

July 2024 Issue No 99

Musings from the Chair

And suddenly summer arrives and we complain it is too hot, and then it's gone again. What would we moan about if not our British weather!

Once again it was great to see a full room for the June main meeting and I hope we all enjoyed such an enthusiastic and engaging speaker. I look forward to seeing the new sculpture later this year in the Broadmarsh Park. I'll be looking for the footprints.

For those of you who were at the meeting you will have heard my plea. For those that weren't I need to repeat it here. Our u3a is a great group and we are proud to be continually attracting new members who appear to enjoy the speakers, variety of interest groups, trips and visits and general friendship we offer. The u3a is a movement run by volunteers, all members such as yourselves, and we have a committee to drive us. Members of committee can only serve for a maximum of 9 years in

any capacity, and in the named posts - chair, treasurer and secretary - only 3 years and posts come up for election at the AGM each year. This year we will be losing 4 members of our committee, and Andrew our business secretary is having to stand down at the end of his term. To keep ourselves fresh and to keep offering new opportunities we need new ideas and new members onto the committee. It is not onerous. I had only been to a couple of general meetings as a new member when asked if I'd consider joining the committee. I did so, and have not regretted it. I immediately met new people, made new friends and got more involved. We meet on the Tuesday morning in the week preceding the main meeting at 10:00am at the Mapperley Social Club, and if you think you might be interested in seeing what we do behind the scenes and would consider joining us we would be happy to have members attending committee in

July or August as a visitor. Please think about it. In the unlikely event that we have more people coming forward for places than we can have to comply with our constitution there will be an election at the AGM in September. Just as a sweetener, to get as many as possible to attend the AGM we will have a bit of a social too and hopefully have cake!

Even if you are completely unable to join the committee, there are other ways to help out: groups to set up and help to run, teas and coffee help at the general meetings, help with setting up the IT equipment at general meetings (we must have some technology whizzes amongst our membership) offering to lead walks for the walking groups or just coming up with ideas. This is our u3a, let's continue to keep it buzzing.

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 and Thursday 1 August.**

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 25 July at 10:00am

Jump to :

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

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

[Trips and Visits](#)

NOTICES

Short Lawn Bowls - with Arnold u3a

Following the closure of our Pickleball Group, we have been invited by Hazel Ward, Chair of Arnold u3a, to join a new activity that is also on Wednesdays - every Wednesday from 2:00 to 4:00pm - and carrying on all summer. They are just starting a Friday morning session 10:00am to 12noon as well.

Currently it's £4.00 for 1½ hours bowling with half an hour break for a hot drink, which is included in the price. There are no minimums on numbers, so however many or few turn up it's just that price per person and it is paid direct to Daybrook Bowls Club on the day. Equipment is provided.

Hazel says about this group –

When I say new, it is actually brand-new as it's a sport we have invented! It's outdoor, Short-Lawn Bowls. We play at Daybrook Bowls Club (just past Sainsbury's, Arnold). Each game bowls from the centre outwards on just half of a lane. This makes it a more gentle sport for those who want to play bowls outdoor but can't bowl the full length of the green.

For more information, please contact hazelshortward@gmail.com direct.



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 a raffle ticket.

The play features a u3a Wine Appreciation Group where a murder is committed. The characters have similarities to persons living in the Mapperley Plains Social Club, are completely new to the group, are completely new to the group.

Come along and enjoy the evening. Although we can't compete with the professional company we try to make up for it with our enthusiasm to bring you a mystery play that will keep you guessing until the end!

To book your ticket 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.

World Premiere
SOLD OUT

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

Tried acting in a theatre full of farmers. Got moosed off stage

PET OF THE MONTH

Rosie and Dylan

These cats were adopted by us when the original owners moved to a smaller house and told us that they no longer had the space for them (!!). I suspect that the real reason was because Rosie, (on the right of the picture) was very ill and not expected to live more than two or three months at the most. They had spent "thousands of pounds" on medication for her, according to the lady's husband, and I think that he was the driving force behind the decision to part with them.

Because Rosie was so ill, we decided that we would let her have her last few weeks in peace, without the constant medication routine. From that moment on she perked up, recovered her health and lived happily with us and her brother for another three years. So much for "expert" vets!

