

# Newsletter

News for members of Beeston u3a

Produced quarterly and distributed electronically to all members.  
Some printed copies will be made available for new members  
and anyone who has difficulty reading from a screen.

**April 2023**

## Open Meeting on Thursday April 6th at 10.30

### Paul Cullen—Nottinghamshire Place Names

The stories around how places came to be named, including a song about it.

Open meetings usually take place at Beeston Methodist Church on the first Thursday of the month, starting at 10a.m. with a speaker at 10.30a.m.

Please remember to bring your own mug if possible.

There is no need to sign in to these meetings. New members and visitors will continue to be welcomed in the reception area.

### Calendar of Future Open Meetings 2023:

May 4th	<b>AGM—start time 10.15</b>	Followed by social gathering in the hall with refreshments and cakes
June 1st	<b>Rachel Carr</b>	<b>Citizens Advice</b> Giving people the knowledge and confidence to find their way forward
July 6th	<b>Celia Billau</b>	<b>The Landscapes of Namibia</b> Canyons, Covid and Rhinos
August 3rd	<b>Rebecca Elphick</b>	<b>Cancer Research</b> Working with the fundraisers

The complete list of groups is now issued as a separate document and will be distributed to members along with the newsletter. This list contains email addresses of group facilitators. **Please don't distribute.**

## Chair's Chatter

I can't believe that almost a year has gone by since our last AGM, with some key changeovers on the committee taking place. Our current eleven committee volunteers have proved themselves to be hard-working, committed, and a brilliant team to work with.

I am delighted that all eleven are willing to stand for another year's term of office, though two people have decided to step down in May 2024.

2023's AGM is on Thursday 4<sup>th</sup> May, and we really hope that you will be able to attend. Unless 10% of the membership do attend (either in person or online), we are not considered quorate, and would have to repeat the whole process and rerun the AGM in a few week's time!

We are making this year's AGM as short and simple as possible. The business part of the meeting will start at 10.15am, and we have timed each element very carefully, so that the meeting finishes at 11am.

Then, if you wish, you are very welcome to stay on for refreshments and social time. There will be plenty of cake!

Please do support us if you possibly can.

### Social Events

Thank you so much to Margot Gale and Sue Blackley for a year's worth of excellent social events organisation. We have enjoyed a Ceilidh, a Fine Wine evening and a Quiz evening.

Margot and Sue are now handing over the baton to a new team of organisers- we hope that some of you will feel able to join the new team.

**Anne Pinnock- Chair, Beeston u3a**



## Lifeskills Events Programme

### Footcare

Our new programme of lifeskills events is proving very popular, and our next event is a talk about footcare. This will take place on **Friday 2<sup>nd</sup> June, 10.30-11.30am** at Beeston Methodist Church, and will be led by a local, highly qualified chiropodist/podiatrist, with experience in both the NHS and private practice.

There will be plenty of time for questions about any footcare or related mobility issues.

Just £1 per person room hire contribution. There will be no charge for the talk, though charity donations on the day to a local autism charity will be very welcome.

**To reserve a space, please contact Anne Pinnock- [chair@beestonu3a.org.uk](mailto:chair@beestonu3a.org.uk)**

### Tax, Care and Toyboys

The twenty attendees at February's Estate Planning seminar by the Co-op found it an extremely useful session. A very experienced solicitor provided some very useful advice about wills, inheritance tax and powers of attorney.

This session was fully booked, but we will organise a repeat event early next year.

### **First Aid Training 28<sup>th</sup> April**

This event is now fully booked. It is possible to arrange more training sessions, if there is the demand. Let me know if you may be interested.

Anne Pinnock- [chair@beestonu3a.org.uk](mailto:chair@beestonu3a.org.uk)

### **Local Heritage List- Can you help?**

Are you concerned about the loss and potential loss of historic buildings, monuments and green spaces in the local area?

Beeston and District Civic Society (BDCS) is working with the Conservation Officer, Broxtowe Borough Council to identify assets which we would like to preserve by including them on a Local Heritage List.

