

Workshop and District u3a

NEWSLETTER – SEPTEMBER

2026

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**Please send contributions for the
OCTOBER Newsletter to:**
sheilamassey123@btinternet.com
By 30TH September

Coffee MORNING



Following the success of our previous Coffee Morning,
we have arranged some more dates at
**Workshop Cricket Ground,
Central Avenue, Workshop S80 1EN.**



10am-12pm,
join us for free refreshments -
come for 10 minutes or 2 hours -
meet new people, have a chat over a cuppa
and have a go on the raffle. *Free Entry.*



Tuesday August 18th



Tuesday September 29th



Tuesday December 15th

- everyone welcome, but this is
particularly for those members who
are unable to attend the Christmas Party
at Carlton on December 17th.

Everyone welcome! ♥



COMMITTEE

November 2025 – November 2026

Officers

CHAIR

Alison Morton

Vice-chair

Chris Coldwell

Business Secretary

Linda Butterfield

Treasurer

Liz Short

Members

Membership Secretary Shirley Parkin

Minuting Secretary Claire Culpan

Speaker Finder John Dixon

Accessibility Officer Carol Bower

Groups Coordinator Steve Dobson

Nigel Carpino

Vin Hooton

Jenny Moss

Lynn Ridley



It's already time to start thinking ahead to November and our AGM.

This year, several of our valued committee members will be stepping down as

their terms of office come to an end. Our committee is a friendly and

supportive team, dedicated to helping our u3a continue to grow and thrive.

We meet just once a month for a couple of hours, and we're always keen to welcome new members with fresh ideas and enthusiasm.

If you think you might be interested in getting involved, why not come along to a committee meeting and see what it's all about? There's absolutely no

obligation to join – it's simply an opportunity to meet the team and find out more.

To arrange a visit, please contact our Business Secretary, Linda Butterfield, at lindabut39@gmail.com.

Chair's Chat: August 2026

As summer draws to a close, I've been reflecting on what has been a busy and enjoyable few months for Worksop & District u3a.

Back in July the Steel Band, Steelpantastic, made the trip to the u3a Festival in York, where their amazing performance really put Worksop & District u3a on the map. We've also welcomed two new groups, both of which are proving very popular. **Stroll-fit** is going from strength to strength, while the new **Art Group** offers a lovely, relaxed and very chilled way to spend an afternoon.

Our new **Coffee Morning social** have also been a great success. They've proved so popular that we're delighted to be making them a regular event – a chance to pop along, enjoy a cuppa and have a chat with fellow members.

So, what's in store over the next few months as we head towards Christmas? (I know, I'm sorry to mention the *C word* so early – but it will soon be upon us!)

Here's a little taster of some of the events to look forward to.

September sees the return of our popular **Strollers walking group**, led by Cynthia and Denise. The group will meet monthly on the second Wednesday. See details below.

We're also excited to welcome a brand-new Monday group, **Strictly Seated**, led by Jane and Jan. Starting in September, this promises to be another fun *movement to music* session, with a mixture of seated and standing routines. The emphasis is very much on having fun and enjoying some gentle exercise together.

Towards the end of September, we'll have another **Coffee Morning at Worksop Cricket Club**, and everyone is welcome to drop in for a cuppa, a chat and a catch-up.

Looking a little further ahead, we'll see the return of our popular **Reindeer Drive** – more details will follow soon. Then, in December, we'll be holding a **Christmas Social** at the Civic Centre. For members who aren't able to attend, we'll also have a special **Christmas Coffee Morning** at the Cricket Club, so hopefully there will be an opportunity for everyone to join in the festive fun.

I hope you'll be able to take part in some of these events and activities over the coming months. It's wonderful to see so many members getting involved and enjoying everything our u3a has to offer, and a big thank you to all the Group Leaders who make it possible.

And finally, please remember that we're always happy to hear your ideas and suggestions for future events, groups or activities. If there's something you'd like to see, please let us know!

Here's to another busy few months....

Alison



Worksop & District u3a Speaker Programme 2026

October 15th

Steel Band Concert – Steelpantastic

A return visit from our favourite steel band with music to suit all tastes

November 19th

Ambucopter - East Midlands Air Ambulance Service

Over 1,724 missions, the crews transported patients to 26 different hospitals including Hull Royal Infirmary, Sheffield Northern General and Nottingham's Queen's Medical Centre.