Dylan was with us for another three years after Rosie died.

Gordon Robinson



Do you have a pet with an interesting or amusing story or history?

If so, we'd love to hear it.

Please send your story - and a photo if possible - to newsletter@madu3a.org.

INTEREST GROUPS

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

[Ale & Cider Group](#)

[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

Local and Live Music

A group of the Local and Live music group really enjoyed listening to Alice Amstrong at Peggy's Skylight. Alice has recently been named UK Contemporary Blues Artist of the Year by UK Blues Awards 2024.

She had an amazing vocal range and except for 2 covers wrote all the songs in her set. Her band were also brilliant.

I will definitely be keeping an eye out for her return to Peggy's.

Eileen Braham



Ale & Cider Group

The Real Ale and Cider Group had its inaugural meeting on 21 June at the Bread and Bitter pub. The next meeting will be at the Canalhouse, 48/52 Canal Street, Nottingham NG1 7EH on Friday 19 July 2024 from 14:00 onwards. The pub is within short walking distance of the city centre and is served by a good selection of buses.

If you would like to join the group please send an email to [Ale & Cider Group](#) to be included in the list of members.

Dean Smith



Outdoor Activities

A group of the Outdoor Activities group revisited Nottingham Croquet club at the university and despite the windy weather, enjoyed a 2 hour session of croquet. The club supplied the volunteers to help members improve their game and everyone enjoyed their session.

Eileen Braham



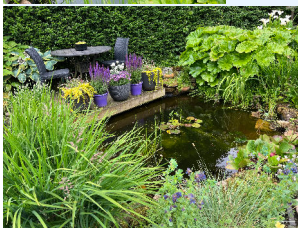
Gardening Group

Lucy, last year's winner of Nottingham City Council's bee friendly garden competition, welcomed us to the quiet tranquillity of her amazing garden this month. She has sensitively managed her space to attract a woodpecker, breeding birds, many varieties of bees and a plethora of other insects. Her wildlife pond is full of invertebrates, and she rescues the baby frogs from the hungry newts in a little nursery pool. One was reminded of the Old Woman Who Swallowed the Fly! Not that Lucy is old of course but she certainly knows her habitats and how to manage them.

Listening to Lucy's stories of her visiting fox, hedgehogs and bats, the words of 'Lavender's Blue Dilly, Dilly' floated into my mind 'let the birds sing dilly, dilly and the lambs play, and we shall be safe dilly, dilly out of harm's way'.

What a lovely safe place a garden can be and how the Gardening Group was honoured to visit Lucy's.

Celia Lassetter



Photography

The Photography Group didn't meet in May so this month we enjoyed sharing great images from both May and June.

Our themes were :

[Reflections - May 2024](#)

[Abstract - May 2024](#)

[Flowers - June 2024](#)

[Monochrome - June 2024](#)

If you click on each of the links you can view the photos - there are some beauties!

You can also view them from the [Photography](#) page of our website.

Sue Cullen

Wine Appreciation

This month the group tasted wines which cost a little more than we normally pay but, thanks to Sue's thrifty shopping at Majestic Wines, they still didn't break the bank. Generally, the responses were quite definite, whether liked or not, perhaps reflecting that more expensive wines are less likely to be bland.

The La Toledana Gavi de Gavi 2021 white wine and Two Hands "Tenacity" Old Vine Shiraz 2022 red wine were particularly well received and are strongly recommended.

Currently the Wine Appreciation Group is full, but anyone can join the Wednesday Zoom MaD Wine Bar which meets on-line at 6.00pm every Wednesday except when we have an in-person meeting.

Contact Sue on wine@madu3a.org to join the e-mail list.

Maggie Grimshaw

Walking - Strollers

Many thanks to Liz Hagan for leading the Strollers around Woodthorpe Park on 7 June. The park has some new footpaths making it an easy walk all the way round the main field.

The Strollers group walk on the first Friday of each month. The walks are at a very gentle pace and for no more than one mile or about an hour. We usually finish at a café for more chatter and a welcome drink. If you wish to join us, please email strollers@madu3a.org. Members who have registered interest in this group will receive an email with full details of where to meet and when.

