

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.

July 2023

Open Meeting on Thursday August 3rd at 10.30

Rebecca Elphick—Cancer Research

Working with the fundraisers

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:

September 7th	John Dornan	The Doctor and the Samurai Sword
October 5th	Group Fair	All of our groups represented at the Pearson Centre—a chance to showcase what we do Open to the general public
November 2nd	David Skillen	The Gretna Girls and the Devil's Porridge

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.
You don't have to be there every month, just write a review when you can.

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

Firstly, a big thank you to everyone who attended May's AGM, either in person or via Zoom. It was such a relief to find that we were comfortably quorate with 120 attendees, and didn't need to worry about having to repeat the process all over again. The draft minutes are available to see on the Beeston u3a website. Thank you as well to our wonderful committee team, who all stood for re-election for 2023/24. It is also good to welcome a new committee member – Dee May.



As most of you know, we have been trialling some one-off talks and events this year, based around practical skills for life. So far, Estate Planning and First Aid training have taken place. Sadly, Footcare had to be cancelled at very short notice because of illness, but this has been rescheduled for September 15th. In the pipeline are talks about Driving Skills, Recycling and IT.

The idea behind these events is to give everyone the opportunity to learn about something of practical use, in an informal environment, without needing to commit a large amount of time in our already busy lives.

If there is something that you would like to see offered as a one-off seminar type event, please let me know. You may even have a skill yourself that you feel others would like to learn about, or know someone else who does. We usually aim to have 20/25 people at these events, so it is not too daunting a number to speak in front of.

Anne Pinnock- Chair, Beeston u3a

Help Needed

The Groups' Fair 2023 is planned to take place on **Thursday October 5th at the Pearson Centre**. This gives a chance for all our interest groups to showcase what they do. Now that we have around 100 interest groups, this is quite a challenging event to organise. We will need to borrow tables from Beeston Methodist Church and transport them to the Pearson Centre.

Does anyone have contact with someone who owns a transit van or similar, who would be prepared to help with this task the evening before the Fair, and help return the tables the following day?

Anne Pinnock (chair@beestonu3a.org.uk)

Best Feet Forward- Rescheduled Date for your Diary

Unfortunately, last month's Footcare talk had to be cancelled at the last minute because of illness. It has now been rescheduled for **Friday September 15th, 10.30am at Beeston Methodist Church**.

Names of anyone who would like to attend will be collected in August and September.

Worried about attending your first Open meeting?

Thank you very much to everyone who has volunteered to pair up with a new u3a member for their first couple of Open Meetings.

Would any new members like to take advantage of this scheme? Please let Anne Pinnock know if you need any help. Contact Anne at chair@beestonu3a.org.uk



Anne Pinnock — Chair



Pauline Duke — Business Secretary



Alison Wilson — Membership Sec.



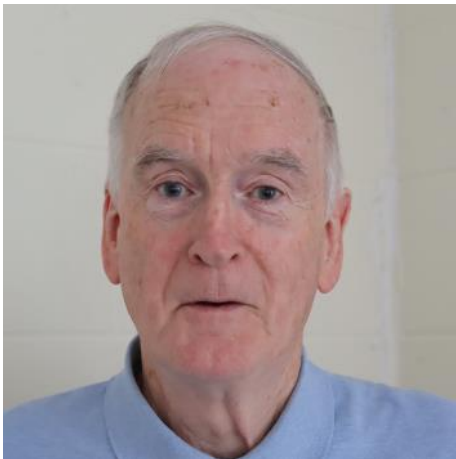
Celia Billau — Communications Off.



Richard Taylor — Treasurer



Kathy Shipway — Groups Coord.



Brendan Breen — Groups Coord.



Karen Attwood — Publicity Officer



Roger Farmer — Website



Ivan Jones — Speaker Seeker



Lindsay Litton — Social Treasurer

Beeston u3a Committee elected in May 2023 at the AGM

Committee members are elected each year. In addition, members may be co-opted to the committee with a view to taking on a bigger role when a committee member steps down.

