

April 2025 Issue No 108



Musings from the Chair

Here we go again. The months seem to fly by and it is again time to write a few lines for my Musings in the newsletter. When we were young I remember being told by my grandparents that time goes by more quickly as you get older. I'm sure that is true. Just as I'm sure that those who retire say they didn't know how they found time to go to work. That is certainly true in my case. There are so many more interesting things to do, and going along to our General meeting this month to hear about Bromley House and its secret Royal garden was definitely one. It was fabulous again to see so many of you there. I worked out that as I was on holiday last month and as we had had our Zoom meeting in January and our Twixmas social in December that was the first main meeting I'd been to since November, so no wonder there were lots of new faces as well as many regulars. I hope you all enjoyed it. We do seem to get some excellent speakers at Mapperley so big thanks to Cathy and Liz, our speaker seekers, for arranging such a varied programme.

I did put out another plea for help for Richard at our meetings to get out, set up and put away the tech equipment. If you weren't there but do go sometimes, and could help, please let one of the committee know. We are none of us getting any younger, and a few more hands would make the job lighter. The Trips and Events team did ask for help with updating their section of the website and got 5 volunteers for that. Thank you very much to those volunteers, so come on, we must have others who could help Richard at the monthly meetings....

Whilst on the subject of volunteers, we are always on the look out for people to start or help with interest groups. As our membership grows we need to increase the groups we have so that new members don't find themselves unable to join full groups. For a group to run it needs 1 person (or ideally 2 people) to 'convene' it. Some groups take more organising than others. You may only have to arrange a venue and notify the members on your list when the meeting is. Some groups then run very well with other members of the group contributing or running different meetings. It doesn't have to be too onerous, but to get something out of your membership of MaD u3a, you must be prepared to put something back in. We are all volunteers. We all have different interests and skills and you might have something that is interesting to other members. Do think about it. We can provide help and support to get things up and running. If you have other skills we might use, rather than running groups, please talk to us. We will need new committee members in September. We really need help with IT and we are going to want ideas and help with planning events for our 10th anniversary next year. Come on Mapperley, we have got this!!

And now, time for me to sign off for another month. My thanks again to everyone for making MaD u3a somewhere that I want to spend time rather than at work!

Val Wilkinson
Chair

Save the Date :
General Meeting
Thursday 24 April at 10:00am

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

Anyone for Pickleball?

Carlton u3a have asked again if anyone is interested in playing Pickleball on Thursday evenings at Carlton Forum.

If so, or if you'd like to know more, please contact Andrea: stochdaly@hotmail.com

Singing Together

The next meeting of the Singing Together group will be on Tuesday 1 April at 2.00pm at the Westdale Lane Community Centre, as usual.

This is a sing-along group, not a choir. Lyric sheets are provided and we sing well known rock & roll, pop, ballads and folk songs from the 50s, 60s, 70s and even a bit beyond. We have a keyboard to help lead the music, and there may be other players.

You can just turn up on the day, regardless of whether you have signed up to the group, pay £2:00 which includes tea & coffee, and join in. There is parking on site or use Kenrick Road. The 25 and 45 buses stop right outside in each direction.

Do come along and join others for a happy and friendly afternoon of song.

Gary Cawthorne

Local History

The next meetings of the Local History group will be on :

Tuesday 1 April - visit to the new Central Library. 10:30am and 1:30pm

PLEASE BOOK FOR THIS if you would like to come along. There are currently 2 places remaining for the 10.30am meeting, and places available at 1.30pm.

6 May A 10:00am at Mapperley Park Social Club meeting room - the subject is Lord Byron.

Marian Donaldson

Family History

The Family History Group is hoping to visit the Nottingham Archives on Tuesday 29 April.

If you would like to join this outing please speak to me at the next main meeting, or send an email to [Family History](#) . There are places available for what should be a fascinating visit.

Claire Wilkie

Are you any good at proof reading? Could you help?

Our Newsletter has to be proof read before being circulated to the membership and we are looking for a small team of volunteers to do this.

The proofing copy is sent out by email at the end of each month so that it can be gone through in detail and any errors or omissions picked up for correction.

Are you 'eagle-eyed' when it comes to this sort of thing - and would you be willing and able to help on monthly basis? If so, please contact the Editor on newsletter@madu3a.org.

TRIPS AND EVENTS

We started March with a 5 day break to Bournemouth [see separate article from Geraldine](#). The second week of March we had a couple of events, firstly 'Night at the Dogs' and secondly a 'Limelight backstage Tour' to discover the world behind the curtain and learn about the amazing story of our Theatre Royal and Royal Concert Hall.



On 17 March a couple of us went to Northern Ireland. The first evening we spent in Belfast to celebrate St Patrick's Day. The City Hall was amazing! The whole city was buzzing with celebrations from families, students and adults of all ages celebrating together. There were live bands, traditional Irish Music and Dancing. Needless to say we had to also partake in a pint or two of the black stuff.



We then spent a couple of nights in Derry, walking the walls, visiting the Museums and enjoying the craic and more live bands and returned to Belfast on Thursday for the final night and a tour of the City Hall.

