



Derby u3a News October 2026



We're pleased to have found a Business Secretary, but we're still looking for a Minutes Secretary!

A huge thank you to Ian Walters, who has kindly offered to take on the role of Business Secretary to the Committee, as Catherine Wykes steps down.

BUT we are still 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

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Can you be a Volunteer at our Derbion event?

Derby u3a will be inviting Derbion shoppers to find out more about what we have to offer on **Thursday November 19th**. This will be the third year that we have used the Community Hub, opposite Marks and Spencer, on the ground floor of the Derbion shopping centre to publicise the u3a. It has been an excellent source of new members in the past. Last year 109 passers-by engaged with one of our volunteers to discover the myriad delights of our groups.



We will be manning the Community Hub between 10.30 and 2.30. The busiest time is between 12 noon and 1 p.m. We are looking for volunteers to hand out leaflets, chat about the groups, explain why you joined the u3a, what you enjoy most about it and answer any questions that may be asked. The more volunteers we have – the less time you need to be there. Generally people help for an hour.

Our membership have responded generously in the past and we hope that will be the case this year. If you are able to give an hour of your time, please contact Alison Percy at alisonu3a@gmail.com with your preferred time slot.

If you are a group leader and wish to particularly have your group featured please let Alison know what you want to display and what time you will be available.



Ever thought about what might happen if you are taken seriously ill at a u3a activity?

If you are taken seriously ill, have an accident or an allergic reaction, who should emergency personnel contact? We strongly advise that when you attend **any** of our activities, but in particular **walks, outings and sports activities** you carry with you emergency contact details and any information about your health status which might be important to emergency personnel attending the scene. You can make your own card or purchase one (search "emergency medical cards for wallets" online).

2026 Christmas Buffet Lunch – Thursday November 26th – Monthly Meeting at St Mary's Church Hall

Like last Christmas a Buffet lunch will be held at the November meeting. Hopefully this will be a good start to Christmas and not clash with any of your other Christmas celebrations. The food is provided by the people who attend so there is no charge for this.



Because this event has proved popular in the past and since our membership has increased, it has sadly become necessary to restrict the number of places to 80 which is the maximum the Church Hall can accommodate. Places will therefore have to be pre-booked. **Pre-booking will start on Thursday 29th October**, which is the date of that month's monthly meeting, when people can book in either at the meeting or by email then or after to susanpswain@gmail.com

Outings will be back in 2027



Focus on ... Creative Lettering

Intrigued as to how Celtic Knot work is created? If so, please feel free to join us on Wednesday 14th October in the Deakin room at Darley Abbey Village Hall 1:30 to 3 p.m. when all will be revealed. Achievable by all, you will be guided step

by step working from a simple figure of eight knot to more complicated patterns including those with holes and breaks. These skills will then be further used in our November meeting to produce a bookmark or card of your choosing. We are a small, friendly group who are currently seeking more participants, so if you think this may be for you, please do get in touch via the website.



"The Digital Shield: Protecting Yourself from Cyber Threats"

Thanks again to Milan Gurung, who runs our Digital Skills group. This time he has produced a very useful document about protecting yourself from cyber threats. 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 –September and October

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

- **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.
- **October 29th – The Magnificent Seven: The end of a 19th Century Horror Story.** Speaker Stephen Flinders. The manner by which communities disposed of their dead became a national scandal in the early 19th century and how the 'Magnificent Seven' cemeteries of London came into being.

LOCAL NEWS

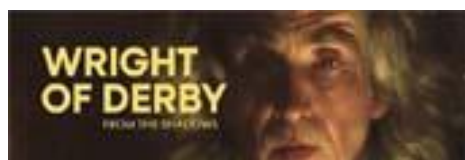


The Lord Lieutenant's Derby Community Music Festival

Derby u3a ukulele group will be playing at the above festival, which has free admission, and occurs on two dates and venues: October 2nd at 7 pm at the Hindu Temple Geeta Barwan, Pear Tree Road; and October 10th at 3 pm at St Luke's Church, Parliament Street. **Admission is free but BOOKING IS ESSENTIAL.** A flyer is attached to this newsletter giving QR codes for booking details.