Review of the speakers at our Open Meetings

April—Paul Cullen—Nottinghamshire Place Names

There was a high degree of interest in this topic, and Paul's presentation didn't disappoint. He started off by singing a little ditty which went through all the street names of Nottingham which referred to occupations and how they have been adapted and changed over the years: Wheelwright Lane, Cow Lane Bar, Sadler Gate, Pilcher Gate, Weekday Cross, Fletcher Gate and Hounds Gate. One can imagine the use that was put to the lanes and gates that led into the Market. The rich history of our area means that several different languages have existed over the centuries and Paul gave us a run through of what the different languages and dialects produced in terms of village and town names, often named after the land owner or the first person to set up a home in an area. Often during Anglo Saxon times, the names applied to the topography of the land such as hill or marsh. He gave many examples of place names both in Nottinghamshire and Derbyshire, all of which are very well known to us all, and we can only imagine what the village or hamlet would have looked like at the time it was named. The names have certainly changed and been added to over the centuries as different people added their own bits, so that Breedon on the Hill contains the Celtic word "bre" for hill, the Old English word "dun" for hill, followed by the more modern "on the hill": talk about making sure everyone knows the village is on top of a hill!



Celia Billau

June—Citizens Advice Broxtowe – Chris Pass and Liz Wilding

Chris and Liz stepped in at the last minute when the speaker was unable to attend, and they did a fine job in explaining what Citizens Advice is all about. Broxtowe employs 21 staff and there are 50 volunteers who work there on a part time basis, in the different branches around the Borough. Often people seek help from the Bureau about multiple issues, as, not surprisingly, those who are not claiming the correct benefits will also be falling into debt and may also be suffering from housing issues. The advisors will often seek further information, and challenge government or local government about policy which is letting some people down. During the last few years, the demand for help has increased, putting pressure on the existing level of service, and they are therefore trying to increase volunteer numbers. A period of training is undergone, and there is lots of support available, but there is no doubt that volunteers are carrying out a valuable service for those who may be less fortunate than ourselves.



Celia Billau



July—Celia Billau—Landscapes of Namibia

The speaker at July’s Open Meeting was very familiar to most of us – none other than our Communications Officer, Celia Billau.

At the committee meeting when she agreed to give the talk, based on a trip she and her husband Keith made to Namibia, I have to admit that my first thought was ‘Why Namibia?’, and then, ‘Where is it?’ Other than that it was in Africa I was clueless. By the end of her talk, illustrated cleverly with amazing photographs taken by both Celia and (especially) Keith, the mixture of facts about both the geography and geology, the people and the trip itself, I knew the answer to my question – why Namibia, and I knew where it was.



As I’m typing this I’m picturing the clever illustration that showed a map of the UK slotting into part of the country. I’m thinking of (very) close up photos of sleepy animals, and the groaner joke about rhinos charging (ask her sometime). I’m thinking of stark escarpments, wild and wide open spaces, and the pockets of civilisation. It’s one of the least populated countries in the world, and so much more magical for it. I’m thinking of the picture of the cave paintings, so many thousands of years old. I’m thinking of them managing Keith getting Covid while they were out there, in 2022, and the adventures they had.

Thank you, Celia, for an entertaining and informative talk, and those of us who heard you look forward to the next one!

Alison Wilson

Trip to Leicester—King Richard III Visitor Centre



It had been quite a while since our last outing, so we finally had our first Beeston u3a coach trip since Covid to Leicester, in order to visit the King

Richard III Visitor Centre. Around 30 of us travelled to the city centre and were greeted at the centre by the Guide who explained the layout of the exhibition. Seeing the actual hole where the King’s body was found was interesting, and you can imagine what the archaeologist’s thoughts might have been on its discovery. We had lunch in the Kings’ Suite followed by an extremely interesting talk delivered by an expert titled “The King Under the Car Park”. He was so patient with all our seemingly endless questions afterwards, which he answered in such clear detail. We then had time to go back into the exhibition and have a wander round the medieval streets of Leicester before the bus picked us up to take us home.



It was a grand day out, and here’s hoping we can book more outings in the future.

Celia Billau

Evening Events

Our Fine Wine Evenings have been a huge success and regularly sell out of tickets each year. We are always looking for new ideas for evening social events, and Alison came up with a great idea for our event which took place in June.

By way of contrast, the evening was entitled "NOT the Fine Wine Evening" and was aimed at those who enjoy...less expensive wines, all easily purchased from your local supermarket.

The wines had all been covered over and each team on a table shared a bottle and had to decide which of the descriptions given matched with what they tasted. There was also a price match to determine how much each bottle cost at the supermarket.



After a thoroughly enjoyable evening, which included copious nibbles, the answer sheets were handed in and a winning team was announced, who were able to select a bottle each for their prize! Huge well done to Alison Wilson, ably assisted by Anne Pinnock, who made the evening very enjoyable for all.

