

FEBRUARY 2026

Monthly Notices

By the members, for the members

Please remember that all Beeston u3a events, outings and interest groups are for **Beeston u3a members only** unless specifically stated otherwise

This Month's Open Meeting:

Thursday 5th February 2026 10am
Beeston Methodist Church Hall

Julia Tabreham **Carers Behind Bars**

Julia Tabreham is the former Chief Executive of the Carers Foundation (and a Beeston u3a committee member) and will share details of her research into prison healthcare.

We plan to offer access via Zoom for those unable to attend the meeting in person. Details to follow shortly.

Refreshments served from
10.00am

Please bring your own mug if
possible

**Next Open Meetings
Beeston Methodist Church
Refreshments served from 10am**

**Thursday 5th March 2026
Emma Sheardown—“No such word as can’t”**

Emma will share the inspirational journey from her parents being told she would never walk or talk to becoming Word Champion in the sport of Para Dressage.

**Thursday 2nd April 2026
Paul Lillie
The Evolution of Pop Music from 1954-1994**

Paul will deliver a highly entertaining talk with audience participation encouraged!

**Thursday 7th May 2026
Beeston u3a Annual General Meeting**

The AGM always replaces our regular open meeting and we actively encourage attendance—we even provide refreshments to entice you! More details will follow in the forthcoming months.

The next **New Members Meeting** will be held on
Thursday 12th February 2026 starting at 11 am
in the Whiskey Room of the Star Inn
Middle Street, Beeston NG9 1FX

The purpose of the meeting is to let new and prospective members know what the u3a is all about and what it offers, including providing full details of the interest groups available and how to join them. Refreshments will be provided.

Please let Roberta, the membership secretary, know if you plan to attend on membership@beestonu3a.org.uk

COMMITTEE NEWS
KEY DATES FOR YOUR DIARY 2026

OPEN MEETINGS Beeston Methodist Church Thursdays 10.30-12.00	NEW MEMBERS MEETINGS The Star Inn Thursdays 11.00-12.00
February 5th	February 12th
March 5th	March 12th
April 2nd	April 16th
May 7th	May 14th
June 4th	June 11th
July 2nd	July 9th
August 6th	August 13th
September 3rd	September 10th
October 1st	October 8th
November 5th	November 12th
December 3rd	December 10th

FROM THE CHAIR



As we start the new year it is pleasing to report that we currently have 1,302 members in Beeston u3a. This compares with 1,115 at the same time last year; an increase of 11.9%. As some u3as nationally are reporting declining numbers it is encouraging to see that our figures here are healthy and increasing. That's down to the richness and variety of activities which our groups offer, continually attracting new members.

We have launched ten new groups over the past year – with some just getting started this month. (Sadly, we have lost a few as well, but some hopefully just temporarily while they reorganise). Please keep coming forward with ideas for new groups. You won't get landed with having to run them yourself because increasingly we now have teams of leaders organising our groups.

We have changed the title of our group facilitators to group leaders. It is a far more accurate description of what they actually do and is consistent with the terminology used by the Third Age Trust (our national body). As I said, most groups now have several leaders working as a team. Leadership in depth.

Did you know that the u3a offers over 100 different online interest groups where you can participate from the comfort of your own home? Membership is open to all u3a members for an annual fee of £12. These groups cover a wide range of subjects, including some very unusual ones: an eclectic mix ranging from Ancient Greek, Beekeeping, Womankind, Current Affairs, Canva, Justice & Law to Digital skills. Visit the u3a website (u3a.org.uk) and search for Interest Groups Online.

Finally, keep them coming. Your articles promoting your activities in the Monthly Notices and Newsletter are so important. It lets the rest of our 1,300 members share in the richness and variety of Beeston u3a.

And because these articles go onto our website where they are seen by non-members, you are helping to future-proof Beeston u3a against the risk of declining numbers.

Noel Kelly
Chair, Beeston u3a



INTRODUCING THE GROUP DIRECTORY (PART 2)

PLEASE READ AND TAKE NOTE!!

On Friday I sent you all a copy of the new Group Directory.

This gives you the contact details of any group you may wish to join.

I now want to make a small change to the way that group advertisements are handled here in these Notices. Previously, at the end of each advertisement,

a contact name was given with the instruction to contact them "via groups@beestonu3a.org.uk". That is, you could not contact directly but had to go through the Groups email address. This was done for historical reasons that no longer apply. And it has proved inconvenient for both you and the group.

So from now on the advertisements will end with "**using the email address in the Group Directory**". You can see this in use in the Play Reading Group/

Non-fiction book group advertisements this month. This will enable you to contact the group directly, simplifying the process for both you and the group contact.

The exception to this has to be new groups - there's always a catch. As these groups are new they cannot be in the current edition of the Group Directory. When they are fully established, and are in the Group Directory, then the new system can be used. Until then the old system will be used.

