

NEXT MONTHLY MEETING - 10 am on TUESDAY 9th July 2024



Monthly Meeting
Tuesday 9th July 2024 10.am
St. Peter's Church
Ravenshead

Speaker: Paula Cornwell
Title: "The Flying Housewife "



The talk is presented in character as The Hon. Mrs Victor Bruce.
In 1931 she flew solo around the world in an open cockpit light aircraft.
Hear some of her amazing adventures!

Please remember to bring your own mug for tea or coffee, and we'll provide the biscuits!

Grab your Place!
Torquay
September 2024

Torquay Coach Holiday
2 Excursions **ONLY £355 pp**
Leaves 28th September for 5 days
Join us for an Alfa Travel Coach Holiday to the English Riviera

Isle of Wight
June 2025

Shanklin Coach Holiday
2 Excursions **ONLY £465 pp**
Leaves 21st June 2025 for 5 days
Join us for an Alfa Travel Coach Holiday to the Isle of Wight

Buy Your Ticket Now!
Saturday 21st September
u3a Notts Network Conference



More details on Page 4



Chair's Chat

Catch up with what John Butler has to say on Page 15

RAVENSHEAD u3a ALFA TRAVEL COACH HOLIDAY TRIP TO TORQUAY IN SEPTEMBER

Torquay

Coach Holiday 2 Excursions

Leaves 28th September for 5 days

ONLY
£355
pp

Join us for an Alfa Travel Coach Holiday to the English Riviera



5 Days / 4 Nights half board at the **Metropole Hotel, Torquay** which is located within a few minutes walk of the town centre shopping area, harbour, marina & seafront with its sandy beaches.

The Metropole Hotel features a bar, an extensive lobby, lounge and a large entertainment room. A full Leisureplex menu plus the Chef's nightly specials are served in the bright, airy dining room.

All guest bedrooms are en-suite and feature Freeview TV and tea/coffee making facilities. Rooms are either Double or Twin beds, and your preference should be stated on booking.

Included in the itinerary is one day at your leisure in Torquay, and two full-day coach excursions. We will be visiting **Plymouth**, the famous maritime City with its historic Barbican district, Hoe & Sound, and **Teignmouth**, the Gem of South Devon, with its pier and Georgian architecture.

A Deposit of £50 pp is payable upon booking. **Contact Halinka Rajchel, Ravenshead u3a's Trips Coordinator** to reserve your place, and bring cheques made out to "Alfa Travel" to a Ravenshead u3a Monthly or a Weekenders Group meeting.

There is an option to pay Alfa Travel directly by bank transfer/credit/debit card, but speak to Halinka in the first instance to book.

Alfa Travel Limited are an employee owned company, and are members of the Bonded Travel Organisers Trust ABTOT They are a company registered in England and Wales with company number 02326610.

Their registered office is at Alfa Building, Euxton Lane, Euxton, Chorley, Lancashire, PR7 6AF.

See their Booking Conditions at <https://www.alfatravel.co.uk/booking-conditions> including a Travel Insurance requirement

See their Travellers Rights Statement at <https://www.alfatravel.co.uk/traveller-rights/>

RAVENSHEAD u3a ALFA TRAVEL COACH HOLIDAY TRIP TO ISLE OF WIGHT IN JUNE 2025

Shanklin Coach Holiday

2 Excursions

Leaves 21st June 2025 for 5 days

ONLY
£465
pp

Join us for an Alfa Travel Coach Holiday to the Isle of Wight

Alfa Travel Coach (New) Holiday to Shanklin

5 days/4 nights at the Shanklin Hotel, Isle of Wight (half board)

Excursions included to :
Alum Bay/Yarmouth & Osborne House/Whippingham Church

Leaves 21st June 2025

£465 per person
(sharing twin/double room)

£50pp deposit payable now



ALUM BAY & YARMOUTH

Alum Bay is well known for its multi-coloured sand cliffs and stunning views across the Solent.

