



Chair's Bulletin of 'hot topics' for u3a members:-

- ❖ **The next monthly meeting:** This will take place from 10am on Tuesday 9th June at St Peters when we will be going down the mines with a talk by the aptly named David Coleman, who will be telling us about the working life of a pitman.
- ❖ **Mining Memorabilia:** Why not bring the session to life by bringing along mining memorabilia kept by your family to show other u3a members aspects of the rich mining history of Nottinghamshire?
- ❖ **Health Matters:** Ru3a want to encourage what is called 'social prescribing'. This is where health professionals refer patients to a range of local, non-clinical activities to improve their health and wellbeing. Offering both social and active interests the u3a is well placed to support such work and reduce social isolation. We also aspire to be a dementia-friendly organisation.
- ❖ **'Health Buddies'** We are in touch with local GP Surgeries. Volunteers are needed to assist people referred from social prescribing to enjoy the benefits of becoming part of the u3a. We know we do not have the skills to support people with significant physical, cognitive or emotional issues. All u3a members must be able to actively participate, either independently or with a carer. We are a caring, but not a care, organisation. That said, being involved in social activities can change someone's life. And none of us knows when illness or injury or dementia could impact on our lives, and taking part keeps us all healthier.
- ❖ **Volunteering opportunities: Comms Team:** We are looking for people who would like to contribute to the publicity side of running Ru3a. There are several aspects to this and here are some suggestions:
 - * an on-going and regularly updated page on the Ru3a website informing or reminding members of upcoming events, but equally sharing news of what our groups have been up to;
 - * a shorter monthly bulletin (like this one) that goes out to members just before the monthly meeting at St Peter's;
 - * regular social media updates;
 - * publicity for one-off events

A number of people responded in the Member Survey saying they would be interested, but the survey was anonymous so we don't know who you are!!



If you think you were one of these people, please contact Frances Leyshon at secretary.ravensheadu3a@gmail.com

- ❖ **U3a Day:** Make a date for Friday 25th September at Ravenshead Village Hall for a range of social activities and sharing information on group activities.
- ❖ **Christmas:** on our monthly meeting day there are only 199 shopping days left until Christmas. But a date for your diary is Tuesday 8th December for the Ru3a Christmas lunch at the Hostess, Mansfield. Details and bookings available later.
- ❖ **Interest Groups – Update::** by Anne Eldridge
- ❖ Potential Quizzing Group. Anyone interested is welcome to attend the Planning Meeting, to be held on: Monday 15th June 0945 – 1115 in the Brammer Room (Village Hall). Refreshments provided but bring your own mug!
- ❖ Expressions of interest: These are groups that I am hoping to set up in the future. If you are interested, please let me know and Anne Eldridge will add your name to the list. No obligation if you change your mind later.
- ❖ Book Group 2. Our existing very successful Book Group is now full – anyone want to join a second group?
- ❖ Chess &/or Backgammon. Interested in playing either or both?
- ❖ Beer Appreciation. Pretty obvious what this group will do. Cheers!
- ❖ Fitness with Dance. Gentle exercise with a few basic dance moves.
- ❖ Short Lawn Bowls If anyone managed to attend the open day at Arnold u3a, can they let Anne have some feedback please? This info is purely to help Anne consider whether this would be a suitable group for Ru3a. (n.b. short lawn bowls is an outdoor game where the playing mat is set halfway down the bowling lane. It is less strenuous to suit people of differing abilities).

- ❖ **Digital Skills:** Aimed at beginners, but 'digital buddies' with experience equally welcome. Join the 'silver surfers at the Centre': Monday 29 Jun 2.00 (setting up and using email); Wednesday 15 July 10.00 (shopping online) ; Tuesday 21 July 10.00 (TBA); Wednesday 5 Aug 10.00 (Word); Tuesday 18 Aug 10.00 (Online payments, managing utilities etc); Tuesday 25 Aug 10.00 (socialising online) Further details can be found at https://ravenshead.u3asite.uk/u3a_groups/digital-skills-short-course/

Holidays Update: Final few seats remaining for a 5-day holiday in Cromer from 12th September 2026. Double and Twin rooms only.

Reminder about u3a Survey: [Inside u3a survey](#)

- ❖ The survey takes around 15 minutes to complete. You can also enter a free prize draw to win high street shopping vouchers which can be used in many different retailers; five lucky winners will each win £100! Just leave your contact details at the end of the survey to take part.
- ❖ **Cold Callers:** Ravenshead Neighbourhood watch have recently sent out a reminder about not letting cold callers into your home. Be safe. Keep doors locked, use a door chain if you have one, ask for ID and check it. For current information about crime and crime prevention advice please visit their website: www.ravensheadneighbourhoodwatch.co.uk
- ❖ **Don't rest on your laurels:** Contact Mark Wilson if you would like 3 x 5ft laurels for free. You'll have to dig them up though

Michael Williams, Chair, Ravenshead u3a