

September 2024 Issue No 101



Musings from the Chair

Once again the time has flown and it's time for me to jot down some thoughts for the monthly newsletter.

August has not been too bad, has it? The summer at last arrived, unlike the year of 1816 that we heard about at our last general meeting - "The year without a summer". We find it hard to imagine now how news of the massive eruption of Mount Tambora in 1815 which so severely affected the weather patterns was unknown for so long. The talk was most informative and we had a record number of members in attendance.

I did mention at the meeting that we will all have now received an email from Linda, our membership secretary, with information on how to renew membership for our next year. MaD u3a's year runs from 1 October to 30 September, so strictly renewals are not due until 30 September, but with our increasing membership it makes life so much easier for Linda and Joan, our treasurer, if the renewals are spread out and therefore your assistance in this is greatly appreciated. However, if you renew by bank transfer (which is definitely our preferred method), please don't forget to put your name, membership number and

renewal on the reference. Linda received a renewal payment on 21 August which quoted the date as the reference and unless anyone has contacted her since then to clarify, she still has no idea who made that payment. If it was you, please contact Linda. We say this every time, but the same applies for any payments for Trips and Visits - putting the name and reference you have been given for the particular trip is vital. Also an email either to Trips and Visits or the treasurer to say you have made a payment and what it is for would be very helpful. We are all volunteers and the more help you can give us, the less of our time it all takes up.

I am also pleased to be able to report that MaD u3a is now a charity in its own right. For the 9 years that we have been going we have operated under the umbrella of the charitable status of the Third Age Trust (effectively, them upstairs). With our increasing membership and hence increasing turnover we found ourselves needing to register independently. I have to say that huge thanks have to go to Andrew Harper, our business secretary, who took that on, and in what seemed like record time, and with no knock backs from the Charity Commission, got us registered. Our charity number

is 1209589. I don't expect you all to commit that to memory and quote on demand but you will see it on our website and on formal communications. On a practical basis, it will not affect the way we run or your membership as we have been operating under the u3a's charitable status anyway.

Finally, just a reminder that next month is our AGM. We are now hopeful that we have sufficient volunteers prepared to come onto the committee so that we can continue to function. Succession is important though so we always need to be thinking of future years, so do keep that in mind. Help is needed in so many areas, to run our groups, to welcome new members, to make teas and coffees.

We will be having a social meeting at the AGM - the business section should only take a few minutes. There will be tea, coffee and cakes and a quiz. We will also have our popular jigsaw swap so please bring along any jigsaws you have finished with. The date for your diary is Thursday 26 September - usual time, usual place. Hope to see lots of you there.

Val Wilkinson
Chair

Save the Date :
General Meeting and AGM
Thursday 26 September at 10:00am

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

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 3 October.**

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.

NOTICES

NOTICE OF AGM

Our General Meeting on **Thursday 26 September** will also be our AGM, followed by a social with tea/coffee and cake, jigsaw swap (*see Page 3*), quiz and social. Make a note in your diaries to attend if you can. The meeting will also be available via Zoom.

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	Committee Member	Patricia Wright	Committee Member
Liz Hagan	Committee Member	Carolyn Luckhurst	Groups Support

New Group - Art Appreciation

The group will meet on the 4th Tuesday of the month from 10:00 - 12:00am in the Games Room at the Mapperley Plains Social Club. The first meeting will be on Tuesday 24 September.

The cost will be £3.00 for the first session and £2.00 for each subsequent meeting.



The aim :

A sharing of our common interest; learning about unfamiliar areas of art and benefitting from observations and the comments of others

The sessions:

A wide range of topics including themes, artists, movements, genres and materials, historic and contemporary. Visits to exhibitions when the opportunity arises. Discussion and sharing. The most common format will be a slide show presentation.

Advice:

Please be prompt to each session as there will be a lot to pack in, and if you could bring the right money that would be great!



There will be a comfort break mid-way. **Please bring your own refreshments to sip during the sessions.**

No previous expertise needed, and there are no right or wrong opinions!

Joanne Wilson

What would Earth be without art in it? 'Eh' ...

Jigsaw Puzzle Etiquette

Our jigsaw puzzle swaps have become very popular. We usually hold a swap at our social events in September (after the AGM) and at Twixmas.