Close to Alum Bay is probably the Isle of Wight's most famous landmark : The Needles

OSBORNE HOUSE & WHIPPINGHAM CHURCH

'It is impossible to imagine a prettier spot,' said Queen Victoria of Osborne House, her beloved home on the Isle of Wight

The village of **Whippingham, and St Mildred's Church** as its parish church, are best known for their connections with Queen Victoria, and are in the centre of the royal estate.



u3a NOTTINGHAMSHIRE NETWORK CONFERENCE - SATURDAY 21st SEPTEMBER

Nottinghamshire Network Conference

Saturday 21st September

Open to all Nottinghamshire u3a members
 To be held at the Girls High School, Squires Performing Art Centre
 9 Arboretum Street, Nottingham, NG1 4JB
 (corner Arboretum and Addison Streets)
 9:30am – 3:30pm

9:30am – 10:00am refreshments and registration

Keynote Speaker

Chris French, Professor Emeritus of Psychology at Goldsmiths College, University of London specialising in the psychology of paranormal beliefs and anomalous experiences.
 The talk will be entitled:

The Science of Weird Sh**
 Why our Minds Conjure the Paranormal

Admission £30

plus booking fee

Includes refreshments during the day and buffet lunch supplied by Delilah's
 Use link below to register and choose workshops

<https://www.trybooking.com/uk/DOTV>

Break Out Workshops

- Guided walk around the Arboretum
- Line Dancing
- Chair Yoga
- Safe Driving
- Creative writing
- Scamming and Fraud

There will be break out workshops in the morning and afternoon enabling members to attend two groups. More detailed descriptions of each workshop will be available when you register where we ask you to choose three options.

To book your place, please copy and paste this link into your url/address bar:

<https://www.trybooking.com/uk/DOTV>

Come and join members from the 33 other u3as around the county at the **Nottingham Girls' High School on Saturday 21 September 2024 (9:30am- 3:30pm)** where a full day of talks and workshops are planned.

Admission costs £30 (+ online booking fee) and includes refreshments during the day, and buffet lunch supplied by Delilah's Cafe.

Workshops will include :

Guided walk around the Arboretum

Line Dancing

Chair Yoga

Safe Driving

Creative Writing

Scamming and Fraud

There will be break out sessions morning and afternoon enabling members to attend two groups. More detailed descriptions of each workshop will be available when you register, where you will be asked to choice three options.

The keynote speaker will **Chris French**, Professor Emeritus of Psychology at Goldsmiths College, University of London, specialising in the psychology of paranormal beliefs and anomalous experiences.

His talk is entitled : **The Science of Weird S**t! : Why Our Minds Conjure the Paranormal**

Tickets for the event are now available to book online at :-

<https://www.trybooking.com/uk/DOTV>

Please note this event is for u3a members only

ELECTION OF THE NEW CHAIR OF THE THIRD AGE TRUST

There are three candidates standing for election as Chair of the Third Age Trust, the umbrella u3a charity we are affiliated to.

They are Allan Walmsley - the current Vice Chair of the Trust, Laurence Wale of Worcester u3a, and John Dollimore of Wymondham u3a.

Our committee would like to receive your preference as to which candidate we should choose as a u3a, so please let us know by emailing us after you have read their supporting statements.

Please submit your preference to John Butler via email at ravensheadu3a@gmail.com by **5pm on Friday 12th July 2024**.

Allan Walmsley



Download Allan's supporting statement, in pdf format, by clicking on the link.

<https://www.u3a.org.uk/docman-downloads/allan-walmsley-supporting-statement/download>

Laurence Wale



Download Laurence's supporting statement, in pdf format, by clicking on the link.

<https://www.u3a.org.uk/event-downloads/laurence-wale-supporting-statement-for-chair/download>

John Dollimore



Download John's supporting statement, in pdf format, by clicking on the link.

<https://www.u3a.org.uk/docman-downloads/john-dollimore-supporting-statement/download>

VOTING ON THE THIRD AGE TRUST'S 'FIT FOR THE FUTURE' GOVERNANCE PROPOSALS

Following detailed consideration of the background and all available documents, the Trustees of the Third Age Trust agreed by majority decision to circulate to all u3as a special resolution, proposed amendments to the Articles of Association, Council Standing Orders, and supporting statement to the resolution to change the Trust's Governance & Structure to include an Executive Board and a Representative Council.

