

Nottinghamshire Network of u3as

OCTOBER 2024

Notts Network of u3as Conference Saturday 21st September 2024

What an enjoyable day we had: the sun shone, the venue at the Squire Performing Arts Centre, Nottingham Girls High School, was superb and the food was delicious.

We started the day with a thought-provoking talk by Chris French, Professor Emeritus of Psychology at Goldsmiths College, University of London. His work involves debunking claims of paranormal activity. He showed us how easy it is to be mistaken in our perceptions through inattentional blindness. Would you believe you would not see a fully grown gorilla (man in a suit) walking through a group of ball players? Many of us didn't notice it happening.

Our workshops on Creative Writing, Chair Yoga, Line Dancing, Scams and Fraud, Safe Driving and a guided walk around the Arboretum were really enjoyable. Each one gave us the opportunity to learn and mix with other u3a members from across the county.

At our plenary we heard from Allan Walmsley, chair elect of the Third Age Trust. He talked about his plans for the future of the u3a movement and his belief in the value of u3as to our mental and physical well-being.

On that note re well-being, we finished the day with a short Chair Yoga session to calm us all down and set us up for the journey home.

For the planning team, a year of preparation has culminated in a day of fun, laughter and learning. A warm glow of a day well spent and back home to a restful evening. Many thanks to everyone who helped to make the day a success and to u3a members from across the county and region who joined us.

Rosie Allen
Network Support Officer

CONFERENCE PHOTOGRAPHS COURTESY OF ANDY BEBBINGTON



REGISTRATION







EMERITUS PROFESSOR CHRIS FRENCH



GUIDED WALK AROUND THE ARBORETUM WITH KEVIN POWELL



CHAIR YOGA WITH BOB FORD



SAFE DRIVING WITH ADRIAN SHIPWAY



CREATIVE WRITING WITH MIKE WAREHAM



LINE DANCING WITH SUE HILLEYARD



SCAMS AND FRAUD WITH DALE RICHARDSON



ALLAN WALMSLEY TALKS ABOUT HIS VISION FOR THE FUTURE OF THE U3A MOVEMENT

EQUALITY, DIVERSITY AND INCLUSION WORKSHOP



Calling all members

Equality, Diversity and Inclusion Workshop specifically for Notts Network members.

A date for your diaries!

Wednesday 6th November 2024, 10.00 a.m. – 12.15 p.m. on Zoom

This will be the fourth time we have run Workshops specifically for our Network. The benefit of this is that participants can always follow matters up through our Peer Support Groups or just informally.

This time we have chosen the workshop “Equality, Diversity and Inclusion” which is for Committee members, Interest Group convenors and any member interested in the legislation about this very important topic.

Any member of a Nottinghamshire u3a is welcome to sign up.

Your u3a and Equality, Diversity and Inclusion: An introduction to supporting u3as to enact their legal responsibilities.

The aim of the session is:

- To share information about the Equality Act 2010 and the protected characteristics and what this means for u3as in Great Britain
- To raise awareness of the legal responsibilities of each u3a with regards to equality, diversity, and inclusion
- To provide an opportunity to reflect and discuss what equality, diversity and inclusion means for your u3a and what you might do next.

“I have greater awareness of challenges other u3as are addressing both similar & different to our own.”

“The framework provided by the EDI committee for assessing & improving our practice is helpful.”

To book directly please follow this Event Brite Link –

Equality, Diversity and Inclusion: u3as and their legal responsibilities Wed 6 Nov 2024 at 10:00

<https://www.eventbrite.co.uk/e/equality-diversity-and-inclusion-u3as-and-their-legal-responsibilities-tickets-983469833747?aff=oddtcreator>

Rosie Allen
Notts Network Support Officer

SANDRINGHAM FLOWER SHOW - 31st JULY 2024

The coach journey to Sandringham from Radcliffe on Trent about 150km took over two hours including a short comfort break.

The day was the hottest day of the year with cloudless skies and temperatures in the upper 20s perhaps too hot to fully enjoy what the Flower Show had to offer.

