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Radcliffe on Trent NEWS SHEET

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THE UNIVERSITY OF THE THIRD AGE



Until further notice Members' monthly meetings, usually held in the Grange Hall on the first Thursday of each month are suspended .

CHAIRMAN'S MESSAGE

Hello Again. Well here we go once more with coronavirus. Do take care and follow the rules. I am pleased to announce that our NG30 TV programme on Notts TV is to become a mini series, commencing in October. This was always envisaged as an alternative to our Thursday Monthly speakers. Watch out for more information. The pilot show, shown at the end of August, can now be viewed on our website. The new wave of restrictions puts a break on the encouraging progress that Groups were making. We had 16 up and running either live and socially distanced or on Zoom. I would like to thank Group Leaders for troubling to keep Jan and Carol, our Groups Coordinators, informed. Don't forget they have information on how to use Zoom when the time becomes right for you to try and see if it works for your group.

Also and again thank you to most Group Leaders who have replied to Phil Gregg , our IT expert, with a list of those members in their groups and which is presently being loaded onto our computer system. There is a small number of Group Leaders who have not yet responded. Can you do this please. It is vital information on many many levels. To be honest if it transpires that this information is incomplete for your group that in itself is helpful. So please help your u3a with this important task.

Sorry to be so specific on this occasion. To everyone stay safe.

Malcolm

DUE TO THE GOVERNMENTS ADVICE TO THE ELDERLY ALL U3A GROUP MEETINGS HAVE CANCELLED OR CHANGED HOW THEY WORK.

CHECK WITH YOUR GROUP LEADER , as some groups are still running using social distancing or modern technology like ZOOM and SKYPE.

WALKING GROUP

Short walks program for members only - October 2020

Please note that anyone taking part in any of the following U3A walks do so at their own risk.

The walks will be conducted within the Covid19 restrictions which come in to force on the 14th September 2020. This includes a maximum of 6 people gathering together and staying 2 metres or 6ft 6in apart.

The Walk Leader will require all participants to supply their U3A membership number and contact details, including a telephone number. This is for 'Track and Trace' purposes. You will also be asked to provide Next of Kin contact details.

Travel to and from Radcliffe-on-Trent on public transport will be on an independent basis i.e. you will not be part of a group.

Each group will be formed of a leader and a maximum of 5 others. If there is more than one group a suitable distance must be kept between them when walking.

All the walks have been designed to take advantage of public transport where face masks are compulsory. Please ensure you carry hand sanitising gel, or equivalent, and a face mask, which must be worn where necessary. Don't forget your bus pass if you have one.

As usual please take water, wear good walking boots or shoes and carry waterproof clothing in case it rains. It may be wet and muddy crossing fields so good footwear is essential. You may find it useful to use walking poles.

Where there is a programmed lunch stop it will be highlighted in the walk details. At the end of several of the walks it may be possible to stop at a pub or café.

Wednesday 7th October – 5 miles Bingham and Car Colston

Meet at the bus stop opposite Vicarage Lane in Radcliffe in time to catch **10:14** bus (Mainline) to Bingham, arriving 10:26. Apart from two short sections of roadside walking in Bingham Town centre the walk is over field footpaths. If we time it right we should be able to have a drink at the Royal Oak pub in Car Colston and lunch on the green. **Please bring a packed lunch.** After returning to Bingham we will catch one of the frequent bus services back to Radcliffe. Depending on the weather, (and how long we spend at the pub), we should be back before 15:00.

Tuesday 13th October – 5½ miles Cropwell Bishop

Meet at the bus stop opposite Vicarage Lane in Radcliffe in time to catch the **10:40** 852 bus (Nottsbus Connect) to Cropwell Bishop, arr' 11:00. We get off the bus in Church Lane and walk approx 1½ miles on a mixture of roadside paths and fields to Owthorpe Church. We will be having lunch at the church so **Please bring a packed lunch.** After lunch we will continue across fields back to the outskirts of the village. The final section is along roadside paths back to the village centre where we will catch a bus. There are various options for the bus journey home depending on the time we finish. Whichever bus we catch it will necessitate changing, either in Bingham or at Holme House. Both routes will take approx 30 minute to get us back to Radcliffe.

Several options:-

1) 14:44 833 Bus (Nottsbus Connect) from Church Street to Nottingham Road Bingham arriving 14:55. Cross over the road to catch the 15:02 Mainline bus to Radcliffe arriving at 15:12

2) 1543 33X Bus from Hoe View Road (opp' Hoe Nook) to Radcliffe Road adjacent to Holme House arriving at 15:51. Cross over the A52 and catch the 16:01 Mainline service into Radcliffe arriving at 16:04.

