

# u3a

# Mansfield and District

Established 1999

Registered Charity No11641

**Learn Laugh Live**

**July 2026**

**NEWSLETTER**



Photograph taken of u3a members on a visit to the Houses of Parliament



Website : [www.https://mansfield.u3asite.uk/](https://mansfield.u3asite.uk/)  
Newsletter : [newslettereditor.u3a@gmail.com](mailto:newslettereditor.u3a@gmail.com)

Facebook: *Mansfield & District u3a*



## Chair's Chat

A few different items this month from me.

Firstly, I hope everyone has been keeping safe during the recent hot weather.

As I mentioned at our last Members' Meeting, membership renewal is just around the corner. I'm giving everyone plenty of notice because our Membership Renewal Day will be held on **Tuesday 11 August**, a week earlier than our usual meeting date.

As always, the Social Committee will be providing refreshments, including their ever-popular cakes, along with a variety of stalls.

To make the renewal process easier for both members and volunteers, we will not be handing out paper renewal forms this year... just turn up and pay on the day. This will simplify the renewal process, and we hope it will make everything quicker and more efficient for everyone.

We're also planning to issue our new-style membership cards this year. These credit card-sized cards fit neatly into a wallet or purse, while also helping to reduce our printing costs.

Lastly, we have recently updated and circulated our revised Code of Conduct. Please take a few minutes to read it. It isn't intended to introduce lots of new rules; rather, it reflects a common-sense approach to treating one another with courtesy, kindness and respect, helping to ensure that our U3A remains a welcoming and enjoyable place for everyone.

### An Observation from Editor, Yvonne.

I feel compelled to say, in the light of our new Code of Conduct instruction, that during my membership of Mansfield and District u3a, which is well over thirteen years, I have never known an issue with bad conduct or disrespect from any member. We are a well-behaved respectful group of people and I have known nothing but kindness and courtesy. I am proud to be a member.

## TRIP TO THE HOUSES OF PARLIAMENT - ELAINE HUCKERBY



On a hot June day, twenty-two of our u3a members travelled to London for a visit to the Houses of Parliament courtesy of Steve Yemm, MP for Mansfield.

We entered into Westminster Hall, built in 1097 and the oldest part of the parliamentary buildings. The late Queen Elizabeth II lay in state here as about two hundred and fifty thousand mourners filed past her coffin in September 2022 to pay their respects.

Steve Yemm hosted a Q & A session, responding to questions ranging from the potential future of Mansfield town centre, the Miners' Pension Scheme, to whether people are proud to be British.

The tour of the Houses themselves, the Commons and the Lords was the highlight of the visit. The Commons with its familiar green leather seating can only accommodate about half of the MPs. The King, as the monarch, is forbidden from entering the Commons, which symbolises democracy and the domain of the elected representatives of the people. The House of Lords, on the other hand, is opulent in red and gold, originally seen as befitting of the peers who sit there. Unfortunately, we were not allowed to take photos in the two chambers, but we created some outstanding memories on our visit.

Thanks to Graham Headworth for setting up this most memorable visit.



## FESTIVAL IN THE PARK - ELAINE HUCKERBY

Members from the North Notts Neighbourhood Group turned out on a damp June day at Sherwood Forest Visitors Centre determined to beat the weather and have a fun time. And they certainly did!

This open event, organised with the RSPB and the Visitors Centre, was full of music, games and laughter. The activities on offer covered from a forest walk to the Major Oak and a conservation talk by RSPB staff, to welly wangling and croquet.



The musical entertainment provided by Forest Town and Dukeries u3a's in the shape of a ukelele group and a banjo group more than compensated for the overcast skies. Our Bean-bag-in-the-bucket was well received by all ages including a two-year-old who was the only participant of the day who was allowed to bend the rules!

Thank you to all of you who organised and supported the event.

The following was also sent in :

## REPORT BY LESLYE HENSTOCK AND BILL HARRISON

In spite of the day starting with spots of rain and drizzle, members of Ashfield, Dukeries, Forest Town, Mansfield, Rainworth, Sherwood and Worksop u3as arrived early morning at Sherwood Forest, with their cars full of equipment. This was unloaded and erected and within an hour, the amphitheatre and picnic area of Sherwood Forest, was transformed into a blue and yellow u3a Festival.

