



Derby u3a News

September 2026

Next year's annual membership fee reduced!

A majority of members voting at the SGM supported the Executive Committee proposal to reduce full membership to £10 from January 1st 2027. Associate Membership will be reduced to £6. Draft minutes of the meeting, which will be approved at the next AGM, can be found on the Members' page of the website at <https://derby.u3asite.uk/members-only/> (password protected)

IMPORTANT! If you pay by standing order, please amend the amount of your payment as above to avoid overpayment next year.

Could YOU be our next Business Secretary?

Our current Business Secretary, Catherine Wykes, is stepping down from her role and we are now seeking her replacement. The Business Secretary is the primary focal point for external business agencies, including the Third Age Trust, when contacting Derby u3a. As such, tasks include managing room booking for the two primary locations used within Derby, as well as managing all the Committee role contact points for the Third Age Trust. The Business Secretary also ensures the time critical schedule is followed for the Derby u3a Annual General Meeting. Room Booking duties peak in May and November, the AGM activity is at the end of February.

You would be joining a friendly Executive Committee which meets once a month in the city centre on a Monday afternoon. **If you are interested, please contact our Chair, email derbyu3a@gmail.com by 30th September** – We can then arrange for you to observe our October Committee Meeting and find out more.

Our very grateful thanks go to Catherine for her hard work in taking on the role this year.



Outings are back! Stratford upon Avon – Wednesday 23rd September

A huge thank you goes to Colin Avison, who has offered to take over the organisation of our popular outings programme. A 'Do As You Please' outing to **Stratford upon Avon** takes place on **Wednesday 23rd September 2026**. Stratford is a historic, welcoming market town known for its Shakespeare heritage, medieval streets, riverside walks and cultural attractions. The cost is £14 per person.

Payment Information: The preferred method is by online bank transfer but cheque payments are accepted. After paying, participants must inform Colin Avison (Outings Organiser) and provide the information requested on the registration form.

Participants should also provide an emergency contact name and number

Places are allocated first come, first served.

Full details are attached with this newsletter, or can be viewed on the Members Page of our website at <https://derby.u3asite.uk/members-only/> (password protected)



The Archaeology Group's visit to the Little Chester dig

On a very sunny and very hot morning in August armed with sunscreen and hats members of the Archaeology and History Group gathered at Little Chester. We were there to visit the site of the dig being carried out by York Archaeology's Nottingham-based team. Students and enthusiastic amateur archaeologists were excavating part of Derventio, the Roman town next to the River Derwent.

The area of interest is outside the defences that grew up alongside the earlier Roman fort, in the area close to Ryknield Street. The team expect to find evidence of pottery-making and food production, as well as any items dropped or discarded by the local people whilst going about their day-to-day business.

We were guided by Laura, the lead archaeologist, whose opening remark was that we were not to use the f- word, as the Roman fort was situated on the opposite side of the river, now Darley Park. The function of the fortified area in Little Chester is not known and no evidence of military activity on this site has been found to date. Laura has extensive experience of working in the area and a wealth of knowledge. Her enthusiasm to share this with us resulted in an enjoyable, detailed and interesting walk around the area.

At the open trench a road was being uncovered. This road alongside Ryknield Street runs in a different direction, but where to? A possible destination is the Roman cemetery in the area we know as the Racecourse. We concluded our visit examining items on the "finds" table. Pottery ranged from fancy, expensive tableware to everyday items, including Derbyware, a type of pottery specific to the area (an earlier version of Denby!). It will be interesting to see what discoveries are made and how our understanding of life here 2000 years ago improves. I will find it difficult to visit the area in the future and not think of the history literally beneath my feet.



Our thanks go to Barrie (our Membership Secretary, Liz's husband), for introducing Ella to Laura earlier in the year, which made arranging the visit easier.



Tell us about your great group organiser.

This time – Not one, not two, not three, but FOUR nominations for the same person!

