



Items for the newsletter should be emailed to
newsletter@eastwoodu3a.org
Deadline for November 2026 newsletter – 19th October



Monthly meeting

Wednesday 7th October 2026

Speaker: Peter Nickless

Subject: Why older people should write a memoir for their family

Older people carry within them a treasure trove of wisdom, memories, and life lessons that no history book can ever replicate. Writing a family memoir is one of the most meaningful ways to preserve stories and pass them on.

A memoir is more than just a record of events — it's a bridge between generations. Personal accounts bring family history to life through these heartfelt narratives.

For older people, writing a memoir can also be a deeply rewarding experience. The process can be therapeutic, helping to process emotions and strengthen a sense of identity. It's not about perfect writing — it's about raw authenticity and honesty.

Families benefit immensely from these written legacies. It can preserve cultural traditions, recipes, and customs that might otherwise be lost over time and provide a link to those members of their family that they did not know.

In today's fast-paced, digital world, personal stories are being forgotten. A memoir ensures that the voices of our previous generation continue to be heard long after they are gone. It becomes a timeless gift — one that can be read, cherished, and passed down for decades.

Your life is a unique thread in your family's tapestry, and by writing it down, you give your loved ones a priceless inheritance — the story of you which deserves to be told.

Speaker Finder: *Margaret N*

Volunteers

Signing in: Christine Goreham, Jackie Brett

Meet & greet: Heather Wright, Jenny Coulthred

Refreshments: Linda Lambert, Chris Leivers,
Ann McGillivray, Georgia Hanson

Setting up: Rob Leam, Calvin Goreham.

Volunteer Co-ordinator: Janet L

Groups Display Table @ Monthly meeting

October	History of England
November	Creative Crafts/KnitAid
December	No group display this month

Dates for the Diary

Meetings are held on the first Wednesday of the month at St Mary's Church, Church St., Eastwood.

Date	Speaker
4 th November	Philip Drabble Travels with a Tiger - Riding the Western Front
2 nd December	Paul Lillie The story of The Beatles

Fill the gap volunteers

Many thanks to all the members who volunteer each month and make our meetings run so smoothly. Occasionally, we have last minute gaps because someone is unwell or otherwise unable to attend, and we are looking for any members who would not mind being contacted at short notice to fill in. If this is you, then please have a word with any of the committee members and they will pass on the word. Thank you.

Audio Loop

Please note that audio loops are available at the monthly meetings in the church. Please see the technician's team at the front of the church to the right of the altar for any further information. They will be happy to assist you.

From the Editor

Deadline for the **November 2026** issue is **19th October**.

Please email all contributions, whether articles or photos, to the address below. **Please make sure that you have all permissions for photos of group members and that any other photos or pictures you send are copyright free.**

newsletter@eastwoodu3a.org.

Melanie

History of England

If you are interested in the Iron Age and the Romans come and join our **History of England group**.

This is the era we will be looking at next:

Exploring the first Millennium, beginning with the Iron Age and the Romans.

Some of us will be sitting at a showcasing table at the back of the church at the next monthly u3a meeting on Wednesday 7th October. We can hopefully answer any questions you may have about the group.

We are now discussing possible trips related to Roman Britain. Our first trip is to the Jewry Wall Museum in Leicester on 8th October.

The group meets at **10:30** on the **first Thursday** each month at the **Hayloft**. **Next meeting** will be **1st October**.

For more information contact Karen 07749 164039 or karenrea@hotmail.com

KnitAid/Creative Crafts

Do you like Knitting? or Crochet? Would you like to learn?

KnitAid is on the 3rd Thursday of each month, 10-12 noon at Rumbletums. We knit whatever's needed for local and national charities and send lots of things to Ukraine. We have coffee (sometimes cake) and a chat and we could do with a few **new members!**

Do you enjoy sewing?

Creative Crafts is on the 2nd Wednesday of each month 1-2.30 pm at Rumbletums. Members mostly work on their own projects but if you want to learn there's lots of knowledge and support available in the group.

New members welcome!

Group members contribute £1 to the rent each month.

Contact Margaret 07828 155086

Canasta

If you like a game of cards and want to learn a new game, why not try: **Canasta a two pack card game?**

If you're not sure, come and join us one morning, see what you think.

New members will be supported to learn the game.

We love the game so much that we meet twice a month

The Hayloft, the second and fourth Thursday at 11:00

For more information contact Nina 01773 717770

Local History 2

We had our first meeting at the Hayloft and looked at different topics that we could explore, and our existing range of knowledge. Some of the group have lived in the area all their lives, others are relative 'newcomers'. At our next meeting on October 13th we will discuss **place names** – streets, districts, estates, local towns, etc.

