



**April 2025
Newsletter**



**Founded October 2000
Registered Charity No. 1181961**

**Bingham u3a meetings are held in the Methodist Centre,
Bingham at 2pm on the third Wednesday of the month**

**April 16th
May 21st**

*The Life and Work of Elvis Presley with Paul Lillie
Notts Place Names with Paul Cullen*

**MEET YOUR COMMITTEE
Leila Kirkham - Treasurer**



Hiya everyone, my name is Leila, (pronounced Leelah). I joined Bingham u3a recently after I retired from working in Bingham Post Office and it's been such a good decision! My good friend Ann introduced me to the u3a, showing me what activities were taking place. I chose to join one activity, Knit and Natter, then a walking group, exercise group, now Scrabble. I have had such a lovely time, made so many new friends, learnt lots and had good fun. I've also enjoyed all the interesting, free monthly meetings where there are talks on a variety of subjects. I thought that my social life would diminish after I retired but in fact since joining u3a it's grown hugely and I now have time and freedom to enjoy meeting people with similar interests. Little did I know Ann had in mind that I would be a good Treasurer for the u3a and so it was! I took on the role in October and I am still coming to grips with it! It certainly keeps the

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maths side of my brain up to scratch. I now actively encourage people to join the u3a as it has opened up new avenues for me since I joined and given me new interests and opportunities to learn from others, laughter, fun and companionship.

MONTHLY MEETING REVIEWS AND NEWS

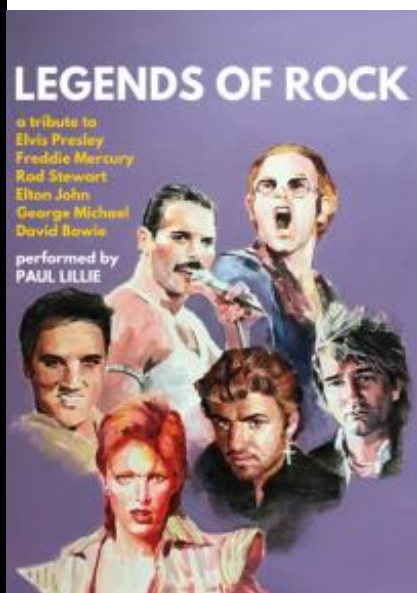


March

The River Trent - England's Heart **with Michael Burton**

Mike Burton gave an excellent illustrated history of the River Trent from the Bronze Age to the present day. The river, always considered to be the dividing line between the North and South of England, rises above the Potteries at Biddulph Moor in Staffordshire and flows east then north for 185 miles into the Humber Estuary. Many famous people are associated with the river including Josiah Wedgwood, James Brindley (the canal builder), Izaak Walton (*The Compleat*

Angler), Mary Queen of Scots, Sir Robert Peel, Winston Churchill and Roald Dahl from Repton School, Charles 1 at Newark Castle and Bonnie Prince Charlie to name but a few. Many areas were involved in the Industrial Revolution in the 18th century. Also, the Nonconformist Church gave rise to the Pilgrim Fathers and Methodism in Lincolnshire. I am sure everyone went away with happy memories of previous visits to landmarks alongside the Trent and perhaps areas to visit in the future.



April *The Life and Work of Elvis Presley* with Paul Lillie

Paul Lillie trained at Wimbledon School of Art and is currently Artist In Residence at Nottingham QMC and City Hospitals. His unique mixture of art and music has proved a huge success in supporting the wellbeing and mental health of patients as part of the Hospital Trust's award-winning Arts Programme. In his talk, *The Life and Work of Elvis Presley*, Paul will be performing

songs on his guitar and painting large scale images as he illustrates the meteoric rise of the King of Rock and Roll. Paul has discussed Elvis with Simon Mayo on BBC Radio 5 as well as impersonating him on The One Show. The rock journalist and TV presenter David Hepworth described Paul as "an Elvis Educator".

SOCIAL EVENTS



Disco Fever



The disco divas of Bingham u3a were as enthusiastic as ever, dancing round Marion's handbag and twisting the afternoon away at our second daytime disco (see video [here](#)). A great playlist was again provided by Dave to take us back to the 60s, 70s and 80s together with the essential lighting to transform the Methodist Centre's atmosphere. Here's to the next one.