"I'd like to nominate Tuesday Trampers leader Dave Greenhall. He is very organised – sending routes, descriptions and maps without fail every Friday. He organises and leads 90% of the walks and makes sure someone else does that if he can't. He always takes the time to chat to everyone on the walks, especially new members, making everyone feel welcome. He updates the

website with photos and anecdotes. And if something does go wrong on the walks, he doesn't flap or panic. He's an absolute star"- Carla

"I'd like to nominate Dave Greenhall from the Tuesday Trampers. The initial Whatsapp message offering a warm welcome to me almost 2 years ago settled my nerves as I joined a group of people who are now friends. It's even led to me booking a holiday with some of them. Dave works hard to plan and lead walks all around the Peak District and I've discovered places I'd only ever heard of before. My fitness and happiness have both improved immeasurably." - Jane

"I'd like to nominate the leader of the Tuesday Trampers as a great group leader. David Greenhall puts a huge amount of time and effort in making these walks so successful and enjoyable. He plans the walks, updates the website with future walks and photos and lets us know all the details in the WhatsApp group. He also finds time to be friendly and informative whilst we are walking. The number of members of this group is mainly down to him. He deserves recognition." - David

"I'd like to nominate Dave Greenhall, Tuesday Trampers leader. Dave is always enthusiastic with the walks, providing interesting routes, he is great at communicating and organising our weekly walks. He also puts a lot of effort in keeping the website up to date with walk narratives and photos." - Liz

Also nominated this time:

"Monica Hewitt, organising the Music Appreciation and the Family and Social History Groups, as she is well organised, welcoming, kind, patient and encouraging." - Anon

"Sharon Scothern, organising the Creative Crafts Group, as she is welcoming, well organised, open to suggestions, patient and encouraging." - Anon

Would you like to nominate your group organiser? 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 to help us celebrate our hard-working group organisers in future newsletters



Help with IT – Keyboard shortcuts for Apple Mac users

Thanks again to Milan Gurung, who runs our Digital Skills group, for providing the next in a series of articles designed to help people learn more about computer skills. Please note this article is for Apple Mac Users (Microsoft Windows Users' article appeared last time). The article has been attached to the email with this newsletter and is enclosed for those who receive a postal copy. It is also available on a new section on

the Derby u3a website at <https://derby.u3asite.uk/tech-skills/>

Monthly Meetings –August and September

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:

- **August 27th – Robin Hood 500 Route.** Join speaker, Neil Young, on a trip around some of the most scenic locations associated with the legends of Robin Hood. It takes him to Nottingham, Sherwood Forest and further to Robin Hoods Bay and many other places.
- **September 24th – Amber Glory, Golden Glens.** Speaker Peter Armour. Finest autumnal Scotland, beginning on and around the stupendous Isle of Skye, migrating to areas like Lochaber, Ardnamurchan Point and Glencoe. This journey ends with the deepest of autumn colours being displayed around Pitlochry and greater Perthshire.

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 16th September, from 10.15 am to 12 noon. BOOKING IS ESSENTIAL** – please contact derbyu3amembership@gmail.com

LOCAL NEWS

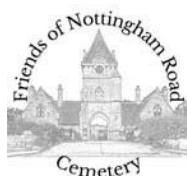
Free talks about Derby churches

Saturday 12th September: 10am to 4pm St John's Church, Mill Street, Derby – Open Church including 10.30am talk by u3a member Jonathan Grattidge about life in and around the Church at the time it was built.

Saturday 19th September: 12 noon as part of National Heritage Week. Derby West End Churches Heritage Walk. Led by Jonathan Grattidge. A historical Walk visiting five West End Churches.

Free Bridge Taster session

Allestree Bridge Club is offering a free taster session on September 3rd from 10 am – 12 at Allestree Memorial Hall, 1 Cornhill, Allestree, DE22 2GG. No experience needed – drop in and give it a go. Bridge is a mindsport for all! Stimulating, fun and sociable. Contact allestreebridgeclub@gmail.com



Friends of Nottingham Road Cemetery – Heritage Day

Saturday 12th September – 10 am to 3 pm. Open to all.

Midland Railway Society walk – 10.30. Commonwealth War Graves walk – 12.30. Historical displays, family trails, refreshments.

