

May 2024 Issue No 97

Musings from the Chair



Last month I was writing my musings as we prepared to have a week away in Northumberland. It was lovely to get away and the beaches there are fabulous, but the spring weather failed to materialise. I can say however that beaches for dogs are great. The sand just falls off Waffle and we didn't have to wash muddy paws - result. Perhaps we should move to the coast!

I very much enjoyed the 'April Fool' suggestion of the new open water swimming group. I hope that it managed to brighten up an otherwise thoroughly wet and miserable day for you and gave you a chuckle. On a serious note, we can only start up new groups if there are people prepared to run them. As has been said many

times before, the u3a is an organisation where we all 'do' and not where things are done for us. We are all volunteers. Some of us have interests and hobbies that are perhaps not catered for already with our existing groups, but that others may well also be interested in. Please think if you could help to run a new group in this situation. Ideally there would be more than one convener so you could support one another and everyone in the group could be involved. There is lots of help available from the committee and others to set up a group, just speak to us with your ideas.

Our membership is increasing and we will need more groups to make sure that people who want to join them can. At MaD u3a, we pride

ourselves on being welcoming to everyone so we do need to ensure the u3a experience is a good one for all our members. It goes without saying, that if there is anything that anyone thinks we need to do to improve that experience for all please tell a member of the committee, or offer to help yourself.

Time to close for this month. This time I am preparing for my son's wedding in early May, so exciting times ahead. If you say your prayers, please request a warm and sunny day on 11 May.

I hope to see you all this month.

Val Wilkinson
Chair

Meetings for prospective members - The Old Flower Shop

Prospective Members are very welcome to come to our General Meetings. Our Membership Secretary always has forms and information to take away.

The week following the general meeting, we have at least two people at The Old Flower Shop at 934 Woodborough Rd, Mapperley, Nottingham NG3 5QS.

We shall be there **from 10.30 am to 12 noon on Thursday 2 May and Thursday 30 May.**

We book a table and are there to meet people who are thinking about joining our u3a. It's an opportunity for people to find out more about the groups and events so that they can make the very best of their u3a membership.

If you know of someone who is interested please ask them to come and see us.

Save the Date :

General Meeting

Thursday 23 May at 10:00am

Jump to :

[What's on at the Lace Market Theatre](#)

[What's on at the Playhouse](#)

[Trips and Visits](#)

NOTICES

Woodthorpe historian seeks details of Notts police officers in 1830s

Do you remember back in November 2023 Tom Andrews gave us a very interesting talk about Capt Athelston Popkess who invented modern policing? Well, Tom has launched an ambitious project to record details of every police officer who served in Notts. And, he is keen to hear from anyone who has a relative, ancestor, or family friend who was a police officer in the county and document their career, as well as currently serving or retired and resigned officers.

Tom, who also served as a police officer, is attempting to create a database of the officers who served with the force since its creation in the city during 1836 and county in 1839. The database will contain information about their careers, such as postings, commendations, and promotions.

You can read more about this by clicking on the link - [Tom's database](#).

Family History

The Family History Group will NOT be meeting on the 4th Monday in May as it is the Spring Bank Holiday, but we shall be at Sherwood Community Centre again on 24 June to do our own research.

Claire Wilkie

Pickleball

Pickleball sessions are now running fortnightly, on Wednesdays from 2:00 to 4:00pm at Magdala Tennis Club, £3.00 a session. The next four sessions will be on 8 May; 22 May; 5 June; 19 June.

All are welcome, and we are all beginners. We have the use of the clubhouse, with hot drinks and table tennis.

If you're interested in joining us and would like more information please send an email to outdoor@madu3a.org

Martin Cooke

Blister Packs

I have been collecting empty tablet blister packs for the last few months and the quantity has been increasing. Last month I had two very full black bags. I have been passing the bags onto another person who was taking them to a place in North Notts for recycling. Unfortunately, that route is no longer available to me as we are doing such a good job of trying to reduce the number of blister packs going into landfill and the recycler can't cope with any more.

I do not wish to be thwarted completely and am trying to find an alternative. In the meantime, I need to stop the collections as space to store them is limited.

I am sorry to have to do this and you can rest assured that if there is another route to recycling then I shall find it. It may take a little while. I hope you can manage to store your own packets until I can let you know of a new route.

