

Newsletter December 2025

u3a
Ruddington & District

learn, laugh, live

Issue 83

Seasons Greetings



A message from the chair Liz McAdam

The festive season is well under way and once again the decorations in Ruddington help to brighten up the cold dark days. Ian Robinson, our newsletter editor's photo on the front page, has captured the scene outside St Peter's Rooms. Thanks to the Rudd Yarn Ninjas for their latest work.

Our year has gone very well and we have continued to grow in every way. The monthly meetings are more popular than ever and more of you are attending the growing number of interest groups.

Personally, and on behalf of your committee, I want to thank everyone who has contributed to making 2025 such an enjoyable and successful year for our u3a.

I hope you enjoy celebrating with your family and friends as well as with your interest groups and we hope to see you at the December meeting. We will have some festive treats after the talk and a free raffle for everyone who attends.

Wishing you a very merry Christmas and a happy, healthy and a prosperous New Year.

Best wishes
Liz McAdam
(Chair)

Interest Groups News

Knit and Natter



The Knit and Natter Group received a wonderful "thank you" from this month's, Charity Parkinson's UK (see below) for the generous donation of £100 from the sale of the groups knits at Ruddington Market.

Here is the text of their letter:

"Thank you for giving £100.00 to support the vital work happening now at Parkinson's UK.

Your generosity means pioneering research, from brain imaging to investigating the mitochondria, will keep searching for

new treatments and a cure.

Thanks to your donation, we can make a real difference.

"Developments in Parkinson's treatments, and the possibility of one day funding a cure, would offer hope and a light at the end of the tunnel."

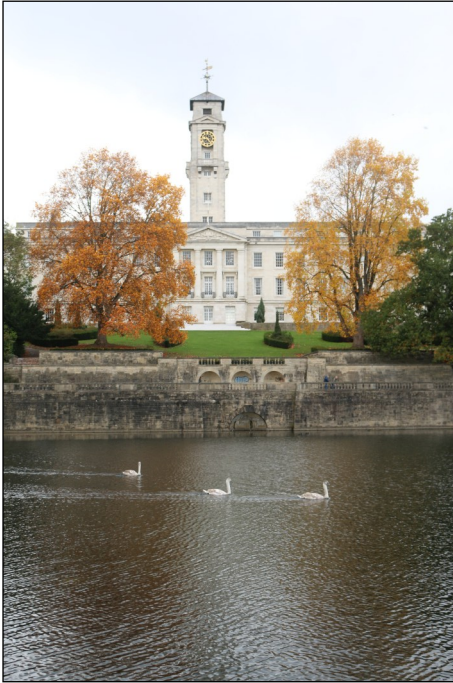
Your donation will also fund information and support services, like our local advisors who are here for everyone, from offering emotional support to advice about employment "

Tuesday Book Group



The Tuesday Book Group is about to meet for the final time this year. Our November meeting saw us discussing two books by Colm Toibin, Brooklyn and it's sequel Long Island. There was much discussion about the role and expectations of women in the 1950s. Our final offering is a 'cosy crime', Murder under the Mistletoe by The Reverend Richard Coles. We try to cater for all tastes!

Gardening Group



On the 27th October, seven members of the Gardening Group enjoyed a walk at Highfields and University Park to see the Autumn trees.

A damp start to the visit was followed by a beautiful warm sunny day. The walk took us across the lake via the stepping stones (fortunately no accidents!) and to the University Millennium Garden with its splendid colours and outside “bug house.”

Refreshments at the Lakeside Arts Theatre prepared us for our return home on public transport.



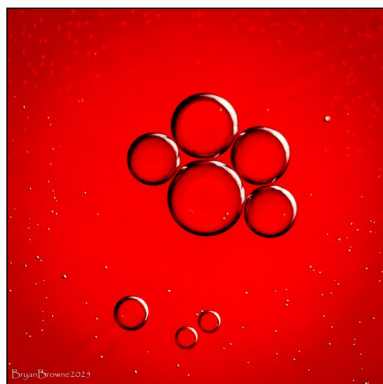
Photography Group.



Chris Davison



Mike Davey



Bryan Browne

combined paint, milk and a few drops of washing up liquid !

Here are some of our photos on the topic of 'Liquids. Not surprisingly, water was the most commonly chosen subject and appeared in the form of droplets, as the sea, a river and in a garden water feature. Coffee also made an appearance, and there were a few more experimental images using oil droplets on water, as well as one mixture which

Some of our monthly themes definitely strain the imagination, December gives us a chance to relax. At our meeting, without a specific topic, we can reveal more of our individual interests by showing our best photos of 2025, as well as taking part in a quiz matching pictures with well known photographers.