Another Fab break, but shattered!

To end the week some of our members went to Mapperley Plains Social Club to watch 'Fab4 Returns'. Here are some comments:

- *It was fantastic... The DJ was brilliant, and the band was excellent... they got so many people dancing and singing along...Just the right amount of people attended which is spot on, everyone got a seat*
- *Fab 4 were good, had a nice night*
- *Tickets were waiting at the door as arranged. The play list was similar to last time. They hope to be back in 2026. Lots of dancing.*

The final event of March was Afternoon Tea and Garden Talk at the Mapperley Plains Social Club.

Coming up -

07/04/25	Stamford day trip – full
19/4/25	Criccieth – 5 days – £309 - All booked may be twin places left
28/04/25	Heritage Museum Open Day @ Hucknall by Tram/Bus
17/5/25	Queen Rhapsody @ the Arts Theatre £22
10/05/25	Salute to the 40's at Mapperley Plains Social Club – £15 - Evening event – Still places There is also a free daytime event celebrating the DD Anniversary on the same day - £1 entry fee
20/05/25	Buxton Day Trip -£20 - 3 places *
21/05/25	Galleries of Justice 11.00 am - £10.95pp. If you have booked this please transfer the monies to the u3a account using the code GJ2105. - 5 places
	Some members will be going for a meal following the Galleries visit – let us know if you want to join us
	Grease – Fletchers Theatre Level 3 Musical Theatre Option 1 Code GR2105 £6.50
22/05/25	Grease - Fletchers Theatre Level 3 Musical Theatre Option 2 Code F2205 £6.50
31/5/25	Blackpool 5 days £335
6/6/25	Class of '69 – Our MaD AmDrammers Performance £12.00pp Tickets available soon
19/06/25	Eyam day trip –£20 - 5 places *

Coming up - continued

03/07/25	Trentham Gardens & Monkey Forest £40pp TG0307 – only 2 members interested – will cancel next month if no further interest
09/07/25	Yorkshire Sculpture Park* – £30 - 1 place
16/7/25	County Ground Tour £10pp CG1607 4 places
19/07/25	Clipstone at War – currently only 6 members have shown an interest so we may look at car share for this event as we need 16 for a minibus. Will be in touch nearer the time with those members who have shown an interest
21/07/25	Bakewell Day Trip* £20 – 4 places*
25/07/25	Ales, Rails & Witches of Pendle – £269 - 3 days
26/07/25	Motown Night (MPSC) £20
30/07/25	River Cruise/Lunch – £27.25pp - last chance to book

* These trips are by minibus so therefore require 12 to run at this cost.

Great Days Out with Nottingham Heritage Vehicles who have the following trips in April.

If you're interested please contact Simon Lowings direct - Email: simon@nhvc.co.uk Mobile : 0797110549.

Feedback has been very good for these trips.

06/04/25	Bowness on Windermere	£30.00
12/04/25	Grassington & Harrogate	£30.00
13/04/25	Brooklands Museum	£54.00
18/04/25	Cotswolds	£27.00
21/04/25	Oxford	£27.00
21/04/25	Didcot Railway Centre steam day	£48.00
26/04/25	Bakewell food festival & Chatsworth (not inc admission)	£27.00
27/04/25	Whitby	£30.00
27/04/25	Pickering for North Yorks Moors Railway & town	£30.00
28/04/25	Museum Open Day @ Hucknall by Tram/Bus	free

George was about to turn 80 and his pals thought it would be hilarious to get him an 'escort' for his birthday present.

His birthday comes around and he meets all the guys at a swanky hotel in the countryside for a weekend of golf. They have a fantastic evening - great meal, a few bottles of wine and lots of reminiscences about their good old days. He notices that they keep nudging each other and sniggering but won't tell him why. He's also a little miffed that they haven't got him anything for his birthday.

After they finally part company and George is settling down in his room there comes a knock on his door. He opens it to find a gorgeous woman standing there smiling at him.

"Hello" says the woman "I'm your birthday present from the guys. I'm here to give you super sex."

George thinks for a while then says "I'll take the soup."

FROM OUR MEMBERS

Visit to Bournemouth

The trips and visits group visited Bournemouth and were lucky enough to get the most amazing weather for March! We travelled with Alpha and stayed at their hotel close to the town and beach. I was pleasantly impressed when we arrived at the grand facade and interior and the rest of the hotel didn't fail to continue to impress either. The rooms and social areas were excellent and included an indoor pool, whirlpool and sauna which were definitely appreciated.

Included in the cost were trips to Salisbury and a tour of the New Forest and Lyndhurst. The food and hospitality were very good.

It always surprises me when new members join, stating that they are joining for our trips and visits, but then we sometimes struggle to get sufficient numbers to make a trip worthwhile.

Our Trips and Visits team work so hard to plan an itinerary that appeals to our members, but they are not mind readers - so if you have an idea of where you would like to go or places you might like to visit, let us know. We will do our best to accommodate you.

