

# Derby u3a News July 2026



## **Next outing – Trip to Trentham Gardens and Shopping Village – Wednesday 22<sup>nd</sup> July**

Trentham Gardens are situated around the mile long lake of the now ruined Trentham Hall. The original layout was designed by Capability Brown. Most areas of the gardens are accessible to wheelchair users and manual wheelchairs are available on a first

come first served basis from the main entrance. In the Shopping Village there is a massive Garden Centre, over 50 shops and 14 cafes and restaurants. Re-entry to the gardens is by showing your ticket.

Cost of coach (including tip) and entry to Gardens is £20.00 per head.

If you have any queries, please contact the Outings Organiser, Sue Swain, on [susanpswain@gmail.com](mailto:susanpswain@gmail.com)

## **Could you be our next Outings Organiser?**

Sue Swain who, together with her husband Bob, has been organising our outings for fifteen years has decided to take a very well deserved rest and will no longer be organising our outings. We would like to give a huge thank you to Sue and Bob for all their hard work over the years, which has brought so much enjoyment to so many people. Many, many thanks!

Sue's retirement from the task means that there will be no more outings until another organiser (or more than one) can be found. If you are interested in this role and would like to find out more, Sue would be happy to talk to you about it. You can contact her on [susanpswain@gmail.com](mailto:susanpswain@gmail.com)



## **We're looking for a Minutes Secretary**

We are looking for a Minutes Secretary for our Committee Meetings, AGM and Special General Meetings. This does not necessarily involve being a Trustee of Derby u3a. You would need to attend monthly Committee meetings which are on Monday afternoons at a town centre venue in the week before the Monthly Meeting (usually the third Monday of the month). The Committee may not meet in August or December. Additionally, you would need to attend the AGM (last Thursday afternoon in March) and any Special General Meetings which are called (these are very rare).

This is an important role, as the Minutes of all of these meetings must be recorded in order to maintain our charitable status. The Committee hopes that among our 650 + members, there is someone who is willing to fulfil this activity, which is a great opportunity to see how the u3a works.

If you are interested, contact the Chair, Rich Sherratt on [derbyu3a@gmail.com](mailto:derbyu3a@gmail.com)

## **Proposal to reduce membership fees from January 2027**

In view of our continuing healthy finances, the Committee is proposing to reduce annual membership fees to £10 for full members and £6 to associate members from January 2027. We need to put this proposal to the membership via a Special General Meeting which will take place at the Monthly Meeting on 30<sup>th</sup> July. Full details will be sent out separately within the next couple of weeks, but please make a note of the date as the meeting needs to be quorate to vote on the proposal.



### **Do you use the equipment at Friends Meeting House or CURC for your group? – A plea!**

Could those groups using the audio visual equipment at Friends Meeting House please ensure they pack away the equipment properly at the end of their meetings? Equipment is being left in an untidy and confused 'mess' at times, inconveniencing the next user. It

is OK to pack the projector into the large laptop bag, along with the laptop, but please put the laptop mouse and power supply in the bag also. All other connector cables and extension lead should be left in the 'shopping bag'. Please leave the speaker power lead and audio cable plugged in to the speaker.

If you use equipment at CURC, please ensure that the projector lead(s) and plug are packed into the projector bag (not the laptop bag). Again, this would be very helpful for the next person using it. Thank you.

## **Monthly Meetings – June and July**

Monthly meetings take place on the last Thursday of the month at 1.30 pm at St Mary's Church Hall, Darley Lane DE1 3AX. Free entry. All welcome! Next meetings:

June 25<sup>th</sup> – **Balloons and Parachutes – The Adventures of an Edwardian Air Display Heroine**. Speaker: Tony Waldron. The inspirational story of parachute pioneer, Dolly Shepherd, is one of daring, bravery and determination and this talk explores Dolly's amazing exploits in this once popular form of pre-aeroplane aerial entertainment.

