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Gainsborough & District U3A Newsletter

'for the members, by the members'

November 2026

Introduction

Welcome to the November edition of the u3a Newsletter.

All articles and group leaders updates welcome

Please send to

chairgainsborough@gmail.com

For information regarding anything at all please contact the number below. Thank you

Telephone number 07751 058640

Chair's Report.

There have been a lot of new members joining over the past few months and I would like to welcome them all and hope they find groups that are of interest. The groups cannot run without you, the members, so thanks to everyone for supporting them. We welcome ideas for new groups so if you have an interest or hobby that you feel may appeal to others, why not explore the idea of starting a group to find like minded people. Are you interested in wild life, photography, old buildings, art appreciation, bird watching. Any activity at all may be the same as someone else's or maybe others would like to find out more. We would love to hear from you.
Our monthly meetings could not run without help from volunteers. If you would be willing to help greet new members, help set up the computer for the power point, help with refreshments, anything at all, please speak to a member of the committee or myself. We now have a new webmaster for our u3a webpage. Many thanks to Gerald for taking on this task and thanks to Giles for all his hard work in the past. You will be missed.
Could all members please make sure you have filled in the data protection form. If you have not had access to a form please see Wendy at the monthly meeting or ask your group leader who should have a supply.

u3a

Gainsborough and District

Christmas Party

1030-1230 on 10 December 2026

Doors open - 1000

£3

To include festive refreshments

Ticket 01

Tickets for the Christmas party will be available at the next monthly meeting or from your group leader.

Committee News

The committee meet once every two months. We are always looking for new members. If you feel you would like to become involved but are unsure what is entailed, please speak to a member of the committee who will be pleased to help. If joining a committee is not for you don't worry. We are always looking for volunteers for other roles. Just speak to either the chairperson or a member of the committee. Next year will be the 25th anniversary of our u3a and we are hoping to have a celebration to mark the event. Do you have any interesting stories about your time with us or photographs? Maybe you would like to share them with the rest of us. Maybe you could help us out on the day.
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Please remember our motto.

For the members, by the members.

Without you we are nothing

Thursday Monthly Meeting Talk

There has been some really interesting speakers in the past year and we are looking forward to a lot more to come in the year ahead. If anyone has any ideas for speakers that they think would interest other members of the u3a then please let us know. Do any of you have any funny stories or life experiences that you would like to share with the rest of the members? If so then why not contact us and let us know. We would love to hear from you.
Just a reminder that Jane, who serves us all with drinks and biscuits at the meetings, would love to have your assistance. Please add your name to the list, it need only be once or twice a year.

All events are at the Gainsborough Methodist Church, DN21

November 12th Beth Dawson Bransby Horse Equestrian Centre

December 10th Christmas Party

January 14th Martin Rowley Does our Criminal Justice System Work?

February 11th Andy Smith Sing a Century

March 11th AGM



Interest Groups

Art

Wendy
We meet fortnightly at Beckingham Village Hall, DN10 4FX (officially from 1000-1200 but in reality it is approx 0945-1145!)
We are of varied ability and meet to enjoy using our own particular art medium while in friendly and supportive company. There are no good or bad artists – just different!
The Group Leader is Wendy and she is assisted by David who deals with the money!
We are a friendly group of 22 and welcome new members.
From time to time we arrange demonstrations by local artists where we usually get to 'have a go' at what is being demonstrated!

Bowling, 10 pin



Pauline
1st Thursday 1530 – 1730
The 10 pin bowling group continues to be a popular activity with a regular group of up to 10 participants which we expect to increase to maybe 15 once the lighter nights make driving home more pleasant. Since the new year we have recruited 3 new players whose standard is better than that of some of us who have been playing for years. But we all continue to have a good afternoon bowling, singing and dancing along to the 60's music the management knows we enjoy. And not forgetting the delicious cake and drink included in the price. So if you want to join a group with gentle exercise, much fun and laughter try 10 pin bowling. We car share and can accommodate anyone that needs a lift. 1st Thursday of the month 1.00 at Ashby Bowl, lifts from Gainsborough at 12.30pm. £12 contact Pauline
Newcomers welcome.

Bridge



Roy Stewart
every Wednesday 10-12pm
Newcomers welcome. We keep in contact by WhatsApp, so we can ensure that the hall is contacted should there not be 4, or more, of us available. We would like our group to grow and you are very welcome to pop in on a Wednesday morning to see how we play – Morton Village Hall from 10.00 until 12.00.

