



**February 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**

**February 21st - Bingham's Linear Park with Jennie Craig
March 20th – Juke Box Jury with Roger Prescott**

MEET YOUR COMMITTEE



Each month we will introduce you to one of your Bingham u3a Committee - this month it's the turn of the Vice-Chair, Ann Lewis.

I began my involvement with Bingham u3a while I was still working as a Library Assistant. A friend with a mutual interest in geology invited me to the Geology Group which was held on my day off. However, I had to go on a waiting list to join the u3a as there was a limit on the numbers of, I think, 80. Since retirement I have participated in a range of activity groups (currently 8) and have been facilitator for Movement and Mobility, Real Ale, Cider Appreciation and Explorers. I have had two, three-year spells as Secretary before taking on my current roles as Vice-Chair and Groups Co-ordinator.

www.binghamu3a.org

www.facebook.com/binghamu3a

I particularly appreciate the wide range of activities we run in Bingham and enjoy going to Ambling on one day, Knit and Natter the next, then History and STEM the following days. I am looking forward to Petanque restarting in the Spring.



PROGRAMME NEWS

Bingham's Linear Park with Jennie Craig

Wednesday, 21st February



Friends of Bingham Linear Park, 2002 - 2020
J Craig

Jennie, a founder member of the Friends of Bingham Linear Park, will talk about the Park which is a nature reserve running along the line of the disused Bingham to Barnstone railway line. With the support of Bingham Town Council, the Friends maintain the reserve to

enhance and preserve its biodiversity for the benefit of all users.

SOCIAL EVENT

Calling all music lovers



Bingham u3a is holding a social event in the Methodist Centre on February 29th at 2pm. Our very own DJ will be treating us to a selection of music from the 50s, 60s and 70s so do come along, dance and sing or just listen and enjoy. Have a fun afternoon and of course a cuppa. For more information, contact Veronica on 01949 875231 or at bingham.u3a.chairperson@gmail.com.



COFFEE MORNINGS

The monthly coffee mornings are held on the second Monday of every month. All members are welcome, but especially those who have recently joined us and they are an opportunity to socialise and get to know other members or potential members of Bingham u3a. Why not come along to The Buttercross (Wetherspoons) between 10am and 12pm for a friendly morning of chat and refreshments. Chris and other Committee members are always there to listen to your ideas about our u3a, which can help the us to keep up to date with members' views.

SHORT COURSE

Tying up your loose ends with Tina Patrick
March 21st and 22nd, 10am to 12am
Methodist Centr



Bingham u3a are pleased to offer a two-day course for up to twelve participants on the subject of thinking about and planning our end-of-life wishes. If you are interested, please call the Programme Organiser, Linda Molineaux on 01949 21060 or email her at bingham.u3a.programme@gmail.com.

Tina devised this short course after realising from her work as a listening volunteer at Samaritans and her work as a Humanist Funeral Celebrant how many people are unprepared for their last chapters and the stress that this can cause for them and those left behind.

This participatory and engaging short course starts by helping you consider your life and legacy, recognise its themes and tell your story. This leads us to a consideration of what you might like to put

in place to safeguard your interests and preferences when you are no longer here.

We then go on to identify what things could do with tidying up, or what might need explaining to others about your life, and how to make it easier for others when you are no longer here.

Lastly we think about options for funerals and final ceremonies and how choices might be made.

The course is for people who want to be more informed and to be given a nudge to get organised – this is the place where you can talk about the inevitability of your death without getting tangled in other people's emotions. You will get ideas about how to get your affairs in order, refresh your instructions, and initiate conversations with others to establish shared understandings.

This is not a grim or glum course – there will be humour, insight and pragmatism and we inevitably experience how everyone is taking their own individual path and formulated their own intentions to tidy up their loose ends.



HELP NEEDED WITH NEW AND OLD GROUPS

Helpers are needed for the following old or new u3a activities:

- someone to restart the **Table Tennis Club** at Bingham Arena. We have bats and balls so all we need is someone to take charge of booking at the Arena
- a member to join our **Committee**, especially someone who likes numbers to shadow our Treasurer with the aim of taking over the role in the future
- a member with a knowledge of **French** who could restart the intermediate French group - we have text books but no one with any qualifications or skills in French

Wanted



- someone with a love of the **Theatre** who would like to organise trips for groups of people who don't visit the theatre often. These could range from local am/dram to cinema productions to London theatre depending on the response.

- evening wine drinkers who would like to join a **Wine Appreciation Group**.

Please contact any Committee member if you can help.

INTEREST GROUP UPDATES



German Conversation Group

The group has been running for about fifteen years, and currently has ten members. We meet fortnightly in each other's homes so no costs are involved. This means that, at present, the group is full as the average sitting-room could not hold more! Another reason for limiting the numbers is that a conversation group needs to act as a single unit and to enable this we have a topic, usually suggested by the host, which we prepare in advance. This can be very wide-ranging, from personal choices of one kind or another, to an issue of interest in the news. We try to choose 'open' topics, so that everyone can contribute.

We are not a beginners' group - the only stipulation for joining is that an individual has some previous knowledge of German and some experience of speaking it, however rustily or haltingly! Some members want to improve their skills, and some to maintain those they already have.

The group meets fortnightly at 2:30pm. Contact Valerie Morgan on 0115 9332353, valdave_morgan@btinternet.com.

Beer and Cider Group

We are looking into the possibility of restarting this group, if there is sufficient interest. Basically, we would get together for drinks/chat one evening every few weeks for a pub or /group of pubs visit using

public transport. From Bingham we can for instance easily access Radcliffe, West Bridgford, Nottingham and now Newark.