**Your SEPTEMBER Meeting
Thursday 17TH SEPTEMBER
1.30 – 3.30
Carlton Civic Centre**

**Michael Tagg – Conservation Manager
(Planning Services), Bassetlaw District Council**

History of Worksop Manor

The talk plots the history of Worksop Manor from its early beginnings in medieval times.

Notable owners include the 4th – 9th Earls of Shrewsbury, 14th and 15th Earls of Arundel, 4th – 12th Dukes of Norfolk and the 4th Duke of Newcastle-under-Lyme.

The house itself has been rebuilt a number of times for reasons which include a disastrous fire. The present building represents the surviving remnant of what was once one of the most ambitious country house projects ever conceived in England. The surviving portions — the stable block, service wing, and part of the eastern range — were subsequently reformed into the present house, which has been in private ownership since the late nineteenth century and is not open to the public.



GROUPS NEWS

To have YOUR Group featured in Groups News, just send in a short article, together with a photo if possible, to the Newsletter Editor by the end of the month.

It would be lovely to hear from more of our groups about what they get up to. It is good to share information here on the Newsletter, as members may not be aware of all the activities that are available in our u3a.

It is wonderful news to see our list of Interest Groups growing. We aim to provide something for everyone, and the more groups we have, the livelier and more proactive our u3a is.

NEW GROUP***NEW GROUP***NEW GROUP

STROLLERS

Cynthia Herrington and Denise Gregory would like to restart the Strollers Group.

This will be walks of around 2-3 miles and will take place on the second Wednesday of each month, starting at 10am. The location of the meeting point will be notified prior to each session.

The walks will be at an easy pace on mostly flat paths.

If there is any interest, the first walk will be on **Wednesday 9th September**.

To put your name down for the group, or for further details,

Please contact:

cynthiaherrington@btinternet.com



NEW GROUP***NEW GROUP***NEW GROUP

STRICTLY SEATED AND CHAIR BACK EXERCISE GROUP

Group Leaders Jane Kelk & Jan Clayton will be ready and waiting for you to give the new u3a Group
a try at the
FREE TASTER SESSION
being held on Monday 14th Sept from 11:30-12:30 at Thievesdale Community Centre

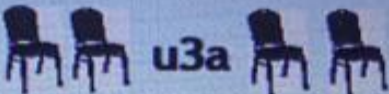
There are 3 sections to every
Session, starting with:
Head to Toe seated exercises

We then stand behind our chairs and hold onto the backs as we carry out leg exercises and routines
We end the session with cool-down seated routines.

All moves and routines can be adapted for those members who may be a little less mobile.

We look forward to meeting you all and - just like "Strictly" - you can "Judge" for yourselves!
Thank you from Jane & Jan



 u3a

"Strictly Seated"

Head to Toe Exercises
Low Impact & Helps Circulation

**Chair Back
Exercise Routines**
Aids Balance & Mobility

MONDAYS 11:30 - 12:30 £3
(Excluding Bank Holidays)

STARTS MONDAY 14th SEPT
WITH A FREE TASTER SESSION
Thievesdale Community Centre
Workshop S81 OXS

Come Along & Have Fun!
Bring Flat Shoes And A Drink

Contact: Jane: 07857 302632
OR Jan: 07590 666863

Alternatively You Can Visit The u3a
Website At <https://worksop.u3asite.uk>

UKULELE GROUP

Members of the Ukulele Group, 'Highly Strung' played at St Leonard's Church, Dinnington, at a cream tea afternoon on 1st August 2026.

Many members of the audience came afterwards and said how much they had enjoyed themselves - some even got up to dance. The Group were asked to play not just one, but two encores, which was the perfect ending to a fun-filled afternoon.

The event raised £338. The money will help the church to continue to fund its important outreach in the local community.



The Ukulele Group meet each Wednesday at Crown Place, Worksop, 2-4pm. The Group extend a warm invitation to U3a members and friends to come along to any Wednesday session and watch the ukulele group in action.

Perhaps try out having 'a strum', just watch, or join in with the singing of popular songs. Tea, coffee and biscuits (and sometimes cake) are part of the sessions. Come along for an enjoyable afternoon with a difference.