Watch out for our next evening event!



U3a Zoom Account

While we are in the light, bright days of summer, there will be no u3a Zoom link for online access to the monthly open meeting speakers. These will resume in the autumn, when the topic lends itself to this format, and when the speaker agrees to be on screen.

Anne Pinnock will be taking over the u3a Zoom account at this point. If any interest group facilitators would like access to this facility for their group, please contact Anne- chair@beestonu3a.org.uk

Numbers using Zoom will be monitored over the next 12 months to check whether the cost to the u3a still provides value for money for the whole membership.

Groups News

Group Co-ordinators Chat

We made our target!

We are very pleased that we have reached our target of 100 groups with **Dominoes** and a second **Practical Art** group starting last month. The Third Age Trust recommends that a healthy u3a has a ratio of one group per ten members so we continue in our healthy state.

However we don't intend to rest on our laurels. Things are quiet at the moment because of holidays but we'll be starting an advertising campaign for proposed new groups in September. Coming on stream, with enough support, will be:

- **Scalextric** – Andrew will be demonstrating this at Open Meetings. See page 12 for more information
- **Running** - about 4-6 miles at a suggested pace of 10 minutes per mile
- **Motorhoming** – join other enthusiasts to chat about places to visits, routes, hints and tips etc
- **Litter picking** – Broxtowe council will provide equipment and collect the rubbish
- **Sci-Fi and Fantasy book group** – discuss books in this popular genre
- **Gogglebox** – criticise and praise the TV programmes you've watched

We're always open to new ideas for groups, particularly if you are willing to help the group get started, and we'll give support until the group is established. The vast majority of our groups do have vacancies so don't hesitate to contact us if you fancy trying something new.

Don't forget it's our Groups Fair on October 5th at the Pearson Centre and all groups will be displayed. The group flyers will all be updated in September ready for the event, which attracts a wide audience from the local area.

Kathy Shipway and Brendan Breen, groups coordinators Email them at groups@beestonu3a.org.uk

Dominoes—our 100th Group!

The newly found Dominoes Group, which meets in the afternoon of the 2nd and 4th Wednesday each month, has brought the total number of active groups in Beeston u3a up to 100. The Dominoes members have managed to squeeze this new group in between other commitments and multiple u3a activities.

Last Wednesday members Lynne, Kay, David, Norma and Kim were exploring the various versions of Dominoes including Maltese Cross and 3s and 5s.

Welcome to the 100th Group of the ever energetic Beeston u3a. Long may it continue!



Karen Attwood



How to recognise a scam email—look out for the following obvious signs of a scam, and then delete it

Your first name is not used in the salutation. E.g. Hi beestonu3a—looks like a scammer.

Check the sender's email address. The name may be someone you know but is it from their usual address?

E.g. drsghx@gmail.com Are they asking for a favour? Have you inherited £3 million? Do they sign off "Dearest"?

Adventures Outside Your Comfort Zone

Adventures outside your comfort zone is a fairly 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 paid three visits to Nottingham Climbing Centre for a taster day on the climbing



walls, and two teams went to Cave Escape Rooms in Nottingham. We've visited the axe throwing at The Cornerhouse in Nottingham and

some photos show how relieved everyone was that they managed to emerge unscathed at the end.

Last week a group of 11 of us visited Go Ape at Sherwood Pines and we did the Treetops Challenge, tackling climbing rope ladders, high wires and zip-lines.



Here we are complete with harnesses to ensure nobody gets to fall off.

We are currently planning a trip to Spring Lakes, Long

Eaton to have a go at paddle boarding. After that we are considering trying clay pigeon shooting as well as lots of other suggestions. New members are still welcome to join the group!



Nigel Statham



Cryptic Crosswords

Beeston U3A now has 3 Cryptic Crossword groups; we've come a long way in a short time!

Shortly before lockdown a group of people got together because they wanted to learn how to do cryptic crosswords. They used a book put together by Henry Howarth, the national U3A guru of all things cryptic. However, things got tricky trying to work together on Zoom during the pandemic so the group took a break.

