



**July 2024
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.**

**17th July – From Radio Caroline to Classic FM with Nick Bailey
(See June Newsletter)
There is no meeting in August
18th September – A step in Crime with Richard Povey**



PROGRAMME NEWS

18th September – A step in Crime with Richard Povey

Richard's talk on forensic podiatry will help you to understand how expert witnesses such as podiatrists are able to use their knowledge of the human foot and alongside scientific techniques evaluate evidence in criminal cases. It really is being one step ahead for or against a defendant. It may also make you look at your own feet in a different way.

www.binghamu3a.org

www.facebook.com/binghamu3a

MONTHLY MEETING – DRIVE ON, A WORKSHOP FOR OLDER DRIVERS



Members attending the June monthly meeting were challenged on their knowledge of the Highway Code by three of the Via Road Safety Team. Not all of the answers given were correct (thank goodness our responses were anonymized). The team gave helpful advice about driving skills as we age and how to interpret the

newest requirements of the Code. Members were invited to sign up for a free assessment of their driving skills – an offer that was taken up by several of those present.

INTEREST GROUP UPDATES



Table Tennis

Thank you to all who attended the first session of table tennis on Monday 10th June. We had two tables set up with nine players. There were lots of laughs, but also the competitive spirit showed through. The

sessions are held on the 2nd and 4th Mondays of the month from 15:30 until 16.30 at Bingham Arena at a cost of £2.00 per session. Bats and balls are provided so I hope to see you all again and anyone else who likes to play.

Linda Munro, linmun.linda@gmail.com

History Group

The next History Group meeting will be a walk around the Queen's Sconce in Devon Park, Newark on Tuesday 16th July starting at 1pm. The Sconce was built by the Royalists in the English Civil War in its defence against the Parliamentarians. For more information contact John Perry at jkp1951@gmail.com.



4th Wednesday Walking Group

In June, Val and Tracy led the Group on a five-mile walk from the Durham Ox in Orston, along the River Smite and over Blackberry Hill to Whatton, returning by the old plaster pits on Moor Lane for a fine lunch at the Durham Ox.

Beer and Cider Group

Ten members of the group met in early July at the Brewhouse & Kitchen on Arkwright Street in Nottingham. This pub brews its own beer and offered a wide variety of ales, cider and craft beers.



1st Wednesday Walking Group

I have just taken over as facilitator of this group. It was originally set up as the 4th Wednesday Group had too many walkers. It has been ably led by Judith Williams for some time and she organised many of the walks. Normally, the walks were between 4 and 5 miles starting and finishing at a pub. I'm not sure how this group will develop and am planning walks up to Christmas. In



January, I would like the group to meet and plan a way forward. The first walk was on Wednesday 3rd July starting at the Reindeer Pub in Hoveringham. I am asking for volunteers to plan



Hoveringham Mill

further walks in the spirit of the u3a. I would also welcome other members who enjoy walking but have not yet joined a walking group. If you are interested in the group, please contact me, Veronica, at 01949875231 or vperry1951@gmail.com.

4th Wednesday Walking Group

The Group usually meets in the morning on the 4th Wednesday of each month at 10:15 at a suitable car park or pub venue, usually within a half hour drive from Bingham. Lifts from



Bingham are shared where possible. We then set off for a walk of about 4 to 5 miles to be back in time for lunch at about 12.45pm. Members generally take it in turns to organise and lead the walks with the support of the Group Coordinators. New members are always welcome so please contact John and Glyn Greenwood at johnandglyn@btinternet.com.

Ambling Group 2

The Group walks on alternate Tuesday afternoons from 1pm and does exactly what it says on the tin! We amble and chat (a lot!) as we take in the surrounding countryside and always finish at a coffee shop that somehow always seems to include a slice of cake too! The ambles last approximately one hour with no stiles and are reasonably flat so members can be confident each amble will be within their own capabilities. Some members turn back early and amble at their own speed whilst some prefer a quicker pace. Ambles can be linear or circular and involve more footpaths in the drier Summer months to avoid muddy areas during the Winter. Once members feel confident to do so, we have a rota to organise each amble either locally or within a twelve-mile radius of Bingham and travel by bus or by car to the start location as long as we have enough drivers who feel able to take passengers.

We are a very friendly group and welcome new members so if you would like further information please contact Sue Eaton on 07868153314 or Jackie Hutton on 07443595653.