BINGHAM U3A's ANNIVERSARY



Bingham u3a 25th Anniversary Working Group volunteers continue to meet every month to make detailed arrangements for our celebration dinner dance at the Bingham Arena on 18th October. We are aware that this date clashes with other events in the area, but clashes are inevitable whichever date we select, so apologies to those who need to make a choice. As this date is immediately after our AGM on 15th, we felt this was the most suitable date. The Jubilee Hall at Arena is booked and our focus is now on the food and entertainment to be provided. Details regarding tickets will be advised soon. If anyone has an interest in photography and is willing to participate, please contact Robin Wilkin on 07767603799.



And if you have any old photos of Bingham u3a to be included in our 25th Anniversary celebrations, please can you let Robin know.



[U3A Communities](https://www.binghamu3a.org) is a free, on-line platform for enquiring minds. It hosts a number of subject-based groups who meet on-line monthly. On their website, you can use the GROUPS menu to browse the groups and SUBSCRIBE to join one or more - you'll then be emailed about new meetings and other posts. Both subscribing and attending meetings are free. Subjects include: *Art History, Books & Literature, Climate Crisis, Computing, Current Affairs, History, Geology, Improving Legislation and Science & Technology*. Meetings are recorded for viewing at a later date.



Beer and Cider Group

On 27 March the Beer and Cider group spent an enjoyable - though a bit noisy - evening at the Canalhouse pub in Nottingham, trying the good range of Castle Rock and other beers and ciders on offer.

Our next get-together in April is planned for Cropwell Bishop, and then in May we are aiming to have an evening in Newark coinciding with the 'Not the Newark Beer Festival' event hosted by a number of pubs. All are welcome to join us.

Ambling Group 2

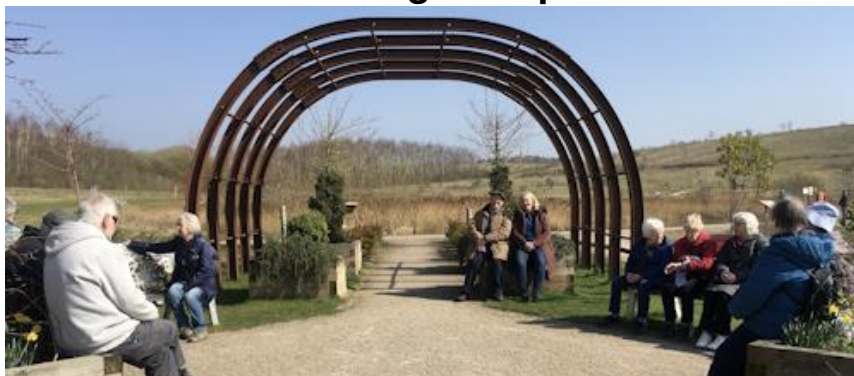
The Group had a pleasant walk around Farndon Ponds followed by coffee and cakes at Hardy's farm shop. We are colour co-ordinated once again! The Group meets fortnightly in the main car park on Tuesdays at 1pm. Contact Jackie Hutton on 01949 838140 or Sue Eaton on 01949 839946.



Scrabble Group

Following a successful initial meeting on 25th February, there was a first session on Wednesday 12th March. Hazel Jones agreed to be Group Facilitator and has advised approximately 16 interested members of the arrangements. The meetings will be on 2nd and 4th Wednesdays of the month from 3pm - 5pm in the Methodist Centre. The Group will initially use Scrabble sets brought along by members, but have now been offered a £50 set-up grant to buy sets to be retained by the Group. Contact Hazel Jones on hajwghs@btopenworld.com.

Ambling Group 1



Here is a photo of one of the Ambling Group's visits in March, to Gedling Country Park. The Group meets at Church House weekly at 10:20. Contact Ann Lewis, bingham.u3a.vicechair@gmail.com, 01949 831530.

1st Wednesday Walking Group

March's walk started at The Plough Inn in Farnsfield and took us on a 6-mile walk across fields to the St Gile's Church in Edingley for a coffee stop. We then followed Edingley Beck to reach and follow the Southwell Trail for a short distance before heading across fields to Hexgreave Park to see the deer and then back to Farnsfield for lunch in the Plough.