Carolyn Luckhurst

Walking - Short Walks

Val Wilkinson, ably assisted by Waffle the cockerpoo, led a group of members around parts of Bestwood Country Park. The decision to go ahead with the walk was a good call. Despite some hefty showers during which we were able to shelter under trees, we had a glorious walk.

The July walk will be at Brierley Forest Park, near Huthwaite. To find out more about the park please click [Brierley Forest Park](#). We plan to set out from the Mapperley Plains Social Club in order to car share as it is about 35 minutes drive from there. Fay Darroch and I are still investigating the best route round the park. It's huge, with easy footpaths and has some beautiful features as well as fantastic views, including a long distance sighting of Hardwick Hall. Members who are already registered with the group will receive full details by email nearer the time.

To register with the group, please email shortwalks@madu3a.org.

Carolyn Luckhurst



The group works best when members volunteer to lead a walk.

Currently, we have no walks planned from August onwards so it would be helpful if you could find a route and I can fill the calendar.

If you would like to lead a walk please send an email to shortwalks@madu3a.org.

These 3-5 mile walks are on the 2nd Friday of each month

Family History

The topic for Family History in July will be '*The Family's Most Important Event*'.

If you would like to join this very interesting group please send an email to [Family History](#).

Claire Wilkie

Knit and Natter

On 21 July eleven of us met at Westdale Lane Baptist church for our Knit and Natter meeting. We all had knitting or crochet to do and had a good old natter about this and that.

Anne Moore brought in a gorgeous blanket (See photo) that had been crocheted by a friend for her daughter's wedding.

Also some knitting magazines were handed round and we exchanged knitting ideas and helped each other if help was needed.

We all agreed what a lovely, relaxing way it is to start the weekend.

We meet on the 1st and 3rd Friday of the month from 2:00 to 4:00pm.

If you would like to join us please send an email to [Knit and Natter](#) - you will be made very welcome.

Alison Gove-Humphries



Local History

At our last meeting we had a visiting speaker, Dave Barton, who enlightened us with a wealth of background information on the Hutchinson family who lived at Nottingham Castle. It was a very interesting meeting and we learned so much that we didn't know about this family and its connections. Thank you Dave.

Our future meetings are :

2 July - The Lace Market (at Mapperley Plains Social club in the Meeting Room)

6 Aug - Walking Tour of the Lace Market (Meet in town time TBA)

3 Sept - Colwick Hall (at Mapperley Plains Social club in the Meeting Room)

Outdoor Activities

Eight members of the outdoor activities group set off to Sherwood Pines on a glorious morning, excited to try a new activity for most of the group. Sadly the disc golf area was closed, because of the recent concerts. So, we had a lovely walk then, of course, coffee and cake. Some of the group were pretending their plates were frisbees!!

Eileen Braham



Wine Bar

Tasting rosé wines in the MaD Wine Bar on a glorious June day.

The Wine Bar meets most Wednesday evenings at 18:00 via Zoom - if you'd like to join us please send an email to wine@madu3a.org.



Trips and Visits

Another fun-filled month for Trips & Visits.

Our first event was the Summer Party at Mapperley Plains Social Club featuring Erasured, Ultimate Elton and Rik Gaynor as Elvis. A few of our members attended this event and it was a very late night: the best of the three acts was Erasured. There was a late bar so we were so surprised that the final act didn't come on until around 10.30 (way past my bedtime!) but they really did liven us up!! It was, as expected, packed to the door so not to everyone's liking.

A few members went to Rakki Rakkas for a meal. The food was delicious and enjoyed by all, the only downside being that there was a bit of an echo in the upstairs room so when we book this again we will ask for downstairs seating. It was great food, great value for money and included complimentary starters.

A minibus was booked for 'Gardeners World Live and the BBC Food Show' and rumour has it was a great day out but not enough time to get around everything so if we do this trip again we need to ensure we allow for a longer day.

Six of us booked for the Mystery Weekend. Well, what can I tell you? We spent 7 hours on the coach (picking up at various places) to end up in Manchester!!! What a disappointment – and to top it all it was raining too. Day two was much better with a trip to Skipton, and although we have been several times it is always worth a visit and Charity Shops galore!!

