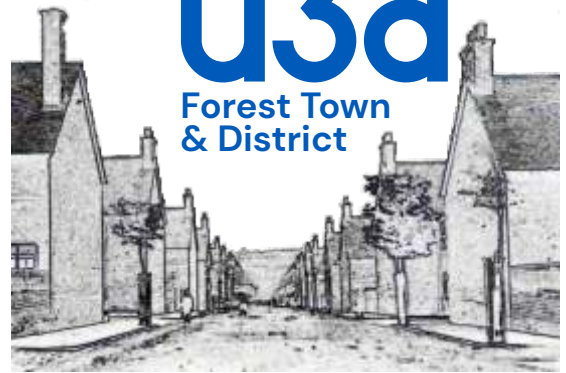




Hearing dogs are a lifeline

The speaker at our July general meeting was Angela Richards from Hearing Dogs for Deaf People.

Angela spoke of how deafness and hearing difficulties can affect people in everyday life.

She explained how it can create a feeling of loneliness and isolation and outlined how dogs can be trained to provide companionship as well as practical help. Hearing dogs alert deaf people to important everyday sounds such as oven timers, baby monitors and text alerts as well as to life-saving alarms such as for fire or smoke.



Angela with her hearing dog Maggie

September's speaker is...



The speaker for the September meeting, 10.30 on Friday 4 September at Forest Town Arena, is David Moylan. David is a one-man variety show featuring comedy, magic, music and hilarious routines, remembering some of the country's greatest entertainers.

This will be David's third performance for our u3a having already entertained us in May this year and last September.



Thank you Kathryn

At our July meeting, Sue Robinson, on behalf of our members, presented Kathryn with a bouquet and voucher as a thank you for her superb performance as chairperson during the past year.

Kathryn is continuing to contribute to our u3a through her work with the social team.

A huge thank you also to Bob Hunt who regularly sends in photos and reports from the general meetings. Without him members who can't attend wouldn't have any idea what was going on. Keep up the good work!

Arena double booking forces meeting in August to be cancelled

We were all looking forward to seeing Paul Lillie at the August general meeting but, unfortunately, due to a double booking by Forest Town Arena the session had to be cancelled at short notice.

Paul's art, interspersed with music about Elvis last October was described as 'simply brilliant'. For August his theme was to be 'The Beatles'. Hopefully we will be able to re-book Paul for another meeting.

Next issue is October 2026

Please send articles or ideas for the October issue to Helen Riby by email: ftu3anews@gmail.com or by post to: 5 Fal Paddock, Mansfield Woodhouse NG19 9RW by midday on Monday 20 September 2026

Where have all the flowers gone!

The garden craft group came to their July meeting with armfuls of beautiful roses, carnations and many other lovely flowers. The room was filled with their most intoxicating perfume.

We had all raided our gardens for greenery, which was shared with each other. With oasis wetted and secured in our containers of various sizes and colours we enthusiastically got creative. The results were outstanding and very beautiful.



Young lads enjoy a good breakfast

There were 12 young lads at Mill Waters Café at our last meeting and they all enjoyed a hearty breakfast followed by an enjoyable walk around Sutton reservoir on a lovely sunny July morning.

Our next breakfast will be on Tuesday 29 September, 10.00 at Pleasley Pit Café. All young lads welcome.

Kevin Cope



Former girl guides - your help please

With the exciting launch of the new Girlguiding uniform, the 1st Forest Town Guides (St Alban's) are planning to reintroduce unit neckers.

Before we start looking at what comes next, we'd love to celebrate a little bit of our history. We're hoping someone might have an old 1st Forest Town Guides (St Alban's) necker tucked away in a drawer that they'd be willing to donate to the unit. We'd love to keep it as part of our unit's history and use it to inspire our future necker design.

If you have one, or know someone who might, please get in touch.

Call: 07749 123968 Email: foresttowntownguides@outlook.com

Thank you for helping us preserve a little piece of our Guiding heritage.

Anglo-Indian heritage history

Members of the West Bridgford u3a Anglo-Indian Heritage History interest group invite you to join them.

The group explores the rich history and heritage linking Britain and the Indian subcontinent. Meeting every eight weeks at Nottingham University, 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.

The group has undertaken cultural visits such as to the Princess Sophia exhibition at Kensington Palace and the Jaipur Literature Festival at the British Library in June 2026.