We need the help of U3A members. Can you nominate suitable buildings (and other assets) and green spaces in Attenborough, Beeston, Bramcote, Chilwell and Toton?

BDCS would like to invite U3A members to meet with us. There will be a short presentation on the background, criteria, some examples, and ways that you can help. There will be plenty of time for questions, discussion and suggestions.

This will take place on **Tuesday May 2<sup>nd</sup>, 3.15pm at Beeston Methodist Church**

Please email Anne Pinnock – [chair@beestonu3a.org.uk](mailto:chair@beestonu3a.org.uk) to reserve a space

## **Day Trip to Leicester to visit King Richard III Visitor Centre**

**£30 per person**

**Monday 24th April**

**(initially only available to Beeston u3a members)**

Pick up at 9.00am at Lace Road in Beeston (also at bus stop on Derby Road opposite Bramcote Leisure Centre)

Tour round the visitor centre

11.30 Group talk: The King under the car park

Lunch in the visitor centre: Soup and sandwiches plus a drink

13.30 Time to walk round Leicester

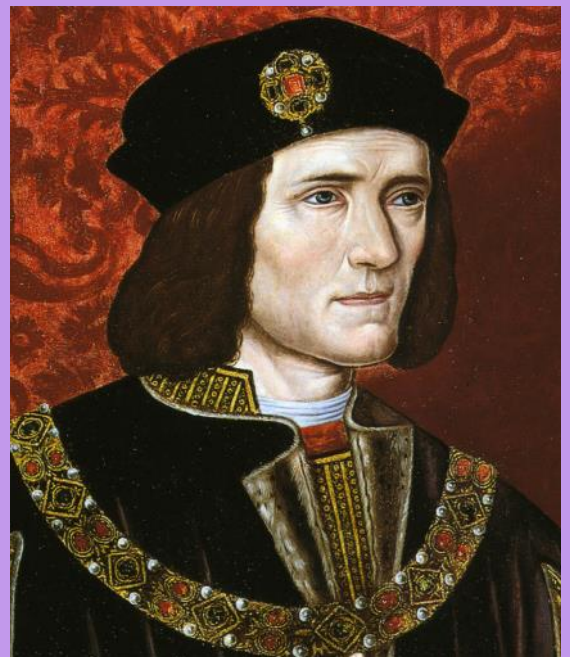
15.00 Meet the coach to return to Beeston

Approximate arrival back in Beeston 16.30

**Book your place by visiting the events table at the open meeting or email:**

**Celia Billau [communications@beestonu3a.org.uk](mailto:communications@beestonu3a.org.uk)**

Payment by BACS, Debit/Credit card, Cheque or cash.



### **Wanted—IT trainers**

If anyone has experience of teaching others about the basics of IT and using MS Office, we are setting up an IT users group which will support those who wish to improve their skills and competence with using IT.

**Please email Celia on [communications@beestonu3a.org.uk](mailto:communications@beestonu3a.org.uk) if you can offer your services.**

## Review of the speakers at our Open Meetings

### February—Camilla Anderson —The Gardens of the Dukes of Devonshire and Northumberland

Camilla Anderson spoke with passion about the Stately Gardens of England, and their history, concentrating on the designs for the gardens of Chatsworth, Chiswick House, Syon House and Alnwick. She noted that the designs often changed according to the prevailing fashion, when the most famous garden designers were employed, often without cost being an important factor.

As an accomplished photographer, there were many fine examples of pictures taken from the historic gardens that she had visited. We were shown French, Italian and English designs, finishing up with Alnwick where Belgian designers were employed.

Chatsworth is probably the one we are probably most familiar with, which covers 100 acres in the beautiful Derbyshire countryside. The house is the home of the Dukes of Devonshire, where Queen Mary once had rooms. Part of the water gardens created by Bess of Hardwick, contains Queen Mary's Bower near the river, which was lovingly restored in the 1820s.

