

June 2024 Issue No 98

Musings from the Chair



As I am writing this I am listening to the rain beating down. Another wet bank holiday! Although since finishing work, every day is a bank holiday, albeit some have more traffic on the roads than others, so it was rather foolish of us to book this weekend away at the coast. We are dog sitting and thought a weekend on the beach for 2 dogs would be fun. We realised only a few days ago it was bank holiday. Thank goodness for good waterproofs.

Fortunately my son's wedding two weeks ago was a glorious day, sunny and warm so I daren't grumble too much about the

weather. Everyone looked fabulous and it was a very happy day.

I was very pleased to see such a good turnout on Thursday for the general meeting. Having missed the last two meetings I was feeling a bit out of touch. Another superb & entertaining speaker. We are lucky to have two excellent theatres here in Nottingham and we have obviously been host to very many big names in the entertainment world. I hope you all enjoyed it as much as I did.

It was good to hear about new groups being started up. Who

would have expected a 'real ale & cider group' to find favour. Someone knows our members so well.

Ideas for new groups are always welcome, or offers to help with existing groups. We could really do with volunteers to take the longer walking group forward. Could you help?

Time to sign off for this month. Fingers crossed for a 'Flaming June'. See you soon.

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 4 July.**

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 27 June at 10:00am

Jump to :
[What's on at the Lace Market Theatre](#)
[What's on at the Playhouse](#)
[Trips and Visits](#)

TRIPS AND EVENTS

Well we have had a busy month with a group visit to see *The Wiz* at Fletchers which was a fantastic night.

A small group of us went to see *Blackout* also at Fletchers, which was quite a moving production but was only about an hour long so we ended up at the Cross Keys!! It was a lovely end to the evening.

Another group visited the *Malvern Spring Festival* with Skills Travel and the feedback has been fantastic, (see separate article from Alison below).

We also met for a *self-guided History Tour* via the 35 Bus to Bulwell (see separate article from Marian below).

Our final event for May was a night at the Mapperley Plains Social club to see *Fab4* and they were FAB - a great night had by all. It is a lot better now they only sell 120 tickets for their events so there is a lot more space and none of those long tables where you can't get out.

Our next event is the *Summer Party* at Mapperley Plains Social Club on Saturday 1 June, featuring *Erasured*, *Ultimate Elton* and *Rik Gaynor* as *Elvis*. Tickets are £22 per person (we have already collected tickets for the members who have shown an interest in this event). Further tickets can be purchased from the MPSC bar on a Friday, Saturday or Sunday evenings after 7.00pm. (This event is an external event so they usually sell about 300 tickets, so bear in mind it will be packed and get there early if you want a seat – I am certainly too old to stand all night!)

The Social Club are also putting on a *D-Day Event* both in the daytime and evening, the daytime event information has already been sent directly to members. The evening event is by ticket and again these can be

purchased from the MPSC bar on a Friday, Saturday or Sunday evening after 7.00pm.

On 14th June we are visiting *Gardeners World Live & BBC Food Show*. The minibus is now full and there is a waiting list. Departure details to be sent out prior to the event. We also have some members going on a *Mystery Weekend* on 15 June so we will tell you all about that when we find out ourselves.

The Buxton tour on 20 June is now full but we are taking names for a waiting list in case members are unable to go for some reason.

Day Trips :

There are still 9 places available to *David Austin Roses* on 18 September, 5 left for *Hope House Costume Museum with Afternoon Tea* on 23 September and 1 place left for *Matlock Illuminations* on 12 October as well as 2 places left for the *National Arboretum Swing Event* on 10 December.

Overnight Trips :

There are still places left on these but if you need a single room you need to book asap as they sell out quickly - we can check availability if requested.

We are currently looking at events for Jan-March '25 to fall in line with the financial year end so these will be sent soon, then our next Calendar of events will run from April '25 – March '26.

Geraldine has also been offering some additional events on offer by local Amateur Dramatics Groups as a separate Interest Group so keep a look out for these and let's support our local performers.

Trips & Events Team

NOTICES

Singing

The next **Singing Together** is scheduled for **2 July**. There won't be a session in June as Gary will not be available.

Poetry for Fun - Date Change

The group has finally settled on regular Monday meetings. The next one is scheduled to take place on Monday 1 July but the time is yet to be determined. Members who have already registered interest will be notified by email. If you would like more information about how the group operates or wish to join the group, please email Maureen Moffatt at poetry@madu3a.org. The meetings are held at my home in Nottingham.