The Special Resolution is so called because it calls for amendments to the Trust's Articles of Association, and as such, in order to be approved at the AGM on 16 October 2024, it would require an approval of 75% of the votes cast. No amendments or counter resolutions are allowed and u3as will be able to submit either a yes or no vote. Abstentions do not count towards the result.

A Communications plan was considered and approved that would promote the detail of the Fit For The Future concept up to the date of the AGM. The Plan would include a video explaining the process and detail, three monthly online Q&As, an article in u3a Matters and regular content in online newsletters.

All Regional trustees were asked to promote the resolution and to follow closely the intentions of their u3as.

GROUPS UPDATE FROM ANNE ELDRIDGE - GROUPS CO-ORDINATOR

If anyone needs any further information on the following, please contact Anne by email at: groups@ravensheadu3a.org.uk or the relevant Group Leader via the **website**.



1. EXPRESSIONS OF INTEREST

If anyone is interested in joining one of these potential new Groups, please contact me.

1.1. **New EOI. 'Persons in Sheds'** (working group name only). This is an opportunity for anyone with an interest in joinery or 'pottering around' to develop and/or learn new skills. (It is intended that the group name will be re-considered once we have sufficient members to form a viable group).

1.2. **Madrigal Singing** - unaccompanied singing - please note that it is necessary to be able to read music.

1.3. **Art Appreciation** - Anyone who appreciates art and wishes to learn more - possible visits and guest speakers.

2. PLANNING MEETINGS

Prior to setting up a new group, when sufficient members express interest, I organise a planning meeting to discuss how the group will run, dates and timing etc. There is no charge for attendance and, if you are interested, please try and attend so you can have your say on what would suit you. You will be under no obligation to ultimately attend the new group if you find it doesn't meet your needs or other obligations.

2.1. **Play Reading** - The Planning meeting due to be held on Friday 5th July from 1030 to 1130 has been postponed due to a likely low attendance.

2.2. **Art Appreciation** - A Planning meeting will be held on Wednesday 10th July from 2.30 - 3.30 pm in the Centre at St Peters. However, a number of attendees have now dropped out due to other commitments and I do need more to make this a viable meeting. Everyone is welcome and if you feel you would like to join us, please contact me as soon as possible.

3. BITE SIZED SESSIONS

My apologies for repeating myself but I would really love to hear from any of you who feel you could facilitate a Workshop or even run two or more sessions at regular intervals. This is an opportunity for those who do not want the time commitment to become a Group Leader - you don't need to be an expert - all you need is enthusiasm for your subject.

If you feel you may be able to contribute, please contact me via the website and we can discuss what is involved with absolutely no obligation if you don't feel comfortable with progressing it.

4. SHOWCASED GROUP AT OUR JULY MONTHLY MEETING - THURSDAY WALKING GROUP

This friendly Group was one of the first to be formed when Ravenshead u3a came into being. Walks are held around the Ravenshead Area and are about 5 miles.

If you are at the meeting, do try and have a look at the Showcase Board and talk to Paul Craddock who will be able to give you further information.

If you cannot attend the meeting but need further information, please contact Anne via the Ravenshead u3a website.

The group meets at 1.30pm on the 4th Thursday of the month at different chosen venues.

AN A TO Z OF OUR INTEREST AND ACTIVITY GROUPS

[Antiques](#)

Status: Active
on Thursdays
2 pm 3rd Thursday

[Armchair Travellers](#)

Status: Active
on Wednesdays 2:00 pm–4:00 pm
4th Wednesday

[Belly Dancing](#)

Status: Active
on Thursdays 12:45 pm–1:45 pm
In term time only

[Book Reading](#)

Status: Active
on Wednesdays 2:00 pm–4:00 pm
Last Wed. of the month

[Bridge Buddies](#)

Status: Active
on Wednesday afternoons 2:00 pm–4:00 pm
4th Wednesday

[Canasta](#)

Status: Active
on Tuesdays 2:00 pm–4:00 pm
2nd & 4th Tuesday

[Chair Yoga](#)

Status: Wait list only
on Fridays 2:00 pm–3:00 pm
2nd & 4th Fri.