Members can bring puzzles that they no longer wish to keep and can take away some that others have brought that have previously been used. There's no charge for this valuable service. Occasionally, we have an unwanted gift in an unopened box. It's perfectly okay to take a puzzle if you haven't brought one to the meeting as I don't want to take any home again to store until next time.

Does size matter? It seems that the 1000 pieces or more are the favourites in our u3a. If we have some 500's that nobody wants to take home, I give them to a care home or a charity shop.

You may be surprised at the need to mention the etiquette involved Carolyn Luckhurst

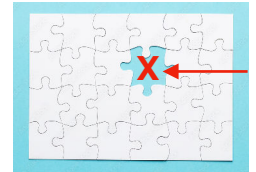
in swapping jigsaw puzzles. There have been a few words said so I thought it good to repeat an article previously posted in 2021 that outlines some best practice in order to avoid disappointment with the swaps.

When you get to the point of breaking down your puzzle, please ensure that the pieces are no longer joined together. The person taking the puzzle would like to see a bag full of loose pieces in the box. It's not good to open a puzzle box to find a finished puzzle, folded into four or in great chunks that have to be taken apart before starting.

I mentioned a bag: we don't like single use plastic, of course, but most puzzles come in a plastic bag that can be reused to put the pieces back in. I do swaps with my brother who (like many people) doesn't like finding the outside

edges so he and I put them in a separate bag. They can easily be mixed up again by a different user. If the puzzle arrives with you in two bags, then it's good practice to put it back that way.

Losing a piece is very easy to do. Several people have told me that



they don't really mind if there's a piece or two missing but they like to know before they start and preferably a rough idea of where the gap(s) will be. Simply put a cross on the relevant point on the picture on the box and an arrow to the margin identifying where the piece should be.

The next Puzzle Swap is at our social gathering after the AGM on Thursday 26 September and I have already been given several puzzles.

Poetry for Fun

Sadly this group has put on hold for a while until a new Convener can be found.

Changes to Bus Numbers and Timings of Local Buses

To read more about the changes see [Page 11](#) below.



TRIPS AND EVENTS

Loughborough Market was a great day out. We caught the No 1 bus from the City, had a browse around the market, some lunch, another browse and charity shops before making our way back to Nottingham. We had good weather and we are all looking forward to another trip. We may however have to make the next journey on a Saturday to see the wider range of stalls, as apparently some of the stallholders only set up on Saturdays.

Kynren Weekend - A great weekend with lovely company. Our weekend included a trip to York where we strolled the shambles, market and some of us went on a river cruise. The weather was glorious.



On Saturday we went to Bishop Auckland and Barnard Castle, another lovely day. Most of us had a stroll around the castle.

Some of us were ready for coffee and sunshine in the "hidden garden". The more adventurous went for a walk along the river. The views were stunning!!



Of course the highlight of the weekend was the Kynren experience, here is the link to give you a flavour of what to expect., if you are lucky enough to be able to go [Kynren](#).



There is also a Viking Village which you can stroll around prior to the event - see [Facebook page](#) for some photos, courtesy of Linda Randall.



PLEASE NOTE

- **David Austin Roses** – this trip has been **cancelled** due to insufficient interest. Refunds will be forthcoming
- **These events are now full -**
 - The Longest Yarn
 - Hope House
 - Limelight Tour of Theatre Royal
 - Dolly Tribute
 - Matlock & Illuminations
 - National Arboretum with a Swing
 - Thriplow Daffodil Festival
- **Scarborough, Whitby & York - 19/10/24 - 5 days** – 2 places (no singles) – half board £295pp
- **Christmas Lunch** 12 December 2/3 courses (venue tba) and
- **Christmas Party Night** 21 December 3 courses plus entertainment at Stadium Leisure.

We need to have an idea of numbers interested for both events, the lunch so that we book an appropriate room (last year the room was big and cold) and the Party Night as tickets sell out very quickly and we will need to make a group booking.

