



This month join us at our

### ANNUAL INTEREST GROUPS FAIR

on

**Tuesday 1st October**  
**10.00 am–12 noon at**  
**The Arena**  
**Ilkeston**

**Open to All,**  
**including Prospective New**  
**Members, to come and find**  
**out what we do.**  
**Bring a Friend!**

**Free Entry and Light**  
**Refreshments**

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### Coming soon to our Open Meetings

**5th November: Trustees Week.**

**Talk by Liz Keeley, 'Derbyshire is far from the coast. Yet the county has many connections with the sea'**

**3rd December: 'The Art of Christmas cards' by Danny Wells**

**7th January 2025: 'Life in Derby in the 1950's' by Paul Sturges**

**4th February: Talk on Fire Safety by Sharon Tassi from Derbyshire Fire and Rescue**

### \*\*\* IMPORTANT \*\*\*

**Please note:** All those attending the monthly meetings must sign in at either of the two desks at the entrance to the meeting hall of The Arena. This is necessary so that we know how many have attended and, even more important, **it is required to comply with fire regulations.** If you arrive early, before the signing-in sheet is available, please make sure you return to the desk later to sign in.

Find us on

Facebook

<https://www.facebook.com/groups/1226535837801301> Tel: 07660 966325

## Letter from the Chair

### Hello Members

Firstly, may I welcome our two newest members, Angie & Sarah, and wish them well as they settle into chosen activities at Ilkeston u3a.



September seems to have flown by don't you think? We'll soon be welcoming 'fair' weather with the arrival of the Ilkeston Charter Fair later in October, but let's enjoy the beauty of Autumn before then.

National u3a week falls in September, and we took the opportunity to do some extra promotion. We had a week-long static display at Ilkeston Library, which drew a lot of interest and a fabulous article was printed in Ilkeston Life introducing the Interest Groups Fair. Let's hope it draws in the crowds.

September proved to be quite a digitally focussed month. The Committee and I have been working with our volunteer webmaster to refresh the website which is a very important front door for Ilkeston u3a. We are working on updates in a phased manner, so you'll notice some changes as we go along and we hope you like the finished product.

During u3a week we launched a new Facebook Page. The aim of this page is to promote u3a, particularly Ilkeston, and attract new members. If you are on social media please seek it out. We need lots of good news for the page, and will post regularly so please keep us updated with all your activities in group, thank you.

Our annual showcase the **Interest Groups Fair**, to be held **Tuesday 1<sup>st</sup> October at The Arena, 10-12 noon**, (in place of our usual open meeting) happens to fall on United Nations International Day of Older People. How fitting! The Fair will be open to the public with free entry and light refreshments. It's a great opportunity to find out what happens in groups you haven't tried yet and maybe sign up. A lot of effort goes into this annual event so please support your fellow members and come along - bring a friend too!

Just a quick word about the new **Scala Cinema Group** . . . Annette, the Group Leader was overwhelmed with the interest in this new group and was keen to get it off the ground with a trip to see The Joker early October . . . then the bombshell email arrived to say they were closing temporarily for roof repairs. So, for those registered on this new group, Watch This Space, more news will come out as soon as Annette knows more. I'm sure it will be worth waiting for.

The next Committee Meeting is on 8<sup>th</sup> October. If any member would like to attend to find out what's involved in being on the Committee please let me know. We would be delighted to welcome more members to the team, there's no need to wait for the next AGM, we need you on board now!

And, finally, a vote of thanks to all our VIVs (**V**ery **I**mportant **V**olunteers!) without whom nothing would happen at Ilkeston u3a. I couldn't do what I set out to do without the help and support of a very able and talented Committee Team. That sentiment filters throughout all our activities . . . we wouldn't have Interest Groups without our fantastic Group Leaders, or our Open Meetings without the Reception, Meet & Greet, and Refreshment Teams, or our digital presence without the skills of our Techy Teams maintaining our newsletter, website and now social media, and then there's the STARS Team, who step in and do the extras or cover for our regulars. Over one-third of our membership offer something to make Ilkeston u3a what it is. Thank you everyone!

**See you at the Interest Groups Fair!**

**Christine Keighley, Chair, [chair@ilkestonu3a.org.uk](mailto:chair@ilkestonu3a.org.uk) 07760 966325**

## Ilkeston u3a Facebook Page launched

Ilkeston u3a launches a Facebook page to celebrate u3a Week



With its aim to promote u3a in general, Ilkeston u3a in particular, and attract new membership, our public-facing social media presence attracted its first enquiry within days!