[Chess and Backgammon](#)

Status: Active
on Mondays 10:00 am–12:00 pm
1st & 3rd Monday

[Cinema and Theatre](#)

Status: Active
Various times and dates: The group meeting dates vary according to scheduled performance dates.

[Country and Folk Dancing](#)

Status: Active
on Mondays
2 pm 2nd , 4th Monday

[Craft](#)

Status: Wait list only
Weekly on Thursdays 9:00 am–12:00 pm
Every Thursday

[Creative Writing](#)

Status: Active
on Fridays 2:00 pm–4:00 pm
Last Friday of the month

[Cryptic Crosswords](#)

Status: Active
on Thursdays 10:00 am–12:00 pm
1st & 3rd Thursday ZOOM Meeting

[Dog Friends](#)

Status: Active
on Fridays
4th Friday Meeting places can vary

[Family History](#)

Status: Active
on Mondays 2:00 pm–4:00 pm
1st Monday

[Food and Cookery](#)

Status: Full
on Fridays
2nd or 3rd Fridays but not always!

[French Conversation](#)

Status: Active
on Mondays 10:00 am–11:30 am
1st & 3rd Monday

[Garden](#)

Status: Active
on Wednesdays 10:00 am–12:00 pm
3rd Wednesday

[Guitar](#)

Status: Wait list only
on Thursdays 9:45 am–11:45 am
1st & 3rd Thursday

[Hikers \(5–8 miles\)](#)

Status: Active
Monthly on Wednesdays 9:30 am
2nd Wednesday usually meets in Ranger car park

[Holiday Spanish](#)

Status: Dormant
on Tuesdays
Dates and times for 2024 to be decided.

[Knitting and Crochet](#)

Status: Active
on Fridays 2:00 pm–4:00 pm
1st (NOT Jun–Aug) and 3rd Friday

[Latin and Roman History](#)

Status: Active
on Wednesdays 10:00 am–11:00 am
2nd & 4th Wednesday

[Local History](#)

Status: Active
on Thursdays 10:00 am–12:00 pm
4th Thursday

[Mah Jong](#)

Status: Active
on Tuesdays 2:00 pm–4:00 pm
1st & 3rd Tuesday NO EXPERIENCE NECESSARY!

[Meet and Eat](#)

Status: Active
Various venues, days and times, every other month or more often if arranged.

[Molkky](#)

Status: Active
on Thursday mornings 11:00 am–12:00 pm
2nd & 4th Thursday

[Pétanque](#)

Status: Active
on Thursdays 11:00 am–12:00 pm
1st & 3rd Thursday

[Photography For Fun](#)

Status: Active
Monthly on Wednesdays 1:30 pm–3:30 pm
1.30 pm 1st Wednesday

[Pickleball](#)

Status: Active
on Fridays 1:45 pm–2:45 pm
1st & 3rd Friday

[Salsa](#)

Status: Active
on Wednesdays 12:00 pm–1:00 pm
2nd & 4th Wednesday

[Science and Technology](#)

Status: Active
on Fridays 2:00 pm–4:00 pm
1st Friday

[Scrabble, Cribbage, Rummikub](#)

Status: Active
on Tuesdays 10:30 am–12:30 pm
1st, 3rd & 5th Tuesday

[Sprich mal Deutsch](#)

Status: Active
Times: Variable – am/pm/lunch/evening.
Venues: Variable – members' homes, pubs, café, restaurant and others

[Table Tennis](#)

Status: Active
on Mondays 2:00 pm–3:00 pm
1st, 3rd & sometimes 5th Mondays

[Thursday Walking](#)

Status: Active
on Thursdays 1:30 pm
4th Thursday. Venues vary

[Topical Discussion Group](#)

Status: Active
on Fridays 2:00 pm–4:00 pm
4th Friday

[Weekenders](#)

Status: Active
on Saturdays
1st Saturday Planning 10.00am – 12.00 & 4th Saturday Games 2.00pm – 4.00

[Weekenders Sunday Lunch](#)

