



What's On

Monthly Social

Our next coffee morning social will be on:

**Monday March 4th at Matlock Football Club. DE4 3AR
at 10.30am.**

We are having a return visit from the fascinating Simon Mahoney, the blind veteran who talks about the issues and challenges of sight loss.

He bravely carried on in the summer when we were locked out of the Edgefold club, in the car park with scaffolders at work. It would be nice to give him a proper audience and welcome!

Please put £1.00 towards the costs in the honesty box.

There will be no coffee morning in April, as the 1st is a bank holiday, and the 8th is our coach trip.

AGM

You should already have received notification of our Annual General Meeting on:

Monday 18th March at 2.30pm

The Agenda and further documentation will be going out shortly.

Please try to attend to help us meet quorate, or vote for the proposals as will be presented.

We are still seeking nominations for the committee ...we have three vacancies and only one nomination so far. A nomination form was included with your notification. Please consider if you or someone you know could step forward to help us. The role is not too onerous, but is necessary to keep the u3a going.

The AGM will be followed by a talk from Peter Hardy of the National Memorial Arborerum, a run up to our coach trip there in April (see below) The speaker has been recommended from Ashbourne u3a, who say he is extremely interesting.

Mau3a NEWS

Coach Visit

National Memorial Arboretum Visit

Monday 8th April 2024

Departure time: Slacks at 8.45am

Return time: 3.30pm leave for approximately 5.00pm

To follow up the illustrated talk by Peter Hardy at the AGM on 18th March, we have a coach outing to the National Memorial Arboretum in Staffordshire.

Admission to the Arboretum is free, so the cost is for the coach and a discounted tour if you wish to take one.

£16.00 coach only OR

£20.00 coach plus guided walk - 45 minutes OR

£22.50 coach plus land train - 50 minute land train with running commentary

The guided walk or land train are for a minimum group of 10 u3a members.

A daily Act of Remembrance is held in the Millennium Chapel at 11.00.

The grounds are expansive with lots to see and there is a restaurant for refreshments. The land train has limited manual wheelchair access ... please let us know when booking.

This visit is now being organised by the new Outings Group, which is an open group for all Matlock Area u3a members and includes garden visits. The co-ordinators are Jill Ramsay and Mel Gamby.

All bookings must be received by the 17th March.

Contact: outings@matlockareau3a.org.uk

2024 MEMBERSHIP SUBSCRIPTION RENEWAL

You should have paid your u3a subs by now!

If not please pay by bank transfer if you **possibly** can

Sort Code: 60-14-15 Account: 53566653

Please use your name as reference

Alternatively you can pay by cheque. Post to Membership Secretary, 26, Crookstile, Matlock DE4 3LJ

Cheques made payable to Matlock Area u3a.

Groups News

NEW GROUP ? PICKLEBALL

Some, or indeed many of you, may not have heard of the game Pickleball which is becoming increasingly popular now in the UK.

Pickleball is a fun sport that combines elements of badminton, tennis, and table tennis. Played both indoors or outdoors on a badminton-sized court and a slightly modified tennis net. Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, over a net. Both Belper and Ashbourne u3a's have established groups recently.

A group of us in Matlock play and are thinking of setting up a Pickleball Club and as such wonder how much interest there might be within the U3A to establish a new group for this. We currently play at the Arc, on Mondays 12 -1 and Wednesdays between 5-7pm. These days and times are subject to change however.

If anyone might be interested in playing, please could they get in touch with Rachel Jenkinson - rmjenkinson@icloud.com.

Archaeology Group

On Wednesday 20th March we begin our programme of site visits again. We are being led by Kevin Wagstaffe, who is a member of the group, looking at the architectural archaeology of Bakewell. The visit starts at 10.30am and will involve walking around Bakewell. Please look out for the weather forecast and wear appropriate clothing and footwear. Anyone wishing to attend needs to book in beforehand, please contact [Cameron Butland](#) as the group co-ordinator.

Geology Group

I would like to invite anyone interested to a meeting at the National Stone Centre, Wirksworth on Tuesday 12th March at 1.30pm to discuss how we can keep the Geology Group going.

There is a parking charge at the Stone Centre (£1.50 for two hours, £3.00 for four hours). I would also need to ask for a contribution of £3.00 per head for the use of the meeting room.

If you are interested in this group contact:

[Eleanor Porter](#)

Wildflower Group 2024

The first in our programme of eight monthly walks will be on Wednesday 27th March. New members are welcome to join us. Our walks are generally very short on well surfaced paths without difficult stiles and local to Matlock. If any

walks are more challenging or further afield, we will let you know on the programme.

Most of us on the walks are not experts (but some are!) but we share our knowledge, take time to refer to our field guides and learn a lot from each other. We enjoy not just naming the flowers we see but taking time to appreciate the wonder of the small things growing around us. Recently some



of us looked back on things we had been introduced to through this group.

Here is an example:

If you look closely at a Hazel bush you will find, as well as the familiar dangling yellow catkins (the male flowers), buds with tiny pink filaments which are the female flowers.

If you are interested in coming along please contact us on: wildflowers@matlockareau3a.org.uk.

Mindfulness and Meditation

Have you heard about mindfulness? Do you think it sounds like a good idea but have never quite got round to getting started? Or do you do a little mindfulness practice and then find you slip out of the habit again? Our Mindfulness and Meditation groups meet regularly to share mindfulness and meditation practices and hints and tips to encourage each other in adopting whatever mindfulness practice suits you.

Our Wednesday group will be welcoming new members for our next series of 6 sessions starting on 13th March. (Our Friday group continues to be full.)

- Who? For anyone wanting support and encouragement to practice mindful meditation regularly.
- What? We will use a range of resources to guide us through meditations and share whatever we have found useful.
- When? Wednesday mornings, 11–12:30 am on the following dates 13th March, 3rd and 17th April, 1st, 15th and 29th May.
- Where? Tansley village hall upper room
- Why? Becoming more aware of the present moment can help us enjoy the world around us more and understand ourselves better. Awareness of this kind may also help us notice signs of stress or anxiety earlier and deal with them better.
- How? Members are encouraged to come along to all six sessions (but we recognise illness or bad weather may make that impossible).

Cost? We will ask people to make one contribution of £5 - £10 (dependent on numbers) to cover the cost of the room hire for the whole series of 6 sessions.

FOR INTEREST

Theatre Visit

Wirksworth and District u3a have a few places available on a theatre visit to see a matinee performance of

Hamilton the Musical in Birmingham, on 28th August.

A coach will leave Wirksworth in the morning, allowing time for lunch before the performance.

For further information please contact Lyn Murray:
email evelyn_murray@dmsn.com

Halle Orchestra

A unique opportunity to hear members of the world famous Halle Orchestra play locally in a series of chamber concerts at Bakewell Town Hall.

First concert on **Sunday 17 March** music for wind sextet.

Second concert on **Friday 19 April** music for harp and string.

Visit Bakewell Town Hall website for details [What's On - Bakewell Town Hall](#)

This **March 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.