

## Committee

CHAIR: Heather Ansell  
SECRETARY: Mary Marshall  
TREASURER: Derek Walker  
MEMBERSHIP SECRETARY: Carole Noble  
PROGRAMME SECRETARY: Lorraine Keeble  
GROUP LIAISON OFFICER: Linda Abraham  
WEBSITE & NEWSLETTER: Keith Noble  
COMMUNICATIONS OFFICER: Richard Simon  
REFRESHMENTS: Sue Molyneux  
WELFARE: Carole Tunaley  
PUBLICITY OFFICER: Vacant

## Non Committee

HONORARY PRESIDENT: Mary Taylor  
MONTHLY RAFFLE: Mary Noble

## April Raffle Winners

Sheila Woolard  
Angela Yates  
Jennifer Savage  
Derek Walker  
Peter Topps

Jane and Mary wish to thank everyone for taking part

## Welcome to our May Newsletter

**Would you enjoy joining our trips and visits, but sometimes hesitate because you'd be coming on your own, or would feel more comfortable with a little support?**

We understand that this can feel a little daunting, and we'd really like to make it easier for everyone who would like to come along to feel included and at ease.

If this sounds like you, please do get in touch - we'd be very happy to help.

Equally, if you're already booked on a trip and would be open to being part of a small, friendly group, perhaps two or three people sharing the day together, we'd love to hear from you too.

To help us make the best arrangements, it would be useful to know what would suit you most:

- Would you enjoy being paired with one other person, to sit with on the coach and spend the day alongside?
- Would you prefer to explore independently, but meet up at set times (for example, coffee or lunch)?
- Would having a companion be helpful for confidence, mobility, or any other reason?

There's no obligation at all, this is simply about helping everyone feel comfortable and able to take part in a way that works for them. Please discuss with Carole Tunaley our Welfare officer, Lorraine who is coordinating the trips or Heather our Chair

## Secretary Update from Mary

Last call for any member who would like to receive a hard copy of the "u3a Matters" magazine. There is a small postage charge to cover 5 issues for the year which is currently £4. Please let me know asap as there is only a short window for entering the database, by text 07759592353 or email [marymarshall@hotmail.com](mailto:marymarshall@hotmail.com).

There is a digital version available, please click on the picture below:



## Membership

If you are interested in joining our u3a, we would love to hear from you.

Membership fee is being held at £10 for the year in 2026 and for Reciprocal Members it is £6. We have around 200 members who are actively involved in our 15 different activity groups.

If you would like to see what goes on you are always welcome to try one of our groups or come to one of the monthly social meetings, which are held on every second Tuesday of the month.

Otherwise check out our website (please see link below) or drop an email to our Membership Secretary Carole, who would love to hear from you.

[enquiryvob663@gmail.com](mailto:enquiryvob663@gmail.com)

### BACS DETAILS

**Account Name - Vale of Belvoir u3a**

**Sort Code - 60-09-09**

**Account No - 25101846**

**REF - Your Name (if paying for two subscriptions, please put both names).**

**Your membership card will then be sent or handed to you.**

### Website

If you would like more information of what is happening in the Vale of Belvoir u3a, please visit our website

<https://valeofbelvoir.u3asite.uk/>

### Next Month

Entries for the June Newsletter to be sent to Keith Noble by the 25th May Thank you.

[keith.vobu3a@gmail.com](mailto:keith.vobu3a@gmail.com)

Photocopying with the co-operation of Bottesford Community Library. Thank you

## Programme Secretary Update from Lorraine

**Next Monthly Meeting – 2.00pm on Tuesday 12 th May 2026**

**Refreshments: Antiques and Photography (for support with washing-up please)**

### SCAM AWARENESS



We're pleased to welcome Dale from Nottingham Police to this month's meeting. Whether it's a phone call, an email, or even someone knocking at your front door, scams are becoming increasingly common and more sophisticated. This talk will highlight some of the latest scams affecting people today, explain how they work, and offer practical, easy-to-follow advice on how to recognise the warning signs and protect yourself from fraud. Come along to feel more confident, informed, and one step ahead.'