Status: Active
on Sundays
2nd Sunday. Venues vary

[Wine Group 1](#)

Status: Wait list only
Monthly on Fridays

[Wine Group 2](#)

Status: Wait list only
Monthly on Tuesday evenings
3rd Tuesday

[Wine Group 3](#)

Status: Active
Monthly on Monday evenings 7:30 pm–10:00 pm
4th Monday

[Writing for Fun!](#)

Status: Active
on Thursdays 2:00 pm–4:00 pm
1st Thursday

[Yoga](#)

Status: Active
Every Tuesday at 2pm or Friday at 9.30am

NEWS FROM OUR ACTIVITY & INTEREST GROUPS

FOOD & COOKERY GROUP

In June the members of the Food and Cookery Group met at Kath McCready's community centre in Blidworth for their 'Picnic' themed meeting. Fortunately, the weather was superb as was the food provided by all the members!

It was a most enjoyable opportunity to meet up once again and relax in the sunshine!



We continue a summer outdoor theme with a Barbeque on 26th July, and have also planned future group trips out for an Italian lunch at the Carpenters Arms at Walesby in August, and Stella's Kitchen in Eyam for a Caribbean & African meal on a future date yet to be agreed.

At almost every meeting there is some educational content provided, and members are encouraged to share their individual cookery preparation in creating their chosen dish for the shared "fuddles".

The members also discuss cookery experiences in their group WhatsApp chat.



Member Sue Butler recently shared about attending a Vietnamese Cookery Class at the Vietcentric Cuisine & Cultural Centre in Nottingham. We certainly cater for all possible tastes!

Although the group is currently full with a small waiting list, due to the restrictions of hosting in member's homes, if more members are interested

we will look to form a second group, similar to the Wine Groups, if a second Group Leader can be found.

For more information about the Food & Cookery Group contact **Group Leader - Maria Gabrielczyk** via the website.

DOG FRIENDS GROUP

The group has been finding new private fields to stimulate, socialise and exercise their dogs off-lead together, and the latest favourite is "On All Pawz" at the Racecourse Park in Mansfield.



We welcome to the group new member Gill Knight with 'Ted', her 7 year old Dalmation

The group meet at 10.30am on the 4th Friday of the month at the Portland College Coffee Shop.

For more information about the group contact **Group Leader - Katy Roberts** via the website.



NEWS FROM OUR ACTIVITY & INTEREST GROUPS

SCIENCE & TECHNOLOGY GROUP - FROGS

In June, the meeting got down to learning about frogs.

Around 370 million years ago amphibians started to leave the water and become ground based.

Around the world they are under threat from building climate change, forest fires, deforestation, pollution, and unreliable water supply.



Frogs are particularly sensitive, as they have four stages in their development, from frog spawn to tadpoles to froglets and finally to frogs

As tadpoles they start by being vegetarians eating plants and living underwater. Then they grow back legs and develop external gills as they change to insect eating amphibians. These external gills are gradually absorbed into their bodies as they become air breathing. With all these metaphases in their development it can be seen how changes to the environment can seriously affect them.

We watched a simple video detailing the development of frogs.

We learnt the differences between frog and toads with toads being part of the frog family and we heard there were some 8000 members of the species around the world but some 20-40 species have become extinct over the past 30 years.



The second half to the talk was about different frogs and toads from around the world.

We saw big Purple Frogs with small pointed heads that help them burrow up to 5 feet underground.

We saw every frog but dangerous frogs from Costa Rica and venomous frogs in the Amazon.

Finally we had a smile on everybody's face as we played the Frog Chorus to finish the meeting.



For more information about the Science & Technology Group contact one of the **Group Co-Leaders - Trevor Smith or Barry Marshall** via the website.

RAVENSHEAD u3a VOLUNTEERS

The committee is indebted to the various volunteers who give freely of their time and expertise to enable the smooth running of all the activities and events we provide as a u3a. Without them, we would cease to function.