<https://www.friendsofnrc.com/events-1-1>

The Friends of Nottingham Road Cemetery have been shortlisted in the Heritage Open Days "Everyday History Heroes" competition. Help them win by voting for them at <https://www.findmypast.co.uk/c/everyday-history-heroes-east-midlands> – Hurry! **Voting closes 31st August**

An Evening of Discovery: Derby Museums' Fundraising Concert Derby Museum and Art Gallery, Derby, DE1 1BS Friday 25th September 2026 6:00PM

Derby Museums invite you for an unforgettable evening of music, art, history and community set within the intimate surroundings of the Joseph Wright Gallery as they raise vital funds in support of Derby Museums. Full details of the programme and ticket costs can be found at [Bit.ly/AnEveningOfDiscovery](https://bit.ly/AnEveningOfDiscovery)



Oxford University seeking research participants



Researchers at the University of Oxford are inviting adults aged **60 years and over** to take part in a study exploring experiences of worries in **older adults with and without Parkinson's disease**. Participation involves completing an anonymous questionnaire, which can be completed **online or by post**. To find out more or take part online, please visit: <https://tinyurl.com/onlineSurvey123>

Did you know?

Blood Pressure monitors can be borrowed FREE from all Derby libraries

If you'd like to check your blood pressure, just ask for details at your local library.



NATIONAL AND REGIONAL U3A

East Midlands Network – new website



Did you know that Derby u3a is part of the Derbyshire Network of u3as and, through that, the East Midlands Network? The East Midlands Network now has its own web page with details of their activities and events on it. Find out more at <https://eastmidlandsregion.u3asite.uk/> You can see the Derbyshire Network website at <https://derbyshirenetwork.u3asite.uk/>

u3a Getaways

This exciting new initiative has been developed especially for u3a members, combining expert-led cultural learning, carefully selected destinations and the opportunity to share new experiences with like-minded people from across the u3a movement.

This Autumn members have the chance to join *Appreciating Shakespeare* in Stratford-upon-Avon from 12 to 15 October 2026 – an opportunity to explore the Bard's life and works in his home town.

Learn more about the Shakespeare tour and [explore the full schedule of future getaways](#).



GROUPS NEWS

ASTROLOGY BEGINNERS – SHORT COURSE – NEW SESSION STARTING

There is just one place remaining on this short course for people wanting to know more about astrology and how birth charts are interpreted. It will meet fortnightly in a member's home on Friday afternoons, starting October 2nd onwards, and lasting for approximately eight sessions. If you are interested, please send an email via the website page at https://derby.u3asite.uk/u3a_groups/astrology/

PROPOSED NEW GROUP: Painting for Pleasure Group.

Discover the joy of painting in a friendly, relaxed atmosphere! Whether you are a complete beginner or an experienced artist, our Painting for Pleasure Group, welcomes everyone. We meet at All Saints Church Hall, Etwall Rd, Mickleover, where there is plenty of parking. We plan to meet on Monday afternoons. Explore your creativity, learn new techniques, and enjoy the company of like-minded people. There is no pressure, just a chance to paint, chat, and have fun. We also take time to have a tea or coffee together, making it a wonderful way to socialise as well as create. We'd love to welcome you! For more information and to request to join the group please contact Andy Timms, group coordinator

PROPOSED NEW GROUP: Tai Chi

We are looking at creating a Tai Chi group later this year. Tai Chi is an exercise, a relaxation technique, and a sport. As an exercise and relaxation technique, tai chi is practiced in set sequences usually in gentle flowing motions that are often described as "meditation in motion".

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

Subject and I.T. Groups

Archaeology and History: The Archaeology and History group will be meeting at the CURC on 11 September at 10.30. The topic is POMPEIAN ART: The House of the Painters at Work. Pompeii has provided us with a remarkable array of wall painting. Starting from the relatively recent archaeological discoveries in the House of the Painters at Work, We will be looking at the styles and techniques of Roman painting, and considering how these painters may have functioned. How did they train? What influenced them? Were they viewed as decorators or artists?

