



Musings from the Chair

It is hard to believe that it is still Spring after the long dry and warm spell we have been having. It seems however that the onset of summer is going to be a bit more unsettled. Our gardens definitely need the rain, but we have been able to take advantage of the dry Spring with our walking groups and other groups that have taken the opportunity where they can to be outside.

However, now we are moving into summer it is time for me to start talking about succession planning in our u3a.

As I imagine everyone knows we have to have a Chair, a Secretary and a Treasurer to permit our u3a to operate, and along with other volunteers who are prepared to stand - they are Trustees and they form our committee. We have an AGM annually in September and the Committee positions are up for election. It is very important that we have new blood onto the Committee each year to introduce new ideas and experiences and indeed some members of the Committee will want to stand down, or will have to because of the length of time they have served. We have a lot of new members and I'm sure there will be some among you who would relish the opportunity to become more involved. Perhaps you could think about it and if it might be something you might consider, speak to any Committee member.

I would also like to extend an invitation to anyone who is considering coming onto the Committee to come to one of the Committee meetings to see how we operate and to satisfy yourself that none of us has two heads! Time wise, we have one Committee meeting a month, on the Tuesday morning of the week preceding the general meeting. This year we don't need to replace any of the 3 main positions but we do need Committee members without specific jobs initially, but who might be prepared to shadow or take on a role at a later stage.

Enough of the serious stuff. Time for the amateur dramatics performance. I hope that our MaDAmDrammers are ready to entertain on 6 June in the '*Class of 69*'. Dare I say "Break a leg" - not literally of course, but I hope it all goes well. I shall be away again on the performance date on one of my planned holidays so I look forward to hearing about it, seeing some photos and reading a review in next month's newsletter.

For everyone with trips planned, or holidays booked this month, or indeed in whatever way you are spending your time, I hope you enjoy it and I look forward to seeing you at our next meeting or perhaps at one of our interest groups.

Val Wilkinson
Chair

Save the Date :

General Meeting

Thursday 26 June at 10:00am

Jump to :

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

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

[Trips and Visits](#)

NOTICES

Meetings for New and Prospective Members

There will be NO new members meetings in June, July & August 2025.

Any new or prospective members are welcome to come to one of our general meetings.

If they wish to arrive at 9.30am the membership desk will be open for a chat.

Data Debate with the Office for National Statistics (ONS)

Join this interactive in-person event to share your thoughts on data collection. Exclusively for u3a members, in partnership with ONS, members will be asked about when and how they share their personal information, as well as their views on the sharing and usage of that data. There are only 50 places available so please don't delay in booking your place!

When: Thursday 12 June from 1:00 - 3:30pm

Where: [Mercure Nottingham Sherwood Hotel](#), 296 Mansfield Road, Nottingham NG5 2BT

Refreshments will be provided and travel expenses will be reimbursed up to a maximum amount.

To find out more and book your spot: <https://www.eventbrite.co.uk/e/1335288968249/?aff=oddtcreator>

Listen Engage and Participate Event

You are all invited to a public event organised by Nottingham Trent University.

The next LEAP (Listen Engage and Participate) series of engagement events at Nottingham Trent will happen on **Thursday 19 June**.

Where: Nottingham Trent University, Newton Building, Lecture Theatre 4, Goldsmith St, Nottingham (very easy by bus)

Start: 5.30 Refreshments with post talk drinks and canapés

Two speakers:

Dr Jayakumar Vadakekolathu will tell you about his ideas on how immune systems might be able to recognise and attack cancer cells.

Dr Jehan El-Jawhari has some ideas about how our own bone marrow can be used to fight blood cancer. And they are both keen to hear what you think. So come along - it is an open public event and all are welcome.

Refreshments are served before and there is a chance to chat with the researchers over a drink and canapés afterwards.

For more information and to register for the event please see

https://www.ntu.ac.uk/about-us/events/events/2025/5/l.e.a.p.-cancer-event/_nocache

NEWSLETTERS

[u3a Friends Newsletter - May 2025](#)

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

[Neighbourhood Watch - April 2025 Newsletter](#)

[Gedling Eye - May 30](#)

TRIPS AND EVENTS



Our first event in May was Salute to the 40's at the Mapperley Plains Social Club. A few of our members attended and reported a great night with acts/songs from Vera Lynn, Flanagan & Allen, Andrews Sisters, Gracie Fields, Harry Lauder, Marie Lloyd and George Formby. The evening finished with a 1940's sing-a-long that was enjoyed by all.