We went to Buxton on a mini bus too this month and had an absolutely brilliant day - *see Page 8*.

In July we are going to Bath & Longleat Safari Park, which is an overnight trip but alas is now fully booked.

We are also visiting Trentham Gardens and Monkey Forest which is also now fully booked.

In addition we look forward to the return of our own Am Dram performance on 20 July at 7.00pm, this includes a small buffet once again, and a raffle, so will be another fab social evening. Tickets are £11.00. [See above for full information](#)

Trips & Events Team

Trips and Visits

A mini bus full of MaD members enjoyed a lovely warm day visit to Buxton. There wasn't a planned agenda, so members split into groups and enjoyed visiting the gorgeous historic buildings and independent shops Buxton has to offer.

This wonderful carved beech tree was one of the many highlights for our group in the beautiful Pavilion Gardens.

Eileen Braham



Breakfast Club

This month, on a gloriously warm and sunny morning, the Breakfast Club enjoyed a delicious breakfast at Home Made, in the pavilion on The Forest.

There will be no meeting in July and as from August the Breakfast Club meetings will be on the second Tuesday of each month.

If you would like to join please send an email to breakfast@madu3a.org.

Sue Cullen



Play Reading Group

The Play Reading group spent a very enjoyable afternoon with 'The Bard': our play this month was *Twelfth Night*, one of Shakespeare's shorter plays.

We had to double up on some characters which often meant we were talking to ourselves, which just added to the fun.

Great 'performances' from all - are we ready for Stratford? Well, maybe soon ...

Sue Cullen

Wine Appreciation

Members of the Wine Appreciation Group enjoyed an excellent wine tasting evening at the Bromley Library, organised by Weavers Wines.

We tasted 8 wines, discovered a grape previously unknown to us (Criolla), whilst sitting in the garden on a warm summer evening.

A really lovely way to enjoy wine with friends.

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.

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 longest river in Africa?
2. What is the capital city of Canada?
3. What is the largest planet in our solar system?
4. What is the branch of science that studies the behaviour of matter and energy?
5. In which sport is the Ryder Cup contested?
6. Who directed the movie "Pulp Fiction"?
7. What is the name of the band led by Bono?
8. What is the name of the protagonist in *Moby-Dick*?
9. Which Italian artist sculpted the statue of David?
10. What is the name of the three-headed dog in Greek mythology?



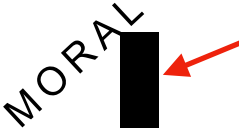

What's your position?

You are running a race with three people. You overtake the second last person; what position are you in now?

How many squares?

How many squares are there in a 5 cm by 5 cm square lattice if the lattice is made up of 1cm by 1cm squares?

What common phrases do these pictograms represent?

1	2	3	4
			

GENERAL MEETINGS

June's General Meeting

Rachel Carter - Standing in this place



Alison Gove-Humphries

Well I bet none of us can wait to go and see the sculpture this morning's talk was about! Rachel gave a really inspirational and passionate talk about how she has involved the community in creating a sculpture tying together the links between the lace-making industry of Nottingham and the Transatlantic Slave trade. She regaled us with many stories of her journey while conceiving and creating this sculpture. Her interest in making sculptures based on local history started with the women who went on the Mayflower with the Pilgrim Fathers, who surprisingly had strong links with the Midlands.



During Lockdown, Rachel did more family research. Born on the Derbyshire/Nottinghamshire border, many of Rachel's ancestors worked in the textile or coal industries. She found her ancestors in workhouses, asylums, mills and factories. This started the idea that we stand in the footsteps of our ancestors.

She researched the lives of her 3 x Great Grandparents and found a blacksmith whose family relocated to work in the textile mills of Nottingham, where conditions were appalling. Rachel was interested in where the cotton came from and found out that 80% of the cotton grown in America and the Caribbean came to Britain. She wondered if her ancestors knew that the cotton they worked with was picked by people who had been forcibly removed from their homeland,

stripped of their culture, names and identity and sold into slavery.