**IMPORTANT NOTE ABOUT THE JUNE MEETING** – We have been advised by St Mary's Church Hall that they are having their intruder alarm upgraded. It is mostly work which is in the lobby so shouldn't impact on our actual session, but there will be some work in the female toilets. They will likely be stopping the doors to the female toilets open and encouraging anyone who feels uncomfortable with the workers in there to use the disabled toilet.

July 30<sup>th</sup> - **India in the 1980s: A Personal Prospective**. Speaker: Bimal Jangra. Bimal has lived with being a mixed heritage child at a time when this wasn't common – He has visited India a couple of times, in 1971 and then in 1981. Here he presents a personal overview of this incredible country, which is part of his heritage, illustrated by his photos, which provide a fascinating insight into his life in New Delhi at a time of continual change.

**IMPORTANT NOTE ABOUT THE JULY MEETING** – The meeting will begin at 1.30 as usual with a Special General Meeting to vote on the Committee’s proposal to reduce membership fees.

### **Next New Members Meeting**

We extend a warm welcome to recent new members and those thinking of joining. These meetings are your chance to find out more about what we do and the many groups on offer. The next New Members’ Meeting is at the Friends Meeting House, 56 St Helen’s Street, Derby DE1 3HY on **Wednesday 16<sup>th</sup> September, from 10.15 am to 12 noon. BOOKING IS ESSENTIAL** – please contact [derbyu3amembership@gmail.com](mailto:derbyu3amembership@gmail.com)

### **Tell us about your great group organiser!**

We’re taking a leaf out of the [Interest Groups Online’s](#) book and asking members to nominate their group organiser for a mention in future newsletters.

- Is your group organiser amazing?
- How have they helped you to enjoy the group?

Please write a few lines about how they have made your time in the group really worthwhile and email [derbyu3a@gmail.com](mailto:derbyu3a@gmail.com) to help us celebrate our hard-working group organisers.

## **NATIONAL U3A NEWS**

### **Explore the UK with u3a getaways**



The national u3a invites you to the first *u3a getaways* trip – The Agatha Christie Story – from 14–18 September 2026. You’ll join other u3a members from across the country to explore the beautiful houses and coastlines that inspired her famous mysteries.

*u3a getaways* is a new programme of bespoke holidays exclusively for u3a members and friends. Upcoming getaways include: Appreciating Shakespeare (3 nights) and Yorkshire Festive Treats (2 nights). Find out more on the [u3a getaways website](#).

### **This year’s u3a essay competition is now live**

It’s time to get writing! This year we want you to take us on a remarkable real-life journey – of discovery, adventure or transformation – and bring the story to life in fewer than 1000 words.

- **Free entry:** open to all u3a members
- **Deadline:** 31 July 2026
- **Prize:** book bundles for the winner and two runners-up, kindly donated by *HX Expeditions*. [Find out how to apply](#)



### **Could you help shape the future of Third Age Trust Trading Ltd?**

The Third Age Trust is looking for u3a members with commercial experience to join the TATTL Board as voluntary Non-Executive Directors. TATTL’s purpose is to generate an income that supports the charitable objectives of the Trust, by providing services to

u3as and their members in a tax efficient manner. This includes the production of *u3a matters* magazine and digital service for u3as. They are especially interested in members with experience in areas such as:

- publishing
- digital services
- member services
- marketing
- brand
- customer engagement
- business development.

They also need volunteers with digital skills and experience to join their Digital Services Advisory Group. This group supports the work of TATTL by assisting with strategic thinking and insight.

- digital product development
- online platforms
- digital solutions and Software as a Service (SaaS)
- customer relationship management systems
- user experience
- digital transformation.

Full details on both roles, with information on how to apply, are on the [volunteering page on the u3a website](#).