Displays in the massive marquees drew many of us to purchase plants to take home but travelling by coach meant that "boot space" was limited. In addition there were masses of external stalls displaying yet more plants and garden accessories of all sorts.

A great day out enjoyed by all but we were pleased to get back on the coach and relax in the air conditioning on the way home.

John Addiscott



Visit to Trentham Gardens and Wedgwood Pottery

A group of 37 members set out for this visit. The Trentham Shopping Village had many interesting offerings to tempt us including a wide variety of food which some tested and found to be excellent.

One or two visited the magnificent garden before re-joining the group for the drive to Wedgwood Pottery.

On arrival we split into two groups for a 45 minute conducted tour of the factory. It was fascinating to see close up the skill and patience of the crafts people in producing the exquisite Wedgwood Pottery.



Many then made their way to the Museum where items going back to the start of the company were on show.

Onward to the café where we had our cream tea waiting for us. This was superb, lovely scones with cream and jam all washed down with English breakfast tea.



We had a short time to visit the shop before joining our coach for the journey back to Radcliffe. From the comments of our members this proved to be a most successful day, that was enjoyed by all.

George Roberts



COTGRAVE u3a

Nine of our Art Group decided to be brave and have our first sketching session ... and outdoors too! We chose Newark Castle with easy access from the car park, toilets and a café to hand. The weather was kind for us with just a strong breeze – hence the jackets. Thankfully nobody lost their work into the Trent.



Everyone was personally delighted with their efforts and are keen to repeat the experience.

The rest of our group met as usual.

The session was followed by lunch at the Manvers Arms, back in Cotgrave, making a delightful end to our session.

Ann Berry
Group Leader



HUCKNALL & DISTRICT u3a

Wine Lovers Sunset Wine Tour: Ambergate Vineyard

Our tour began with a warm welcome, on a cool evening, from the vineyard owner, who greeted us with genuine hospitality and enthusiasm. As we gathered near the vineyard's entrance, the owner gave an insightful introduction to the vineyard, focusing on the intricacies of growing vines. One of the key topics discussed was the advantage of growing vines on a slope, where better drainage and optimal sun exposure allow for superior grape quality, contributing to the unique character and flavour of Ambergate's wines.



As we strolled through the rows of vines, the owner elaborated on the different grape varieties grown at Ambergate and how each variety is carefully nurtured to bring out its best qualities. We learned that the vineyard specializes in several grape varieties, each of which is selected for its compatibility with the local terrain and climate.

We were treated to a lovely cold buffet meal. The spread included a selection of fresh, locally sourced delicacies that paired beautifully with the wines we were soon to taste.

The tour culminated in a wine tasting session, where we had the opportunity to

sample all the wines produced from the grapes grown at Ambergate Vineyard.



Each wine was introduced with a brief explanation of its production process and the specific grape varieties used. Guests were able to appreciate the distinct characteristics of each wine, enhanced by the knowledge gained from the vineyard tour. Everyone in attendance thoroughly enjoyed the event, making it a memorable experience for all.

Mark Thornley



WORKSOP & DISTRICT u3a

Have-a-Go Archery

A group of Merry Men (and Merry Women!) enjoyed a great afternoon at our first-ever Have-a-Go Archery session.

Our hosts – volunteer instructors from Welbeck Archers – made us welcome with cans of Coke and chocolates. Good start.

We each had at least four one-to-one lessons during the afternoon.



Some of our group showed a remarkable talent for the sport, firing into the centre of the target from the very first arrow. Not so in my case, sadly. I showed a total lack of natural ability and was lucky if I hit the target at all. Ah well... It was great fun.



Some of us finished off the afternoon with ice cream at nearby Tamar. Perfect ending.

Hopefully, we will be able to repeat this activity next year.

Sheila Massey

DUKERIES u3a

Summer Party Beats The Rain!

The Dukeries u3a Annual Garden Party was never going to be beaten by our very changeable – but generally wet – summer, so our version of ‘Picnic in the Park’ became – for one year only (we hope!) – our ‘Picnic in the Hall’ (the Jubilee Hall, that is).

