

This month join us at our

### Open Meeting

on

**Tuesday 2nd June**

**10.00 am–12 noon at  
The Arena, Ilkeston**

**Our speaker this month is:**

**Jane Whitaker**

**“Getting Crabs, Throwing  
Stones and Other Offences**

**“A notebook kept by the night  
watchmen in the 1830’s has led  
to this talk which shows a  
detailed picture of a different  
side of life”**

**Refreshments available**

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### Coming soon to our Open Meetings

7th July: “Film Musicals of the Swinging 60’s” by Mary de Ville. “A journey through the 60’s picking out clips of songs from notable films interspersed with fashions, adverts, news and other items of interest.”

4th August: “Robert Bruce Napoleon Walker” by Stephen Flinders. “It’s amazing what turns up when you delve into your family history.”

1st September: “The Eye of the Tiger” by Anna-Louise Pickering. Pollyanna and Anna-Louise’s 2nd expedition into India, where Pollyanna painted the increasingly endangered Royal Bengal Tiger.

6th October: “Cascades Gardens—from Jungle to Paradise” by Alan Clements. Cascades Gardens over the last 20 yrs with before and after pictures of its development

### \*\*\* 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: 07760 966325

## Chairman's Corner



Hello Members

Let me start by thanking all who offer their services for the running of Ilkeston U3A in any way, whether on the welcoming team, compiling the newsletter, serving coffee and tea, leading groups, those who are STARS and those on the committee. We are always grateful for all everyone does—but especially this month as 1st-7th June is **Volunteer Week**. If you feel that you could offer to help in anyway please have a word with one of the committee.

Do you know that the National U3A, as part of the U3A festival, are offering a number of online courses? Details are on the national U3A website. They begin on 25th June through to 10th July and range from Women in Ancient Egypt, through the Vikings to Mrs. Dickens, the History of Shoes to Wind Energy.

As you may have noticed over the last couple of meetings we have had Anne and Christine speaking briefly about the groups they lead—this month all being well Kevin will be speaking about Bowls. Do you lead a group and would you like to speak about your group just for a couple of minutes at an Open Meeting? If you would, have a word with Lynne and she will put you on the list.

I look forward to seeing you on the 2nd June, when we will hear about Night Watchmen!

**Andrew**

## Volunteers Week

**ILKESTON u3a**

**VOLUNTEERS' WEEK!**

1st June – 7th June

**CELEBRATING OUR WONDERFUL VOLUNTEERS!**

GIVE YOUR TIME    SHARE YOUR SKILLS    MAKE A DIFFERENCE!

**GET INVOLVED & MAKE A DIFFERENCE!**

## Help to lower your risk of Dementia

### Did you know that by participating in Ilkeston's u3a you can help lower your risk of dementia?

According to the NHS, dementia refers to a group of related symptoms associated with an ongoing decline of brain functioning. Almost a million people in the UK are estimated to have dementia, that is one in every 11 over 65 years old.

In a recent study by the University of South Australia, it tracked the typical activities of 397 older adults within a 24-hour period. The researchers were eager to comprehend how various everyday tasks could contribute to cognitive decline and risk factors for dementia.

Overall, their findings were certainly excellent news for book lovers and social butterflies, as reading, crafting, chatting, listening to music and even prayer were considered beneficial for brain health. Nevertheless, researchers warned that watching television and playing video games could be harmful by having a negative effect on our lives.

To keep our brains healthy, we need to promote mental stimulation or social engagement – such as reading or talking with friends, these being beneficial for cognitive function. We all know that the u3a provides opportunities for people who are no longer working full-time to come together to learn, volunteer, continue their interests and take up new pursuits. The interest groups that are offered are run by the members for the members.

So . . . are you a member of an Interest Group? What do you enjoy about attending? Do you have interests of your own that you would like to share with like-minded people? You don't have to be an expert. u3a ethos is about sharing: like photography, strolling or ambling in our beautiful local countryside, visiting local places of interest, playing music, listening to music be it classical or a particular decade, singing, brunch club - going out regularly for brunch, vegetarian cookery, air fryer cookery, in fact anything that you feel you could share with others, learning together, making friends and having fun.

Help is available to set up a group - Lynne Thorpe is our Group Co-ordinator.

**Volunteer led and volunteer run.**

## Interest Groups Round-up

**Garden Group** For the April meeting we visited Lea Gardens at Matlock. We had previously visited a couple of years ago at the end of May but unfortunately most of the rhododendrons were not at their best, but going a month earlier there was a much better display which you will see illustrated by the photos taken. It was lovely weather which always enhances a visit and we were able to take advantage of having lunch in the tea rooms.



**Barbara Bailey**

**Maths for Fun** We are a friendly group that enjoy having fun with Maths. We meet on the second Friday of the month to explore all kinds of topics, such as playing with log tables and slide rules, exploring how Rubik's cubes work. We usually donate 50p per session which covers the costs for our tea/coffee break. We have all agreed that June and July meetings will be free to group members. This would also be a great opportunity for anyone who wants to come along and try our group for free. So, if you fancy giving it a try, please contact Dr David Martin at [david.martin@answers.me.uk](mailto:david.martin@answers.me.uk)

**Su Fetter**

## Interest Groups Round-up

### Knit & Stitch



(1) Susan Wright has made all these lovely baby hats and tops from wool she has had left over from other projects, or has been given from other u3a members. She is going to donate them to a charity that needs baby clothes.