Rachel told us the story of how she reinvented a slogan she had found on a medallion made by Josiah Wedgwood 'Am I not a man and a brother?' She changed it to a more fitting one for the women workers she wished to represent 'Am I not a woman and a sister?'. Then she told a wonderful story about how she found the exact same inscription on a coin made in 1820 in the Museum of Slavery in Liverpool.

Rachel had a conversation with a black community organisation who were also researching links between their ancestors on the cotton plantations and the textile mills of the East Midlands. The main mill they were researching was in Darley Abbey and another coincidence this was where Rachel's ancestors had worked. She decided this was a perfect subject for a sculpture in the city as it would get people to ask questions.

The two models for the sculpture - a 79 year old and an 82 year old woman - were found with the help of a choreographer. There is a film screening at Broadway on 1st December about this process. Rachel wanted a life size statue of two real women, one representing lace-making, the other the cotton plantations. The Council had no funding so the project had to fund-raise through events and exhibitions. Many stories came with the donations. Eventually they had raised the amazing sum

of £200,000. They got the Council to offer a site in the new Broadmarsh Park with the National Justice Museum being its custodian. The statue belongs to the people of Nottingham, is being cast in the foundry now and should be installed in November.

So much has come out of this project. It is a beacon of how such projects should be run. Offshoots include costume design, talks, film screenings, books, exhibitions, poetry, community stories all of which help raise money for the project. This sculpture sounds fascinating as there will be stepping stones so you can get close, find hidden messages, some footprints, the inscription 'Am I not a woman and a sister?' and look at the texture made by 100 women across the region.

Our members showed their interest by all the questions they asked about the processes involved, Rachel's training and how long it took. They loved the way Rachel had involved the local community and one member mentioned to me that she would love a go at sculpting. Could this be a new group? Any volunteers?



For more information about Rachel's work : www.rachelcarter.co.uk

FUTURE GENERAL MEETINGS

25 July

Peter Slater

Peter will talk to us about Life as a BBC sports reporter.

22 August

Judith Hedley

The title of Judith's talk is '*1816 A year without a summer*'. If you think our recent summers haven't been too good then come along and hear what happened in 1816 - it will make you realise we have no cause for concern!

HEALTH



How to choose the right sun cream

Summer means barbecues and time spent outdoors with friends and family. But with the extra sunshine comes the risk of sunburn, something everyone needs to avoid. Wearing sunscreen is the best way to avoid serious skin damage, but are all sunscreens right for you?

The Patient website has an article on how to make sure you're getting the right protection from the sunscreen you're using - [Choosing the right sun cream](#)

What causes osteoarthritis?



Osteoarthritis is the most common cause of arthritis, and typically affects older adults. It causes pain and stiffness of affected joints. Osteoarthritis typically affects the knees, hips, hands and spine, although it can affect other joints too.

Osteoarthritis is thought to be caused by the breakdown of cartilage - the lining between bones in a joint - along with other changes in different parts of the joint. Our joints are exposed to low-level stress and damage all the time. In osteoarthritis, it seems that something happens which means the body is less likely to be able to protect against, and recover from, these small injuries to joints. Things that are linked to osteoarthritis include age, being overweight or obese, having a joint injury, and overusing the joints.

To read more about this click on the link - [What causes osteoarthritis](#).

Is walking the ultimate anti ageing exercise?



It's an act so simple that most of us take it for granted. But walking is one of the best forms of exercise for almost all of us - the health benefits are well documented by the [NHS](#).

Walking is one of the best activities to boost your mind and body – often in surprising ways. It can help prevent dementia and reduce your biological age by up to 16 years; it can help you sleep and even prevent premature deaths.

But before you lace up your boots and head out of the front door, this article on [the Saga website](#) has some surprising facts on why walking is one of the best anti-ageing activities, and how exactly it can help you.

The hidden benefits of yoghurt



There are many types and brands of yoghurt available in supermarkets worldwide. From low-fat to full-fat, flavoured to fruit, each promotes a range of unique features and health benefits. [This article](#) on the Patient website explores yoghurt's healthy upsides and how to spot the not-so-healthy options.