### Looking ahead ...

#### **June - Medicinal Plants: A Medicine Chest in your Back Garden.**

Hannah Sylvester, a Registered Medical Herbalist will give an informative and inspirational talk about herbal medicine and the medicinal plants growing in our gardens and the countryside.

#### **July - The Summer Party!**

We have some exciting entertainment planned, look out for more details next month.

#### **And a thank you from Catherine and Sarah from Grantham Beekeepers**

At last month's talk from Grantham Beekeepers, those who attended may remember Catherine spoke about Bees for Development, the charity they support which works with indigenous communities in the Peruvian Amazon to help them protect their forest through stingless beekeeping. By giving talks to local groups, Catherine and Sarah have been able to donate a sum of £250 which with Gift Aid and a Donation Match, equates to a grand total of £562.50 for this important cause.

### Day Trips

- **Hunstanton - Tuesday 11 th August 2026**
- **Black Country Living Museum - Wednesday 9 th September 2026**

There are still spaces available for both trips. Please let me know if you would like to join us, [Lorraine.vobu3a@gmail.com](mailto:Lorraine.vobu3a@gmail.com).

A Thank you from Mary Noble

Just to say a Big Thank You to everyone who came to our Spring Craft Fair on Sunday. We raised over £2000. on a lovely sunny day.

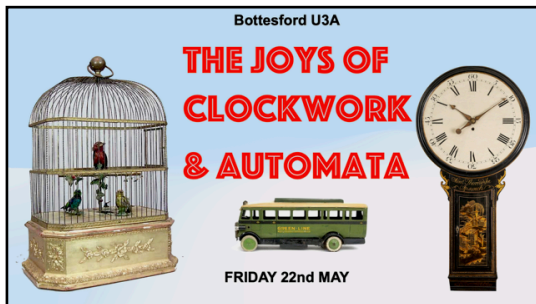
Grantham Canal Society Events Team.

# GROUP FOCUS

**Gardening - Leader Vacant:** Last month a few of us visited Grantham House on a lovely sunny afternoon and had a wonderful time.

**Our next visit is on Tuesday 5th May** - University of Leicester Botanical garden - Glebe Road (LE2 2LD), about 35 miles. Free entry but no refreshments. We will meet at VC Hall Bottesford 1.15pm to share lifts or at 2pm at the entrance. Please let Heather Ansell know if coming.

**Photography - Leader Richard Simon:** The next meeting will be in the Methodist Hall, Devon Lane on the 18th May from 2-4pm. We will be reviewing your 'Walls and Roofs' photographs and any other photo that you wish to share. There will also be an option to enter a local photo competition.



**VOB u3a Antiques Group - Leader Peter Young:** We meet this month on the 15th May, 2pm at the Methodist Hall. The subject this month is 'The Joys of Clockwork and Automata' Look forward to seeing you all.

**Cardcraft - Leader Julie Stansby:** Meeting on May 6th and 20th at the VC Hall. On the 6th we will be doing Decoupage, look forward to seeing you there.

**Book Club - Leader Mary Marshall & Carole Noble:** This month's book choice is "The Hotel Avocado" by Bob Mortimer of Reeves & Mortimer comedy duo fame (or BBC Two's Gone Fishing), the sequel to "The Satsuma Complex" and featuring solicitor Gary Thorn. "Should he stay in London, wallowing in the safety of his legal job in Peckham & eating pies with his neighbour Grace & her dog Lasso, or should he move to Brighton where his girlfriend Emily is about to open The Hotel Avocado? Either way he'd be letting someone down. the arrival of the mysterious Mr Sequence puts Gary in an even worse predicament: soon he might be dead." Meeting at Little Jack's on Tuesday 19th May at 2pm.

**Music Movement and Relaxation (MMR): NO MEETINGS on 4th or 25th May;** normal meetings on 11th (no Anne) & 18th.

**Art - Leader Mary Marshall:** Meeting as normal on 6th & 20th with Cardcraft.

**Ten Pin Bowling - Leader Keith Noble:** Next Meeting 27th May, 2pm at Grantham Bowl. It's £10 for two games which also includes a FREE TEA or COFFEE with your game.