Volunteering Opportunity – University Hospitals of Derby and Burton NHS Foundation Trust

Volunteers are needed at several NHS hospitals in the area. You can make a real difference every day, providing support and companionship to patients, helping visitors navigate the hospitals, and assisting staff in a variety of roles. For more information, call 01332 786148 or see their poster on the Derby u3a website at <https://derby.u3asite.uk/volunteer-opportunities/>



Joseph Wright of Derby Exhibition: From the Shadows – ends November 1st

If you haven't already visited this stunning free exhibition, you have until November 1st to do so, when it closes (donations welcome). It is the first major exhibition dedicated to the British artist's 'candlelight' paintings. Highly recommended.

50 years a city! 50 stories – Derby Libraries Volunteer Opportunity

Join the 50 stories project, learn about Derby's heritage and help tell the stories of 50 notable people, places and significant events from Derby's



past. It will involve weekly visits to the library during autumn 2026, digging into old newspapers and documents and collating your findings to write a short summary for your chosen topic/person. The finished stories will be made available on "Derby's History", the library's online digital archive. Register an interest by phoning 01332 642240 or emailing localstudies.library@derby.gov.uk

NATIONAL AND REGIONAL U3A

u3a Getaways – Yorkshire Festive Treats

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.



There'll be a seasonal visit to York for *Yorkshire Festive Treats* from 18 – 20 November 2026. Learn more about the York visit and [explore the full schedule of future getaways](#).



u3a and me survey and report

National u3a have produced a new "u3a and me" report, based on responses from more than 10,000 members across the movement. The report explores the difference u3a makes to members' lives, including its impact on learning, friendship, wellbeing, activity and purpose. The

findings are very positive: 95% of respondents say u3a has improved their life in some way, while 90% say u3a gives them opportunities to keep learning and stay curious.

You can read the full report at <https://www.u3a.org.uk/what-we-do/our-impact/u3a-impact-reports/u3a-and-me>

GROUPS NEWS

NEW SHORT COURSE! Tai Chi

A four week Tai Chi course will take place in November at Springwood Leisure Centre, Springwood Drive, Oakwood Derby DE21 2RQ. This is a good opportunity to try this exciting form of exercise and relaxation technique. No previous experience is required to join this course which will cost £24 paid in advance.

Dates in November proposed for course:

- Friday 6/11 – 12 midday to 1pm
- Friday 13/11 – 12 midday to 1pm
- Friday 20/11 – 12 midday to 1pm
- Friday 27/11 – 12 midday to 1pm

BOOKING IS ESSENTIAL. Places are limited, so to book your place email Andy Timms at andytimmsu3a@gmail.com

PROPOSED NEW GROUP: Chess

Always wanted to learn chess or improve your game? A new group has been proposed to run a class for anyone from a complete beginner to those wanting to learn some strategies. If you are interested, please contact Andy Timms, Groups Coordinator (details below)

PROPOSED NEW GROUP: Short Walks 2

As the existing Short Walks group is currently full, a second group is now proposed which will also welcome well-behaved dogs on leads. If you are interested, please contact Andy Timms, Groups Coordinator (details below)



PROPOSED NEW GROUP: Tomorrow's World.

Discover the ideas and inventions that will shape our near future — in a friendly, relaxed atmosphere. Technology is changing society faster than many of us expect. As Tony Seba puts it: “The Stone Age didn’t end because we ran out of rocks. It ended because a disruptive technology ushered

in the Bronze Age.” We’ll explore today’s disruptive technologies like AI, clean energy, longevity, biotech, robotics, climate, food and transport. No specialist knowledge needed — just learn, question and enjoy like-minded company, with tea or coffee too. We’d love to welcome you! See the new group page and contact Dave Greenhall, group coordinator, to join. Please use this link:

https://derby.u3asite.uk/u3a_groups/tomorrows-world/

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! Dog Walking

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

Your great group organiser. This time ...