Marian Donaldson

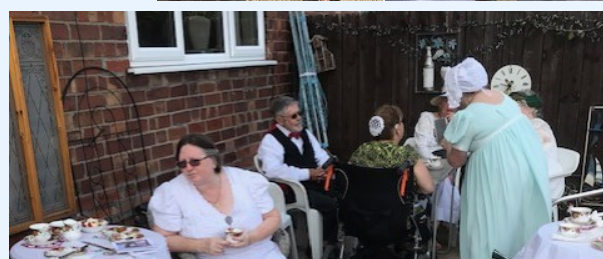
FROM OUR MEMBERS

A Regency Afternoon Tea

We had a lovely afternoon tea and raised £185 for the HoneyPot charity. There were 5 MaD Members there.

Everyone listened to our Regency journey and viewed our collection of bonnets, mop caps and hats. The weather was perfect and there was lots of tea and cake too.

Elaine Khan



INTEREST GROUPS

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

[Ale & Cider Group](#)

[Art Appreciation](#)

[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 Men](#)

[MaDAmDrammers](#)

[Music Appreciation](#)

[National Trust Group](#)

[New & Prospective Members](#)

[Outdoor Activities](#)

[Photography](#)

[Play Going - Lace Market Theatre](#)

[Play Going - Playhouse](#)

[Play Reading Group](#)

[Project Craft Group](#)

[Singing Together](#)

[Table Tennis](#)

[The Bryan Ruskin MaD Jazzers](#)

[Trips and Visits](#)

[Ukulele Group](#)

[Walking - Longer Walks](#)

[Walking - Short Walks](#)

[Walking - Strollers](#)

[Wine Appreciation](#)

[Wine Bar](#)

NEWS FROM THE GROUPS

[Outdoor Activities](#)

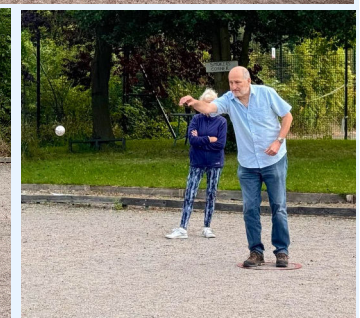
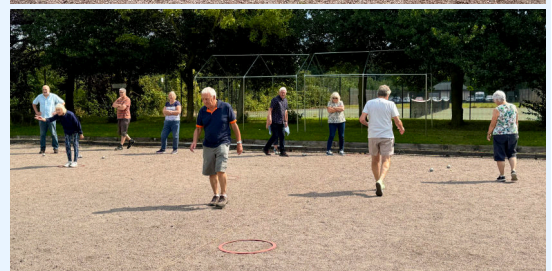
A group of 14 members enjoyed a return visit to Nottingham Petanque Club this morning, and the sun came out after a brief shower. We were hosted by the chairman Neil and his volunteers and once again they offered us a lovely morning of learning how to improve our game and gave us drinks and biscuits - all for £3.00.

When I sent an e mail to Neil later to thank him, he said what a lovely group we are and are always welcome.

They would like more members so please do contact the club if you are at all interested in playing more regularly.

[Nottingham City Pétanque Club.](#)

Eileen Braham



Photography

The August themes for the Photography group were 'Sky' and 'Symmetry'. There were some interesting variations, especially on the symmetry theme.

To view the photos click on the links :

[Sky](#) and [Symmetry](#)

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

If you would like to join the group please send an email to photography@madu3a.org. The groups meets monthly via Zoom to view the images.

Sue Cullen

Badminton Group

Angela Huggins, the convener of our badminton group, had a 'big' birthday, and here she is modelling the T-shirt and water bottle the rest of the group bought for her.

The badminton group meets every Monday afternoon from 2.00 pm at St. Jude's church hall on Woodborough Road.



We contribute £5.00 for the charge of the hall.

If you would like to join us for some fun there is room for new members.

Pat Wright

Walking - Short Walks

There will be a Short Walk on Friday, 13 September that will start at 10.00 am at Rushcliffe Country Park in Ruddington. It is a fairly easy walk, mostly on defined footpaths. Well behaved dogs will be welcome. Car sharing is recommended as it is nearly 30 minutes away.

Full details of where to meet etc will be emailed to those who have already registered interest in Short Walks.

Our Short Walks are usually between 3 and 5 miles. If you wish to be invited to join the walks, please register interest by sending an email to shortwalks@madu3a.org and you will be added to the list.