NATURAL HISTORY GROUP

The Natural History group went to Potteric Carr on Friday 7th August. The visit went well, with good weather that was not too hot for walking. The reserve was suffering from lack of water in the lagoons but we still had plenty to see. There was a good variety of butterflies including Red Admirals, Large & Small Whites, Comma, Painted Ladies, Peacock & Common Blue. We saw 2 Roe Deer, 1 Muntjac, 1 Mouse & 1 Weasel. On the lagoons we saw several Great White Egrets, several Little Egrets, 3 Spoonbill (which were all tucked up so not the best of views), Herons, Mallard, 1 Pochard, Little Grebe & Great Crested Grebe & Gadwall.



SIMPLY SWING

2026 has been a busy time for Simply Swing so far with concerts from March through to June.

It all began in **March** with the band playing a concert in aid of Pancreatic Cancer in remembrance of our bass trombone player Dave Emblem, where we raised £316. A great evening was had by all. **April** saw us playing in Grove Street Methodist, Retford and raising over £300 for the church funds. In **May** we were proud to be invited to perform at the Niagara Conference and Leisure Centre in aid of MNDA where £1500 was raised. We were also joined by the Lah-Di-Dah's as the theme was 'A VE day celebration'. A lot of the audience were in 40s costume or uniform, and everyone thoroughly enjoyed the evening. We are hoping that this will become an annual event (not always 40s music!!)

At the beginning of **June**, we were invited to play for South Anston Methodist church to raise funds for the church renovations. It was a beautiful place to play in and the church was full.

This was followed by Simply Swing performing as part of the Retford Make Music Day. We were once again at Grove Street Methodist and some of the band made up the orchestra for the sing along including the 'Hallelujah Chorus'. Once again, it was lovely to see so many people in the audience. Photos are available on the Grove Street Methodist website/ Facebook page.

Our events for the rest of 2026 are as follows:-

Saturday 19th September - Afternoon tea from 2- 4.30pm at Warsop Tudor Barn.

A fundraiser for renovations to Warsop Church. Please contact me if you are interested in going.

Friday 25th September - MacMillan coffee morning at Christ Church, Worksop. 10am -12pm. Please come and support this very worthwhile, annual event.

Tickets on the door.

Thursday 16th October – lunchtime concert at The Priory church, Worksop 12 pm – 1pm.

We are honoured to be asked to play at this beautiful church in Worksop as part of their lunchtime concert series.

Please come and support us at this prestigious event.

Friday 6th November – a fundraiser for the band and the Whitwell Community Centre from 7pm – 10pm. Tickets will be on sale from any Band member nearer the date.

Friday 13th November – an evening of music and poetry at Everton village Hall, Doncaster from 6.30 – 9.30pm. Again, tickets will be available from any band member nearer the date.

Details about any of the above events are available from me – Annette Barker on ajb_music@sky.com.

Thank you to all who have supported us in 2026 and, if you have been to see the band recently, we would love to hear your opinions of Simply Swing. Contact me on the above email address.

We would love to see many of you again at some of the above concerts.

Annette Barker

Co-ordinator for Simply Swing

Quirky Quizzers

St Joseph's Community Hall, Wingfield Avenue, S81 0SF

Wednesday 23rd September

2.00 – 4.00



Take your seats for quiz fun and games

- Give your little grey cells their monthly workout
- Make new friends
- Enjoy tea/coffee and the 'good biscuits'
- Prizes for winning team

Teams of 4 formed on the day.

EVERYBODY WELCOME

Table Top Games

Tuesday 1st September (and every first Tuesday)

Balmoral Centre (off Valley Road)

1.30 – 4.00

Table Top Games has a wide variety of board games available to choose from. Just turn up and have fun!

Contact janjoneeny@me.com for more information

Mexican Train

Card Games

Bananagrams

Risk

Logos

Sequence

Rumikub

5 Crowns

Cluedo

Backgammon

And many more...



SCRABBLE GROUP

The u3a Scrabble group has space for more members. They are a small, friendly group who meet on the 2nd and 4th Friday in the month at Thievesdale Community Centre from 9:30-12:00.

If you would like to come along to one of their meetings, please contact me.

Linda Butterfield

Lindabut39@gmail.com

“SAVE OUR RACE NIGHTS!”

