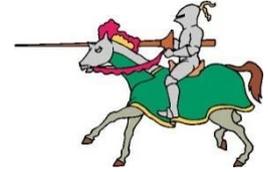




Ashby de la Zouch



U3A

Newsletter March 2017

Reminder of change of monthly meeting date

Monthly Meetings will in future be held on the FOURTH Tuesday of each month from 2pm to 4pm at the Congregational Church, Kilwardby Street, Ashby de la Zouch. This makes the date more regular and hopefully allows a little more time to publish this newsletter after the meeting.

Last General Meeting: 28th March

The meeting started with the SGM which the committee had called to vote on the proposal to change the start of the membership year from July 1st to April 1st starting this year, and to therefore charge a membership fee for this year (2017-18) of £10 + £3.50 Capitation Fee rather than the usual £13 + £3.50. It will revert to the full price in 2018-19.

The vote was carried unanimously barring 1 abstention.

Speaker: The Defence and National Rehabilitation Centre. A talk by Luke Wigman.

At fairly short notice the Defence and National Rehabilitation Centre (DNRC) changed the speaker to Luke and what an excellent speaker we got.

Luke explained how the Defence Military Rehabilitation Centre - DMRC Headley Court in Surrey had outgrown itself, having been built in 1947 to rehabilitate injured RAF servicemen after the war. It was now outdated, too small and no longer suitable for modern times. Therefore it was decided to build a new facility nearer to road and rail links and to the main military hospital, Queen Elizabeth at Edgbaston. A new facility, the DNRC, would be built at Stanford Hall on the A6006 north of Loughborough. The building would be funded by donation and the late Duke of Westminster, who had long campaigned for the new facility, bought the site and donated the first £50M! They have so far raised £280M of the £300M required.

Stanford Hall is a Grade II listed building and so its structure had to be retained and the building is going to be mostly offices and conference facilities. However the new buildings alongside the Hall (maybe twice as large again) will be all new but designed to blend in to the site. Luke explained that the DNRC would be a state of the art facility for rehab for both military personnel and civilians injured in war or in civil incidents and therefore part of the building's operations would be funded by the NHS, the rest by the Ministry of Defence.

The facilities will enable them to treat, muscular-skeletal, trauma and neurological injuries all on one site, something previously not possible.

It turned out that Luke was himself injured in 2011 as an RAF paratrooper in Afghanistan when he stepped on an IED. Luke calmly described in horrendous detail how he had to do his own first aid including injecting morphine and then radioing for help. After treatment back at base he was airlifted to Queen Elizabeth Hospital, Edgbaston where he spent 2 months before going to Hedley Court for many months rehab.

The blast from the IED shattered his knee and blew away part of his leg. His other leg and one arm were full of shrapnel. After surgery and extensive skin grafts he still couldn't bend his leg. Part of his treatment consisted of forcibly bending and straightening his leg every day for several hours at a time.

The treatment he received spurred him on to dedicating himself to charity fund raising, involving him in running marathons all round the world as well as competing at the Invictus Games in 2014 and '16.

In most of these he excelled, winning many and gaining world records and gold medals galore. His record says it all:

North Pole Marathon - Runner up 2014

London Invictus Games -1500m gold medallist - 2014

Sports Personality of the Year Awards - Winner of the Helen Rollason Award - 2014

Antarctic Ice Marathon - Runner Up - 2015

Orlando Invictus Games - 1500m gold medallist - 2016

Volcano Marathon run at 15,000ft in Atacama Desert - Winner - 2016

World Marathon Challenge - 7 marathons on 7 continents in 7 days - broke world record by 2h40m despite finishing third - 2017

Not content with the wonderful work he does raising funds for charities, he has his sights set on running rainforests, deserts, and perhaps most challenging of all: running the length of Ireland, top to bottom, a total of 350M in 3½ days! That's 100 miles, almost 4 marathons, each day.

Luke is now, amongst everything else, a paramedic for East Midlands Ambulance Service.

A truly amazing and inspirational man, supporting what will hopefully become a truly amazing facility.

Group Reports

John Howlett gave brief reports on the activities of the Computing, Photography and Short Walks Groups as he leads all 3 of them.