NEW GROUP

Real Ale and Cider

The newly formed Ale and Cider Group is being launched at **2.00 pm on Friday 21 June at the Bread & Bitter, 153-155 Woodthorpe Dr, Mapperley, Nottingham NG3 5JL**. The Group is being convened by Dean Smith and helped by Charles Rouse. Dean intends to select different pubs that offer real ales and ciders and to enjoy social drinking with other u3a members. Members will have an opportunity to recommend pubs that they know fit the bill. To express your interest in joining the Group, please email aleandcider@madu3a.org. It's intended that most group meetings will be on the third Friday monthly. Dean wishes to remain flexible to allow for visits to beer festivals.

MaD Amdrammers

The MaD Amdrammers are at it again!

We are performing a Murder Mystery play called 'Wine Down for Murder' at the **Mapperley Plains Social Club on 20 July at 7pm.**

Tickets are now on sale for £11.00 and this includes finger food and raffle ticket.

The play features a u3a Wine Appreciation group meeting when a murder is committed. The characters are all fictional and any similarities to persons living, or part of the MaD Wine Appreciation Group, are completely coincidental.

Come along and enjoy a fun evening out. Although we can't compete with the actors in the Royal Shakespeare Company we try to make up for our lack of expertise in our enthusiasm to bring you a mystery play with plenty of twists and turns!

You can get your tickets at the next main meeting on 27 June, but if you'd like to get them sooner please pay your £11.00 per ticket into the MaD u3a account, details below, **and remember to include the reference in your payment.**

Account number : 24903168
Sort Code : 77-22-10
Reference : 4MM

When you've made your payment please send an email to [MaD Amdrammers Tickets](#) so that we can let you have your ticket(s), and please let us know if you have any special dietary requirements.

MAD AMDRAMMERS PRESENT:
A MURDER MYSTERY

WINE DOWN FOR MURDER
BY LINDA STEVENSON

SATURDAY 20th JULY 7:00 PM
MAPPERLEY PLAINS SOCIAL CLUB

TICKETS £11
TO INCLUDE
FOOD AND A RAFFLE TICKET

CAST

❖ MURIEL	Sue Cullen
❖ JONATHAN	John Heeson
❖ SYLVIA	Carolyn Luckhurst
❖ MAVIS	Elaine Khan
❖ JANET	Linda Stevenson
❖ GLORIA	Linda Randall
❖ CRYSTAL	Stefka Samus
❖ FRANKIE	Jean Heeson
❖ POLICE OFFICER	Janet Acocks

FROM OUR MEMBERS

Trip to Malvern Spring Festival

A group of u3a members had a wonderful trip to the Malvern Spring Festival. The weather was fabulous if a little warm but a slight and welcome breeze got up in the afternoon which was very welcome.

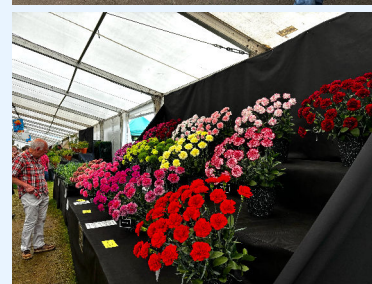
Our Skills coach driver was great, giving us a well timed comfort stop so we could hit the ground running when we reached Malvern.

I caught a glimpse of Alan Titchmarsh giving a talk in the Festival tent but didn't stop as there was so much else to see. Lots of beautiful gardens, plants for sale, arts and crafts, indoor plants, garden furniture. It was busy and hot but you could always find somewhere out of the sun to sit and there were plenty of places to enjoy an iced tea or ice cream.

We all spent a very happy four and a half hours there - just the right amount of time to view a few gardens, buy some plants and listen to a few talks. Towards the end, a couple of us enjoyed an interesting talk by Arthur Parkinson from Hucknall, who is being hailed as the new Alan Titchmarsh.

We headed home, happy with the wonderful flowers we had seen, the tips we had got, the people we had met and the plants we had bought.

Alison Gove-Humphries



Knowledge v Wisdom : Knowledge is knowing a tomato is a fruit. Wisdom is not putting it into a fruit salad

Self-guided History Tour via the 35 Bus to Bulwell

Some members simply did a round trip from Nottingham to Bulwell and back, others alighted at recommended stops to see a bit more.