Alnwick garden in the north east of England is one of the biggest tourist attractions in the area. Here there is a poison garden which is filled with poisonous plants, and this, thankfully, is now only used for drug education.



### March—Martin Perry—Learning to Play the Guitar

Martin entertained us with his stories of how he came to play the guitar and his development as a musician. He earned some money from his paper round in order to fund his first guitar, but in order to progress to a proper electric Fender Stratocaster, he had to continue to deliver newspapers to raise enough cash. He first bought an acoustic guitar, then an amplifier, a tremolo bar and finally to his much-loved Stratocaster. He has now acquired the equipment to move around to entertain groups with his talks, and also to play in his band which emulates the music of Cliff Richard and The Shadows.

He played examples of songs from the last 70 years, either in full, or just a few bars, to demonstrate certain aspects of guitar playing. All the different styles in producing sounds from the instrument were demonstrated showing what a versatile musical instrument the guitar really is. He even got the audience singing along in the choruses and clapping, which was quite a feat on a Thursday morning when we hadn't really expected a proper gig!



### Do you enjoy coming along to the open meetings?

It would be really helpful if someone could volunteer to write up the reviews of the speakers for the newsletter each month.

If you can see yourself in this role, please get in touch with Celia on [communications@beestonu3a.org.uk](mailto:communications@beestonu3a.org.uk). You don't have to be there every month, just write a review when you can.



## Beeston's first Father/Daughter members

This delightful connection between the generations occurred when recently retired Fiona Brooksbank Jones joined Beeston u3a after several years of being the chief pudding chef at the Victoria Hotel. Fiona joined alongside her also recently retired husband Phil.

Richard Brooksbank is well known to many as a member of several groups since he joined Beeston u3a 7 years ago - chiefly Fine Wine, Real Ale and Philosophy & Religion.

Richard worked as a Electronic Engineer for 42 years and was an Artistic Tutor at Broxtowe college for more than 30 years. That artistic talent flows through the Brooksbank genes with Fiona having worked at the Nottingham Design Academy and been a Decorative Artist for a time. In her varied career, she and Phil also lived abroad working in the RAF.

Both members of the family have lived in Beeston for years and have strong connections, Richard still lives in the house he was born in.

We look forward to welcoming Fiona and Phil to many new groups and continue to enjoy Richard's involvement.



## Useful contact email addresses

Anne Pinnock	Chair	<a href="mailto:chair@beestonu3a.org.uk">chair@beestonu3a.org.uk</a>
Kathy Shipway Brendan Breen	Joint Groups Co-ordinators	<a href="mailto:groups@beestonu3a.org.uk">groups@beestonu3a.org.uk</a>
Pauline Duke	Business Secretary	<a href="mailto:bussec@beestonu3a.org.uk">bussec@beestonu3a.org.uk</a>
Celia Billau	Communications Officer	<a href="mailto:communications@beestonu3a.org.uk">communications@beestonu3a.org.uk</a>
Alison Wilson	Membership Secretary	<a href="mailto:membership@beestonu3a.org.uk">membership@beestonu3a.org.uk</a>
Karen Attwood	Publicity Officer	<a href="mailto:publicity@beestonu3a.org.uk">publicity@beestonu3a.org.uk</a>



## Evening Events

In October last year, we all thoroughly enjoyed a Ceilidh and proved just how fit we retired folk can be, flying around the dance floor at Christchurch Hall in Chilwell.



In March we had our annual quiz and supper evening at Chilwell Manor Golf Club. Once again, Sue and Margot had the evening planned out well and although we're all friends really, we certainly entered into the competitive nature of it. Our prize winners are pictured here.

Many thanks to Sue and Margot (both ex-chairs of Beeston u3a) for doing such a splendid job in getting our evening events organised.





## Groups News

### Group Co-ordinators Chat

#### Nearly there

Our membership reached the significant number 1000 recently. The national leadership of U3As recommends that a U3A should have one group for every ten members. So Kathy and I set ourselves the objective of having 100 active groups in Beeston U3A. At the beginning of the year we had 94 groups so I thought that might be difficult. But five more groups have started in the last few months so we now have 99 active groups. Nearly there!