(2) Val has knitted a lovely cat complete with clothes. She is going to donate the funds raised to charity.

(3) Barbara has knitted a jumper, hat and scarf. Looks as though she is planning ahead for a chilly autumn!

**Jenny Whittaker**

**Craft** The craft ladies have been weaving this month, covering box lids and notebooks.



**Barbara, Val and Deb**

## Interest Groups Round-up

### Patchwork & Quilting

The ladies' latest creations.



(1-3) Janet has made a lovely table runner, a couple of mats and a really super little red, white and black basket.



(4-5) Marian has made lots more blocks for her quilt, she will soon have it finished!

(6) Christine has added a block to her stash



(7-8) Wanda has added two more to hers.

(9) Anne is hiding under the bucket hat she has made. As she has a smaller head than she realised she is now going to make another!

(10) Val has made a little basket to hold the reels of cotton she is currently using.

Continued overleaf

## Interest Groups Round-up

### Patchwork & Quilting continued

I have also made a little basket, a block to include in the quilt we are all making. And at last I have finished a quilt made from 2" squares. A labour of love, but I'm very pleased with it.



**Jenny Whittaker**

**History 1 : Time Lines** The group looked at timelines relating to a year around their birth. An interesting session. People brought in The Times newspaper and coins from that era. Can you remember the 10 bob note, half crown, sixpence, thruppenny bit and farthing? All pre decimal. Can you remember the year we went decimal? 1971.

On reflection **1947** marked a turning point in the post-war world. In Britain, austerity continued under rationing and economic strain. The British government announced tighter food restrictions as the fuel crisis and poor harvests put pressure on domestic supply chains owing to the bad weather. Although bread had already been rationed since 1946, additional controls on fats, meat, and flour were implemented to conserve dwindling resources. January saw the government order the closure of non-essential factories and severely limited electricity to homes and businesses in an attempt to conserve fuel, amid emergency measures to cope with dwindling coal supplies. This reminds me of the 3-day week in 1973-4.

**20<sup>th</sup> November 1947** saw the wedding of Princess Elizabeth and Philip Mountbatten bring an element of celebration for England and to the world.

**1955** in the United Kingdom revealed a nation emerging from the grey austerity of post-war rationing into a more vibrant, technicolour era of technological change, popular culture, and a changing political landscape. Winston Churchill resigned due to ill health; Anthony Eden took over as Prime Minister. Television with adverts began; the first commercial channel was ITV. Can you remember the first advert? Gibbs SR toothpaste! Mary Quant opened her first shop, 'Bazaar' in Chelsea, London. Ruth Ellis was the last woman to be hanged in Britain. Her execution played a major part in the movement to abolish the death penalty.

The years we listened to, (and there were more!) have marked a transformative period in world history, defined by social revolution, scientific achievement, and growing Cold War tensions. Today—70 years on—have times changed?

**Alyson Marriott**

## Interest Groups Round-up

### **Scrabble** Wow! what a session we had last month!

Four of our members managed to use all seven letters on their trays in one go, giving them a bonus of fifty points. With my first play I scored 24 points plus the bonus. On the next table both players managed seven letter words and one topped this by playing a second one in the same game. Then one of the third table players went on to also score a seven letter word. Last but not least, to top it all, one of our best players made a score of more than 400 points.

What a day! If you are into the English language and words, come and join us. Why not give it a try!

**Margeret Cuttell**

### **Golf & Table Tennis**

Golf members were a little short, owing to holidays, illness etc., but we all had a good game.

Table Tennis goes from strength to strength. There are no spaces left at the moment. We have space on the Golf group if anyone is interested in joining us.

**Peter Winfield**

## PRESS RELEASE

Date:

### **CHOIR MEMBERS ORGANISE CONCERT FOR TREETOPS**

Two members of Sing West Hallam Choir are organising a charity concert in aid of Treetops Hospice.

The members are David Storer, who has been a Treetops volunteer for 14 years and Roger Ward who is vocalist with the Elderly Brothers group.

The concert is on **Friday 26th June at 7.30pm** at West Hallam Methodist Church. Tickets, cash on the door, are £7.50 each including refreshments.

Treetops is a leading charity offering nursing care and emotional support for adults with life-limiting illness, those who have been bereaved and their families. Every year Treetops provides vital care and support to over 2,000 people across Derbyshire.

The Elderly Brothers play music from the 50s and 60s and are popular in the Ilkeston area. As well as Roger other members of the group are Phil Streets, Paul Miller and Colin Ferguson.

Ends

FURTHER INFORMATION FROM DAVID STORER - [d.storer@ntlworld.com](mailto:d.storer@ntlworld.com) or 07949322717



## Poet's Corner



### Sinking By Janet Reeve

#### 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!**