Our first stop was St Martin's, Bilborough to have a look around the old church which has lots of history. Unfortunately the church was not open so we didn't get to see the murals but I have found an image and some information. In 1946 Evelyn Gibbs painted the Annunciation mural at St Martin's Church in Bilborough, Nottingham. In the 1970's a lowered false ceiling was inserted, the window bricked up and the bottom half of the mural painted out. In 2014 the ceiling was removed, the window reglazed and the Evelyn Gibbs murals were cleaned and conserved. The missing areas of Mary and Gabriel were then recreated so that the mural could be read as a whole once more. (You can always revisit any time on the 35 bus, but check when the church is open if you want to see this).



Unfortunately The Rose Inn did not cater for tea/coffee (they had no milk) so we had to have a cold drink or wait until we got into Bulwell.



We caught the bus into Bulwell and proceeded to find Strelley House, which is Bulwell's oldest surviving building, built in 1667 as a 'Free School' by local man George Strelley. The last schoolmaster was Joseph Calladine, who taught here for 44 years until his death in 1866. Fifty years later the building was restored and converted to a

private residence. It was difficult to get a photo of the house but there was an image in Wetherspoons. We had lunch/drinks in Wetherspoons and had a bit of free time to browse the area and charity shops, which was a hit with many of the group who managed to pick up bargains.

An interesting place was Banks Yard a quaint cobbled courtyard.



It's like stepping back in time. The old world buildings look like the Shambles in York and the Tudor architecture in Chester.

Also a nice view of the Leen from the Bridge in Bulwell.

We caught the bus from Bulwell at around 2pm and our next stop was Lenton where we walked along part of the canal, crossed over to the Boat Pub to look for the remains of the old Priory Wall, which was actually easier to see from the house next door as it ran along the back of their garden. Only a few of the walls are left to remind us of what was once one of the greatest and most important religious houses in the Midlands.

This picture shows us what is probably the most spectacular relic of this wonderful establishment, representing the remains

of a Norman column left derelict in a garden in Old Church Street. The Cluniac Priory of Lenton was founded some time between 1103 and 1108 by William Peveril, the Norman baron to whom, some 20 years before, William the Conqueror



had entrusted the task of constructing Nottingham Castle. Lenton Priory rose to a position of great opulence and wealth, and so large were its resources that upon half-a-dozen occasions the reigning King of England was entertained as guest within its walls. Its existence was terminated in 1539 by the surrender of its property into the hands of King Henry VIII. The tradition is that Nicholas Heath, the last Prior, was hanged for his share in the Pilgrimage of Grace, outside the Abbey Gate which crossed the road just opposite the White Hart. The estates of the convent were granted by Henry VIII to Sir Michele Stanhope, who also obtained the estates of Shelford Priory and so established the connection of the Stanhopes (who afterwards became the Earls of Chesterfield) with this neighbourhood.

We decided to catch the Tram back from Lenton to Nottingham much to the delight of one of our group who had never been on the Nottingham Trams, and our day finished at around 3.30pm.

The weather was fantastic, we got some exercise, fresh air, good company and enjoyed a bit of local history.

Marian Donaldson

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](#)

[National Trust Group](#)

[New & Prospective Members](#)

[Outdoor Activities](#)

[Photography](#)

[Play Going - Lace Market Theatre](#)

[Play Going - Playhouse](#)

[Play Reading Group](#)

[Poetry for Fun](#)

[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

[Gardening Group](#)

19 members of the Gardening Group enjoyed an introductory talk and a wander around the garden of Bev Perks at The Old Vicarage in Halam. This is a 2 acre hillside garden which the present owners took over 28 years ago with nothing more than a grassed area and 4 peonies.

After a pleasant amble around we were treated to tea, coffee and home made cakes in the conservatory. We were just missing the sun, but it didn't rain.

Val Wilkinson



No man has ever won the game of "Notice anything different about me?"

Fun Cooking with Gadgets

This month we rediscovered (or in some cases, discovered for the first time) some of our kitchen gadgets.

Chris dusted off her spiraliser. Potatoes didn't work and a courgette, or half a courgette, did before clogging it up. Conclusion was that if you had a day to spare to spiralise a whole veg then fine but otherwise it isn't worth it.



Sue brought an omelette maker which was more successful and we concluded we could make use of that but it is quicker to make an omelette in a pan.



Marion had a salad spinner with a cord to pull to spin the salad. Again a lettuce in a tea towel works as well.

Georgina make a delicious cheesecake using a really old Pifco processor.