If you are interested can you please email John Perry at jkp1951@gmail.com?

Technology Workshop Group

This new group which aims to help with problems encountered with using your smartphones, tablets and laptops is now running on the third Thursday of each month at 11am in Room 1, Bingham Methodist Centre. It will include presentations by members on specific topics, exchange of knowledge and useful tips for using your technology. If you are not already a member, but would like some advice on a problem, please contact Louise Hunt at sawdoc2002@aol.com to let her know you will be attending. The next meeting on 15th February will feature a discussion on different operating systems,

Fourth Wednesday Walking Group

The 4th Wednesday walking group were lucky again with the weather - nobody had been able to recce a walk due to the January frosts and winter storms so we took a chance on a circular route from the Park and Ride at Stragglethorpe. It was a little windy but the sun shone.

We were pleased to welcome newcomers Richard and Lin to the group.



Holme Pierrepont Hall

We had feared that Sandy Lane towards Holme Pierrepont might have been waterlogged but it was fine. The problem we encountered was the closure (for safety reasons!) of the footpath/cycleway on the old railway line which we had intended to use to return to Stragglethorpe. Undaunted we returned by the same route back

up Sandy Lane, taking in the churchyard of St Edmund King and Martyr Church next to Holme Pierrepont Hall and an unusual

thatched cottage behind Holme Lane.

After the walk we enjoyed lunch in the pleasant surroundings of the Nottinghamshire Golf Club

STEM Group

The next meeting of the STEM Group on 22nd February will cover the history of the jet engine from the early days of Frank Whittle's machine to the development of Rolls Royce's Ultra Fan, the largest jet engine ever produced. We will refer to the engines of iconic planes such as the English Electric Lighting, the Avro Vulcan and Concorde as well as developments in design and manufacture.



History Group

At the January meeting, Marion Caunt and Rosie Collins from Radcliffe on Trent Local History Society gave a talk on the Rockley Memorial Park to thirty members. The Park was created and dedicated to local men who died in the Great War by Lisle Rockley whose son William lost his life on the Western Front at the early age of 21. The

speakers gave a detailed history of the Park since being opened in 1927, the Park Keepers who lived in the Lodge and managed the site, the Cliff Walk and Promenade and conservation work at the Lily Ponds near the River Trent.



NEWSLETTER DEADLINE

The deadline for the March 2024 edition of the Newsletter is 28th February. Please send any copy to Dave Hobson on appletrees.hobson@gmail.com. The Newsletter will be available on our website at www.binghamu3a.org from near the beginning of the month, from Bingham Library and at the Monthly Meetings in booklet format.

MEMBERSHIP REMINDER



Thank you to all who have renewed their membership for 2024. If you haven't yet renewed it, please do so as soon as possible. Standard membership this year is £15 per person.

If you require the Third Age Matters Magazine delivered to your home, you will need to pay an additional £4 to cover the cost of postage.

Payment can be made by BACS, cash or cheque, payable to u3a Bingham. When paying by BACS please use your membership number as the reference.

Bank details: Name - Lloyds; Sort Code - 30-96-18; AC – 03247919.

Postal payments to: Margaret Blythe, Bingham u3a Membership Secretary, 7 Mill Hill Road, Bingham, NG13 8YR.



NEW MEMBERS

The Committee would like to express a warm welcome to the following new or returning members: Jim Bettles, Gwen and John Yard, Anne Cox, John Herring, Maureen and Bernard Jarvis, Joyce Holbrook, Gerald Royston, Linda Dearden, Anne Lee, Judith Morris, Sandra Eagland, Sue Beet and John Hughes.

We hope they will enjoy being part of Bingham u3a and participating in the activity groups of their choice.

GROUP CONTACT DETAILS AND MEETING POINTS



Monday am

Ambling Group 1 meets at Church House weekly at 10:30. Contact Miriam Bingham on 01949 836390 or miriam.bingham@yahoo.com.

Coffee Social Group meets at the Buttercross Pub on the second Monday at 10:30. Contact any Committee member or 01949 839946.

Monday pm

Cinema Group meets at Butler's Coffee House on second Mondays at 2pm. Contact Lindsay Evett on 01949 851115.

Spanish Conversation Group meets at Laura's house on alternate weeks at 2pm. Contact Laura Rennie on 07722 499111

Board Games Group meets at the Bowls Club from October to April on the second Monday at 7pm. Contact Jeff Peters on 01949 875406 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. Contact Beryl Kemp on 01949 839728 or bkemp1910@gmail.com .

Walking Group 1 meets by Church House on the first Wednesday at 10am. Contact Judith Williams on 07523 645105 or judith10r@icloud.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 usually meets at 10.15 on the Fourth Wednesday at varied locations. Car share may be possible from Bingham. Contact John and Glyn Greenwood on 01159 899798 or johnandglyn@btinternet.com .

Wednesday pm

Spanish 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 alternate months from 11am to 12am. Contact Dave Hobson on 01949 836042 or appletrees.hobson@gmail.com .

Technology 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 from May to

September at 1pm. 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 2pm to 4pm at the Wildflower Cafe, Coach Gap Lane, Langar. Contact Lynne Boardman, Southam2610@gmail.com .
Sewing Group meets in Room 2 of the Methodist Centre every two weeks. 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 .
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
Travel Group – Contact Pat Antcliff, 01949 875471
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	Judith Axtell	01949 839097 bingham.u3a.treasurer@gmail.com
Membership	Margaret Blythe	01949 831537 bingham.u3a.membership@gmail.com
Programme Speakers	Linda Molineaux	07855 0762775 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

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