

Eastwood and District U3A

April 2015, Issue 10



THE UNIVERSITY OF THE THIRD AGE



Keith Longdon, Councillor from Nottinghamshire County Council, presenting a cheque for £680 to the steering committee to support our U3A. We are very grateful for this donation.

Message from the Chairman

I am constantly surprised at the progress the Eastwood & District U3A has made month on month, and the talents displayed by our members. Our success relies on these talents and the mutual support we give and receive.

I recently spent several days on a bowls holiday – not connected with the U3A - but of the 97 people there from the Nottingham Indoor Bowls Club, at least 6 were members of this U3A. They were there to represent the club at a bowls competition, but their collective interests included not just bowls but gardening, photography, poetry, dancing, bridge, walking, and playing the ukulele! Their skills

included communication, teamwork, attention to detail, and many other life skills accumulated over many years.

The point I am making is this: none of us is one-dimensional. By sharing our many talents we all contribute to our U3A.

Your Steering Committee is in the process of adapting the Constitution and Rules of the Eastwood & District U3A in preparation for the AGM in June. Small changes to the Constitution will take out references to the

set-up process and the initial Steering

Committee, and the Rules will become more inclusive and relevant to our U3A. Copies of the new Constitution and Rules will be available on-line and in hard copies well before the AGM, and you will have the opportunity to vote on the changes at the AGM itself.



Lorna and Jim Stirland gave a great presentation on their work in Uganda

Dates for the Diary:

Meetings will be held on the first Wednesday of the Month at Plumtre Hall, St. Mary's Church, Eastwood.

Wednesday April 1st at 10 a.m. – Ella Tonge – Dogs Trust

Wednesday May 6th at 10 a.m. – Broxtowe Council Recycling

Wednesday June 3rd at 10 a.m. – Annual General Meeting



Featured New Interest Groups

The new Eastwood and District U3A Directory was issued to everyone at the January main meeting. Pick up a copy if you missed it. This will be the definitive reference for all the group activities. From now on the newsletter will only feature details of new groups and items of news about activities. The website is now functioning well and you get the latest up-to-date information at:
www.eastwoodu3a.org

New Groups starting or started:

1. National Trust.
2. Coffee Mates.
3. Jazz Appreciation
4. Wine Appreciation
5. Family History
6. Knit Aid

There are contact people in place for all the above groups so they will be meeting during April when everyone has been contacted.

If you have ideas for other groups or need further information contact Lorna or Jim Stirland on 07 977 415 072.

Group News:

The **Ukulele** group is now full. If you want to join you can be put on the waiting list. Call Judith Queripel, 01773 788 047

Free Legal Advice is available for U3A Members.

Contact FirstAssist on 01455 251 500.

Quote: The Third Age Trust, Number 70494

Social Outings

- *Monday April 13th. Jorvik Viking Centre in York - cost £20 including coach and entrance. Meeting at Morrisons by 9:10am for prompt 9:15 departure.*
- *Thursday May 21st. National Arboretum in Staffordshire - cost £12 including coach and tour by land train. Full amount must be paid by the April meeting. Bus will leave Morrisons at 9:30.*
- *Thursday 25th June. Grimsby Fishing Heritage Centre, followed by trip to Cleethorpes. More details later.*
- *Are you interested in a Scottish Highland Heritage holiday? – 6 days from October 22nd Price £238 - £60 deposit required plus £17 insurance. If enough people, could leave Eastwood. Contact Joan.*

More info at Main Meeting or from Joan Morley 0115 938 3042



The Coffee Mates at their first meeting. They will meet on the third Wednesday of the month at 11:00 am. Next meeting will be at Madhatters in Kimberley.

University College London (UCL) is conducting a research project into dementia. In order to do this they need to recruit a healthy control group of people aged 65 & above with no major health issues. It's in

London. You will receive travel expenses and £10 in shopping vouchers. If you are interested, and want further information contact Els Chadwick telephone 07823808683, Email eleanor.chadwick.14@ucl.ac.uk

Items or suggestions for the newsletter? Deadline: Mon 16th Mar. Want to help make the web-site for Eastwood U3A? Contact Philip Hartley: newsletter@eastwoodu3a.org

**Contact Janet O'Neill, Membership Secretary, 07 961 832 864, membership@eastwoodu3a.org
Steering Committee members: EastwoodU3A@gmail.com; Website: EastwoodU3A.org**