Carolyn Luckhurst

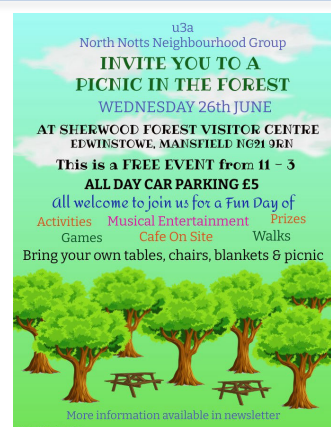
Picnic in the Forest

U3a North Notts Neighbourhood Group invite you to a free event.

**Picnic in the Forest on Wednesday 26 June from 11:00am to 3:00 pm
at Sherwood Forest Visitor Centre, Edwinstowe, Mansfield NG21 9RN**

Activities, Musical Entertainment, Prizes, Games, Walks, On-site Café

Take your own tables, chairs, blankets and picnic and join the fun



INTEREST GROUPS

Click on the group name to visit our MaD website for more information :

[Badminton Group](#)

[Book Group 1](#)

[Book Group 2](#)

[Breakfast Club](#)

[Bridge for Beginners](#)

[CineMates](#)

[Creative Craft](#)

[Creative Writing](#)

[Cryptic Crosswords for Beginners](#)

[Cryptic Crosswords for Improvers](#)

[Curry Club](#)

[Family History](#)

[French Conversation and Culture](#)

[French for Fun](#)

[Fun Cooking with Gadgets](#)

[Games Group](#)

[Gardening Group](#)

[German Conversation & Culture](#)

[Italian Speech](#)

[Knit and Natter](#)

[Literature](#)

[Local and Live Music](#)

[Local History](#)

[Lunch Club](#)

[MaD Girls](#)

[MaD Jazzers](#)

[MaD Men](#)

[MaDAmdrammers](#)

[Music Appreciation](#)

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[Play Going - Lace Market Theatre](#)

[Play Going - Playhouse](#)

[Play Reading Group](#)

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[Project Craft Group](#)

[Singing Together](#)

[Table Tennis](#)

[Trips and Visits](#)

[Ukulele Group](#)

[Walking - Longer Walks](#)

[Walking - Short Walks](#)

[Walking - Strollers](#)

[Wine Appreciation](#)

[Wine Bar](#)

NEWS FROM THE GROUPS

[Table Tennis](#)

Anyone for Table Tennis?

We have room for new members! The table tennis group meets on the second Tuesday of each month at Sherwood Methodist Church on Devon Drive from 2:00pm to 3.15pm. There are no ex-county players here, just a bunch of enthusiastic folk who like a bit of gentle exercise.

If you are interested let me know on tabletennis@madu3a.org.

Maurice Turner

[Photography](#)

The April themes for the Photography group were '[The Golden Hour](#)' and '[Urban Life](#)'. You can view the photographs by clicking on the links.

Charles Rouse also took a sunrise video and put it to music - a project which took him many hours. You can view Charles' lovely video on the [Photography page](#).

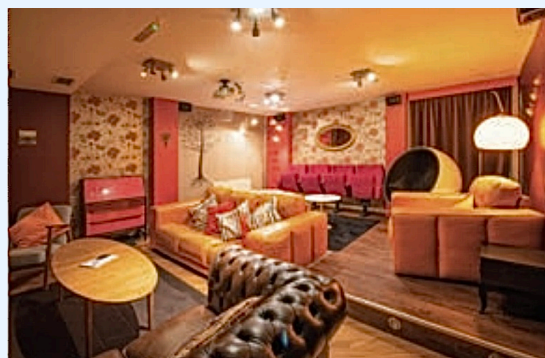
Sue Cullen

[CineMates](#)

A small group of us were surprised to watch the film *Drift* in Broadway cinema's lounge. In all the Cinemates visits none of us knew the lounge existed, but as you can see in the photo it's a lovely retro space with sofas and soft seating and is very intimate as only seats 15 people.

Maybe we will book the whole lounge for a special film just for Cinemates in the future??

Eileen Braham



Photographers are so violent. They'll frame you, shoot you, blow you up and then hang you

Trip to Exmouth

We all had a Blast, and laughed from the beginning to our return.

Highlights -

Exeter Cathedral The only example in Europe of a decorated Gothic building. The nave and choir are



300ft long and roofed by the longest single run of gothic vaulting in the world. Truly magnificent.

