



September 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.**
16th September - *Forever Notts* with Freddy Heppell
21st October - *Bingham u3a AGM*
18th November - *Juke Box Jury* with Roger Prescott
**16th December - *Shakespeare's Magical Avon* with Michael
Burton**



NOTICE OF AGM

The 26th Annual General Meeting of Bingham u3a will be held on
Wednesday 21st October 2026 at 2pm in Bingham Methodist
Centre, Union Street, Bingham, NG13 8AD.

Agenda

1. Welcome remarks by the Chair
2. Apologies for absence - Secretary
3. Minutes of the AGM held on 15th October 2025 - Secretary
4. Matters arising - Secretary
5. Annual Report - Chair
6. Annual accounts for the year 2025/26 - Treasurer
7. Motions from members - Secretary
8. Membership Report - Membership Secretary
9. Report from Groups - Groups Coordinator
10. Election of Officers and Committee Members
11. Any Other Business

This year, many of the current Committee members have served for the maximum allowed three years and will have to stand down from their current positions or change roles. Replacements will be needed, for the following: **Chair; Vice Chair; Groups Coordinator; Publicity Manager; Database Manager; Business Secretary; New Member Support; Website Manager.** We have candidates for some of these positions but not all, and you are invited to put your name forward. Anyone taking on these responsibilities does not always need to attend Committee Meetings unless they wish to do so.

Nomination and Resolution forms are being emailed to members. Completed forms should be returned to John Perry at bingham.u3a.secretary@gmail.com; job descriptions are available from Veronica Perry at bingham.u3a.chairperson@gmail.com.

Afterwards, there will be a social gathering including a quiz, giving you a chance to chat with Committee members and Group Facilitators and enjoy tea and cakes.

COMMITTEE NEWS



New website

The Bingham u3a website has been rebuilt by Gaynor Wilkin and is now based on the u3a recommended [Siteworks](#) system. Visitors to the old website will now be automatically redirected to the new site at <https://bingham.u3asite.uk/>. Contributions to the website can be sent to Gaynor's email at binghamu3a@gmail.com.

Member Recruitment

We are always looking to recruit new members to Bingham u3a. An increasing membership brings new ideas for Interest Groups and more Volunteers! The Committee has decided to follow the lead provided by other organisations and ask you to refer family and friends. More details of the scheme which runs to the end of the year can be found on [this page](#) of the website.

Volunteer of the Month

July's volunteer is Judy Wilkin who is the joint Facilitator of the Croquet Group. The group meets at the Butt Field Pavilion fortnightly in late April or early May at 1:30pm until September.



MONTHLY MEETING NEWS AND REVIEWS



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

Philip's fascinating talk traced an extraordinary career spanning more than three decades and three continents. His working life began in the hotel industry, where he trained as a chef and worked at prestigious establishments including the Ritz in London and a

hotel in Paris. He later moved into hotel management before joining the North Sea oil industry, eventually becoming a senior manager with BP.

His career then took him overseas, managing large accommodation and catering operations for expatriate workers in Algeria, Nigeria and Kazakhstan. In Kazakhstan, he managed a 2,000-person camp for Chevron, dealing with everything from food supplies to leisure facilities. He even became involved in creating and running a successful nightclub for expatriates and local people.

Philip later left employment to establish a hotel business in Kazakhstan with a colleague. Sadly, the collapse of Enron's associated bank resulted in the loss of his investment and left him

heavily in debt. Throughout these difficult times, his wife Sandra was a constant source of encouragement, reminding him of what he had achieved and helping him remain positive.

With Sandra's support, he rebuilt his career and in 2003 moved to Baghdad, where he solved complex staffing and transport problems for US military bases. He finally left the region in 2014 when ISIS emerged. Philip has since become a writer, publisher and u3a member, sharing his remarkable experiences with audiences like ours.