Geraldine Chaffe



Theatre Royal Tour

Our guide to the tour of Nottingham Theatre Royal was a Victorian actor-Ezekiel Bone!* His knowledge of the theatre and its history was prodigious, with hardly a moment between delivery of each available fact!

The theatre was designed by Charles J Phipps and was built by the Lambert brothers, Lace manufacturers. The first production was Sheridan's *'The School for Scandal'* which opened on 25 September 1865. In 1897 the theatre was remodelled by Frank Matcham, and the work included building new dressing rooms, and balconies without supporting pillars.

Ezekiel took us onto the stage to view the auditorium, which originally held over 2000 people - now it can hold nearer 1200. The stage itself can be enlarged by removing the first two or three rows of seats.

The theatre made history with the World Premiere of *'The Mousetrap'* in 1952. It was again remodelled and extended between 1976 and 1978, reopening on 6 June 1978.

Ezekiel took us back stage, which is a large area, and on one side, where once the County Hotel stood, is an enormous space which can cope with two lorries being driven in through an extremely large door.

All in all, it was a super tour, conducted by an excellent host, who is also known as Robin Hood, or in reality, Ade Andrews.*

Thank you, Marian and Paula for arranging a really super morning.

Claire Wilkie



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](#)

[German Conversation & Culture](#)

[Italian Speech](#)

[Knit and Natter](#)

[Literature](#)

[Local and Live Music](#)

[Local History](#)

[Lunch Club](#)

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[Play Going - Playhouse](#)

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[Ukulele Group](#)

[Walking](#)

[Walking - Strollers](#)

[Walking - Walk in the Park](#)

[Wine Appreciation](#)

[Wine Bar](#)

NEWS FROM THE GROUPS

[Photography](#)

The themes for the Photography Group in March were 'Winter' and 'Get Close Up'. As always there were some wonderful images.

You can view the photographs by clicking on the following links, or by visiting the [Photography](#) page of our Mad Website.

[Winter](#) and [Get Close Up](#)

If you would like to know more about this group, which meets monthly via Zoom, please send an email to photography@madu3a.org

Sue Cullen

[Curry Club](#)

The Curry Club went to a different culinary continent in March - 30 members visited Chung's Cantonese restaurant and had a great meal.

A really enjoyable evening. We shall be back to curry in April.

Sue Cullen

[MaDAmDrammers](#)

The MaDAmDrammers performance this year will be a play entitled *The Class of '69*. Rehearsals have begun in earnest and the players are preparing for a one-off performance - not to be missed.

The Class of '69 is a play about a school reunion where ex-pupils meet up to reconnect with their old class mates.

'55 years after leaving school some bright spark decided to organise a school reunion. Life seemed to get in the way of organising a get together before, but have they left it too late? After months of planning and reaching some dead ends (literally) when reaching out to old school pals, the night is finally here. What secrets and lies will be uncovered and is it too late to rekindle old friendships and settle old scores'

The Class of '69 (a school reunion)

Friday 6 June 2025 at 7:00pm

Venue: Bonington Club, High Street, Arnold.

Tickets: £12 to include light snacks and a free raffle

Tickets will be on sale shortly.

Linda Stevenson

One nice thing about being old is that you can hide your own Easter eggs and have fun finding them

Wine Appreciation

Can you identify a Chenin Blanc, Pinotage or Beaujolais without seeing the label on the bottle? No? Well neither can we! Actually one person did get all three white wines correct, and two people were able to identify all three reds. As for the rest of us...

Well to be fair, most people did manage to get some of the wines right in the 'blind tasting' that Sue planned for us this month. Plus we had a lot of fun comparing and contrasting the wines she presented us with.

We may not always know what we are drinking, but at least most of us know what we like!

Thanks, Sue, for a lovely (and very educational) afternoon.



Maggie Grimshaw

Local and Live Music

Kimbers Men

A group of 11 members of the Local and Live music group enjoyed listening to Kimbers Men at St Paul's Church in Daybrook.

They are a very accomplished Sea Shanty group, with wonderful harmonies. The setting of the lovely church was perfect for that type of concert, although we all agreed next time we would take a cushion!

A great local evening of music with free tea and bikkies during the interval.



Eileen Braham

Crazy Little Thing called Pub

This was a completely new and unknown event to the Local and Live music group and only 3 of us were brave enough to give it a go.

We had a wonderful evening at the Malt Cross charity pub in town where Abi Moore, a local choir leader and performer, amazingly turned the large number of us into 4 part harmony singers. The song chosen was, Ironic by Alanis Morissette, which is definitely challenging enough without the 4 parts, but we managed it with Abi's very able coaching.

We intend to go again in the future, so please be brave and come and have fun singing, whatever your level of ability - as Abi said everyone can sing.

If you'd like to hear the end result [click here](#).



Eileen Braham

German Conversation & Culture

We had a very enjoyable meeting on 18 March. Once again the sun had its hat on and although chilly it was very pleasant.