Buccaneers

Pam
Newcomers welcome
The **Buccaneers** had a really interesting visit to the Museum of Horology. Our guides were extremely knowledgeable and explained the workings of not only the speaking clock to us, but also water clocks, bell clocks, sand clocks and so many more.
The tour passed quickly: it is an amazing place - no cafe though!! Many thanks to Jean for organising this.

Canasta Group
Wendy
We meet at 19.30 on the 2nd and 4th Thursdays of the month at Wendy's home in Gainsborough.
Except for one member, all have been taught this challenging and fun game by the host.
We are a friendly group of eight. Because our attendance numbers vary from week to week, we have elected to play singly although traditionally the game is played in pairs!
We are light-hearted players and have fun and laughter!
Eight seats fit around the table although it would be possible to have a second table in the kitchen end of the kitchen-diner. Realistically we would need to find premises to increase our numbers by more than four as there is limited on-street parking available.
However, don't let this stop you from enquiring. A second group could be formed with a willing leader!

Cinema Group

Margaret
This group meets on alternate Tuesdays at Savoy Cinema. The films are advertised on their website. The cinema opens at 11.45 and people meet in the foyer.

Craft

Margaret
Newcomers welcome
Alternate Tuesdays 10-12pm Newcomers welcome.



We all work on our own projects which have ranged from knitting, crochet, card making, patchwork and dressmaking. We are a small friendly group who always manage to have a chat while we work. We meet at a members house who kindly provides us with drinks to keep us going. If anyone has a craft hobby and would like to share it with the group we would love to hear from you. There is no charge for this group.

Cycling

Hilary Newcomers welcome



Our plucky cyclists have enjoyed some refreshing weather with some local rides. In August, knowing that there was just a chance of a rare rain shower after lunch, we embarked on a 10 mile gentle ride from Misterton through Westwoodside and Gunthorpe. On re-entering Misterton we were severely slowed down by traffic behind a large vehicle emitting odd squeaks. It was squirting out new white lines, so we had a little rest on a handy bench whilst things calmed down. We then proceeded to the Chalet Eatery for vital refreshments. Just in the nick of time. The "shower" started and became a huge thundery downpour, which we did need, but not us! We spun out the refreshments until it was safe to emerge, and had a short showery dash back to our cars.
September seemed a bit busy with other things, so the next ride was at the beginning of October. Believe it or not, rain was also involved. Knowing the forecast, the consensus was that we really were all mad, but we actually enjoyed a 9 mile ride from Laughton along a track through the forest and on to Scotton, then of course calling in at the Dandelion and Duck for welcome warming refreshments.
The latest ride was a bit longer but drier at 17.5 miles, from Laughton to refreshments at Kirton, and back. Rather hillier than remembered, but we made it. Who knows where we will go next?

Disco

Pauline



A trial session of what I hoped would become the newest Gainsborough u3a group took place on 23rd October at Morton Village Hall. It had been advertised at the two previous monthly meetings and the idea got a good response. So I decided to go ahead and book the hall. Carol (bless her) said she had Spotify on her phone and she would download some music which she could play through a speaker. From then on everything fell into place and others offered to help on the day.

The day of the disco Carol and I stood around waiting nervously for people to arrive and when they did the numbers exceeded our expectations. What an afternoon it was. The mainly 60's music was perfect and soon there were 20 of us on the dance floor – for 2 hours. We even had non dancing members who came along as spectators to support us. So we concluded that a Disco group during the winter months would be a good addition to our Groups programme. I have therefore booked Morton Village Hall for 27th November and18th December. The trial session was for members only to see how it went before taking friends along. So the next session you can bring a friend along as long as they take out membership.

French Conversation

Pam



The French group is only small but it works well. We all prepare (not in too much detail) something to say about what has interested or annoyed us during the previous month. We have had to research quite a lot of vocabulary so we could attempt to talk about Steam Punk, cruise holidays, household repairs and the odd disaster.
We spend a lot of time laughing and substituting franglais (or even occasionally German) for missing vocabulary.
Everyone is really supportive, plus the coffee and cakes at The Clockhouse are very good.
If you have a bit of French conversation and would like to join us, you would be most welcome.

Card and Board Games group.

Dorothy



As Giles has stepped down from the games group we now have a new group leader. We would like to thank him for running the group up until now. We have 9 members at present and newcomers are very welcome. We meet at The Lincolnshire Otter, just off the dual carriageway on the second Tuesday of the month 2 pm till 4pm.

