



July 2026 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.

15th July - *Barrow to Baghdad and Back Again* with Philip Caine

MONTHLY MEETING NEWS AND REVIEWS



17th June - *Bits & Bobs* with Bob and Del Neill

June Monthly Meeting

Bob and Del's collection of Bits & Bobs began when Bob inherited his grandparents' properties, including old farm buildings and a village shop, and came across a number of ancient artefacts. Since then, the collection has been added to and items have been donated, so they now have over 500 individual pieces divided over 26 boxes.

In the June meeting, they circulated items from their collection, ranging from a knitting needle gauge to a shoe stretcher, a hair crimper to a safety razor holder and many more and members were then invited to see if they could work out what they were used for. It was a really enjoyable social session and there was a lot of reminiscing and laughter, with the winner correctly identifying an impressive 17 out of the 25 pieces shown.

15th July - *Barrow to Baghdad and Back Again* with Philip Caine

Born in Barrow-in-Furness, Philip's working life began as a chef and hotel manager and was followed by a 30-year career in the oil industry in places such as the North Sea, Algeria, Nigeria. His time in Kazakhstan and Russia was particularly exciting, not to mention the most dangerous place of all - Baghdad where he spent 7 years. After retiring, he began writing and is the author of the Jack Castle and Shackleton Blister series of adventure novels.



His talk will be full of interest, anecdotes, humour, and inspiration.



COMMITTEE NEWS

Volunteer of Month



June's winning volunteer was Jeff Peters who has served Bingham u3a for many years in a variety of roles. Jeff was presented with a u3a baseball cap at the Bingham Fair by our Chair, Veronica.

Other Committee Members manned the u3a stall at the Fair, handing out posters and the June edition of our Newsletter.



PICNIC IN THE PARK



As part of our 25th Anniversary celebrations, in June we held a Picnic in the Park at Bingham Rugby Club. Over 80 members and guests attended and were offered a free drink on arrival and a share of the celebration cake, carefully cut by the Mayor and our longest-serving member, Pat Anscombe. We then gathered under the protection of the marquee to listen to live music provided by The Strawberry Jammers, and to chat, eat, drink and dance with friends.

A Bingham-related photo quiz was won by another long-serving member, Judy Soar, shown here receiving her prize - a No.16 café restaurant voucher.





Pickleball Group

Bingham u3a's new Pickleball Group got off to a flying start in May. Group members can now:

- attend our informal learn-as-you-play sessions at a nearby leisure centre
- book inclusive sessions with our coaching provider
- apply to download an app to receive news, views, invitations and challenges from groups in Notts and further afield
- buy their own paddles and other equipment at affordable prices from recommended suppliers
- progress to beginner / improver level and beyond
- play at the u3a Festival at the University of York on 1st - 3rd July
- rise to a challenge from another Notts u3a group. Friendly or grudge match? Time will tell.....

Pickleball sessions are held jointly with Radcliffe u3a at Cotgrave Leisure Centre on Friday mornings from 10am to 12pm. For more information, contact the group's facilitators at val.moreland@hotmail.co.uk or jl875925@gmail.com.

1st Wednesday Walking Group



Lindsay led us on a very pleasant, albeit damp, 4-mile walk which started at The Duck at Woolsthorpe Wharf and followed the Grantham Canal up to Muston Bridge where we turned right and looped back following paths through the trees towards Grantham. Rejoining the tow path, we followed it back to the Duck for a pleasant lunch. Whilst the weather wasn't the best, it was far better than forecast and although we had rain for much of the route it was relatively light and didn't dampen the spirits too much!!

Wine Group 2 ...

... enjoying a pleasant evening in the garden hosted by Jackie Hutton. We sampled a selection of wines starting with a Crémant de Loire, an elegant French sparkling wine from the Loire Valley, going onto to a full-bodied red (Gordon Ramsay Cellar). Jackie supplied an excellent selection of cheese, paté and home-baked goods. An excellent evening enjoyed by all.



Knit and Natter Group

Some examples of knitting and embroidery by members of the group.

Book Club 2

During the month of June we had each been encouraged to choose a book by Alexander McCall Smith as our Elly Griffiths book that we had ordered was not yet ready.