Monday Ambling Group

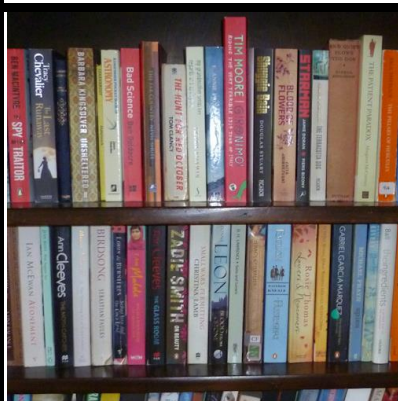
This is a very friendly group which meets up every Monday at 10:20 at Old Church House ready to depart at 10:30. Usually there are about 12 to 15 members taking part some of whom have been members for many years. The walks are up to 3 miles, usually fairly flat and without stiles. Each is led by a different member so there is a wide variety of both very local and further afield walks within 15 miles of Bingham. There is a policy of car sharing wherever possible. The walks are followed by lunch at a local hostelry or cafe depending on where we finish the amble. If the weather is unfit for walking we still meet for coffee and a chat. For more information contact Ann Lewis at annl_uk@yahoo.co.uk.



STEM Group, 25th July Keeping the lights on

With Ratcliffe Power Station due to close in September after 57 years of operation, it is timely to return to our first STEM topic of coal fired electricity generation. The closure and that of all other similar plant is the main reason that the carbon intensity of grid generation (amount of CO₂ per unit of electricity) has fallen by a massive 75% since 1970. However, Ratcliffe's main function recently is to ensure security of supply on cold, dark, windless days when no other supplies are available, by providing short, medium and long term storage of power in the form of a heap of coal, something no other storage technology can provide. For example, in January 2024, Ratcliffe was called upon to generate at full capacity for just a few hours and I believe that the grid came close to collapse. So we will look

at alternative energy storage technologies which might or might not replace our last coal fired power station. Or make the case that Ratcliffe should remain open!



Book Group

Looking back at our chosen books over the last two years, I am surprised at the range of genres and styles we have covered. We usually choose the titles or authors we want to read, although the Library is constrained by how many copies they can obtain. This limits group numbers, so I wonder whether anyone would like to start a second u3a book group? It's not onerous and I would be willing to help set it up. Then more people would be able to obtain copies instead of sharing. Our current book is the weighty new Ian McEwan novel *Lessons* which will no doubt provoke interesting discussion. Perhaps the next title will be a biography of someone interesting.

Contact Linda Molineaux at bingham.u3a.programme@gmail.com



NEWSLETTER DEADLINE

The deadline for the September 2024 edition of the Newsletter is 24th August. Please send any copy to Dave Hobson at appletrees.hobson@gmail.com. The Newsletter will be available on our website at www.binghamu3a.org from the beginning of the month, from Bingham Library and at the Monthly Meetings.

GROUP CONTACT DETAILS AND MEETING POINTS



Monday am

Ambling Group 1 meets at Church House weekly at 10:30. Contact Ann Lewis, bingham.u3a.vicechair@gmail.com, 01949 831530

Coffee Social Group meets at the Buttercross Pub on the second Monday at 10:30. Contact any Committee member or 01949 851860

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 at Laura's house on alternate weeks at 2pm. Contact Laura Rennie on 07722 499111

Table Tennis Group meets upstairs at Bingham Arena every 2nd and 4th Monday from 3.30 to 4.30pm. Contact Linda Munroe at linmun.linda@gmail.com

Board Games Group meets at the Bowls Club from October to April on the second Monday at 7pm. Contact Jeff Peters on 0744 3528048 or jeff.peters369@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

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 alternate weeks from 10am to 12am starting in May. Contact Beryl Kemp on 01949 839728 or bkemp1910@gmail.com

Walking Group 1 meets by Church House 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

Walking Group 4 meets at 10:15 on the fourth Wednesday at various locations. Car share may be possible. Contact Veronica, bingham.u3a.chairperson@gmail.com, 01949 875231

Wednesday pm

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 Methodist Centre on the fourth Thursday of the month from 11am to 12am. Contact Dave Hobson on 01949 836042 or appletrees.hobson@gmail.com

Tech Workshop Group meets at 11am on the third Thursday of each month in Room 1 at the Methodist Centre. Contact – Louise Hunt, sawdoc2002@aol.com

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

Thursday pm

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

German Conversation Group meets fortnightly at 2:30pm. Contact Valerie Morgan on 0115 9332353, valdave_morgan@btinternet.com

Creative Writing Group meets on the first Thursday of every month from 11 am to 1 pm at the Wildflower Cafe, Coach Gap Lane, Langar. Contact Lynne Boardman, Southam2610@gmail.com

Sewing Group meets in Room 2 of the Methodist Centre on the first and third Thursdays. Contact Mary on 01949 851110 or maryannball@tiscali.co.uk

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 2:30pm to 4pm. 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 Tina Patrick on 07801 150567

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

Beer and Cider Group – Contact John Perry at jkp1951@gmail.com

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	Judith Axtell	01949 839097 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
Refreshments (non-Committee)	Sue Eaton and volunteers	01949 839946
Equipment Handler (non-Committee)	Judy Soar	01949 837108

Printed by Wordprint Ltd, Newark NG24 4BQ