Upcoming meetings will explore the colonial influence on India's legal system, Indo-Anglo textile and fashion influence and connections as well as the history of Ayurvedic medicine.

This is a group that by its diverse nature is open to all members of the u3a in the region. Please come and have a taster and decide whether to join. Members of all local u3as are welcome and there is no need to become members of West Bridgford u3a.

For more information please contact Surrinder Kaur –
surrinder.kaur@btinternet.com –
mobile 07855 322020



Go on... Post it

Forest Town & District u3a is on Facebook, so please help promote your u3a by posting comments and pictures of your u3a activities.

<https://www.facebook.com/foresttowntownu3a>

Sun all the way for ramblers in July

The group's annual minibus excursion took place on Wednesday 1 July and, as usual, it was a trip to the East Coast.

This time we were dropped off at Flamborough North Landing on a warm sunny day with a lovely cooling breeze. Perfect conditions for a cliff top walk to Bridlington.

The initial part of the walk to Flamborough lighthouse took us along the edge of sheer chalk cliffs with thousands of birds nesting below on the narrowest of ledges on the rock faces. It is the largest mainland seabird colony in Britain, but everyone was hoping to spot a puffin in the melee. They proved to be rather elusive.

The wild flower meadows on the cliff top were spectacular with swathes of bright yellow flowers of lady's bedstraw particularly prominent.

An early lunch was taken at the lighthouse before pressing on towards Bridlington. The cliff top path was now punctuated by steep drops down to sea level followed by equally steep ascents at South Landing and Danes Dyke.

Shamefully, some members of our group took the land train from Sowerby Hall to Bridlington, shortening their walk by a couple of miles.

After fish and chips in Brid, the minibus trip back started off in a slightly sombre mood with the England football team a goal down to DR Congo, but, two late goals from Harry Kane lifted our spirits and provided the perfect end to a brilliant day out.

Our second ramble in July was led by Georganne. We were a small select group. Some of our members were in Spain and Portugal tackling a section of the Camino de Santiago. Setting out from the edge of Baslow we were soon high enough for views across the Derwent valley and up to our right towards the Baslow and Curbar Edges. The vegetation had grown since the reccie and it took us some time to find the Cundy Graves above Curbar.

The Cundy family Thomas Cundy, his wife Ada and their



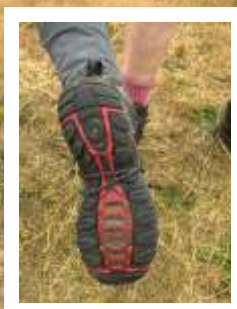
children Olive, Nellie and Thomas were victims of the plague in 1632. This was 30 years before



the plague village of Eyam was hit. Each of the grave slabs have their initials carved into them. As we were searching we noticed Janis's laces were too long for her summer weight boots and were in danger of tripping her up. A short-term solution – wrapping the laces under the boots – was devised. It was OK for hot dry weather but not for when normal muddy service was resumed!

Descending into Curbar we picked up a riverside path. Here we came across an unusual quirk of nature. Two separate trees which shared a branch. Google provided us with the scientific name for this rare phenomenon, inosculation. It happens when two branches rub together over time and wear away the outer bark until the thin inner bark of both trees, called the cambium, begins to touch.

Crossing the river at Froggatt Bridge we followed the valley through Calver and Bubnell back to Baslow. A beautiful walk on a beautiful day.



Rain returns - briefly - for ramblers in August

Our first outing in August, led by Steve Price, had a delayed start. Group leader Andy is still suffering with *plantar fasciitis* so it fell to Helen to drive to the walk start on Beeley Moor. A couple of wrong turns caused the problem!

When we eventually got going it was another beautiful day for rambling, warm but with some cloud cover and a light breeze. We followed a stony track which descended from the moor towards the Chatsworth estate, soon arriving at the Carlton Lees Garden Centre.

Some took advantage of the café here as the road to the planned refreshment stop after the walk had been closed. We then followed the river Derwent towards Chatsworth House, marvelling at the bone dry terrain. This path is notorious for being wet and muddy, not this time! We soon reached the bridge and Queen Mary's Bower.

Continuing on the Derwent Valley Heritage way we shortly turned right for the long steep climb which would eventually lead to the Hunting Tower. Conscious that the Tower was likely to be busy in the school holidays, lunch was taken just below the high point. There were fabulous views toward the river but a strong, coolish wind had sprung up so we didn't linger.