If you are interested in joining the group, please contact **Janet L** 078899 76342 initially.

Local History 1

We enjoyed a very interesting presentation with slides from Diana Pidgeon and Richard Brown, about Nuthall Temple. It was commissioned in 1757 by Charles Sedley, designed by Thomas Wright and built in the fashionable Palladian style. The grounds were created to form an idyllic landscape, instead of the formal gardens popular in the previous era.



Its central feature was the central hall with its large dome, which was 78 feet high. In its heyday, it employed 9 indoor servants and a large number of outdoor servants, including those who were employed in the three estate farms – Villa Farm, Home Farm and Assarts Farm. Charles Sedley did not have a legitimate heir, but had a close friendship with a "Miss Wood" from Eastwood. They had a daughter Elizabeth, whom he recognized as legitimate, and she inherited everything on his death. On her marriage a year later, her new husband changed his surname to Sedley, as per Charles's will, but when he eventually became Lord Sudbury, the Sedley name was discontinued.

In 1819, the house was bought by the Holden family, who were well established in Derbyshire. The last owner to live there was the Reverend Robert Holden, but on his death in 1926, his son, Robert Millington Holden, who owned other properties, decided he could not afford to retain it in the light of death duties and put it up for auction. At first it would not sell, but eventually the estate was sold in parcels, and the house went for a mere £800.



After the first World War, attitudes had changed and the Temple estate was no longer at the heart of the village, employing people from far and wide. In 1927 there was an auction to sell off the contents, and in 1929 the house was demolished. The subsequent arrival of the motorway has now cut Nuthall into two, and it is interesting to think how different the village would have been if the Temple had been preserved. Some of the group remembered visiting Garden parties in the grounds by the lake, next to a smaller modern house, and there are still a few relics of the house preserved in Nuthall: the Gate Pier at the entrance to the Three Ponds, and a summer house in one of the gardens along Kimberley Road.

Janet L

Gogglebox

In August, we met to discuss three programmes – **The Crow Girl**, **Ann Droid** and **Inside the Langham**.

Most members were lukewarm in their appraisal of **The Crow Girl**, thinking it formulaic, whilst often confusing. Others really liked the Gothic style, and thought that the twist at the end was quite a shock. It required some perseverance to sort out the different time strands and personalities. It was annoying that the series ended on a massive cliff-hanger, and that the second one is only available on Paramount +. A couple of the group had already watched Series 2 and said that this does explain many of the questions raised in the first one, and that it continues in the same Gothic strain.

One member really disliked **Ann Droid**, finding it completely implausible and silly. Some of the others quite enjoyed it, but didn't find it very amusing. A significant number however, had found it very funny, and laugh-aloud at times. There were some poignant aspects to the storylines, and a few of us decided that we would quite like to have a companion droid as we advance in years! The actors playing the robots were praised for their movement and speech, and we noted that Linda often said some of the things that we would love to say, but choose not to.

Inside the Langham (London hotel) was a real eye-opener and enabled us to have a glimpse into the lives of the super-rich. The attention to detail was amazing, but the prices spent were eye-watering. One of our group had been treated to afternoon tea by her daughter recently, and could certainly recommend it. Everyone had enjoyed watching this programme.

Next month, we will be discussing **The Staircase** (ITVX) and **Race against the Tide** (BBC2).

Janet L

Theatre

September's trip to the theatre was very popular with 46 members going to see **Til the Stars Come Down** at Nottingham Playhouse.

The play originally premiered at the National Theatre in 2024 and was immediately nominated for an Olivier Award.

The setting is a former East Midlands mining town at the wedding of Sylvia and Marek, a Polish immigrant. Long-held secrets surface, loyalties are tested, forcing characters to confront a future of uncertainty.

There were some mixed reactions to this play with one person finding it so boring they went home at the interval! A common opinion was that the two halves of the performance were very different. The first half was generally considered very funny whilst the second half dealt with more serious issues and some scenes of bigotry and violence.

Most people enjoyed the whole thing and most particularly the character of the Auntie who did seem to have all the best one-liners. There was some audience participation when we sang along with the groom with the lovesong to his bride. Pretty much everyone agreed the ending was very abrupt and you were left hanging.

Quite a few members recognised likenesses to members of their own families amongst the characters. Especially as they progressively became more drunk.

Personally, I found all the characters very credible and believable. The dialogue was very true to life. I was very moved by the plight of the sisters, saddened by the violence and how quickly situations turned. I felt it was very well cast. I was drawn in by the storyline and I do quite enjoy an ending that isn't all neatly tied up at the end. It was an abrupt ending and interesting to see the actors playing the sisters recover themselves for the curtain call when they'd just been so emotionally overwhelmed.