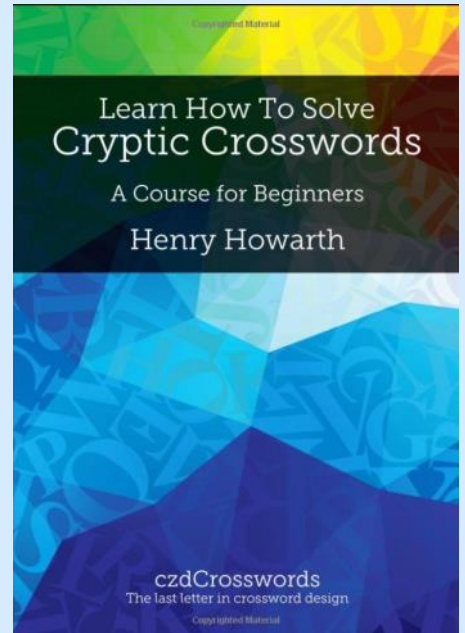
After lockdown, the group was sort of resurrected. Meetings were initially held on Zoom still, but the group was more a 'solving together' than 'learning together' gathering. It is now called the 'Experienced group' and is still going strong with meetings at the Star focussed on the Guardian Cryptic crossword for Mondays (they are supposed to be easier) and Fridays (we wanted more challenge!).

However, it was still felt that there was a need for a Beginners' group where absolute beginners could learn about the intricacies of 'double definitions', 'charades', 'inclusions', 'anagrams' etc. At the Fair in 2022 we recruited a group of people who were keen to learn. Over the year we worked through the Henry Howarth book, using it as a course. Gradually other activities were introduced including designing thematic clues themselves and having a go at 'real' crosswords such as the Times Quick Cryptic. This group have now 'graduated' (they even got certificates) and have formed the Intermediate Group. They still meet twice a month at the Star and work together on the Guardian Quiptic and the Times Quick Cryptic.

We wondered if anyone else would be interested in taking part in a new course so advertised in the rolling notices. The answer was a definite 'yes' and the new Beginners' Group began meeting in March, again at the Star. Despite some trepidation people seem to have really joined in enthusiastically with the sessions being led by members of the Experienced Group.

Having done Cryptic crosswords for most of my life, I've learnt so much from doing the course and also introducing it to others. I think that what comes over most strongly is how much more fun it is to work on something like this with others, and it's always so satisfying to hear the sounds of satisfaction (or the groans!) when someone 'gets' the answer but also the reasoning behind it. Besides which, we all know the importance of keeping our brains active and learning new things

Jane Bowden



Family History

We were pleased to welcome a guest speaker in April: John from Long Eaton. He spoke about the Bestwick family, traced back to a John Bestwick who married Catherine in Staffordshire in 1598. John has around 800 people in his family tree, and he's careful to check the accuracy of data: for example, obtaining birth certificates disproved family stories about where certain people in the family were born.

In the past, Long Eaton was the centre of the lace industry in Britain, and many of his family worked in that connection, including as lace designers.

In May and June group members shared their knowledge of what their parents (or other relatives) experienced in World War II. Some remained in England, some taking in evacuees, others went overseas with the services, with some near-misses, while some members were able to show medals obtained and original war service records. The meetings provided an opportunity for a wide range of members to contribute.

Christopher O'Brien

International Folk Dancing—SALI Dancers

A variety of dances and lyrical music continues to be enjoyed by all the members of our dance group. Our styles of dance range from set dances in lines or occasionally squares, circle or line dances and sprinkled in amongst them



are dances where no-one holds hands. They come from countries such as Finnish Lapland (a dance we often finish with!) France (usually starting with left foot) Israel (modern dances with really lovely music), Romania, Bulgaria, Mexico, Ukraine and so on. The majority of our dances are non-partner dances.

SALI = Smile and laugh International (dance). There are little quirks which help us remember certain dances such as “Ping” dance which is in actual fact a French dance called La Klamm. Then there is Ooh dance which is Basma from Romania where we change direction on the ooh! We do use some technical names for dance steps such as Yemenite but once that step is mastered (not difficult) it comes in many, many dances. Then there are the non-technical names for steps such as “Hiccup” step. We all have fun and laugh as these silly nick names.

We are a sociable group and whilst keeping our bodies and minds active still enjoy meeting and chatting. We never ever go wrong but

there may be variations within the group. For those folks who do not wish to turn in dances such as Leana there are alternatives usually a sway. Our last session for this season will be July 11th 2023 and we hope to restart on September 12th at 10.30 a.m. to 11.30 in our usual meeting place R.C. church hall behind the R.C. church on Foster avenue Beeston – a central location. Please come and join us.

Gill Morral



Knit, Crochet and Natter

We are a friendly group who have a light airy room in the Pearson Centre 2 Nuart Road Beeston NG9 2NH.

