

NEXT MONTHLY MEETING - 10 am on TUESDAY 13th 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.

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



A keynote address from
Professor Chris French
and a full day of workshops
with a delicious buffet lunch
Saturday 21st September

u3a Notts Network Conference
Squire Performing Arts Centre
Nottingham Girls' High School

Buy Your Ticket at :
<https://www.trybooking.com/uk/DOTV>

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



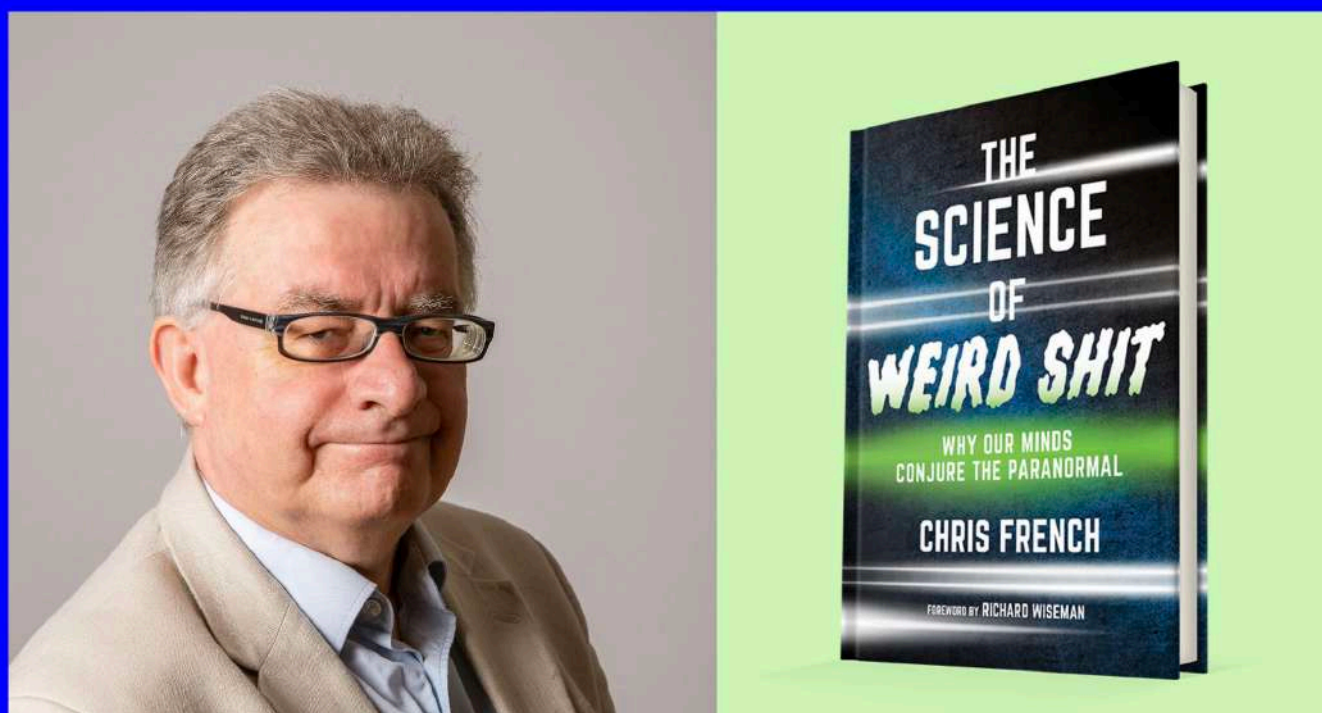
**Chair's
Chat**

Find out what John
Butler has to say on
page 17

u3a NOTTS NETWORK CONFERENCE - SATURDAY 20th SEPTEMBER 2024

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

BOOK NOW at : <https://www.trybooking.com/uk/DOTV>



A keynote address from Professor Chris French

The event runs from **9:30am- 3:00pm** at the **Squire Performing Arts Centre** (part of the Nottingham Girls' High School) **on Saturday 21 September 2024** where a full day of talks and workshops are planned.