Overall, another very positive trip to the Playhouse and huge thanks to Marianne as always for her masterly organisational skills.

Melanie

5 Mile Walks Programme 2026

Programme is provisional and subject to change.

Other suggestions include Dale Abbey or Straws Bridge - West Hallam, if anyone wishes to change a venue.

NB: Please remember to carry a card bearing next of kin information. Thank you.

Angie

Date	Walk	Leader
October 2026	Stoneyford Ponds park Jacksdale Garden Centre	Barbara, Pauline, Angie
November 2026	Trowell Garden Centre Bramcote Hills car pk	Heather
December 2026	Beauvale Priory	Ivan

National Trust

Stourhead

It was my turn to go out on an adventure, and Clint stayed at home in Eastwood. It was quite a long way to Stourhead and I had a good snooze on the way.

The Georgian house was amazing, and full of fabulous treasures, such as this 16th century Italian chest, with more than 100 secret drawers.



In the hall was a painting of the last Henry Hoare, who gave the house and garden to the National Trust in the 1940s. He loved his wife so much that her face can be seen in the smoke from his cigar, and they actually died within six hours of each other.



The gardens were full of interesting follies like the Obelisk, Bristol Cross and the Pantheon. The best bit for my group was going to the Spread Eagle pub, the 18th century inn next to the church, but I was only allowed to have an orange juice. A very nice man then brought a shuttle down for my friends because they were very tired of walking.



Got home to Eastwood quite late – but happy!

Fred

Poetry - Buttercups

On walking in the countryside
I saw a field of purest gold.
It glinted in the summer sun,
amazement I could not withhold.
Three acres, more, it rippled there,
a magic scene of natures crop.
Like to a lake of moonlit glow,
it was a field of buttercups.



And for each stem of mowing grass
there grew a twin of sunny yellow.
Stem and flower were unified.
Each tiny movement ebbed and flowed.

I thought of, then, to childhood days
when through the fields we'd freely course.
With buttercup to chin upheld
this told that butter was our choice.

And then to pick the longest stalks
to take home as a golden spray,
to stand in jam jars proudly placed.
A perfect prize to end our day.

What glories nature holds for us
to brighten and enhance our days.
Each season yielding new delights;
such pleasures in our memories stay.

Pat P - June '26

Walks 5 miles

We met at Cromford Mill for our September walk. It was a good turnout of 18 on a lovely day. We walked along the canal where as well as the wildlife someone was enjoying his motorised model boats, with Ratty as Captain in one.

At Aqueduct Cottage we organised ourselves into two groups. One group went inside with volunteer Ron and he went through the history of the lock-keeper's cottage built in 1802, abandoned in 1974 and restored from 2016. Ron was the instigator of the restoration, raising money and working alongside Derbyshire Wildlife Trust. There are photos of the ruin, almost hidden by trees, and others showing the work in progress.

The two groups swapped and another volunteer, Ian, explained why the cottage had been built in the first place by Peter Nightingale who owned a mill a short way from the canal and needed a water source.

A short canal was dug to his site and a lock had to be in place to regulate water and allow boats through. And the lock needed a lock keeper.

Friends of Aqueduct Cottage now manage the site hosting community events and rotating arts festivals. More information and updates can be found from their Facebook page: Friends of Aqueduct Cottage.

After the talk the group split with some staying on the level paths and returning to Cromford Mill. Seven intrepid explorers went along the shorter arm of the canal to John Smedley's Mill, the site of Peter Nightingale's mill and up on the side of the hill looking down on the canal and the A5, past Cromford Railway Station, and back to the start.



Maureen W

Group Information

If you have any ideas for new groups or need any further information please contact the group co-coordinators **Patricia W** and **Craig M**:

groups.coordinator@eastwoodu3a.org

Key: Text highlighted in **yellow** means there is a change of information since last month's newsletter

Art Appreciation: meet in Brinsley Parish Hall, 3rd Monday @ 10:30 am. **New members welcome!**
Contact Helen 07535 785061

Book Group: 1st Monday @ 11.00 am in Eastwood Library.
Contact Sue 01773 717676 or Pauline 01773 788366

Café Culture meet in various venues on the 2nd Wednesday @ 10.30 a.m.
Contact Margaret N 07828 155 086

Canasta: meet in The Hayloft 2nd & 4th Thursday @ 11:00 am
New members and beginners welcome!
Contact Nina 01773 717 770

Church History: Meets in Rumbletums 2nd Friday @ 1:00 pm
New members welcome!
Contact Marianne 0115 9134077

Coffee & Co: meet in various venues on the 4th Wednesday @ 11.00 am.
Contact Barbara 0115 9468721

Creative Crafts: meet in Rumbletums 2nd Wednesday @ 1-2.30 pm. **New members welcome!**
Contact Margaret N 07828 155086