Now on a shady level track we passed the lakes that feed the water features in the gardens below before tackling the steady climb back up onto the moor – completing another lovely walk.

The second August walk, led by Steve Evans involved 1,500ft of ascent so it was at the more challenging end of the rambles undertaken by the group. Nevertheless 12 of us set out from near Darley Bridge. Again we were lucky with the weather – despite this summer's many heat waves, our walking Wednesdays have all fallen on days without extreme heat. For this walk forecasts even



suggested rain – a prediction that proved accurate when a torrential downpour had us all reaching for the waterproofs which had remained firmly in the bottom of rucksacks all summer.

Steve likes to set a brisk pace and this may have been his downfall as we marched off up the first hill only to discover that the path we should have been on was somewhat lower down – still it all added to the challenge.

The route took us past Snitterton Hall after which we climbed steeply before eventually heading downhill into Bonsall where we took lunch. We knew there would be more climbing – Bonsall is in a dip – and so it proved. As we approached Wensley Dale we came across some huge caves – possibly disused quarries/mines and very impressive. It was here that the rain came. Julie and Sonja were brave enough to descend into the depths to take shelter from the rain.

We lost count of the number of stiles – there were plenty. These together with some difficult route finding, the stop to shelter from the rain and the many steep inclines slowed progress. We were all pleased to get back to the Darley Bridge road where we fell into the Square and Compass for a well-earned cold drink. A fabulous walk.

Our next rambles:

2 September: Ockbrook, Locko Park and Dale Abbey (9 miles). 16 September: Ashford in the Water, Deep Dale and Monsall Dale (7 miles). New members welcome.



Reports by **Andrew & Helen Riby**

Rambling Group Leader: **Andrew Riby** Rambles 7 to 9 miles. Meet 1st & 3rd Wednesdays. Contact Andrew on: 07833 543705 Email: ribya@imcgroup.co.uk

Sewage issues hit Hardwick National Trust trip

Unfortunately the NT Group's rooftop tour of Hardwick Hall on 22 July had to be cancelled due to sewage problems at the venue. It was a disappointing start to the day but some of us made the most of the trip. We parked at Hardwick Inn, had a hot drink and then a walk around Hardwick ponds, before picnicking on the lawn at the back of the Inn. All was not lost. and full refunds were issued.

Do it yourself

But it doesn't end there. On the afternoon of 29 July, Jan and I managed to complete the rooftop tour. We would thoroughly recommend it to all members. It's £10.00 (which goes directly into Hardwick's coffers). The staff/volunteers were amazing with their knowledge and the views were stunning. For anyone with height issues, you are nowhere near the edge at any time. The tours are running throughout August and September. Get booked in.

Halina Gaskell



Making a day of it after Hardwick rooftop tour was cancelled



NT Wightwick Manor important info

We still have room for 3 more people for the Wightwick Manor visit on Saturday 19 September departing at 08.30. Cost is £20. Free admission for National Trust members.

Can all those who haven't paid the balance please do so at the September Meeting. Also, please let us me know where you need picking up – on the road outside Forest Town Arena or Morrisons car park, Mansfield Woodhouse?

Steve Evans

National Trust Group Leaders:

Halina Gaskell, Jan Cooper, Jackie & Steve Evans

Pick ups: Near Forest Town Arena & in Mansfield Woodhouse

Some like it hot and some do not!

On one of the hottest day of the year – Friday 26 June, 29 members 'teed off' for Ramsdale Pirate Adventure Golf. With the heat beating down, only 11 finished the course whilst the others, one by one, retreated to the Club House for cooling drinks. At lunchtime we all came together for our two-course meal. I have to say the steak in the pie was absolutely delicious.

We all agreed we had enjoyed the golf and would like to do it again but perhaps in weather that wasn't quite so hot!!

Kathryn Cope



Scarborough hits the spot

We had a lovely sunny day for our trip to Scarborough on Monday 6 July when 61 members enjoyed the various delights of this lovely Yorkshire seaside town: a little shopping, a walk along the prom, a visit to an ice cream parlour, the obligatory (well almost) fish & chips or just to sit and watch the world go by. Thoughts for our next day trip in 2027 please.