Workshops Sessions will include :

- Guided walk around the Arboretum**
- Line Dancing**
- Chair Yoga**
- Safe Driving**
- Creative Writing**
- Scamming and Fraud - Be Aware, Stay Safe**

Breakout sessions will take place both 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 choose your preferred 3 choices in priority order out of the options available.

Please note this event is for u3a members only

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.

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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.



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 a supporting statement to the resolution to change the Trust's Governance & Structure to include an **Executive Board** and a **Representative Council**.

The proposed changes arise from the workload that the volunteer Regional and National Trustees have had to commit to, their level of relevant expertise, and the requirement for them to prioritise their governance responsibilities as board directors over representing the u3as in their Region.

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 by individual u3as. 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.

In essence, the **Trust Executive Board** will be u3a members who are elected after screening for their relevant expertise in the various governance skills required as a Trustee of the large charity that the Third Age Trust has now become.

The **Representative Council** will comprise:-

A Chair, who will be a member of a u3a, and will be appointed by the Trust Board following a recommendation from the Council of up to 3 candidates, nominated by u3as. In addition there will be two elected representatives from each Region and Nation, plus the chair of the Network Link appointed by the Board.

Whilst recognising that the Trust Executive Board directors are the charity trustees of the Third Age Trust and who have ultimate responsibility for the control and operation of that charity, the Representative Council is intended to provide a more effective voice for member u3as, and to be the primary body for engaging with members, representing their views and making decisions about those issues which are of primary concern to the u3as.

It is intended that the council will work closely and collaboratively with the board and will work with it to ensure that there are no misunderstandings, conflicts or overlaps.

Ask Away Online Sessions

The Trust will be hosting special online Q&A events for you to find out more about the Board's special resolution, the **Fit for the Future** strategic plan.

This is your opportunity to **Ask Away** and put any questions you may have to members of the Board.

Hosted by former Trustee Neil Stevenson with questions answered by Vice Chair Allan Walmsley, this is a chance to find out more about this important resolution and what it will mean for your u3a. Please come along to help us all shape the future of the u3a movement.

The events will be taking place on the following dates :-

Wednesday 14 August - 10 am. [Book now.](#)

Wednesday 11 September - 10 am. [Book now.](#)

THERE IS AN IMPORTANT UPCOMING DECISION FOR THE Ru3a COMMITTEE ON HOW OUR u3a SHOULD VOTE, SO WE WOULD APPRECIATE RECEIVING YOUR VIEWS.

Please email John Butler at [ravensheadu3a@gmail](mailto:ravensheadu3a@gmail.com) with your comments.

RESULT OF THE THIRD AGE TRUST CHAIR ELECTION

Thank you to those members who emailed us with their preference for Ravenshead u3a's vote in the Third Age Trust Chair Election.

A majority of over 50% our u3a committee and members voted for candidate Laurence Wale, however **Allan Walmsley** was duly elected by all the u3as across the country as the new Chair of the Board of Trustees of the Third Age Trust 🙌🙌



A founding member of Kings Norton and District u3a, Allan has served on the Board since 2020, first as Trustee for the West Midlands and more recently as Vice Chair.

Allan says, "I'm delighted to become Chair-Elect. It will be an honour to lead one of the UK's leading member organisations, and a movement that already influences the lives of so many people. I hope to lead on continued growth and creating an ever-widening range of learning and social opportunities for our members."

NEW CHIEF EXECUTIVE OFFICER FOR THE THIRD AGE TRUST

The Third Age Trust are delighted to announce the appointment of Iain Cassidy as the new CEO of the Third Age Trust.

Iain joins the Trust from a role as CEO of Open Age, a London based charity that champions an active life for older adults. With a background in fundraising, and experience of leading charitable organisations through times of change, Iain is motivated by the deeply held belief that everyone should be afforded the same opportunities in life.