Val made a mushroom soup in the soup maker which had a glass jug and we enjoyed watching the soup going through its various stages.

At the end of our experimenting we ate the experiments with a coffee. A thoroughly enjoyable morning.

Check out our [short videos on our website](#).

We can accommodate 2 more members in this group - if you would like to join us please contact me on eecooking@madu3a.org.

Val Wilkinson



Short Walks

A small group of us walked with four dogs around Cotgrave Country Park. It was a beautiful day and we were thrilled to hear the birdsong and see the wild flowers. This is definitely a walk that can be repeated at any time of year as the footpaths are easy walking.

On 14 June, Val Wilkinson will be taking us around parts of Bestwood Country Park. We will start from the car park on Bestwood Lodge Drive. Full details will be sent to members who are already registered with the group. If you are interested in joining us, please email shortwalks@madu3a.org and you will be added to the list.

The walk in July will be led by Fay Darroch and is a walk in Brierley Park in the Sutton in Ashfield and Huthwaite area.

We are still looking for volunteers to lead walks in August and September. Please think about the walks you know and if you are able to lead a walk, I can do the rest.

Carolyn Luckhurst

Strollers

At last, the Strollers made it to Colwick Park for a lovely walk around the west lake. We had a welcome break at Wired on Wheels for delicious hot drinks and completed the route with ease.

We are strolling in Woodthorpe Park on Friday 7 June. The park is particularly lovely at this time of year. We shall call in at the Homemade coffee wagon in the garden centre.

Our Strollers are those who wish to walk about one mile or less and at a gentle pace, usually including a café stop. We don't vary the routes much as we like to keep it easy. Well behaved dogs are welcome.

If you would like to join us, please email strollers@madu3a.org and I will add you to the list.

Carolyn Luckhurst

Family History

On 24th June, members of the Family History Group will be doing their own research.

If you would like to join this group please [send an email](#) for information.

Claire Wilkie

Curry Club

In May 28 members of the Curry Club enjoyed a great meal at the Lagan Indian Tapas restaurant on High Pavement in Nottingham.

Everyone enjoyed the evening and we shall definitely be visiting this venue again - great food and excellent service.



Ukulele Group

In just 2 hours on a Thursday afternoon (and a bit of practice at home!) the thriving beginners Ukulele Group (ukuleles provided) have learnt different ways of strumming and some simple chords, all thanks to Rose, their enthusiastic leader.

We can now play and sing a range of songs from 'Dance the night away' to 'You've got to hide your love away' by the Beatles. A fun afternoon for all.

We'll soon be ready for our first concert!

Sharon Rick

Creative Craft

Our last session in May saw us needle felting, to create a range of miniature cacti. This was in sharp contrast to the model houses we made using air-drying clay and painting with acrylics which we have also done recently.

We generally try a different kind of craft each month with varying rates of success, and enjoy our sessions exploring new skills.

Debbie Foreman



Local History Group Meetings

4th June The Hutchinsons by Dave Barton

The Regicide & the Authoress: John & Lucy Hutchinson of Owthorpe. John was the Governor of Nottingham Castle for the Parliamentarians during the English Civil War, his family were from Owthorpe, and he was a signatory of the death warrant for Charles I. Lucy Hutchinson wrote an account of his life, which is a wonderful document about life at that time.

2nd July The Lace Market

6th August Walking tour of the Lace Market (DR)

3 September Colwick Hall – The home of the Byron & Musters Family

1 October Tour of Council House

5 November TBA

3 December Walking tour, Old Market Square. Christmas Market and Decorations (possibly Christmas lunch TBA)

Local History Team

German Conversation & Culture

We had a very pleasant meeting on Tuesday 21 May. Our Nachrichtenleicht article this month about Venice and the plans, by the city, to introduce a day tourist tax lead to some very interesting discussions about our various previous experiences when visiting Venice. Tricia explained how their cruise ship was not able to dock as the berths had all been occupied, therefore they were accommodated overnight in an hotel overlooking the Bridge of Sighs which was amazing. When they visited, Arthur and Julie came across a huge demonstration against the cruise ships. Small, local boats surrounded the cruise ships waving flags and banners.

Our verb this month was ESSEN. Tricia, Arthur and Julie read several sentences highlighting the various tenses and covering all aspects of food and meals.

Coffee, tea and biscuits were enjoyed along with further light-hearted chat.

Our next meeting is on 18 June.

Joyce Brown

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.