We meet twice a month during term time as follows:- The first Tuesday of the month from 1.15pm until 3.15pm and the third Thursday from 1.30pm until 3.30pm.

I have not yet got around to knitting myself a colourful Fair Isle sweater, but I am teaching myself the techniques. I have crocheted a warm blanket and throw for winter. Amigurumi crochet is made from the smallest stitch the perfect stitch for toys. It is a very useful craft. If you want more information regarding the group please contact the group facilitator about our group via U3A_groups@beestonu3a.org.uk or email :-

Sheila Schierbaum sheilaschierbaum@btinternet.com



Landscape and Environment



In June, members of the Landscape Group held an outdoor meeting in Wollaton Park to walk, look, listen and try to understand the evolution of the landscape.

We heard how in 1580 Sir Francis Willoughby employed the architect, Robert Smythson, to build him a great house on top of a hill to project to one and all the wealth, power and influence of his family. We learned the important role played by the underlying geology in shaping the landscape both physical and

economic. The strata found in the Castle Rock Sandstone of the Triassic Age proved resistant to erosion and now underlies the high ground on which Wollaton Hall stands, while the wealth required to build and maintain such a house and deer park came from the many coalmines of Carboniferous Age in Cossall, Trowell and Wollaton, owned by the Willoughby family.

We finished our walk with a visit to one of the finest trees in Nottingham, the "Big Oak" on Arbour Hill, followed by a coffee and chat in the courtyard café.

Elizabeth A Dodds



Patchwork and Quilting Group

If you are interested in patchwork and like to sew and create projects, then why not come along to the Patchwork and Quilting Group for a taster session. We meet on the **second Monday of each month at The Pearson Centre from 10.00 am to 12 noon.**

There are usually demonstrations of various techniques, and group members often work on a particular project together. You can work on your own project or seek advice from one of the more experienced quilters when needed. A number bring their own sewing machines, others are happy to use the one provided by the centre. Equipment (rotary cutters, cutting mats, rulers and irons) are available so new members that do not have any equipment can try before committing to buying.

Below are the latest quilts (Spider's Web) the group worked on together, which have now been delivered to the charity Project Linus. A big thank you goes to Denise for pulling all our efforts together into two beautiful and comprehensive quilts. It is interesting how the same fabric used in different colour combinations created two completely different effects.

For more information, please contact the group co-ordinator at: groups@beestonu3a.org.uk

Elaine Neville and Mary Norris



Poetry Writing

The **Poetry Writing Group** meets at the Epworth Room in BMC, 2pm on the third Tuesday of the month.

Clare Stewart prepares a workshop with a poetry theme. We usually start with a quick free-write. The workshop could be on either form or topic or both. We look at a poem that is an example of that form, or is on that topic, and we discuss the poem. Then we write our own poems. We might also have another idea, and write another poem. Clare encourages talk in the group as she believes that the chat stimulates poetry and gets your ideas running wild. We also have a poetry prompt, i.e. a poem to work on for the month and bring back to the group - if you wish. Clare encourages the breaking of rules and wants people to interpret all the prompts in their own personal way. There is no right or wrong in poetry!!

Please contact Clare through groups@beeston3a.org.uk or just rock up unannounced!

Clare Stewart

Scalextric (Toton Hills Race Circuit)

I'm trying to gauge if there would be any interest in having a U3A Slot Car (Scalextric) Group.

I currently have a permanent routed track as per the pictures below show. The cars below will be raced – there is no need to worry about damaging the cars –they are very robust – they are designed and manufactured for this purpose. I know from experience!!!!



Racing is FUN and NOT to be taken too seriously and it's not just for the boys!! Up to 6 digital cars can race at any one time.

If you are interested to having a go then please get in touch.

No previous experience required. SCX NASCAR cars are all to be digitally chipped in the next couple of weeks. The Scalextric GT cars are chipped - but I am currently waiting for new tyres – but they will then also be available for crashing....err I mean racing!!

Andrew Staniac



Community Notices

Singing Retreat with Hannah Brine & Patrick Barrett - 7th to 10th September 2023

I am emailing to see if any of your members might be interested in taking part in my 2023 annual singing retreat - this year at the Hayes centre in Swanwick, Derbyshire <https://www.cct.org.uk/the-hayes/the-hayes-conference-centre>

Led by myself and Patrick Barrett - the retreat is for anyone who loves to sing, especially those who perhaps sing in choirs regularly, or who have always wanted to. Patrick is simply my favourite conductor (and I have been singing in choirs for almost 30 years- including the BCC Symphony Chorus-and leading them for 15 years) The weekend is full of fun, laughs, socialising and stretching ourselves to learn lots of great music together.