These include people like Paul Craddock who delivers our printed newsletters to those members without internet access, Margaret Craddock who still acts as our Welfare Officer after stepping down from the committee, Bob & Val Ford who head up our monthly meeting Welcome Team, our Refreshment Team comprising Yvonne Bebbington, Ann Bister, Mary Abbott, Maggie Brett, Maggie Fenton & Joyce Hopkins, the Trip Assistants who check our trippers in and out when Halinka is not on a trip, and our Monthly Meeting Setup and Tech Team including Andrew Tucker and Gordon Cleugh.

Following the recent sad loss of Janet Hampson, a regular Welcome Team Volunteer, we are particularly looking for new people to join Bob and Val in greeting and directing members and guests at our monthly meetings.

We also could not provide the range of Group activities we do without our Group Leaders, their assistants and facilitators that help out, too many to mention by name here.

If you would like to be added to our list of volunteers, please email John at ravensheadu3a@gmail.com



RAVENSHEAD u3a DAY - FRIDAY 27th SEPTEMBER 2024



We are pleased to announce that the annual Ravenshead u3a Day celebration will be held on **Friday 27th September** at the **Ravenshead Village Hall**.

Starting at 11 am and concluding at 2pm we hope to attract visitors and members alike to celebrate the u3a movement and Ravenshead u3a itself!

Interest groups will be able to display and promote their own groups and some will demonstrate activities.

Publicity will advertise the event locally. Everyone is invited, with free coffee and biscuits to keep them going!



WHAT'S IN STORE? - COMING UP AT OUR FUTURE MONTHLY MEETINGS

AUGUST 2024



Monthly Meeting

Tuesday August 13th 2024 10.am
St. Peter's Church, Ravenshead

Speaker & Pianist: Roger Browne
Title: "Not Father O'Malley"

Details: Roger traces his childhood in wartime and post war Salford, it features the music that he heard and enjoyed, in his home city from a very early age. He relates the consequences of being brought up as a Roman Catholic, but falling short of what was expected of him, by his parish priest, by becoming a fan of the wrong soccer club.

As with all of his talks, Roger illustrates "Not Father O'Malley" with live piano playing, singing and any number of crazy, hilarious stories.



SEPTEMBER 2024



Monthly Meeting

Tuesday 10th
September 2024
10.am St. Peter's Church
Ravenshead



Speaker: DRONE TO HOME

Drone To Home are a registered Animal search charity. They help to reunite many missing animals with their owners on a daily basis. Please come along to hear about the many recues they have achieved, the personnel involved and the equipment used!

Ru3a TRIPS UPDATE FROM HALINKA RAJCHEL - TRIPS CO-ORDINATOR

TRIPS INFORMATION for July to October 2024

IF YOU WISH TO BOOK A TRIP PLEASE SEE HALINKA RAJCHEL OR ALAN WALKER AT OUR MONTHLY MEETING OR AT A 'WEEKENDERS' GROUP MEETING.

If paying by BACS, please make payments to :

Ravenshead u3a Social Account

Co-op Bank Sort Code:- 08-92-99 Account number:- 65552700

Add your Surname followed by the Trip e.g Smith-Eastwood



Contact details for Halinka Rajchel: Mobile: 07762 802112. Email: trips@ravensheadu3a.org.uk

IMPORTANT NOTICE: Once you have paid for a trip, it is very important to let Halinka know if you are unable to go for whatever reason, as we have reserve lists and members may be able to go in your place. If someone goes in your place, you will be entitled to a refund!

TRIP CANCELLATIONS

Although we advertise our upcoming trips well in advance and each and every month, there is a minimum number of bookings that we have to achieve for each trip in order for it to be viable.

Unfortunately, if that minimum number is not achieved, then we do on occasion have to cancel the trip, as our trips are not subsidised from our membership income.

In these instances, which are fortunately few and far between, our Trips Coordinator, Halinka Rajchel, will contact you to advise you of the trip cancellation. Bookings for cancelled trips will be fully refunded.

New Trip! Cromford & Matlock **Friday 13th September 2024**

Trip leaves the Sherwood Ranger at **9.30am**

Cost : £9 (RCT Mini Coach Travel)

The trip is on a Friday 13th,, so we hope that people are not superstitious!