We read, translated and discussed two articles from Nachrichten Leicht. The first about the recent Parade of the Planets which will not be seen again over European skies until 2040. A discussion arose over which of our members were lucky enough to see the amazing sight. We also discussed the plight of the two astronauts, making recent headlines, having been stranded in space for over eight months.*

Our second article explained how left over food from an exhibition called Fruit Logistica, taking place in Berlin, was being distributed to needy people by a group of 500 volunteers. The exhibition showcases new varieties of fruit and vegetables. Fruit that has a short shelf life is used to make marmalade.

We read out some interesting sentences which incorporated our study verb Nehmen.

Coffee and biscuits were enjoyed whilst having our usual light hearted chat. Pat and Joy are looking forward to their upcoming visit to Spain. Julie and Arthur are visiting several islands, including Mull and Gigha at the end of April. Sue will also be visiting Arran whilst on a coach trip to Scotland.

Our next meeting is on 15 April 2025.

Joy

**The astronauts are, thankfully, now safely back on earth*
Ed

Local and Live Music

Sunday Lunch at The Lion

Some of the Local and Live music group enjoyed music from a trio called 'Mucky Slide' and a tasty Sunday lunch at The Lion, in Basford.

This is a great pub - lovely atmosphere, good beers and food, good company and music. What more could you want?



Sue Cullen

Ale & Cider Group

Our March get together involved a trip into town to enjoy the range of drinks available at The Malt Cross on St James Street. The Grade II listed building was constructed in 1877 and was in use as a music hall until 1914. Following that it has been occupied as storage warehouse, an Italian restaurant, and a coffee shop.

With funding from the Heritage Lottery and other sources it's original music hall beauty has been restored.

It had to close in 2018 and it was a difficult and uncertain time for the building until Nottinghamshire YMCA stepped in to save the venue, which is now run by a charitable trust.

All bar and kitchen operational surplus is donated to the work of the YMCA Robin Hood Group. Probably one of the few bars in the county where you will find coffee and cakes at one end of the bar and beer pumps at the other end.

Dean Smith

Knit and Natter

The Knit & Natter Group meets at the Baptist Church on Westdale Lane on the first and third Friday afternoons of every month.

You could be an experienced knitter like Ali Gove-Humphries who is currently knitting a complex tea cosy and can be seen in the photo here with a beautiful cat she has finished making. Or you could be new to the craft and wanting to learn to knit or crochet. Either way, you can contact Elaine Khan or Linda Randall via email to knit@madu3a.org and give it a try, and enjoy some lively conversations as well as learning or improving your crafting skills.

Carolyn



MaD Growers

The MaD Growers, part of the original gardening group, met for the first time this month. Based on a questionnaire completed by members of the group there was a clearly defined 50:50 split between those preferring to keep the group in its original format and those who wished to increase their skills and knowledge of gardening, and this new group was formed from this split. Unfortunately no one has offered to run the original gardening group so they have not yet been able to start monthly meetings. However, visits to open gardens arranged by the MaD Growers will be opened up to include the original group too.

Eleven members of this new group had a very enjoyable meeting. One thing we talked about doing is an idea from the Gardeners World magazine called 'Make a metre matter'. The magazine suggests different ways to use approximately one square metre to make a difference to the biodiversity of our plot. Some have expressed a desire to make a dedicated patch for pollinators, a pond or wildlife habitat and we decided that, if space is lacking, a pot will suffice. We will share some of our results later in the year.

Another new idea is a regular 'What's looking good in the garden this month'. We shared photos of plants in our gardens that are looking good at the moment. We had some beautiful photos - hellebores featured very highly but the group chose Chionodoxa to highlight for the March newsletter which was put forward by Glenis whose description is :



A beautiful small flower to cheer the garden at the start of spring. Purchased in a small bulb pack a couple of years ago, they happily pop up each spring. Apparently it spreads itself quite easily so there should be more to look forward to in the future.

Pauline Reed

Walking - Walk in the Park

There were 14 walkers and three small dogs at Gedling Country Park, making the best of the free parking before the charges come in. We were warm in the sunshine and chilly under clouds. The views were quite clear across to Newark and beyond. As usual, the chatter was non-stop. Some of us stayed for a welcome hot drink at Café 1899.

The next walk will be on Friday 11 April at Bestwood Country Park. Luckily for us, Val Wilkinson knows the park extremely well and she will give us guidance on the most suitable route on the day, depending on the weather and the walkers' preferences. Those who are registered with the group will receive an email nearer the time with all details.

If you are not already registered and wish to join us for walks in the many lovely parks available to us on the second Friday of each month, please send an email to walkinthepark@madu3a.com and you will always receive the full details of where to meet etc.



Carolyn Luckhurst

Walking

I led a lovely spring walk on the morning of 21 March from Fiskerton over to Morton.

There were 10 members and Tatty the dog.



Lesley Harrington

Ukulele Group

The group is improving and growing and the enthusiasm is infectious. We meet weekly on Thursday afternoons in the Baptist Church on Westdale Lane.

It's surprising how quickly you can move from being a complete newbie to joining the more experienced group. You don't need to have your own instrument as everything is provided for you to help you get off to a good start.

For more information, please contact Rose Mawer ukulele@madu3a.org.