The tables were absolutely groaning with the buffet food which had been prepared by members – and what a display it was! Sandwiches, quiche, pastries, cakes, sausage rolls, salad...something for everyone, and I suspect many folk would not have wanted much tea later on...

Entertainment was provided by Paul Grundle, a very talented young magician who astonished his table audiences with his close range card tricks, leaving us all guessing as to precisely how he managed to deceive us with his sleight of hand.

The real 'Star of the Show', though, was Leslye Henstock, retiring as Chairperson after four years in the role. As both Barbara Baglee (the incoming Temporary Chair) and Pam Hardwick, Committee Member, said in their Presentation speeches, Leslye has certainly carried the Dukeries u3a through some very difficult years – including COVID – and will be sorely missed by all of us.



This month's Group of the Month is The Ramblers. Under the leadership of Kate and Stephen Hall, the group enjoys some gentle

rambles through our local countryside. This month they walked from Edwinstowe to the Centre Tree in Sherwood Forest, then home via Archway House. Later in the month they walked from 'The Jug & Glass' at Langwith Junction through to Cuckney and then returned for a well-earned 'pie & pint' at the pub. If strolls like these appeal to you, then Kate and Stephen can be reached on 07877 792969.

Finally, a note about our October Speaker – Steve LeMottee, the Heritage Officer at Nottinghamshire County Cricket Club – who will be coming to the Jubilee Hall in Ollerton on Monday October 21st with a talk entitled 'It's Not Just Cricket', an exploration of the rich tapestry and history of one of the country's most famous sports grounds, Trent Bridge. You certainly do NOT need to be a cricketing 'buff' to enjoy this presentation. Did you know, for example, that the first International staged at Trent Bridge was, in fact, a football match?

Mike Mounsey



ASHFIELD u3a

Ashfield u3a have had a brilliant summer with members enjoying good company, friendship, a number of outings, holidays, theatre visits, walks, a Garden Party and Picnic in Sherwood Forest. Two outstanding speakers who visited during the summer were The Plague Doctor of Eyam who brought along 'Samuel Pepys' to help illustrate ailments and medical treatments practiced back in the eighteenth century. We also had a very entertaining time with Janet and Paul Barras who turned up, in period costume, and shared memories, jokes, songs, monologues and artefacts from the 1930s-1960s. Their talk was aptly named 'My Mum Had One of Those' and members present did indeed remember their mums having quite a lot of the items on display which were passed around for closer inspection.

Various interest groups have kept running during the summer. The Classical Music 2 Group, at their last meeting, covered British composers including Eric Coates, our local Hucknall born composer, as well as Elgar and some 'British by adoption' composers like Handel with his water music. The Group finished the session in style with Rule Britannia and were led in their celebrations by Ron Walker, the Group Leader.



The Miscellany Group went on a River Cruise and learned a lot from the informative commentary about the places of interest they could see as they sailed down the river Trent. Members enjoyed a light lunch, beautiful scenery and bird spotting whilst sailing downstream to Holme Pierrepont passing under the iconic Wilford toll bridge.

Ashfield u3a is now gearing up to enjoy more interesting outings, events, interest group activities and speakers during the Autumn period. A Murder Mystery Evening, a visit from the well known gardener Martin Fish and an opportunity to visit the Kynren Extravaganza have already been arranged.

Val Scott

The membership at Rainworth & District u3a continues to grow.

Our Strollers took a bit of a walk down memory lane for our leaders. We visited Nether Langwith and had a tour of the farm that Andrew's parents, and later Andrew, moved to in the early thirties! We then had a lovely stroll through fields where barley is now grown, a field of wild flowers reminded all of us of the importance of having this sort of habitat for bees etc. to thrive and survive. We finished up at the local pub for a much deserved bite to eat and drink.



Our Summer garden party was enjoyed by many members. We enjoyed scones with jam and cream and a medley of songs by the Ringtones. Our prayers were answered and after an unsettled start to the day the sun came out mid-afternoon and we moved outside for games. I think some of us were reliving our childhood trying to get bags in a bucket along with Kurling and Molky.



The Quiz team was successful in their August outing, sadly three other teams had the same number of questions right so we had a tie break which we lost! How many of us would have known the cost of a colour TV licence in 1973!!