Table Tennis Group

You've all heard it ... Table Tennis, just like eating your veggies, is just plain good for you, both mentally and physically. As you may know, table tennis is a great activity with some great health benefits too! Research shows -

- it improves your hand-eye coordination - many retired people

experience some changes in their hand-eye coordination as they get older

- it keeps you social by meeting and enjoying playing with other people which is important for mental health
- it improves your reflexes
- it improves your balance



- it gets your heart pumping
- it sharpens your mind and mental alertness through making quick decisions and using tactical skills when playing
- it improves body composition and bone health

- it improves muscle movements due to the fast-paced, short-distance nature of the sport.

And if that's not enough, did you know that it also stimulates your brain?

Bingham u3a hold a Table Tennis session every second Monday at Bingham Arena at 3:30pm for one hour. Play is at beginners/improvers level so anyone can attend. We also have an experienced player who is happy to provide guidance if required. Contact Lin Munroe at linmun.linda@gmail.com.



If Dave and Barack Obama can do it, so can you!



History Group - Saxondale Mental Hospital

Georgia Moore, who lives in Upper Saxondale, gave a fascinating insight into the history of the old Saxondale Hospital and how it was changed into the current housing development.

Excellent photos of staff and patients plus aerial shots supported the presentation. Originally called the County Asylum and built in 1889, the 130 acre site was developed to provide a self-sufficient approach to support the patients in a lovely environment. This included large gardens, sports and recreation facilities such as an impressive ballroom. It was briefly a war hospital in WW1 and became the Hospital for the Mentally ill in 1947. Georgia talked through the development of the site following the hospital's closure in 1988.

Repair Café

Bingham u3a members have been helping at the Repair Café which is held at 10am on the first Saturday of each month at the Methodist Centre. On March 8th there was a Grand Opening when members of the public came along to have things fixed - bikes, ceramics, electronics and much more. If you can find some time to help then please contact John Yard at binghamrepaircafe@gmail.com.



COMMITTEE NEWS



Newsletter deadline

The deadline for the May 2025 edition of the Newsletter is April 25th. Please send any copy to Dave Hobson at appletrees.hobson@gmail.com.

GROUP CONTACT DETAILS AND MEETING POINTS



Monday am

Bingham u3a Coffee Mornings are held at The Buttercross in the Market Square at 10:30 on the second Monday of the month. Contact Chris Butler at kenbutler1@btinternet.com

Ambling Group 1 meets at Church House weekly at 10:20. Contact Ann Lewis, bingham.u3a.vicechair@gmail.com, 01949 831530

Monday pm

Film Group meets at Butler's Coffee House on second Mondays at 2pm. Contact Lindsay Evett at lindsay.evett@outlook.com

Spanish Conversation Group meets every other Monday at Laura's house at 2pm. Contact Laura Rennie on 07722 499111 or laurare8305@gmail.com.

Table Tennis Group meets upstairs at Bingham Arena every 2nd and 4th Mondays from 3:30 to 4:30. Contact Lin Munroe at linmun.linda@gmail.com

Wine Tasting Group. Contact Lynne Barnett on 01949 875151 or lynnieb.barnett@ntlworld.com

Tuesday am

Knit and Natter Group meets at Bingham Library weekly at 10am. Contact Beryl Kemp on 01949 839728, bkemp1910@gmail.com or Judy Soar on 01949 837108

Tuesday pm

Ambling Group 2 meets in the main car park fortnightly at 1pm. Contact Jackie Hutton on 01949 838140 or Sue Eaton on 01949 839946

French Conversation Group 2 meets on the second and fourth Tuesdays from 2pm to 4pm. Contact Barbara Savage on 01949 838782 or savagepeterm@hotmail.co.uk

Gentle Exercise Group meets at Old Church House weekly from 1pm to 2pm. Contact Linda Walden on 01949 836717

Book Club Group meets in Bingham Library on the fourth Tuesday at 2pm. Contact Linda Molineaux at bingham.u3a.programme@gmail.com

Board Games Group meets at the Bowls Club from October to April at 7pm on the first Tuesday of the month. Contact Jeff Peters on 01949 875406 or jeff.peters369@gmail.com

Music Appreciation Group meets at 2pm on the second Tuesday. Contact Anthony Watts or Derrick Gierth on 01949 875968

Wednesday am

Petanque Group meets at The Grange on the second and fourth Wednesdays from 10am to 12am starting in May. Contact Beryl Kemp on 01949 839728 or bkemp1910@gmail.com

Walking Group 1 meets by Church House or at the start on the first Wednesday at 10am. Contact Veronica on 01949 875231 or vperry1951@gmail.com