**Walking - Leader Mary Marshall:** Wednesday 13th May. Leaders Keith & Carole Noble. Meet in the small car park just past Crowell Bishop Memorial Hall, Nottingham Road, Cropwell Bishop, NG12 3BA. Mainly flat (1 hill) and about 5 miles along canal towpath, footpaths, field tracks & gravel paths.

Friday 29th May. Leaders Chris & Chris Brandon White. Meet at The Wheel, 13 Main Street, Branston, NG32 1RU for a 10am start. Road parking. Details to follow by email.

**Scrabble - Leader Mary Noble:** Our next meeting is on Monday 11th May and we will keep meeting on the second Monday of the month. 2pm - 4pm in the small room at the Bottesford V C Hall. Everyone welcome, beginners and those who have played Scrabble. Tea, biscuits and a chat are included. Free the first time, £1.50 each session after. Contact Mary Noble 01476 566578 for more information.

**Flower Arranging - Leader Pam Lloyd:** Some of the flower arrangements from last meeting. Next meeting on the 27th May, 10.30 at the VC Hall.



# MAY DIARY 2026

4	MAY, MON	● All day	BANK HOLIDAY
5	MAY, TUE	● 10am – 12pm ● 2 – 4pm	TABLE TENNIS Bottesford The Old School GARDENING GROUP University of Leicester Botanic Garden
6	MAY, WED	● 10am – 12pm ● 10am – 12pm	ART GROUP Bottesford Village Hall CARDCRAFT Bottesford Village Hall
7	MAY, THU	● 2 – 4pm	WHIST, BOARD GAMES Bottesford The Old School
8	MAY, FRI	● 1:45 – 3:15pm	SINGING Bottesford Methodist Church
11	MAY, MON	● 10:30am – 12pm ● 2 – 4pm	MUSIC, MOVEMENT & RELAXATION Bottesford Methodist Church SCRABBLE Bottesford Village Hall
12	MAY, TUE	● 10am – 12pm ● 2 – 4pm	TABLE TENNIS Bottesford The Old School U3A MONTHLY MEETING Bottesford Village Hall
13	MAY, WED	● 10am – 12pm	WEDNESDAY WALKING GROUP NG12 3BA
14	MAY, THU	● 1:30 – 3:30pm ● 2 – 4pm	SEWING and KNITTING Bottesford Village Hall WHIST, BOARD GAMES Bottesford The Old School
15	MAY, FRI	● 2 – 4pm	VALE of BELVOIR u3a ANTIQUES GROUP Bottesford Methodist Church
18	MAY, MON	● 10:30am – 12pm ● 2 – 4pm	MUSIC, MOVEMENT & RELAXATION Bottesford Methodist Church PHOTOGRAPHY Bottesford Methodist Church
19	MAY, TUE	● 10am – 12pm ● 2 – 4pm	TABLE TENNIS Bottesford The Old School BOOK GROUP Little Jack's Farm & Garden Centre
20	MAY, WED	● 10am – 12pm ● 10am – 12pm	ART GROUP Bottesford Village Hall CARDCRAFT Bottesford Village Hall
21	MAY, THU	● 2 – 4pm	WHIST, BOARD GAMES Bottesford The Old School
22	MAY, FRI	● 1:45 – 3:15pm	SINGING Bottesford Methodist Church
25	MAY, MON	● All day ● All day	BANK HOLIDAY Last Day for Newsletter Entries
26	MAY, TUE	● 10am – 12pm ● 12:30 – 2pm	TABLE TENNIS Bottesford The Old School COMMITTEE MEETING Bottesford Village Hall
27	MAY, WED	● 10:30am – 12:30pm ● 2 – 4pm	FLOWER ARRANGING TEN PIN BOWLING AT GRANTHAM BOWL Grantham Bowling Dysart Road, Grantham
28	MAY, THU	● 1:30 – 3:30pm ● 2 – 4pm	SEWING and KNITTING Bottesford Village Hall WHIST, BOARD GAMES Bottesford The Old School
29	MAY, FRI	● 10am – 12pm	FRIDAY WALKING GROUP