FUTURE GENERAL MEETINGS

27 June Rachel Carter

Rachel has researched the history of the mill/lace makers and will talk to us about her research and the statue.

The final phase due to take place during summer 2024 will see a life-size bronze statue representing a white mill worker/lace maker and a Black enslaved woman uprooted to the Americas, installed in the heart of the rejuvenated Broadmarsh area in Nottingham City Centre. The sculpture will be complemented with a resource pack to encourage further learning and conversations.

GENERAL MEETINGS

May's General Meeting Andrew Smart - Nottingham's Theatre History



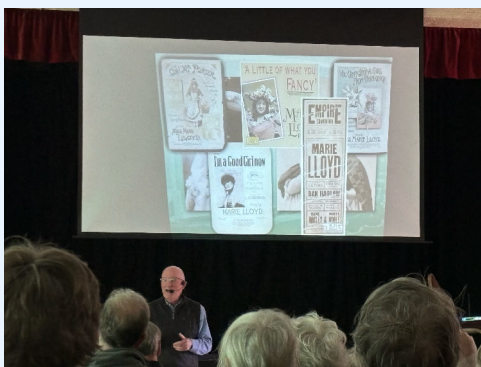
Alison Gove-Humphries

We were very lucky to enjoy this light-hearted, eloquent and informative talk about the history of Nottingham's three main theatres - the Playhouse, the Theatre Royal and the Empire. What a great speaker Andrew was! - time just flew!! He not only looked at the origins of these three theatres but told us of some of the great stars, many of whom started their very successful careers in Nottingham, many showbiz stories, a singalong and plenty of laughs along the way. Andrew has been reviewing shows for the Nottingham Post for twenty years and became really interested in the history of Nottingham theatres when the Theatre Royal celebrated its 150th anniversary in 2015. He gave us plenty of amusing anecdotes.

Many u3a members regularly visit the Playhouse and were most interested to hear about how it started. John Neville was its first director and assembled a talented young group of repertory actors including Edward Woodward, Ian McKellen, Michael Crawford: there were also star guests like Cleo Laine, Patrick Cargill, Sylvia Simms, Ian Carmichael, Timothy West. Judi Dench did two seasons at the Playhouse in the mid 1960s and said what a great theatre it was. A teenager who used to sell programmes on a Saturday at the Playhouse and got his love of acting there was Robert Lindsay who I remember as Wolfie Smith on TV.

John Neville would sometimes tell the actors to be on their best behaviour because there

was a special guest in the audience - Marlene Dietrich, Alec Guinness, Danny Kaye, John Osborne and then the most famous couple in showbiz - Richard Burton and Elizabeth Taylor.



Many of us didn't realise that the Playhouse's origins were in Hyson Green in the 1800s when the Grand opened. People like Charlie Chaplin, Vesta Tilley and Marie Lloyd appeared and we enjoyed joining in with a chorus of 'My old man said follow the van.'

When the music hall era ended, the theatre was bought by the Comptons of Faye Compton and Compton Mackenzie fame. It only lasted a few years because people didn't want to travel out to Hyson Green. Then during the Second World War the Little Theatre was born having taken over Pringles Picture Palace and, although it had a tiny stage, no dressing rooms and a toilet next to the stage, people flocked to it. In the 1950s, demand grew for a purpose-built theatre and in 1963, the Playhouse opened in Wellington Circus. Lord Snowden was at its opening.

Andrew then took us through the origins of the Theatre Royal.

It sounds like we are lucky to still have it as in 1979 there was talk of knocking it down and building new Council Offices there. Luckily they refurbished it instead. Stars like Peter O' Toole, Raymond Burr, Glenda Jackson, Ken Dodd, Vivien Leigh, Derek Jacobi, Sir John Gielgud, Sir Donald Wolfit from Newark have all trod the boards there. Pantos have seen the likes of Beryl Reid, Tony Hancock and Julie Andrews appearing. The most popular pantomime there was Jack and the Beanstalk in 1942 starring George Formby.

Close to it was the Empire Theatre from where the idea to team up the Crazy Gang was inspired. Stars like Marie Lloyd, Tommy Steele, Elsie and Doris Walters and Laurel and Hardy appeared there. Stan Laurel's sister ran a pub in Bottesford and the duo would stay there while performing in Nottingham.

Andrew ended with two hilarious jokes from Ken Dodd who made his professional debut at the Empire in 1952. Here they are: 'It's a wonderful day for knocking on the Kremlin door and asking 'Is Len in?'