If you are on social media please seek us out to follow and like the page. Every click helps.

Inspired by Ashbourne & District u3a, who have very successfully harnessed social media, we are following their model and hope for equal success. Sheila, Chair of Ashbourne and District u3a, says “Social media, used wisely, is a fantastic promotional tool for the u3a movement. We’ve not had one negative experience with it in over 2 years”.

A dedicated and enthusiastic team of Ilkeston u3a Volunteers – Brian, Kay & Christine will be posting items onto the page regularly but they need your help! Brian and Kay will be visiting all Group Tables at the Interest Groups Fair so you’ll be able to put a face to a name. They are eager to hear all about what makes Ilkeston u3a tick and would very much appreciate comments, **photos** (see below) and members’ quotes to help them promote u3a.

**Please note, our current Private Members Facebook Group is unaffected by this new Public Page.**

### PHOTOS

Just to highlight the above –

**Group Leaders, if you are sending me photos, to go with your article in the newsletter for your group, please also send them to Christine chair@ilkestonu3a.org.uk**

**Thank you  
Janis Henshaw**

## u3a alleviates social isolation

### Student research concludes that u3a alleviates social isolation

**Research by two students from The University of Utrecht into the benefits of joining the u3a concluded that it helped alleviate loneliness and isolation.**

Earlier this year, Sherida ten Lande and Tess Tolma from the University of Utrecht joined in a range of u3a activities in a 10-week fieldwork placement as part of their Bachelors in Cultural Anthropology.



You can read the full article at

<https://www.u3a.org.uk/latest-news/u3a-alleviates-social-isolation>

but in a nutshell they got involved in groups, interviewed members, and gathered stories and experiences. In the interviews members described u3a as a 'lifeline', a 'godsend', and shared that they 'would not know where they would be without it'. The students concluded that u3a membership gives structure to retired life, wellbeing, and overall life satisfaction, not to mention a new social network.

Of their experience, Sherida said: "Seeing and experiencing what u3a can offer for those who are no longer working, was amazing. But what was truly inspiring, were the wonderful people that I've met and their life experiences shared with me. It was an honour to become part of their lives for a small amount of time."

Tess added, "Despite the rainy 10 weeks we spent in the UK, being with u3a members brought sunshine to my days . . . The many wise words and heartfelt stories will stay with me forever!"

## What does Ilkeston u3a mean to YOU?

???

“I joined to meet new friends in my local area, but I have found so much more than that . . . special people, a new life-long hobby, a rekindled passion for family history, friendship, and a meaningful way of giving something back to my peers. There’s life outside of u3a, of course, but u3a is a big part of my life.”

So what does Ilkeston u3a mean to you



I’m throwing out a challenge to all members to help build our very own **Scrapbook Library** of ‘**What Ilkeston u3a means to its Members**’.

You may contribute anything that says something special to you about Ilkeston u3a. It might be a photo or a video, a word, a quote, a story or a memory, maybe a podcast or a piece of music, anything that depicts to you how being a member of Ilkeston u3a enhances your life. **Please will you help?**

The ‘Scrapbook’ will be kept as part of our important historical archive but would also be an incredibly valuable library to draw on for our publicity and promotion. For instance think how new or prospective members would benefit from it by seeing what becoming a member can bring, or more widely in our publicity and promotion, for instance Ilkeston Life, on our website, or u3a social media.

Ilkeston u3a is more than a collection of Interest Groups and a monthly speaker, it’s a bursting honeypot of mixed life experiences, friendship, and vibrant personalities. Let’s let it shine!

Please send your contributions to [chair@ilkestonu3a.org.uk](mailto:chair@ilkestonu3a.org.uk) or [ilkestonu3a@gmail.com](mailto:ilkestonu3a@gmail.com) or pass to any Committee Member. Thank You!

**Christine Keighley, Chair**





## We need photos!!

**WE NEED PHOTOS !!**  
Please take photos of  
your activities, or in  
your groups, for our  
publicity. Thank you!



## Lost Property



A pair of glasses were found under Table 2 or 3 after September's Open Meeting. They will be at October's Interest Groups Fair for collection, or contact [chair@ilkestonu3a.org.uk](mailto:chair@ilkestonu3a.org.uk) to claim them. Thank you.