### **Vacancy on the Third Age Trust Board of Trustees**

Nominations open 2<sup>nd</sup> July. If you are interested in this role, an online briefing session is being held on Monday 6<sup>th</sup> July at 12 pm. [Sign up for free](#) Or find out more at <https://www.u3a.org.uk/what-we-do/events/u3a-elections>

## **LOCAL NEWS**



### **Ramathon 2026 are looking for volunteers to help as marshals etc**

Taking place this Sunday, 28<sup>th</sup> June, Ramathon organisers are looking for volunteers for route marshals, drink stations, finish processing, baggage and race office. Benefits:

- ✓ For a group of 10 Volunteers, a £100 volunteer donation and for 15 Volunteers £150!
- ✓ A free race entry into another RFA event (excluding marathons)
- ✓ Goody Bag with a snack and drink on the day
- ✓ Be part of an amazing event, supporting the community raising money for some amazing charities

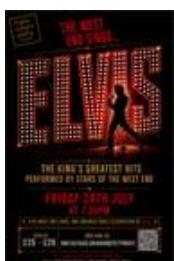
To sign up, go to <https://vmodcui.active.com/volunteer/jobs?eventGroupId=3082705>

### **Opportunity to take part in research: How seeing or hearing about others falling affects older adults' worries about falling**

Researchers at the University of Leicester are asking for volunteers to help them explore whether seeing or hearing about other people falling (for example, friends, family members, or others)



influences an individual's own worries or concerns about falling. They say, "We hope the findings will help improve understanding of fear of falling and contribute to future falls prevention approaches. Participation is via an online survey which can be completed online at a time convenient to participants, and there are no right or wrong answers, we are simply interested in people's experiences and perspectives." To find out more and to sign up, go to [How seeing or hearing about others falling affects older adults' worries about falling](#)



**Live music events with an exclusive discount for Derby u3a members: Mark Robert Petty Presents: The West End Sings ...**

The West End Sings... is a brand-new series of spectacular live concerts coming to Repton 400 Hall Theatre throughout 2026. Produced and hosted by Mark Robert Petty, each show features leading performers from London's West End celebrating the music of some of the world's most iconic artists. Audiences can look forward to unforgettable evenings dedicated to Elvis Presley, James Bond, ABBA, Phil Collins & Genesis, and a festive Christmas party concert, all performed live by a cast of outstanding West End stars. Combining world-class vocals, live music and the greatest songs ever written, The West End Sings... brings the excitement and quality of the West End to the heart of Derbyshire. Tickets: £25-£28

Venue: Repton 400 Hall Theatre, Willington Road, Repton, DE65 6FH

**Derby u3a members can receive a £2 discount on all tickets using the booking code: WESTENDU3A.**

Further details of all the shows and booking can be found at <https://www.ticketsource.com/markrobertpettypresents>

## GROUPS NEWS

### NEW GROUP! German

The German group had an introductory meeting at the Standing Order pub on 18th June. We will be meeting on the first and third Thursdays of the month at 10.30 for an hour or so. We will be meeting informally for a drink and to partake in some German conversation and then break into smaller groups to practice and discuss specific topics. All abilities are welcomed! A group of us intend to visit Osnabruck for Maiwoche (May week) next year. For more information and to request to join the group please contact the group organiser on the German Group page of the Derby U3A website.



### PROPOSED NEW GROUP! Debating Group

The proposal is to have a debating group which would include a formal motion of the house, a proposer and seconder for the motion and an opposer and seconder against the motion. These contributions would be timed. All other attendees would then have

an opportunity to put their point of view. At the end of the debate, a vote would be taken to see if the motion has been carried or not. There is no limit on the number of people who can be members of this group. Topics will be both 'serious' e.g. this house believes an apprenticeship is of more value to society than a university degree or 'fun' e.g. this house believes that blondes have more fun.

### **PROPOSED NEW GROUP! Dog Walking**

Interested in joining other dog-owners for a dog walking group? Contact Andy Timms (details below).