Iain replaces Sam Mauger who has been in post for the last 8 years. Reflecting on her time with the Trust Sam says "Together with u3as, the amazing staff team and the inspiring volunteers and the Board, I have been on an incredible journey since 2016."

Sam continues, "The movement is filled with people with vigour, ideas and a desire to enjoy every moment of their time and it has been a joy to work with them. I am pleased to hand over the role as CEO to Iain Cassidy, from the AGM in October. I know Iain will bring his energy and enthusiasm to the Trust in the next stage of the movement's journey."

Chair of the Board of Trustees, Liz Thackray adds, "Sam has made a huge contribution to both the Trust and the u3a movement over the past 8 years - and we all recognise she will be a hard act to follow. While wishing her all the very best for whatever lies ahead for her, I want to offer a warm welcome to Iain as our new CEO. Iain brings with him a wealth of knowledge of the voluntary sector and commitment to working with volunteers. I am sure we will all offer him every support as he takes up this new role at a time of change."

Of his appointment Iain says, "I'm really excited to be joining the Third Age Trust and the wider u3a movement. I know the impact that individual u3as have for their members, and I feel privileged to have this opportunity to feed into the amazing work you do."

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.

I hope to be able to set up the following groups but I need to ensure that we have sufficient members interested before I can proceed. If you think you may be interested, please let me know. You will not be under any obligation to join if you decide later on that the group doesn't meet your needs.

1.1. **Spanish Conversation** (new EOI and Planning Meeting).

This is intended for those with an intermediate level of Spanish and/or as a follow-on from the Holiday Spanish Group.

A Planning Meeting has been arranged for:

Monday 16th September 2 - 3 pm
The Brammer Room, Ravenshead Village Hall.

Please let me know if you will be joining us on this date and/or if you are interested but can't make this particular date.

1.2. **'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).

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

1.4. **Art Appreciation** - unfortunately the planning meeting I arranged for early July had to be postponed but I will be re-arranging it shortly. I have the original list of those interested but if anyone else wants to add their name (no obligation), please contact me.

It is envisaged that this group will involve discussions, visits, possibly visiting speakers - you don't need a knowledge of the subject just a desire to learn a bit more.

2. WALKING GROUP REVIEW - What would you like to see in Ravenshead u3a?

The Walking Group was one of the first groups to be set up by Ravenshead u3a. Inevitably, after over twelve years, our members and their circumstances have changed and we feel the time has come to review this group's activities. We plan to hold an open discussion with the aim of identifying what our members want to see in a walking group.

The Review meeting will be held on:

Wednesday 18th September 2 - 3 pm in the Centre at St Peter's.

This meeting will be open to all members who would like to do some walking regardless of whether or not they are currently a member of Walking Group. Topics to be discussed will include when and where we walk, distance, location or anything else that you would like to see. Whilst we obviously can't make any promises, your views and ideas will be most welcome and will all be carefully considered. Please try to come and bring your ideas along.

GROUPS UPDATE FROM ANNE ELDRIDGE - GROUPS CO-ORDINATOR

BITE SIZED SESSIONS

Thank you to all those who have given me ideas for these Bite-Sized sessions. I hope to be in a position to organise some of them early Autumn when most of us are over holidays etc. In the meantime, please keep the ideas coming.

For those of you who are not aware of these sessions, they are either one-off Workshops or short courses on any subject or interest you wish. They are an ideal opportunity for those who do not have the time to devote to becoming either a group member or Leader. To lead a Bite Sized session 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.

SHOWCASE GROUP OF THE MONTH - Ravenshead u3a Support Teams

This month's showcase is devoted to the Support Teams of Ravenshead u3a. This often 'hidden army' of volunteers do a variety of roles to ensure that things go smoothly and enable us all to really enjoy our meetings. Some of these Supporters arrive a bit early at monthly meetings to help set the church up, others ensure that chaos is avoided by acting as car park attendants, our Welcomers meet and greet us when we arrive at the monthly meetings and where would we be without the cuppa provided by our wonderful refreshment team?

