

Forthcoming Monthly Speaker Meetings

Monthly speaker meetings are held at 1:45pm in Burton Joyce and Bulcote Village Hall, Trent Lane, Burton Joyce, Nottingham NG14 5EY. They are followed by refreshments, tea/coffee and biscuits. It's an ideal opportunity to socialise, sign up for Groups and chat to friends. Members should arrive in good time as latecomers can make it difficult for others to hear the Announcements.

TUESDAY 13th AUGUST – ANNUAL GENERAL MEETING FOLLOWED BY A TALK BY NINA DAUBAN, WHOSE SUBJECT IS “WHAT YOU DIDN'T KNOW ABOUT CHARITIES”.

Nina Dauban is the Chief Executive of Nottinghamshire Community Foundation, a local registered Charity which supports the voluntary sector across the city and county by way of grants. She has been working for local charities for over 40 years, was previously the chair of Nottingham Association of Voluntary Organisation (NAVO) and is now both Chairwoman of Hetty's and CEO of the Community Foundation. NCF supports over 300 local charities a year and helps them find the funds to support the great work they do in our communities. Nina's talk for U3A groups across Nottinghamshire has been described as very informative and one group (Rainworth u3a) said it was the best talk they have ever had. The title came about because members of the audience said. "Well, I didn't know that".

TUESDAY 10th SEPTEMBER – PAUL LILLIE - “THE EVOLUTION OF POP MUSIC from 1954 to 1994”.

Paul Lillie is currently Artist In Residence at Nottingham QMC and City hospitals where his unique mixture of art and music has proved a huge success in supporting the wellbeing and mental health of patients as part of the Hospital Trust's award winning Arts programme.

In his talk “The Evolution of Pop music from 1954 to 1994” Paul will be performing songs on his guitar and encouraging audience participation as he traces the development of modern popular music from the early rock and roll of Elvis Presley through to the rise of the internet. He also weaves in the protest power of pop discussing the importance of writers such as Bob Dylan and Joan Baez.

Paul trained at Wimbledon School of Art and he will show some of his paintings and sketches including ones from his childhood, relating these to his lifetime love of pop music. He will also include anecdotes from his own career in the music industry.



NEWS FROM OUR GROUPS

bju3a.co.uk/groups

Friday Fit - Free Session



Free session to sample Friday fit club!

This exercise class was started on March 22nd 2024. Although we have 24 members on our list, we regularly have 12/13 members attending our group and we could do with a couple more. We are a mixed group, exercising to music of the 60's, 70's and 80's and the session includes aerobic exercise, stretching, balancing and strengthening exercises and it's a lighthearted, fun way to keep fit. We have an experienced, professional teacher, Pippa Tabreham.

If you fancy giving this group a try, why don't you come along to **our free session for prospective new members on Friday, 23rd**

August from 9.30-10.30? No equipment is necessary to begin with but if you have a mat, that would be helpful. We have a few spares. We don't use weights at this group.

The usual cost is £5 per session, payable in cash, when you attend. We meet every Friday (except the 2nd Friday of the month) in the village hall. You'll be assured of a warm welcome. **Email me if you're interested:- roz.tuffrey@hotmail.co.uk and title your email Friday fit club.**

Pétanque (Boules) - Free Session

Did you know that Pétanque is played the The Poplars Sports Ground? We are holding a **free open session on Friday 16th August from 10:30 a.m. 'til 12:30 p.m.** No equipment is needed. Just turn up. Light refreshments will be available. Come and join us!



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SWANS (Short Walks and No Stiles)

There was a very good response when the invitation was emailed to members of this walking group, and 18 members enjoyed the 15th July walk. David Falkner volunteered to lead this interesting varied countryside walk partly through the conservation area of Westhorpe, an unspoilt hamlet of Southwell, having many historical points that were brought to our attention.



Some old farming cottages being carbon dated as far back as the 12th century. Around 1811 a barn was rented for the Baptist worshippers, along with part of a parishioner's garden, as a private burial ground for infants that had not been baptised. We traversed through jitties and ginnels, alongside deep dumbles, being careful over some big tree roots, but appreciating the beautiful cereal crops in well managed fields. Most of the group enjoyed a fine lunch at The Hearty Good Fellow pub, afterwards. These walks are mostly around our local villages and area, and are around 2-3 miles long, with no stiles! Why not give it a try. The SWANS group meets at 10:30 a.m. On the third Monday of the month. Contact details can be found at <https://bju3a.co.uk/swans/>

Genes, Dementia, and Me

Well, not "me" exactly, although my wife might dispute that (Editor).

This the subject of an upcoming University Interest Group talk on Dementia. Details have been emailed to members of the group and a good response received, with 30 people due to attend. However, because of the size of the lecture hall, we have plenty of other spaces available. You are therefore invited to attend. It might also be an opportunity for you to experience what these talks are like.

Our genes are the backbone of who we are. They govern how each biological systems works. Although we all have the same genes, each gene can have small DNA sequences changes within them. These changes make us all unique, but in some cases they can also increase our risk for disease.

In this presentation Dr Keeley Brookes from Nottingham Trent University will tell us about her research in this area. She will talk about the genes and the (Continued >>>)

“variations” that are thought to be involved in the biological pathways leading to Dementia, and specifically Alzheimer’s Disease. It will cover the work her lab is doing to on how we might be able to use these genetic variants as markers for identifying people at high risk of developing dementia, decades before the symptoms start and prevent disease onset.

Don’t miss this talk, it will be a fascinating insight into how research may help deal with the growing issue that dementia presents to all of us. The details are:-

When: Wednesday 21st August 2024, 2 p.m. start

Duration: About 40 minutes followed by questions

Where: Nottingham Trent University, Clifton Campus (full joining details will be provided)

Transport options: You can go by bus or even your car! I am sure some will also be prepared to offer lifts from the Wheatsheaf.

Dr Keeley Brookes has a BSc Biological Sciences (Genetics) degree, an MSc in Gene-Environmental Interplay and a PhD in the Molecular Genetics in Attention Deficit Hyperactivity Disorder.

To book your place please email me directly at tgawright@icloud.com . Any queries please ring me on 07942 909700.

- Trevor Wright, University Interest Group Coordinator



A coach trip to the ‘Black Country living Museum’ - Wednesday 4th September

Join us for a most interesting day out at this creation of the world’s first industrial landscape on a 26-acre site of former industrial land. Over fifty authentic shops, houses and workshops that have been carefully reconstructed to preserve the character of the region when its manufacturers brought worldwide fame to Black Country towns. Meet and chat to the costumed shop keepers and pub landlords to experience the original sights, smells and sounds of the past.

The cost includes the price of entry, and depends on how many members wish to go. It will be £38 per person if we can fill a 37-seater coach, or £44 if we can only fill a 25-seater coach. No payment is needed at the moment but **If you are interested in joining us** for this outing please email to djfspringbank@yahoo.com or phone 07860 502479, (**before Monday August the 12th**).

- David Falkner