The live music, which showcased how professional our musicians are, started with Irene and Wynn, a musical duo from Forest Town u3a. After a well-choreographed changeover, the 25-strong Jubilee Ukulele Band (Dukeries u3a) had our feet tapping with their melodies and songs. After lunch, the pace was picked up again with sounds from the Banjoleers from Dukeries u3a and the programme was completed by the Guitar Group from Worksop u3a, who concluded the day with encores!

The high standard of the music, clearly the result of hard practice and rehearsal, was greatly appreciated by the surrounding audience and anyone coming into Sherwood Forest on the day was greeted by high quality tunes which brought smiles to lots of faces.

u3a's erected their own gazebos, tables and publicity stands to promote membership. They also offered chances to enter competitions and challenged us to table top games.

Further down in the picnic area, games which were supplied by several u3a's and co-ordinated by Claire Wilkie from Sherwood, were played throughout the day. The Welly-Wanging Challenge concluded the day and squeals of laughter and cheers could be heard around the playing areas.

Mid-day, a walk to the Major Oak, where Ranger Clare gave information about the challenges for conservationists, was led by Iris Beadle, helped by Stefan Ziemia and Kevin Morrell from Dukeries u3a.

Throughout the day, many members of u3a and the general public enjoyed relaxing, chatting and eating picnics in a most amiable and enjoyable atmosphere which promoted the friendship and fellowship of u3a groups.

Our guest of honour was John Butler, Chair of the North Nottinghamshire Network and our East Midlands Council representative. John kindly came to show his support and he chatted with many members in the morning. The sunshine made a visit too!

The behind the scenes planning for the event took place over several months by Claire Wilkie, Sherwood u3a, Kathryn Henshaw, Carole and Bill Harrison from Mansfield u3a and Leslye Henstock from Dukeries u3a.

Special thanks were sent to Megan Huntley and staff at RSPB Sherwood Forest, who arranged the event with the organisers and supplied gazebos and chairs for the musicians.

A massive thank you is sent to everyone who contributed to the publicity of the event and the festival on the day. A huge amount of equipment was transported safely to and from the site, and by 4pm Sherwood Forest was back to normal without a trace of evidence that u3a had been there!!

Thanks also to the Third Age Trust for their Publicity Grant which was used to purchase u3a pens, blue and yellow balloons and the Licence fee for the day.

Thank you to all of you who came along to support this event!



Martin Fish's Report will be resumed next month.

## HOLIDAY AT POTTERS RESORT - SUE HOWLETT

Members of Sherwood and Mansfield u3a joined together for a holiday at Potters Resort, Hopton on Sea, Norfolk, for a holiday arranged by Denise Whitsed.

The weather was kind to us, not too hot, and only raining on Wednesday morning but even this soon dried up and left a pleasant day. There were activities to suit everyone including: quizzes, crazy golf, segways, darts, bowls, axe throwing (not real axes) archery, crafts, swimming pool and spa, and even a giant swing.

We had three meals a day with lots of choice for each course. There was even a late night buffet but I didn't hear of anyone partaking.

The evening entertainment was excellent and varied. Some of us found one of the shows rather loud but others thoroughly enjoyed it.



Picture created by Gordon Howlett

There was always an opportunity to sit with friends and have a drink and a natter. Many of the group had been to the resort before but there were also some newcomers, all agreed that it was a fantastic holiday and we say a big "Thank you" to Denise for all that she does to make the event such a great success.

# **GAMES**

## **Bridge - Sheila Pegg**

We enjoyed two bridge evenings in June; we welcomed a new member for the second session and hope he will join us again.

The next dates are 6 July, 20 July, 3 August and 17 August.

## **Board Games - Julie Lawson**

Unfortunately, the Board Games Group has not been well attended yet. Julie says she is not giving up and is trying a new time, in the hope it will be more suitable for members. Therefore, the next meeting will be on **Thursday 16th July at The Rufford Arms Public House on Chesterfield Road, North - 2:00 pm till 4:00 pm.** All welcome. Please come along and enjoy an afternoon of playing a variety of my games or bring your own along.