Also he was in a taxi one day driving through Market Square and he asked what the large domed building was. The taxi driver told him it was the Council House. 'Blimey', he replied 'You can put my name down for one of those'.

Thank you Andrew for such an enjoyable morning and to Eileen for finding him.

PUZZLES

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



The Little MaD Quiz

1. Who was the first President of the United States?
2. What is the process by which plants convert sunlight into energy?
3. What is the largest organ in the human body?
4. Which country has won the most FIFA World Cup titles?
5. Which film features the line *Here's looking at you, kid*?
6. Who is the lead vocalist in the band *U2*?
7. Who painted the ceiling of the Sistine Chapel?
8. Who wrote *The Great Gatsby* and *Tender is the Night*?
9. What is the name of the traditional Mexican dish made of cornmeal dough wrapped in a corn husk?
10. Which is the largest species of bear?

Find the light baseball

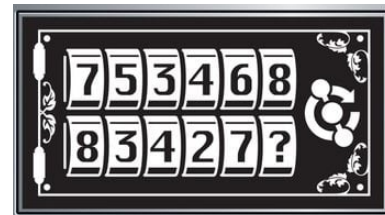
You have 7 baseballs - 6 weigh the same but 1 is lighter than the others.

Using a balance scale, how can you figure out which baseball is the lighter one if you only get two chances to weigh them?






Crack the code

To open this safe, you have to replace the question mark with the correct figure. You can find this figure by determining the logical method behind the numbers shown. These methods can include calculation, inversion, repetition, chronological succession or forming ascending and descending series.



What common phrases do these pictograms represent?

<p>1</p> <p>GOT HERO HERO GOT HERO HERO GOT HERO HERO GOT HERO HERO</p>	<p>2</p> <p>FAST</p>	<p>3</p> <p>1. 2. blame 3. blame</p>
<p>4</p> <p>FARE</p> 	<p>5</p> <p>AID ← AID AID</p>	<p>6</p> <p>TIME</p> 
<p>7</p> <p>— READ —</p>	<p>8</p> <p>PICTURE  PICTURE PICTURE</p>	<p>9</p> <p>TOTHEC/ /HASE</p>

Nottingham Restaurant Week

From 3 to 9 June 2024, you can discover some of Nottingham's best cuisines and flavours while enjoying exclusive deals that range from £10 to £25.

Nottingham Restaurant Week returns soon, offering amazing deals from the city's eateries

Whether you're in the mood for a hearty breakfast or brunch, a pizza for lunch, or a romantic dinner, Nottingham's diverse restaurant scene has got you covered. Selected city centre restaurants, cafes, pubs, bars, and hotels will offer these deals for seven days only so don't miss this opportunity to explore the city's culinary delights.

Get ready to indulge in some mouth-watering dishes, discover new flavours, find new favourites, and make unforgettable memories during this exciting week of culinary delights!

To take advantage of Nottingham Restaurant Week menus, simply download the free [It's in Nottingham](#) app, and browse the list of participating restaurants and their irresistible offers. Once you've made your choice, view the menu, click to book your table in the app or contact the restaurant direct. You can read more about the scheme and download the app here - [Nottingham Restaurant Week](#).

Events in city to mark 200 years since Lord Byron's death



A programme of public events celebrating the life of poet Lord Byron will take place in Nottingham this summer to mark 200 years since his death.

Born George Gordon Noel, Byron was a famous romantic poet but also gained notoriety for his scandalous lifestyle.

The [Byron 200](#) project will celebrate the anniversary with a focus on Byron's connections to Nottingham.

Numerous talks and workshops will take place over the coming months. The project is being launched by the University of Nottingham in partnership with Nottingham Central Library and Newstead Abbey. Follow [this link](#) to read more about it.

HEALTH

SAGA

Research shows that nuts are healthy!

Not only are nuts less fattening than once feared, research shows they can cut the risk of heart disease too. Even the idea that nuts are fattening is a dated one.

Many of us avoid eating nuts because they're high in fat and calories, but research shows they're so good for cardiovascular health that we should be having a small handful daily.

Click on the link to visit the Saga magazine website and read about the benefits of 6 of the healthiest nuts - [the benefits of nuts](#).

How often should you shower?



Are we lathering up too much, too little or just right?

Showers can help to boost your mood, help you feel relaxed and, of course, are an essential part of any routine to keep us clean and fresh.

But how much is too much?

And is showering every day actually necessary?