ForeverNotts
Community Foundation for Nottinghamshire

16th September - *Forever Notts* with Freddy Heppell

Forever Notts (formerly the Nottinghamshire Community Foundation) is a local independent charity founded in 1997 that encourages philanthropy and distributes grant funding to voluntary and community groups across Nottingham and Nottinghamshire.

Freddy will treat us to a talk about the organisation and explain how it connects local donors with charities and community groups, helping money raised locally to stay within the county. We will hear about the wide range of projects supported, from helping vulnerable people and tackling loneliness to youth projects and environmental initiatives. It will be particularly interesting to learn how more than £30 million has been distributed to over 4,000 community groups since 2001.



U3A MBTI WORKSHOP: FIND YOUR PERSONALITY TYPE

Venue: Methodist Centre

Date: 22nd October

Length: 2pm until 4pm

Tutor: Jo McHugh (Licensed Practitioner in MBTI)

Curious about what makes you, *you*? Join us for an informal, interactive and friendly workshop where you'll explore your personality using the Myers-Briggs Type Indicator (MBTI).

The MBTI is a well-known, personality framework that looks at how we prefer to take in information and make decisions. You will discuss strengths, potential blind spots, and how different types can live and work well together. We will learn that all personality types are equally valuable - this session is about understanding differences (and appreciating them), not labelling people. If you'd like to take part, please come along and bring something to write with. There will be plenty of group work and lots to discuss!

If you would be interested, please contact Linda Molineaux on 07855 762775 to reserve a place.



BINGHAM U3A OPEN DAY

We will be holding an Open Day for all prospective and current members to provide more information on our Interest Groups' activities, u3a events and a chance to meet some of our volunteers.

This will be held on Saturday 19th September from 10am until 12 noon at the Bingham Methodist Centre. Please contact Ann Lewis on 01949 831530 if you require additional information or click this link bingham-u3a-open-day.

Please do pop along if you'd like to find out more and chat with any of our group facilitators.

OPEN DAY

on Saturday 19th September,
10am to 12pm in Bingham
Methodist Centre



Find out about how you can
Learn, Laugh, Live
through membership of our
many interest groups



Discover new
hobbies
Make new friends
Take up a sport

<https://bingham.u3asite.uk>
FB: Bingham U3a



INTEREST GROUP UPDATES



Pickleball Group

Pickleball offers a low-impact, social way to stay active and maintain physical and mental health. The smaller court size, slower pace, and reduced need for intense running makes it accessible and enjoyable for seniors, while the social aspect

helps combat loneliness. If you'd like to keep your body and mind active and meet some new friends, join our group by contacting John or Val below.

We've now teamed up with a top-class, local venue and a Pickleball England Instructor so that members at all levels can enjoy learning and playing this fast-growing game in a safe, inclusive, friendly and super-relaxed setting.

We meet weekly at 10am on Friday mornings in new facilities at Saxondale just outside Bingham. Contacts: [John Lewis](#). (07506 680443) and [Val Moreland](#) (07506 680443).



1st Wednesday Walking Group

In July, John Perry led a pleasant walk around Screveton and Car Colston. It started and finished at the Caffè Velo Verde, a venue known to most cyclists. A pleasant morning for an approximately 4-mile walk, with delicious food at the end of it.



World Food Group

I'm in the process of forming a new group devoted to learning about other nations' customs, history, geography and culture through the incredible edibles that make everyone's taste buds sing every day in every part of the world. Our monthly meetings could be American Supper style, with members bringing dishes from all six continents to a venue in Bingham, visits to some of the many street food outlets in and around Nottingham, or a mixture of both. If you're interested, please contact me John Lewis at jl875925@gmail.com or 07428418777.