Architecture: To complete our round of external visits to sites of importance this year, we will take a close look at Micklegate Village Conservation Area, at the heart of the traditionally agricultural hamlet, on Thursday 17th September. The visit will start at 2 pm at "The Square", Micklegate.

Current Affairs: Meets once a month in the CURC on Green Lane (3.9.26 at 10.15) and otherwise in the Carnero Lounge in St Peters St, upstairs (17.9.26 at 10.15). It is a group which discusses and debates topical issues without an agenda. Nothing is off limits. **We are now 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 on Friday 4th September at the Central United Reform Church, Green Lane, Derby, DE1 1RS, where we will continue to look 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 twice in September. Our first meeting which will be at CURC on Green Lane is on Thursday September 10th. We will be discussing whether our health is our own personal responsibility. Our second meeting on September 24th will be upstairs in the Carnero Lounge. This will be a general discussion.

Family and Social History: The group resumes in September and will continue reviewing "what we learn from family photos". We will also begin our study of how to access newspaper articles. Our next subject will be Education, looking at legislation and the memorabilia we have from our families.

French Conversation: The next meeting of the French Conversation Group will take place on Tuesday September 22nd from 1.00–3.00pm at CURC. We will be discussing what we have been doing during the summer holidays and places that we have visited. There will be a royal theme with one member of the group talking about a French queen and another member talking about an English queen. Further details will be sent out nearer the time.

Geology and Physical Geography: Meeting at the CURC Stuart House, Tuesday 1 September at 1.30pm. We will be having a presentation on 'The Permian and Triassic' continuing our work on the Geological Column.

German: The German group is meeting every 2 weeks for an hour at 10.30 on Thursdays upstairs at the Carnero Lounge on St Peter's Street. We meet informally for a drink and to participate in some German conversation, splitting into smaller groups to practice and discuss specific topics. All abilities are welcomed! 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.

Local History: Meeting at the CURC Stuart House, Monday 14 September at 2.00pm. We will be having a presentation titled 'Thinkers, Tinkerers and Trailblazers. The History of the Derby Philosophical Society'.

Myths and Legends: Our next meeting is on Tuesday 8th September at 2 pm at the Central United Reformed Church on Green Lane when the subject of the talk will be "Mythologies of the North American Indians." New members are always welcome!

Natural History: The Natural History group will be meeting on the 21st September at 10.30 at the CURC. The presentation for this month will be 'Amazing Ants'. Everyone is welcome to come and join this friendly group.

Philosophy and Ethics: Philosophy and Ethics next meets on Thursday, 3rd September at 10:30am in the Friends Meeting House. Our philosophy topic 'Free Will vs Determinism' concludes our series on the Philosophy of Identity. The ethics discussion is members' choice. In October, we begin a series on the Philosophy of Language. New members welcome, please send a message through the Philosophy & Ethics group page.

Psychology Group: We are meeting on Monday 28th September at 2.00pm at CURC. The topic for discussion is "AI in Psychology". New members welcome. Please send a message via the Psychology group page if you are interested.

Spanish Conversation: Wednesday September 2nd – Meeting presented by Barbara. Wednesday September 16th – Meeting presented by Hilary. We are welcoming new members. – Beginners will be helped.

Arts, Crafts, Literature and Music Groups

Art Appreciation: Our next meeting will feature Claire Monroe, who will be speaking on Conflict Art – The Troubles and Beyond. She will be exploring the definition of Conflict Art and looking at it in relationship to the 30 years of the Troubles in Northern Ireland and beyond into more peaceful times. We will meet next Friday, 18th September, at 10:30, Friends Meeting House, 56 St Helen's St, Derby DE1 3GY as usual.

Book Group: At our September meeting we will be discussing the Pulitzer Prize winning book 'Middlesex' by Jeffrey Eugenides. The narrative follows three generations of a Greek – American family over eight decades. A rare recessive genetic mutation manifests in Calliope born with female physical attributes who at puberty develops male attributes and becomes known as Cal, 'one of the most audacious and wondrous narrators in contemporary fiction'. The book group remains full to capacity.