Carolyn Luckhurst

Curry Club

In August 27 members of the Curry Group enjoyed a meal at The Banyan Tree. The food was plentiful and tasty.

Our next outing will be to Lagan, in the Lace Market.

Sue Cullen



Walking - Strollers

We are enjoying our walks at Colwick Park and will be back there on 6 September to set off at 10.15 from the corner outside the gates to the Colwick Hall hotel. We walk around the west lake and make a stop for a drink at the Wired on Wheels café that is about two thirds of the way round.

Our Strollers are those who wish to walk at a gentle pace on easy footpaths for about one hour. Members who have already registered will receive an email notification about one week before the walk. If you wish to be added to the list, please email strollers@madu3a.org.

Carolyn Luckhurst

[Ale & Cider Group](#)

Members from the group enjoyed a range of drinks and the sun again at the August gathering in one of the largest and nicest beer gardens in the county at the rear of the Star Inn at Beeston.

The next meeting on 20 September is at the Trent Navigation on Meadow Lane next to the Notts County FC ground.

Dean Smith

[Family History](#)

At our meeting on 23 September we shall be sharing how much impact sport has had on our families over the years.

Claire Wilkie

[Local History](#)

We enjoyed a great walking tour of the Lace Market with Dorothy this month to follow on from our meeting in July.



Our next meeting is on 3 September at 10.00am and the topic will be Colwick Hall.

There are only 4 places left for our Council House tour on 1 October.

Local History Team

[The Bryan Ruskin MaD Jazzers](#)

The jazz group continues to meet monthly to enjoy listening to a selection of tracks chosen by the members to fit that month's theme. Last month the theme was 'What got me into jazz' or 'An early jazz memory' and you can listen to the chosen tracks by clicking [here](#). Our theme for September is 'Jazz versions of a Beatles song'

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

Sue Cullen

[German Conversation & Culture](#)

Six of us met on, 20th August, a wet, windy and dull morning. Not very summery at all.

We decided, at our last meeting, to study two articles from Nachrichten Leicht and to concentrate on the main text rather than which is, at times, a very repetitive dictionary.

Our first very interesting and at times quite difficult article was about how humans are consuming too much from nature each year, thereby overloading the earth and not allowing it time to recover. Specialists talk about an Earth-Overload-Day which is a day earlier than last year. They spoke about the challenges and also the solutions including the use of renewables.

The second, more topical article about Banksy and his recent artworks, was of great interest to our Members. The article particularly focussed on the recent artwork in Brick Lane, London as well as two other published photos of an ibex and two elephants. We discussed whether these artworks are the work of more than one person.

Our study verb this month, was FLIEGEN. This gave rise to some very interesting examples, followed by a discussion for and against flying. Karen mentioned the fact that her mother's first flight was at the age of 79. Joy's parents had never flown, quite different to nowadays. Julie said she'd heard of a company offering very cheap flights in order to fill their aircraft and we debated whether this was a good idea or not.

Our usual lively discussion followed, whilst enjoying coffee, tea and delicious biscuits.

Joy Brown



Wine Appreciation

The MaD Wine Appreciation group met in August to sample 'Summer wines' although the weather wasn't particularly summery that day. As always, we had a hugely enjoyable afternoon full of friendship and laughter - and the odd taste or two of wine of course.

The Wine Appreciation group is full, but there is always space in the MaD Wine Bar which meets at 6:00pm via Zoom most Wednesday evenings to taste wines of a set theme for that week. If you enjoy wine and would like to know more about it, why not join this friendly group? If you're interested, please send an email to wine@madu3a.org.

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.

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

FUTURE GENERAL MEETINGS

24 October Sam Boote

George Green - The Man, The Mill and The Maths

Green's Mill in Sneinton, Nottingham is a well-known local landmark. It was built in 1807 by George Green senior, the father of the famous mathematician. After lying derelict for over a century the mill was restored in the 1980s and is now in working order and a source of organic flour, though major repairs to the mill are about to begin.

George junior (1793-1841) hated milling and tried his best to distance himself from it, so that he could concentrate on mathematics.

George was a shadowy figure whose work was little known until long after his death but is now recognised as important in the development of modern technology.