RACE NIGHT EQUIPMENT

Hello everyone, Bob Fearn writing to you regarding the above items.

For those of you who have in the past joined other members to enjoy an Evening of fun, the excitement of the races, and the ups and downs of the monies you have won and lost!!!!!! At the last event, those present will remember that Ann and I notified you all that we are no longer able to continue running this event, and asked that if any member (or a group of members) who wanted to continue to organise future Race Nights, they could take over the equipment.

However, no interest has been forthcoming, so here's one last chance to secure this bargain offer and SAVE OUR RCE NIGHTS!!!

If, by the end of September, I don't hear from a potential new racehorse stable owner, all the equipment will be given away as firewood, the horses will be sent to the stud farm and the vegetation from the jumps sent to compost. The Bookies and secretaries will receive adequate redundancy!

Seriously, Ann and I have enjoyed organising the RACE NIGHTS and thank all those people who have supported us for your help, participation and friendship.

Cheers,

Ann and Bob Fearn

**If YOU feel you could rescue the horses at the eleventh hour, please call:
07795 657434**



Memories of Race Nights gone by...and some of the equipment on offer.

DATE FOR YOUR DIARY – GET YOUR TICKETS AT THE MONTHLY MEETINGS



u3a

Workshop & District

REINDEER DRIVE

(seasonal name for Beetle Drive)

The Civic Centre

Carlton in Lindrick S81 9AP

Friday 11th December 2-4pm

Entrance by ticket only

TICKETS £3.50

including refreshments

On sale at the monthly
meetings



RETFORD LIONS
LAST NIGHT OF THE PROMS
SATURDAY SEPTEMBER 26TH
6pm for 7.00start

It's that time of year again when The Retford Lions are promoting their Last Night of the Proms Concert being held **at The Well, Hospital Road, Retford DN22 7BD. Saturday September 26th.**

Doors open 6pm for 7pm start. Cost £15. Bring your own drinks inc. alcohol if desired.

The Hatfield and Askern Colliery Brass Band are again starring along with favourite professional Bass Baritone singer Martin Lamb. The Hatfield and Askern Band are national finalists this Autumn to be held at York. We would love to see you on the night which promises to be an enjoyable and fun evening. Tickets available at The Well, Hospital Road, Retford also at

Edinburgh Woollen Mill Carolgate Retford.

If you wish you can pay direct into The Retford Lions account (no fee)

Retford Lions Club-- Account No. 06808670 Sort code 60-17-28

Reference PromsWorkshopU3A

Make a block booking under one name, that's ok. We will then issue tickets to be collected on the night.

Tickets also available at wegottickets.com. or contact by email robert.crampton@gmx.com

We Retford Lions would love to see you for a night of enjoyment and fun. (flags supplied)

Our Kind Regards

Bob & Sue Crampton

Retford Lions members.

PHOTO OF THE MONTH

Welcome to our Newsletter feature: Photo of the Month.

Many thanks to member Ron Parke for suggesting that he would like to share some of his amazing wildlife photos with other members.

A male shoveler, looking all the more impressive with its perfect reflection



Don't forget to visit our website.

It has all the latest information about our u3a.

Want to find out about a group? When and where they meet? Want to ask a group leader a question? It's all available via the website.

We have information about our trips out, with links to the venues' own websites too.

You can find out how we operate and can contact the committee.

And now you can see what the Third Age Trust (the national u3a) has to offer as we have listed all their online events. Fancy Laughter Yoga, Exploring World Faiths, or Aviation History the range is enormous. Check it out.

You can find us at <https://worksop.u3asite.uk>

Or scan the QR Code



Follow us on Facebook

Why not follow your u3a on Facebook too. Search for us on Facebook or scan this QR code to go to our page.

Please Follow Us and Like our posts. This will help promote the u3a to a wider audience.



Data Protection – Use of Photographs

Our Data Protection policy includes a section concerning the use and publication of photographs.

Members should be informed that photographs may be taken during u3a events and given the chance to step out of the frame if they prefer.

Before any photographs are published, such as in the monthly Newsletter, verbal consent should be obtained.

If you do not wish to grant permission, please contact your Group Coordinator or the individual taking the photographs.

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sheilamassey123@btinternet.com
By 30TH SEPTEMBER**