Amusing Quiz – Richard Bartle. Richard never ceases to amaze us with the variety of questions he asks and, with his wife, Carol (chief tea maker and biscuit buyer), creates an enjoyable afternoon – *Sylvia*.



Tuesday Trampers – I would like to nominate Dave Greenhall of the Tuesday Trampers as a great group leader. I have been attending the group for about 2 years and Dave

has consistently been there to organise the walks, coordinate attenders, manage membership and lead walks. He is knowledgeable, friendly and highly skilled in the role of group leader. The group is a high point in the week for many of us and a number of strong friendships have been developed in it. It is much more than a walking group and we have Dave to thank for that. I hope he gets the recognition he deserves – *Sean*

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 9 October at 10.30. The topic is 'Britain in the Dark Ages'. It covers the period 350–620 when Roman Britain was transformed into Anglo Saxon England and will include recent findings and controversies and what place, if any, there is for a historical 'King Arthur'. New members welcome.

Architecture: Sessions resume at the C.U.R.C. on 15th October at 1.30 pm, when we will be taking a look at current trends and issues in architecture and the built environment. A big thank-you to all who have journeyed out to the varied locations of our summer season visits, and ideas for next year can be explored at the October meeting.

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. To register an interest, contact via the Astrology group page on the website https://derby.u3asite.uk/u3a_groups/astrology/

Current Affairs: Meets fortnightly. It is a group which discusses and debates topical issues without an agenda. Nothing is off limits. Next meetings are 1st Oct at CURC in Green Lane and 15th and 29th October upstairs at the Carnero Lounge in St Peters St. All meetings commence at 10.15. This group is actively seeking new members. 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 2nd October at The Friends Meeting House, 56 St Helen's Street, Derby, DE1 3HY. Please note the change of venue as our usual room is unavailable due to CURC's 50th Anniversary celebrations. Our session will be looking at filling out online forms with confidence.

Discussion Group: The Discussion Group is meeting twice in October. The first meeting is in CURC on the 8th when the topic will be 'Derby city centre; current plans and what would we like to see.' The second meeting on October 22nd will be upstairs in the Carnero Lounge when members can raise any issues they wish to discuss. All meetings start at 10.15am.

Family and Social History: At our October meeting we will be discussing Education. An overview of voluntary and then statutory regulations followed by sharing our family archives and experiences.

French Conversation: The next meeting of the French Conversation Group will take place on Tuesday October 13th from 1.00–3.00pm at CURC. One of our group will be talking to us about her musical band and concerts that she has taken part in both in France and elsewhere! A meeting with a musical theme!

Geology and Physical Geography: Meeting at the CURC Stuart House, Tuesday 6 October at 1.30pm. We will be having a presentation on 'The Jurassic' 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 12 October at 2.00pm. We will be having a presentation titled 'The Lombes and the Silk Mill, Derby'.

Myths and Legends: Our next meeting is on Tuesday 13th October at 2 pm at the Central United Reformed Church on Green Lane when the subject of the talk will be "Cupid and Psyche." New members are always welcome!

Natural History: The Natural History group will be meeting on the 19th October at 10.30 at the CURC when the presentation will be 'Rewilding – Let Nature Take its Course'. Everyone is welcome to come and join this friendly group.

Philosophy and Ethics: Philosophy & Ethics meets at 10:30am twice in October on the 1st and 29th in the Friends Meeting House. Exploring the Philosophy of Language, we will examine the topics Language and Meaning, and Conversational Implicature respectively. New members welcome, please send a message through the Philosophy & Ethics group page or just drop by.

Psychology Group: we are meeting on Monday 26th October at 2.00pm at the CURC. The topic for discussion is Social Anxiety, an overwhelming fear of social situations. New members welcome. Please send a message via the Psychology group page if you are interested.

Spanish Conversation: Wednesday October 7th – Meeting being presented by Peter. Wednesday October 21st – Meeting being presented by Kyran. We welcome new members and can accommodate beginners.

