



**July 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.**

No meeting in August

**July 16th - *Confessions of a Country Vicar* with Canon Alan
Haydock**

**17th September - *Railway Man, Engineer ,Diver* with Brian
Maddison**

COMMITTEE NEWS



Still Wanted – Committee Members

Several Committee members will have to stand down shortly so new ones will be needed soon as follows:

- *Publicity Officer* to handle all kinds of publicity, from Facebook to local magazines to posters
- *Group Coordinator* - to liaise with all our Interest Groups and keep things running smoothly
- *Meetings Manager* - to ensure the smooth running of our Monthly Meetings.

So, if you would like to fill any of these vacancies, please contact our Chair, Veronica at binghamu3a.chairperson@gmail.com.

www.binghamu3a.org

www.facebook.com/binghamu3a

YOU ARE INVITED TO CELEBRATE
BINGHAM u3a 25th ANNIVERSARY
ON THE 18th OCTOBER 2025
VENUE: BINGHAM ARENA. TIME: 7pm for 7.30
FREE GLASS OF PROSECCO OR JUICE ON
ARRIVAL

ENTERTAINMENT, BAR & RAFFLE

TICKETS

MEMBERS £10, ACCOMPANIED GUESTS £15

MAIN MENU CHOICE

LEMON PARMESAN CHICKEN

MEAT LASAGNE

VEGETARIAN CHILLI

SERVED WITH JACKET POTATOES, RICE &
MIXED SALAD

DESSERTS

TEA & COFFEE

TICKETS AVAILABLE FROM

Margaret Blythe 07895 544141 or

Bingham.u3a.membership@gmail.com



Group Facilitators Meeting

On 5th June, during National Volunteers Week, the Chair and Groups Co-ordinator, Veronica and Ann, hosted a Thank You Tea Party attended by fourteen Group Facilitators. As well as thanking the

Facilitators for their hard work over the past year, they publicised the Bingham u3a 25th Anniversary event on 18th October and the existence of National u3a Group Advisors. Martin Cox talked about the proposed Open Day in September and encouraged groups to take part and Facilitators were reminded that we would like them to do something connected with the number 25 or the year 2000 for our Anniversary.

Study into the health and well-being of adults who grew up in foster or residential care

The Committee has been approached by Oxford University's Nuffield Department of Population Health and asked to pass on this information to our members.



Research has shown that care-experienced adults face a greater risk of negative health outcomes compared to the general population. Researchers, at the University of Oxford, are holding focus groups to understand the health and well-being concerns of older care-experienced adults and explore the types of support they would like to receive from health and social care services.

If you, or someone you know, would like to learn more or participate in the study, please contact Jonathan.Taylor@ndph.ox.ac.uk or 01865 617912.



Renovations of St. Mary Magdalene Church, Newark with Anna Herbert, June 18th

Anna's role regarding the restoration is managing the £4m budget from the Heritage Lottery Fund which involves replacing part of the roof, installing solar panels and bringing back the church as a community hub and tourist attraction. This work commenced in November 2024 and will be completed by December 2025, taking this impressive parish church off the

Heritage at Risk Register.

The church, locally called St Mary's, dates back to 1160 and is a major landmark in the town of Newark. It has had a number of renovations having been modified throughout the 14th, 15th and 16th centuries. The last major overhaul was in the mid-19th and 20th centuries so the church has been a product of many constructions and restorations throughout its long history.

It has a medieval stain glass window pieced together after damage of WW2, one of the oldest brasses in England of a wool merchant by the name of Alan Fleming (1361) and the Bishop White Library named after a former vicar of Newark who, in his will, bestowed the keeping of his collection to St. Mary's.

Anna added that she was very grateful to the stone masons who had the ability to use medieval skills to replace damaged parts of the church and also to the students of Newark College who had produced an impressive video of the church during its restoration.

Like many churches today, once the work is complete it will open its doors giving guided tours, art and craft activities, a reference library and a café which will be open to the public.

Lynne Boardman

***Confessions of a Country Vicar* with Canon Alan Haydock, July 16th**

This month, the Reverend Canon Alan Haydock will be entertaining us with some humorous anecdotes about his life as a country vicar.

He was ordained at Southwell Minster in 1965 and became a Canon there in 1986. He has served in Rainworth, Hucknall, Bilborough and, for 26 years, as Rector of East Bridgford, as Rural Dean of Bingham and as Canon of Southwell.

He takes his comedy very seriously and has raised over £100,000 for various charities and causes by donating the proceeds of his performances. These charities include Cancer Research, Alzheimer's Care, and the QMC Neonatal Unit.