Three more groups have been suggested recently so we may reach our goal soon. If you have any ideas for new groups contact Brendan or Kathy on [groups@beestonu3a.org.uk](mailto:groups@beestonu3a.org.uk) or in the foyer at the Open Meeting. Note that we will make sure that you don't "get lumbered" with a group if you suggest one.

Information about all of our groups can now be accessed from the Beeston u3a web site. This link gives both members and the general public a view of all our groups using the information held on our information system Beacon. Check it out on the following link:

[www.beestonu3a.org.uk/group-meeting-timetable/](http://www.beestonu3a.org.uk/group-meeting-timetable/)

New groups that are yet to establish themselves, and therefore require a bit of a push are:

**Dominoes**—that old pub favourite pastime, requires a few more members to get this group going

**Practical Art 2**—the existing group has a long waiting list and therefore the new group awaiting birth, needs a team of facilitators to look after it. If you fancy letting your creative passions flow, call the midwife!

**Science fiction and fantasy book group**—for lovers of these two genres. Get away from mundane reality and into worlds of your imagination.

Email the group coordinators at [groups@beestonu3a.org.uk](mailto:groups@beestonu3a.org.uk)

**Kathy Shipway and Brendan Breen, groups coordinators**

### Adventures Outside Your Comfort Zone

Adventures outside your comfort zone is a new but already flourishing group, for people who want to try something but maybe couldn't or wouldn't want to do it on their own. So far we have climbed walls at Nottingham Climbing Centre, with another trip booked, and two teams went to Cave Escape Room, where we had to solve various clues in order to locate Count Dracula. It took place within a set of caves and was great fun.

We are planning to go axe throwing, a trip to Go Ape at Sherwood Pines which includes ropes and zip wires, and later in the year when it is warmer, some water based activities including paddle boarding and kayaking. Come and join us!

**Nigel Statham**



## Short Story Writing Competition 2023

We are launching this competition, which is open to everyone in Beeston u3a, at the Open Meeting on April 6<sup>th</sup>



For an information pack, please contact  
[helen.stewart1@btinternet.com](mailto:helen.stewart1@btinternet.com)

**Helen Stewart**

## Birdwatching

The Birdwatching Group is alive and kicking to the extent that we had to put the brakes on recruitment for a while. As a result of a suggestion from a group member we have started a Whatsapp group so that members can share their own sightings and quickly notify others on matters of interest (thanks go to Julie Picken for agreeing to take on the administration of that task). From the photo you can see that the level of support is high, especially for our meetings at

Attenborough. During the past year we have also visited Wollaton Park, Sherwood Forest, Rutland Water and Frampton Marsh in Lincolnshire and our list of species continues to grow.

**Pete Sadler**



## Family History

We started the new year with a talk by Mike J, help by a guest, Jo, looking at some of the people in Jo's family tree. One was Jo's granddad, born in Hyderabad, who moved to England where he promoted Indian cooking and opened an Indian restaurant in London; it is still going 96 years later. He had 3 wives and 17 children, although it took some untangling of the facts to work out what his life story really was!

In February we had a presentation by Peter, a guest, on his Scottish ancestry. He showed how clan records could be used to go back in family history earlier than you ordinarily expect: indeed, 25 generations back, or even 35 if you believe some other (not quite so reliable) records.

We had another guest speaker in March: Janet from Stapleford. She had traced Samuel Middleton, born in 1884 in Swadlincote, who moved to Canada, where he worked with the Indians and eventually became an archdeacon. Janet's recent visit to Canada produced more than a few surprises!

We continue to provide an opportunity for general discussion on family history research. We also store a limited number of files on the web that members may access.

**Christopher O'Brien**



## Gardening

The gardening group is looking for new members to join our friendly group. We meet on the first Tuesday in the month in the Guild room, Beeston Methodist Church, 10 to 11.30am.