## **THEATRE GROUP - JULIA HYDE**

### **PUSS-IN-BOOTS**

Palace Theatre, Westfield Folk House production of Puss in Boots. Sunday, January 24th matinee. I have booked 10 tickets. I am making a list so any interest please let me know.

## INTERNATIONAL DINING - CHRISTINE SMITH



Twenty-four hungry souls ventured out on 10 June to try a Lebanese meal at Hadia, on Toothill Lane. The food overall was good and the company, as always, was great. The photographs, all taken by Christine, speak for themselves.



## PATHFINDERS - LINDA KENNEDY



### Important Pathfinder Update

Please note that Pathfinder walks will now take place on the **last Friday of each month**, rather than the last Thursday. We hope this change will make it easier for more people to join us.

All upcoming walk dates can be found on our website.

### Hills, Lambs and Cake

Our May Pathfinder Walk took us on a rewarding 6-mile

circular route around Cromford and Black Rocks.

This moderately challenging walk began with a steady but strenuous uphill climb through Middleton Wood but with plenty of opportunities to pause and enjoy the stunning views along the way.

After reaching the village of Middleton, we continued across rolling farmland and fields filled with sheep and their adorable spring lambs. Our refreshment stop was at the historic Middleton Top Winding Engine House.

The walk then descended to Black Rocks, an impressive natural outcrop of Ashover Grit sandstone, renowned for its dramatic views across the Derbyshire countryside. From there, we made our way back to Cromford for coffee and cake, completing a memorable day of walking, scenery, and good company.

JUNE FELL very proud mother of

## David Stuart Fell

Who recently won a GOLD Medal for coming first in his age group in the Triathlon. David, who lives in Australia, began running at Brunt's school, Mansfield. He enjoyed cross country and joined Sutton Harriers. He kept up his cycling, swimming and running wherever he was in the world. It paid off in the end at the age of 65! His family are rightly very proud of him. (I wonder who he takes after?)

Photo courtesy of Dave Drew after glider ride.



## SOCIAL COMMITTEE UPDATE - IRENA DUBOWSKI

Age is not a barrier when you find passion in what you do.

Future Dates :

THE WHITBY TRIP - Saturday 8 August. All spaces now sold.

RUTLAND WATER - Tuesday 8 September, an all-day excursion. All spaces now sold.

CHRISTMAS LUNCH - booked for Tuesday 8 December, 12.00 at Forever Green, Ransom Business Park, Southwell Road, Mansfield. 2 courses £21 and 3 courses £25 with free tea/coffee. The rest of the money is due at the September or October Main Meeting.

SOCIAL COMMITTEE - Is anyone out there willing to join the committee. We meet once a month over coffee and cake to plan activities. Please let me know if you'd like to join us. Irena - 07549 40926

## SPEAKER MARK DAWSON - NOTTINGHAMSHIRE PUDDINGS

Our June speaker, Mark Dawson kindly sent in the following synopsis of his very



interesting talk : Robin Puds looked at the fact and the fiction behind traditional puddings of Nottinghamshire. There are some puddings with a very long tradition that are associated with Nottinghamshire: frumenty and gingerbread. Neither of these are specific to a traditional Nottingham or Nottinghamshire gingerbread recipe. Traditional foods are ones with a documented tradition going back at least 3 generations (75 years), that use local ingredients or have a local name. Nottinghamshire has a particular association with apples e.g. The Bramley

Seedling and there are a couple of traditional Nottinghamshire puddings dating back into the 19th century that use apples, Nottingham Pudding and Welbeck Pudding. A trio of other puddings have Nottinghamshire names, but alas neither Mansfield Pudding, Newark Pudding, nor Gotham Pudding can be ascribed to the county. Mansfield pudding is named after Lord Mansfield, who resided in Hampshire, rather than the town and Newark and Gotham puddings appear to originate in the USA. Mansfield Gooseberry Pie is a traditional local recipe, however, and Mark continues to look into the history of this and other Nottinghamshire delicacies for a forthcoming book on Nottinghamshire food.

## SOLO DINING - SHEILA PEGG

We enjoyed an evening of good food and company at The Foxglove for our June evening meal.

