



I hope you have all enjoyed your summer adventures and survived the very hot days that have tested us all at times.

Di Brown our membership secretary and Howard Brown one of our speaker finders have decided to step down from the committee after 3 years of making major contributions. Di has managed the membership administration efficiently and smoothly and also given her full support to our projects and activities. Howard has found some very interesting and inspirational speakers who we have all enjoyed and appreciated and has supported many events. They have both contributed at every monthly meeting and helped on the market stalls and organised trips for members. I want to thank them both personally and on your behalf for their hard work and commitment. We will miss them. We do need to replace Di and require a new membership secretary. Please get in touch with any committee member if you are interested in finding out about the role.

As usual we will have a stand at the village show this year and it is a good opportunity for us to promote what we do and encourage new members. If you could help for a short period of time, it would be very much appreciated. Please let anyone on the committee know if you are available to help.

Best wishes
Liz McAdam Chair.

Ruddington Village Show Saturday 20th September

A reminder from u3a Gardeners' Group convenor Mike Davey, in his capacity as Chair of Ruddington Gardener's Association, that the Village Show, organised by the Association, takes place in St Peter's Rooms on Saturday 20th September 2025.



Show off your best fruit, veg, baking and more at the yearly village show.

Staging of exhibits from 8.00-9.30am,
judging of exhibits 9.30-11.00am,
show open to the public 11.00am - 4.00pm

Schedules of categories for exhibiting are available in St Peter's Rooms, online at <http://ruddingtongardeners.co.uk>, mrdavey004@btinternet.com or 0115 9841687.

There will also be plant sales, WI refreshments, Nottingham Country Markets, Nottinghamshire Beekeepers and stalls by local groups including Ruddington and District u3a.

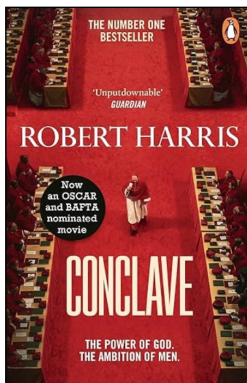
As a member are you available to help cover the u3a stand at the show for up to an hour, between 11:00 am and 4:00 pm? If so please contact Barbara Breakwell: breakwellbarbara5@gmail.com

Age UK Silver Sunday 5th October.

Publicity officer Barbara Breakwell asks: Could you please wish our members Happy Silver Sunday? I am proposing to sort some little treats for attendees at the general meeting to celebrate the fact that our u3a provides opportunities all year round.

Interest Groups News

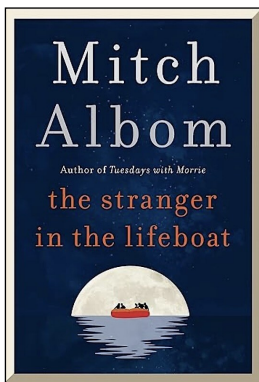
Book Group



Our latest book was *Conclave* by Robert Harris. It is about a fictional group of cardinals and the nuns looking after them who are locked away in the Vatican whilst going through the election of a new Pope. This was a well written, informative and relevant story with a twist at the end. It was enjoyed by all and provoked a lively discussion.

This book group Meets on the second Tuesday at 10:00 am in member's homes. Contact Maureen Thompson 07803589966
maureenfthompson@outlook.com

Friday Book Group



Our latest book was *The Stranger in the Lifeboat* by Mitch Albom.

The general consensus of the group was this book was an intriguing read with lots of nice short chapters. Adrift in a raft after a terrible shipwreck, ten strangers try to survive until they are rescued. After three days short on water, food and hope they spot a man floating in the waves. They pull him on board the survivor claims he can save them all. But can he? will the survivors return home and why did the ship actually sink? Some interesting plot twists.

This group meets on the first Friday at 2:00 pm in Philo's. Contact Liz Thornton emthornton48@gmail.com. 07950563156

Petanque



On a rather wet Thursday afternoon recently newsletter editor Ian Robinson caught up with members of the u3a Petanque group in the White Horse Car Park. Convenor Chris Murden commented that because of the heavy rain, at their normal start time, they had “unfortunately” had to take shelter in the White Horse pub.

The group meets in the pub car park on the 1st Thursday 2:00 pm and the 3rd Friday 10:30 am. of the month. If you are interested in joining the group contact Chris Murden, by email, rudd_u3a@yahoo to arrange a visit to a 1 hour "taster session", with the option of a longer game if wanted.

Travellers' Tales

We do not hold a Travellers' Tales meeting in August.

However our future programme includes Morocco, European River Cruising and a travel quiz.

If you enjoy listening to and talking about travel, please join us for a taster session as new members would be very welcome.

Contact Peter Davison if you are interested.

Travellers' Tales meets on the second Thursday at The Hub, 62 Musters Rd. at 2:30pm. Contact Peter Davison 07768 306213 pgdavison11@gmail.com

Brush up your French

Angela Sell has one vacancy for her Brush up your French group which meets weekly in member's homes every Monday at 2:00pm, except the third Monday. Contact Angela Sell angibill@gmail.com 07467 102 083

Friday morning Knit & Natter Group.



