



Grantham

[www.u3asites.org.uk/grantham](http://www.u3asites.org.uk/grantham)  
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August 2026

### Chairman's Message

August has arrived – we knew it would – and with it the temperatures we are all beginning to get used to. I do hope you are managing to keep cool one way or another; you'll look back fondly in those dark and dreary February days to come.

But August is highlighted by our 25<sup>th</sup> Anniversary Celebrations, and so here is what you need to know just now:

Date Tuesday 18<sup>th</sup> August

Place: The Priory Ruskin Academy, Rushcliffe Rd, Grantham NG31 8ED

Time: 1.30 pm – 5pm

Eligible: Those members who said they wished to go, in the email communications, AND whose applications have been confirmed by email. Those who were first placed on a waiting list, and confirmed as such, may also attend. Regrettably, there will not be sufficient space in the venue for anyone who has not had their request confirmed.

If you arrive by car, you will be able to park in the school's several car parks. Additionally, there is parking in neighbouring streets on the Manthorpe Estate. Many members will be able to walk to the school.

A great deal of planning, meeting and organising has gone into this event, on the part of many Group leaders and ordinary members of Grantham u3a. They have done everything voluntarily, as u3a members do, from baking and icing cakes to taking photos, recording videos, visiting sites and venues and rehearsing performances. We set

up a sub-committee to plan and arrange everything to ensure we have an event to remember that will bring back memories for many of us who have been a long time in Grantham u3a, and that shows the scope and range of what we are capable of, from cakes to canasta, from singing to Spanish, from gardening to building robots. There is so much to enjoy and celebrate and I am looking forward very much to welcoming you through the doors on the 18<sup>th</sup>.

Do keep in mind the Belton Community Festival on 5<sup>th</sup>-6<sup>th</sup> September for two reasons: in the first place, it is a free, open, community-wide event for this town and its surroundings, taking place in the splendid and extensive grounds of the National Trust's Belton House and park. You don't have to belong to the Trust to attend as it is free and open to all. Secondly, Grantham u3a along with many other local organisations, charities and clubs will have a stall there in order to promote ourselves and make people aware that we exist to help third-agers Learn, Live and Laugh. Do come along, and help us promote and advertise our existence to those who are sadly missing out on a very Good Thing.

The August coffee morning takes place as usual in St Wulfram's the Tuesday after our Party, at 10am. I wish you all a pleasant August despite the problem of trying to water the tomatoes (at least) with a watering can each evening whilst accepting the lawn is going to stay yellow for a while.

**John Foulkes-Jones, Chair**

### **Beacon Administrator / Membership Secretary**

We welcome the following new members:

Merrilyn Thompson, Mike Walker, Michele Beasley, Richard Stober, Judy Nagy, Laurence Taylor, Joan Smith, and Jayne Bavin,

**Paul Lai**  
**Grantham Beacon Administrator and Membership Secretary**  
**07780 662650**

## Pastoral Care

Please let Carole Troops know if you become aware of a member who is ill and would appreciate a message of support, or if someone has died. Her contact details are , **5 Somerby Grove, Grantham NG31 7HR**  
[care.granthamu3a@gmail.com](mailto:care.granthamu3a@gmail.com) Tel 01476 566279.

## Tuesday Talks

### 18 August is our 25 Anniversary celebration

**15 September** Fran Sandham talks about “In the Forbidden Land: The strange Tibetan adventure of Henry Savage Landor, the real-life ‘Baron Munchausen’ of Victorian explorers”.

In 1897, eccentric traveller Henry Savage Landor vowed to cross ‘The Roof of the World’, the forbidden Himalayan kingdom of Tibet, and reach its fabled capital Lhasa. Immaculately dressed, equipped with all the latest equipment, and well-supplied with delicacies from Fortnum & Mason, Landor entered Tibet illegally and very definitely uninvited. Several months later, a very different Landor was unceremoniously bundled out of Tibet. Emaciated, clad in filthy rags, he was clutching his sole remaining possession, a map he’d drawn in his own blood. Back in Europe, Landor became an instant celebrity, thrilling the public with his extraordinary (and often scarcely believable) tales of high adventure in Tibet. Yet despite his embellishments and huge propensity for outrageous lies, the basic facts Landor told of his Tibetan adventure were actually true.

Fran Sandham is a very experienced lecturer, a former Rough Guides editor, and the author of the critically acclaimed non-fiction book *Traversa: A solo walk across Africa* see [www.traversa.co.uk](http://www.traversa.co.uk)), which was serialised in the Sunday Times.