All of the interest groups have been busy. The Trips and Visits group arranged a Narrow Boat trip on the Cromford Canal. It took 35 minutes to reach the Leawood Pumphouse where we disembarked for 25 minutes, a demonstration on poker making was going on in the Blacksmiths workshop. On the return we had the chance to visit the boatman's cabin where families lived when it was a working canal boat. We had time for lunch and a bit of retail therapy before heading home.



Colin & Jackie Massey

WOLLATON u3a

A Celebration of a Famous Five

Friday 5 July 2024 wasn't just any coffee morning for Wollaton u3a, it marked the 5th year since it was established. On arrival, members were met with a street party atmosphere – tables decorated in blue and yellow, bunting and home-made cupcakes which also sported the u3a colours.



The party-goers were entertained with two poems which had been specially written for the event and by three pieces of creative writing which were thought provoking. To finish off the

celebrations, everyone joined in a card game (not for money I might add) which was greatly enjoyed and the winner went home with a box of chocolates.

The monthly coffee morning has proved to be very popular and remains a rich source of new members. Its friendly and relaxed atmosphere is the perfect mix to persuade visitors to become members.

The first five years of Wollaton u3a have been an undoubted success and we envisage that going forward this trend will continue as word gets out what a lovely bunch of people we are!

In August, this year, ten of our members took part in a Geology Walk arranged by one of our members and led by Dr Paul Nathanail from Nottingham University. We assembled outside Paul's house, where a handy garage door doubled as a whiteboard. After an introduction to geology, the group walked down Moor Lane and along the engraved cut-through which demonstrates sandstone pebble beds. The group then walked along the Bramcote Ridge and lastly climbed up to the Hemlock Stone which stands 28 feet tall and is an outcrop of new red sandstone deposited 200 million years ago.



This was a very informative and enjoyable way to spend a Saturday morning.

Ann Marshall
Membership Secretary

HUCKNALL & DISTRICT u3a

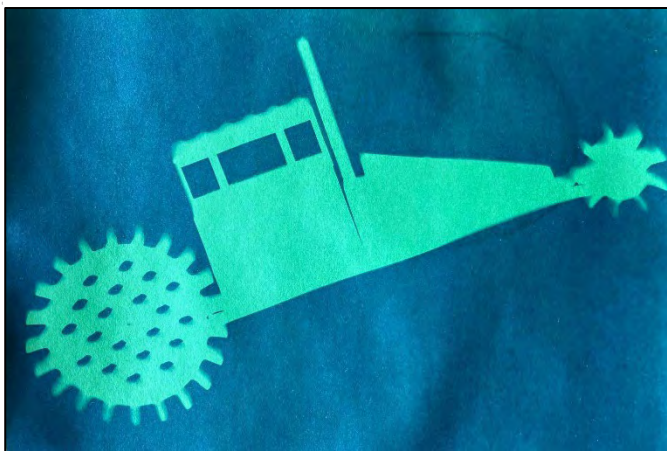
Science Group - a practical session

One of the themes we have explored this year is the science, technology and development of photography. At our July meeting members of the group arrived with their homework which was to create an image using an early photographic technique called Cyanotype. This is a fascinating photographic printing process that produces images usually in a distinctive blue colour, known as Prussian Blue. The process was invented by chemist Sir John Herschel in 1842 and is still in use today.

One of the pioneers of this process was Anna Atkins who created detailed botanical prints and she is often considered the first female photographer.

The image is formed on thin card which has a coating of light sensitive iron salts.