## **GROUPS ROUND-UP**

**To contact any of the groups on the next pages, visit**

<https://derby.u3asite.uk/groups/> and click on the group which interests you to be taken to their group page. Click on the Group email link to send a message to that group's organiser. Or email Andy Timms, Groups Coordinator on [andytimmsu3a@gmail.com](mailto:andytimmsu3a@gmail.com)

### **Subject and I.T. Groups**

**Archaeology and History:** This group will meet on Friday 10th July at 10.30am at CURC when Elaine will be presenting 'The Celtic Iceni Tribe and their famous Warrior Queen Boudicca'. Discover how the Iceni tribe lived and survived the Romans and how and why Boudicca became a patriotic symbol of leadership and defiance. New members welcome.

**Architecture:** Our July session is on Thursday 16th July, with an afternoon visit to the canal-side area of Shardlow, starting out from the museum at the edge of the Clock Warehouse car-park. The village is well served by the 'Skylink' service from the bus station running every 20 minutes. We hope to have a local guide.

**Astrology:** In eight separate sessions, we look at the basics of astrology, and how the zodiacal signs and planets are interpreted, including in your own birth chart. It also includes the history of astrology and the modern psychological approach to it. A new series of sessions will start in the autumn. To register an interest, contact via the Astrology group page on the website [https://derby.u3asite.uk/u3a\\_groups/astrology/](https://derby.u3asite.uk/u3a_groups/astrology/) or Groups Coordinator, Andy Timms.

**Current Affairs:** Meets fortnightly in the CURC on Green Lane. It is a group which discusses and debates topical issues without an agenda. Nothing is off limits. Next meetings are 9th July and 23rd July 2026. **We are actively looking for new members for this group.** Everyone is welcome. We look forward to seeing you soon. Please contact the group leader for further details.

**Digital skills with confidence:** Our next meeting is at 2pm on Friday 3 July at the Central United Reform Church, Green Lane. We will be looking at browsing the internet with confidence. There are places available for anyone interested in joining the group.

**Discussion Group:** The Discussion group will be meeting three times in July. At the first meeting on Thursday July 2<sup>nd</sup> we will be discussing 'What is your favourite historical era and why?' On July 16<sup>th</sup> the topic is 'Social Media, its effect on society.' Our last meeting in July is on the 30<sup>th</sup> when members can talk about current issues which interest them. We have recently admitted several new members and we are now full.

**Family and Social History:** Meets every second Wednesday of the month at 10.15 am at the Friends Meeting House.

**French Conversation:** The next meeting of the French Conversation Group will take place on Tuesday July 14<sup>th</sup> to celebrate Bastille Day. This meeting is a social event to mark the end of term and will take place at the home of one of our group members. Please bring your own drinks. Food will be provided. There will be no meetings during August.

**Geology and Physical Geography:** Meeting at the CURC Stuart House, Tuesday 7 July at 1.30pm. We will be having a presentation on 'The Carboniferous' continuing our work on the Geological Column.

**Local History:** Meeting at the CURC Stuart House, Monday 13 July at 2.00pm. We will be having a presentation titled 'No 7 Saddlergate, Derby'

**Myths and Legends:** We meet on the second Tuesday of each month at 2 pm at the Central United Reformed Church on Green Lane. Our next presentation on 14 July is "Trees in Mythology – Part 1: The World". New members are always welcome!

**Natural History:** Natural History Group meets every month to learn and to share their interest in nature. In July, Vivien will be speaking about "The bog beneath your feet: a hidden world. Secrets of the Bog: Britain's Hidden Wild Landscapes". The meeting is on Monday 20<sup>th</sup> July at 10.30 am at the CURC, Green Lane, Derby. New members are welcome to join this group, contact the Group Organiser via the Group page on the u3a website

**Philosophy and Ethics:** Philosophy and Ethics next meets on Thursday, 9th July at 10:30am in the Friends Meeting House. We are continuing with the Philosophy of Identity with a look at where the mind resides. Our ethics discussion will focus on AI and personhood. News members welcome. If you are interested, please send a message through the Philosophy & Ethics group page.

