

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

June 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 July newsletter

I hope you enjoyed our last monthly talk on medicinal plants and have been busy making nettle tea to help with hay fever or rubbing plantain leaves on your insect bites. So much fascinating information.

Our next meeting will be our Summer Party on July 14th 2pm with songs from Abba followed by lovely sandwiches and home made scones. I hope to see as many of you as possible there and on our trip to Hunstanton

One of our new members would like to join a French speaking group but there is a waiting list for the Bingham group. If you would like to meet up with her to chat in French over a cuppa please let me know on my e mail address chairvobu3a@gmail.com. We are also still looking for a leader for the gardening group so if you can organise just one trip to a garden this year please let me know Look forward to hearing from you

Secretary Update from Mary

"u3a getaways" is a new initiative of bespoke holidays exclusively for u3a members and friends linked with The UK Holiday Group. Each tour goes beyond traditional sightseeing offering added value through talks & workshops. Themed trips such as The Agatha Christie Story in Torquay which explores her life & sees locations that inspired her greatest works (starting 14th September) or Appreciating Shakespeare in Stratford-upon-Avon; breaks for wine lovers, or aviation enthusiasts. Find out more at ["theukholidaygroup.com/u3agetaways"](http://theukholidaygroup.com/u3agetaways) or phone 01603 886773 and state u3a getaways.

For those members who have signed up to receive the 'u3a Matters' magazine, I will be collecting the postage charge of £4.00 in the next month. You should have all received 'Issue 72 Summer 2026' by now; please contact me if you did not receive your copy.

Day Trips

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

There are just a couple of places left on the Hunstanton trip with more availability on the Black Country Living Museum trip. If you've been unsure about it, Please let me know if you would like to join us,
Lorraine.vobu3a@gmail.com.

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 August Newsletter to be sent to Keith Noble by the 29th July Thank you.

keith.vobu3a@gmail.com

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

Programme Secretary Update from Lorraine

There is no speaker this month as we celebrate our Summer Party, after which we take our usual August break.

Our Autumn Programme is already well underway, beginning on **8th September** with the welcome return of **Neil Hanson**. Many of you will remember his previous talks, Inn and Out at the Top and The Ghostwriter. Neil's engaging and humorous style proved extremely popular, so we're delighted to welcome him back with his latest talk, Champagne Breakfasts and Flying Pigs: How Not to Have a Career.

It promises to be an entertaining and enjoyable talk, and the perfect way to launch our Autumn programme.

Some Photos From June



Photo from Lesley Galbraith. Taken on the recent trip to Southwell Minster with the Photography Group.



Getting in shape at the MMR Group.



The brave walking soles who braved the weather on the 10th June.



Ten Pin Bowling Group at Grantham Bowl in June

GROUP FOCUS

Walking - Leader Mary Marshall: Wednesday 8th July, led by Keith Noble.

Start: Car Park Chapel Lane Farndon NG24 3SR. In front of the Riverside Pub.

Distance: Approx 3.0 miles.

Please Note: **Start time will be 10.30am**

Details: This is a little shorter than most walks we do, around 3.0 miles of easy walking. It follows the Trent for a good part of the walk, with lots of wildlife. It is mainly grassy tracks/path along the riverside, with some normal pathing on the return. There are NO stiles to worry about, so dog friendly, although I believe dogs have to remain on leads. There is a nice cafe in Farndon, so if you wish to join us for a cuppa following the walk, you are most welcome to do so. More details in Mary's email to be sent just prior to the walk.

Please note that this will be our last walk before our summer break, with the next walk planned for Wednesday 9th September.

Gardening - Leader Vacant: NO MEETING THIS MONTH

Singing - Leader Val Lever: Our last singing session before our summer break will be on Friday 10th July. We will start again on Friday 11th September.

Photography - Leader Richard Simon: The next meeting will be on the 20th July in the Methodist Hall, Bottesford from 2-4pm.

We will be looking at the photographs you took at our visit to Southwell Minster and any others that you'd like to share with the group.

