

Wollaton u3a

Reg Charity no 1185030

August 2026 Update

Hi everyone

I am somewhere in the wilds of Alaska writing this message. Fresh air and wonderful scenery is a true tonic to the soul!

We have been working hard to gather information about various possible physical activities following your feedback at our March meeting and you will have already received an email about our findings.

You may have heard that one or two charity organisations have had their Beacon system breached. I want to reassure you that the u3a version of Beacon HAS NOT been affected so all of our data is safe.

The Annual General Meeting is looming – on 22 September to be exact – and your paperwork will be circulated by email this year, unless you have asked for all communications to be sent by post. However, should you need a hard copy, please let one of the members of the committee know and we will get one printed for you. We are trying to keep down costs as much as possible as I am sure you will appreciate in these uncertain times.

I will see you at the August main meeting when I shall be back, and like you, looking at my yellow grass!

Best wishes

Jane and the Committee

Focus Group Exploring Meditation



Magnific



Magnific

Hi, I'd like to introduce myself, my name is Lorraine Burnet, I have recently taken over from Elizabeth Dalton as convenor of the [Exploring Meditation](#) group.

The group offers a gentle way to deepen your inner practice through a shared, collective focus, and mutual support. Sitting with others transforms a solo routine into a grounded community experience that boosts relaxation and a friendly meditation experience. Our sessions are from 10.30 - 12.00, the first Thursday of every month and are held in the Reading room at Wollaton Library.

What to Expect in a Session

- **Arrival:** Turning off phones and finding a comfortable seat with a short chat about what the session will involve.
- **Warm up exercises :** 20 minutes of gentle seated or standing stretching exercises to warm up.
- **Meditation :** Anywhere from 20-30 minutes of guided meditation eg seated guided body scan.
- **Mindful Time:** 20-25 minutes of guided visualisation eg walking on a beach.
- **Breathing technique:** 10 mins guided breathing exercises.

We are a very small, friendly group who would love to welcome some more members to join us in this very beneficial pastime.

I am on holiday in September so the next group session will be on Thursday 1 October.

Lorraine Burnet
Convenor

Help Required Co-ordinating Refreshments

This is the third time that this message has been included within the Update but so far no-one has come forward to help. May I remind you that without any volunteers in the kitchen, there will be no refreshments for our meetings. We really need your help!

Come and talk to a member of the committee if you would like more information.



Vecteezy

Coffee Morning for New Members



Vecteezy

On 30 July we held an informal coffee morning for members who have joined us since 1 October 2025 to chat about their experience so far at Wollaton u3a. The feedback was positive overall and there were some great ideas discussed for consideration in the future. I asked one of the attendees, Simon Burrows, if he would write something about the event for the Update and here is what he said:

“As one of the new (10) members in attendance I’m happy to say it was a very enjoyable and lively meeting. We pretty much took over The Grounds for a couple of hours which gave time to share interesting discussions with other new members and provide feedback to committee members on our experience with the (not so) scary bunch known as Wollaton u3a.

“From my perspective I can say it’s been a very positive experience, I’ve been made to feel welcome on the Long Walks and Board Games groups. Still haven’t managed to attend a Photography Group session (due to holidays, family commitments and occasional double- bookings), but I’m sure I’ll make it eventually. Hopefully, we’ve also given the committee useful feedback and ideas which might feed into further developments for Wollaton U3A. I look forward to catching up with other members (new and existing) in the near future.”

Pie and Mash Night

There are still some places available for the [pie and mash night](#). It will be held on Thursday 15 October 2026 at 5.45 pm in the cricket pavilion in Wollaton. You can sign up at the next monthly meeting or coffee morning.

Website Change

Therese has re-vamped the "[Documents](#)" page which now includes a calendar of committee meetings, an A-Z of important documents, links to all committee members and more. Have a look – I'm sure you will find it a useful space.

Research Projects

From time to time we receive invitations to take part in research projects that are being carried out in Nottingham. We will send out the details by email as appropriate so that you can decide whether or not you would like to be involved.

Mobile Phones – a Polite Reminder

Please could you remember to put your mobile phones onto "silent" mode during the guest presentations at our Tuesday meetings as it can be very distracting when calls are received. Thank you.

Main Meetings
St Leonard's Community Centre
4th Tuesday of the month. Doors open at 9.45 am

A Reminder of our July Talk

The story of the Gershwin brothers captivated the audience at our talk in July. Our speaker, Roger Browne, regaled us with stories of how George Gershwin sold his first piece of music when still only a child and how prolific he was at composing music with his brother, Ira, providing the lyrics. It became an extremely successful partnership and their shows included Showboat (this year is its 100th anniversary) and Porgy and Bess and they contributed to the Great American Song Book. In New York W 28St was the home of "Tin Pan Alley", a commercial entity where all kinds of music was made and published. George also composed classical music and was said to be as good as the renowned Ravel. George was held in such high esteem that when he became ill with a brain tumour the White House provided a top neurosurgeon to operate on him but unfortunately it was not successful. Sadly George died when he was only 38 and it took 5 years before Ira could bring himself to write again.

Date	Speaker	Title
25 August 2026	Kayleigh Shooter	" St Ann's Allotments (STAA) " – their history from 1305 to the present day. They are Grade II listed and more than just allotments!
22 September 2026	Graham Woodward	The AGM followed by "The Sale of the Century" – how Wollaton Hall was sold to the Nottingham Corporation

27 October 2026	Richard Kubon	“Preventing Fraud and Scams” – raising awareness and ways to help avoid falling prey to them
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Coffee Mornings
Grangewood Methodist Church
First Friday of the month from 10.45 am to 11.45 am
Admission £2 for members

Date	Theme
4 September 2026	Produce sale
2 October 2026	To be confirmed
6 November 2026	To be confirmed

Coffee mornings are held in a relaxed space where you can meet up with your u3a friends whilst drinking free coffee or tea and maybe having a biscuit or two! They are also the ideal opportunity to introduce other friends and neighbours to Wollaton u3a (free entry on first visit). If there's someone you know who would love this, why not bring them along?

Your Committee

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Our Website:

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please leave a message and your telephone number, but it might take a few days to return your call.