Opened the fridge to find a series of statues and paintings.
Turns out I've left the yoghurt so long it's developed a culture

10 digestion-friendly foods to soothe an unhappy gut

SAGA

Whether you're getting over a stomach bug, nursing a hangover or prone to gas and bloating, discover what to eat when your digestive system is playing up.

Feeling delicate? Certain foods can irritate the gut and make you feel worse, these include spicy foods, fatty meats and gas-inducing cruciferous vegetables like cabbage, as well as hard-to-digest beans and foods that are particularly high in insoluble fibre such as wheat bran.

The Saga website has an article about [digestion-friendly foods](#) which can help.

Is mushroom coffee really good for you?

 Patient

Did you even know that mushroom coffee was a thing?

It is, and it has been brewing up a storm in the wellness world. Famed for its potential advantages over regular coffee, mushroom coffee includes a mix of supplemental mushrooms, each claiming to offer distinctive health perks.

But what exactly is mushroom coffee? How is it made? And do its benefits live up to the hype?

Have a look at this article from the Patient website and find out more about it - [Mushroom coffee](#).

Fancy open water swimming?

SAGA

Remember our little April Fool article about open water swimming? A few of our members expressed an interest

Swimming outdoors - also known as wild swimming, outdoor swimming and cold water swimming - continues to grow in popularity. Swim England estimates around 7.5 million people swim outdoors, whether that's in an open water setting or an outdoor pool. And of that number, 2.1 million specifically said they favour wild locations, such as lakes, lochs, rivers and seas.

From the Saga website, here's an article giving advice to those who fancy starting open water swimming - [Open water swimming for beginners](#).

For those who are very uncertain about trying wild swimming, why start off gently ... go outdoors somewhere beautiful and do some 'wild sitting' - does you a power of good 😊 (Ed)

EVERYDAY  HEALTH

The Signs of Mild Cognitive Impairment Due to Alzheimer's Disease

MCI (Mild Cognitive Impairment) can be an early stage of Alzheimer's disease, and the sooner it is diagnosed, the better the outcome. So it's important to recognise the differences between normal aging and more serious cognitive decline.

Almost everyone can relate to misplacing their car keys or forgetting the name of an actor in their favourite movie. It's a type of memory lapse that can become even more common with age.

In other cases, though, these incidents can be a sign of MCI, which can develop into Alzheimer's disease or another type of dementia.

To learn more have a look at [this article](#) on the Everyday Health website.

TRAVEL



Changes to baggage regulations

For almost 20 years we've had to arrange travel-sized toiletries and place them in a clear bag before flying. However, new scanners being introduced should make things much easier for UK holidaymakers.

To find out more have a look at this article on the InsureandGo website - [Changes to baggage regulations](#).

HOME

Recycle your batteries responsibly

Did you know that if used batteries are thrown away in the general waste or mixed with recyclable materials like card, metals and plastics, it can be very dangerous?

When general waste or recycling is collected, any batteries in the waste are likely to be squashed, compacted, punctured, shredded or soaked with liquid. If this happens, some types of battery can get extremely hot or ignite, which can result in fires that put lives at risk, disrupt services or cause millions of pounds worth of damage.

Used batteries, including mobile phone batteries, rechargeable batteries, cordless tool batteries and vehicle batteries are all accepted at Nottinghamshire's recycling centres. Also most large supermarkets should have a battery recycling collection point to dispose of household batteries.

Please remember that vapes also contain batteries and need to be disposed of responsibly. Used vapes can be taken back to retailers or to your local recycling centre.

**DO NOT PUT BATTERIES INTO YOUR RUBBISH!
DISPOSE OF THEM PROPERLY AND AVOID THE RISK OF FIRES**

Take your used batteries with you and look out for recycling places - many supermarkets have them as well as other places and, of course, the recycling centres. Gedling Council say they'll take them if you put them into a plastic bag on top of your wheelie bin

Cassette tapes are making a comeback!

SAGA

Music lovers are harking back to the Eighties, as cassette tapes see a 20-year-peak in sales.

Ask anyone of a certain age and they'll bore you with details of how they spent their younger years making mix tapes for friends or taping the chart rundown off the radio.

For many, a cassette tape was their first introduction to listening to the hits of the day. It also enabled people to listen to music on the move when the Sony Walkman was released in 1979.