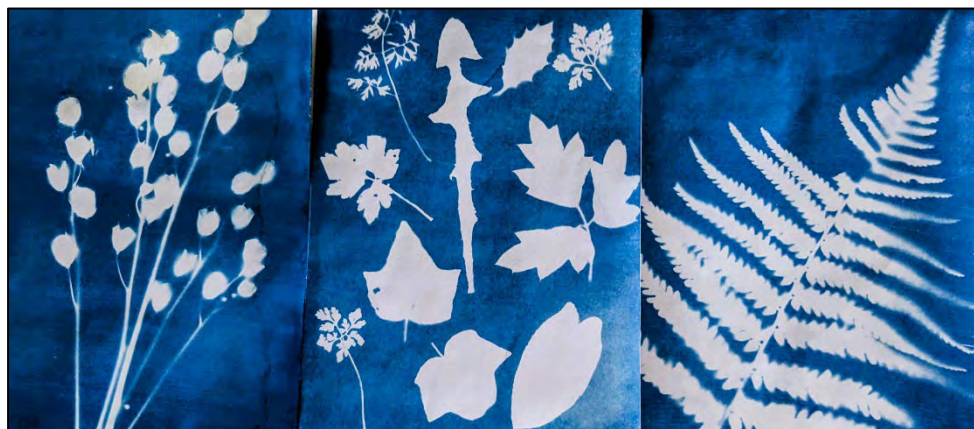
The results varied due to differing qualities of the card purchased for the activity. More of the better quality card was made available at the meeting for members to try again and some of the results are shown in the photographs.



Naylor Ltd Cyanotype 1



Naylor Ltd Cyanotype 2



July Compilation

Another of our themes has been 'Sustainability' with a particular focus on the amount of waste created from discarded clothing and material. Group member Christine Vincent arranged for two lecturers from the Fashion Faculty at Nottingham Trent University to lead one of our sessions. We learnt how discarded material and 'fast fashion' clothing can be recycled or reformed as something else.

As a follow up Christine was enthused enough to create a dress made from men's ties. Material in the ties would most probably have ended up in landfill.

Another member Sue Naylor recycles and remakes with discarded material using it to make holders for patient 'drain bags'. She showed some examples of the 'drain bags' she makes for both Kings Mill and City Hospitals. The bags help with patient comfort and dignity as the actual drain bag they



are attached to fits into Sue's cloth bag. Sue amazingly has made 3500 since 2017..... and her husband David has ironed 3500 since 2017!

David Rose
Science Group Leader



EASTWOOD & DISTRICT u3a

Eastwood and District u3a have two bear mascots, Clint and his cousin Fred. They are both very busy promoting the diverse groups that we have. This time it was Fred's turn to hog the limelight.

"Well, here I am again, going about my official duties as ambassador to the u3a. I was there at the exhibition that was held in the Eastwood Library on 9th 10th and 12th September. It was very successful and lots of potential members came and chatted to us to find out more information. Teas and coffees were available, and it was a very nice venue. In the first picture I was with two lovely u3a members, and in the second picture I had to be on my best behaviour as I was sitting behind our u3a chairman."



Anne Steel
Vice Chairman

RAVENSHEAD u3a

It's been a busy few weeks and months for Ravenshead u3a.

It started with a very well attended monthly meeting featuring a fascinating talk from Phil James of the animal search and rescue charity, "Drone to Home", which is based in Woodborough, Nottinghamshire.

The charity uses sophisticated thermal imaging drones to find and help reunite lost animals with their grateful owners.

Did you know that the best thing to do if your dog runs off in the woods is to go back to your car? The dog can find its way back to the car by using its ability to detect scents, so it's best not to confuse your animal by wandering around looking for it.



The final week of September saw the National u3a Week, in which local u3as all over the country organised awareness raising events.

Ravenshead u3a's event at Ravenshead Village Hall showcased the activities of all 42 of our Interest Groups.

We had at least 100 visitors, of whom 40 or so were non-members, many of whom signed up immediately or took away membership forms to complete and submit. Outside the Main Hall, the smaller Brammer Room was abuzz with animated chat over tea, coffee & biscuits.

To finish off a hectic month, the Chair and nearly 30 other members headed off to Torquay for Ravenshead's first coach holiday, organised by Halinka Rajchel and facilitated by Alfa Travel.

After a smooth journey down to the English Riviera, the members' first outing of the holiday to Teignmouth saw the holidaymakers stepping off the coach and battling

gale force winds on the promenade. Most headed to a coffee shop to seek refuge from the buffeting, but fortunately the forecasted heavy rain held off until everyone was back on the coach.