Since the groups offered by the u3a change continually, the Group Directory itself will need updating periodically. I expect this to happen next in April. I will place an explanation of how this is going to be handled in that month's Monthly Notices rather than detailing it here. I will call this "Part 3" of the process.

Brendan Breen, Groups Coordinator Team

FORTHCOMING EVENTS

Visit to the Mansfield Recycling Centre

We are considering organising a visit to the Recycling Centre run by Veolia around the end of April for interested members.

You may be aware that new national recycling regulations are coming and this will have an impact on us as residents and also on the processes at the Recycling plants. So it should be an interesting time to visit.

It will be a guided tour, limited to 15 places and lasting about 45 minutes. We hope to book a small coach and offer subsidised travel at £5.00 per person.

At this stage, we are inviting expressions of interest only. Please contact Pauline via **bussec@beestonu3a.org.uk** if you are interested.

Beeston u3a Annual Quiz

Our popular annual quiz will take place on the evening of

Friday April 10th at Chilwell Manor Golf Club

Tickets **£14** to include a hot meal.

To reserve your place, please contact Pauline Duke

bussec@beestonu3a.org.uk

You can either come as a readymade team of four or alternatively we can find you other team mates on the night.

Further details will be issued nearer the date.

Interest Groups Seeking New Members

Play Reading Group

We have space for a few more Play Readers to join our friendly, informal group that meets on the 3rd Friday afternoon of the month at Beeston Methodist Church.

We enjoy reading a variety of plays together —no analysis or histrionics— simply the joy of the works.

Please contact Karen using the email in the Group directory
if interested in more information.

Non-Fiction Book Group

Welcomes new members.

We meet on the first Tuesday of each month at 10.30am in the café area of Beeston Resource Centre, Middle Street, Beeston.

Books are chosen by members.

February—Nightwalking by John Lewis Sempel

March—Humankind by Rutger Bregman

Come every month or drop in when you like.

For further details

contact Karrie using the email address in the Group Directory

Interest Groups—forthcoming meetings

Travel Interest Group

Our next meeting takes place on
Thursday 19th February at 10.00am
Guild Room
Beeston Methodist Church

The talk this month is
Celia Billau recounting:
Travel Experience to Borneo

Get away from the British rain to the other side of the world and experience....rain! This is an equatorial rainforest area so what did you expect?

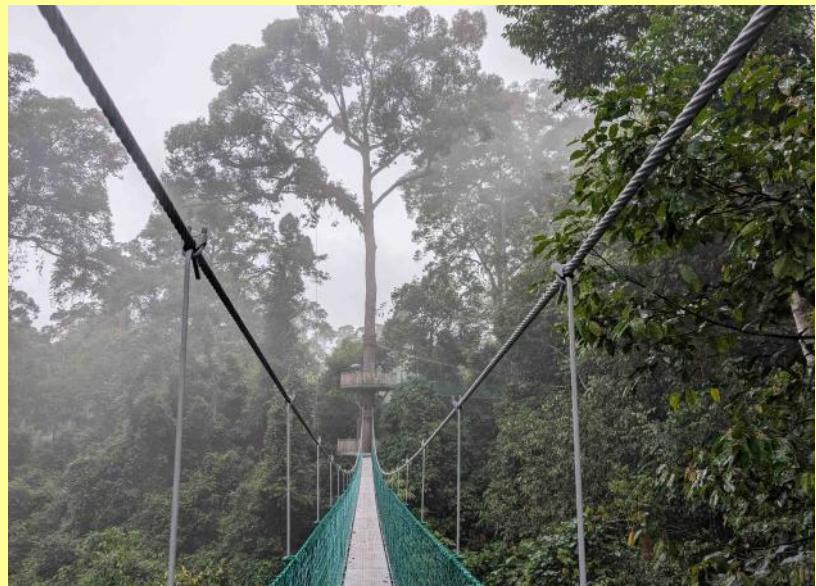
However, the wildlife is varied and different as it's near the equator and therefore quite warm.

Hear all about our trip, warts and all.



We encourage lively group discussion during and after our talks.

If you're interested in attending, or finding out more about our friendly group please **contact Dee via the email address in the Group Directory.**



New Interest Groups Inaugural Meeting

Psychology & Sociology Group

The inaugural presentation will take place in the Guild Room of Beeston Methodist Church at 11.15am on Monday 16th February and is entitled:

Knowing Me, Knowing You

An overview of the different fields in Psychology

If you are interested in attending this talk or joining the group please **contact Paul using the email address in the Groups Directory.**

Please do not just turn up at this meeting on the day, without registering with Paul in advance, as you are unlikely to be admitted due to insurance and room capacity regulations.

Nearer the date, Paul will send a confirmation email to all members who have declared an interest in attending.