The Computer Group meets twice monthly to try to help anyone who has computer, tablet, iPad or phone problems. The Photo Group meets to discuss ways of getting the most out of their cameras and software and occasionally manages to get outdoors to take photos. The Short Walks Group walk, not unexpectedly, a short way (2-3 miles) usually in and around Ashby and mostly with a coffee stop at the end.

Next General Meeting: 25th April

Speaker: Richard Papworth on "Excuse me madam but ..."

2017	Tea and Coffee Rota	Meeters and Greeters	Reporting Groups
April			History & Industrial Heritage
May			Italian & Literature

Interest Groups Timetable: April 2017

Interest group	Meeting date and time	Venue
Arts & Crafts	TBA	TBA
Bird Watching	TBA	TBA
Bridge	3rd & 17th Apr at 7-9 pm 10th & 24th Apr at 2-4 pm	Royal Hotel, Ashby.
Calligraphy	No meeting in April	
Computer	Wed 5th Apr at 2 pm Mon 17th Apr at 2 pm	16 Winchester Way
Digital Photography	6th Apr at 10 am	16 Winchester Way
Drawing and painting	19th Apr at 10 am	2 Marlborough Way
Family History	12th Apr at 2 pm	2 Marlborough Way
Gardening	20th Apr dep Ashby at 9.30	Visit to Close Hill Gardens, Warwick
History	27th Apr at 2 pm	Packington Village Hall
Industrial Heritage	26th Apr	Ironbridge Gorge museums
Italian	3rd & 24th Apr at 10 am	9 St Michael's Close
Literature	11th Apr at 12.30 pm	28 Willesley Gardens
Lunch	13th Apr at 12 noon for 12.30	Beeches, Ashby
Medium Walks	10th Apr at 9.45 for 10 am start	Meet at the Globe, Snarestone for a 5 mile walk
Music Appreciation	5th Apr at 10 am	40 Willesley Gardens
Quiz	19th Apr at 2.30 pm	Bull and Lion, Packington
Recorder	6th Apr at 10 am 20th Apr at 10 am	Elaine's house, Bretby Court Joan's house, Church Gresley
Short Walks	21st Apr at 10 am	Meet at car park near church Melbourne
Trips and Outings		No trips planned
Walking	4th Apr 9:45 for 10 am start 18th Apr 9.15 for 9.30 start	Waterside Inn, Mountsorrel, LE12 7BB John Thompson Inn, Ingleby, DE73 7HW

Early May

Interest group	Meeting date and time	Venue
Bird Watching	TBA	TBA
Bridge	1st May at 7-9 pm	Royal Hotel, Ashby.
Computer	3rd May at 2 pm	16 Winchester Way
Digital Photography	4th May at 10 am	16 Winchester Way
Music Appreciation	3rd May at 10 am	TBA
Recorder	4th May at 10 am	TBA
Walking	2nd May at 9.45 for 10am	YHA Moira, DE12 6BD. B2G guided walk

*For trips, outings, walks and other events which meet away from the usual venues, see further details in the relevant Group Reports below, or on our website www.ashbyu3a.co.uk

Group Reports

Arts and Crafts

This is a new group trying to get established. It has so far held one meeting to discuss how it is going to proceed.

Bird Watching – Leader Anne Donegan - birdwatch@ashbyu3a.co.uk

Anne Donegan has agreed to take over leading the group. Their next meeting is yet to be arranged.

Bridge – Leader Neil Roberts 01530 455957

This is Bridge for players of all levels playing friendly Contract Bridge with some chatter. Several of our number are "beginners" or "returners" and we have experienced players who are happy to help others improve their game. We now have about 20 active players. We meet weekly on Mondays at the Royal Hotel, Ashby and at present we alternate afternoons and evenings.

The agreement with the Royal is that we pay for refreshments. Currently when we play we pay £2.50 per week. The Royal provide Car Parking Permits free to our group when playing Bridge.

If you would like to know more contact Neil on 01530 455957 or Pat Ford on 01827 830672

Calligraphy – Leader Jenny Slawson 01283 229718

A small but friendly group, we enjoy extending our calligraphy skills through a more experimental and creative approach to writing texts. We focus mainly on italic and uncial scripts and have produced some very imaginative pieces both at home and during our monthly meetings. We usually meet on the second Tuesday of each month at 10am.

March 14th

5 of us met at Sue's house for an enjoyable morning of calligraphy and chat. We were working on 'broken words in a block'. We aim to finish our pieces at the May meeting. We are cancelling the April meeting, as it appears most of us are away for Easter. So the next meeting is at Carole's house in May.

