

What's On

This Summer **newsletter** is sent to all members of the Matlock Area u3a who are registered as current members on the Beacon database and for whom we have an email address.

It will cover July and August.

Coffee Mornings.

There is no coffee morning planned for July or August. Coffee mornings will begin again in September, with the plan to return to our original venue of Matlock Football Club.

Many, many apologies to those of you who turned up for last months' coffee morning at The Edgefold. Owing to a bookings mix up we were locked out of the venue and our blind speaker Simon Mahoney had come especially and bravely carried on in the picnic area. It was all in all an embarrassment and a disaster for which we can only apologise!

We have invited Simon, who was a most interesting speaker, to revisit us in the autumn.

GROUPS NEWS

Archaeology Group



On Monday 12th June the group visited Arbor Low, which is arguably the most famous archaeological site in Derbyshire. It features a stone circle within a henge, which has two entrances on a north/south alignment. It was fabulous weather for our morning site visit and many thanks to Pam McNally for leading us. The group enjoyed both the henge and accompanying monuments as well as a perfect summer day. Attached is a photo of the group wandering around the site. The group retired to Parsley Hay Cafe to continue our discussions and enjoy some local bacon butties and cakes.

Our next meeting is on **Thursday 27th July** when we will be looking at some

of the traditionally built local barns, another of our group members Hilary Freeman will be leading us. To find out more or to join the group please contact the co-ordinator [Cameron Butland](#)

Conversational French

We are exploring alternative venues for our monthly meetings. The July meeting of the group will be held in the Library at St Elphin's Park. If you would like to join us there for an opportunity to contribute and listen to spoken French, please email Candy and Maddie at frenchconversation@matlockareau3a.org.uk, and we will send you the details prior to our next meeting. A bientôt!

Mah Jong

If you are free on Friday evenings from 6pm to 9pm, you may wish to join the Matlock u3a Mah Jong group. Most computer versions relate to Mah Jong Solitaire. This is a game played on a phone, computer or tablet, but is, as the name suggests, played on one's own.

Our group provides the opportunity to play the original Mah Jong in the company of others, in a relaxed and not too competitive atmosphere. Our group currently comprises about 10, comprising very experienced players through to beginner. There is a short refreshment break at the mid-point of the evening.

For more details see the website or contact the group co-ordinator, Colin Davis by telephone on **07765 460784**.

Croquet Group

The final taster event of the year will be on Monday 17th July 1.30 - 4.30. If you would like to book a place, please contact Donna at [Donna Hawkins](#)

NEW GROUP PROPOSAL

Writing your own life story

The following group has been proposed by David Gray, a new member to Matlock u3a.

Writing a life story is not a simple task, especially with the many decades of memories you may need to sift through and prioritise. At the outset the task may seem so daunting as to prevent you from ever starting it, and then it might become too late. How could we overcome that?

This group will be for those who want to start writing their own life story, or that of somebody who is close to them, but are struggling to write the story themselves. We will meet once a month for 2 hours and take it in turns to host the event. Discussions will be in a group format, but each meeting will have a specific aspect to focus on. We will include a long refreshment break

in each meeting so that members of the group can discuss matters individually or in smaller groups.

Full details of David's proposal are in a separate attachment with this newsletter. If you think this group would be of interest to yourself, or maybe somebody else you know then please get in touch with [David Gray](#)

Walk and Talk Events

The Derbyshire u3a Network will be organising more Walk and Talk events during 2023. These have proved to be very popular and there are new ones being added



New Mills (July 6th) Wirksworth(23rd September) and Matlock Bath(September 25th).

Details of all the Walk and Talk events, including contact information are available on the **Network Newsletter** which is attached Booking is essential.