## Interest Groups Round-up

**Gardening** For the August meeting a visit had been arranged to Holmlea at Ambergate. Bill and Tracy bought the bungalow in 2012 after a move from Belper. In 2017/2018 they added land to the property which had come up for sale from the petrol station next door and now covers 1 and a half acres. From 2019 it has been open for the National Garden Scheme and in the brochure is described as 'unique' which is why I thought a visit would be of interest.



The bungalow is situated on the A6 Derby Road next to the petrol station and a restaurant and could easily be missed on passing. However on walking to the back of the bungalow pathways lined with mature trees and shrubs, varieties of herbs, 2 greenhouses (one displaying Bill's love of chillies) and varieties of dahlias, roses and salvias and quite a collection of aeoniums. We are taken further where a large area is devoted to 'Goathland' which is the home of 2 goats and 2 geese. Also housed nearby are enclosures for ducks. From there we are led to the kitchen garden which has raised beds for squashes, onions, potatoes etc and lining the edge of the area are apple trees of all varieties.



there we are led to the kitchen garden which has raised beds for squashes, onions, potatoes etc and lining the edge of the area are apple trees of all varieties.



At end of the kitchen garden is the start of the 'Riverside walk' which takes you alongside the River Derwent and this is the 'quirky/unique' part of the garden. Items from disused railways have been put into use to provide interest along the way in the form of a signal box and signals/signs. Also a canal lock water feature 'Ambergate Lock' and other features along the path. Unfortunately flooding has been experienced in the last few years due to the River Amber not being able to overflow into the Derwent (the Amber joins the Derwent at the 'signal box') but fortunately does not reach the house. At the end of the walk 'Sandsend', steps take us back into the garden to The Pavilion which was built by Bill (Tracy's dad also helped with the constructions) and where refreshments are served and then enjoyed in a seating area in the garden.



A lot of cuttings/plants were for sale which were prepared for the NGS Open Days. However I'm not sure how many would be left after our members had purchased some!



It was well worth the visit and thoroughly enjoyed by the members.

**Barbara Bailey**

## Interest Groups Round-up

### Two New Interest Groups for the New Year

**German** I will be starting a **German for Beginners** group in January, assisted by Petra Wade, along with another group **German Conversation** which will be led by Petra, assisted by me.

We will be starting right from the beginning, focussing on the book *Willkommen1*, along with other pieces added as and when. The sessions will be the **first and third Mondays** at the Fire Station, 2.00-4.00 pm, starting **6 January 2025**. Alongside these sessions will be a once-a-month **Conversation Group** where we can practise speaking on whatever topic happens, with the added attraction of *Kaffee und Kuchen!* These will be on the **4<sup>th</sup> Thursday at 10am in The Project**. This will start **23 January**.

You could sign up to either or both of these groups at the Interest Groups Fair in October – hunt out Petra as I will be on holiday – or during November and December.

**Jacky Wilding**



**Craft** Christmas, as usual, has started early at Craft. We have started making our cards already and it's only September! We've been Iris Folding this month, with some beautiful results.

You will be able to see them at the October meeting along with the other things we have made this year. Don't forget to bring your spare money as there will be some for sale. Bargains, not to be found in the shops!



**Barbara Deb and Val**



## Interest Groups Round-up

**Rambling** Our October ramble was organised by Colin and was one of the best we have done in a long time. Seventeen of us set off from Whatstandwell station for a circular walk of just over 5 miles, up to Crich and the surrounding area. I set off with some trepidation as my knees have been playing up a bit, but I was pleasantly surprised.



We crossed the railway bridge and followed the Cromford Canal for a little way and then we were onto a pathway which wound steadily uphill through trees and bracken. Apart from being careful not to trip over tree roots and a few stones, it was not too strenuous. The next part was considerably steeper and there



were a lot of rocks to negotiate, but it was quite a short climb. With a helping hand here and there, we all reached the top and stood to enjoy the views all around us as we caught our breath. It had been a cloudy start, but by then the sun was trying to break through the clouds. The rest of the way to Crich was much gentler through fields and pathways, until we emerged in the village, not far from the Tramway Museum. Of course what goes



up must come down, and our descent was down a long woodland path through bracken and trees, until we reached a country road back to the canal and the station.



We are often told that being outside surrounded by trees and nature is good for our well being. I can honestly say that this is exactly how this walk made me feel, and once we got going my creaky knees didn't bother me for most of the walk.

As always, we finished our time together with a very convivial pub lunch, this time at the Excavator at Bucklands Hollow. Our next walk will be on Wednesday 16th October.