Wednesday 21st October – 6 miles Bingham

Meet at the bus stop opposite Vicarage Lane in Radcliffe in time to catch **09:44** (Mainline) to Nottingham Rd Bingham, arriving 09:52. The first two miles from Nottingham Road is on a disused railway track. We then follow field footpaths, which includes a short section along the River Smite back to Bingham. **Please bring a packed lunch.** You may want to linger awhile in one of Bingham's café's before returning to Radcliffe on one of the frequent Mainline buses.

Derek Smith Walks Leader Telephone – **0115 9334482**

KNIT & NATTER GROUP

The members of the Knit & Natter Group would like to say a big thank you and express their appreciation to their Group Leader Jan for hosting the group sessions in a very controlled way in her garden during lockdown. Thanks also for arranging such nice dry weather on these occasions.



Jan Addiscott Group Leader
Tel : 0115 8447398

FRIENDSHIP & SUPPORT GROUP

We have managed to keep in touch with each other during lockdown through a weekly Newsletter and our own friendship network. Most of us live alone so this has been vital to support our mental health and wellbeing during these strange times. We have set each other quizzes and challenges, told each other stories or jokes. "Keeping smiling" though, through these stressful times has been an important motto. We have met up and sat outside on park benches around the village and had takeaways from coffees to fish and chips supporting our local shops, especially during the warmer Summer days. We made full use of Boris's £10 maximum, "Eat Out to Help Out" initiative. Some of us have felt confident enough recently to meet under the "Safe-Six" rule for a coffee and chat. Though it looks like that this rule may change if this spike in cases continues. Still we can adapt, and we will. Keep smiling everyone!

Rodney Fogg Group Leader

Tel ; 07971537119

CHILDLINE, CARRINGTON, NOTTINGHAM.—VOLUNTEERS WANTED

Childline is there to give young people a voice when no one else is listening. Whatever problems or dangers they're facing, we're a place for them to turn for support – any time of day or night.

We are urgently seeking more people to volunteer with us on our helpline in Carrington, Nottingham. We provide full training so no previous experience is needed. We look for compassionate people who are good listeners and want to make a difference.

If this is of interest to you please do get in contact by either visiting our website, emailing katie.bannister@NSPCC.org.uk or calling Telephone : 01158963259.

REAL ALE GROUP– RULE OF SIX

We have divided our large Real Ale group into smaller sub-groups with a maximum of six members in each, sometimes less and these sub-groups visit a local real ale pub for a lunch time for a chat, snack and drink from 12noon to about 1;30pm. During lock-down we are keeping it local in the Village. Both sub-group A and Sub -group B went to The Chestnuts during September . In August we went to The Radcliffe.

We still have our monthly Real Ale Meeting on the last Wednesday each month but now it's a ZOOM Meeting for forty minutes maximum. We will decide our sub-groups of six and where we will visit in the next month.

Further details from **Rodney Fogg** Group Leader Tel : **0797 1537 119**

CANASTA GROUP

Hi its Annette Ayres your canasta lady, unfortunately we still cannot get back to our Fridays, but some of you are playing on line. Hope to give you some good news but according to the news this will not be for a while. Hope to see all of you when we can again play in the meantime keep well and safe

Annette Ayres , Group Leader. email : tenbob@greenbee.net

BOULES GROUP

It is with a degree of regret that we have started to play on the Golf Club's piste instead of the one in the grounds of the Grange. We miss the social contact we have enjoyed by being behind the bus stop but we felt we had no alternative. We had always been concerned about the potential health problems caused by the quantity of droppings coming from birds roosting in the overhanging tree. We found it impossible to play without fouling our hands.

We mentioned this to various Councillors and staff with the result that one of the trees was removed. Regrettably, it wasn't the one causing the problem. (For the record; the Boules Group did not and would not have asked for a tree to be removed).

We are grateful to the Golf Club for allowing us to play there and for the opportunity to relax with a drink and something to eat afterwards.

Al Reed, Boules Group Leader. email : alnmo9@btinternet.com

IMPORTANT NOTICE

THE MEMBER'S U3A NEWSHEET WILL CONTINUE TO BE PUBLISHED MONTHLY ON-LINE TO KEEP MEMBERS INFORMED

MEMBERS WHO ARE NOT ON-LINE WILL ALSO RECEIVE A COPY

NOVEMBER'S NEWSHEET - COPY DEADLINE is 22nd OCTOBER, 2020

Please send your comments, suggestions for articles, news, reports or photos to The Editors, **Rodney Fogg and Patrick Mountford**. OUR email address is

radcliffeu3anews@gmail.com

Thank you *Editorial Team*