Kathryn Cope

Members views from Facebook

What a brilliant day we had in Scarborough. Fish, chips and ice cream were delicious. You just have to at the seaside. Asha and her friends braved a speedboat ride. A great day was had by all. A big thanks to Kathryn and everyone who worked hard to make the day a great success. I even won a line at bingo. Aren't we lucky to be members of a great u3a.

Sue Bennett

This was a really good day, fun on the bus and plenty of sea air. For once it was Malcolm who took photographs not me. We discovered the 'Art Work' (pictured below right) above the fun fair. It is based on both seaweed and our lungs! It was intriguing. Thank you for organising this trip.

Pauline & Malcolm Marples



Dominoes, cards, darts and more...

Our second u3a Tavern Day was held at the Forest Town Arena on Friday 21 August and I think it's fair to say it was a great success. Members played cards and dominoes through the morning. We even had to prise the dominoes away from some members at the end of the morning or they would still be playing now!!

Lunch was served; a cheese and onion roll or a corned beef roll with crisps and a piece of cake. It went down well and was followed by a quiz (thank you Halina), a game of Bingo in which Liz and Margaret were the lucky winners. There was also a darts competition with the highest score of 57 from Olive who won a bar a dairy milk. It was a lovely way to spend a Friday morning.

Kathryn Cope



Image by Tim Bastian from Pixabay



Next Silver Screen is Mrs Henderson

.Our next Silver Screen is on Friday 23 October 11.00 to 13.00 at Forest Town Arena.
The film is Mrs Henderson

Set in London in 1937, Judi Dench is at her brilliant best. She plays a woman of wealth and connections who has just buried her beloved husband. Now at a loose end, she buys The Windmill Theatre. When the bombing of London begins, she has a new idea to keep the theatre open and introduces nude, immobile girls on the stage. It's a true story, funny and sad.

Angelina Taylor

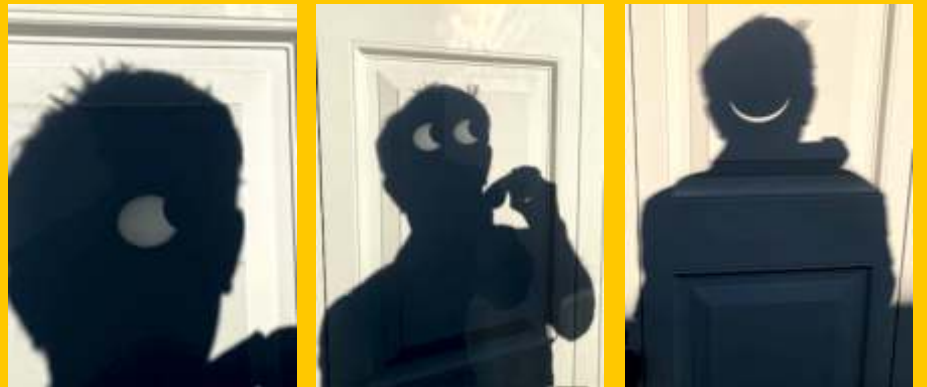
How did you view the eclipse?

Remember the solar eclipse last month? Of course you do. It might not have been quite as dramatic as the one in 1999, but it was still quite an event.

Peaking at just after 7.00pm on Wednesday 12 August, most people in the East Midlands saw 90% of the Sun covered by the moon.

My husband Philip and I were very keen to see it. But....we didn't have 'the special specs'. Mmm... what to do? Some people viewed the eclipse using a colander, others a cereal box and pieces of paper. We used binoculars and the garage door. We had plenty of laughs as we created wacky images of the eclipse. 'The Cyclops', 'Cartoon Eyes' and 'Cheeky Smile'.

Susan Wright



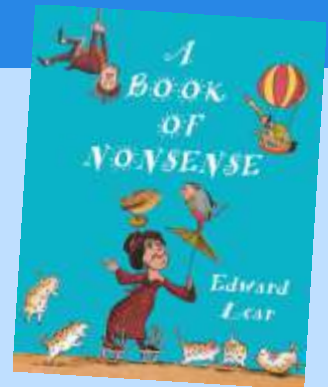
Limericks and their origin

Limericks first appeared in England during the early 1700s, emerging from oral folk traditions and communal verse, often associated with drinking songs and humorous chants.

These short, rhythmic five-line poems, often crude, rude or lewd, were designed to be memorable and entertaining, making them ideal for storytelling and social gatherings.