Carolyn Luckhurst

Fun fact: if you drink enough wine quickly enough, Fitbit thinks that you are running

Art Appreciation

Some of our members took the opportunity to attend one of the showings of *The Dawn of Impressionism*. Filled with actors reading the artists' own words, the film concentrated solely on the first exhibition as their momentous breakaway from the Salon and the staid art establishment of the day. A narrow focus, but an interesting angle on perhaps the most popular and influential movement which paved the way for artistic freedom and innovative ideas. I personally was not fully aware of all the exhibitors, only a few of the famous paintings exhibited, nor of those paintings by established accepted artists invited to give the exhibition respectability. A surprise to many in the cinema I think!

At our meeting at the end of March, however, we looked at Artists and their Mums, as Mothering Sunday was close by. We covered a wide selection of artists in different countries over an historic timescale as well as contemporary artworks, and from different movements. Artists both familiar and also perhaps unfamiliar - arresting, and even surprising, depictions were viewed, alongside information on their often very different relationships with their mothers.



Van Gogh:
Post-Impressionist



Salvador Dali:
Surrealist



Guido Reni:
High Baroque

This month we **were** intending trialling the larger venue to accommodate all members. However, problems arose as we went in to set up, the biggest being that the screen was disconnected and awaiting an electrician so, prior to everyone's arrival, we hastily set up in the bar - the best laid plans!!

My thanks go to Sue Hillery for stepping in for Pat Smith to take both the register and room hire contributions; she did a sterling job, particularly re-directing members with the room change. Fortunately, with around the same monthly numbers attending, we found the bar area, although comfortable and most suitable as an alternative to the Games Room, would certainly not accommodate more than the Games Room. Members, however, voted to try the main hall again (particularly 'waitlisters'!), but at time of writing the venue for April is yet to be confirmed. Watch out for my email early next month!

Good news though. Because I now have sufficient spare funds for any emergency or unforeseen events etc, I am reducing the room contribution (whichever room it is) to **£2.00**, my original intention when I started the group in September; much fairer, now we have a contingency fund.

In April with the official arrival of Spring and Easter we'll be looking at Re-birth associated with the Season, again a themed presentation covering many genres and artists across different countries. As ever, please click on the heading above to view the website details.

Jo Wilson

Breakfast Club

In March the Breakfast Club enjoyed breakfast at Bronte & Co in Sherwood. The food was delicious and plentiful and the place is definitely worth a return visit.

I had the Turkish breakfast, which was a wonderful mixture of delightful things!

Next month we shall be returning to the extended Old Flower Shop.



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.

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 April and Thursday 1 May.**

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

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

You know you're old when you go to bed at the time that you used to go out

GENERAL MEETINGS

March's General Meeting

The Nottingham's Royal Garden - Martin Stott

In March, many of us turn our thoughts to the outside and gardening so it was a delight to hear Martin tell us about a jewel in Nottingham's crown - the garden at Bromley House Library. Martin, a former BBC journalist, gave us an entertaining and humorous talk with excellent visuals.

Bromley House Library's setting is a Georgian town house on Angel Row. It is easy to walk by and miss it, but if you get the chance it is well worth a visit.

The house itself was built in 1752 by George and Mary Smith. Mary had royal connections, being related to James I and Prince Rupert - this is why Martin feels that the garden could be named The Royal Garden.

George Smith owned Smith's bank and his house was literally 'above the shop' - the banking hall. After a scandal involving George and Mary's son, the house was finally sold in 1820 to the Nottingham Subscription Library, a private members library, for £2,750. A loan from Smith's bank helped them finance it.

Bromley House was the intellectual heart of the city until the University was opened, and has a lovely interior with a spiral staircase and its own Meridian line. The library is thriving today. It has 50,000 books and 1,700 members. The librarians buy 1,000 new books every year.

Bromley House garden is one of the rarest Georgian town gardens in the country. There are two parts to the garden - the courtyard garden and a raised pleasure garden. Comparisons with a similar garden discovered in Bath proves its authenticity - an oval centre surrounded by York stone paving and three large circular beds. The garden looks tired at present but it has many original features, including two stones engraved with the initials of George Smith. One of the finds was a Georgian brick complete with thumbprint!

Because it is so rare, a garden conservation team is currently working on its restoration and conservation, but they face a huge challenge. Bromley House Library has never had a lot of money: even when it was first founded they had to rent out rooms to make ends meet. In the past they have also sold off some of their richest assets, like rare books.

The plane trees planted in 1875 are lovely but their leaf fall and roots are causing big problems, lifting up paving. Many slabs are cracked and the concrete is uneven. Walls need repair and the oval path needs new gravel. But, they have had some help. Four years ago they received a £24k donation from the Lady Hind trust and that has now increased to £60k.

They have had lots of surveys done and thought carefully about the planting of it.

Martin has enlisted the voluntary support of some of the best historical experts in the country - people like Todd Longstaffe-Gowan, Gary Thorogood-Page and Ann Treneman of the Times as well as rose experts. Martin shared the concept design with us and I expect many of us are now looking forward to the opportunity of seeing the garden.