NEWS FROM OUR ACTIVITY & INTEREST GROUPS

FOOD & COOKERY GROUP - BARBEQUE Friday 26th July

The sun shone warm as the members of the food & cookery group gathered to enjoy their offerings, it really must be stated prior to any social gathering with members of this group that you do not eat for a week!

The food was plentiful and the following was a selection of the food on offer - all made by the members, including some own grown produce :

Chicken Skewers, Raspberry and Hazlenut parfait, Pavlova, Baked Greek Olives, Thai Prawn Satay, Pork Burgers, Radish Salad, Potato Salad, Chicken Kebabs, Onion Bread, Lamb Koftas, Cheese and Biscuits, Jam and Coconut Sponge, Tropical Fruit Salad with a medley of dark rum and freshly squeezed oranges.

The conversation flowed easily and it was a most convivial afternoon. How the hosts managed to incorporate an aerial show for us to enjoy was beyond my comprehension. (Referring to model aeroplanes flying loop the loops over the house!)

Member Rose Cullip commented -

"What I love the most about the cookery group is not primarily the food - this is an added bonus. It's about having fun and socialising, meeting new people with a common interest and becoming good friends and the more you spend time in their company you will find many other interests that you share with them. The cookery group is such a friendly group and I am so blessed to be part of it. We most definitely embrace the concept of u3a - to learn, laugh and live. We laughed so hard I don't know if my stomach hurt because I was most insistent on trying as many dishes as I could, or I laughed so hard I gave myself a stitch."

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



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

HIKERS' 5-8 MILES

The Group has continued to be active and attracts 12-18 hikers every month, whatever the forecast or distance of the walk.

We have had some walks in Derbyshire and some more local walks; the more distant ones have been since the days have been longer and we have had better chance of good weather. That said, the weather is often better than forecast and we have rarely had much, if any, rain on the walks.

July's walk was from Ambergate. 16 members enjoyed the 7.3-mile route, with varying terrain, including field paths, tracks, road, and river(!) and a number of stiles, some of which were quite challenging, especially for those with short legs! We passed through scenic views and some old industrial buildings.

Coffee was taken by a river while we sat on logs and lunch was had with a view of the rolling hills and Crich Stand, with some members claiming a bench, while others sat on the grass or stood up.

New members are always welcomed, and details of the walk are sent out by email in good time. We walk every 2nd Wednesday and usually meet at the Sherwood Ranger ready to leave at 9.30am sharing cars.

For more information about the group contact **Group Leader - Brenda Sibley** via the website.



CINEMA/THEATRE GROUP

Some group members enjoyed seeing the 25th Riverdance Anniversary Show at The Bonington, a venue we frequently visit. The show was streamed in once again from 'The Point', Dublin's largest indoor arena.

This location was where the legendary show started and since then Riverdance has been seen by 27 million people worldwide.

The previous week we were at The Bonington seeing Martin Sheen in 'Nye' the life story of Nye Bevan, the founder of the NHS from the National Theatre at Stratford on Avon. We are so lucky to get access to these events at a fraction of the cost of those at the theatres.

Our cinema/theatre group has been changing since the pandemic ended. Some members like to join us regularly, others may join us occasionally. Some prefer to go with other friends, then ring and ask if they can fit them in with us. We can certainly say we have improved numbers of those using The Bonington Theatre.

We no longer go to the Odeon in Mansfield as their films are not current circulation ones.

What is clear is that 27 Ravenshead u3a Cinema/Theatre Group members still want to know where we are going and want to stay with this group.

We are taking a break during August but watch this space. In September Gilly is proposing they do an online meeting with a fun quiz. She also doesn't now plan events at The Royal Centre, etc., as the cost outlay is so high nowadays.

However, the exception is that Gilly is getting a group together to see the National Tour of 'War Horse' next May. The other proposed event is at Southwell Minster, the "Bible by Candle Light" on 16th December at 7.30pm. If members are interested please drop Gilly an email. She will need payment in advance, and is restricting numbers to 12 people for each event, and those attending will be car sharing.