She has spoken to many u3as and lectured at the Oxford Literary Festival at Oxford University, on the SAGA cruise ship MV Spirit of Adventure, at various schools, colleges and universities, literary festivals, lecture societies, probus clubs, W.Is and luncheon clubs across the UK. She has also been a guest on over thirty national and

regional radio stations. In addition, she has written for various national newspapers in the UK and abroad, including the Observer, the Daily Telegraph, the Financial Times and NBC News.

**20 October** Paul Isherwood gives us his talk 'Child Gambler Wins Life Back'; this is a tale of how a 10 year old boy lured by the magnetic pull of a slot machine with his addiction spiralling out of control had a light bulb moment and sought help. Now well into his fifties he hasn't gambled ever since.

**17 November** Lucy Lewis will talk about her career as Britain's first woman Bomb Disposal officer and beyond in 'Lighting The Fuse'.

**15 December is our Christmas celebration.**

### Coffee Mornings

Coffee Mornings are held in St Wulfram's Church, Grantham, 10.00am - 11.30am on fourth Tuesday of the month and are open to all members. The next meetings are:

**Tuesday 25 August**

**Tuesday 22 September**

**Tuesday 27 October**

### Group News

#### Wildlife Group

#### Kerry Brazil

Whisby nature reserve was our destination in July. As it was a hot day, we walked the magpie and willow trails so that we had shade for part of the afternoon. There were various ducks, gulls and swans on the lakes and an abundance of butterflies, dragonflies and damselflies. We saw cinnabar moth caterpillars feeding on ragwort. There was much bramble, some still with flowers, others with ripe berries, which weren't very sweet.

The trees were showing signs of stress from the lack of water, leaves starting to change colour and drop, at least 2 months earlier than usual.

The photos show a gatekeeper butterfly and a speckled wood butterfly. The dragonfly was a male red veined darter, of which there were many.







### **Scottish Country Dancers**

**John Aitken**

The Grantham u3a Scottish Country Dancers organised their annual summer Garden Dance in the grounds of the National Trust's Grantham House again this year. They had invited dancers from other local groups and about 35 dancers met up for the afternoon's dance programme. Meanwhile other visitors to Grantham House were playing games on the lower lawn, creating a pencil drawing of the house and lawns or enjoying tea and cakes outside the café.

Reels, jigs and strathspeys were danced to lively music. It was yet another warm afternoon, so the half-time break was a welcome opportunity to visit the café for coffee and cake or to cool down with ice cream.







The group meets on Tuesday afternoons (except the third of the month) in Harrowby Lane Methodist Church Hall. Further details from John Aitken on 07770 428103.

### **Local History**

**Anne Rudderham**

July's visit to the *We'll Meet Again World War II Homefront Museum* at Freiston Shore, Boston, was enjoyed by all and there was indeed plenty to see, with the Ration Book cafe providing delicious home-made refreshments which included tea/coffee at only £1 per cup! It is difficult to imagine that this vast collection of authentic war memorabilia (the biggest in the world) was the creation of one man



who started this as a small boy aged 8 but it's a credit to Paul and his wife Linda and the dedication of hard-working volunteers, along with the generosity of supporters who share their passion for preserving our history.

Founded over a decade ago, the museum was created to educate younger generations about both World Wars and it's billed as being a brilliant day out for families, history enthusiasts and anyone wanting to learn more about Britain's wartime story. Many thanks to Carole Troops for helping to organise this for us.

More information can be found at  
<https://www.wma-ww2museum.co.uk>.





August's meeting will be a visit to Doddington Hall and gardens.

### **Recorder Group**

**Cora Townson**

The group meets in Barkston, a couple of times a month on a Friday morning. We now boast both Treble and Tenor players, and everyone plays the Descant recorder, so we are able to tackle some more interesting pieces. Some of us have not played since childhood and some are new to the recorder having learnt other instruments, but we all enjoy trying out the new compositions we have found or arranged, and having a good chinwag. Lately, we have been practising hard for the u3a 25<sup>th</sup> anniversary celebration on August 18<sup>th</sup> (so less chatting and more playing!)

If you feel you would like to join us, or just learn more about the group, please contact Cora on 07711 393865.

### **Guitar Group**

**Graham Welham**

The start of July was a busy gigging period for the guitar group. Firstly, going over to Lancaster Grange, Newark, for an afternoon of "Rock 'n' Roll" music. The care staff at Lancaster Grange worked very hard keeping their residents, visitors and the band well hydrated on a very hot afternoon. We always get a warm welcome and great reception at the Grange. On behalf of the guitar group I sent many

thanks to Charlotte, to forward to the support team for their hard work on the day.