Bookworms: The Bookworms book group will be discussing the novel: 'Death Under a Little Sky' by Stig Abell at their meeting on Friday 18th September. The novel is a slow-burn, atmospheric rural mystery where a burnt-out London detective swaps city life for a remote countryside escape, only to find a deadly dark secret buried in an idyllic village. The book group is currently full but please get in touch via the Bookworms group page if you would like to be placed on a waiting list.

Classic Rock: The August Classic Rock meeting had to be cancelled, as many members were concerned about travelling and attending due to the extremely hot weather. So we will meet again on Thursday 10th September, 2pm at Friends Meeting House. The topic, postponed from August, will be The Yardbirds (Britain's first 'supergroup'?). New members are always welcome – even if it's only for a topic or band you are interested in. Email the group organiser or just turn up on the day.

Creative Crafts: Creative Crafts are repurposing T shirts for their first September meeting, then we may be making cards later.

Creative Lettering: The Creative Lettering Group returns after a summer break at 1:30 on 9/9 at Darley Abbey Village Hall. We will recap on the new things tried out during the spring including using dip pens with scroll nibs, and assorted writing media. Also we will discuss what things members would like to try next such as Celtic Knots. New members welcome

Music Appreciation: We continue to enjoy fortnightly programmes of recorded classical music, in the broadest terms, presented by members. Anyone wishing to present is encouraged to do so but there is no expectation. No musical expertise is necessary.

Painting for Beginners: During September, Barry will be bringing some pictures of the mountains of Switzerland for the group to paint. He would like to thank Trish and Alison for standing in whilst he was unable to take the class. For new members who wish to join the class we meet every 2nd and 4th Wednesday of the month, you're welcome at 13.00 until 15.00. Materials will be available, if you have none. Hope to meet new members soon.

Play Reading Group: In August we finished 'An Inspector Calls' with suitable surprise at the unexpected ending! There is a challenge ahead for September and into October with a dramatic adaptation of Thomas Hardy's novel 'Far from the Madding Crowd'. We chose it because of the association with Derby through Alan Bates who starred in the 1967 film production. The group decided that we want to explore all genres of plays and we have some interesting suggestions lined up for the future. We are still open for new members.

Sketching and Painting: Sept 11th, meeting in the cafe at Sudbury hall 1.30 pm.

Singing Group: ALL SAINTS CHURCH HALL, MICKLEOVER, DERBY DE3 0DL. We would be pleased to welcome you to our singing group. For more information please contact Barry via the u3a website. Our next meetings are Friday 11th & 25th September singing from 1:30 to 3:00pm.

Ukulele for Pleasure: Dates for our meetings at Chester Green in September are Tuesdays the 8th and 22nd, at the usual 1 pm. Let Duncan know if you think you might be short of any recent new song issues, in readiness for the Autumn season.

Writing for Pleasure: The Writing for Pleasure group meets at Allestree Library on the third Wednesday of each month from 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 16 September 2026 from 10.15 am to 11.30am.

Writing task for next homework: Write a piece of autobiography in under 400 words. (Similar to the task set by the BBC Radio 4 Today programme sparked by an initiative from The Hospice Biographers project to record the lives of people living in hospices : <https://www.bbc.co.uk/programmes/articles/52qGyBDgtdIMMcGNLOC7NbB/what-would-you-write-about-your-life>)

Leisure and Social Groups

Amusing Quiz: This month, we will be quizzing on the 2nd and 16th of September. 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 August quizzes included the questions: What were the names of The Lone Ranger and Tonto's horses? Which charity has a members' magazine entitled 'Broadleaf'? and What is a pangram?

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

Canasta: We definitely have room for more members of this group until we run out of the number of tables available at The Friends Meeting House! Canasta is an interesting and quite complex game of cards played with two packs in pairs or individually. It combines skill and luck and definitely can become addictive! You may have played it as a child but it has experienced a resurgence of late. Come along and try your hand. We have infinite patience with beginners!