Gardening and Garden Visits

First Friday with occasional weekend visits
There has been some really enjoyable garden visits over the summer with more to come next year. We choose the gardens from the booklets supplied by the National Garden Scheme. In October we had a very enjoyable quiz which was at the Little Retreat in Lea. Many thanks to Rosie for organising the venue and Sylvia for the quiz questions. As the weather has changed and the gardens are starting to look a bit tired there will be no garden visits till the new year. There will however be a visit to Brigg Garden centre in November and details will be on table at the back of the room at the monthly meeting.

Kurling

Anthony
Every Monday morning – Bank Holidays excepted – at Morton Village Hall from 10.00 until 12.00. Do come and join us

Numbers have picked up again. It seemed to coincide with the raising of the weekly fee! It now appears we could go back to £2, but this might be tempting fate. We have discovered that we can cope with almost any number and suit the session to whoever turns up.
We have a Christmas meal planned at the Hickman Hill and almost everyone will be joining us there. It was planned in September as our members know what they want and know it needs a little bit of planning.
Anyone is welcome to join us in Morton on any Monday morning from 10.00 until 12.00. No prior experience and every Monday except Bank Holidays.

Lunch (Friday)

Glynis



Newcomers welcome. We meet on the second Friday of each month (the day following the monthly meeting) when you are invited to sign up for the following day. We usually meet at 12:00 for 12:30 In any pubs in the area which serve good food
Meet the 2nd Friday in the month. Venues to be decided

Lunch Sunday

Rosie
webpage via Contact
Waiting list. Once a month, various locations and once a year: combined lunch with other lunch groups.



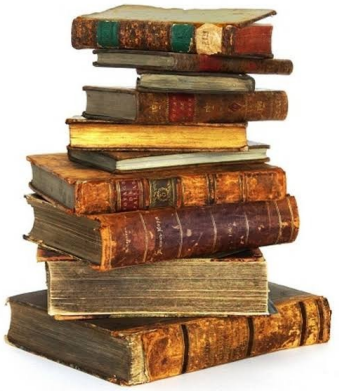
Reading Group 1

Margaret

Newcomers welcome. 2nd Wednesday of the month, 2pm In the Library

We have had some good books that we enjoyed and others we went over quickly, but that is a library with lots of books to choose from, Lincoln is very good and helpful.

One of the popular books was Ely Griffith's The Killing Time everyone had enjoyed it, she is a popular author. A recent book The Mitford Affair by Jessica Fellow's has not been discussed as the day had to be cancelled because of illness and medical appointments. The October book is Miss Austin Investigates by Jessica Bull, the investigator is not the author !



We could do with more members as the group has been going since we started it would be good to get the numbers up. We have had 3 resignations in the past year year .or two, health and age and travel .

I am pleased that groups 2 and 3 are doing well and enjoying the books

Reading Group 2

Jane

Waiting list

Our book club continues to thrive. We have 11 members, which is the maximum we want at present.

We generally meet in the cafe at The Old Hall on the 3rd Thursday of the month from 10.30am until around midday.

Drinks and cakes are available to buy.

The library chooses the books for us, which I collect once they have e mailed me.

It's a mixed bag of mostly fiction plus the occasional autobiography. We don't all like what they give us, but it's a good way to discover an author you may not know. Since getting a Barbara Kinsolver novel last year which I absolutely loved, I have now read everything she's ever written and loved them all! Our newest member told us that joining the u3a has transformed her life, as she now has a much more varied social life and has made new friends.

Reading Group 3

Pam

3rd Friday 10am Waiting list



We are still going strong, still enjoying most of our reading and all our discussions. Our latest novel was Molly and the Captain which was a very clever book. It was written in three parts; each concentrating on a different era. What they all had in common was interest in Merrymount a talented painter (based on Gainsborough). The title is the name given to his most famous painting of his daughters. We follow the fortunes of the family and extended family and, of course, the painting. The family are all artistic or theatrical and provide the reader with plenty of interest.