We also enjoyed Queen Rhapsody at the Nottingham Arts Theatre, reliving the magic of Queen with an exceptionally talented four-piece band.

Mid May we went to Buxton by mini-bus. David did a great job leading some of us on the Heritage Trail. There was also a vintage car auction taking place so lots of vintage cars being displayed. The trail took us to the Crescent designed by John Carr and built by the 5th Duke of Devonshire in the 1780s. The building has been restored to its former glory and reopened in 2020 as an 80 bedroom 5* Hotel and Spa. **The Natural Baths**, to the left of the Crescent, on the site of the original Roman Bath, were built between 1851 and 1854. They too have been restored and form the centre piece of the health and wellness spa. Presented to the town in 1940, the prominent **St Ann's Well** is constantly fed with thermal spring water at a temperature of 27.5°C and stands next to the Pump Room.

The Pump Room was built in 1894 by Henry Currey as an addition to the 'water treatments' of the time. In use until 1981, it is now open as the Buxton Visitor Centre. To the right of the Crescent is the **Cavendish Arcade**. Originally designed as hot baths in 1854, it now serves as a boutique shopping arcade. It features an original plunge bath and the interior still has most of its Minton tiling. The striking glass barrel vaulted ceiling by Brian Clarke was installed in the 1980s when it was transformed into the arcade.

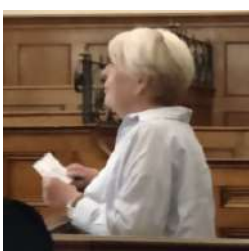


At the top of The Slopes, stands the imposing **Town Hall**, designed by William Pollard in 1889. The **Old Hall Hotel**, the oldest building in Lower Buxton, was originally built by the 6th Earl of Shrewsbury and housed the captive Mary, Queen of Scots, who visited a number of times between 1573 and 1584 to take the waters. On Water Street, past the colonnaded town houses of The Square, is the **Buxton Opera House** designed by Frank Matcham, it was opened in 1903 and restored in 1979. We also saw an original '**Penfold**' Victorian **Post Box** installed in 1867 and it is one of only a few original Penfolds still in use. **The Old Court** was Built by the 5th Duke of



Devonshire and it now houses a variety of restaurants and cafés and a Masonic Hall.

We had a full itinerary on 21 May starting at the **Galleries of Justice** at around 11am. We enjoyed a coffee/tea followed by a tour of the "Asking for it" exhibition, definitely worth a visit if you are in the area, and this part of the museum is free to enter.



Some members took part in the mock trials taking place. We learnt about the various roles in a courtroom, and how different crimes would have been sentenced, then we decided if the defendant was guilty or not guilty. We then did the tour of the museum and exercise yard to hear about one of Georgian England's favourite forms of entertainment - a public execution.



Based on real stories, we learnt about the history of execution in Nottingham - from the executioner. Whilst some members spent more time around the Galleries others went on to the **Pitcher and Piano** for refreshments and food, sitting outside in the garden area and enjoying the sunshine until it was time to move on to our evening's entertainment at Fletchers where we saw a brilliant performance of **Grease** by some very talented



youngsters. A fun filled day was enjoyed by all.

Coming up

June

- 6th "Class of 69" this year's production from our very own Am Dram Team - FULLY BOOKED.
- 8th Daytime Disco @ Mapperley Plains Social Club - FULLY BOOKED
- 16th Watson Fothergill Walk around the City - FULLY BOOKED
- 19th Day trip to Eyam - The Plague Village £20.00pp. One place has become available if interested get in touch - £20. Booking ref: E1906 (leave MPSC at 9.00am return at 5pm)

July

- 9th Yorkshire Sculpture Park - 2 places - £30 Booking ref: YSP1907 (leave MPSC at 9.00am return at 5pm)
- 16th Tour of the Notts County Ground - 2 places left - £10 - Booking ref: CG1607
- 19th Clipstone at War Day Trip by car
- 21st Bakewell Day Trip - 6 places left - Booking ref: B2107 £20 (leave MPSC at 9.00am return at 5pm)
- 25th Ales, Rails & Witches of Pendle (5 day break) - THIS TRIP HAS BEEN CANCELLED
- 26th Motown Night at Mapperley Plains Social Club - £20 Booking ref: MT2607
- 30th River Cruise and meal £27.25pp - Deposit £10 Booking ref: RC3007