Arts, Crafts, Literature and Music Groups

Art Appreciation: The next meeting of the Art Appreciation Group will be on Friday 16th October, 10:30 am, Friends Meeting House, 56 St Helen's Street, Derby DE1 3GY. David Brown will be giving a talk on Lucian Freud. We look forward to welcoming you.

Book Group: In October we will be discussing 'Stoner' by John Williams. Published in 1965 it received little attention. When republished in the 2000's it became popular and received critical praise from other authors. Stoner, an American farm boy becomes an English professor. The book follows his career, workplace politics, marriage and his love and pursuit of literature. The Group remains at full capacity.

Bookworms: The Bookworms book group will be discussing the novel: Pigs Have Wings by P G Wodehouse at their next meeting on Friday October 16th. This is a comic novel first published in 1952 about a fierce local pig-rearing rivalry that leads to mutual pig-napping and tangled romantic chaos. The Bookworms group has a couple of spaces available for new members – please send a message through the Bookworms group page. We meet on the third Friday afternoon of each month at Friends Meeting House.

Classic Rock: Our October meeting will be on Thursday 8th October, 2pm at Friends Meeting House. The topic will revert to the 'members' choice' format, with people choosing tracks on two themes: 'Cover versions that are better than the original' and 'Famous tracks that weren't hits' (i.e. not released as single – therefore didn't chart). 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: September saw the finish of the embroidery project we have been working on (see photo). In October we will be starting our Christmas projects.

Music Appreciation: We continue to enjoy members' choices of a programme of classical music. Sometimes very classical and other times peppered with something a bit different.

Painting for Beginners: Meetings are cancelled for the whole of September and will restart on October 14th at Chester Green Community Centre from 13.00 until 15.00. Materials will be available, if you have none. Hope to meet new members soon.

Play Reading Group: Meets Monthly on Thursday afternoons 2:00 pm–4:00 pm 1st Thursday of the month. A waiting list is currently in operation.

Sketching and Painting: Friday Oct 9th, we are meeting at the Heritage centre at Shardlow where we have a choice of indoor and outdoor sketching. (Parking in the Clock Warehouse carpark)

Singing Group: ALL SAINTS CHURCH HALL, MICKLEOVER, DERBY DE3 ODL. 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 9th and 23rd October, singing from 1:30 to 3:00 pm.

Ukulele for Pleasure: Meetings at Chester Green in October will be on the 6th and 20th of the month. We have been invited to give a short session at the Lord Lieutenant's Community Festival on the 19th October which takes place at St Luke's Church in Derby.

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 21 October 2026 from 10.15 am to 11.30am. Writing task for next homework: Write something under 400 words including the word Talent.

Leisure and Social Groups

Amusing Quiz: This month, we will be quizzing on the 7th and 21st of October. Quizzes are held at the CURC, Stuart House, Green Lane on the first and third Wednesdays of each month from 2 to 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 September quizzes included the questions: Which London fashion store of the 60s was established by Polish born Barbara Hulaniki? What phrase did Harry S Truman have on his desk? Who was GB's first female Boxing Gold Medallist?

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 September meeting is at the Old Bell Hotel on Sadlergate on 22nd September. In October we will meet at the Old Silk Mill on the 20th. 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. Owing to the high numbers attending we are temporarily closing the group to new members but we will set up a waiting list.

Gardens Group: In September the gardens group visited the Dower House in Melbourne.



We had a guided tour by Griselda the owner and refreshments in the garden. On 2nd October we shall be visiting the gardens at Elvaston Castle Country Park. We will meet at the Tea Rooms at 10.30 and return for refreshments at the end of our visit. Please let me know via the Gardens Group webpage if you would like to join us on this visit.

Lunch Group: Friday Oct 23rd this month we are going to the Cosy Club. (There is a waiting list for 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 22 (the highest this year) on 10th September at the new Ashover brewery tap on Sadlergate. Our next meeting will be a return visit to an old favourite the Falstaff pub and brewery on 8th October. The group leaders will be serving in the afternoons at the CAMRA Derby Beer Festival at the Market Hall on 15th and 16th October for anyone wanting to join us. 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: The Table Top Games group will meet inside the Premier Inn on Full St (diagonal to the Quad) on Monday, 12th and again on Monday, 26th October. We tend to play 'Scrabble' and sometimes 'Upwords', starting at 11am for approx 2 hours. Tea/coffee etc may be purchased at the bar and loos are on the ground floor. We are to the left in the foyer.