GENERAL MEETINGS



Liz Hagan

August's General Meeting

Judith Hedley - 1916 : The Year Without a Summer

Judith came to speak about 1816 - the year without a summer. We may think we've had some lacklustre summers of late but they were nothing compared to the worldwide disasters which followed the eruption of Mount Tambora in 1815 on the island of Sambawa in Indonesia.

The size of the eruption is mind-blowing - in fact it is the most violent eruption in recorded history; 10 times more powerful than the 1883 eruption of Krakatoa; ejecting 38 cubic miles (160 cubic kilometers) of material and 30-80 times more powerful than Mount St Helens in 1980. Judith helpfully pointed out that this would have been enough ash to cover the whole of Great Britain knee deep and the resulting mushroom cloud was as big as Australia, as well as treating us to an expert lesson in the pronunciation of that tricky Icelandic volcano in 2010.

2,000 Indonesian people died as a direct result of the eruption and a further 90,000 due to starvation and disease. Judith described it as "drawing a veil across the earth". The effect of all of this was to be felt in the following year from the USA's Eastern seaboard all the way to India, but of course no-one knew that such a far away event could cause so many disastrous outcomes. Even though the eruption was noticed by Stamford Raffles, who was Governor of Java at the time, who mistook the sound for cannon fire the connections were not made. Now

we are able to see the evidence of increased sulphur in the air through examination of ice cores and, thanks to the Thoroton society, we have the records of one regency vicar with time on his hands and an interest in meteorology recording only 2 days of the whole year where the temperature reached a measly 20 degrees.

1816 has gathered many nicknames - my favourite was from America where it was christened *1800 and frozen to death*. New England farmers had unseasonable snow falls so crops were frozen and in one case a rare lift in temperature galvanised one optimistic farmer who promptly sheared his sheep, only to find himself having to tie the fleeces back on when the thermometer plummeted the next day!

The global cooling which followed the eruption disrupted winds, rainfall, floods in some places and monsoon failures in others. People everywhere were starving giving rise to political unrest at home and abroad. Judith pointed out the impact in all areas of life. Church attendance grew as people saw the ominous skies and lack of sunshine as a sign that the end of days was at hand. Artists were using a different colour palette reflecting the effect of ash pollution.

1816 was also the year of the famous house party hosted by Byron and Shelley in Switzerland where conditions were particularly bad, which gave rise to the stories

of Frankenstein by Mary Shelley, *Vampyre* by Polidori and a poem succinctly titled *Darkness* by Byron. The Chinese Poet Li Yuyang in his poem *A sigh for Autumn rain* written in 1815 says ... "the work of rain is worse than the work of thieves.."

More recently inspired by this event artist Courtney Blazon produced a series of paintings in 2016 called *A year without a Summer*. A band called Rasputina produced a song and Guinevere Glasfurd's book imagines the impact of this event on the lives of 6 disparate characters.

Judith rounded off her talk by reminding us that there were more pleasant outcomes - for instance, ladies began to prefer fur tippets and started to wear drawers under the flimsy clothing more common up to then and the first bicycle - a strange contraption part cycle and part scooter - was produced.

All in all, a fascinating talk on what would at first sight seem to be a gloomy and uninspiring topic, making us thankful for the brief glimpses of the sun which we have seen this year.

If you are interested in finding out more Judith recommends an edition of *'In Our Time'* with Melvyn Bragg called *'1816, the year without a summer'* which is available on BBC iplayer/sounds - [Click here to listen](#).

Liz Hagan

PUZZLES

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



The Little MaD Quiz

1. What colour is the rock azurite?
2. In which American state is the predecessor of the current London Bridge to be found?
3. On which racecourse are the 1,000 and 2,000 Guineas run?
4. Nick Leeson was responsible for the collapse of which bank?
5. Who met his end at the hands of Two Ton Ted from Teddington?
6. Which city was devastated by an earthquake in April 1906?
7. What is a tarn?
8. Who, in the title of the Shakespeare play, are Valentine and Proteus?
9. Who famously rode from Boston to Lexington in 1775?
10. John Foxx was the original lead singer of which synth-pop band?