August

- 2nd Loughborough Market by bus
- 6th Bromley House tour - FULLY BOOKED
- 15TH Kynren "An Epic Tale" short break
- 22nd ABBA at Mapperley Plains Social Club - Last few tickets - £10 Booking ref: A2208 - MUST BOOK
- 27th One Night of Adele at the Arts Theatre - £26.50 - Booking ref: ONA2708

Great Days Out with Nottingham Heritage Vehicles

Nottingham Heritage Vehicles have the following trips in July and August. If interested contact Simon Lowings direct please. Email: simon@nhvc.co.uk Mobile : 0797110549.

Feedback has been very good for these trips

- 19 July Bristol Harbourside Festival - £30
- 26 July Yorkshire Lavender & Malton - £27
- 26 July Eden Camp - £44
- 9 August Blackpool & Blackpool Air Show - £30

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](#)

[MaD Girls](#)

[MaD Growers](#)

[MaD Men](#)

[MaDAmDrammers](#)

[Music Appreciation](#)

[National Trust Group](#)

[New & Prospective Members](#)

[Outdoor Activities](#)

[Photography](#)

[Pickleball](#)

[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 Events](#)

[Ukulele Group](#)

[Walking](#)

[Walking - Strollers](#)

[Walking - Walk in the Park](#)

[Wine Appreciation](#)

[Wine Bar](#)

NEWS FROM THE GROUPS

MaD Growers

In May the MaD Growers met to update their progress with 'make a metre matter'. Every member is taking part and has made a start. We met in Jackie's delightful garden and made the most of the sunshine.

We also caught up on our recent trip to the Newark garden show which most of us had gone to. Our usual sharing photos of 'What's looking good in the garden this month' gave a chance to showcase our late spring gardens and our chosen plant this month was Liz Johnson's stunning azalea.



Pauline Reed

Fun Cooking with Gadgets

This month in our Fun Cooking with Gadgets group we had a challenge - using flaky or puff pastry.

We all experimented with different fillings to create savoury or sweet tarts which we cooked in the air fryer.



We had an excellent selection with combinations of tuna and cheese, sun dried tomatoes, olives and feta, cheese & bacon and sweet plum tarts.

As usual we talked about what we had made and how we could tweak the recipes before eating the results with our coffee. Having a theme worked well.

Sue is hosting next month. The theme is to be decided.



Val Wilkinson

Play Reading Group

The Play Reading group meets once a month to read an entire play.

Our text in May was '*The Lion in Winter*' by James Goldman, a modern-day classic. Comedic in tone, dramatic in action - the play tells the story of the Plantagenet family.

A very enjoyable afternoon, as always.



Sue Cullen

Wine Bar

The MaD Wine Bar meets most Wednesday evenings at 6:00pm, via Zoom - which works surprisingly well! Each week there is a wine theme, members come along to 'the Bar' with a wine to fit the given theme. We each share our opinion of the wine we're tasting, tell the group where it was purchased and the cost.

We often watch a short video relating to that week's wine.

This a very friendly group, not only enjoying tasting wine but also learning more about it. If you'd like to join us in the Wine Bar please [send an email](#) to receive the Zoom link.



Sue Cullen

German Conversation & Culture

Another very pleasant morning greeted us for our meeting on Tuesday 20 May.

We read, translated and discussed two very interesting and contrasting articles from Nachrichten Leicht.

The first covered the election (The Conclave) of the new Pope Leo XIV, the first from the USA, his greeting by thousands gathered in St Peter's Square and his first speech, as well as some interesting paragraphs on the USA, cardinals and the Vatican.

Our second, completely different article was about the recent new publication of Donald Duck comics in Leichter Sprache (easy language). Using short sentences and simple words it enables people to understand them, no matter how well they can read or understand German. Tricia researched the meaning of Leichter Sprache and apparently it is a specific version of the German Language, alongside Platt and Hoch Deutsch. Our members found this very interesting and enjoyed discussing the various forms of the language and about the various forms of comics e.g. Manga which were originally published in Japan and are popular amongst adults and youngsters, especially teenagers.