During a day at leisure, when members had a choice of where to explore, some headed into Torquay, some took a taxi to visit the Babbacombe Model Village, while others ventured further afield by bus to the fishing town of Brixham with its picturesque working harbour.

The holiday concluded with a day out to the maritime city of Plymouth, including a boat trip across Plymouth Sound and up the River Tamar past the Royal Navy facility at Devonport Docks, followed by calling in at the Benedictine Monastery at Buckfast Abbey on the return journey.



Sue Butler
Meetings Organiser

Three quarters of our membership attended our September Annual Groups Fair – entertainment by our singers and ukelele players was great fun, refreshments were delicious, and with everyone chatting over tea and coffee (in the absence of our usual photographer who was on holiday), recording the meeting on camera was completely overlooked.

But our Interest Groups are flourishing, with new ventures (Scrabble and Rummikub, and a Crafty Natter Group) increasing their numbers. Marking Volunteers Week, a Coffee Morning on Monday, 30th September, brought most of our Group Leaders and other low-profile volunteers together, simply to say thank you, to chat and enjoy refreshments.

Our Art Group has been experimenting with air-drying clay. Cora's gecko (pictured at an early stage) is now painted with vibrant colours – to feature in our next update!



A trial Jigsaw Swap table has been introduced at our Open Meetings. We will monitor progress on this one.



We are very proud that at least five trophies were won by our members in the Stapleford Town Gardening Competition – for Hanging Baskets (Pauline and Trevor Williams), Best Small Garden (Hazel Stenson), Mayor's Award of Recognition (Davey Jones), Best Newcomer (Mrs Barber) and Best Eco Garden (Sandra Hart).

On Thursday, 3rd October, the local Social Prescribing team invited us to promote the benefits of u3a membership at a very worthwhile event at the local health centre. Hazel (our Chairman) is pictured at a quiet moment.

Our Vice Chair, Sandra Hart, attended the Notts Network Conference, and really enjoyed Professor French's open-minded talk – "The Science of Weird Sh***". Sandra chose Chair Yoga and Driving Safely as her two workshops, and appreciated Allan Walmsley's explanation of his vision for the movement's future. There will be changes – but only time will tell how successful they will be.

Marion Edwards
Business Secretary

BEESTON u3a

Beeston u3a Annual Stall in Beeston Market Square
September 2024

For the third year running we had a sunshine day for our pop-up stall promoting Beeston u3a on Beeston Market Square.

The stall was manned by Committee members Anne Pinnock, Richard Taylor, Alison Wilson, Pauline Duke and Karen Attwood.

Thanks to Broxtowe Mayor Sue Patterson for popping along to find out more about us – we had a great discussion about crochet with her!

We spoke to quite a few people who had not heard about us, some who had been meaning to find out more, and many of our current members who came to say hallo.

Chris Matthews, Nottingham based heritage consultant and graphic designer and Conservation Officer at Nottingham City Council, spoke at our September meeting about his love of wandering the city centre streets after nights out in his post student era and his admiration of the beautiful buildings. It was only ten years after this that Chris was asked to design a 'Lace Walk' showcasing the history of the architecture – details available on Chris's website at: www.christopherpaulmatthews.co.uk

Chris took us through a short history of building in Nottingham, primarily highlighting the way the meadows around the city were kept clear by the merchants, leading to overcrowding in the working city centre. As the lace industry expanded and



industrialised, the working-class houses were tightly packed into the poorly drained land and the merchants' houses were built on the hills. When permission was finally allowed for building on some of the 'green' sites, builders flocked in and the city centre was quickly filled with factories and enormous warehouses and a lace making industry competing at an international level.

The beautiful warehouses area we all know around Stoney Street had luxurious ground floor boutiques selling to buyers from department stores.

This talk was beautifully illustrated with Chris's photographs of lace making houses, workshops and factories still standing, with many now thankfully listed and protected.

Dee May
Communications Officer

NEWARK & DISTRICT u3a

Would you know how to administer emergency first-aid to someone suffering a stroke or heart attack? Or be confident you'd know what to do if someone choked during a meal out, cut themselves using power tools in the garden or suffered burns in the kitchen? All too often the answer is "no". So, when our members were given the opportunity of attending a "pop-up" workshop, run by the volunteers from local charity Newark Community First Aid, they jumped at the chance.