The trip starts with a visit to the Old Lock-up Art Gallery in Cromford (used as a village jail in 1700s) then a visit to St Giles Church in Matlock (famous for film appearances in Women in Love 1960s and Dead Man's Shoes).

Afterwards for those who wish to, there will be a meal at the Duke William pub (year of pub 1700s) and information about the famous people who stayed there, including Alan Bates and Oliver Reed.



TRIP REFUNDS

Where refunds become payable, they can be claimed in person from Alan Walker on the Trips Table at our Monthly Meetings or at the next Weekend meeting.

Ru3a TRIPS UPDATE FROM HALINKA RAJCHEL - TRIPS CO-ORDINATOR

Tattershall Castle - A National Trust property near Coningsby in Lincolnshire

Tuesday 16th July 2024 - 1 PLACE AVAILABLE

Departing from the Sherwood Ranger at **9am**.

Cost of travel is £11

Entrance for National Trust members is free. **Non-NT member**

Entrance Fee for Hall & Grounds is £12.50

Rising proudly from the flat Lincolnshire fens, Tattershall Castle, with its huge Gothic fireplaces and church-like windows, was designed to impress. Built by Lord Ralph Cromwell, Treasurer of England, it was designed to show off his wealth, position and power.



York City Centre - Free to Explore!

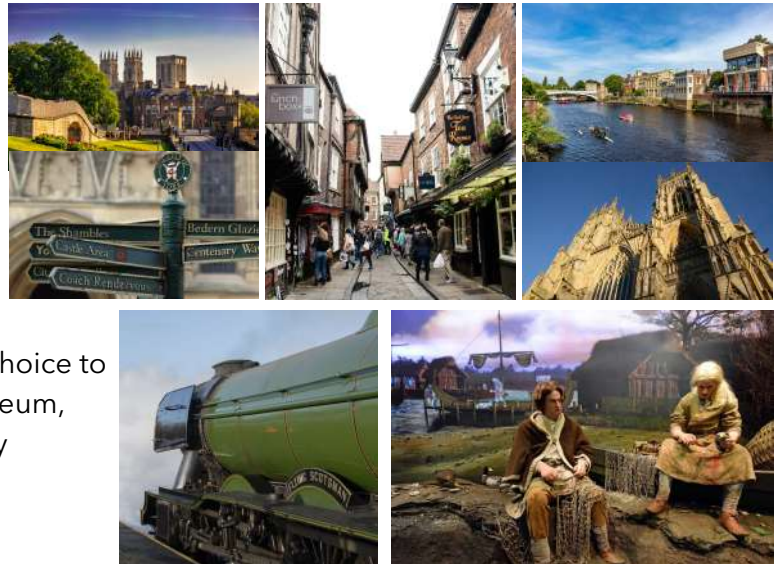
Friday 19th July 2024 - PLACES AVAILABLE

Departing from the Sherwood Ranger at **9am**.

Cost of travel is £18

The mini coach will proceed to the York City Centre drop-off point, and then collect you at the City Centre rendezvous point at 4pm.

There is plenty to see in York, and you have the choice to visit York Minster, the Shambles, York Castle Museum, the Jorvik Viking Centre and the National Railway Museum and have time for lunch in the 5 hours available.



Boston Guildhall & 'The Boston Stump'

Friday 2nd August 2024 - PLACES AVAILABLE

Trip leaves the Sherwood Ranger at **9am**

Cost : £21 (RCT Mini Coach Travel & Guildhall Tour)

The trip includes a tour of the Guildhall & cells, Fydell House and 'The Boston Stump'. Refreshments are extra.

This market town and inland coastal port has a fascinating history. The parish church of Saint Botolph, the largest in England, is known locally as the "Boston Stump" and is renowned for its size and its dominant appearance in the surrounding countryside.

The Great Sluice that drains the Fens runs through the town and keeps the tide out of the Fens twice a day, allowing the water from the upland to scour the Haven, the tidal river of the port of Boston, that provides access for shipping between Boston Docks and The Wash.