For more information about the group contact **Group Leader - Gilly Hagen** via the website.

NEWS FROM OUR ACTIVITY & INTEREST GROUPS

SCIENCE & TECHNOLOGY GROUP - SEPSIS

On the 1st Friday in August we had a talk about Sepsis and the need for rapid detection and treatment.

Sepsis occurs when bacterial infections such as pneumonia, or viral infections, including flu, send the immune system haywire, causing it to attack major organs.

About 150,000 people a year are admitted to hospital with the condition, and it leads to about 37,000-48,000 deaths per year which is more than breast and bowel cancer combined!



The problem is that there is no reliable rapid test to confirm sepsis that allows early treatment. Currently testing for sepsis takes 3-4 days to get results of growing cultures from blood samples.

Unfortunately toxic shock can kill within hours. If treated early sepsis can be overcome and this would save the NHS a lot of money. So now there is a race to develop rapid testing.

Our National Institute for Health Research (NIHR) Biomedical Research Centre have identified a biomarker (a 'biological fingerprint') for sepsis in the blood, and shown it could be used to diagnose the condition within two hours.

British scientists at EDX are behind a test kit, known as a multiplex test, which could be given to paramedics and hospital teams, and say it could be available in the UK by 2025 and save thousands of lives each year.

IFAST, a spin off from the University of Southampton has developed a test system that can deliver results with 4 hours for urine samples and 8 hours for a blood sample, thus saving lives and reducing the spread of antimicrobial resistance. Trials have been successfully run in 2 hospitals and another 20 hospitals are wanting to trial the system. Currently it is forecast that the test will cost under £100. Hopefully it will be commercially viable and fully introduced with speed.

Remember the acronym

- S** for slow speech or confusion,
- E** for extreme pain in the muscles or joints,
- P** for passing no urine in a day,
- S** for severe breathlessness,
- I** for "it feels like I'm going to die", and
- S** for skin that's mottled, discoloured, blueish or very pale.

If you have any of those six symptoms, go straight to A&E.

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 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!



Ru3a CHRISTMAS LUNCH AT THE OAKHAM SUITE - 12.30pm TUESDAY 10th DECEMBER 2024

We are pleased to announce that the annual Members' **Christmas Lunch** will take place at the **Oakham Suite, 155 Nottingham Rd, Mansfield NG18 4AE** on **Tuesday 10th December** starting from 12 noon for 12.30pm. Pronto buses stop about 100 metres from the venue.

There is a choice of either a 2 course meal for £24.95 or £29.95 for 3 courses. Tickets will go on sale at our September Monthly Meeting.

Starters

Calamari with Lime mayo served on a bed of leaves
 Soup of the Day served with a warm bread roll
 Chicken Liver Parfit served with homemade croutons and chutney
 Creamy Garlic Mushrooms Served on a toasted Ciabatta

Mains

Turkey Christmas Dinner served with all the trimmings
 Roast Beef Dinner Served with creamy mash, seasonal Vegetables and homemade Yorkshire pudding
 Poached Salmon Served with New potatoes, Side of seasonal Vegetables with Dill and Prawn Sauce
 Vegetable Wellington Served with new potatoes, Seasonal Vegetables (VEG/V)

Desserts

Traditional Christmas Pudding served with Brandy Sauce
 Lemon Posset served with homemade Shortbread
 Terrys Chocolate Orange Cheesecake served with pouring cream
 Fudge Cake served with Pouring Cream
 Chocolate Fudge Cake served with pouring cream (Vegan)



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

SEPTEMBER 2024

u3a learn,
laugh,
live



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!