A La Ronde (NT) A very quirky small 16 sided home based on the splendour of the church of San Vitale in Ravenna. Commissioned by two spinsters after their 5 year Grand Tour. Unusual windows and rooms. Shells and seaweed they had collected and made into collages.

Dawlish Home to the black swans, and not forgetting the 'must have' huge ice cream from Gays Creamery.



MaD Jazzers

Members of the MaD Jazzers group enjoyed a great evening at the wonderful Peggy's Skylight jazz club (one of the best in the country).



Sidmouth Where one member enjoyed a foot massage whilst another made a charity shop purchase only to find out later it was designer item. What a bargain.

Budleigh Salterton For a delicious cream tea.



Two members were prize winners!

Randall's Bar, which opened every evening at 6pm - the night starts here, followed by a good meal and entertainment and a bit of boogying. For the finale we were treated to an excellent version of Nessun Dorma in Italian

On the coach going someone approached Linda saying we looked a happy group and asked where we were from, and Linda extolled all the merits of belonging to the u3a.

Still wonder why no one bought 'The Book'. It was only 50p.

Judith Gamble

We were entertained by Ray Gelato and his group who played a great selection of jazz and swing numbers, including the very amusing 'Who put the Benezdrine in Mrs Murphy's Ovaltine'. (They don't write 'em like that any more!

A fantastic night out, made even better by some delicious middle-eastern style cuisine.

Sue Cullen



Walking - Short Walks

There were 18 members and 4 dogs enjoying the most glorious day of the year so far on Friday 12 April. Many thanks to Rosemary Mahoney and Fay Darroch for finding us a lovely walk, starting from Strelley Hall. We walked 4 miles and only found one short strip of muddy footpath. The views were spectacular and we had a wonderful morning, finishing with refreshments at The Mulberry Café.



All being well, the May walk will be in Cotgrave Country Park. Future walks are intended to be in Bestwood and at Brierley Forest.

Members who are already registered with the group will receive an email giving all details. If you are not already registered and would like to know more about

this group, please email shortwalks@madu3a.org.

Carolyn Luckhurst

Walking - Strollers

Our Strollers walk short distances at a gentle pace for no more than an hour.

If you wish to join the group, please send an email to strollers@madu3a.org and you will receive emails of all the walks that take place on the first Friday of each month.

Carolyn Luckhurst

Walking - Longer Walks

I led a group of 10 members & two dogs on a walk from Lambley village to Ploughman's Wood on Friday 19 April.

The bluebells were out in the woods along with the white Aconites.

Although very muddy in parts and a heavy shower on the way back we carried on, looking rather bedraggled at the end of the walk but still smiling 😊

If you would like to join this group please send an email to walking@madu3a.org.

Lesley Harrington



I used to walk into a room and forget why I'd gone there - now I open a Google page and forget what I'm looking for

German Conversation & Culture

Due to holidays (Karen to USA, Mike in Alsace) and other commitments we were down to the 'original' five for our meeting on Tuesday 16th April.

Our Nachrichten Leicht article about agreements reached between the trade unions and railway engine drivers was very interesting. We had an enjoyable discussion, sharing our various experiences travelling on the trains, not only in Germany but UK and other places as well.

Our 'study' verb was DENKEN. We discussed when this verb should be used rather than Glauben or Meinung. Tricia read some very interesting sentences which highlighted several verb tenses.

Coffee, tea and biscuits were enjoyed, together with further light-hearted discussion.

Our next meeting is on 21 May.

Joy Brown

Poetry for Fun

The Poetry for Fun group did a communal poem this month on the subject of spring - each person adding a couplet. This is the resulting poem -

*Who doesn't love the spring?
Soft warm air bursting with the newness of things
Bright, acid greens as new leaves unfurl
And daffodils trumpeting their joy to the world
Sweetly scented blossoms adorn fruiting trees
Flowers offer their pollen to humming bumble bees
Hedgehogs awaken from their sleep
The cycle of life is theirs to keep
Bluebells spring to life across forest hills and glades
Vibrant colours spreading like a blanket that has just
been laid
Birds entertain us with their throng
New, every morning is their song*

Please contact me on poetry@madu3a.org if you would like more information, or to join this very friendly group.

Maureen Moffatt

Play Reading Group

The Play Reading group had a very enjoyable afternoon reading 'A Taste of Honey', the first play written by the British dramatist Shelagh Delaney, written when she was just 19 years old. It was later made into a very successful film.