The White Lady at Ravenshead was the choice for our Sunday meal this month; my thanks to Lynne Payne for overseeing proceedings during my absence

## CREATIVE WRITING GROUP

Homework set by Hilary and Sue was "A Needle and a Pin"

### A NEEDLE AND A PIN WRITTEN BY JENNIFER SMEDLEY

I know you think I'm crazy  
Escapee from the looney bin  
But there are two things  
That I just don't like  
A needle and a pin.  
Now I'm quite ok with safety pins  
Of that there is no doubt  
But pricking myself with a knob pin  
Makes me scream and shout.  
My mother liked to make my clothes  
So I was always nicely dressed  
But just the thought of a needle or pin  
Still fills me with distress.  
Now I know they are very useful  
But they fill my soul with dread.  
I'm afraid I just can't find the joy in  
Needles, pins and thread.  
For I'm a needle phobe you see  
And pass out at the thought  
Of something jabbed into my skin  
It makes me quite distraught.  
I hark back to my schooldays  
When I should have learned to sew  
Latin, Greek and Science, yes  
Domestic skills - no, no.  
They tried to teach me needlework  
But I really had no idea  
'cos as I've said, those pointy things  
Instil in me great fear.  
One day we had to make ourselves  
A very simple top.  
So armed with pattern, material and  
hope  
Off to school I pop.

The other girls were busy  
pinning pattern to their cloth  
I was just the opposite  
I was more a kind of sloth.  
Each pin took on a life of its own  
Preferring my finger to rag  
So when the bell for home was rung  
I just stuffed it in my bag.  
That was the end of sewing classes  
As our teacher fell quite ill  
So instead we did extra cooking  
Which was much more of a thrill.  
This leads me to my 'incident'  
Of which I'll tell you more.  
After all these years that blooming top  
Was still hell bent on making me sore.  
I needed something from the attic  
So up the stairs I went  
Then something stirred my memory  
As I began my ascent.  
I opened up my old school box  
And found to my dismay  
That under books and other things  
That blooming top still lay.  
To see that thing just lying there  
Sent me in a tizzy  
  
As I picked it up to throw it out  
I'm afraid I felt quite dizzy.  
So back down the attic stairs I went  
To put it in the bin.  
But on the yard I tripped and fell  
Creating such a din.  
Oh bugger! I cried out in pain  
I'm sorry, I'm not woke.  
I look down and see my ankle  
May be well and truly broke.

My neighbour heard me shouting  
And found me on the ground  
And it wasn't very long until I heard  
That awful sound.  
Did they really need the siren  
To attend a minor fall  
But at least they had responded  
To my neighbour's anguished call.  
When they got me to the hospital  
I'm afraid I nearly fainted.  
I really wasn't happy with the  
Picture that they painted  
They would have to make incisions  
To realign the broken bone.  
Then secure it with a pin -  
God you should have heard me moan.  
So I went down to theatre  
And was greeted by a nurse  
Brandishing a large syringe  
Could things really get much worse?

As she came right up to me  
I stared right at that thing  
She pushed it gently in my arm  
I never felt a thing.  
When I came round my body hurt  
But injections eased the pain.  
I knew then that I would never  
Ever flinch again.  
So here I am, I'm on the mend  
My ankle's nice and firm.  
The fact I had to have it pinned  
No longer makes me squirm.  
Now I never thought I'd say this  
But I'll take it on the chin.  
I've never been so grateful  
For a needle and a pin.

Speaking of Needles and Pins, at our Needlework Group, and at her first attempt at sewing, Tracey Hatton has made this lovely shopping bag.

(Unfortunately, the sewing group has been suspended for the time being.)



## REFINED DINING - IRENA DUBOWSKI

A wonderful lunch was enjoyed recently by fifteen of our members at the Refined Restaurant on Friday 12th June, 2026. It was a fantastic experience from the moment we arrived to the payment after eating. The students were all incredibly friendly, professional and genuinely helpful throughout the meal. They have all come a long way from when they first served us at the start of their course. The food was beautifully presented, delicious and restaurant quality. Many of us had the Prawn & Salmon Cocktail which had succulent poached salmon and an abundance of prawns in a tasty seafood sauce. The main course was just as good. The Pan Fried Fillet of Sea Bass with chargrilled new potatoes, broccoli, fennel, roquette and dill & lemon cream was an exceptional dish. Whereas the Black Forest Pavlova with dark chocolate brownie, cherries, Chantilly cream and brandy created memories of Black Forest gateaux which was popular in the 70s. The college restaurant closes for the summer holiday on Friday, but with food like this we'll be back in the next academic year. (Photographs supplied by Irena)