Scrabble

Barbara

Newcomers welcome

Really very little to report. Our players when available comfortably total eight, though we could squeeze in one or two. I myself had to attend a family funeral in July so my newly appointed deputy Lyn took over the Scrabble Bag and I'm told did a very good job. Thank you Lyn.
We meet very happily in the Clock House every 1st Thursday in the month and enjoy coffee and a chat before starting play. 😃 Barbara

Singing for Fun

Little Retreat Lea

Pam



We now have over twenty members, though we average about 12 or 14 due to holidays and colds. This means that we can really enjoy our singing and make quite a lot of noise. We sing all kinds of things, feeling particularly successful with rounds and paired songs. We also choose several songs to sing each month from our "library". These range from the Beatles to musicals to music hall, as well as traditional British songs. Sometimes we are very pleased with our "performance" but other times we talk through our problems and do resort to singing along with the original recording to get the timing right.
We always feel really happy after the session because it is such fun. We are not a choir, just a group of people who really enjoy singing, despite - in my case- a lack of ability!

Snooker



Phil
Waiting list
Snooker group
The snooker group continue to meet every Friday at the United services club on Bridge Street from 12pm until 3.30pm.
There are spaces available if anyone wants to come along and play.
Drinks and snacks are available to purchase at the bar

Strollers

Lyn & Graham
Our walks are usually about 4 miles in length, taking place on the Friday of the week following the monthly U3A meeting. At the meeting, we advertise details of the next stroll. New strollers are always welcome.
For those interested, we go for a meal at a local pub afterwards.
The group leaders are Lyn and Graham. As we live in Bawtry, our walks tend to have a west of the Trent bias, although other walk leaders add variety to the locations.

Theatre Group.



Sharon
We have been quite active.
Coming up, some of us are going to see the Two Pianos, at TAC. We are also going to see Come From Away, and I am currently taking interest in a comedy production of The 39 Steps with Hull Truck Company.
4 of us recently went to see Blood Brothers (yet again), in Grimsby and quite a few saw GMTSs presentation of Charlie and the Chocolate Factory at the Plowright, in Scunthorpe.

Visits



Carol
Newcomers welcome

Group Leader: Carol
Coach trip to: 🎄 🎄 🎄 🎄 Harlaxton Manor 🎄 🎄 🎄 🎄 🎄
Monday 7th December 2026 The coach will depart from: WEST LINDSEY LEISURE CENTRE THE AVENUE GAINSBOROUGH DN21 1EP Please arrive by 8:55 am so that we can leave promptly at 9:05 am

Walking



Glynis
New members welcome.
Our walking group meets every 4 weeks and our walks are around 7 miles long, in either Lincolnshire or Nottinghamshire, but no more than an hour's drive away. We car share and split the cost between us.

Taekwondo

Richard can do a Taekwondo Taster Session on a Wednesday, at the Karate Academy, at 4 for 4:15. The Karate Academy is above Villiers Classic Cars on North Street.

If you are interested please let us know and Richard can set a date.

Facebook

We now have a Facebook page which is for information only. If any group leaders have anything they wish to be included please contact a member of the committee and we will see it gets included. The page is called u3a Gainsborough. We are hoping to also have a Facebook group which will be for members only so watch this space.

Gainsborough Life

If anyone has any contributions they would like to be included in the magazine, please send them to the chair via the email at the top of this newsletter. Also please make sure you have the permission of all the people included in any photographs. This is to ensure we are in line with data protection. Thank you.

Article from Autumn edition of u3a Matters

Retirement reclaimed

The findings from the u3a and me survey draws on the experiences of more than 10,000 members across the UK to determine the movement's impact on their lives. The findings suggest that u3a helps to turn later life into a golden opportunity. Just look at these statistics from respondents.

- 95% said u3a had improved their life in some way
- 79% said u3a had expanded their social connections
- 77% said their sense of wellbeing had improved since joining u3a
- 66% said u3a had helped them stay mentally and physically active
- 45% said u3a had reduced feelings of loneliness and isolation
- 90% agreed that u3a gives them opportunities to keep learning and stay curious.

How has the u3a helped you?

We would love to hear your stories of how you feel being a part of the u3a community has benefited your life. Please send us your stories either to the email at the beginning of the newsletter, your group leader or in person at the monthly meeting. We look forward to hearing from you.

Jane's Story

I moved to Gainsborough with my husband in 2017 from Scotland. We knew no-one and it seemed much harder to make new friends when you're older. I popped into the library and picked up a leaflet advertising a Healthy Walking group locally. We started going regularly and was told about the u3a group here. I joined the book club and we started to go to the monthly meetings. We really enjoy hearing different topics and stories from our variety of speakers. I took over the running of the refreshments after about a year and also joined the committee 3 years ago. It has certainly enhanced our social life and it's been great to make new friends and expand our horizons.

chairgainsborough@gmail.com