



Items for the newsletter should be emailed to
newsletter@eastwoodu3a.org
Deadline for October 2026 newsletter – 14th September



Monthly meeting

Wednesday 2nd September 2026

Speaker: David Price

Subject: Kicks and Frills: the Story of the French Cancan



Did you know that the first cancan dancers were men?! Or that the original dance was a ballroom dance, and it was only much later that it became an all-women chorus-line stage dance? These and other curious facts are revealed in my talk on the cancan, based on my book on the dance, [Cancan!](#).

The cancan first appeared in 1830 and by the 1860s people were describing it as the "French National Dance", but it's most associated with the 1890s, when Toulouse-Lautrec's famous models La Goulue and Jane Avril were dancing at the Moulin Rouge.

This talk is illustrated with film clips (with music), and contemporary photographs, cartoons and paintings.

Speaker Finder: [Margaret Naylor](#)

Groups Display Table @ Monthly meeting

September	General Gardening The General Gardening group will have a table at the September Monthly meeting to display produce grown by the members and to answer questions and talk about the group.
October	History of England
November	Creative Crafts/KnitAid

Refreshments

Many thanks to Linda Lambert and her team who make us refreshments each month.

If you would like to [bring a re-usable cup](#), that would be another way in which we could make their job easier.

Volunteers

Signing in: Eileen Exley, Christa Swanwick

Meet & Greet: Claire Booth, Gillian Cooke

Setting up: Robert Livermore, Richard Walker

Refreshments: Linda Lambert, Jane Statham,
Linda Dring, Georgia Hanson

Volunteer Co-ordinator: Janet Lander

Dates for the Diary

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

Date	Speaker
7th October	Peter Nickless Why Older People Should Write a Memoir for Their Family
4th November	Philip Drabble Travels with a Tiger - Riding the Western Front
2nd December	Paul Lillie The story of The Beatles

From the Editor

Deadline for the **October 2026** issue is **14th September**.

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.

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.

Charity number: 1164636

Membership Secretary membership@eastwoodu3a.org Tel 07565 928 992

Executive Committee Members: cttee@eastwoodu3a.org

Website: www.eastwoodu3a.org

Proposed new group

Local History

We are thinking about starting a **second Local History group** on a **Wednesday morning (second in the month)** in September.

At the next meeting, there will be a sign up sheet on the groups table, for anyone who is interested, and the **first meeting will be at 11.00am on Wednesday, September 9th at the Hayloft.**

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

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.

We are now discussing possible trips related to Roman Britain.

The group meets at **10:30 on the first Thursday each month at the Hayloft.**

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

Theatre

The next production the group are going to see in September is proving to be very popular. 46 members are 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.

The group wishes to acknowledge the generous donation of a £50 theatre voucher from another u3a member who wishes to remain anonymous. We will all benefit from a £1 reduction on our already reduced price seats for the above play. Thank you very much; we are all looking forward to it.

Marianne Sparrow

Psychology

Wednesday Sept 23rd will be the next time the Psychology group meets. However, it won't be like other meetings; after many years of running this successful group, Jim and Diana are stepping down. The group would like to thank them for their hard work over the years to keep the group going and wish them both well.

So what will September's meeting involve? It will be a relaunch of the group, starting with the basic questions: what is psychology, its history and how we can use it in everyday life. The next steps will be child development and social psychology. It's not intended to be an academic course, and no previous knowledge of psychology is needed; the programme will be interactive and designed around members' interests. So, if you love people watching, want to know more about why we do what we do, then September is a good time to join.

The venue is Rumbletums Cafe, Kimberley on the 4th Weds of the month from 1-3 pm, beginning September 23rd.

If you would like to join the group or know more about it, contact Marianne on 07799210132

Marianne Sparrow

O do not ask if I am beach body ready : Brian Bilston

O do not ask
if I am beach body ready.

Observe how the folds
of my stomach ripple
like the wind-pulled waves.

Rub your hands
over these pale buttocks,
sand-smoothed by time.