Sue Cullen

Knit and Natter

11 members turned up to the first meeting of the Knit and Natter group which took place on Friday 19 April. The ladies came with a selection of wools and knitting needles and plenty of conversation.

There was a delightful mix of ladies with skills from zero to experts. At times there was an industrial calm, a relaxing atmosphere and only the clicking of needles could be heard.



A wide range of items were being knitted from blankets, child's jumper, toys, and fingerless wrist warmers.

Looking around the knitting group we were able to exchange

ideas and decide what to challenge ourselves for the next meeting.



Meetings will be held on the 1st and 3rd Friday of the month from 2:00 to 4:00pm at the Westdale Lane Baptist Church. Parking is available in front of the church and the nos 25 and 45 buses stop outside at Kenrick Road bus stop.

If you fancy trying your hand at knitting or crocheting, which we plan to do in a month's time, why not come along and join us for an afternoon of knit and natter with a cup of tea and biscuit.

Linda Randall



MaD Men



A cheerful group enjoys a pint and conversation at Mapperley Golf Club. The topics of discussion at the April meeting of the MaD Men included :

- East Midlands Mayor election, what's the point?
- Our favourite bloopers from television commentators, e.g. "The bowler's Holding the batsman's Willy"
- What do we think of Physicians Assistants compared to proper Doctors?
- How will the NHS be paid for in the future?
- Craft beer tasting group. We agreed that drink driving rules would make this impractical.
- The condition of the roads

If you'd like to join this very friendly group please send an email to madmen@madu3a.org

Charles Rouse

Outdoor Activities

Despite the very cold wind, 8 of the Outdoor Activities group enjoyed a great archery session.

Those members who were returning for the 2nd or 3rd time found how much they had improved and despite the wind a few managed to pop the balloons. The coaches were once again excellent and adapted the equipment to the needs of the group.

Eileen Braham



Outdoor Activities

The Outdoor Activities group enjoyed their first session of Nordic walking. Alison, the instructor, was excellent and commented on what a lovely group we were.

Thank you to Ali for being her assistant for the session.

Everyone seemed to enjoy the activity, despite the very cold wind. Tea and cake in the lovely cafe at Lakeside really was a necessity to finish.

Eileen Braham



Curry Club

In April, 22 members of the Curry Club went to Laguna Tandoori on Mount Street where we had a delicious, and plentiful, meal.

We've visited Laguna on several occasions and always enjoyed the food and we shall go back there again in the next few months. Always a very enjoyable, sociable evening with a happy, friendly crowd of curry-lovers.

Sue Cullen



Wine Appreciation

This month the Wine Appreciation group were tasting 'Wines costing under a tenner' from The Wine Society. We tried 3 whites, a rosé and three reds and there were some excellent wines at a reasonable price.

If you're interested to learn what wines we tried and what we thought of them, you can read the review on the [Wine Appreciation page](#) of the MaD website.

Sue Cullen



Wine Bar

The members of the MaD Wine Bar have been tasting the Noble Grapes. So what are they?

Wine grapes are one of the world's oldest cultivated fruits and there are over 10,000 different varieties grown in all areas of the world, in all climates and widely different terrains. But, there are only a few which are known as classics - the Noble Grapes. These are grape varieties which have earned their place in the history and art of winemaking and are celebrated for their exceptional qualities and characteristics.

The 18 Noble Grapes :

Pinot Noir	Pinot Grigio
Grenache	Riesling
Merlot	Sauvignon Blanc
Sangiovese	Chenin Blanc
Nebbiolo	Moscato
Tempranillo	Gewürztraminer
Cabernet Sauvignon	Semillon
Syrah	Viognier
Malbec	Chardonnay

Sue Cullen

Could you help to run an interest group?

Is there a group you would like to start?

If you have a skill or knowledge about a subject you would like to share with others why not consider starting an interest group? There is lots of help and advice to get you started and help with the technical side of things as well. Conveners find running a group is very enjoyable and rewarding.

If you think you'd like to have a go don't be shy - please send an email to our Groups Support on coordinator@madu3a.org or have a chat with any Committee member so we can help you to get going.

Your Committee 2023-24

Valerie Wilkinson	Chair	Carolyn Luckhurst	Groups Support
Geraldine Chaffe	Vice Chair	Val Girling	Committee Member
Andrew Harper	Business Secretary	Alison Gove-Humphries	Committee Member
Linda Randall	Membership Secretary	Lesley Harrington	Committee Member
Joan Davis	Acting Treasurer	Elaine Lindley	Committee Member
Eileen Braham	Speaker Seeker)	Jane Todd	Committee Member
Liz Hagan	Speaker Seeker)	Patricia Wright	Committee Member

Remember being able to get up without making sound effects?