Gentle Exercise Group

The Gentle Exercise Group is a weekly class aimed at improving mobility and balance. It is particularly suitable for anyone whose mobility is limited, as many of the exercises can be done either seated or standing. We use a variety of DVDs designed for older adults to guide the exercises and members are encouraged to do as much, or as little as they can manage. The Group meets at Old Church House weekly from 2pm to 3pm. Contact Ann Lewis on 01949831530 or bingham.u3a.vicechair@gmail.com



Film Group – *The Odyssey*

An interesting film in July was *The Odyssey* (2026), Christopher Nolan's version of Odysseus's heroic voyage home from the Trojan wars. This was an epic undertaking with some great performances, especially Samantha Morton, but I didn't like it as much

as some other Nolan films. I found it overly dark and miserable. The Mediterranean setting was unrecognisable – almost no sunshine or colour. There can be darkness even in sunshine! The Greek gods were moody, jealous, fickle and selfish, and it was all about outwitting them and overcoming their obstacles. Here, Odysseus

just seems depressed, and feels guilty about tricking the Trojans which I found difficult to accept. Nolan does like the dark, but I think Odysseus and his crew did a bit of plundering and partying along the way..... I did enjoy it, but I did find myself thinking wistfully of Ray Harryhausen's *Jason and the Argonauts* (which was one of Nolan's influences apparently; it is streaming on Channel 4).

Lindsay Evett.

History Group

Our next meeting will be on 23rd September when Jo McHugh will be giving us a talk on Laura Knight, one of the most famous English artists of the 20th century, the first woman to have a solo exhibition at the Royal Academy.

On 28 October Hedley Malloch will be giving us a talk on the *Chinese Labour Corps on the Western Front in WW1*.

Finally this year, on 25 November Catherine Pincott-Allan will be giving us a talk entitled *25 years of Time Travel with the Field Detectives*,

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



Wine Group

The Group had a very enjoyable wine circle meeting at Jo McHugh's home in July. We compared several budget supermarket wines with either branded or higher end supermarket wines. Needless to say a good time was had by all. Our next meeting in

August is to be held in Wetherspoons in Bingham.

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.





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, hajwgghs@btopenworld.com, 01949 831908.

It's Never Too Late to Take on a Challenge!

I'd like to share a little story with all those of a certain age who sometimes think they're not capable of taking on a new challenge. Believe in yourself - you really can do it!



I've always fancied having a go at a triathlon. So I thought why not? After all, it's never too late to try something new. If you have a reasonable level of fitness there's no reason why you shouldn't give it a go.

On the 18th July, I took part in a Starter Triathlon at Belvoir Castle, which consisted of a 200m swim in the Belvoir Lake, a 13km cycle ride and a 2km run. The swim was probably the easiest part for me, as I regularly enjoy outdoor swimming at Hoveringham during the Summer. I also cycle every week and take part in Parkrun most Saturdays. I have to confess though, that when it came to the final 2km run, my legs weren't particularly keen! so I walked quite a bit - but that's absolutely fine. I wasn't there to race anybody, I was there to challenge myself and see if I could do it.

When I crossed the finish line, and received my lovely medal, I felt incredibly proud of myself. It was a wonderful experience and a

day I will never forget. Most importantly, I'm so pleased to give it a go.

If anyone is thinking about taking on a triathlon or similar challenge, I'd be more than happy to encourage and help you along the way. Sometimes all it takes is a little bit of confidence and someone saying, "Go on - you can do this!"

I hope my story inspires some of you to step outside your comfort zone and have a go at something you've always fancied doing. You might surprise yourself.

I also raised £575 for the Alzheimers charity.

I will be at the u3a Open Day on Saturday 19th September 10am to midday, so please come along and say hello!

Linda Munroe, July 2026



NEWSLETTER DEADLINE

The deadline for the October 2026 edition is 30th September. 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 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 or Saxondale Pockleball 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
Programme Speakers	Linda Molineaux	07855 762775 bingham.u3a.programme@gmail.com
Database/Data Protection	Robin Wilkin	07767 603799 bingham.u3a.database@gmail.com
Website*	Gaynor Wilkin	binghamu3a@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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