Theatre Group: The following plays are available to book:

- The Other Side of Murder on Saturday 30 January 2027 at 2.30pm at Derby Theatre. The cost is £32.50 and payment is due by 27 November 2026.
- Punch 2027 on Saturday 6 February 2027 at 2.30pm at



Nottingham Playhouse. The cost is £21.50 and payment is due by 11 December 2026.

- The Turn of the Screw on Saturday 20 February 2027 at 2.30pm at Derby Theatre. The cost is £32.50 and payment is due by 11 December 2026.
- Romeo and Juliet on Saturday 13 March 2027 at 2.30pm at Derby Theatre. The cost is £32.50 and payment is due by 9 January 2027.

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 Appreciation Group tasted wines from South Africa in September. The most preferred wine was a Shiraz, Porcupine Ridge, costing £8 from Sainsbury. Very close behind was a Pinotage, Peacock Trail which cost £7.20 (in a multiple buy) from Marks and Spencer. In October, some members will be bringing their favourite wines for the group to try. The meeting will be on Friday October 9th at 1.30 at CURC. If you wish to join the group, please contact the group leader via the website.

Walking Groups

Tuesday Trampers: We've had over 5,000 visits to our group page! We're chuffed, as we think that's a fantastic milestone. We treat our group page as our shop window. It's where newcomers first meet us, and we like to think it's clear, welcoming, and useful to members and browsers alike. If those 5,000 views mean more people have discovered us, decided to join the Tuesday Trampers, or simply enjoyed a photograph or some humour, the shop window is doing its job. Come and take a look — we've recently made some exciting changes! See where we're walking in October, and if you're free on Tuesdays, come along and join us for a walk: https://derby.u3asite.uk/u3a_groups/tuesday-trampers/

Walks – Short: 1 October – walk from Spondon; 15 October – Elvaston Castle and Country Park walk



Walks by Public Transport: Friday 25th September. Meet at Derby bus station for the 10.20 am Trent Ilkeston Flyer to Cotmanhay for a walk over Bennerley Viaduct and along Erewash canal to Ilkeston. Friday 30th October. Meet in the Morledge, outside the bus station, for 10.05 am High Peak no. 114 bus to Weston Underwood for a walk to Duffield. Please ensure you wear rambling boots or shoes,

waterproofs, and bring food and drink.

Photo: A soggy day over the River Dove.

Wednesday Friendly Walks: We've been taking in recent walks at Minninglow and Bradgate Park – both very picturesque walks! More great walks are coming during October and November.... 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: 'The weather has been cooler for the most recent walks in the National Forest from Harbourne to Carver's Rocks on the 19th August and, in September at Willington Lakes Nature Reserve and Trent and Mersey Canal on the 2nd.



Coming up on 30th September we are revisiting a walk from Staunton Harold Reservoir to Ticknall Tramway and Robin's Wood and during October we are hoping to go to Dale Abbey and Locko Park on the 14th and undertake a walk from High Peak Junction on the 28th.

Photo: With showers and sunshine, Wednesday Wanderers celebrate their first anniversary with a 5 mile walk around Ockbrook and Hopewell Hall on 16th September.

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.

Bowls: The Bowls group is now playing INDOOR bowls at Springwood Leisure Centre on Friday Mornings from 10.00–12.00.

Pickleball: We're continuing to take new players into our 12pm Monday and Friday, and 2pm Wednesday groups with numbers increasing every week. We play at Springwood Leisure Centre in Oakwood where there are a maximum of 4 courts available so the likelihood is we will soon be full on Mondays and Fridays – a few more spaces on Wednesdays.

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 7 October and Wednesday 21 October. Please get in touch via the Derby U3A website group link if interested in trying Walking Football.

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Registered charity number: 1165445