**Janis Henshaw**

### **Golf & Table Tennis**

Monday 2<sup>nd</sup> September, due to holidays etc. only six players made it out on the golf course. Graham came in first, with the best score of 42, Pete was next on 43, followed by new member Mitch with 46, June 46, David P 46, and improving Ann with 60.



Our next outing will be on 7<sup>th</sup> October, when we should manage more players.



There is not much to say about **Table tennis**, just that everyone had fun and there were some close games.

**Peter Winfield**

# Interest Groups Round-up

## History 1

Our speaker for September was David Speed, who was previously unknown to us. Now David happens to live quite close to where the Pentrich rebellion came to a close, in the area of what is now the Ikea retail site . I think we all have some idea of this piece of history on our doorstep and our group have studied the subject in the past, in detail. However, David produced a story out of a story and produced a talk about Colonel Lancelot Rolleston MP (1785 - 1817).

Lancelot was the eldest son of Capt. Rolleston of Watnall Hall and he inherited his father's position as Lord and local commander. These members of the ruling class were charged with the task of maintaining law and order, by raising the local militia if necessary. These were difficult times as the fear of revolution stalked the British ruling class, so it was up to Lancelot to put an end to the Pentrich revolution, amongst other uprisings. In doing so he built himself a favourable reputation, going on to serve as the local MP. It was a fascinating talk and gives scope into further exploration of Watnall Hall.

**Alwyn Holmes**

## Patchwork & Quilting

Two ladies, Anne and Elaine, have made some lovely applique panels.



Anne has made hers by freestyle machining and had made it into a wall hanging. Elaine has made hers by hand sewing all the pieces and embroidering it all by hand afterwards. She has then made it into a cushion. Doesn't it look smart?



The next 3 pictures are of the last block in the BOM made by Barbara, Elaine and Marion.

The block of the month patterns have finished now and so we all have to decide how we are going to finish our quilts.

**Jenny Whittaker**

## What you Wanted to Share



### Autumn Fall By Janet Reeve

The apples are falling from over the wall  
As I hear the trill of the blackbird's call,  
Calling his mate to come and sample  
The delicious feast of the ample  
Rotting apples.

One is stuck on top of the fence  
Rotting away at its own expense,  
A delicacy now for the plump young bird  
As his shrill clear beckoning voice is heard  
Calling his mate.

She hops down from the holly bush  
But leaves again as a sudden rush  
Of pigeons appear out of the sky,  
Much bigger than she, and that is why  
She shoots away.

They feast away then come to drink  
From the cooling water in the old  
stone sink,  
As they fly away the blackbird  
returns,  
And quickly pecks the apple she  
earlier spurned  
Before they come back.

**The apples are falling  
The blackbird is calling  
Autumn . . . Fall**



Photo by J Henning, Pixabay



## What You Wanted to Share



*Sinking*  
By Janet Reeve

*November 2000*

**I'm sinking,**  
**Sinking slowly beneath the waves**

**Waves**

swamping, crashing relentlessly over my head.

**Head**

bursting with conflicting, confusing thoughts.

**Thoughts**

rushing, swirling, ebbing, flowing like the mighty ocean tides.

**Tides**

governed by the phases of the moon.

**Moon**

shedding its reflecting eerie light.

**Light**

struggling through, to pinpoint the dark, dark regions within,

**Within**

this grieving human heart,

**Heart**

wounded beyond mortal understanding

**Understanding??**

**Not forthcoming!!**

Photo by Schäferle, Pixabay



## What You Wanted to Share



Nottingham  
Philharmonic  
Orchestra

**TOSCA -**  
**ANNA PATALONG**

**CAVARADOSSI -**  
**AMAR MUCHHALA**

**SCARPIA -**  
**SZYMON WACH**

Supporting cast from  
Royal Northern College  
of Music

Chorus

**Ad Solem**, the chamber  
choir of the University of  
Manchester



**CONDUCTED BY**  
**MARK HERON**

**SUNDAY 13 OCTOBER**  
**2024 3.00PM**

**ALBERT HALL,**  
**NOTTINGHAM**

Tickets:

Stalls - £20

Arena - £16

Students/Children - £5 for any seats

Available from Ticketsource:

Online bookings: [ticketsource.co.uk/npo](https://ticketsource.co.uk/npo)

Telephone bookings: 0333 666 3366

Tickets available on the door

Unreserved seating