So expect something more akin to stand-up comedy than an informative talk and an afternoon of side-splitting laughter.

NATIONAL U3A NEWS



Online Learning Events

All u3a members can access a wide range of free, online talks, workshops, and courses through their membership. Most sessions are led by fellow members, sharing their expertise, with additional talks from notable speakers and organizations.

So tune in to *The Future and History of Drones* and *Oceans and Climate Change*, *Mindfulness and Meditation* and *Secrets of the Human Brain* and many more.

Go to <https://www.u3a.org.uk/events/educational-events#Events> for more information.



Interest Groups Matter - Notts Network Workshop

Nottinghamshire Network of u3as recently held a workshop on this topic, which was attended by four members of Bingham: John and Veronica Perry, Dave

Hobson and Ann Lewis. The first part covered a reminder of the three principles of the u3a movement, namely:

- The Third Age Principle
- The Self-help Learning Principle
- The Mutual Aid Principle.

This was followed by a discussion identifying and exploring the key responsibilities of Group Facilitators.

After a break for tea/coffee and cake, we joined smaller break-out groups related to our spheres of interest - Ann to the Group Co-ordinators' session, Dave to Science and Technology, Veronica to Walking and John to a General Discussion. The Workshop ended with a plenary session to summarize key points and insights arising from the discussions. I think we all came away with new ideas and enthusiasm for our roles in our u3a. For a full report with many photos, visit the Nottinghamshire Network Newsbites Extra via the link on our website or go to <https://nottsnetworkofu3as.u3asite.uk>.



1st Wednesday Walking Group

In June, Val led the Group from Little Jacks in Bottesford on a 4-mile walk through the town to the Railway Station and then north to Beacon Hill, returning by the River Devon to Little Jacks for lunch.

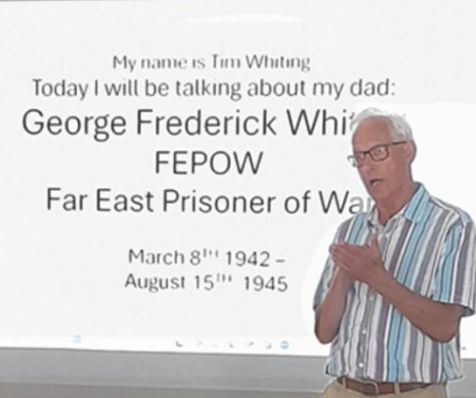
Monday Ambling Group

Judith led the group along back of Toothill School, then joined the Linear Walk occasionally spotting some wildflowers. Part of the walk included paths along the edges of fields where beautiful grasses and wild flowers flourish.



History Group

George Frederick Whiting – Far East Prisoner of War



Tim Whiting gave us a fascinating and moving talk about his father's experiences being a prisoner of war of the Japanese in WW2. Tim gave us some background to the conflict in the Far East, including the fall of Singapore, when his father was captured. He then went on to describe his father's treatment by the Japanese and the effect that had on him.

At the end of his talk, Tim expressed great pride in how his father recovered from the ordeal and showed a stained glass window depicting a memorial to the RAF prisoners of war in the Far East.



Book Group

At the June Meeting, we were each asked to bring along a book that we had enjoyed. After giving brief descriptions, we exchanged them to be returned at the July meeting for further discussion. The

Library then provided copies of George Eliot's *Middlemarch* to be read over the Summer months and then discussed at the September meeting.

Wine Tasting Group

As the Wine Group is unable to accept additional members, we would like to set up a second group. If there is sufficient interest, an initial meeting will be held to discuss how it will be organised. Please let me know if you might be interested.

Ann Lewis, Groups Co-ordinator

Knit and Natter Group

The Group has had to move from its present venue at Bingham Library. After making various enquiries, we finally chose the offer from the Bowls Club. They were very welcoming, even offering use of the kitchen free of charge. So here we are, relaxed and busy in the first week in our new venue



NEWSLETTER DEADLINE



The deadline for the September 2025 edition of the Newsletter is August 29th. 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

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 the Bowls Club 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

Walking Group 2 meets at Church House (car share) on the second Wednesday at 9:30. Contact Esme Smith on 01949 875148 or esmesm74@yahoo.co.uk

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 John Orley at john.orley@icloud.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 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	07895 544141 bingham.u3a.membership@gmail.com
Programme Speakers	Linda Molineaux	07855 762775 bingham.u3a.programme@gmail.com
Database/Data Protection	Steve Aremia	07738 169330 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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