Cardcraft - Leader Julie Stansby: At the next U3A meeting we will be doing Embossing using U3A Embossed folders. Please remember to bring some card. All welcome to come and have a try.

Book Club - Leader Mary Marshall & Carole Noble: This month's book choice is "The Lost Symbol" by Dan Brown which is the third book in the Robert Langdon series published in 2009. A compelling thriller, written after 5 years of research. The book's narrative takes place in a 12 hour period taking the reader through a masterful & unexpected new landscape. Dan Brown's prodigious talent for storytelling, infused with history, codes and intrigue is on full display.

Music Movement and Relaxation (MMR): Only meeting on Monday 6th & 13th July. There will then be a summer break restarting in September.

Art - Leader Mary Marshall: Meeting as normal on 1st & 15th July with Cardcraft

Table Tennis - Leader John Hopkins:

1) Summertime Lunch on Tuesday July 7th 1.30pm at Pauls Restaurant Bottesford.

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.

VOB u3a Antiques Group - Leader Peter Young: No Meetings in July and August. Return on the 18th September.

Ten Pin Bowling - Leader Keith Noble: No meetings in July or August, due to the school holidays. When we meet back on the 24th September, I'm afraid the cost of the bowling is going up from £10 to £12.

Scrabble - Leader Mary Noble: We meet on Monday July 13th **AND** August 10th at 2 pm in the VC Hall. Everyone welcome.

JULY DIARY 2026

1	JUL, WED	● 10am – 12pm	ART GROUP Bottesford Village Hall
		● 10am – 12pm	CARDCRAFT Bottesford Village Hall
2	JUL, THU	● 2 – 4pm	WHIST, BOARD GAMES Bottesford The Old School
6	JUL, MON	● 10:30am – 12pm	MUSIC, MOVEMENT & RELAXATION Bottesford Methodist Church
7	JUL, TUE	● 10am – 12pm	TABLE TENNIS Bottesford The Old School
		● 1:30 – 3pm	TABLE TENNIS LUNCH at PAULS
8	JUL, WED	● 10:30am – 12:30pm	WEDNESDAY WALKING GROUP NG24 3SR
9	JUL, THU	● 1:30 – 3:30pm	SEWING and KNITTING Bottesford Village Hall
		● 2 – 4pm	WHIST, BOARD GAMES Bottesford The Old School
10	JUL, FRI	● 1:45 – 3:15pm	SINGING Bottesford Methodist Church
13	JUL, MON	● 10:30am – 12pm	MUSIC, MOVEMENT & RELAXATION Bottesford Methodist Church
		● 2 – 4pm	SCRABBLE Bottesford Village Hall
14	JUL, TUE	● 10am – 12pm	TABLE TENNIS Bottesford The Old School
		● 2 – 4pm	PARTY PARTY PARTY Bottesford Village Hall
15	JUL, WED	● 10am – 12pm	ART GROUP Bottesford Village Hall
		● 10am – 12pm	CARDCRAFT Bottesford Village Hall
16	JUL, THU	● 2 – 4pm	WHIST, BOARD GAMES Bottesford The Old School
20	JUL, MON	● 2 – 4pm	PHOTOGRAPHY Bottesford Methodist Church
21	JUL, TUE	● 10am – 12pm	TABLE TENNIS Bottesford The Old School
		● 2 – 4pm	BOOK GROUP Little Jack's Farm & Garden Centre
22	JUL, WED	● 10:30am – 12:30pm	FLOWER ARRANGING
23	JUL, THU	● 1:30 – 3:30pm	SEWING and KNITTING Bottesford Village Hall
		● 2 – 4pm	WHIST, BOARD GAMES Bottesford The Old School
28	JUL, TUE	● 10am – 12pm	TABLE TENNIS Bottesford The Old School
		● 12:30 – 2pm	COMMITTEE MEETING Bottesford Village Hall
29	JUL, WED	● All day	Last Day for Newsletter Entries
30	JUL, THU	● 2 – 4pm	WHIST, BOARD GAMES Bottesford The Old School