FROM OUR MEMBERS

The 'Call My Bluff' Wine Tasting Extravaganza!

Picture this: a room full of eager wine enthusiasts, a panel of experts (or so they claim), and a lineup of mysterious wines hidden behind a veil of secrecy. Welcome to the 'Call My Bluff' wine tasting event, where the grapes of truth are squished by the bare feet of deceit!

The game is simple: three panellists, three stories, one glass of wine, and only one truth. It's like a detective game, but instead of solving a crime, you're solving a wine. And let me tell you, the plot twists are just as intoxicating!

Amidst the swirling and sniffing, you can't help but feel like a wine whisperer, trying to decode the silent messages of each sip. Is the panellist with the twirly moustache telling the truth, or is it the one who can't stop talking about the 'floral bouquet'?

The snacks are a strategic distraction. Just when you think you've figured out the real description, a wild samosa appears, and your taste buds are on a whole new adventure. And let's not forget the wines from Majestic, which are like the charming side characters that steal the show.

By the end of the night, you're not just tipsy on wine; you're drunk on laughter and camaraderie. And whether you guessed right or not, you're already planning your strategy for the next event. Because when Fay throws a wine tasting, you know it's going to be grape!

So, raise your glasses to the bluffs, the truths, and the unforgettable nights. Cheers to the wine detectives, the samosa aficionados, and the memories created in every pour. And remember, in vino veritas - but at 'Call My Bluff' it's more like in vino hilaritas!

Charles Rouse (and some assistance from AI 😊)



GENERAL MEETINGS



Alison Gove-Humphries

Philip took us on an amazingly detailed tour of his fascinating and diverse career, which began when he left school in Barrow-in-Furness, aged 16. Most male school leavers went into the dockyards to work so his dad was flabbergasted when Philip announced his wish to be a chef. This work took him from the Lake District to Paris via the Ritz, but he eventually returned to Barrow to work as a head chef and this was where he met his wife, Sandra.

Philip was working all hours so his wife suggested he go into hotel management., so he did and worked in a hotel complex in Stonehaven, on the north east coast of Scotland. Three years later he and his wife were back in Barrow. But Philip was a bit bored so his wife suggested he got a job as a chef on an oil rig. It was the 70s, Philip was in his late twenties and thought this would be an adventure. He ended up, after a terrifying helicopter ride, on an oil rig. The French staff all liked his baking and he enjoyed the two weeks on and two weeks off. He also enjoyed the fact he received twice the salary for half the time he was working as a hotel manager.

He received promotion, staying in the North Sea for ten years. Then his wife found out that he would do better if he actually worked for BP, so he got a job on the BP management team where he stayed for another seven years.

In his 40s, being financially stable and his children grown up, Philip decided he wanted new experiences although his wife Sandra said 'I like you in the North Sea.' His friend

found him a job in Algeria, project managing a building project in the middle of a desert. He did such a good job he was asked to go and do a similar project in Nigeria in the jungle!

His reputation meant that he was then headhunted to work in developing a gas field in Kazakhstan, one of the last Soviet republics to declare independence during the breakup of the Soviet Union. His role as Operations Director brought him into contact with the KGB and he suggested a good idea to them of flying in supplies from Russia instead of taking them by road, where bandits would steal them. This led his KGB contact to ask him to set up and run a nightclub there and the Moscow Mafia became involved in this project.

Philip then had an idea for building a hotel for ex-pats and on the strength of a one-hour presentation made to a Kazakhstan bank, he and his partner were given two and a half million dollars. Philip also put all his own money into it. When Enron collapsed, and the bank asked for its money back, he lost everything and had to start from Square One again.

In Spring 2003, he received a phone call from the friend who had set him up with work in Algeria, to ask him to take on a job in Baghdad, working with the American military to build

nine bases for thirty one thousand American troops.

During the seven years working on this project, he recouped his finances and then in 2010, when he was sixty years old, the Americans pulled out and Philip returned to Barrow.