Read [this article](#) on the Boots website to find out whether we really need to lather, rinse, repeat as often as we think we should.

Understanding your Cholesterol levels

 Patient

So, you've had your cholesterol checked, but what do those numbers really mean? And what do you need to do now?

Cholesterol levels are measured in millimoles per litre (mmol/L) in the UK. The government recommends that the general population aims for under 5 mmol/L of total cholesterol (TC) levels, but up to three out of five adults in the UK have levels of 5 mmol/L or above.

What's healthy? Government advice has moved away from giving absolute figures, but ideally your cholesterol should be 5 mmol/L or less. This becomes 4 mmol/L or less if your chances of developing CVD are higher, or you have high blood pressure, diabetes or have had a previous cholesterol-related heart problem.

To read the article on the Patient website click on the link - [Cholesterol levels](#).

Low Salt Diets - can they cut blood pressure?



Can low-salt diets really cut blood pressure in just one week?

News outlets have reported that one week of reducing your salt intake by one teaspoon a day can lower your blood pressure as much as medication.

Researchers from Vanderbilt University Medical Center (VUMC), Tennessee, studied 213 people aged 50 to 75 living in Chicago, Illinois, and Birmingham, Alabama. Most of those taking part had a history of high blood pressure (hypertension), ranging from treated and controlled to untreated and uncontrolled, and all participants were already eating a high sodium diet. They followed one of two diets for a week, with blood pressure measured before and after. Read about the results of the trial by following this link - [Low salt diets](#).

HOME

Air Fryer Tips

SAGA

If you don't already own an air fryer, it's highly likely you'll know someone that does - or have heard about how revolutionary they can be. Most converts will excitedly tell you how their air fryer costs less to run compared to their oven, or perhaps they'll have mentioned the health benefits of making the switch.

But as with any appliance, knowing a few tips and tricks can really elevate the quality of the meals you turn out. If you're not lucky enough to be a member of the MaD u3a *Fun Cooking with Gadgets* group (or even if you are ...) then you might find [this article](#) in the Saga magazine interesting. Calum Montgomery - chef patron of the Isle of Skye's award-winning AA 4-Rosette Edinbane Lodge, Great British Menu contestant and air fryer fanatic explains how to get the most out of your air fryer - and he shares his favourite air fryer dish.

AND, again from the Saga magazine, here is an article giving [8 air fryer hacks to get the best cooking results](#).

SCAMS



Avoid your email account being stolen via Voicemail scam emails

So what is the 'Voicemail scam'? This refers to a spam campaign - a mass-scale operation during which thousands of deceptive emails are sent. This spam mail aims to promote a phishing website designed to record information entered into it. The page requests users to sign in using their email account log-in credentials. By trying to log in through this webpage - users can have their email accounts stolen!

To read more about this scam follow [this link](#) to the PC Risk website.

Someone called me recently and said he had all my passwords - I said "Thank goodness, what are they?"

5 Fraud Trends you need to know about

Which?

Reports of social media and email hacking increased by 55% in 2023. Meanwhile, fraud recovery scams - targeting people who have already lost money to a previous scam - rose by a third.

Around 3.1 million fraud offences were committed in England and Wales in the year to December 2023, according to a new Office for National Statistics (ONS) report. This is a reduction of 16% compared with 2022, but fraud still accounted for almost 40% of all crimes recorded.

[This article](#) on the Which? Website, takes a closer look at data from Action Fraud to identify five growing threats, and explain how to avoid being scammed.

WhatsApp Scams



WhatsApp group chat members are being warned they could be targeted by criminals, as Action Fraud reveals it has received 636 reports from victims of the messaging app this year.

The fraud often begins when a member of the group receives a WhatsApp audio call from the fraudster, pretending or claiming to be another member of the group. This is done to gain the individual's trust, and often the scammer will use a false profile picture and/or display name, so at first glance it would appear to be a genuine member of the group.

The fraudster will tell the victim they are sending them a one-time passcode which will allow them to join an upcoming video call for group members. The criminal then asks the victim to share this passcode with them so they can be "registered" for the video call. **In reality, the criminal is asking for a registration code to register the victim's WhatsApp account to a new device so they can take over their account.**

Once the fraudster has access to the victim's WhatsApp account, they will enable two-step verification which makes it impossible for the victim to regain access their account. Other members of the group, or friends and family in the victim's contacts, will then be messaged asking them to transfer money urgently as they are in desperate need of help.