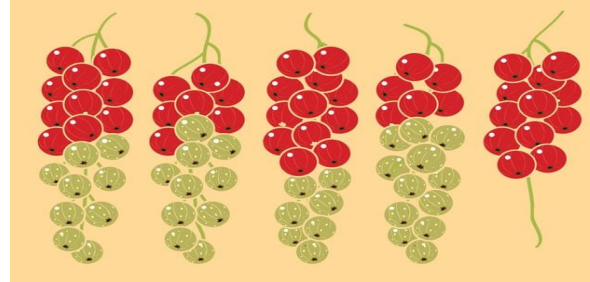
What's the missing word?

What word goes after the first word and before the second to make two new common words or phrases?

Blue	Ache
Sheep	Watch
Pine	Pie
Sack	Cap
Tennis	Gown
Chain	Box
Vertical	Side

Berry puzzling

How many unripe berries are missing on the last branch?



What book titles do these pictograms represent?

1 Gatsby	2 tcahethat	3 Milk Teak	4 Ueeeeee ee
5 Guns Bye Swords Cannons	6 Mrs Smith Miss Green Ms Taylor Mrs Wright Miss Jones Ms Hunter	7 John Spring Summer Autumn Winter	8 Alley India India

NOTTINGHAM

New Bus Services announced as part of Network Shake-up

NottinghamshireLive

Nottingham's biggest bus operator has announced new services as part of raft of improvements scheduled to come into force on 1 September 2024.. Nottingham City Transport (NCT) is targeting areas such as West Bridgford, Calverton and Mapperley with the changes.

The operator said it was seeking to "maintain the momentum" after passenger numbers bounced back to levels similar to before the Covid pandemic. New services include the Sky Blue 61 service, which will replace the 46 and 47 and extend the route to Calverton.

NCT is also introducing buses to the new Edwalton Fields development, off Melton Road, as well as doubling the frequency of buses to Compton Acres and Wilford Hill. The University of Nottingham's Jubilee Campus will once again have a dedicated bus service to the city centre with the introduction of Pink 29.

To visit the Nottinghamshire Live website and read more click on the link - [New Bus Services](#).

Goodbye to a local treasure

We say a heartfelt farewell as the beloved Fruit Bowl greengrocer on Mapperley Top has closed its doors for the last time after 30 years.

It comes after the owners issued a heartfelt statement to customers thanking them for their years of custom, adding that it was "time for retirement".

The Fruit Bowl will be sorely missed by many MaD members and local residents. Such a shame to have to say goodbye to a great shop!



Recycling Centre Summer Opening Times

 Nottinghamshire County Council

If you have stuff to recycle you can still make use of the extended summer opening times at all recycling centres across Nottinghamshire - open from 8am until 8pm every day until Monday 30 September.

The sites are usually busier at weekends and bank holidays though, so why not make the most of the longer opening hours and visit during the week?

Remember, you'll need to register your vehicle before going along to any of the sites. It's easy to do and only takes a few minutes using either the free MyNotts app or the [website](#).

Calls for Return of Historic Statues

notts tv 

Concerns have been raised about a set of 17 historic statues which have now not been seen in public for seven years following their removal from a listed Nottingham building.

The Elite building is Grade II listed and sits at the corner of Queen Street and Upper Parliament Street in Nottingham City Centre. It originally opened in 1921 as a picture house, before the cinema closed in 1977 and became a bingo hall. It was later converted into shops and office space.

A range of white statues sat in niches around the top of the structure, including figures representing Shakespeare and Michaelangelo. Only three statues are currently present on the Elite. Planning documents and old images show there were originally 20.

To read more about this click here - [Historic statues](#).

A friend of mine has a vegetable patch. It stops the cravings for carrots ...

HEALTH

The Benefits of Olive Oil

zoe

Olive oil could transform your health. It regulates blood sugar, helps with weight management, and prevents long-term disease. That is, if it's the right kind of olive oil.

Click on the link to visit the Zoe website to learn how to get the most from olive oil, why choosing the right type is crucial and which antioxidant and anti-inflammatory benefits this kitchen staple offers - [Olive oil](#).

Don't sweat it: 5 sauna health benefits in the hot seat

 Patient

Sauna bathing is a time-honoured trend that dates back to 2000 BC. Its spiritual, mental, and physical benefits have passed anecdotally through generations - and now, science is beginning to back them up.