**Psychology Group:** We are meeting on Monday 27<sup>th</sup> July at 2.00pm at CURC. The topic for discussion is Imposter Syndrome, the feeling that "you're not good enough" or don't deserve your successes. New members welcome. Please send a message via the Psychology group page if you are interested.

**Spanish Conversation:** Wednesday 1st July at 10:30. Meeting presented by Lin.  
Wednesday 15th July at 10:30. Meeting presented by Peter. We will start taking new members in September.

### Arts, Crafts, Literature and Music Groups

**Art Appreciation:** The Art Appreciation group will be on tour again in July. We are on a guided tour of the **Wright of Derby, From the Shadows** exhibition, freshly transferred from the National Gallery. Tickets for our tour are now sold out, but the exhibition is open to all. Please note that we are not meeting at Friends Meeting House in July.

**Book Group:** At our July meeting we will be discussing "Fresh Water for Flowers" by Valerie Perrin. Translated from the original French, this novel 'explores grief, loss, resilience and the beauty of everyday life'. Violette, devoted caretaker of a small town cemetery, lives in the lodge where friends and colleagues visit her and share 'hilarious and touching confidences, laughter, companionship and tears'. The book group remains full.

**Bookworms:** Our next book for discussion is 'Death at La Fenice' by Donna Leon : A Venetian detective investigates the poisoning of a renowned conductor and uncovers a web of secrets, grudges and corruption beneath Venice's elegant cultural scene. Any potential new members are welcome to contact us via the Bookworms group page. We meet on the third Friday of each month at 2 pm at Friends Meeting House. Next meeting: 17th July.



**Classic Rock:** Join us for our next Classic Rock meeting, which will be on Thursday the **9th July 2026** at 2pm. To celebrate another World Cup year, the meeting theme will be: '1966 and all that'. How old were you when England last won the World Cup? Can you remember the music of that summer? Let's go back in time and relive those halcyon days...Even if you aren't usually a Classic Rock member - you are still welcome to join us. Use the email link on our website page to let us know you are coming along...

**Craft and Chat:** The Craft & Chat Group is enjoying their new venue, upstairs in the pottery studio at Artcore, a short walk from the bus station. If you think you would enjoy a cosy, relaxing few hours, chatting and enjoying a cuppa or two while working on a little project, please come and join us.

**Creative Crafts:** In June Creative Crafts did a bit more to their embroidery project (see photo) as well as exploring concertina cards. In July we are celebrating the 250th anniversary of United States Declaration of Independence as well as continuing with our little embroidery project.



**Creative Lettering:** Will not be meeting during July or August.

**Music Appreciation:** Meets fortnightly on Tuesday mornings at 10.25 am at the Friends Meeting House.

**Painting for Beginners:** In July, the group are separating into two groups. One group paints and studies plants and flowers, the other group mainly painting landscapes. Come and join us at Chester Green Community Centre, the class is held every 2nd and 4th Wednesday of the month at 13.00 to 15.00.

**Play Reading Group:** We completed Alan Ackybourn's comedy 'Absurd Person Singular' at our last meeting and look forward to reading J. B. Priestly's 'An Inspector Calls' over the next two sessions. We have some interesting and varied plays in the pipeline that we are looking forward to 'performing!' We meet at the CURC at 2.00 p.m. and our next meeting will be on 2nd July which is the first Thursday of the month.

**Sketching and Painting:** Sketching Friday July 10<sup>th</sup>, meeting at 1.30 pm at the public car park Cromford, next to the canal where there are a lot of choices for sketching both in Arkwright mill complex and village and canal.

**Singing Group:** ALL SAINTS CHURCH HALL, MICKLEOVER, DERBY. DE3 ODL  
We would be pleased to welcome you to our singing group, Songs on screen or printed if needed. For more information, please contact Barry via the U3A. Our next meetings are on Friday 3rd 17th and 31<sup>st</sup>, starting from 1:30 to 3pm.