Meetings usually include a practical demonstration and discussion on topics and tasks relevant to the season. We have a real mix of gardening experience with gardens large and small including allotments. We encourage members to talk about their own interests, and share gardening problems, tips, successes and failures.

Members are encouraged to bring along and share plants, seeds and produce amongst the group.

**Interested? Contact Sue Twyford, Teresa Marjoram or Anne Hindle via [groups@beestonu3a.org.uk](mailto:groups@beestonu3a.org.uk)**

## History

The History group have arranged a trip to Burleigh House on 5th July. This Elizabethan Mansion, built by the Cecil family has landscaped gardens, a beautiful interior and interesting artwork. The cost of £33.50 includes the coach and a guided tour of the house with tea/coffee on arrival and time to explore the gardens.

There are still places available so if any other members of U3A wish to come you will be very welcome and please feel free to bring a friend or partner.

Anyone wishing to come should contact Judith Foxon at [tomandjudith@ntlworld.com](mailto:tomandjudith@ntlworld.com) and we would like a £10 non-returnable deposit please.

**Judith Foxon**

## Italian

We have been reading about the History of Rome, Starting with 753 BC Romulus and Remus, and the seven kings, the Foundation of the Republic in 509 BC, and the life of the Roman citizens.

We took a break from this by reading a story about how two young people met on Tinder, the online App, but after Easter when we meet again on the 21st of April we will continue with the History of Rome. We have 12 members at the moment although not all of them attend every week due to various reasons.

**Zsuzsanna Snarey**

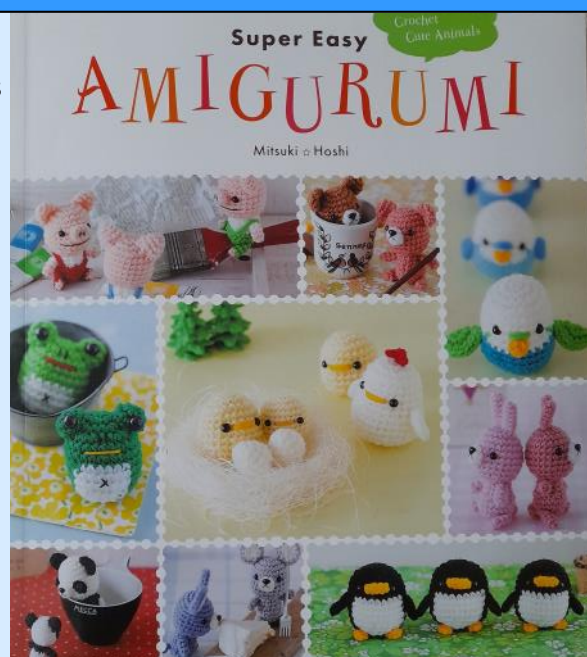
## Knit, Crochet and Natter

Amigurumi crochet is the most basic stitch and is used to make anything from toys, door mats, dishcloths — the list is endless. This book of small animals is interesting; I shall take it to the next session on 20th April for members to view or borrow. Many members are knitting for charity whilst having a chat.

I am looking forward to having more members joining our family of knitters, crocheters and stitchers. The chat covers a wide range of topics.

We meet on the first Tuesday at 1.15 to 3.15 and the third Thursday at 1.30 to 3.30 at the Pearson Centre. It is a really chatty social group and many members know each other from other u3a groups. Some members like to work on sewing or mending and some like to learn a new skill.

**Sheila Schierbaum [sheilaschierbaum@btinternet.com](mailto:sheilaschierbaum@btinternet.com)**



## Landscape and Environment

In the same week that the United Nation's IPCC (Intergovernmental Panel on Climate Change) issued its latest report, our U3A "Landscape and Environment Group" met to discuss **"Global Warming and Climate Change."**

We acknowledged the effect of flooding, drought and heat waves on the landscape of our beautiful planet, we lamented the death of coral reefs in the oceans, and the loss of habitats for animals and birds, but our focus was on the impact of climate change on the people living in this country and around the world. We could see that if coastal areas and low-lying islands disappeared under the sea and equatorial lands became too hot and dry to sustain agriculture that millions of people would be forced to migrate, bringing them into conflict with those already living in neighbouring lands. Everywhere humans would struggle to access ever-scarcer resources of food and fresh drinking water, and less and less land would be available as protected habitats for animals and birds.