The response to the author was varied, some members really liked his writing while others were not too impressed. With one member

commenting that she feels he is too “preachy”

The *Good Pilot Peter Woodhouse* was a book that was thoroughly enjoyed and Ann was able to interest us with her description of the plot including the fact that Peter Woodhouse is a dog. She thought that the ending was rather fanciful but on the whole, a book with a happy ending.

Sue could just not get into *The Joy and Light bus Company* so gave it up very early on.

Fiona read *The Discreet Charm of the Big Bad Wolf* and said that the more she read the more she liked it.

The *Perfect Passion Company* was read by Barbara. She enjoyed it as a light book with a happy ending, with a similar format to the *Ladies Detective Agency* stories.

Jane found *Your Inner Hedgehog* a book about Portuguese verbs very boring. I wonder where the author gets his inspiration and titles.

The title of the book I read was *The Stellar Debut of Galactica MacFee* which was the 17th book in the 44, Scotland Street series. I think I may have enjoyed it more if I had read more in the series. This book follows young Bertie Pollock as he navigates a disruptive new ringleader to his school class while facing the prospect of his beloved Edinburgh merging with Glasgow. This is funny, quirky book with too many plot lines for me to follow, as a newcomer to this series. I enjoyed the stories of the girls in Bertie's class with their pecking order and power struggles but it would definitely be advisable to start with book number one in the series. The overriding impression I get of Bertie is that he is a really kind boy and just wants people to be kind to each other, not a bad idea really.

I think we felt that all the books were really about relationships and how to get along with people rather than exciting, adventure novels.

Frances Bailey, 07796546035, francesbailey0@gmail.com

Film Group, *Tuner* (2025)

Tuner is an American crime thriller starring Leo Woodall and Dustin Hoffman. Woodall plays a piano tuner who works with Hoffman. He used to be a piano prodigy but developed hyper-sensitive hearing so had to give it up, now using his skills to be an expert tuner. By chance he discovers his ultra-sensitive hearing is perfect for safe-cracking, and uses this in order to raise money for Hoffman's medical bills. But this means involvement with some very dodgy people, which turns his life upside-down. Humour and a well-constructed story make this a pleasure to watch, and there is great piano music throughout.

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

History Group

The Killing of the Iron 12 with Hedley Malloch

Hedley gave a fascinating talk on an 'unremembered' part of the First World War, The Iron 12, the largest execution of British soldiers by the Germans caught behind the lines of the Western Front. Many British soldiers were trapped behind enemy lines at the beginning of the war and hid for months in huts and holes in ground, supported by French families with food and accommodation. He told a very moving history of how they were betrayed and executed with no trial and no respect for the Hague Convention.

Thanks for an excellent presentation on a very hot afternoon, Jo McHugh.



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



Explorers Visit to the RSPCA

We had an interesting and informative visit to RSPCA Radcliffe on one of the hottest days in June but fortunately most of the time was spent indoors. We learned that the Centre is independent from the national organisation so needs to raise its own running costs of

£250,000 a year. The very impressive centre has links with The University of Nottingham and several large local companies, the latter providing volunteers to maintain the lovely grounds. After being shown videos of some of the rehabilitation successes we were able to visit the cat 'hotel' where we met the centre's vet and two of the rescue kittens. Rocky, a spaniel puppy then received lots of attention before appearing in the group photo.

Gentle Exercise Group

If you want to improve your mobility, why not come to the Gentle Exercise Group every Tuesday from 2-3pm at Old Church House. Many of the exercises can be done seated or standing so are suitable for less mobile people. Contact Ann Lewis for more information at annl_uk@yahoo.co.uk or phone 01949 831530.

Beer and Cider Group

We had a fun beer and cider outing yesterday ... and a good turnout. Most of us went on the 7:05 Newark bus which eventually got us to the Rose and Crown in Fardon despite the driver taking a wrong turn at the roundabout on the way out of Bingham ... twice!!! The pub has a nice beer garden, good beer and a friendly landlady.