Now, thanks to the likes of modern artists such as Arctic Monkeys and Harry Styles, cassettes are back. Nearly 400 cassettes a day were sold in the UK in 2023.

Click here - [Cassette tapes make a comeback](#) - to visit the Saga website to read more.

The 5 most convincing scams of 2024 so far

Which?

The Which? website reveals the most sophisticated fraud tactics we've come across this year so you don't get caught out.

You may like to think, '*It would never happen to me*' when you hear of victims who lose their lifetime savings to a scam. But the truth is, we're all vulnerable. Even unskilled fraudsters can create sophisticated ads seen and shared by tens of thousands on social media platforms, or mimic the websites, phone numbers and email addresses of genuine businesses.

Read [this article](#) on the Which? website to learn more and find out how to protect yourself.

How to get rid of a computer virus

Viruses are a persistent problem. All it takes is for you or someone using your computer to make a simple mistake, such as clicking on a dodgy link or opening an unknown file, and you can be infected.

Fortunately, there are some simple steps to clean it. Again from the Which? Website is [this article](#) advising how to get rid of a computer virus, plus recommendations of a top-notch antivirus to prevent it from happening again.

What is a computer virus? A terminal illness

NOTTINGHAM



Discover what's on in Nottingham in July

Discover what's going on, make plans for what's around the corner and stay up to date with everything Nottingham city centre - all in one place.

Whatever your vibe, Nottingham's got it - and [It's in Nottingham](#) is the best way to find out about it.

GARDEN



See the rose gardens at Mottisfont in Hampshire

The National Trust have released a video of the beautiful rose gardens at Mottisfont as they celebrate their 50th anniversary. Click on the link to view the video - [Mottisfont Rose Gardens](#).

The Benefits of a Garden

Did you know

1. The smell of soil increases serotonin
2. Dirt under your finger nails improves gut health
3. Gardening reduces symptoms of ADHD
4. Spending time in a garden decreases anxiety and depression
5. Growing plants increases self-esteem
6. Gardening promotes happiness and increases quality of life

There are so many gardening-related benefits, and many articles telling you all about them. Here are a few just search on line and you'll find loads more. Gardening really is good for you!

[Djanbung Gardens website](#)

[Forest Garden](#)

[Forbes](#)

[Gardening Know-How](#)

Your Committee 2023-24

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

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. The Nile, 2. Ottawa, 3. Jupiter, 4. Physics, 5. Golf, 6. Quentin Tarantino, 7. U2, 8. Captain Ahab, 9. Michelangelo, 10. Cerberus

What's your position?

You are 3rd.

You are running a race with three people, which means the total number of people running in this race is four, and you pass the second-last person (i.e. the third person). Now you are in the third position.

How many squares?

55 squares.

There are 25 squares of 1cm by 1cm.

There are 16 squares 2cm by 2cm

There are 9 squares of 3cm by 3cm

There are 4 squares of 4cm by 4cm

There is 1 square of 5cm by 5cm

Hence, there is total of $25 + 16 + 9 + 4 + 1 = 55$ squares

Pictograms

1. Ready for anything, 2. Mixed metaphor, 3. Moral support, 4. Beaten black and blue

And finally ...

English can be hard -

- **Homophones** are words that sound the same but have different meanings and may or may not be spelled differently (by, buy, bye).
- **Homographs** are words that are spelled the same but have different meanings or pronunciations (bow, referring to the noun and verb)
- **Homonyms** are both a homophone and a homograph, or either one or the other

Confused? Here are some homophones

1. The bandage was wound around the wound
2. The farm was used to produce produce
3. The dump was so full that it had to refuse more refuse
4. We must polish the Polish furniture
5. He could lead if he would get the lead out
6. The soldier decided to desert his dessert in the desert
7. Since there is no time like the present, he thought it was time to present the present
8. A bass was painted on the head of the bass drum
9. When shot at, the dove dove into the bushes
10. I did not object to the object
11. The insurance was invalid for the invalid
12. There was a row among the oarsmen about how to row
13. They were too close to the door to close it
14. The wind made the flag wind around the pole