During the two-and-a-half-hour Basic Life Support Course, methods of dressing a small wound through to dealing with major injuries involving significant blood loss were covered. Life-saving CPR techniques and the use of defibrillators were also demonstrated.



Claire McGrath, membership secretary, deals with a choking victim

We all agreed that, although hoping we would never have to put our new-found knowledge into practice, it's reassuring to know we would at least be able to cope until the emergency services were on hand.

Our thanks go to Phil and Chris from Newark Community First Aid for passing on their valuable knowledge and sharing such a worthwhile experience with us.

Maggie George
Chairman



WORKSOP & DISTRICT u3a

Pétanque Group

Each year members of the Worksop and District u3a Pétanque Group compete to find the best player. We run the competition over the 26 weeks during the Spring and Summer. The standard between the players varies considerably. Some players are just starting out whilst others play regularly, and in competition with local clubs. So, this year the format was changed to make it fairer for everyone and to give everyone a chance at winning



We usually play two games in a session randomly partnered within teams of either two or three members. Only the first game counts in the competition and we play it as a timed game of 45 minutes.

Out of a 26-week period the members chose, at random 13 weeks where their winning scores were recorded along with how many points they had won by. An average was taken to determine who got the trophy. To be fair I am not sure anyone really understood this apart from Lynn Snowden, our leader who devised it. Which was fine!



In the end third place was won jointly by Patricia and Brian, Marilyn was second, but our outright winner was Linda.

The photographs show Linda being presented with her prize by Keith Snowden one of our leaders.

We play at the Arena Pétanque club in Worksop, and are grateful for their support in allowing members to borrow their equipment when necessary.

Roger Hancocks
Chair



GUIDELINES FOR ARTICLES TO NEWSBITES

We will be particularly pleased to receive articles about any unusual or exceptional event that your u3a may have organised or any new activity that your u3a is running. u3as learn from each other and it is very useful for their members to read about new events or activities that they haven't come across before.

- Please send your text in Word format and keep to a maximum 300-word count.
- Please submit photos as separate attachments in formats JPG, JPEG, PNG or similar (not pdf). They must be of good quality and a minimum of 1MB. No collages please.
- Please ensure that all who feature in your photos have expressed their consent for the photos to appear in Newsbites and also for those photos to be posted on u3a and Network websites.
- Please let me have the name of the author of your article and his/her status e.g. member, group leader, chair etc. I do look on your websites but don't always manage to find a full name or status.

Many thanks
Maria Gabrielczyk – Editor
maria.newsbitess@gmail.com

TRIPS, HOLIDAYS AND EVENTS, OPEN TO ALL MEMBERS OF NOTTS u3as

KYNREN - AN EPIC TALE OF ENGLAND

FOUR DAYS AND THREE NIGHTS HALF BOARD AT THE REDWORTH HALL HOTEL AND SPA COUNTY DURHAM

Date: 1st August 2025

Journey through 2000 years of history, myth and legend

Join young Arthur on his spellbinding journey through time and watch legends come to life in this thrilling tale of the quest.

From Romans to Victorians, from the fog of war and the noise of battle, from lavish pomp and ceremony to thrilling choreography, amazing stunts, equestrianism, special effects and pyrotechnics, this multi award winning live outdoor action delights and dazzles as the last 2000 years are brought to life.

Entrance fee is included

Also enjoy free time in Durham and visit Raby Castle

Local coach pick up with no interchange waiting

£389.00pp sharing twin or double

£60 deposit secures your holiday

Travelling with Cairngorm Travel

Contact: Caroline Rhoades, Ashfield u3a Holiday Organiser

crhoades159@gmail.com

Mobile 07724 210563

Land line 01623 721987

DEADLINE FOR THE NEXT ISSUE OF NEWSBITES

Please send your articles (keep to a maximum 300-word count)
and good quality photos (as attachments please)
by 7th December 2024 to maria.newsbitess@gmail.com