Everyone contributed some extremely good examples incorporating our study verb SCHLAFEN. We covered all manner of variations on "sleep".

Our usual lighthearted chat followed whilst enjoying coffee, tea and biscuits.

Our next meeting is on 17 June 2025

Joy Brown

Play Going - Playhouse

We shall be going to the following performances :

The Last Stand of Mrs Mary Whitehouse

Friday 12 September at 7.30pm - £18.00 per ticket

Eureka

Friday 31 October at 7.30pm - £18.00 per ticket

Sleeping Beauty Pantomime

Friday 28 November at 7.00pm - £20.00 per ticket

If you would like to join the group, or for more information, please send an email to the convener at playhouse@madu3a.org.

Lesley Harrington

Family History

Those of us who went on the visit to the Nottinghamshire Archives at the end of April had a most interesting morning.

Jamie, our guide, began by taking us to a meeting room where she told us what we could find in the building. Evidently, there are up to 5 million documents stored, made up of over 800 different types, such as letters, maps, photos, court proceedings and school logbooks, to mention but a few. The list is endless!

On tables, Jamie had placed different documents for us to look at, and, as with everything these days, there was an interactive whiteboard for people to make use of.

We were next taken to look at the storerooms, which have to be kept at 60 degrees Fahrenheit and 60% humidity, for preservation purposes. The rooms are full of boxes, files and cylindrical containers on many shelves. The newer extension of this area has an up-to-date red-piped fire prevention system.



The conservation area is probably the most interesting part of the Archives. In this room we were able to see how documents can be preserved and restored. There were several old types of book presses, which could be used on newly rebound books. We were shown how book rebinding is carried out.

Finally, we were taken into the public area of the building to see what we should do if we wish to access a document. There are several drawers containing information to help obtain a document useable in any research.



As already stated, it was a most interesting morning, and many thanks to Jamie for her guidance in the visit.

Claire Wilkie



MaD Growers

This month the MaD Growers, along with others who took up our invite (18 in all), visited an open garden at Stanley Common near Ilkeston. It is a beautiful country garden and was originally farmland which was divided among the family when they inherited it. It has many attractive features including a laburnum tunnel, rose and wisteria domes, old workman's hut, wildlife pond, woodlands and lake.

The woodlands have been entirely planted by the owners over 25 years and the meadows have many orchids in them which appeared when they were left to grow naturally increasing in number each year.