Wednesday pm

Scrabble Group meets from 3pm to 5pm in Room 1 at Bingham Methodist Centre on the second and fourth Wednesdays of each month. Contact Hazel at hajwgghs@btopenworld.com

Spanish Improvers Group meets in the Old Courthouse fortnightly from 2pm to 3pm. Contact Jean Oates on 01949 850864, 07898 895274 or us@theoates.net

History Group meets at the Methodist Centre on the fourth Wednesday at 2pm. Contact John Perry at jkp1951@gmail.com

Thursday am

STEM (Science, Technology, Engineering and Mathematics) Group meets at the Methodist Centre on the fourth Thursday of alternate months from 11am to 12am. Contact Dave Hobson on 01949 836042 or appletrees.hobson@gmail.com

Bridge Group meets at the Bowls Club every week from 10am to 12am. Contact Dave Cobley on 07966 370385 or dfcobley@hotmail.com

Thursday pm

Beer and Cider Group meets monthly on Thursday evenings, the time depending on public transport and the venue. Contact John Perry on jkp1951@gmail.com or 01949 875231

Croquet Group meets at the Butt Field Pavilion fortnightly starting on April 25th at 1:30 until September. Contacts - Jackie Hutton, 07443 595653 and Judith Wilkin, 07769 293621

German Conversation Group meets fortnightly at 2:30. Contact Valerie Morgan on 0115 9332353, valdave_morgan@btinternet.com
Creative Writing Group meets on the first Thursday of every month from 11am to 1pm at the Wildflower Cafe, Coach Gap Lane, Langar. Contact Lynne Boardman at Southam2610@gmail.com
Ukulele Group meets on the fourth Thursday of the month at Bingham Methodist Centre, from 2pm to 3.45pm. Contact David Eagland on 01949831022 or davidmeagland@btinternet.com
Creative Stitching Group meets every Thursday from 2pm to 4pm in the Library. All levels and types of embroidery/ patchwork, etc. For details contact Mary on 01949 851110
Friday am
Mobility and Movement Group meets at the Methodist Centre weekly from 10am to 11am. Contact Ann Lewis on 01949 831530 or annl_uk@yahoo.co.uk
Recorder Group meets at the Old Court House on the first and third Fridays from 10:30 to 11:45. Contact Viv Dyer on 01949 838614 or vivien.dyer@ntlworld.com
Friday pm
French Group 1 meets fortnightly from 2pm to 3:30pm. Contact Lis Leslie on 01949 831602
Canasta Group meets in Room 2 at the Methodist Centre at 2pm on the first and third Fridays. Contact is Martin Cox, martin.cox1@outlook.com
Practical Gardening Group meets at 2pm. Contact Jo McHugh, jomchugh@outlook.com
Sunday
Sunday Lunch Group meets on the first Sunday at 12:30. Contact Jill Kent on 0115 9334516
Various days
Explorers Visits Group - contact Ann Lewis, 01949 831530

Position	Name	Contact number and email
Chairperson	Veronica Perry	01949 875231 bingham.u3a.chairperson@gmail.com
Vice Chairman	Ann Lewis	01949 831530 bingham.u3a.vicechair@gmail.com
Business Secretary & Publicity	John Perry	01949 875231 bingham.u3a.secretary@gmail.com
Minutes Secretary	Jennifer Jones	01949 839572 jenniferlesley55@gmail.com
Treasurer	Leila Kirkham	07772 303328 bingham.u3a.treasurer@gmail.com
Membership	Margaret Blythe	01949 831537 bingham.u3a.membership@gmail.com
Programme Speakers	Linda Molineaux	07855 762775 bingham.u3a.programme@gmail.com
Database/Data Protection	Steve Aremia	01949 831537 bingham.u3a.database@gmail.com
Website	Dave Hobson	01949 836042 appletrees.hobson@gmail.com
Groups Co-ordinator	Ann Lewis	01949 831530 bingham.u3a.vicechair@gmail.com
Newsletter	Dave Hobson	01949 836042 bingham.u3a.newsletter@gmail.com
New Member Support	Chris Butler	01949 851860 kenbutler1@btinternet.com
Co-opted member	Robin Wilkin	07767 603799 robin@wilkinassociates.com
Refreshments (non-Committee)	Sue Eaton and volunteers	01949 839946
Equipment Handler (non-Committee)	Judy Soar	01949 837108

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