Joy Clayton's daughter Cheryl writes: The Knit & Natter group have been busy again producing beautiful knits, which Joy has been selling from the end of her driveway at Ruddington Village Market.

Proceeds from the sales over the past two months have been donated to the Lincs & Notts Air Ambulance Service.

An amazing £100 was raised and a letter of thanks received back from the Charity.

The Charity chosen for the next two months proceeds is Guide Dogs for the Blind.

Knit and Natter meets weekly in Philo's at 10:00 am. Contact Joy Clayton seese_81@hotmail.com

One in one.

This month's meeting will be on Thursday September 25th, and the 3 venues are all in Bingham. Starting at 2:00pm at the White Lion, followed at 3:00pm at The Horse & Plough, then 4:00pm at The Wheat-sheaf. Those of us that wish to have a bite to eat afterwards can then make their way to The Butter Cross, in the marketplace.

Directions:- From Ruddington, take a number 10 or 3 bus to County Hall. Cross over the road to Bridgford Road and get a Mainline bus outside the cricket ground, to Bingham. The Mainline buses run every 10 minutes to Bingham, but don't get on a Mainline bus that says RV (Rushcliffe Villager) as they go through several villages on the way and takes ages to get to Bingham. Get off the bus, just before The White Lion, which is on the main road through Bingham, called Long Acre. The second venue, The Horse & Plough, is approx 150 yards further down Long Acre. The third venue, The W heatsheaf, is another 150 yards down Long Acre on the opposite side of the road. The bus journey from Bridgford Road to The White Lion takes approx 25 minutes.

All existing group members and especially any new members, will be made very welcome.

One in one meets on a Wednesday afternoon with dates emailed to members. Contact Peter Wakelin: peter.wakelin1@gmail.com

Photography Group



The "brick tree" by Sarah Thomas

Our August meeting was a full house with all group members present. Images shown were on the theme of 'Hidden' featured, amongst other subjects, children, animals, sculptures and Russian dolls, some in set up situations and others completely natural.



The flyover by Steve Hewitt.

The focus in September is any subject, as long as it is seen through a 'frame' of some kind, and our meeting on 8th October is on the topic of 'Big and Small'.

Spanish group.

Hablas español con fluidez?

Are you able to lead a beginners/improvers Spanish group? Debra Lowe writes:

I already run a long-standing group for intermediate/advanced Spanish but receive enquiries from members interested in joining at a beginners or improvers level.

I would be happy to discuss this so feel free to contact me if you think you may be able to help. Many thanks. Debra Lowe

Debra_lowe@sky.com

Tai Chi.

The season is turning and brings along changes.

As co-ordinator Judy Hasson writes our tai chi family continues to grow. We have 23 people in the intermediate group and 22 in the Beginners.

It is time for a change to accommodate those who would like to start tai chi from basics, step by step rather than struggling in a large, experienced group.

The new programme, from 25th September, is as follows:-

NEW BEGINNERS CLASS. 10:00am to 11:00am.

INTERMEDIATES CLASS. 11:00am to 12:00 noon.

IMPROVERS CLASS. 12:00 noon to 1 00pm.

All classes held in Ruddington Village Hall every Thursday.



Stretching the spine
in warm ups



Neck movement
in warm ups



Abduction at the hips
in warm ups

If you would like a (free) taster session in the new beginners' class, please message me on 07505844009 or email me at judyhasson1@gmail.com. Regards to all. Judy Hasson.

Lunch Club.

The next Lunch Club meal is on October 2nd at The Ferry Public House in Wilford Village at 1:30 pm.

The Lunch Club meets on the first Thursday at 1:30pm in various locations. Contact Margaret Marshall 07914 414848
margaretmarshall70@gmail.com

Monthly speaker meetings.

Monday 15th September Peter Slater The search for my birth family.



A return visit by retired B.B.C. sports presenter and producer Peter Slater.

Every adopted child has their own story about looking for their birth family, some don't want to know others pursue without success. Mine involves secrets and lies, mis-directions foreign travel and a Premier League footballer. Does it even have a happy ending? That's the essence of my talk and also includes some embarrassing

photographs.

Monday 20th October Bernard Bale You must remember this.

Bernard Bale is an East Londoner by birth, a genuine Cockney who doesn't sound like one. He was first paid to write regularly for a local newspaper at the age of 13 and still at school. At 15 he left school and joined the Daily Express as a young reporter. What has followed has been a lengthy career as a journalist, editor and group editor, author, broadcaster, event host and speaker. He has also been very involved in the worlds of sport and entertainment for many years and thus has countless experiences to relate as well as observations of life, trends, music and so on from those early days in severely bombed East London to the present.

His talk ,entitled YOU MUST REMEMBER THIS: takes us from childhood and growing up to the music, fashions, entertainment and everyday life of the post-war years up to and including the 1970s.

Interest Group listings

Interest group information will no longer be included routinely in the newsletter. Full details can be found on our u3a website <https://ruddington.u3asite.uk/groups/> or by scanning the QR code:

In future the list can also be found in a new leaflet aimed at recruiting new members and available shortly at monthly meetings.