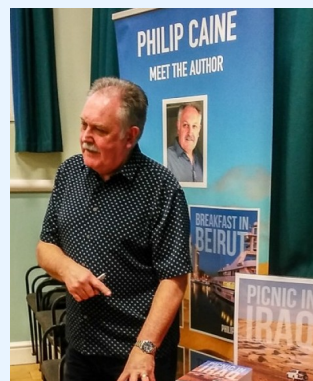
He was home for a month before he received a phone call asking him to go to Dubai. Sandra was overjoyed! He spent the next four years successfully running oil service companies in Dubai and Iraq but in 2014, due to the growth of Isis, he decided to shut the business down and again returned to Barrow.

Philip found retirement very difficult and his wife suggested he learn to write and enrolled him in a writing group in 2015. Having written his first thriller novel, Philip set up his own publishing business and got the books he wrote distributed. He has now

written nine books, the last two being detective novels one of which is being televised by the BBC. His writing led him into guest speaking and he has done over 600 talks in the UK.

Thank you Philip for an enjoyable, entertaining and humorous talk. The minutes just flew by and many of us are looking forward to reading your books and watching the TV series Shackleton Blister. If you want to find out more visit [Philip's website](#)

Alison Gove-Humphries



FUTURE GENERAL MEETINGS

23 May Andy Smart

A light-hearted look at the origins of the Playhouse, Theatre Royal and Empire and some of the great stars who have appeared in Nottingham. Lots of showbiz stories, a bit of a singalong and plenty of laughs

PUZZLES

Keep your little grey cells exercised with these puzzles. Answers at the end of the Newsletter.



The Little MaD Quiz

1. What is the capital city of Australia?
2. Who painted the Mona Lisa?
3. What is the largest planet in our solar system?
4. Who was the first woman to win a Nobel prize?
5. What is the chemical symbol for gold?
6. What is the national flower of Japan?
7. What are the three tallest mountains in the world?
8. Which element has the atomic number 6?
9. How many time zones are there in Russia?
10. Who wrote 'To Kill a Mockingbird'?

What's the missing word?

In each group below, the same word when added to each set of letters will form another word. Can you work it out?

- | | | | |
|--|--|---|--|
| A. _____eur
_____iose
_____stand
_____child | B. _____ball
_____place
_____arm
_____house | C. di____r
che____n
ch____l
p____r | D. c____on
une____h
qu____o
de____h |
|--|--|---|--|






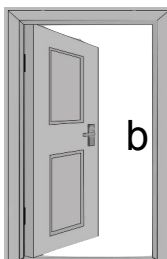
How many?

How many 9s are there between 1 and 100?

Add 8s

How can you add eight 8's to get the number 1000?

Dingbats : Can you solve these phrases or sayings?

<p>1</p> <p style="text-align: center;">b</p> <p>t Bush e</p> <p style="text-align: center;">a</p>	<p>2</p> <p style="text-align: center;">k ↑ cale</p>	<p>3</p> <p style="text-align: center;">Sea</p> <p style="text-align: center;"></p>	<p>4</p> <p style="writing-mode: vertical-rl; text-orientation: mixed;">g n i k r a b</p> <p style="text-align: center;"></p>
<p>5</p> <p style="text-align: center;">Ears Ears</p> <p style="text-align: center;"></p> <p style="text-align: center;">EARS</p> <p style="text-align: center;"> ears</p>	<p>6</p> <p style="text-align: center;">th eha a  nd</p>	<p>7</p> <p style="text-align: center;">1 + 1</p> <p style="text-align: center;">Tango</p> <p style="text-align: center;">tango</p>	<p>8</p> <p style="text-align: center;"> b u t t</p>

NOTTINGHAM NEWS

‘Boots - Sales & Selling’ Talks at Lakeside Arts

75 years ago, John Boot opened a herbalist store on Nottingham’s Goose Gate. To mark this anniversary, Boots has partnered with the University of Nottingham to explore how shopping has evolved since 1849.

Part design show, part social history, *Counter Culture* explores changing experiences on the high street. From Victorian pharmacies to the superstores of the 1980s and beyond, Boots stores have reflected our shifting social needs, cultural aspirations, and patterns of everyday life.

Using historic objects, images and architecture, *Counter Culture* looks at the creation of modern shopping, from both sides of the counter.

To find out more and to book tickets, click here - [Counter Culture](#).

HEALTH



The unusual heart attack symptoms you need to know

Would you recognise a heart attack if you were having one? An [NHS survey](#) suggests that while most people know chest pain is a symptom, they’re not aware of some of the other important symptoms.