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 August meeting is at the Brunswick Inn on Railway Terrace on 25th August. In September we will meet at the Old Bell Hotel on Sadlergate on the 22nd. 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: We shall be making a visit to the Dower House, Melbourne on 4th September at 10.30. We have been previously in Spring, but this time we shall be seeing the late Summer/Autumnal colours. The garden is absolutely beautiful, one of the best gardens we have visited and we shall be having a guided tour by Griselda the owner, author and expert gardener. Please bear in mind that the gardens are on a slope down to

the lake, so you will need to wear appropriate shoes. The cost of the tour will be £12.50 and refreshments will be an additional £6. Please let me know via the Gardens Group webpage if you would like to join us on this visit.

Lunch Group: On Sept 25th we are paying a return visit to the Moonsha Japanese restaurant . (There is a waiting list to join this group)

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 of the month from 3 to 5pm. We met as a group of 14 on another very hot afternoon on 13th August at the Victoria and Albert Vaults micropub on Watson Street. Our next meeting will be our first visit to another new micropub, the Tannery on Sadlergate on 10th September. 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 meet as usual inside the Premier Inn on Full St, diagonal to the Quad on Monday, 14th and 28th September. We normally play 'Scrabble' and beginners are welcome. We start at 11am for approx 2 hours. Tea/coffee etc may be purchased on the premises and there are loos on the ground floor. There is disabled parking opposite and paid parking next door. Just walk in the entrance and look left towards the armchairs.

Theatre Group: The following play is available to book:

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. Details of our New Year and Spring visits will be circulated shortly.



Wine Appreciation: In August, the group tasted wines from Italy. There were 2 strong favourites Santodeno Negromaro from Sainsbury which scored 8.44, if you buy 6, it cost £7.50 a bottle. This was closely followed by Messer del Fauno Campania Aglianico from Ocado at £10, scoring 8.38. Next month we shall



be tasting wines from South Africa on September 11th at 1.30 at CURC. Please contact the group leader if you would like to join the group.

Walking Groups

Tuesday Trampers: Tuesday Trampers: Step into September with scenic walks through Carsington, Butterton, Ilam, Ellastone, and Hartington! Look forward to stunning dales scenery, cozy village pubs, and gentler terrain from our mid-month route. Discover full details here: https://derby.u3asite.uk/u3a_groups/tuesday-trampers/

Walks – Short: 3 September – Darley Abbey Walk, 17 September – Millfields, Carsington, Walk



Walks by Public Transport: Saturday 29th August: Please note a change to meeting place. Meet at Derby bus station (not the rail station) for the 9 am Trent Swift bus to Ashbourne, then High Peak 442 bus to Alsop-en-le-Dale station site; then a walk the down road to the River Dove, Wolfscote Dale and the new bridge over the Dove to Hartington. Friday 25th September. Meet at the

bus station for the 10.20 am Trent Ilkeston Flyer to Cotmanhay for walk to Bennerley Viaduct and back. Please ensure you wear rambling boots or shoes, waterproofs, and bring food and drink.

Wednesday Friendly Walks: With the weather being so hot recently we have cut the walking distance on some walks and made sure we finish earlier to keep the walks comfortable. More great walks are coming during September and October.... and lots more fun. The walks average normally 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: This month's walks included a walk on 22nd July from Little Eaton on the Midshire's Way, a new greenway and the River Derwent and on the 5th August we explored the area around Shinning Cliff and Alderwasley both walks in the glorious weather we have become accustomed to. Coming up we are walking in the National Forest visiting Carver's Rock on 19th August and in September are going to Willington Lakes Nature Reserve on the 2nd, a walk around Muggington on 16th and Staunton Harold Reservoir, Robins Wood and Calke Tramway on the 30th.

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: Pickleball sessions continue to run on Mondays, Wednesdays and Fridays at Springwood Leisure Centre. Only the 12 noon (Mondays and Fridays) and 2pm

(Wednesdays) currently have space for new players. Please find out more about Pickleball and how to join in on the Derby u3a website.

Table Tennis: Table Tennis continues on Mondays and Wednesdays at 12 noon at Springwood Leisure Centre. 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. New members are welcome but it might be worth messaging the group organiser to check how full sessions are currently.

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 9 September and Wednesday 23 September. Please get in touch via the Derby U3A website group link if interested in trying Walking Football.

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