OCTOBER 2024

u3a learn,
laugh,
live

Monthly Meeting

Tuesday October 8th 2024 10.am
St. Peter's Church, Ravenshead



Speaker: Geoff Harris

Title: "The London No-one Tells You About"

Geoffrey Harris' talk "The London No-one Tells You About" is a fast-paced, amusing and at times downright funny talk as he sheds a light upon some of the lesser-known facts about London, its laws and its strange inhabitants. You will be left wanting to know so much more about human lavatories, coffin-escape devices and one-legged escalator testers that you will just have to go there yourselves!

Ru3a TRIPS UPDATE FROM HALINKA RAJCHEL - TRIPS CO-ORDINATOR

TRIPS INFORMATION for August to November 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! Carnegie Museum, Melton Mowbray **Tuesday 22nd October 2024**

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

Cost : £9 (RCT Mini Coach Travel)

We will be visiting a special exhibition in the Carnegie Museum about the Parachute Regiment in the Melton District during the Second World War, created by local historian Brian Fare.



Set up in 1941 in response to the effective German paratroopers, by June 1944, there were five parachute brigades comprising 17 battalions. Five parachute battalions landed prior to D-Day (June 1944) to destroy bridges and gun batteries and to cut off German reinforcements. Six battalions, 1st, 2nd, 3rd, 10th, 11th and 156th, fought at the Battle of Arnhem in Holland, during Operation Market Garden in September 1944.

We will then we have free time in Melton Mowbray on its market day to try out the local delicacies such as pork pies & cheese, and to visit the shops and eateries. There will also be a St Mary's Church lunchtime organ recital at 1pm with the trip finally departing at 3.30pm.

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. A refund is due for those who visited Kedleston.

Ru3a TRIPS UPDATE FROM HALINKA RAJCHEL - TRIPS CO-ORDINATOR

Tattershall Castle - A National Trust property, plus a Visit to nearby Woodhall Spa

Wednesday 14th August 2024 - PLACES 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.** (Note : only snacks in cafe, no hot food)

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.

Woodhall Spa is close to RAF Coningsby, the Home of 617 Squadron "The Dambusters" and at Petwood Hotel there are lots of items connected to 617 Squadron and food is also available. You can also visit the Cottage Museum (about 45 mins self tour) costing £3.50 entrance fee (museum is optional for trippers)



Boston Guildhall & 'The Boston Stump'

2nd Trip - Thursday 22nd 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 at £5.50 each for drink and cake.

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.

Cromford & Matlock - 1st Trip Sold Out!

2nd Trip - Tuesday 17th September 2024 - PLACES AVAILABLE

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

Cost : £9 (RCT Mini Coach Travel)

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.



Ru3a TRIPS UPDATE FROM HALINKA RAJCHEL - TRIPS CO-ORDINATOR

New Trip! Charnwood Museum & Loughborough Fair **Friday 15th November 2024**

Trip leaves the Sherwood Ranger at **9.30am** returning at 3.30pm

Cost : £8 (RCT Mini Coach Travel)

Charnwood Museum is situated in a former Victorian swimming baths. It showcases the rich heritage of the local area, featuring a wide range of exhibits reflecting the history, geology, archaeology and industries of Charnwood and the surrounding area.



Afterwards we will visit the Loughborough Fair in the town centre, and enjoy free time in Loughborough.

A DAY TRIP TO BOSTON - A REPORT BY LOUISE FANFARILLO

On a sunny morning in early August we boarded the Ravenshead bus bound for the former inland port of Boston

Despite being a little late for the included tour of the Guildhall, we were treated to an hour's very informative tour by Luke. He spoke on a range of topics including the history of the port of Boston, once part of The Hanseatic League, the incarceration of the Protestant pilgrims, and the construction of the Guildhall building itself.

We then strolled up to St Botolph's church, known locally as the Stump, because of its very tall square tower and enjoyed the Food Festival being held there, (lots of free samples!) Later we were again treated to a tour of Fydell House, a grand Queen Anne house and garden in the heart of Boston. Refreshments were then served in the tearoom, which overlooks the small but pretty garden which has interesting trees such as a black mulberry (no silkworms here!) and a black walnut tree. Another feature of the garden is an armillary sphere on a plinth with a poem celebrating the exploration of Australasia. One of the scientists, botanist Joseph Banks, travelled with Captain Cook and was a close friend of the Fydell family.