The following week in very similar hot temperatures, we played at Gregory House, Grantham. Again, the staff there worked really hard, keeping everyone out of full sun, and making sure everyone remained well hydrated. I've also sent best wishes to our contact Alison, and the team of carers, for their hard work on the day.

For the remainder of the month it was back to the regular practice sessions at the Christian Fellowship Church Hall.

In August we have two gigs coming up; the first on the 6<sup>th</sup> at Richard House Care Home, and then at the end of the month when we play at Maple Leaf, Residential Care Home, at their summer fete.

Hopefully the weather is now becoming cooler, and more tolerable for all!!

### **Recipe of the Month**

**Courtesy of Carole Troops**

#### **Thumbprint Cookies**

200g unsalted butter, softened

100g caster sugar

1 large egg yolk

1tsp vanilla extract

275g plain flour

150g raspberry jam

Set oven at 160<sup>0</sup>C, Gas 4 and line 2 baking trays

Cream together butter and sugar until pale and fluffy. Add the egg yolk and vanilla and mix well. Add the flour and mix to a dough – don't overmix as it will make the cookies tough.

Using hands roll the dough into walnut sized balls and arrange on the baking trays, leaving space between them to allow for spreading. Using your thumb or finger press into the middle of each cookie and bake for 15mins until golden.

Remove from the oven, press into the indents again, then fill each one with ½ to 1tsp of jam. Return to the oven for 1 minute. Leave to cool on the baking tray for a few minutes then transfer to a wire rack.



### **Variations**

Add grated lemon zest to the dough and fill with lemon curd.

Swap 15g flour with cocoa powder and fill the chocolate hazelnut spread.

Reduce flour by 75g and add 50g ground almonds or hazelnuts and 25g cocoa powder. Fill with raspberry jam, hazelnut spread or peanut butter.



### **Supporting Older People in Our Community**

It's hard to believe the nights will soon begin to draw in as we head towards the autumn and winter months. It can be a particularly difficult time for older people who may be living alone, feeling isolated or finding it harder to get out and about.

**Age UK Lincolnshire** works across the county to support older people to live well, stay connected and enjoy later life. Much of the support we provide is made possible through our dedicated volunteers, who give their time, skills and companionship to help older people feel connected and supported.



**Could you become a Befriender?**

Our **Befriending Service** connects volunteers with older people who may be experiencing loneliness or social isolation.

Befriending can take different forms, from regular telephone calls to visiting someone at home for a chat and a cup of tea. It doesn't require specialist experience — sometimes the most valuable thing you can give someone is your time, a listening ear and a friendly face.

We are also very fortunate to already have members of Grantham u3a volunteering as Age UK Lincolnshire befrienders. I'm sure they would be more than happy to share their experiences of befriending and the difference it can make, both to the person they support and to themselves.

As the evenings get longer and opportunities to get out and socialise can become more limited, having a regular friendly conversation or visit can make a real difference to an older person's week.

### **New Digital Champions Sessions in Grantham**

We're also excited to be launching our new **Digital Champions sessions at BHive Grantham.**

Starting on **Tuesday 8th September**, sessions will take place on the **second Tuesday of every month, from 10am–12pm.**

Our Digital Champions will provide friendly, practical support to help people aged 50+ feel more confident using technology. This could include help with smartphones, tablets, computers, accessing online services, staying in touch with family and friends, and much more.

Grantham u3a members are very welcome to come along — whether you need help with something specific or would simply like a little more confidence using technology.

We're also looking for volunteers who are comfortable with technology and, most importantly, enjoy helping others learn. You don't need to be a technology expert — patience, encouragement and a willingness to share your knowledge are just as important.



### **How can you support us?**

Whether you have a few hours to spare, a skill you'd like to share, or simply enjoy meeting and talking to people, there could be a volunteering opportunity for you.

And if volunteering isn't possible, you can still help by spreading the word about our services and opportunities to friends, family and people in your local community.

As we head towards the colder, darker months, a little of your time could make a big difference to an older person who may otherwise spend those days alone.

To find out more about volunteering with Age UK Lincolnshire, please contact the Volunteering Team on 01522 696000 or email [volunteering@ageuklincolnshire.org.uk](mailto:volunteering@ageuklincolnshire.org.uk).

You can also find out more about our services and volunteering opportunities on the Age UK Lincolnshire website:

<https://www.ageuk.org.uk/lincolnshire/>

Together, we can help older people in our community feel connected, valued and less alone.

**Katie Limmer**

**Volunteering & Befriending Coordinator at Age UK Lincolnshire**

**Thank you to all contributors this edition. Please send your contributions for the August newsletter to [ed.granthamu3a@gmail.com](mailto:ed.granthamu3a@gmail.com) by Friday 4 September.**