## Your Monthly Planner 2026

Day / week	Week one	Week Two	Week Three	Week Four
Monday	Tai Chi 10.30 Bridge 18.30	Tai Chi 10.30  Writing for pleasure 14.00  Scrabble 14.00	Tai Chi 10.30  Crafty Chat 14.00  Bridge 18.30	Tai Chi 10.30  Table Tennis 11.00 (or last Monday)  Classical Music 14.00
Tuesday	Gardening 10.00  Soft Tennis 14.00	Antiques & Collectables 10.00  Soft Tennis 14.00	U3a Monthly Meeting 10.00	Family History 10.00  Card Crafting 13.00 (or last Tuesday)  Soft Tennis 14.00  Sewing 10.00 (or last Tuesday)  Wine Appreciation two 19.30
Wednesday	Beadwork 10.00	Beadwork 10.00  Strollers 10.30 (except December)  Calligraphy 13.00  International Dining 18.30	Beadwork 10.00  History 10.00  Wine Appreciation one 18.30	Beadwork 10.00  Calligraphy 13.00  Popular Music 13.00  International Dining 18.30 (or last Wednesday)
Thursday	Solo Dining, evening	Board Games 11.00	Photography 10.00  Reading Group 13.30	Shufflers 12 noon
Friday	Current Affairs 10.00	Read a little aloud 14.00		Pathfinders 10.30 (or last Friday)
Saturday				
Sunday			Solo Dining, lunch	

### Additional Information

Bowls: Indoor winter and outdoor summer coaching see website for details

Family History – excluding August and December

Gardening – March to December, excluding August

Mansfield Theatre – Dates and times vary, see website for details

Soft Tennis – excluding August

Table Tennis – excluding Bank Holidays

Tai Chi – excluding bank holidays

*Correct at time of printing (version 1.2)*

## GROUP DETAILS

GROUP	LEADER	CONTACT	WHEN	WHERE
Antiques & Collectables	Sue Longden	01623 486903	Second Tues 10-12 noon	St Peter's Centre
Board Games	Julie Lawson	07743 427469	Second Thursday 2 – 4 pm	Rufford Arms
Beadwork	Marilyn Jones	07803 244841	Each Wednesday 10-12 noon	Hilcote
Bowls	David Drew	07960 385537	Recommences October date TBA	Lammas
Bridge	Sheila Pegg	07883 720657	First & Third Mondays	Rushley Inn 6.30-9 pm
Calligraphy	Marilyn Jones	07803 244841	Second & Fourth Wednesday	Hilcote 1 -3 pm
Card Crafting	Jill West	07554 012769	Last Tuesday in month 1 – 3pm	Friends' Meeting House
Cinema Group	Christine Smith	07859 249086	Suspended until Autumn	Odeon Cinema
Classical Music	Michael Allen	01623 653345 07565 936859	Fourth Monday 2- 4pm	Leader's Home
Crafty Chat	Stephen Hall	07940 460250	Third Tues 2- 4pm (Term Time only)	Friends' Meeting House
Current Affairs	Graham Headworth	01623 468883	First Friday 10 – 12 noon	Mansfield Bowling Club
Family History	Valerie Wood Ken Gilbert	v.a.l.woody11@gmail.com	Fourth Tues 10-12 noon	Members' houses
Gardening	Marilyn Dibble	01623 634805	First Tuesday 10 – 12 noon	St Peter's Centre
History	Philip Tucker	01623 437516	Third Wed 10 – 12 noon	Mansfield Bowling Club