It is possible that the technology of carbon capture and the replanting of millions of trees might help mitigate some of the impact of global warming but scientists all agree that what we really need to do is to stop using fossil fuels, to leave the coal, oil and gas in the ground, to change to a reliance on renewable sources of energy. So our Group looked at how the countries of the world, particularly the UK, were responding to this requirement.

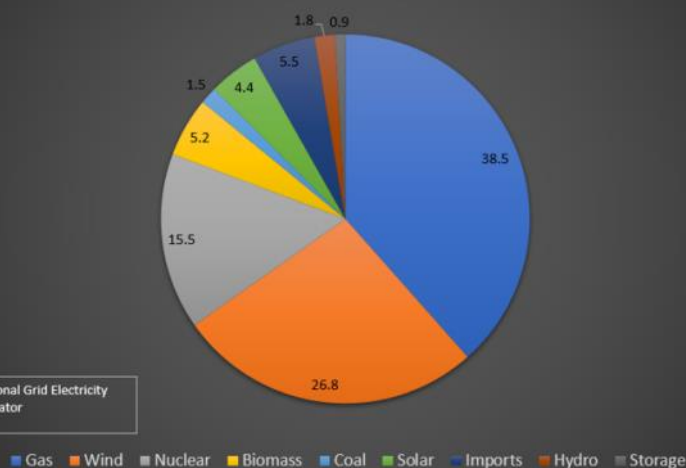
UK seems to be making good progress in developing off-shore wind power which has the advantage of being able to be brought into production within 6 months. We can plant turbines in the shallow waters of the Dogger Bank with speed and few objections from local people. However other means of generating electricity seems to have less governmental support.

There was a heyday of hydroelectric power stations being built in the 1950s but the latest large development was at Dinorwic in Wales, opened in 1980, more than 40 years ago.

The real disappointment is the lack of investment in wave and tidal energy. We are an island, surrounded by stormy seas and tidal waters and yet little effort

has been made to tap this reliable source of energy. Both France and South Korea have developed large tidal power stations while the tidal lagoon power plant in Swansea Bay, first proposed in 2014, was eventually abandoned in 2021 for lack of investment. Research and development is underway in the seas round the Orkney Islands but this is still limited to providing power to the local community.

Britain's electricity sources 2022 (%)



We applaud Iceland with its combination of hydroelectric and geothermal power being the first country to reach complete reliance on renewable energy. Will the UK and the rest of the world find the sense of urgency needed to catch up before it's too late?

**Elizabeth A Dodds**

*The topics of climate change and renewable energies may be of great interest to some members. We are covering it to some extent in the Landscape and Environment group but it may be of interest to a wider audience, and it may overlap with other interest groups such as Science or Transport. Some u3as have interest groups to specifically cover green issues, pollution, the move towards net zero etc. If anyone has any ideas about putting together a new group, please contact the Groups Co-ordinators by emailing [groups@beestonu3a.org.uk](mailto:groups@beestonu3a.org.uk).*

## Long Walks Group

In February we went to Mackworth and enjoyed a 9 mile walk of almost continuous sunshine and several carpets of snowdrops. The 14 of us that went certainly enjoyed our day.

**Mike Allery**



## Poetry Writing

Join Clare once a month, in a friendly egalitarian group, to write poetry. You don't need any experience as a poet, just a willingness to express in words and a very lax attitude toward rules. Using other poets' work as a springboard to our own, we will have a deadly serious, playful and irreverent approach to writing poetry. We will sometimes concentrate on form, sometimes on feeling, sometimes on a poet, as you find and maybe lose and find again your own style in wonderful, limitless exploration!