If the new plans become a reality, the garden is the first thing you will see as you enter the house. It will be wheelchair friendly, have lighting and there will be a big garden room where meetings can be held. It will also have a disabled access toilet.



This is a very expensive project but it has a very noble aim - to reference the past, reinforce the spirit of the place, yet respond to today's needs and consider future generations. Above all, to make it more accessible to all Nottingham people. Bromley House are seeking further grants and also fundraising.

If you wish to donate to support the redesigning of this garden, you can do it via the website - bromleyhouse.org

Alison Gove-Humphries

FUTURE GENERAL MEETINGS

Thursday 24 April: Simon Croson - The Bee Keeper's Year

Simon will talk to us about the Bee Keeper's year. He is intending to bring a range of products to sell - honey, candles and polish.

Thursday 22nd May : Nottingham Blood Bikes

Nottinghamshire Blood Bikes was formed in 2013 and is a registered Charity. The volunteers undergo regular, documented training, ensuring the safe and effective transportation of vital items such as blood products, patient samples, medical files, surgical equipment, medication and much more. They provide an out of hours transport service for NHS partners.

This is a charity and there will be a collection at the end of the talk.

Thursday 26th June : Richard Whitehead MBE - Paralympian

Paralympic Gold Medallist, Marathon Runner, Diversity & Inclusion Champion and Motivational Speaker.

Richard is a double gold Paralympic medallist, 4 x World Champion and European Champion.

Born and raised in Nottingham with a double through-knee congenital amputation, Richard developed a passion for sport at an early age. His parents encouraged him to participate in sports and taught him to live a life without limits.

In 2021 Richard Whitehead MBE set up the Richard Whitehead Foundation to help disabled people be happier and healthier.

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, Liz Hagan, Andrew Harper, Carolyn Luckhurst

Your Committee 2024-25

Valerie Wilkinson	Chair	Amanda Knight	Committee Member
Geraldine Chaffe	Vice Chair	Lesley Harrington	Committee Member
Elaine Lindley	Business Secretary	Liz Hagan	Committee Member
Joan Davis	Treasurer	Pat Smith	Committee Member
Linda Randall	Membership Secretary	Sheila Ward	Committee Member
Alison Gove-Humphries	Groups Support }	Sue Cullen	Newsletter & Tech Support
Eileen Braham	Groups Support }		

NEWSLETTERS

[Gedling Community and Volunteering newsletter](#)

[Libraries - What's on at Inspire this April](#)

[Neighbourhood Watch - April 2025 Newsletter](#)

[u3a Friends Newsletter - March 2025](#)

[u3a Friends Bitesize Newsletter - March 2025](#)

[Notts Network meeting held on 22 January 2025 -](#)

[Minutes](#)

[Network and Peer Support Groups document](#)

PUZZLES

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



The Little MaD Quiz

1. Which vegetable is known to the Americans as zucchini?
2. In which film did Darth Vader tell Luke Skywalker "I am your father"?
3. Who did the CIA reputedly attempt to assassinate with an exploding cigar?
4. Weddell, Ross and Baikal are amongst the varieties of which mammal?
5. On which island were the prisons of Albany, Camp Hill and Parkhurst located?
6. In which organ of the body can the Islets of Langerhans be found?
7. *The End of History*, *Sink the Bismarck* and *Tactical Nuclear Penguin* have all been beers of over 30% strength made by which Scottish company?
8. Which two numbers flank the 20 on a dartboard?
9. Which letter in Morse Code is represented by two dots?
10. Which is the only major island of the Hebrides to be linked to the mainland by a bridge?

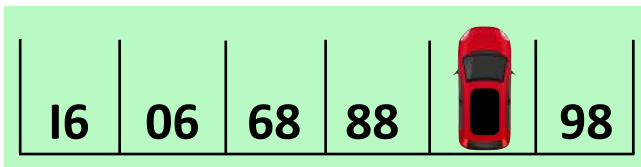
Find the heavy ball

There are 8 identical balls, but one of those balls is overweight.

You need to find the overweight ball but have only two chances to weigh them.

How can you find the heavy ball?

What number space is the car parked in?



What's the number

If $1 = 3$
 $2 = 3$
 $5 = 4$
 $7 = 5$
 Then $11 = ??$

Dingbats

What common words or phrases do these dingbats represent?

1 ByLittle	2 Crystal	3 e or not	4 A All II
5 Effect	6 All is lost	7 Aurpms	8 19716up

[Answers at end of the Newsletter - click to jump directly to them](#)

GENERAL NEWS



The cost of stamps to rise yet again

Royal Mail has announced that on 7 April the cost of a first-class stamp will rise by 5p to £1.70, and that of a second-class stamp by 2p to 87p.

The company said the decision carefully considered "balancing affordability with the increasing cost of delivering mail".

Citizens Advice described the change as "yet another blow to consumers", and said the change to the second class price was "unjust".

The number of letters Royal Mail delivers has fallen from a peak of 20 billion in 2004-05 to 6.6 billion last year. However, the price of stamps has continued to rise. Since 2022, Royal Mail has already hiked the cost of a first-class stamp five times from 85p to £1.65.