How to secure your WhatsApp account :

Set up two-step verification (2SV) to give an extra layer of protection to your account. **Tap Settings > Account > Two-step verification > Enable.**

CALL - If a family member or friend makes an unusual request on WhatsApp, always call the person to confirm their identity, **BUT DON'T CALL THEM USING WHATSAPP!**

REPORT spam messages or block a sender within WhatsApp. Press and hold on the message bubble, select 'Report' and then follow the instructions.

If you live in England, Wales and Northern Ireland and have been a victim of fraud or cybercrime, report it at www.actionfraud.police.uk or by calling 0300 123 2040. In Scotland, victims of fraud and cybercrime should report to Police Scotland on 101.

TECH



Do you know the difference between a Search Engine and a Browser?

A browser is a piece of software that retrieves and displays web pages

A search engine is a website that helps people find web pages from other websites

The confusion arises because the first time someone launches a browser the browser displays a search engine's homepage.

Confused? Have a look at [this article](#) on the mdn webdocs website - it describes various web-related concepts: web pages, websites, web servers, and search engines.

If Bill Gates had a pound for every time I had to reboot my computer... Oh wait, he does

DRIVING

What to do if someone hits your car

Road accidents can't always be avoided – here's what to do if you get caught up in one

So someone's bumped into your car. You've stopped, switched off the engine, turned on the hazard lights and checked to see if everyone's okay. What next?

Call 999 if...

- someone has been seriously injured
- you think an offence has been committed
- the incident is blocking the road or causing danger to other road users

If there's no emergency, what should I do?

Don't admit any responsibility for the collision. Stay calm and exchange contact details with the other driver or drivers involved, making sure you get their car registration number(s). Ask them for their insurance details and give them yours too.

If someone who's involved won't tell you their name and address or they leave the scene before you get a chance to ask, call the police on 101 while you're still at the location of the accident. You should also call the police if a vehicle is seriously damaged and can't be driven safely.

There is much more very useful information on the Saga website - to read the article click on the link - [What to do if someone hits your car.](#)

GARDEN



Gardens and Parks to visit in Nottinghamshire and Lincolnshire

With secret gardens, wild parkland and historic pleasure grounds, the gardens in Nottinghamshire and Lincolnshire are perfect for relaxing and reconnecting with nature.

This link to the National Trust website gives details of [Top gardens in Nottinghamshire and Lincolnshire](#) which you can visit, and there are many interesting links to follow from there as well.

Your Committee 2023-24

Valerie Wilkinson	Chair	Carolyn Luckhurst	Groups Support
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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

Answers to the puzzles

The Little MaD Quiz

1. George Washington, 2. Photosynthesis, 3. The skin, 4. Brazil (5 times), 5. Casablanca, 6. Bono, 7. Michelangelo, 8. F Scott Fitzgerald, 9. Tamale, 10. Polar Bear (Ursus Maritimus)

Find the light baseball

Start by putting 3 baseballs on each scale pan. If the scales are even, then the baseball that was excluded is the lighter one. If the scales aren't even you know that one of the 3 baseballs on the higher side is the light baseball. You can then take these 3 baseballs, put one on each side of the scale and leave the last one off. If the sides are even, then the excluded baseball is the lighter one and if they aren't even, then the one that on the higher scale pan is lighter.

Crack the code

The missing number is **6**.

They're arranged in groups of two-digit numbers; you add 8 to the top two-digit number (75, 34, 68) to get the bottom number (83, 42, 76).

Pictograms

1. Forgotten heroes, 2. Breakfast, 3. No-one to blame, 4. Fair and square, 5. First aid, 6. Nick of time, 7. Read between the lines, 8. Big picture thinking, 9. Cut to the chase

And finally ...

A young monk arrives at the monastery. He is assigned to helping the other monks in copying the old laws of the church by hand. He notices, however, that all of the monks are copying from copies, not from the original manuscript. So, the new monk goes to the head monk to question this, pointing out that if someone made even a small error in the first copy, it would never be picked up! In fact, that error would be continued in all of the subsequent copies.

The head monk, says, "You make a good point, my son."

He goes down into the dark caves underneath the monastery where the original manuscripts are held in a locked vault. Hours go by and nobody sees the head monk. The young monk gets worried and goes down to look for him. He sees him banging his head against the wall and wailing.

"We missed the R! We missed the R! We missed the R!"

"Father!" cries the young monk. "What's wrong?"

The head monk with tears in his eyes replies, "The word is celebrate!"