Computers – Leader John Howlett 01530 461774

We meet twice monthly to try to solve anyone's computer problems and to better learn how to use them whether they are PCs, Macs, iPads or Android Tablets. All are welcome. No experience necessary.

20th March

We had eight today, but with only a few problems.

Irene needed advice on various aspects of using an iPad, including establishing a second email address (easily done by 'Googling' the issue and choosing a provider. Hotmail is one such, but there are many others.) She wants to establish a folder system for her photos etc within the email address, but it seems unclear how this is done, unless using Microsoft's Outlook. One preferred option is to use a utility like Dropbox.

Then she was shown how to take photographs with the iPad, and email them, and also how to take screen shots

Peter wanted to be able to use a different keyboard with his laptop, but the one he has chosen wasn't recognised by his laptop. Several diagnostic routines were tried, including using wired mice, wireless mice and other USB devices. All worked perfectly, as did his keyboard when attached to other laptops. The advice then was to try the PC Clinic, or PC World, and see if they have a solution, and report back for all our benefit.

Then ensued a discussion of various anti-virus software, such as Avast, and the uses of utilities like Malware Bytes , CCleaner and defragmenting software to keep the machine healthy.

Finally, JD asked how easy it would be to transfer data from an iPad to a Windows or Android machine. He is planning on replacing his old iPad2 as it is becoming unable to cope. It seems as if the simplest way would be to transfer to a Mac laptop, then use USB devices to copy across from there.

Digital Photography – Leader John Howlett 01530 461774

We meet to try to understand how to get the best out of our digital cameras whether they are simple compact cameras or full-blooded DSLRs and how to edit or modify the pictures afterwards. We try to get out and practice every other month. We do not as yet enter competitions.

2nd March

Five of us discussed a list of locations to go to when the weather is fine, it not being so good today. Bradgate Park, The Canals, Shardlow Marina, The Air Park and Museum at Castle Donnington and Track Days at Castle Donnington. Others will be added as inspirations strikes.

We discussed the various themes and techniques we might employ for high speed action. Colin's problem with his DVD's was aired once again. A URL for a thread discussing inverted and mirror images was put forward and JD gave him surplus version of the Haystacks video on DVD-R to try and see if it is the DVD format causing the problem.

JD posed a Photoshop problem which involved removing objects from the foreground of the subject, then repairing the subject. There seems no easy answer, so JD will experiment to see if anything works well enough.

Next month (April 6th) we'll meet at Castle Donnington Race Track for a Track Day. There is a free carpark, and possible access to the paddock to get up close and dirty with these machines.

Members should make their own way there unless car-sharing previously agreed. Leave Ashby in time to be at the car park for 10.00 am.

Drawing and Painting – Contact Chris Dogherty 01530 411148

Wednesday 15th March.

The theme was "cartoons". We had a fun morning sketching and drawing and laughing at our efforts.

Next meeting, Wednesday April 19th, 10 am, at 2 Marlborough Way, when the theme will be "Easter".

Family History – Leader John Dogherty 01530 411148

8th March

Another very good session today: Seven of us gathered round, including one new member: Val, and another who has been trying to get here for some time: Geoff.

Val is starting from scratch, so she and JD started with looking at the folders and files of hard copy she has, and some hand drawn trees. She is looking for several targets, but we started on just one: a mysterious lady with the first name of Annittian, but no surname. Val has dark skinned relatives, but no indication of origins from hot climes. Can this mysterious lady be evidence of an exotic branch of the Family Tree? Unfortunately, it turned out to be a miss transcribed version of Amelia. Still, the

discovery led us on to uncover the rest of a family which appeared truncated in one Census. So the whole family is now there for Val to work on.

Another target is a relative who was said to have been in the SBS and whose medals had been sold off 40 years ago. We made some progress, but the individual is resisting our attempts to bring him into focus. We did get some regimental numbers for Val to try with the MOD, so we will see.

Audrey is trying to identify a relative said to have been lost at sea, and has so far been unable to find him. So Geoffrey and she settled down with Find My Past and found him! A classic example of cooperative work.