To read the article on the BBC website, click on the link - [Cost of stamps](#).

NOTTINGHAM NEWS

Two Nottingham bakeries named in top 50 list of Britain's best

NottinghamshireLive

Two of Nottingham's best bakeries have been included on a list of the top 50 across Great Britain. The Good Food Guide has revealed the top spots for bread and cakes in celebration of the nation's bakery boom.

The list is the product of expert on-the-ground knowledge from the Good Food Guide's network of anonymous inspectors, plus hundreds of miles covered on the hunt for the freshest, flakiest croissants and the most flavoursome slow-proved sourdough loaves.

And the two Nottingham bakeries, both loved by customers who describe the food as 'stunning' and 'exceptional', are **Small Food Bakery** at Seely Road, Nottingham, and **Tough Mary's Bakehouse** on Derby Road, Nottingham (opposite the cathedral) ... and we have our local artisan bakery, Coosh Micro Bakery on Breckhill Road which, whilst not being named in the top 50, sells delicious bread and is well worth a visit!

To visit the Nottinghamshire Live web site and read the article, click on the link - [Best bakeries](#).

E-Scooters return to Nottingham streets

NottinghamshireLive

An official trial of e-scooters has returned to Nottingham after the previous operator went bust.

The Old Market Square and The Park Estate are among the new 'no-go zones' which have been created as e-scooters return to Nottingham. The city council confirmed that it would be working with operator Dott to create several 'no-go' and 'low-speed zones' to improve the safety of its e-scooter trial.

Around 1,300 e-scooters were available to hire across Nottingham again from 26 March and the city council has now confirmed all the areas in which usage will be restricted. As well as the Old Market Square and The Park, the city council has also created no-go zones through the Victoria Centre and The Exchange.

Visit the Nottinghamshire Live website to read more about [E-scooters](#).

Work started on new River Trent bridge

NottinghamshireLive

Work has started on Nottingham's first bridge over the River Trent in more than six decades, which the council is aiming to be open by spring 2026. Contractors are tearing down a skate park so the new pedestrian and cycle crossing can take shape. Workers have started preparations ahead of the construction of the new Waterside Bridge, which will link Lady Bay in Rushcliffe to the new Trent Basin housing estate between Sneinton and Colwick.

To read the article on the Nottinghamshire Live website, click [New river Trent bridge](#).

HEALTH

Would you recognise the signs of a heart attack?



A heart attack is a medical emergency and you should call 999 for an ambulance immediately. It happens when there's a sudden loss of blood flow to a part of the heart muscle. Without enough blood and oxygen your heart can be seriously damaged.

But what are the symptoms?

And what should you do?

To visit the British Heart Foundation's website and read their article setting out the classic heart attack symptoms and what you should do, click on the link - [Symptoms of heart attack](#).

How to spot a mini stroke - early signs and symptoms



Although a mini-stroke isn't a full stroke, the symptoms are very similar. With a mini-stroke these symptoms go away completely within 24 hours. However, it is still an important warning sign your chance of having a major stroke in the future has increased. It can be a signal that you're about to have a full stroke, so you should take immediate action.

Spotting the signs of a mini-stroke is crucial for getting medical help and advice. This can significantly reduce your likelihood of future episodes and the chance of a more serious stroke.

To read the article on the Patient website, click [Spot a mini stroke](#).

Might Aspirin stop cancers from spreading?



Scientists believe they have discovered how the cheap painkiller aspirin can stop cancers from spreading.

In animal experiments they showed that the drug enhanced the ability of the immune system to fight back.

The team at the University of Cambridge said it was an exciting and surprise discovery that could eventually lead to cancer patients being prescribed the drug - but not yet, and people are advised against just taking the pills themselves.

Regular aspirin comes with risks and trials are still trying to figure out which patients are most likely to benefit.

Tantalising data from more than a decade ago showed people who were already taking a daily aspirin were more likely to survive if they were diagnosed with cancer.

But how?

To read more click on the link to visit the BBC website - [Aspirin and cancer](#).

Butter v Seed Oils - new evidence



The Zoe website has an article about the benefits - or otherwise - of butter and seed oils.

Although many studies have looked at the health effects of specific types of fats, like saturated fats and unsaturated fats, people don't eat fats, they eat foods.

So, in a study, the scientists looked specifically at the items consumed - butter and plant oils.

Click on the link to visit the site and read about the study and its results - [Butter v Seed oils](#).

Survival tip: if you get lost in the woods, start talking about politics and someone is bound to show up to argue with you

Favourite biscuits for taste and dunkability

We Brits love a good biscuit. Whether it's a dunk in a steaming cuppa or a cheeky mid-afternoon treat, these humble snacks are a staple of our daily lives. But with so many options, which biscuit reigns supreme?

To settle the debate once and for all, SAGA gathered a mountain of biscuits to put these beloved treats through their paces.

Click [Biscuits taste & dunkability](#) to go to the SAGA website to find out how the test worked and how the biscuits ranked.

Top 5 printer problems and how to fix them

Which?

