

NOT SO IDLE TIMES

Retford u3a Newsletter - July 2026

FROM THE CHAIRMAN

We have reached the point of the year when many of our Groups take a break – holidays, grandparent duties and many other things take precedence for a while. Other groups continue through the year. Whether you are stepping back for a few weeks or carrying on relentlessly, I wish you all an enjoyable summer.

Date for your diary: Saturday 12 September: Retford Heritage Day

This year, rather than having stand-alone publicity during u3a Week (which also falls in September), we will join Heritage Day, when countless people will be visiting many places

in the town. We will have a u3a stall at Grove Street Methodist Church, where refreshments will be available. This will be our opportunity to publicise our wonderful organization and the many activity and interest groups it runs.

We would very much appreciate any help you may be able to give, primarily manning the stall for a while during the day. 'Opening hours' will be 10am-4pm and the more volunteers we have, the shorter the time we will need each person to be present. If you would like to volunteer (or have questions) please approach any of the Committee at the next general meeting on Thursday 23rd July, or send me an email: chair@retford-u3a.org.uk

GETTING IN TOUCH

Members are reminded that the best way to get information to or from committee members is via the dedicated email addresses – simply click who you want to speak to on the Contacts page of the website. <https://retford.u3asite.uk/contact/>

u3a

Retford

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The most common requests will be:

- Membership Secretary– anything to do with membership & renewal
- Speaker Finder – suggestions for, or questions about speakers
- Group Coordinators – anything to do with current (or proposed new) groups

2026 SPEAKER PROGRAM July- November

Date	Speaker	Title of Talk
23rd July	Keith Parkinson	History and Life of the River Trent
27th August	Stephen Booth	Where Bodies are found. Crime novels set in the Peak District
24th September	Chris Matthews	Nottinghamshire Coal Fields
22nd October	Chris Perkins	Blood Bikes. Volunteers who use motorbikes to deliver blood
26th November	Paul Lille	Story of the Beatles

INTEREST GROUP NEWS

PHOTOGRAPHY GROUP



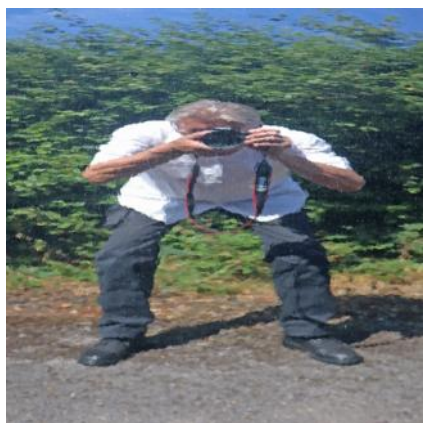
Christine Dixon



Andy Paul



Marie Thompson



Adrian Hetherington



Christine & John Dunn



Pippa Ramsay

This months theme of the photography group was REFLECTIONS

FUN WITH FLOWERS GROUP



For our July meeting we visited the Gatherer Florist in Smeath Lane.
A lovely couple of hours spend wandering their English country garden flower farm.
Talking about sustainable floristry and having coffee and cake!! Sally

NEWSLETTER CONTACT

Design, Production & Printing Christine Cook
Contact

- newsletters@retford-U3A.org.uk
- Mobile 07939 476676

The next edition of the newsletter will be August 2026 and the last date for receiving articles will be Friday 21st August 2026

PROPOSED NEW GROUP

There are plans for a new group 'Raring to Go',
Proposals are for quarterly visits by coach/cars to
various places of interest

WATCH

THIS

SPACE

INTEREST GROUP NEWS

WALKING GROUPS

On a very pleasant summers day 50 members journeyed up to Hebden Bridge meeting with Ruth on arrival who had travelled independently from Manchester.

Three separate walks were undertaken. Ruth, with a group of 8, leading the short walk of just over 2 miles along a very pleasant woodland path towards Mytholmroyd and returning to Hebden Bridge along the towpath of the Rochdale Canal.

Brenda led a group of 18 setting out on the canal towpath to Mytholmroyd before crossing the river and railway line to the higher ground on the south side of the valley before turning westward back towards Hebden Bridge. There were some lovely views of the valley. The distance walked was just over 5 miles.

Rod led a group 13 on the longer walk up the hillside on the south of the valley and on to the moors following a good track to the local landmark of Stoodley Pike. The group ascended and descended over 1000ft on a walk of just over 7miles returning via the Pennine Way and canal towpath.

After the walks everyone had sufficient time to get something to eat and drink and we were delivered safely to one of the many cafés, bars and restaurants in the town as well as having some time to explore the town centre. It's fair to say that everyone had a great day out! Rodney



WATERCOLOUR PAINTING GROUP



Our June session was 'En plein air' at Tithe Barn in Wellow. Thanks to a good breeze and decent shade we didn't melt and a productive time was had by all. We enjoyed painting outside so much we plan to do the same again at Karen's garden in Ordsall for July, weather permitting. If you'd like to join us please use the contact form on the group's webpage, Andrew

On Tuesday 12th May 2026 u3a member Pat Trotter attended The Garden Party at Buckingham Palace to receive her British Empire Medal for work with disadvantaged families and children in the Dukeries Family Centre, Ollerton and West Street Pre-school as a volunteer plus supporting a new Children Centre in Malawi with equipment and resources.



King Charles the 3rd and Queen Camilla coming from the palace to greet those who have received a medals.



Pat and Husband John at the back of Buckingham palace waiting for the royal couple to emerge after having their tea.

BIG NIGHT OUT - Friday 26th June 2026

Following an extremely hot day, on Friday 26th June 2026, 62 u3a members and guests sat down in a comfortable temperature at Retford Golf Club and enjoyed a delicious, value for money meal and puzzled over a varied subject quiz.

This is very popular event so you need to book early for the next occasion which is to be held in October (date to be confirmed) by Sue Paul. Once confirmed you can book a place

social@retford-U3A.org.uk

WEST BRIDGFORD U3A

Members of the West Bridgford U3A Anglo-Indian Heritage History interest group explore the rich history and heritage linking Britain and the Indian subcontinent. Meeting every eight weeks at the University of Nottingham, the group focuses on history through personal stories, family experiences and shared research.

Recent topics have included the contribution of Indian servicemen during the World Wars, family histories involving the Indian Army and missionary work, the role of South Asian doctors in the NHS, and the history of indentured labour in Mauritius.

The group has undertaken cultural visits to the Princess Sophia exhibition at Kensington Palace and the Jaipur Literature Festival at the British Library in June 2026.

Upcoming meetings will explore the colonial influence on India's legal system, Indo-Anglo textile and fashion influence and connections, and the history of Ayurvedic medicine.

This is a group that by its diverse nature is open to all members of the u3a in the region to come and have a taster and decide whether to join the group. Members of other u3a's are welcome to join this group, without the need to become members of West Bridgford u3a.

For more information please contact
Surrinder Kaur

surrinder.kaur@btinternet.com

mobile 07855322020