Iris arrived late and needed a bit of help in understanding a notice that seemed to say she was running out of space on her hard drive. John H was able to guide her in the right direction

Chris D. was engaged in probing the results of DNA analyses for her and JD, which shed fascinating light on the origins of the two halves of the Dogherty/Simpson line. With one final sample from our daughter we will have a full picture. A separate report will appear next time.

Gardening - Leader Paul Dean 01283 295987

The Gardening Group is one of the largest interest groups. The committee try hard to provide a selection of activities suitable for all, including talks on various topics, trips out to well-known gardens and social events where plants are swapped and garden problems are solved! There is always food and drink at the end of each meeting and occasionally prizes to be won! Please come along and meet us and give the gardening club a try.

16th March

Unfortunately there is no report of the March meeting. On April 20th the group are travelling by coach to Hill Close Gardens, Warwick, departing the Royal Hotel at 9.30 am.

History – Leader Dorothy Chapman 01530 413042

23rd March

Kedleston Hall. A talk by Alan Tyler of the National Trust Talks Service.

Alan outlined the history of the Hall, a country house four miles north-west of Derby. It is the seat of the Curzon family whose name originates in Notre-Dame-de-Courson in Normandy.

The National Trust has spent the last 13 years restoring it to its full glory, although, left to the NT in 1987 it had not been well maintained because the former owners had run out of funds trying to 'keep up with the Joneses'. Fortunately, most of the contents have been saved by the NT.

The Curzon's wanted to rival Chatsworth so engaged Robert Adams to design the building and grounds, as he did the furniture. Strangely, the main building was designed from the outset as a reception suite to impress visitors, and the family resided (as they still do) in one of the two wings (four were intended, but the funds ran out before completion).

The Hall was constructed in 1760 in the classical style with heavy Romanesque influences, on the site of a mediaeval building, and Adams had the village of Kedleston moved to improve the views.

It has been used for TV and film productions and can be hired for weddings etc.

Alan took us through the many features of the grounds and buildings with excellent slides and commentary, giving us an insight into the management and running of the site.

Some 25 permanent staff and 250 volunteers keep it open up to the end of October, each week from Saturday to Thursday, with many events sponsored by local companies. Christmas is an especial event, with themed dressings

The Park is open year round., and there is a holiday cottage on site.

The Hall has a rare link to the Asian community in Leicester, owing to the past travels and collections of previous Lords of the Manor, particularly the Viceroy of India, Lord Curzon, in 1903.

Alan had much more to tell, but space is limited. so a visit to the website for the Hall will yield much benefit!

Industrial Heritage – Leader Mike Stow 01530 469152

25th May – A visit to the National Media Museum, Bradford, which was renamed the National Science and Media Museum before our very eyes whilst we were standing in the foyer! There is a full report under Trips & Outings who organised the coach trip.

Italian Group – Leader Lynda Hall 01530 415922

6th March

Four students and Lynda today. We started off by offering up our homework, which was to reconstruct a phone conversation between a tourist and a hotel receptionist for a room booking. Next we went on to finding our way about a city map, from spoken guidance we had to listen to. Then we worked on other sorts of maps, and finally each presented our own version of a short guidance between two points on a street map.

Literature Group - Leader Sandra Harris 01530 416653

The Group are due to read “The Gift of Rain” by Tan Twan Eng this month, before meeting at 1.30 on 11th April to discuss the book.

Luncheon Group – Leader Ray Bentley 01530 412505

We are a group of men and ladies who enjoy a meal together, we take it in turn to choose a venue and organise it. Everyone is welcome, all we ask is that you sign the notice board in the coffee room at the monthly meeting prior to the lunch, so we can book the relevant number of seats. If you cannot make the monthly meeting please use the contact email or phone number.

The March meal was held at La Zouch Restaurant.

Music Appreciation – Leader David Oakley 01530 563409

March 1st

Eight of us met for our March meeting, kindly hosted by Mary Weeks.

Nev kicked us off with an excellent Tom Jones number, which was a nod to it being St David's Day.

The track he had chosen was Tom singing 'I sail my ship alone', backed by Jools Holland.

We then went around the room in sequence with Dorothy's choice being Bach's 'Toccatà & Fugue in D', the famous organ piece. Pulling out all the stops, so to speak.

Ann followed this up with two pieces triggered by recent events. She had been delighted to find a hedgehog hibernating in her garden which had put her in mind of the music for 'Mrs Tiggy Winkle' from the film of the Beatrix Potter stories. This was followed up by a choir piece of 'Zadok the Priest' by Handel, as it had just been announced that St Pauls Cathedral had appointed its first full time woman chorister in its 1,000 year history.

