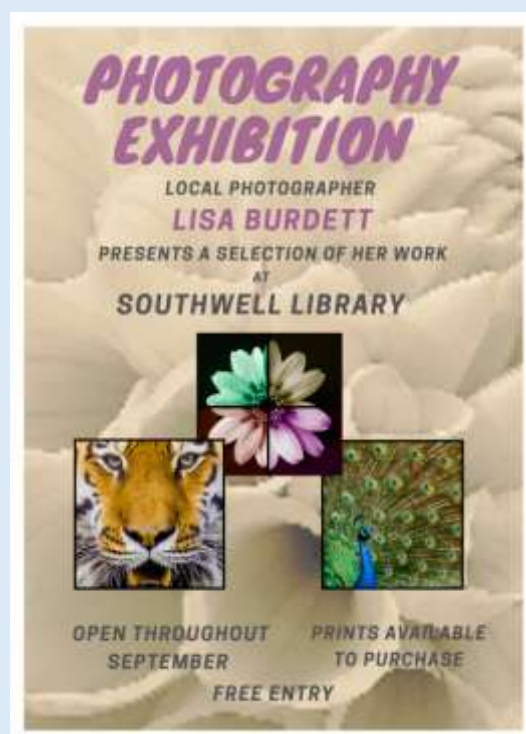
Which Pub's Head?

By Barry

We met up with our good friend Noble Jayaweera who has returned from his home in Sri Lanka to visit relatives. He remains an active member of our Group even though he now lives so far away.

Contact me if you are interested in joining our Group [Graeme Stewardson](#)

Reminder: Lisa Burdett, a member of our Photography Interest Group will be displaying 30 of her framed photographs at the Southwell Library Exhibition Space throughout September. She will be covering five themes; Birds, Landscapes, Black and White, Impressions and Patterns.



u3a Southwell

Our Previous 2026 Speakers



January:

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



February:

The History of Rockingham Castle (Michael Burton)



March:

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



April:

Our speaker was William Brown MBE who gave a fascinating talk on museum security.

In **May**, Paul Lillie returned and gave an entertaining morning on "The Beatles".

In **June**, our own John Cook stepped in and, drawing on his extensive knowledge of Mars, led a presentation on Mars, comparing its early days to the barren planet it is today.

In **August**, our speaker was Martin Lloyd who spent 24 years in the immigration department. Martin's talk was entitled Passports, Assassins, Traitors and Spies, and Martin gave us three occasions where passports had to be changed because of various events that had occurred in the 19th and 20th centuries.

It started with Orsini who attempted to murder Napoleon III through to Lord Haw-Haw in the Second World War who escaped to Germany and sent back regular reports via Radio Hamburg to Britain supporting the Nazi cause and spreading rumours about the demise of the war effort in Britain. All three and their accomplices were executed in due course.

Our Remaining 2026 Meeting Events:

Editor's note:

As a bonus, Martin has authored several books, and brought



them along. I've now read three, each every bit as good as his totally note-free fascinating talk!

THIS MONTH, 10am 1st September:

Nick Bailey talks about being one of the first DJs on Radio Caroline and his about his time on the boat. This is his history of those times (1966/67), his working in Australia, Gibraltar, Cologne, Berlin and Hong Kong together with his migration to Classic FM and his classical music show when Radio Caroline was shut down. Nick is a member of Bingham u3a. Do come along and show your support for what promises to be a fascinating insight into our history.

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 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: will be Christmas related and a big surprise to you all!

Further ahead, in **January** Caitlin Rutland will talk about Women in Science. In **February** Marcus Alton will be talking about Brian Clough.

[Link to Contacts Page for John Cook](#)

[Southwell u3a Speaker Seeker](#)

u3a Southwell

SOUTHWELL u3a CONCERT COACHES



I will be at the September & October Monthly Meetings to take bookings and payments for the first three concerts of the new season at the Royal Concert Hall as shown below. Please note that booking for the 23rd September concert will be closed at the end of the Monthly Meeting on September 1st. Prices for the first two concerts will be Band A £44, Band B £40 and Band C £36. The 29th October concert is a special event and pricing for it will be Band A £45, Band B £41 and Band C £37, it will also start at 7:00pm and so the coach will be leaving 30 minutes earlier than normal at 5:40pm from Southwell.

Any new members interested in being informed of concerts please [contact me via the Southwell u3a website](#). This contains full details of how the coach trips operate.

Roger Bennett

WEDNESDAY 23 SEPTEMBER, 7:30PM THE HALLE

Kahchun Wong	conductor	Sir Stephen Hough	piano
Liszt	Les Preludes		
Beethoven	Piano Concerto No. 5 'Emperor'		
Stravinsky	Firebird Suite (1945)		

WEDNESDAY 14 OCTOBER, 7:30PM NDR PHILHARMONIC HANNOVER

Stanislav Kochanovsky	conductor	Nikolai Lugansky	piano
Prokofiev	Classical Symphony		
Rachmaninov	Piano Concerto No. 1		
Brahms	Symphony No. 2		

THURSDAY 29 OCTOBER, 7PM (*NOTE Early Start*) SINFONIA OF LONDON (Special Event Pricing)

John Wilson	conductor	Benjamin Grosvenor	piano
Bacewicz	Concerto for String Orchestra		
Rachmaninov	Piano Concerto No. 2		
Rimsky-Korsakov	Scheherazade		

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 members 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.

The Global and UK u3a:

As a member of Southwell u3a you may be surprised to find that there are 33 other u3as within Nottinghamshire, over a thousand groups across the UK, and very many more across the world. [This article](#) gives a useful overview.

The National website is <https://www.u3a.org.uk> This is worth visiting, as the National u3a organises many (mainly virtual) events and workshops:

www.u3a.org.uk/events

Nottinghamshire and Regional u3as:

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!](#) In turn, the Nottinghamshire Network is a part of the wider East Midlands u3a, and this also has its own website: <https://eastmidlandsregion.u3asite.uk/>