**Ukulele for Pleasure:** Dates for our meetings at Chester Green are Tuesday 14th and 28th July. New music is being circulated, so even if you are on holiday or unable to make the sessions, do download it and add to our songbook.

**Writing for Pleasure:** The Writing for Pleasure group meets at Allestree Library on the third Wednesday of each month at 10.15 am to 11.30am. No previous writing experience required. Just come along to check out this friendly and welcoming group. Our next meeting will be on Wednesday 15 July 10.15am to 11.30am.  
FLASH HOMEWORK – Homework for next time will be to write a piece – fiction, poetry or factual writing – using a maximum of 100 words.

### Leisure and Social Groups

**Amusing Quiz:** This month, we will be quizzing on the 1st and 15th of July. Quizzes are held at the CURC, Stuart House, Green Lane on the first and third Wednesdays of each month between 2 and 4 p.m. At each meeting we quiz in different randomly selected teams and questions are on a wide variety of themes as well as General Knowledge. Our June quizzes included the questions: Where does fictional character Patrick Clifton work? What is the only human infectious disease to be eradicated by vaccination? and give a year in the life of Alexander the Great.

**Bridge:** The U3A bridge club continues to meet fortnightly. New players are always welcome regardless of playing experience, so come and join us.

**Canasta:** Ten people attended for our first meeting and we got off to a good start. There were experienced and novice players alike but we helped each other and look forward to the next session. That will be held on the fourth Friday of the month at

1.30 p.m. at the Friends' Meeting House, which in July will be the 24th. We are still open for new members.

**Cinema Group:** The cinema group meet on the 4th Wednesday of the month at the Derby Museum Cafe at 2 pm where we chat about films we have seen and make plans to go as a group to see something that interests us. New members always welcome.

**Evening Pubs Group:** The Evening Pubs group meets from 7 to 9 pm in a Derby city centre pub on the fourth Tuesday of the month. Our June meeting was at the Five Lamps on 23rd June. In July we will meet at the Furnace on Duke Street on the 28th. Please contact the group organisers on the Evening Pubs Group page of the Derby U3A website for more information about our meetings and to express an interest in joining the group.

**Gardens Group:** The Gardens group will be visiting Meynell Langley trials garden on Friday 3rd July. If you would like to join our group, send a message via the gardens group page on the u3a website.

**Lunch Group:** Friday July 24th we are going to the Istanbul restaurant on Saint Peter Street.

**MOTO (Members On Their Own) Group:** This is a group for members who are on their own and would like to participate in activities with other u3a members, this could include, lunch, coffee, a day out, a walk, a visit to cinema/theatre etc. We have a Whats App group where members post messages there suggesting an event they would like to find someone to accompany them on and other members can respond. Contact the group leader on the website.

**Real Ale:** The Real Ale group meets on the second Thursday from 3 to 5pm of each month. We met as a group of 12 on 10th June at the Brunswick in a joint meeting with the Evening pubs group and our visitors from Osnabruck. This was very successful and we were grateful to receive a gift from the visitors of a decorative bird box which we are looking to set up in a suitable location. Our next meeting will be a trip to Ilkeston to visit the Burnt Pig micropub on 9th July. For more details of future events and to express an interest in joining the group please contact the group organisers on the Real Ale Group page.

**Social group – Allestree:** The Allestree Social Group meets at 10.30am on the 2nd Friday of the month at The Markeaton pub on Kedleston Road in Allestree. It is an informal group where members meet for a chat and a catch up. Refreshments are available at the bar. The current contact is Jean, who can be contacted via the email on the website.

**Table Top Games:** Table Top Games will be meeting on the 6th and 20th July at 11am inside the Premier Inn on Full Street, diagonal to the Quad. We start at 11am and finish at approx 1pm. We are an easygoing group and are willing to make suggestions if you are stuck. Tea/coffee etc may be purchased on the premises.