Sally had selected 'Old Man River' by Paul Robson and gave us an interesting background to his life and struggles. Her second choice was the last movement of Tchaikovsky's Piano Concerto No 1. Neil took us in a different direction with a song we all knew from our skiffle past, 'It takes a worried man'. This was a live concert recording with Lonnie Donegan, Chris Barber and Van Morrison and was one we hadn't heard before. He followed this up with 'Worried Man' by Paolo Nutini, another new performer for the group.

David had chosen two songs by well-known actresses who aren't normally known for their singing. First was Lucille Ball singing 'Hey, look me over' from the show 'Wild Cat', which despite the group not having heard the song for some while knew all the lyrics. Secondly, came Patricia Routledge with a song from the short lived musical 'Little Mary Sunshine'.

Lesley recounted her father's love of big band music and her choice of songs reflected this with 'Love me or leave me' with Dizzy Gillespie and Sarah Vaughan and 'Exactly like you' with Jimmy Rushing and Count Basie.

Nev's second choice was 'Si tu vois ma mere' a song he had first heard on the sound track of the Woody Allen film 'Midnight in Paris'. He played Sidney Bechet's lovely version 'Lonesome'. He followed this up with Mick Hucknall singing 'I got it bad'.

Finally our hostess Mary gave us Peter Skellern singing 'Top Hat' and we then played three more tracks from this album which brought this entertaining session to a close.

Quiz group - Leader Malcolm Bird 01530 563872

The group meet at the Bull and Lion, Packington. The Start time is 2.30 and involves tables of four. You do not need to arrange a team of four before the meeting as teams can be organised on the day. This enables single individuals to take part - and to make new friends by joining an ad hoc team. Tea and coffee are served. Total cost £1.20 of which 20p goes to a kitty for prizes.

The March meeting was attended by 15 players - the winners received a pack each of flower seeds, compost and growing containers.

The summer cream tea meeting will take place in June. There will be a one hour quiz followed by scones, cream etc. An innovation agreed upon is that three other "quizmasters" will pose the questions. This gives Malcolm Bird a break from time to time and provide some variety in type and style of question.

Recorder group - Leader Joan Gibson - recorder@ashbyu3a.co.uk

The recorder group, meet twice a month, to make music in a relaxed, fun way. I would hope that we would be able to cater for a wide range of experience and skill. We meet on the 1st and 3rd Thursday mornings each month.

New members would be very welcome. Complete beginners would find it difficult to catch up, though.

We have a possible new recruit, who divides her time between Ashby, Denver Colorado and Florida. She's a bit good, I suspect, but seems very relaxed about it. She found us via the website, I assume, as her email came to the u3a recorder address.

Trips and Outings Group - Contact Margaret Howlett 01530 461774

22nd March - A visit to Bradford National Media Museum with the Industrial Heritage Group

33 people met at the Royal Hotel at 8:15 for a trip to the National Media Museum, Bradford. We met in the dry on a cold morning and during the 2 hour journey it rained sometimes heavily. The museum was expecting us but some of my emails had gone astray as they were only expecting 20 and had not noted the request for a tour. However, they rustled up two very knowledgeable young ladies and we began our 'behind the scenes' tour for which we were split into two groups.

The first stop for our group was the archive of Daily Herald photos for the period 1911 - 1965 which they acquired after the newspaper was purchased by Rupert Murdoch and became the Sun. The collection includes boxes of photos of many famous people but any photos of Elvis Presley and Marilyn Monroe (and they must surely have had some) disappeared during the transfer.

From there we visited the Small Objects Store. This was mainly cameras but did include some early home computer related objects which they were collecting for a short time but stopped before they were overwhelmed. Needless to say the next room we visited was the Large Object Store housing TV cameras, vintage TV sets and some very interesting items like the chair used for the taking of early prison 'mug-shots'.

Finally we were shown some of their early photos including Daguerreotype, Collodion Positive, also known as an Ambrotype (early 1850s - 1880s). As some of these are sensitive to light our guide dimmed the lights. For this reason we were not allowed to see the oldest known negative as it is just too sensitive.

