

newsletter 308 of 1st December 2025

A Message from the Vice Chair

Hi All,

I was so pleased to see a good number of members at our November Monthly Meeting. Attendances at these meetings have been steady but remember we could do with more.

Our December meeting is our Christmas Event which you all know is "All Ticket" so if you have not got one, I hope to see you in January 2026.

I would also like to take this opportunity to wish you all a Merry Christmas and a Happy New Year.

Please make sure you read all the Newsletter so as not to miss out on anything. Thank you for putting up with me while John our Chairman has been recovering from his op and we hope to see John in January.

Best regards

Peter Turner
Vice Chair

December Monthly Meeting

Christmas Buffet Lunch - **Reminder**

Please note the change of start time - Wednesday 17th December **1.00pm** at Long Eaton EVA, Granville Avenue, Long Eaton.

As well as the buffet lunch, there will be entertainment from the Belly Dancing Group, the Ukulele Group and a Christmas Quiz.

We are looking forward to seeing you and having a jolly time. If you haven't contacted us yet about any **allergies** you may have, please do contact Joan Morris (joan_morris49@hotmail.com) asap so that we can make sure you are catered for.

Closing date for ticket purchase was 30th November. Entry is by purchased ticket only. If you have missed buying a ticket, we are sorry but if you really wanted a ticket we can put you on a waiting list for any last-minute cancellations. Contact Joan Morris.

I.T MATTERS – December 2025

Season's Greetings

To all our tech members

🌲 Your I.T. Team 🌲

Contact us via the website

U3a Facebook



We recently shared this great poppy display by the Wollaton WI, on our u3a Facebook page. They have been knitting over 1,000 poppies for the last year in aid of The Royal British Legion. It soon became very popular and has had over 3,900 views. If you would like to promote your group, please send a few words and photo to share.

Thankyou
Julie Gilson
u3a Facebook Administrator

u3a Group News

Gardening Group

At our November meeting the guest speaker was Jeff Bates who explained what East Midlands in Bloom is all about. He showed us photographs of the efforts people had put in from the five counties of the East Midlands along with amusing anecdotes of his time as a judge.

Our meeting in December will be our Christmas fuddle and as we don't meet in January, our next meeting will be 12th February when we will be planning for the year ahead.

Janice Jowett

Art Group

Our Art Group recently had the subject of "Puddle Splash". Very apt for this month with all the rain, virtually every day. We have had a full group each week. With birthdays, cakes and home-made biscuits to share.

All other photos can be seen on our u3a Facebook page to view.
Thank you to all for the great contributions.

Julie & Barbara
Group Leaders



Drawing & Painting

At the Drawing and Painting group this month the main theme was Remembrance and the meeting fell on 11th November which was quite apt.

I have attached a couple of members' artwork.

Special recognition should go to the portrait of the two servicemen that were collecting poppy donations at Tesco Long Eaton. They were Paul Jarvis (Royal Navy) and former Chairman of the Royal British Legion-Long Eaton Branch and Major John Sewell (Army), President of the Royal British Legion-Long Eaton Branch and former Mayor of Erewash. Chris, one of our talented artists, asked them to pose for a photograph and then produced a stunning piece of artwork. I hope you all agree.

There are still places left in the group if you fancy giving your artistic side a tickle. We meet at EVA Long Eaton on the second and fourth Tuesdays of the month. All are welcome.



Steve

Quiz Group

The November meeting had 33 people attending with 3 different general knowledge quizzes.

One on films and books

One on Long Eaton

One on the real names of film stars and pop stars

Do you know what misanthropic means? (Dislike of people)

What was the first 007 film Daniel Craig starred in? (Casino Royale)

Who was the biggest singles artist of the 1980's? (Shakin' Stevens)

What was the population of Long Eaton in the last census (37 thousand)

Anne & Hilary

Group Leaders

Photography Group

Unfortunately, the weather didn't live up to the forecast for our trip to Wentworth Castle Gardens, a National Trust property near Barnsley. The formal gardens were extensive and included a romantic folly castle and a 19th century glasshouse, which housed exotic plants from different continents. The parklands covered 500 acres, including ancient woodland.



The climb to the top of the castle tower via the stone spiral staircase wasn't for the faint hearted!

On the 6th of November, a number of members boarded the tram at Toton Lane bound for the Nottingham Arboretum. It was a day with occasional sunny periods to highlight the beautiful autumn colours. Lots of wildlife around too.