**Theatre Group:** The following plays are available to book:  
The 39 Steps on Saturday 3 October 2026 at 2.30pm at Derby Theatre. The cost is £32 and payment is due by 28 August.



East is East on Saturday 24 October 2026 at 2.30pm at Derby Theatre. The cost is £25 and payment is due by 18 September.  
If anyone is interested see Richard Sherratt at the Monthly Meeting or send him an email via the Theatre group page on our website.

**Wine Appreciation:** The Wine Group tasted wines from South America in June. Please look at the group pages on the website for preferred wines from this tasting. In July, we shall be meeting on Friday July 10th at 1.30 at CURC and will be tasting wines from the European Region. The group is open to new members.

### Walking Groups

**Tuesday Trampers:** Tuesday Trampers: Our July walks include: the fabulous "The Roaches and Lud's Church", the Weaver Hills and Friden on the High Peak Trail. The last walk of the month is still under wraps at the time of writing and will appear on our group page here:

[https://derby.u3asite.uk/u3a\\_groups/tuesday-trampers/](https://derby.u3asite.uk/u3a_groups/tuesday-trampers/)

**Walks – Short:** 2 July – Attenborough walk, 16 July – Shardlow walk

**Walks by Public Transport:** Saturday 27<sup>th</sup> June – Meet at bus station for 9.30 am TransPeak Bus to Duffield for a walk to Cowers Lane, mainly on the Ecclesbourne Way. This is across fields with stiles and up over Windley Hill! Please ensure you wear rambling boots or shoes, waterproofs, and bring food and drink.

Saturday 1<sup>st</sup> August – Meet at bus station for 9 am Trent Swift bus to Ashbourne and then High Peak 442 bus to Manifold or Dove Valley. More details will be confirmed later.

**Wednesday Friendly Walks:** We have had a lot of problems with the weather recently, so hopefully this will improve over the summer. More great walks are coming during July and August .... and lots more fun. The walks average around 8 miles but we are only walking at just over 2 miles an hour. We are a very friendly group and you'll be made very welcome when you give us a try. If Wednesdays don't work for you, please check out some of the other wonderful walking groups Derby U3a offers. Remember, walk and be happy, walk and be healthy!

**Wednesday Wanderers:** The weather was glorious for a lovely walk around Staunton Harold on 27th May and although we had some showers we enjoyed the walk from Osmaston on 10th June very much. Our next walks include a walk in the countryside between Strelley and Cossall on 24th of June and on the 8th July we will be walking between Melbourne and Breedon.

## Sports Groups

**Badminton:** We continue to meet weekly on Friday at the Springwood Leisure Centre, Oakwood, from 10-11am and welcome both u3a members wondering about returning to the sport and those who would like to give it a try. Spare racquets always available.

**Pickleball:** Welcome to 2 further new members this month who have participated in their introduction to pickleball and joined our regular Monday 12pm, Wednesday 1pm and/or Friday 12pm sessions. Contact us via the Derby U3A Pickleball Group page to find out more or to make arrangements to have a go and see if it's for you.

**Table Tennis:** Table Tennis continues on Mondays and Wednesdays at 12 noon at Springwood Leisure Centre. New players of all abilities are welcome. We are primarily a social group – playing strictly for fun! If you don't currently play, have never played or want to try it again, come and join in. We can usually lend you a bat. Mondays are usually the 'quieter' sessions, suitable for beginners.

**Walking Football:** If world cup fever has overtaken you (or even if it hasn't ...), now is the perfect time to try walking football! The walking football group meet fortnightly on a Wednesday at Willows sports centre in Derby, where we play on the indoor pitch. We play on a 'no contact' basis, with the focus on enjoyment and moderate exercise rather than it being overly competitive. We play as a mixed gender group. No experience needed. Next games are Wednesday 1 July, 15 July and Wednesday 29 July. Please do get in touch via the Derby U3A website group link if interested in trying Walking Football.

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