Note my milk-white limbs
like washed-up whalebones,
stranded and useless.

Consider these tufts of hair
on my back and shoulders
which sprout like sea-grass.

And listen to the lapping
of my socks
at the shores of my sandals.

And still you ask me
if I am beach body ready?

Photography

The photography group met up for an outdoor meeting visiting Barlow's sunflower fields just outside Chesterfield, suggested by our member Les Dean. This was a very successful event, everyone enjoyed a peaceful wander through the fields where we spent time taking pictures for members to view on screen at our next meeting. The beautiful sunshine enabled us to savour the chocolate cake and drinks before returning to the fields to 'pick our own' flowers to take home. (Pictures of sunflowers taken by Les.)



5 Mile Walks

Walkers were out of force despite the heat!

We walked from Greasley Church through the fields over to Watnall woods, finishing back at Greasley Church tea rooms where we enjoyed tea and cakes.



Barbara Sherwood



Barbara Sherwood

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 Shaw

Date	Walk	Leader
September 2026	Cromford Canal Mill car park	Linda
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

Nature Watch

Our newly formed Nature Watch group was invited to visit an area of private land managed for wild life.

Our host, an Entomologist whose study of moths and butterflies spans over 60 years, was able to impart his knowledge and passion in a very informative and enjoyable way.



Picture of a Painted Lady butterfly taken by member Les, and a picture with Pauline holding a caterpillar Hawk Moth taken by Barbara.



Barbara Sherwood

Rediscovering Nottingham

Members enjoyed a very interesting visit and tour of **Papplewick Pumping Station**, steeped in history and a fine example of Victorian architecture.

First we visited the building that housed the underground reservoir, which was impressive but rather eerie to walk around.



After a break for refreshments and to purchase plants grown by volunteers our next step was a tour of the main pumping station boiler room.



Overall this was a very informative tour for those interested in industrial history, engineering and Victorian architecture.



Barbara Sherwood

National Trust

Hidcote Garden visit with the National Trust group

I was really looking forward to going out with the National Trust because it seems a long time since they invited me out for the day.

We were visiting Hidcote Manor and Garden, which Yvonne told me was very beautiful. It was created by Lawrence Johnston, in the 1920s, and is full of different "garden rooms", including the famous Red Border, between the two Gazebos (which looked just like pagodas).



Red border



Gazebo

It was very, very hot, but I remembered to put my sun tan lotion on, and a kind member of the group kept me cool in her rucksack.

The grass looked quite dry, but the garden was still looking wonderful, and I really enjoyed scampering up and down the little paths, and discovering hidden nooks and views.

We managed to find a wonderful semi-circular seat in the shade to have our sandwiches and a rest, before setting out again in the hot sun.



The best bit was the yummy ice-cream that I had in the café in the afternoon, before having a snooze back on the bus. I didn't find it very easy to put my seat belt on, so please could the coach driver provide a special sized one for the next one.



The National Trust group are a friendly bunch, and I am already looking forward to the next trip – if they remember to ask me!

Group Information

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

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 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 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 07889 976342

History of England: meet in The Hayloft, 1st Thurs @ 10.30am
New members welcome!
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 07828 155086

Local History: meet in Brinsley Parish Hall 2nd Monday @ 10:30 – 12:00
Contact Janet 07889 976342 janet_lander@yahoo.co.uk or Julie Matthews 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 07977 109451 for further information.

Pétanque: meet in The Foresters Inn Newthorpe.
Contact Jim 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 01773 786004 or 07977109451

Psychology: meet in Rumbletums on the 4th Wednesday @ 1.00 pm. **NOTE: next meeting 23rd September. 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 Janet 07961 832864 or Rob 07845 177500

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

Rediscovering Nottingham Group 2:
meets the 4th Friday of the month.
Contact Andrea Sadler 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. **New members welcome!**

Walks, 5 miles: meet on the 1st Tuesday at 10am.
Tuesday 1st September. Park in Cromford Mill carpark.
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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