



What's On

This **November 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.

Coffee Monthly Meeting.

Our next coffee morning is on

**Monday November 6th at Matlock Football Club. DE4 3AR
10.30am.**

We have a talk from **John Bown**, a local author, about life as a local policeman and the contrast with setting up an **Ethiopian police force**.

We also hope to have the Mahjong group giving a demonstration.

Mau3a NEWS

AGM ... Coach Trip

Our AGM next year will be on **Monday 18th March**. I have booked a speaker from **The National Memorial Arboretum** to address us after the formal business of the day.

I was hoping to follow this up with a **coach visit** to the Arboretum shortly afterwards, hopefully with a guide. I was thinking after the school Easter Holidays so provisionally Monday 8th April. I thought this could appeal to a wide range of groups so would be looking to a 'Whole School Trip!!'

If enough people are interested I will organise a coach and let you know the costs, it should be reasonable as it is quite near and admission to the Arboretum is free, with various charges for tours.

If you think you would be interested, please drop me an email to Coach Trip chair@matlockareau3a.org.uk

GROUPS NEWS

Geology Group

At the Geology Group meeting on **Tuesday 14 November** there will be a talk on the Geology of Norway. The meeting will be at St Helen's church hall in Churchtown starting at 2pm.

Contact: Peter Clook

Bridge Group

At the end of June, Roger Keeling stepped down as the Bridge Club Co-ordinator after 10 years of ensuring the Bridge mornings ran smoothly. As the



Bridge Club enjoying their holiday in Scarborough

saying goes, behind every man is a great woman and he was ably assisted by his wife Margaret. As a token of everyone's appreciation, Roger and Margaret were presented with a bouquet of flowers, a bottle of wine and a voucher for a meal at Stones Restaurant in Matlock. Luckily for us they continue to play and support the Bridge Club.

Roger's role has been taken over by Rachel Jenkinson and Roger Spells who hope they are able to continue running the Club as successfully as Roger did.

Further, there is no longer a waiting list at the Bridge Club therefore we are able to welcome new players - the only proviso being the ability to play a reasonable game of Bridge. Unfortunately, at the moment we don't have anyone available for tuition, so the ability to play is essential, but we are friendly and supportive to novices and those who are rusty.

We also welcome back those who were previously members but for a myriad of reasons felt they needed a break.

In all cases, it is preferable to have a partner but we can help to pair people up.

Please see the website for further information and/or contact the Co-ordinations, Rachel Jenkinson on 07752 402409 [Bridge Group](#)

or Roger Spells on 07918 030260 [Bridge Group](#)

Scrabble group

I have recently moved to Darley Dale and noticed that Matlock Area u3a does not have an active Scrabble group. As an avid (but not very accomplished) player, I should like to offer to start up a small group, maximum 8, which I could host in my house. The limit is because I only have eight chairs!!

If you are interested please contact me, Pauline Shipway

Email. [Scrabble Group](#) Tel. 01629 828758

Mindfulness and Meditation Group

This was sent out as a separate email last month, but a reminder that this group are offering a structured introduction to Mindfulness over 9 meetings, held fortnightly from November to February. These will be on Wednesday mornings, 11 – 12am on the following dates: 1/11, 15/11, 29/11, 13/12, 3/01, 17/01 31/01, 14/02, and 28/02 at Tansley Village Hall.

Members will be expected to come along to the whole series of sessions (but we recognise illness or bad weather may make that impossible).

We will accept no more than 12 people in the group. Places will be allocated on a first come first serve basis.

If you know you can't make all the sessions, or have missed the first one by the time you read this and would still like to join us, get in touch to discuss.

For further details or to request a place in the group please email judith.holtcooke@btinternet.com

Archaeology Group

The group have one more site visit planned, to the Warslow Medieval Field Barns. So far we have attempted this visit twice without success so we are hopeful of a third time lucky if it isn't too wet underfoot.

STOP PRESS ...visit cancelled

We have an indoor meeting in November at the kind invitation of Pam McNally at her house in Bonsall. Pam has a great deal of experience of archaeological excavations in the area and it is great to have her experience that she is willing to share with the group.

We are not meeting in December, as everyone is too busy. However, we are attending the Derbyshire Archaeology Day in Chesterfield on **Saturday 20th January**. In February we will also have another indoor meeting to plan our 2024 programme.

Thank you to everyone who has made the archaeology group such an enjoyable experience, looking forward to many exciting days next year. If anyone wants to know please just send me an email: [Cameron Butland](#)