Fewer than half the people responding knew that another heart attack symptom is sweating and only a third would spot the other signs, which include feeling weak, lightheaded or generally uneasy.

An NHS campaign aims to highlight the lesser-known symptoms – and although there’s a chance they could be nothing to worry about – it’s important to call for help quickly rather than ignore them.

To read the article on the Saga Exceptional website, click on the link - [Unusual heart attack symptoms](#).

How to Maximise the Health Benefits of your Cup of Tea

New research shows even more ways that tea can help your heart health.

Taking a few moments to enjoy a cup of tea is one of life’s simple pleasures. It helps us to get moving in the morning and feel more alert. Tea warms us up when it’s chilly outside. It also helps us to unwind when we need to have a little time out from a hectic day.

Tea is also an excellent choice when it comes to your health. For example, tea helps to keep you hydrated, and it offers protection against tooth decay (because of its fluoride content). Tea also provides some essential minerals including manganese.

Research is also discovering new ways in which tea might benefit your heart health.

Again from Saga Exceptional, click on the link to discover the [Benefits of a cup of tea](#).

The Best Sleeping Position for You and Why it can Change as you Age

Front, back or side? Which sleeping position is best for you as you get older - and which one you should avoid.

Whether it’s on your back, side, or stomach, everyone has their favourite sleeping position. But did you know as you get older, your favourite way to sleep may not be the best one for you anymore? In fact, some sleep postures may worsen or actually relieve pain. One study identified that side-lying could be protective against spinal symptoms - but added that more research was needed for it to be conclusive.

Understanding sleep as you age can make a big difference to the length and the quality of your slumber. We’ve spoken to the experts to find out which sleep position is best for you – and which ones to avoid. To read this article on the Saga Exceptional website, click here - [Best sleeping positions](#).

Fell asleep on my smartphone the other day - I'd downloaded a nap

Could virtual reality hold to key to a better life with dementia?

SAGA
Exceptional

A new initiative is using VR to help people living with dementia reconnect with their memories.

Imagine being able to swap the cold and rainy days in the UK for the white sands of Santorini, the picturesque fields of the south of France or the winding canals of Amsterdam all without leaving the comfort of your armchair.

That's exactly what a pair of friends are enabling people living with dementia in care settings to experience with Recreo VR, the new virtual technology that offers personalised and captivating experiences to support reminiscence therapy.

This type of therapy helps people connect to their past and may help strengthen a sense of identity, improve mood and symptoms of depression.

There is more about this article here - [Virtual reality and dementia](#).

Do Blue Light Filters Really Work?

 Patient

Most of us spend several hours looking at digital screens every day, all of which emit varying levels of blue light. There's debate about the damage and effects blue light has on our vision and health, and if blue light filters help. We investigate if they really work.

Around one-third of all the light we see is blue light, with sunlight being the main source. Blue light is also known as high-energy visible (HEV) light. Unlike other types of light, our eyes cannot filter it on their own. This means blue light can reach the retina without restriction.

There is debate as to whether blue light damages our eyes. Studies show that high levels of blue light, over prolonged periods, have the potential to damage the retina - and that blue light blocking glasses could help prevent up to 80% of this damage¹. An injured retina can lead to vision loss and distortion. To read this article on the Patient website, click on the link - [Blue Light Filters](#).

Is Greek Yoghurt really good for you?



Yoghurt is a nutritious dairy product that can be a tasty and healthy addition to your diet. It is a fermented food made by adding live yoghurt (which contains bacteria) to milk. It is a good source of protein and calcium.

Research also suggests that the special mix of nutrients in dairy foods like yoghurt and milk helps reduce the risk of heart and circulatory disease. This is true even though the type of fat in dairy foods is saturated fat.

In [this article on the Heart Matters website](#) Senior Dietitian Victoria Taylor explains the difference between Greek yoghurt and other types of yoghurt, and tells us how to spot added sugar.

IN THE HOME

SAGA
Exceptional

Is a dishwasher or washing by hand cheaper?

When faced with a pile of dirty dishes, most of us would opt for convenience and choose a dishwasher over washing up by hand. However, with high energy costs and 60% of households in England and Wales on a 'pay-for-what-you-use' water meter (Consumer Council for Water), we're all getting wise to cutting back where we can.

Saga Exceptional investigated using a dishwasher vs washing up by hand, did the sums and worked out which is the cheapest when all the costs are taken into account. Click on the link to find out - [Dishwasher or washing by hand](#).

Are you eligible for a free TV licence?