Ru3a TRIPS UPDATE FROM HALINKA RAJCHEL - TRIPS CO-ORDINATOR

Nottingham Galleries of Justice

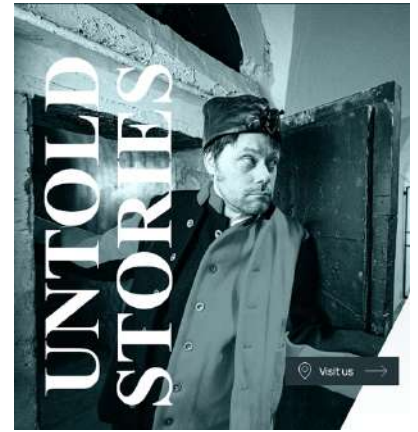
Wednesday 14th August 2024 - PLACES AVAILABLE

Cost : £16 (RCT Mini Coach Travel & Galleries Tour).

Hear extraordinary and inspiring true tales of justice brought to life with costumed characters.

Explore the Victorian Courtroom, Georgian Gaol, and experience Justice and the Law like never before.

The trip leaves the Sherwood Ranger at 9.30am, leaving Nottingham at 1.30pm & calling in at Brookfields Garden Centre afterwards.



WASPI (Women Against State Pension Inequality)

Ravenshead u3a member, Karen Unwin, is performing in a play called "**Stung**", highlighting the campaign by WASPI.

1950s-born women always thought they would retire with a state pension on their 60th birthday like generations of women before them - how wrong they were! The Government moved the goal posts - not once, but twice, and these women bore the brunt.

However, you can't keep a group of strong, determined women down for long ... so the play is about the story of the Women Against State Pension Inequality.

You are invited to join Karen and members of North Derbyshire WASPI and watch their performance of a story of the roller-coaster of a ride in their quest for pension justice.

The dates are Saturday 10th August in Creswell and Monday 9th September at the Crucible in Sheffield

THE u3a FRIENDS NEWSLETTER



The Third Age Trust have recently relaunched their u3a online newsletter as the **u3a Friends Newsletter**. This enables them to develop their relationship directly with you as individual u3a members, and also with supporters of the u3a movement elsewhere.

Those who choose to join the u3a Friends community will be able to access exclusive offers and services, in addition to news and stories from across the u3a. If you are not yet subscribed to the u3a Friends newsletter, [Sign Up Here](#). You can view FAQs about the initiative [HERE](#)

u3a FRIENDS EXTRA



What is u3a Friends Extra?

u3a Friends Extra is a new benefits website exclusively for those who sign up online to the u3a Friends Community.

u3a Friends Extra provides access to a wide range of offers, discounts and additional services. Friends can make savings on well-known brands, shopping, travel, days-out and much more.

Friends Extra covers a wide variety of benefits such as:

- **Health and Wellbeing** : discounts on eye care, health tests, gyms, spa deals and golf courses.
- **Shopping** : savings on major brands and retail discount cards.
- **Travel** : discounts from selected partners.
- **Lifestyle and Leisure** : offers, like family days out, trips to the cinema and theatre.
- **Insurance** : offers on home, car and travel insurance.
- **Advice** : Access to financial advice and a legal helpline.

Watch this video on **How to Use the u3a Friends Extra website** once you have registered for u3a Friends.

Go to : <https://youtu.be/gyR8yX68YzU>



CHAIR'S CHAT

Over the last few weeks it seems as if Summer has finally arrived. There were fine days for the recent trips to the seaside at Mablethorpe and to the Bakewell International Dance Festival.

I'm certainly a fan of our trips and holidays, and appreciative of the effort that is put into organising them. Having been on the Calke Abbey trip recently, I'm hoping that the one to Kedleston Hall will be as equally enjoyable. My wife Sue and I are also booked to go on the Alfa Coach Holiday to Torquay at the end of September, and have already booked our places on the Isle of Wight trip in June next year. I hope to spend some special times with many of you on these and other future trips and holidays.

Finally, here's a reminder that you can still contact us using old fashioned phone technology on **0300 030 2990**



I do look forward to seeing many of you at our monthly meeting on **Tuesday 9th July 2024 at 10am**

John Butler

Chairman - on behalf of the Committee of Ravenshead u3a