A limerick consists of 5 lines, the first, second and fifth lines are 8 or 9 syllables long and rhyme, the second and third lines are 5 or 6 syllables and rhyme. The form typically follows an AABBA rhyme scheme, which creates a playful, bouncing rhythm.

Although the form existed earlier, Edward Lear is credited with popularising the limerick in the 19th century through his *Book of Nonsense* (1846). But, Lear didn't use the term 'limerick'. It is thought the name 'limerick' derives from the chorus of an 18th-century Irish soldiers' song, 'Will You Come Up to Limerick?', but Lear's playful, illustrated nonsense verses established the structure and tone that define the modern form.



Bob Hunt

Love to write

I love to write limericks it's true
and want to share them with you.
They're fun to recite
In the middle of the night,
When you've nothing better to do.

Bob Hunt

The frog & the toad

A frog and a toad met by chance.
Said the frog to the toad: "Shall we dance?"
"Why not!" said the toad,
So they both do-si-do-ed
With a stately retreat and advance.

Kay Toy

Summer ball success

Our fourth Summer Ball with the theme 'Fire & Ice' was another great success. The room was set and on arrival a complimentary glass of Prosecco was served. Many guests joined in the theme and dressed in red and/or white. Undercover 60's returned to play for the evening and it wasn't long before the dance floor became full. A fabulous evening was had by all with people asking what next year's theme will be.

Kathryn Cope



Day trip to Matlock - pick up change

There are a couple of places left on the coach at £12 each. This is a 'please yourself day' to enjoy a few hours wandering around Matlock. **The pick-up point is now outside FOREST TOWN ARENA at 09.30.** Apparently Morrisons car park is now being managed by a parking company so we don't want issues with fines. The return pick-up is 15.30 from Matlock.

Marilyn Redfern

Hostess Christmas lunch - places available

Our Christmas lunch is at The Hostess on Thursday 10 December, cost is £23. If you are interested, please message me on 07928 781706 or see me at the next general meeting.

Marilyn Redfern

Isle of Wight six-day holiday July 2027

There are still two single rooms available for our holiday next year – 1 to 6 July, six days, half board, staying at The Trouville Hotel*** in Sandown with trips included to Osborne House, sailing along the Solent from Cowes to Yarmouth and around the island. £649 (but there will be a small discount with 40 people paying). £100 deposit.

If you are interested in this please give Kathryn a ring on 07711 128897

Kathryn Cope

At a Glance Diary – Meetings, Events & Trips

September 2026	September 2026	September 2026
GENERAL MEETING Friday 4 September 10.30 Forest Town Arena <i>David Moylan, entertainer</i>	TAVERN DAY Friday 21 August 11.30 to 13.30 Forest Town Arena Price £4 includes a light lunch	NATIONAL TRUST WIGHTWICK MANOR Saturday 19 September Price: £20.00 3 PLACES AVAILABLE
September 2026	October 2026	October 2026
MATLOCK DAY TRIP Tuesday 22 September Price: £12.00 COUPLE OF PLACES LEFT	GENERAL MEETING Friday 2 October 10.30 Forest Town Arena <i>Martin Rowley, TBA</i>	SILVER SCREEN Friday 23 October, 11.00 Forest Town Arena <i>Judi Dench stars in Mrs Henderson</i>
November 2026	November 2026	December 2026
GENERAL MEETING Friday 6 November 10.30 Forest Town Arena <i>TBA</i>	TURKEY & TINSEL Monday 23 to Friday 27 November Beaufort Park Hotel, Mold Price: £409pp	GENERAL MEETING Friday 4 December 10.30 Forest Town Arena <i>TBA</i>

Which interest groups will you join?