Click on the link to discover 5 sauna health benefits, and what you need to know. [Benefits of a sauna](#).

Is Kombucha good for you?

 Patient

Kombucha is a fermented drink made from sweetened black or green tea. Once a niche health drink it is becoming more and more popular thanks to its unique combination of hydration, flavour and fizz. But beyond its distinctive taste, find out if the health benefits of kombucha live up to its reputation.

Click on the link to visit the Patient website and read more - [Kombucha](#).

Having trouble sleeping? Read these articles ...

SAGA

Do Sleep Gadgets really work?

When it comes to falling asleep, staying asleep, tracking our sleep, or trying to wake up, there's an abundance of sleep gadgets available offering to help.

Sleep is big business. Globally it has been valued at \$432 billion dollars (about £355 billion). And with the 'always-on', frenetic pace of the modern world, it's little wonder that sleep gadgets are so popular.

The tech is continuously developing, so what is available, and what are the pros and cons?

To read the article from the Saga website click on the link - [Sleep gadgets](#).

The Best Sleeping Position - and why it changes as we age

Again on the Sage website is an article about sleeping positions.

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](#). Understanding sleep as you age can make a big difference to the length and the quality of your slumber.

To learn more click on the link - [Sleeping positions](#).

Is Sleep Apnoea Dangerous? When snoring problems turn serious

 Patient

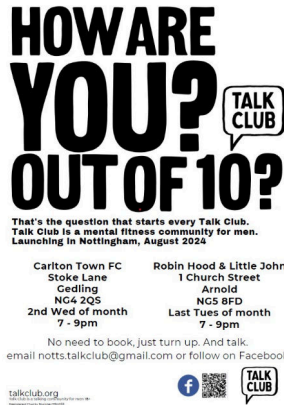
From grunts to loud snorts, 1 in 4 of us are in the habit of snoring as we sleep.

Snoring on its own is usually nothing to worry about, but for some people, it is the main symptom of obstructive sleep apnoea. This is a breathing condition connected to sleep that can have some serious consequences if it's left untreated.

Click on the link to visit the Patient website to learn more about [Sleep Apnoea](#).

Talk Club

How Are You? Out of 10? The's the question which starts every Talk Club.



Talk Club is a mental fitness community for men, launched in Nottingham in August 2024.

Talk Club is a UK male mental health charity helping men to improve their mental health. They prefer to call it mental fitness because the talking groups actively help men to understand how they're feeling by asking 'How are you? Out of 10?' then explaining why. It helps to build resilience, and the numbers prove it. On average, a TC talk and listen group raises a man's mental fitness by over 15%.

It's why local pubs to global corporates, and 18 to 80+ year olds across the world, are now using Talk Club.

To find out more please click on the link - [Talk Club](#).

TECH & SCAMS

Which?

An AI App Gives Unsafe Advice on Buying 'Best' Products

It might be better not to trust AI for buying advice ... Which? asked a virtual assistant to recommend the 'best' products, but got an unsafe child car seat and an out of support mobile phone amongst the results.

Interest in artificial intelligence (AI) has exploded and the technology is now finding its way into the products and apps we use the most. With all that computing power at work, can a robot now offer sound advice on the best products for your budget?

To see if AI can function as a personal shopper, Which? quizzed the free version of ChatGPT - it's described as 'great for everyday tasks' and generates responses in seconds. They asked it for dozens of product recommendations and their experts were impressed by some of the bot's picks, but overall agreed that less than half of analysed searches returned a good set of recommendations.

More worryingly, eight products in particular stood out for being unsafe, insecure, or poor quality, based on our tests. Click on the read to read about their findings - [AI buying recommendations](#).

How to Spot a Dodgy QR Code

Which?

Watch out for recurring payments to random companies after scanning QR codes, Which? Warns.

Have you spotted a recurring payment to a company you've never heard of? You're not alone, as subscription traps - often linked to dodgy QR codes - are one of the most commonly reported complaints to the Which? scam sharer tool.

People find they've been charged for subscriptions they didn't sign up for after trying to download apps on their phones, or scan QR codes in restaurants, pubs, shops, bus stops, stations and car parks. Others notice payments to brands they don't recognise, but don't know where these companies got their card details from.