Clare is an experienced poetry workshop facilitator, having co-run poetry workshops (as a volunteer) at Nottingham Women's Centre for five years-ish? She is an active performer on the Nottingham scene, a member of DIY Poets, Big White Shed and Paper Cranes. She has recently been published as one of three poets in the Crone Chronicles anthology (still available to buy). She has performed in Nottingham, Southwell, Derby, Ludlow, Lowdham, Lewes and Edinburgh!

**Clare Stewart**

## Ukulele Strummers

Hi, my name is John and I run the Beeston Ukulele Strummers Group.

Due to covid and member illness our Ukulele Strummers Group is currently looking to increase our numbers. If you have spare time on the second and fourth Thursdays every month I would be glad to see you at our small group. You may have some musical experience but that is not essential: we have a spare ukulele. The sessions last for two hours from 2.00 until 4.00pm. You need not be shy, as I will introduce you to our members who will be glad to see you and give you any assistance that you might need. The meetings are held at the Beeston Methodist Church Wesley Room. If you feel that you would like to give it a try then contact me in the first instance on 07754 122321, I will be pleased to hear from you.

**John Shenstone**



# Community Notices

## A message from u3a:

### Share your family memories of WW2

You are invited to take part in 'Their Finest Hour', a Heritage Lottery-funded nationwide campaign organised by the University of Oxford to collect and preserve the everyday stories and objects of the Second World War.

As these personal stories are fast fading from living memory, it is vital to preserve them and the wartime objects that often accompany them. As well as artefacts from the front, there are the experiences of those at home, including women and children.

### How can you help?

- Subscribe to a national email group where u3a members can share views, air your Q&As with 'Their Finest Hour', and generally keep in the loop at <https://forms.office.com/e/ctt2eu6v2c>
- Attend the u3a Online Learning Event, date tbc.
- Share this message in your u3a, on Facebook, and in your newsletters.
- Go to a 'Digital Collection Day' to bring your stories or volunteer at it.
- Run a collection in your activity group over several meetings.
- Go online and upload your war-related stories and materials at <https://theirfinesthour.english.ox.ac.uk/>

'Digital Collection Days' are being run at a host of museums, libraries, services charities, and schools across the country, from Belfast, Cumbria, and Edinburgh down to Essex, London, Oxfordshire, and South Wales. u3a members volunteered at one of the first 'Days' in Oxford:

"It's like 'Flog It!' or 'Antiques Roadshow' without the valuation! There's so much you can do, from meet-and-greet to what I enjoyed the most, showing someone their husband's war record online - he flew Lancasters - helping them understand more about their family story."

Ally Edwards, u3a Evesham and District, 10 March

There are connections between 'Their Finest Hour' and u3a groups, for example, genealogy, local history, creative writing, photography, storytelling, getting our members confident in using technology, and combating loneliness. Find out more on <https://theirfinesthour.english.ox.ac.uk/>

## Volunteer for Childline (Part of NSPCC)

Childline is looking to recruit 50 new volunteers. Naomi Atamaniuk, one of our members, says "I am a volunteer counsellor at Nottingham Childline which I find very rewarding. If anyone would like to help out, the training consists of about 12 sessions which are carried out online, and after that, the commitment expected would be around 4 hours per week".

Go online to find out more at <https://www.nspcc.org.uk/support-us/volunteering-nspcc-childline/volunteer-childline-helpline/>

Naomi is also happy to engage with anyone who wants to find out more.

## Local Heritage List

Are you concerned about the loss and potential loss of historic buildings, monuments and green spaces in the local area?

Beeston & District Civic Society would like to meet with u3a members to help identify local assets which should be on a Local Heritage List.

This will take place on

**Tuesday 2nd May at 3.15pm**

at Beeston Methodist Church

If you would like to attend, please email Anne Pinnock-[chair@beestonu3a.org.uk](mailto:chair@beestonu3a.org.uk)