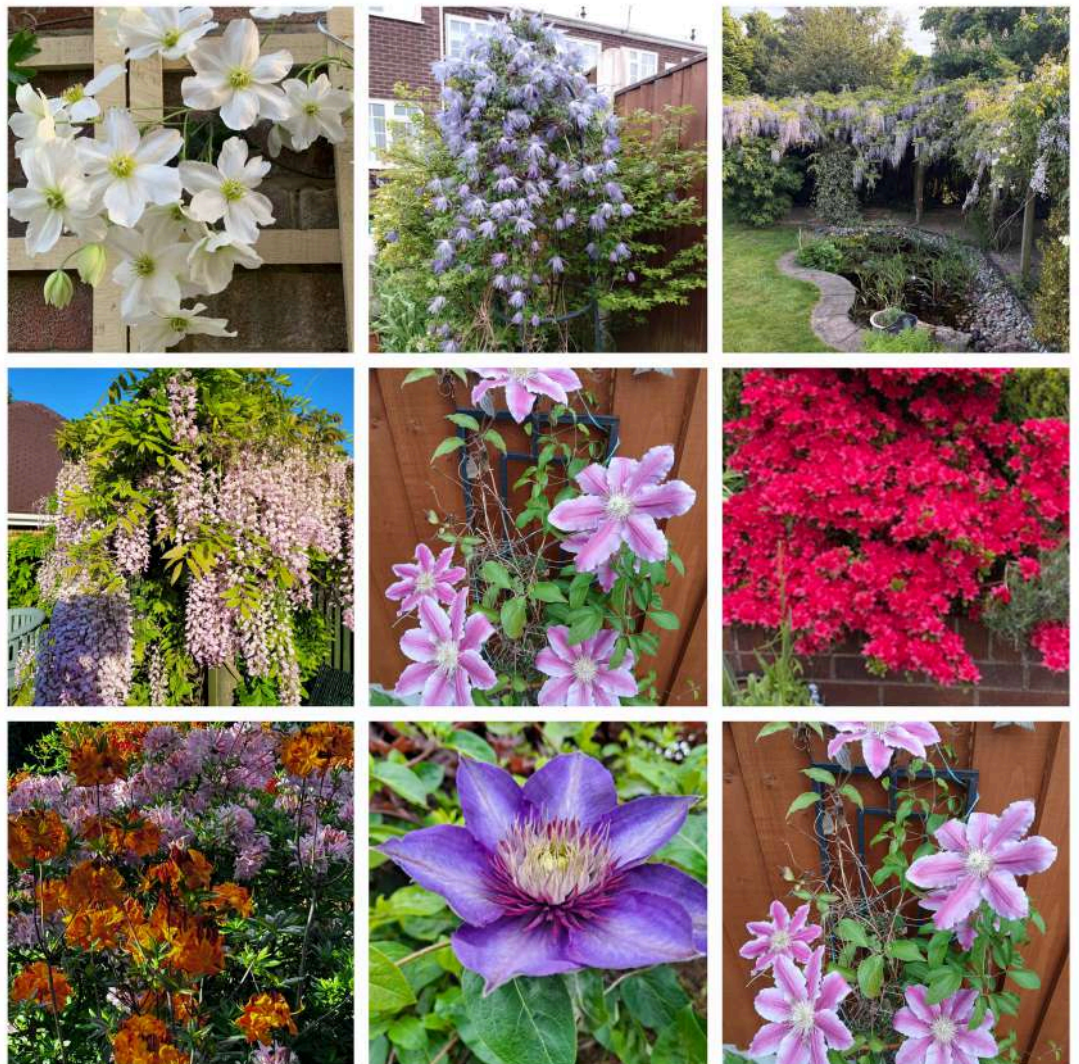
It was a pleasure to be taken on a meandering walk through the 10 acres of woodlands and meadows to a picturesque lake before returning to look around the rest of the garden where we were treated to drinks and homemade cakes. Many thanks to Val Wilkinson for organising this visit.



What's looking good in the garden this month

Here is a selection of some of the MaD Growers' own spring garden favourites that were looking good in April and May - Azaleas, Wisteria and Clematis.

Pauline Reed



Curry Club

In April the MaD Curry Club had a repeat visit to the Woodthorpe Tandoori restaurant. The food was delicious and plentiful and we had a very enjoyable evening .

This was my last organised outing as convener of the Curry Club, after having done it for 6 years. In future Linda Randall and Steve Payne will be making the arrangements, but that's all that will change - the friendly and delicious curry nights will continue.

The June outing was to the Bombay Brasserie on Mapperley Top - an old favourite where we are always well looked after and fed lots of excellent food.

Sue Cullen



Walking

On Friday 16 May 7 members and 2 dogs enjoyed a very pleasant walk along the Nottingham canal from Cossall and around Trowell.

The sun shone, the paths were dry and the company was good. Thanks to Lynne & Sheila for choosing and leading this one.

The walking group meets on the 3rd Friday of each month. Different members lead walks which are generally between 5 and 8 miles. Next month's walk which will be on 20th June will be led by Val and will be a circuit from Linby through Newstead Abbey. If you would like to join the group or you can offer to lead a walk in the future please contact Val on walking@madu3a.org.



Val Wilkinson

Outdoor Activities

Disc Golf

We enjoyed a 9 hole session of a new activity for the group. Disc golf is throwing special frisbees into baskets, round a 9 hole course. It was one of the very hot afternoons and on a challenging course due to trees, but we had great fun. I will book it again when the weather isn't quite as hot.



Alpaca Walking

Another new activity. We had a very relaxing afternoon walking alpacas and learning about the gorgeous animals and the uses of their wool and how good their manure is to gardeners.

I feel sure this activity will be on again next year.



Eileen Braham

Wine Appreciation

The Wine Appreciation had a great Viognier Day celebration at Chris Green's home - huge thanks to Chris for opening her home for us and for making everyone so welcome and comfortable.