Photos by Clive Aveyard

THE u3a NOTTINGHAMSHIRE NETWORK FACEBOOK PAGE

The u3a Nottinghamshire Network, where our previous Ravenshead u3a Chair, Maria Gabrielczyk, is Vice Chair, is a separate u3a Network Charity set up to support the 33 individual u3as in the county, and in particular support their committee officers in performing their roles.



They facilitate Peer Support Groups for Chairs, Business Secretaries, Treasurers, Membership Secretaries, Publicity Officers, Group Co-ordinators and Speaker Finders where ideas and resources can be shared freely, meeting online every 3 months or so to discuss common items of concern and develop new skills..

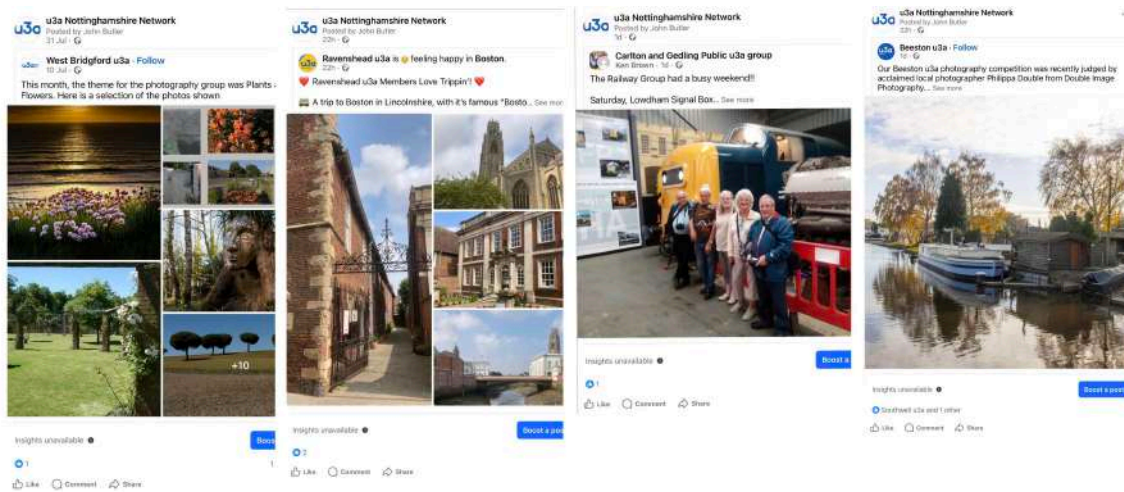
Our Chair, John Butler, with his significant experience of Social Media, was asked to create a Facebook Page for the u3a Notts Network in order to publicise the September Conference, but also to highlight the reports of various activities and interests that u3as within the county are publishing to each of their own Facebook pages.

We know that many of you are not fans of Social Media in general, or Facebook in particular, but we seek support from those of you who do regularly interact with posts on the platform.

The Page went live on 9th July and you can view it by going to :-

<https://www.facebook.com/u3anottsnetwork/>

Please visit the page, **Follow**, **Like** the posts and **Share** those posts that resonate with you.



CHAIR'S CHAT

You may wonder why there is so much content in this issue regarding the proposed Governance changes at the Third Age Trust, and about the u3a Nottinghamshire Network Conference. Whilst most of our members are really only concerned about attending Group & Monthly Meetings, and going on trips, looking at the bigger picture we are one out of over 1,000 u3as around the UK delivering value and enjoyment to u3a members, and we want you to be aware that we don't exist in isolation as a charity.



Here's a reminder that you can still contact us using old fashioned phone technology on **0300 030 2990** so feel free to reach out to us at any time.

John Butler Chairman - on behalf of the Committee of Ravenshead u3a