Few things are more frustrating than a printer that refuses to cooperate just when you need it most. We also know it could potentially lead to owners getting rid of their printer. In a Which? survey of over 9,000 owners, nearly half of those who ditched their printer did so because of a fault that rendered them unusable.

Common complaints included issues with print quality, ink not delivering properly and paper feed issues. Others struggled with connectivity problems, whether with their wi-fi or their own devices.

To help you keep your printer running smoothly, so you don't feel compelled to fork out for a new one, Which? have compiled expert tips on troubleshooting common issues. And if yours can't be fixed and you're considering a replacement, they have also rounded up key advice on choosing the best new model with low running costs.

To read about printer problems, click on the link to go to the Which? Website - [Printer problems](#).

TECH & SCAMS

Spot bogus QR codes for car parking

Which?

Police forces and local councils have aired warnings about scam QR codes continuing to catch motorists out.

Quick Response (QR) codes are those black and white patterned squares you scan with a smartphone, which then direct you to a website. They have become a popular tool for scammers, with reports to Action Fraud about all QR code scams, not just parking, more than doubling in 2024 to 1,386.

These nasty scams can convince you to scan a dodgy QR code with your phone to pay for parking, only to sting you with a monthly subscription trap after gathering your personal and financial details.

Eleven local councils and police forces have taken to social media recently to share warnings far and wide about QR code scams appearing.

Which? looks at recent reports of QR code scams, explains what typically happens and how to avoid scanning a dodgy QR code - [Bogus QR parking codes](#).

Scams aimed at older people



It's perfectly normal to feel worried about scams. But good information and advice can help you spot and avoid the latest scams targeting your money.

AgeUK has an interesting article with advice on what to look out for. Click on the link to visit the AgeUK website and read their articles about phone scams, postal scams, doorstep scams, email scams, pension scams and investment scams - [AgeUK Scams advice](#).

GARDEN

What to do in the garden in April



Spring is in full swing, with tulips and flowering cherries in bloom. Expect the inevitable April showers this month but with sunny days too, when you can turn your attention to the veg plot.

It's an exciting month as you start to sow outdoors. Just watch out for frosts and keep any tender plants indoors for now.

The RHS website has lots of jobs and advice to keep you busy - [RHS Garden in April](#).

Lawn care in Spring and Summer



How you look after your lawn depends on what you want to achieve. To encourage wildflowers for pollinating insects, now is the time to stop mowing and relax, but if you want a well-trimmed, thriving green lawn, there are several things you can do in spring and summer to get it into good shape.

The RHS website has advice on how to achieve the lawn you want - [Lawn care](#).

ANSWERS TO THE PUZZLES

The Little MaD Quiz

1. Courgette, 2. *The Empire Strikes Back*, 3. Fidel Castro, 4. Seal, 5. Isle of Wight, 6. Pancreas, 7. Brew Dog, 8. 5 and 1, 9. I, 10. Skye

Find the heavy ball

First take 6 of the balls and weigh them 3 against 3.

If the overweight ball is amongst those 6, take the three balls which were heavier on the scale, remove one and weigh the remaining two.

If the scales are uneven you have the heavier ball; if the scales are balanced then the ball not weighed is the heavier.

If, when weighing the 6 balls the scales are even, then weigh the two remaining balls to find which is the heavier.

What's the number

The answer is **6**

Because 'eleven' has 6 letters

Parking space

The car is parked in space **87**

This isn't a maths question! Flip the image upside down, you'll see it's a simple number sequence

Dingbats

1. Little by little, 2. Crystal clear, 3. Ready or not, 4. All in all, 5. Domino effect, 6. All is not lost, 7. Up in arms, 8. Quarterback

Interesting fact: a shark will only attack you if you're wet

And finally ...

Words that sound ridiculous but are real -

Callipygian : Having shapely buttocks

Ballyrag : To bully or annoyingly tease someone

Bumbershoot : A whimsical and colloquial term for an umbrella

Collywobbles : An uneasy feeling or ache in the stomach, often due to nervousness

Deliquescent : Having a tendency to become liquid

Floccinaucinihilipilification : The act of estimating something as worthless

Flummery : A soft jelly or porridge made with flour or meal, or more commonly used to describe an empty compliment

Frippery : Showy or frivolous clothing or decoration

Gumbo : A thick stew, especially one made with rice, okra and meat or seafood

Gambo : A low, flat farm cart

Hootenanny : A lively party or gathering, often with music

Kerfuffle : A commotion or fuss, often caused by a disagreement or misunderstanding

Kenspeckle : Conspicuous

Pope : Rough and choppy waters, typically referring to seafaring conditions

Lollygag : To waste time or mess around

Omnishambles : A situation that is a total mess or disaster

Perissology : Being overly wordy

Slumgullion : A cheap meat stew

Syzygy (Pronounced: sy-zy-ghee) : When three celestial bodies are almost aligned in a straight line

Unked (Pronounced un-ked) : Strange, weird, ghastly

Whiffler : A person who dodges arguments through evasion; changes course often

Quincunx : A group of five things arranged in a particular way

Verklemt : Seized with overwhelming emotion

Widdershanks : A direction or way that is opposite to the normal or expected way