

## Southwell u3a joins in 40<sup>th</sup> anniversary celebrations

Southwell u3a's recent Open Day, held in the Market Place, showcased lots of their wide-ranging interest groups, proved a resounding success, with a number of new members being recruited.

Attractions on the day included informative stalls of flower arranging, Rummikub, church visiting, photography, creative writing, sugarcraft, astronomy, woodwork and literature. Passers-by enjoyed complimentary hot drinks and biscuits, whilst listening to a varied selection of musical entertainment provided by the Ukulele group, Recorder group and Folk group.

One of the highlights of the day was waving off the Lycra-clad 'Cycling for Fun' group, which participated in an ambitious event designed to celebrate the 40<sup>th</sup> anniversary of the foundation of the national u3a movement. Three beacons were being passed from u3a to u3a across Nottinghamshire, all destined for a county-wide Party in the Park, held in Highfields Park,



Nottingham on Saturday 24th September. Southwell's beacon was successfully handed over by the cyclists to Carlton and Gedling u3a, a round trip of over 20 miles.

Cycling for Fun aims to provide a safe environment enabling u3a members to enjoy fortnightly cycling trips in the countryside. As the name suggests, the emphasis is on enjoyment, not in great mileage or speed. If you're a budding cyclist, take a look at the group on the su3a website.