Our trip on the 13th of November was to the National Memorial Arboretum. Following the Armistice Day service a couple of days earlier, poppies and flowers had been laid on many of the memorials. It was very busy and lovely to see lots of parties of school children, from infants up to college students and army cadets. It covers a massive area with over 400 memorials, and most members find something new on each visit.



History Group

The history group met on November 26th and the subject discussed, appropriately, was Christmas. We learnt the origins, why it was celebrated on December 25th, how it has been celebrated through the ages and the origins of Christmas crackers. A good turnout enjoyed traditional Christmas mince pies and stollen bites to go with our tea / coffee.

Our next meeting is on January 28th as we won't be meeting on Christmas Eve! The subject for discussion will be 'Erewash', before it disappears under local government reorganisation.



Online Learning Events from u3a National Office

Our National Office offers a number of workshops, webinars and interactive sessions, delivered by members for members, which are free to join. These are in high demand and spaces are limited, particularly for those with an interactive element.

In January, events include: Ways We Can Be Happier – Wednesday, December 10 at 2pm – Join Jean Jackson for a whistle-stop review of some of the best science-backed tips out there on being happy.

Whether you're an optimist or pessimist, everyone can be happier because we're all sad at times. The world is full of wellness gurus telling us what to do... so join us for a talk that takes a whistle-stop review of some of their best tips. We'll explore some practical science-backed strategies that aim to uplift you and boost your mood. This session will keep you entertained and informed about your many options. Come curious. Leave happier!

Boost Your Festive Batteries with Qigong – Wednesday, December 17 at 10.00am – Qigong is an ancient Chinese meditative movement practice with multiple health benefits, similar to Tai Chi, but easier to learn. This class is suitable for those with experience, complete beginners and those with health conditions. Whilst usually performed standing, there is the option to use a chair. **About the Speaker:** Paul teaches a qigong u3A group in Brighton and is also an instructor with David Lloyd. He has many years' experience and is an approved instructor in the Dao Hua School.

Radiant Celebrations: How Festivals of Light Inspire Society – Friday, December 19 at 2pm – Catherine Stevenson of Newcastle u3a looks at the Transformative Power of Christmas and Other Festivals of Light.

We explore how Christmas and other Festivals of Light have inspired societies through art, literature, history and music, shaping cultural values, stories and shared symbols that influence social identity and collective memory across different eras and cultures. There's fun involved, too! Please note: If you do not like an animated presentation then this may not be to your taste.

All the above courses are free and on Zoom. For more information on these events and others, please go to: [u3a - Online Learning Events](#).

Community News

A date for next year! LED u3a at West Park Leisure Centre's Community Open Day – Saturday 24th January 2026

West Park Leisure Centre will be hosting a Community Open Day on Saturday 24th January 2026 from 9am till 3pm. A number of local community groups and businesses, including LED u3a, will be publicising their activities at the event. Our display will highlight the wide range of groups we have on offer and members of the public will be able to find out more about us. It will also be a great opportunity to learn what services other local organisations provide. More details will appear in January's issue of the Newsletter.

A CHRISTMAS CONCERT by The Band of Derbyshire Army Cadet Force

The combined Derbyshire army cadet band, bring you a fabulous night of Christmas entertainment, you will laugh, you will cry, you will sing along.

The concert is in the May Hall of Trent College Saturday 13th December, a night not to be missed.

The band is formed by cadet forces from many parts of the Midlands, brought together for this one night, it showcases the talent and dedication of our young cadets, they are fantastic, dedicated young musicians, under the leadership of Captain Peter Ward, book tickets via Ticket Source.

<https://www.ticketsource.co.uk/booking/select/zqmzplkplom>

£1 winter meals at ASDA

ASDA has brought back its Winter Warmer meals for 2025. Anyone over the age of 60 can get a hot bowl of soup, a bread roll and unlimited tea or coffee for just £1 in

participating ASDA cafes. Long Eaton Asda is participating in the scheme. The £1 offer is available until the end of February 2026.

Derbyshire County Council Winter fuel scam warning

If you get a text message about winter fuel payments, it's a scam. Don't click on any links.

Derbyshire County Council's Trading Standards team is warning about winter fuel payment scam text messages that are doing the rounds.

Winter fuel payments will happen automatically. You don't need to make a claim.

Please send items for the January Newsletter to Andrew Savill by 28th December at the very latest.

Long Eaton & District u3a members are also invited to send in concise information about future local events.

The email address is ledu3a.news@ed.gov.uk