International Dining	Christine Smith	07859 249086	Second and Last Wednesday of month	Various restaurants.
Mansfield Palace Theatre	Julia Hyde	0792 414101	Details of shows will be Advertised on Website & Meeting	Mansfield Palace
Pathfinders Walking	Linda Kennedy	07543 293814	Last Thursday In month 10.30 am	Various locations
Photography	Chris Kennedy	Chair.mansfieldu3a@gmail.com	Third Thursday 10 am	Members' Homes
Popular Music	Tony Havercroft	Gwe456ui@gmail.com	Fourth Tues 2 – 4 pm	Friends' Meeting House
Read a Little Aloud	Sue Howlett	01623 627423	Second Friday 2 – 4 pm	Members' Homes
Reading Group	Peter Dawson	07475 713368	Third Thursday 1.30 to 3.30pm	Group Leader's home Farnsfield
Scrabble	Lynne Payne	07954 463384	Second Monday 2 – 4 pm	Group Leader's home
Shufflers	Sylvia Newlyn & Ian Lakin	01623 655893 07989 668275	Fourth Thursday	Various
Science & Technology	David Drew	07960 385537	Suspended	Mansfield Bowling Club
Soft Tennis	Christine Smith	07859 249086	Weekly on Tues 2 – 3pm	Oak Tree Leisure Centre
Solo Dining	Sheila Pegg	07883 720657	First Thursday Evenings times vary	Various Venues
Strollers	Sue Howlett Ian Lakin	01623 627423 07989 668275	Second Wed 10.30 am	Various Venues

Table Tennis	Linda Priest	Priest.linda62@gmail.com	Last Monday in Month. 11-12 noon	Oak Tree Lane Leisure Centre
Tai Chi	June James-Barrett & Marie Barrow	07948 501666 01623 628142	Mon 10.30 – 11.30 am	St Philip Neri's Church Hall
Wine Appreciation	Michael Allen	01623 653345 07565 936859	Third Wed 7.30 pm	Members' Homes
Wine Appreciation Group 2	Graham Allin	01623 474662	Fourth Tuesday 7.30 pm	
Writing for Pleasure	Hilary Miller Susan Ford	01623 620067 01623 844 286	Second Mon 2 – 4 pm	Friends' Meeting House
Holidays and Outings	Denise Whitsed Liz Wilson	07791 941502 07837 710386	Denise & Liz are members of Sherwood u3a	Both come to our meetings To share details of their trips and holidays.

**IMPORTANT NOTICES** - First of all, here's hoping everyone is keeping safe and well. If anyone is struggling or needing any help in any way, please don't hesitate to let any of the Committee know. We will do our best to help in any way.

**Subscription costs** for the next year will be £20 and £16 for Associate Members. Cheques payable to Mansfield & District u3a. Online payments can be made. Contact the Treasurer, Gill Mallinder for bank details.

**Events and Visit payments.** Members are reminded that deposits and payments for events and visits organized by Mansfield u3a and its groups are non-refundable, but places may be offered to others.

**Changes of address etc.** Please let Jean Hatton, Membership Secretary know to keep our records up to date.

If you have any health issues that you think may affect your participation in, or enjoyment of, the activities of Mansfield u3a, you might wish to disclose them voluntarily to the Group Leaders of the

groups you join, should it be helpful to do so. **Please have your "in case of emergency" card with you at all times.** If you do not have one, please obtain one at the next Members' meeting.

If you are concerned about accessing one of our venues, please talk to our Accessibility contact, Linda Kennedy **07543 293814**

If you have any concerns about another member who seems to be vulnerable, and you think they might be being taken advantage of by someone, you should tell our Safeguarding contact, Irena Dubowski (07549 409262) or one of the Committee.

Should you not wish to be included in any photographs taken whilst members are engaged in any activity, please let the photographer know as otherwise we will assume your consent has been given

**Disclaimer** - The views expressed here are those of the contributors only and do not necessarily reflect those of the Editor, the Committee of Mansfield & District u3a or the Third Age Trust. Nor can any responsibility be accepted for members' announcements or any errors that may occur

### Message from the Editor

I would be very interested to know what you would like to see more of in the Newsletter and what you wouldn't mind seeing less of!! Please send me your stories. Please think about the Newsletter when you have something you want to report to our members.

Yvonne at [newsletter.editoru3a@gmail.com](mailto:newsletter.editoru3a@gmail.com). Looking forward to hearing from you.

Finally, this leaflet was given to Carole at the Festival in the Park and she thought it might be useful information if you don't already use this App.

**YOUR CVS**

## Making the NHS App Work for You

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