

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

Peter Topps
Malcolm Ross
Gillian Brooker
Valery Marriot
Denise Richman

Jane and Mary wish to thank everyone for taking part

Welcome from Heather our Chair

Welcome to our June Newsletter

With all this lovely weather we can think that summer has hopefully started. Have you signed up for our summer party on July 14th where we have booked an ABBA tribute group to entertain us? There are also 2 coach trips; the first is on Tuesday August 11th to Hunstanton. This coach is almost full but if you are quick you may get one of the last places. The 2nd is to the Black Country Museum on September 9th which still has places left. If interested in any or all of these 3 events please see Lorraine or Liz at the next monthly meeting/our website or last newsletter for more details and contact enquiryvob663@gmail.com to put you name down to come.

Secretary Update from Mary

There is still time to complete the Inside u3a membership survey from National Office which will now close on 14th June. They are very keen to hear from as many members as possible both those that are very involved in u3a activities and those who are less engaged. Click the link below to answer the survey which will take about 15 minutes.

<https://online1.snapsurveys.com/Inside-u3a-survey>

Group Update

Whist and Board Games - Calling all Bridge Players!

Thursday afternoons 2.00pm - 4.00pm - The Old School, Bottesford



We've recently introduced Bridge into our regular Thursday afternoon Whist and Board Games sessions. If you would like a friendly, social game or two, do come along and join us.

We're a mixed group in terms of experience and ability. While we're not offering formal teaching, you're very welcome if you can

already play and enjoy the social side of the game.

As Bridge is played in tables of four, numbers may not always work out perfectly - so please be prepared to take turns or join in with Whist or Rummikub if needed. We'd love to see you there.

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

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 July Newsletter to be sent to Keith Noble by the 27th June Thank you.

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 9th June 2026

Refreshments: MMR (for support with washing-up please)

This month, we're delighted to welcome Hannah Sylvester to our meeting. Her talk is entitled **Medicinal Plants: A Medicine Chest in your Back Garden.**



Hannah Sylvester has worked as a Registered Medical Herbalist, since 2010, running her own successful clinic; firstly in Lincoln, and now since the pandemic, working via an online clinic and home visits. In addition to this, she's a qualified Educator, and works alongside schools, local interest groups, charities and corporate organisations, educating people about wild plant life and how nature can help our health and wellbeing. "This talk starts with a brief overview about herbal medicine and how it works, and then takes a journey through an introduction to around ten different common medicinal plants that are often grown in gardens, yards and across town and country, sometimes intentionally, sometimes just 'popping up' out of the soil. It's a lovely interactive talk, where I pass around extracts of medicines made from plants, for people to smell, or taste in some cases."

Looking ahead ...

Tuesday 14th July - It's the Summer Party with The Blightly Belles!

Come and be entertained with some well-known ABBA songs as your Committee serve you with an afternoon tea! Always a fun occasion, we look forward to seeing as many of you as possible on the day.

Day Trips

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

There are still some spaces available for both trips. Please let me know if you would like to join us, Lorraine.vobu3a@gmail.com.

Members Secretary Update from Carole

WELCOME WELCOME..... to all new members who have joined us this month. I hope you are enjoying all that our u3a has to offer.

Remember there are many groups, so why not try something new! you will always be made welcome. We look forward to seeing you all at our next monthly meeting on the 9th June at 2pm.

GROUP FOCUS

Gardening - Leader Vacant: NO MEETING THIS MONTH

Singing - Leader Val Lever: Please note that due to a fifth Friday in May there is a three week gap until our next meeting on Friday 12th June. We heard recently that our previous pianist, Deb, will not be able to return to us but Philip has agreed to carry on playing the piano to accompany us, We are all so grateful to him. Our last meeting before the summer break will be on 10th July.

Photography - Leader Richard Simon: I have rearranged our visit to Southwell Minster for the afternoon of Monday the 22nd of June. Would you please let me know if you intend to come, if you need a lift or are able to give group members a lift to Southwell (and back!) We have from 2pm to 5.30 between Minster activities so we shall meet at the VC Hall at 2pm to car share.

Cardcraft - Leader Julie Stansby: The next meeting we will be making a card using u3a stock, members will also be able to see what items we have. Everyone welcome.

Book Club - Leader Mary Marshall & Carole Noble: Meeting on 16th to discuss Fredrik Backman's book "A man called Ove" published in 2014, which is a funny, moving, uplifting tale of love and community. 'Ove is almost certainly the grumpiest man you will ever meet. He thinks himself surrounded by idiots - joggers, neighbours who can't reverse a trailer properly and shop assistants who talk in code.....but in the end you will see there is something about Ove that is quite irresistible.'