Just pick up the
phone or
turn up on
the day



Group	When	Where	Time	Leader
Book Club	1st Mondays	Forest Town Library	10.30-12.00	Ann Stanford 07716 653850
Bus Pass Group	Various	Various	As agreed	Christine Cawthorne 01623 658171
Card Craft	4th Mondays	Sherwood Centre	10.00-12.00	Sue Buchanan 07957 656514
Computers & IT	Any time	Member's home	By arrangement	Robert Hunt 07588 047885
Country Dancing	2nd Tuesdays	Check with leader	14.00-16.00	Ann Stanford 07716 653850
Current Affairs	2nd Wednesdays	Check with leader	10.00-12.00	Michael King 01623 470929
Days Out & Holidays	Advertised at general meetings	Forest Town Arena	Various	Angelina Taylor 01623 622871
Evening Dinner Out	4th Thursdays	Various	18.30	Marilyn Redfern 01623 845731
Garden Crafts	2nd Tuesdays	Sherwood Centre	10.00-12.00	Angelina Taylor 01623 622871
Litter Pick	4th Tuesdays	Meet outside Forest Town Library	10.00	Susan Wright 07949 726209
Luncheon Club	Various	Various	Lunchtime	Jan Kerr and Olive Moore Contact via https://forest-town.u3asite.uk/u3a_groups/lunch-club/
National Trust	Various	Pick up near Arena & in Woodhouse	Various	Halina Gaskell, Jan Cooper, Jackie & Steve Evans
Painting & Drawing	SUSPENDED but you can attend Sherwood u3a sessions. Contact Marilyn Redfern 07928 781706			
Photography	2nd Tuesdays	Sherwood Centre	14.00-16.00	Steve Edis 07752 270619
Pilates	Thursdays	St Lawrence Church Hall, Sandy Lane	10.00-11.00	Halina Gaskell 07508 4995231
Rambling 7-9 miles	1st & 3rd Wednesdays	Various	10.00 start	Andy Riby 07833 543705
Short walks	Various	Various	10.00 start	See Group display at meeting
Table Tennis	1st & 3rd Tuesdays	Oak Tree Centre	10.30-12.30	Marilyn Redfern 01623 845731
Tabletop Games	4th Mondays	Selwyn St Centre	14.00-16.00	Alan Kelly 07787 823778
Trace Your Family Tree	3rd Tuesdays	Check with leader	14.00-16.00	Andrew & Julie Rowbottom 01623 636223
Vintage Voices	2nd Fridays	Big Barn Lane Methodist Church	12.30-14.00	Marilyn Redfern 01623 845731
Young Lads' Breakfast Club	Last Tuesdays	various	10.00	Kevin Cope 07902 579299

All members are invited to General Meetings – first Friday in the month at Forest Town Arena 10.00 for 10.30 start.

For latest news visit: <https://forest-town.u3asite.uk/> Forest Town & District u3a is a Registered Charity Number 1186417

Your Committee Contacts

Forest Town & District u3a relies on the hard work of its Executive Committee. Everyone gives their time freely. All Committee members can be contacted via the website at <https://forest-town.u3asite.uk/contact/>



Our Chairperson is Alan Kelly. His role is to chair the monthly meetings and our committee meetings. He also represents Forest Town & District u3a to other u3as, the local area Network, the Region and the National u3a and provides leadership to ensure the committee fulfils its responsibilities.



The Vice chairperson is Richard Lord. He deputises where necessary for the chairperson in any of the chairperson's duties and provides an alternative source of motivation to the committee and the whole of Forest Town & District u3a.



Our Business Secretary is Mary Hind. Mary keeps us legal and in order, looking after all the Committee meeting arrangements and submitting reports and returns to bodies such as the National u3a office and the Charity Commission.

A lot of 'behind the scenes' activities!



The Treasurer, Sue Robinson (first right) and Assistant Treasurer, Jenny Vernalls, have oversight of our finances and the production of our Accounts.



They deal with our monetary income, membership subscriptions etc. and make payments for those groups who organise visits, experiences and trips for their members.

The Membership Secretary, Hilary Bramwell (first right) and Assistant Membership Secretary, Halina Gaskell, maintain our membership records, deal with



queries about membership and enrol new members. Remember to tell them if you move or change your email address or phone number.

They also submit a current list of members at the appropriate time to the organisation that distributes your *u3a Matters* magazine.

The Groups Co-ordinator position is vacant. If you are willing to take on the role please contact the Chair or any member of the committee. The Assistant Groups Co-ordinator is Sue Buchanan



These two roles provide support to our group leaders. They are the 'go to' people for information and advice about interest groups. They help to set up new groups and deal with room and venue bookings for groups.

Welfare Officer, Angelina Taylor, liaises with group leaders and other members to identify individual members who might like some moral support.

She will purchase and send cards, as is felt appropriate, and keep Committee Members informed as and when it is necessary.

If you have any concerns then please call her on 01623 622871.



Bob Hunt is the Website Editor, email: webftu3a@gmail.com

For latest news visit: <https://forest-town.u3asite.uk/>

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