There's no doubt that scammers have sensed an opportunity to abuse Quick Response (QR) codes, those black and white patterned squares you scan with a smartphone, to be directed to a website. Last July, Greater Manchester Police warned of a 'steep rise' in QR code fraud, particularly in open spaces such as car parks.

Which? Has looked at recent subscription traps reported to then and offer tips to help you use QR codes safely - [click here to read their advice](#).

GARDEN



Jobs in the Garden in September

Late summer progresses into autumn, and September is generally a cooler, gustier month than August and the days are noticeably shorter. While there's not as much to do in the ornamental garden at this time of the year, if you have a fruit or vegetable patch, you'll be busy reaping the rewards of harvest.

It's also time to get out and start planting spring-flowering bulbs for next year and you can collect seeds for next summer's colour too. Make the most of the remaining warmth while you can!

Click on the link to visit the [RHS website](#) to discover jobs and projects this month.

What Happens to your Garden Waste?



Have you ever wondered what happens to the grass cuttings, hedge trimmings, leaves, plants, weeds and cut flowers you put in your household garden waste bin or take to one of our recycling centres?

The good news is that none of it goes to waste!

Once your garden waste has been collected it is taken to a local composting site, where it is processed into peat free compost that is suitable for farmers to use to improve their land. This reduces the need for inorganic fertilisers and provides important slow-release nutrients to the soil.

Click on the link to go to the [Veolia - Garden Waste](#) web page to learn more.

And What About our Recycling?



There are so many different rules and regulations on what can and can't go into our recycling bins - even across Nottingham and Nottinghamshire, and many people think that it's all just dumped somewhere to sent off to other countries.

But is this true? No! Recyclable materials are sorted and baled before they are sent to re-processors to be used to make new products

To find out how our recycling is dealt with click on the link, again to the Veolia site. [Where does my recycling go?](#) They even have a small education room and a dedicated visitor's walkway and viewing platform, where visitors can observe the day-to-day operation of the facility.

ANSWERS TO THE PUZZLES

The Little MaD Quiz			
1. Blue, 2. Arizona, 3. Newmarket, 4. Baring's, 5. Ernie (the fastest milkman in the west), 6. San Francisco, 7. A small mountain lake, 8. The Two Gentlemen of Verona, 9. Paul Revere, 10. Ultravox			
What's the missing word?	Blue	Tooth	Ache
	Sheep	Dog	Watch
	Pine	Apple	Pie
	Sack	Cloth	Cap
	Tennis	Ball	Gown
	Chain	Mail	Box
	Vertical	Blind	Side
Berry puzzling			
6 berries are missing.			
The next branch always contains just as many unripe berries as ripe berries on the previous branch			
Book titles			
1. The Great Gatsby, 2. The Cat in the Hat, 3. Under Milk Wood, 4. Ulysses, 5. A Farewell to Arms, 6. Little Women, 7. A Man for all Seasons, 8. A Passage to India			

Mushrooms on toast breakfast of champignons

And finally ...

More definitions from the Uxbridge dictionary :

Allocate: Greeting, for example, to Ms Winslet

Bidet: Two days before D-Day

Brouhaha: A hilarious drink

Buckingham: A rodeo pig

Cardiology: The study of knitwear

Cherish: Similar to a chair

Coconut: Chocoholic

Coffee: A person who's coughed upon

Crème brûlée: The crematorium is on fire

Cranium: Gymnasium for cranes

Capitulate: The mistake BP made in the Gulf of Mexico

Dialogue: An awful piece of wood

Escalator: An Australian word meaning to delay the questioning of a lady

Exorbitant: The now retired first insect astronaut

Fauna: A whirlpool bath for young deer

Feasible: Able to charge for

Felicity: To knock London over

Final: The last thing you hammer into a coffin

Finish: A bit like a Finn

Godspeed: It's raining

Grandstand: A shelf designed to display a large quantity of money

Gravy: Close to death

Herbivore: An animal that only eats Volkswagon Beetles

Ivy: The Roman word for 'four'

Muscatel: Smelly guesthouse

Norway: A Geordie exclamation of surprise