Music Movement and Relaxation (MMR): Meeting as usual every Monday in June at the Methodist Chapel 10.30 - 12noon.

Art - Leader Mary Marshall: Meeting as usual with Cardcraft on 3rd and 17th.

Walking - Leader Mary Marshall: Wednesday 10th June, leaders Amy & Mark Hodson. 5 mile walk starting & finishing at Dry Doddington. Park on Main Road, round the corner, past the church near the bus stop NG23 5HU.

Friday 26th June, leader Mary Marshall. Meet by Black Horse Pub, Grimston, LE14 3BZ for the usual 10am start. Street parking. Approximately 3.5 miles with easy to moderate slopes throughout, using hardcore farm tracks, grassy fields, woodland paths, Old Dalby Woods & field edges with several stiles.

Table Tennis - Leader John Hopkins: 1. Summer lunchtime meal organised for Tuesday 7th July 1.30pm at Pauls Restaurant Bottesford. This is for Table Tennis members and their Guests.

2. Due to redecorating etc the main room will not be available on Tuesday July 7th, so we will only have the room adjacent to the Kitchen. Space will be tight, max of 2 tables only.

3. A few thank you's - Keith & Derek for helping to set up each week, For all who help pack away, wash up "stray" cups etc and to Elaine for the delicious cakes.

VOB u3a Antiques Group - Leader Peter Young: We meet this month on the 19th June, 2pm at the Methodist Hall.

Ten Pin Bowling - Leader Keith Noble: Next Meeting 24th June, 2pm at Grantham Bowl. It's £10 for two games which also includes a FREE TEA or COFFEE



JUNE DIARY 2026

2	JUN, TUE	● 10am – 12pm	TABLE TENNIS Bottesford The Old School
3	JUN, WED	● 10am – 12pm ● 10am – 12pm	ART GROUP Bottesford Village Hall CARDCRAFT Bottesford Village Hall
4	JUN, THU	● 2 – 4pm	WHIST, BOARD GAMES Bottesford The Old School
8	JUN, MON	● 10:30am – 12pm ● 2 – 4pm	MUSIC, MOVEMENT & RELAXATION Bottesford Methodist Church SCRABBLE Bottesford Village Hall
9	JUN, TUE	● 10am – 12pm ● 2 – 4pm	TABLE TENNIS Bottesford The Old School U3A MONTHLY MEETING Bottesford Village Hall
10	JUN, WED	● 10am – 12pm	WEDNESDAY WALKING GROUP NG23 5HU
11	JUN, THU	● 1:30 – 3:30pm ● 2 – 4pm	SEWING and KNITTING Bottesford Village Hall WHIST, BOARD GAMES Bottesford The Old School
12	JUN, FRI	● 1:45 – 3:15pm	SINGING Bottesford Methodist Church
15	JUN, MON	● 10:30am – 12pm	MUSIC, MOVEMENT & RELAXATION Bottesford Methodist Church
16	JUN, TUE	● 10am – 12pm ● 2 – 4pm	TABLE TENNIS Bottesford The Old School BOOK GROUP Little Jack's Farm & Garden Centre
17	JUN, WED	● 10am – 12pm ● 10am – 12pm	ART GROUP Bottesford Village Hall CARDCRAFT Bottesford Village Hall
18	JUN, THU	● 2 – 4pm	WHIST, BOARD GAMES Bottesford The Old School
19	JUN, FRI	● 2 – 4pm	VALE of BELVOIR u3a ANTIQUES GROUP Bottesford Methodist Church
22	JUN, MON	● 10:30am – 12pm ● 2 – 5:30pm	MUSIC, MOVEMENT & RELAXATION Bottesford Methodist Church PHOTOGRAPHY Meet in VC Hall car park for Southwell visit
23	JUN, TUE	● 10am – 12pm	TABLE TENNIS Bottesford The Old School
24	JUN, WED	● 10:30am – 12:30pm ● 2 – 4pm	FLOWER ARRANGING TEN PIN BOWLING AT GRANTHAM BOWL Grantham Bowling Dysart Road, Grantham
25	JUN, THU	● 1:30 – 3:30pm ● 2 – 4pm	SEWING and KNITTING Bottesford Village Hall WHIST, BOARD GAMES Bottesford The Old School
26	JUN, FRI	● 10am – 12pm ● 1:45 – 3:15pm	FRIDAY WALKING GROUP SINGING Bottesford Methodist Church
27	JUN, SAT	● All day	Last Day for Newsletter Entries
29	JUN, MON	● 10:30am – 12pm	MUSIC, MOVEMENT & RELAXATION Bottesford Methodist Church
30	JUN, TUE	● 10am – 12pm ● 12:30 – 2pm	TABLE TENNIS Bottesford The Old School COMMITTEE MEETING Bottesford Village Hall