There is a short video here https://youtube.com/shorts/-BX_ISWCnKo?feature=share

I've founded a number of choirs in London, and the High Peak and Cheshire, and my singers have performed at the BBC Proms, Royal Variety Show, and Oliver awards. Before moving north, I also taught vocals at Mountview Academy of Theatre Arts, one of the most prestigious colleges in the country for those wishing to work in the West End.

I believe everyone can sing, and I apply the same standards of musicality and professionalism whether I am training singers for performances in a village hall, or the Royal Albert Hall.

I'd be very grateful if you would be able to help by sharing this email with anyone who you think might be interested.

There is a non-residential option available, for those with camper vans / property nearby, as well as residential <https://hannahbrine.co.uk/product/singing-retreat-2023/>

Hannah Brine

Good to Know Telephone Groups

Our 'Good to Know' telephone groups invite a different guest speaker each week to discuss issues that matter to older people. Topics include scams, the cost-of-living crisis, social care, benefits and finding new social connections - things that are simply 'Good To Know' about.

Since our Good to Know Groups launched, we've had guest speakers from organisations including StepChange, Mind, Parkinson's UK, and Cruse as well as specialist advisors from Independent Age's benefits and social care teams. Think of these groups like a cup of tea and a chat at a community centre, but over the phone in the comfort of your living room. The groups are particularly great for older people unable to get out and about or to online activities – but anyone over the age of 65 is welcome.

You can view our website here to read more and to see what events we have coming up - <https://www.independentage.org/get-support/telephone-groups/good-to-know-groups>.

Email telephone.services@independentage.org

Ring our free helpline on 0800 319 6789

Emily Groves

Local Heritage List

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 is working with the Conservation Officer at Broxtowe Borough Council to identify

assets which we would like to preserve. Some Heritage buildings, monuments and green spaces are already protected by National Grade Listing, Heritage Environment Records and being in Conservation Areas. We are now looking for additional unprotected assets which can be considered for inclusion on a Local Heritage List and afforded some protection against demolition or inappropriate refurbishment. We need your help to identify suitable assets.

The Local Heritage List will cover all of Broxtowe, but Beeston Civic Society has specifically been tasked with engaging people and encouraging them to nominate suitable buildings and green spaces in Attenborough, Beeston, Bramcote, Chilwell and Toton for consideration of inclusion in the Local Heritage List. From experiences across the Country, community involvement in Local Heritage Listing projects has been crucial and resulted in an engaged community, proud of their heritage and willing to defend it from harm in the future.

Suggestions will be assessed against a strict set of criteria including Architectural/Artistic or landmark value, rarity, age, historic value, social and community interest and group value (i.e. being amongst or linked to other valued heritage places). Oban House is an example of a building that could be on the Local Heritage List, as is Fishpond Cottage opposite Bramcote Park and the NatWest Bank in Beeston centre but we feel sure local people will be aware of many more. Stories about why people value certain buildings will be the life blood of the project.

Against criteria set by the Borough Council the merits of each nomination will be considered, initially by the Civic Society but ultimately by local heritage experts. Owners of properties will be informed of the intention to add their asset onto the Local Heritage List.

The engagement phase will take place throughout spring and summer 2023.

So presently, our Civic Society is looking for nominations of suitable buildings and places as well as opportunities to engage with individuals and groups, in person and via social media. We'd like the views of yourself, your neighbours and your colleagues either through them emailing us (please include as many details about the nomination as possible) at LHL.beestoncivicsociety@gmail.com or at [Local Heritage List – Beeston Civic Society](#).

We will need people to volunteer to survey (by walking streets and observing building and places), and research into nominated heritage assets, so helping us ensure we have identified all buildings under threat in each neighbourhood. Please contact us using the gmail address above if this is of interest to you.

Beeston Civic Society

Community notices can be viewed on our community notice board which is set up in the hall every month at the Open Meeting. Please remember to come and take a look at what's available in our community outside of Beeston u3a.

If anyone wishes to display a notice or poster for a forthcoming event or a notice which will be of interest to our members, please send an email to [Celia Billau communications@beestonu3a.org.uk](mailto:Celia.Billau.communications@beestonu3a.org.uk) or come and find Kathy at the Open meetings, who sets up the notice board.