Creative Writing: meet 3rd Tuesday @ 2:00 – 3:30 pm
Contact Chris 07891 032300

Family History: meet in The Hayloft on the 4th Monday 11.00 – 12.30 pm.
Contact Diana 0115 9169343

French Conversation: meet in The Hayloft on the 2nd and 4th Tuesday @ 10.00 am. **New members welcome!**
Contact Pauline 01773 788366

General Gardening Club: meet 2:30 – 4:30, 3rd Friday, April - September @ different member's garden each month.
Contact Sue susancarol44@btinternet.com 07866 604450

Gogglebox: meet in The Hayloft on the 3rd Tuesday 11.00 – 12.30 pm.
Contact Janet L 07889 976342

History of England: meet in The Hayloft, 1st Thurs @10.30am
New members welcome! Jewry Wall Museum visit 8th October. Members making own way there.
Contact Karen 07749 164039 or karenmrea@hotmail.com

Jewellery Making: meet in The Hayloft 3rd Thursday @ 10.00-11:30am. **NOTE: next meeting Thursday 15th October. New members welcome!**
Contact Melanie 07722 177820

Group Information

KnitAid: meet in Rumbletums, Kimberley, 3rd Thursday @ 10-12.00 noon. **New members welcome!**
Contact Margaret N 07828 155086

Local History: meet in Brinsley Parish Hall 2nd Monday @ 10:30 – 12:00
Contact Janet L 07889 976342 janet_lander@yahoo.co.uk or Julie 07929 914230 juliemattuk@yahoo.co.uk

National Trust: meet in The Dog & Parrot on 1st Monday each month @ 10.00 am. **New members welcome!**
Contact Yvonne 07951 886195

Naturewatch: meet on 4th Monday @ 1pm.
Contact Barbara S 07977 109451 for further information.

Pétanque: meet in The Foresters Inn Newthorpe.
Contact Jim S 07977 415072 for further information.

Photography: meet in Brinsley Parish Hall on 3rd Tuesday @ 10.00 am.
New members, beginners & enthusiasts all welcome.
Contact Barbara S 01773 786004 or 07977109451

Psychology: meet in Rumbletums on the 4th Wednesday @ 1.00 pm.
Contact Marianne 07799 210132

Pub Pals: meet 2nd Thursday each month @ 7.00 pm in various locations
also 4th Thursday each month @ 12 noon in various locations.
Contact Jan 07961 832864 or Rob 07845 177500

Rediscovering Nottingham Group 1:
meets the 4th Tuesday of the month.
Contact Andrea on andreaadsadler@gmail.com

Rediscovering Nottingham Group 2:
meets the 4th Friday of the month.
Contact Andrea on andreaadsadler@gmail.com

Spanish: meet on the 2nd & 4th Wednesday 10.00 am - 12.30 pm @ Julie's Tea Rooms. **New members welcome!**
Contact Paul 0115 9133449

Strollers: meet on the last Wednesday from April to Sept.
Contact Jill on 01773 765735 or 07979 964091 for further information. **New members welcome!**

Theatre: meet at the theatre for the productions.
Contact Marianne on 07799210132 for further information. **Full with a waiting list.**

Walks, 5 miles: meet on the 1st Tuesday at 10am.
Tuesday 6th October. Park in Jacksdale Garden Centre. Stoneyford Ponds walk. For further information contact Susan 01773765484 / 07866 604450 or Angela shawangela628@googlemail.com

Wine Appreciation: meet in The Hayloft @ 7.00 pm on the 2nd Monday.
Contact Chris 07779 375865

Day	1 st in the month	2 nd in the month	3 rd in the month	4 th in the month
M o n d a y	10:00 National Trust meeting	10:30 Local History	10:30 Art Appreciation	11:00 Family History
	11:00 Book Group			13:00 Naturewatch
		19:00 Wine Appreciation		
T u e s d a y	10:00 5 mile Walks	10:00 French Conversation	10:00 Photography	10:00 French Conversation
			11:00 Gogglebox	10:30 Rediscovering Nottingham
			14:00 Creative Writing	
W e d n e s d a y	10:00 MONTHLY MEETING	10:00 Spanish		10:00 Spanish
		10:30 Café Culture		10:15 Strollers* last Wed
		11:00 Local History 2		11:00 Coffee & Co
		13:00 Creative Crafts		13:00 Psychology
T h u r s d a y	10:30 History of England	11:00 Canasta	10:00 Jewellery Making	11:00 Canasta
			10:00 KnitAid	12:00 Pub Pals
			13:30 Pétanque	
		19:00 Pub Pals		
F r i d a y				10:30 Rediscovering Nottingham
		13:00 Church History		

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