Our first meeting in 2026 is on January 14, when the theme is 'Lights' and there should be no shortage of those on display during the festive season.

Tai Chi.

Suddenly it's December again! The Christmas frenzy is underway. It is a special time to look back over the year and recall all the wonderful memories created throughout the year:

1. February 6th. The tai chi annual lunch.
2. Mar. 6th World Book Day.
3. April 17th Easter Bonnet fun.
4. April 26th World Tai Chi & Quigong Day
5. June 7th our 7th birthday.
6. 6th September 25th. New beginners group set up and developing nicely.
7. October 20th. Our Improvers Group MacMillan fund raiser cake bake and sale. The event raised £400. A magnificent effort.
8. October 30th Halloween Fun



Looking forward it is our Christmas fuddle in our last class of the year on Thursday 18th December. All groups are coming together at 10:30 am for an hour of tai chi followed by nibbles and drinks.

Our first classes in 2026 will start on Thursday 8th January.

Other dates for the diary are February 6th (Tai Chi Annual Lunch) and April 25th Saturday (World Tai Chi and Qigong Day).

Wishing you all a wonderful festive season and a healthy and peaceful 2026. Judy Hasson.

Brush up your French/Brush up your German

Both French and German groups have concluded a successful year with sessions celebrating Christmas in the respective countries, as well as our own. Angela Sell

Travellers' Tales

At Travellers' Tales monthly meetings we either share information about a topic like "favourite city breaks" or enjoy listening to group members talking about their travel experiences.

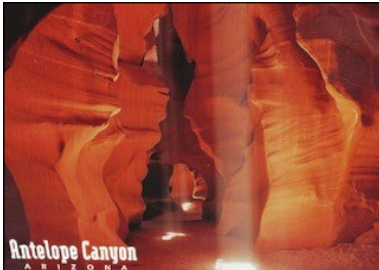
In 2025 we've travelled far and wide visiting the Falkland Islands, having a tour of American National and Native American parks, New Zealand, Kashmir, Kosovo, Morocco and a Danube river cruise.

A travel quiz set by David Gill was a good test of our knowledge. The December meeting will be a relaxing social with a little gluhwein and seasonal snacks whilst we talk about next years travel plans and our bucket list destinations.

Future meetings will include South Africa and Nepal & India.

If you are interested in joining us please contact

Peter Davison (pgdavison11@gmail.com)



An underground slot canyon in Arizona.



Display of bullets in a family home in Kosovo.

Lunch Club

The next meal for the Lunch Club is at The Frame Breakers Pub in Ruddington on the 8th January at 1:30 pm. One week later than usual because of New Year. I thank everyone who has come this year and hope to see you all again in 2026

Membership Secretary

We are still in need of a new Membership Secretary. This is a key role for our u3a and we have recently seen encouraging growth in numbers.

If you enjoy belonging to u3a and would like to give something back, have a good attention to detail and some time to spare would you please consider whether this could be for you? To find out more please speak to any committee member in the first instance.

Monthly speaker meetings.

Monday 15th December

A Victorian Christmas Anita Fernandez-Young

Followed by our Christmas Social.

The format for the December meeting is a talk on how the Victorians celebrated Christmas by Anita Fernandez-Young.

This will be followed by tea, coffee and mince pies and our free raffle.

Monday 19th January 2026 Anette Taylor Life at Sea



Anette's talks of her 30 years experience as a cruise director and travel manager are fast becoming a favourite on the speaker's circuit. Her knowledge of both ocean and river cruising are second to none and provide the backdrop for the wealth of stories she has accumulated.

Sunflower Friends



I have been a member of our u3a since it started in 2018. I am currently the Publicity person on our committee. In 2016 I was diagnosed with a chronic health condition and in the same year the Sunflower lanyard initiative was launched at Gatwick Airport. The idea was to have something that discreetly indicated that the wearer had a non- visible disability and may require a little more time and support. (80% of disabilities are non-visible)

I have recently become a volunteer Sunflower friend and I am delighted that the Ruddington & District u3a Committee have agreed to support my mission to raise awareness of what the Sunflower represents. We aim to be an exemplar for other u3a's.

If you would like more information, please feel free to contact me on rudd_u3a@yahoo.com or chat to me at a General Meeting. I will be the one wearing the green and yellow Sunflower lanyard!

Barbara Breakwell