SAGA

The cost of a TV Licence is on the up, but you might be able to get one free of charge.

To find out if you qualify click on [this link](#) to visit the Saga website.

SCAMS AND FRAUD



Neighbourhood Watch Insights Survey

Neighbourhood Watch are keen to engage with as wide a range of people to understand how you, as a non-member or a member, view Neighbourhood Watch and your experience if you are a member. Your answers will help them to identify positives they can build on and areas where they can improve.

The survey will take 5-10 minutes to complete depending on your answer choices. At the end, you can opt-in to a prize draw to win one of four £25 Amazon vouchers.

Click on the link to take part in the survey - [Neighbourhood Watch Insights Survey](#).

WhatsApp Verification Code Scams

The logo for Which?, consisting of the word 'Which?' in white text on a red rectangular background.

Which? Are warning about WhatsApp verification code scams which can trap the unwary.

To find out how the scams work and how to avoid them and how to keep your account safe click on the link - [WhatsApp Verification Code Scams](#).

OUTDOORS



Gardening Tips for Spring

[The National Trust website](#) has lots of tips and ideas on what to plant and to do in the garden in spring. Click on the link above to visit the site.

Spring Walks in Nottinghamshire



When the weather takes a turn for the better, going for spring walks around Nottingham is a lovely way to take in the scenery that's blooming this season.

The Notts Edit website suggests six favourite places to stretch your legs and see the sights, from places easy to get to from the city centre to locations that show the beauty of the wider county, they all offer much-needed respite from the hustle and bustle.

To visit the website click on the link - [6 Places to go for Spring Walks](#).

The National Forest Walking Festival 18 - 30 May



The National Walking month falls during May. From the drama of spring blossom, the heady scent of bluebells carpeting ancient woods, and the chance to see wildlife in abundance are all wonderful for the mind and soul.

If you would like more information regarding the Walking Festival, accommodation, or general tourist information send an email to info@visitsouthderbyshire.co.uk

For general walk information and the latest updates on activities during the festival, follow the National Forest Walking Festival on their [Facebook page](#) and to visit the website for more information on the walks [click here](#).

Historic Houses in our Area



In spring many of us feel the urge to get out and about, and we are very fortunate in our area to have a great selection of historic houses we can visit.

The Historic Houses website lists 'The 24 best places to visit in the East Midlands' - click on the link to visit the website and read about them all - [24 Best Historic Houses](#).

ANSWERS TO THE PUZZLES

The Little MaD Quiz

1. Canberra, 2. Leonardo da Vinci, 3. Jupiter, 4. Marie Curie, 5. Au, 6. Cherry blossom, 7. Mount Everest, K2 and Kangchenjunga, 8. Carbon, 9. 11, 10. Harper Lee.

What's the missing word?

A = grand, B = fire, C = ape, D = art

How many 9s?

There are 20 9s

Add 8s to make 1000

$888 + 88 + 8 + 8 + 8 = 1000$

Dingbats

1. Beat around the bush, 2. A piece of cake, 3. See eye to eye, 4. Barking up the wrong tree, 5. All ears, 6. A bird in the hand, 7. It takes two to tango, 8. Butt out

MaD Moments Newsletter

Our **MaD Moments Newsletter** is published monthly in digital format. Please contact our Chair Valerie Wilkinson on chair@madu3a.org or speak to one of the Committee members if you cannot receive the Newsletter via email.

National u3a Newsletters

Links to the u3a Newsletters can be found on our [MaD u3a website](#) under u3a Links heading.

Technical Problems?

If you have any problems or issues with our website please don't struggle or, even worse, give up!

We have a team of people who will do their best to assist you to get the most out of our lovely [MaD Website](#) or with Beacon site issues.

Please contact the [Webmaster](#) or one of the MaD Tech Comms group :

Richard Hill, Sue Cullen, Carolyn Luckhurst, Liz Hagan

And finally ...

More definitions from the Uxbridge Dictionary :

- **Barbecue** - a long line of plastic dolls
- **Bratwurst** - the very naughtiest of children
- **Britanny** - a bit like Britain
- **Caramel** - toffee with one lump
- **Cocoa bean** - an ex clown
- **Endear** - this is where it stops
- **Giblets** - very small gibs
- **Haddock** - enclosure for seahorses
- **Hamstring** - underwear for pigs
- **Handicap** - a very useful hat
- **Scamp** - fraudulent urine sample