West Bridgford u3a, Anglo-Indian Heritage History Interest Group

Members of the group explore the rich history and heritage linking Britain and the Indian subcontinent. Meeting every eight weeks at the University of Nottingham on Saturday afternoons from 14:00-16:00 , the group focuses on history through personal stories, family experiences and shared research. Recent topics have included the contribution of Indian servicemen during the World Wars, family histories involving the Indian Army and missionary work, the role of South Asian doctors in the NHS, and the history of indentured labour in Mauritius. Upcoming meetings will explore the colonial influence on India's legal system, Indo-Anglo textile and fashion influence and connections, and the history of Ayurvedic medicine.

Members of other u3as are welcome to join this group, without the need to become members of West Bridgford u3a. For more information please contact Surrinder Kaur, surrinder.kaur@btinternet.com, 07855322020.

Let's Make Music Group

I would like to start another music group which could incorporate all instruments including guitars, ukuleles, recorders, flutes, piano/keyboard, etc. etc. If you are interested please contact me, Teresa Noakes at moorend@hotmail.co.uk.



NEWSLETTER DEADLINE & NEW WEBSITE

There is no Newsletter in August and the deadline for the September 2026 edition is 31st August. Please send any copy to Dave Hobson at appletrees.hobson@gmail.com.

Our website is currently being rebuilt and will in future be based on the u3a recommended [Siteworks](#) system. We hope this will become live in July and we will let you know when it is available. In the meantime, the [Gallery page](#) of the current site will continue to be updated regularly with images of our Interest Group activities.

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 Frances at 07796546035 or francesbailey0@gmail.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 Monday from 3:30 to 4:30. Contact Lin Munroe at linmun.linda@gmail.com.

Wine Group 1. Contact Lynne Barnett on 01949 875151 or lynnieb.barnett@gmail.com.

Tuesday am

Knit and Natter Group meets at the Methodist Centre weekly from 10am to noon. 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

Book Club 1 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 Veronica on 01949 875231 or vperry1951@gmail.com

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 2pm to 3pm. Contact Ann Lewis on 01949 831530 or

bingham.u3a.vicechair@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 12pm 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 9:30am. 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 Jones, hajwghs@btopenworld.com, 01949 831908

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

Book Club 2 meets on the last Wednesday of the month from 3pm to 4pm. Contact Frances Bailey, 07796546035, francesbailey0@gmail.com

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 12pm. Contact Dave Hobson on 01949 836042 or appletrees.hobson@gmail.com.

Bridge Group meets at the Bowls Club every week from 10am to 12pm. 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 in late April or early May at 1:30pm until September. Contacts - Jackie Hutton, 07443 595653 and Judith Wilkin, 07769 293621.

German Conversation Group meets fortnightly at 2:30pm. Contact John Orley at john.orley@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.

Wine Group 2 meets on the third Thursday of every month. Contact Veronica Perry on 01949 875231 or vperry1951@gmail.com.

Creative Stitching Group meets every Thursday from 2pm to 4pm at the Bingham Arts Centre. All levels and types of embroidery and patchwork etc. Contact Mary Ball on 01949 851110 or ballmary394@gmail.com.

Friday am

Pickleball Group meets at Cotgrave Leisure Centre from 10am to 12pm. Contact: val.moreland@hotmail.co.uk or jl875925@gmail.com.

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 10:30am to 11:45am. 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

Garden Group meets at 2pm in each other's gardens on a monthly basis from April to October inclusive. Contact Jo McHugh, jomchugh@outlook.com.

Various days

Explorers Visits Group - contact Ann Lewis, 01949 831530

Position	Name	Contact number and email
Chair	Veronica Perry	01949 875231 bingham.u3a.chairperson@gmail.com
Vice Chair & Groups Co-ordinator	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	Christine Butler	01949 851860 bingham.u3a.membership@gmail.com
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Database/Data Protection	Robin Wilkin	07767 603799 bingham.u3a.database@gmail.com
Website	Dave Hobson	01949 836042 appletrees.hobson@gmail.com
Newsletter	Dave Hobson	01949 836042 bingham.u3a.newsletter@gmail.com
New Member Support	Frances Bailey	07796546035 francesbailey0@gmail.com
Co-opted member	John Watson	07598 470437 jrwatson508@gmail.com
Refreshments*	Sue Eaton	01949 839946

*Non Committee

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