After the tour, which took about an hour, some of us enjoyed lunch in the museum cafe while others ventured out to a nearby hostel. For the rest of our visit we were free to look around the museum with various displays spread over six floors including film and television archives, a gaming area, animation and a gallery called the Magic Factory. Floors 2 and 1 were special displays; one was about pinhole cameras and the other showed photos featured in a recent television program called "Britain in Focus: A Photographic History" which was aired on BBC4.

Just time for a refreshing drink before the coach departed at 3.30pm arriving back at 5:30pm.

Walks

The walk leader will be at the meeting place whatever the weather and will only cancel the walk in consultation with those who turn up on the day. All dogs must be kept under control at all times. Walking boots or strong shoes are recommended. Be prepared for bad weather by taking warm waterproof clothing. Leaders act in a voluntary capacity. All ramblers walk at their own risk.

Walking Group - Leader Bob Baxendale 01530 481435

The walking group usually does walks of between 7-8 miles, twice a month, and normally have a lunch stop at a pub near to, or at the end of, the walk.

21st March

A good turnout of 16 for the group's second linear walk. This time we met at the Crown Inn, Yoxall, on a sunny but cool and breezy morning. After ordering our lunches, we caught the 09.50 Midland Classic 812 bus towards Lichfield, but after a 20 minute ride alighted between Fradley and Fradley South. Dropping down to the Coventry Canal towpath, we headed north-west to Fradley Junction, where we took advantage of the facilities, then north-east along the Trent & Mersey Canal towpath to Alrewas. After a group of 5 took the optional 0.6 mile diversion to see where the River Trent crosses the canal, we joined The Way for the Millennium (part of the National Forest Way) across a succession of muddy fields, through Wychnor Park, followed by a series of grassy fields and muddy tracks, offering fine views of the River Swarbourn and a distant Cannock Chase, back to Yoxall. Distance walked was about 6.5 miles (excluding diversion). There we were joined by an injured Mike Stow and enjoyed an excellent pub lunch and a drink or two! at the Crown Inn, courtesy of licensees Jane & Stuart Scrimshaw, who had opened up especially to accommodate us.

Medium walks – Leader Carole Harriman

The Medium Walk group do walks of up to 6 miles. Anyone interested please contact Carole.

13th March

8 members met on a bright sunny day, we welcomed two new walkers, Mary from Ashby and Barry from Swadlincote. The walk started at Smisby church, which is undergoing some restoration work at the moment. Then on through fields and round the edge of Calke Abbey Race Track, and on through more fields until we reached Hartshorne. A coffee stop, here overlooking a big valley looking towards Burton. Downhill towards Limehouse Dam and then upwards to reach Daniel Hayes settlement. Then along a green path, between two beautifully laid hedges until we reached Sharpes Bottom wood, downwards to a pond and then up again to the race track again. Back down Forties Lane to our cars. This was a lovely walk, with a few more hills than normal. The walk measured 4.66 miles.

Short walks Group – Leader John Howlett 01530 461774

The short walk group organises walks using well defined paths and routes without stiles. The maximum length is 3 miles. All are welcome.

17th March

A walk around Staunton Harold Estate.

9 people met at Moira furnace for a walk around the paths of this part of Leicestershire. We set off along the towpath towards Donisthorpe. Just beyond the bridge over the canal we turned right. This track linked across to the old railway track which we followed as far as YHA building where we took the right turning to Conkers. Here we crossed the Conkers rail track and turned right into Conkers Waterside centre and hence down to the canal Basin. From here it was a short walk back to Moira furnace and the Hub cafe. 2.6 miles in about 1 1/4 hours.

Your Committee

Following the AGM on 26th July 2016, the members below were (re)elected to the Committee.

John Howlett	Chairman	chairman@ashbyu3a.co.uk
James Bloor	Groups Coordinator	interestg@ashbyu3a.co.uk
Dorothy Chapman	Membership Secretary	members@ashbyu3a.co.uk
Sheila Dean	Welfare	welfare@ashbyu3a.co.uk
Anne Donegan	Business Secretary	secretary@ashbyu3a.co.uk
Colin Ellis	Minutes Secretary	minutes@ashbyu3a.co.uk
Isobel Salt	Speaker seeker	speakers@ashbyu3a.co.uk
Tony Smith	Treasurer	treasurer@ashbyu3a.co.uk
Mike Stow	Communications	webmaster@ashbyu3a.co.uk