We enjoyed some excellent wine - white Viognier, red Shiraz/Viognier blend and Pinot Noir rosé - together with lots of delicious nibbles, and we had a fun wine quiz.

A brilliant way to spend a Saturday afternoon and evening!



Sue Cullen

Walking - Strollers

The Group continues to enjoy walking in Colwick Park so that's where we will stay.

The next walk will be on Friday, 6 June, starting at 10.15 am from outside the gates to the Colwick Hall Hotel. We are happy for well behaved dogs to join us.

If you are already registered with the group, you will receive an email giving you all the details you need. Please email strollers@madu3a.org if you wish to be added to the group.

Carolyn Luckhurst

Walking - Walk in the Park

We had a glorious walk around the Netherfield Lagoons in May. It was a sunny day with lots of activity amongst the bird life on and around the lagoons.

The next walk will be on Friday 13 June. We are going to the Cotgrave Country Park and will be meeting at a roadside car park on Main Road, off Stragglethorpe Road, Radcliffe on Trent. You can also put the date of 11 July in your diary when we will once again be going to Brierley Forest Park, near Huthwaite. As both of these walks are a little further afield, they are ideal for our summer walks but you may wish to car share.

If you are already registered with the group, you will automatically receive an email nearer the time with all the necessary details. To be added to the group, please email walkinthepark@madu3a.org and I will include you in the group mailings.



Carolyn Luckhurst

Local and Live Music

A group of the Local and Live music group enjoyed another great night at Peggy's Skylight Jazz Club.

The excellent band were The Moscow Drug Club who play a range of fun easy listening music/songs with a very strong female vocalist.



Eileen Braham

Local History

Here are the dates for the next three meetings of the Local History group :

3 June - Markerside

Looking at the Sneinton Market area

Meeting held at Mapperley Plains Social Club

Meeting Room at 10.00 am

1 July - Theatres & Music Halls

This is a Walk & Talk led by Graham Woodward of the Civic Society

Numbers are limited so please book your place

5 Aug - William Booth Birthplace Museum

This is a visit to the William Booth Birthplace Museum in Sneinton, dedicated to telling the story of William Booth, his wife Catherine, their family and the role they played in the formation of The Salvation Army

Please book your place

Marian Donaldson

Art Appreciation



May's meeting looked at Art Deco - its development and range from 1925 through to the late 30's, the first half of the session, covering architecture (including our own Nottingham examples), jewellery and accessories, fashion, furnishings, the rise of consumerism and the golden age of the poster, and the innovations in transport, tourism and industry. In the second half we dealt with specific artists, featuring Tamara de Lempicka, the epitome of the Art Deco style.



On 24 June, at our next session, we'll consider 4 Famous artists the critics loved to hate but the public simply loved. 4 controversial artists where the public's opinions differed greatly from those of the critics. This division was clear from the numbers attending exhibitions and from the sales of their work, despite critics often boycotting the events. Whose side are you on for each of the chosen artists?

Joanne Wilson

GENERAL MEETINGS

May's General Meeting

Who are Nottinghamshire Blood Bikes? - Steve Clarke

Bravo to the brilliant and benevolent Nottinghamshire Blood Bikes!

I had no idea of the professional yet voluntary work undertaken by this organisation. For those not at the talk, a blood bike is a specialist motorcycle modified for use as a courier vehicle for the prompt transportation of urgent and emergency medical items. Steve gave us a fascinating insight into the work of this organisation, whose whole purpose is to support the NHS.

A short film showed us its origins in Surrey in the early 60s, the brainchild of a Mrs Margaret Ryerson. She set up Surrey's Emergency Volunteer Service to put riders' love of motorcycling to practical use supporting hospitals. Later this was formalised into a National Association of Blood Bikes in 2008 to rollout the idea beyond the south of England, and Nottinghamshire Blood Bikes was formed in 2013 with just a couple of bikers.

Nottinghamshire Blood Bikes now has 122 volunteers, a number which is always increasing. These include:

- 12 volunteer controllers who sit at home and contact the drivers or riders on call. They send them to the jobs and make a record. Steve called them the lifeblood of the organisation
- 38 riders in cars or on bikes
- 31 drivers
- A variety of other backup officers including 2 fundraisers

Recently, at Asda in West Bridgford, they raised £1,200. All this helps to fuel and maintain the vehicles.

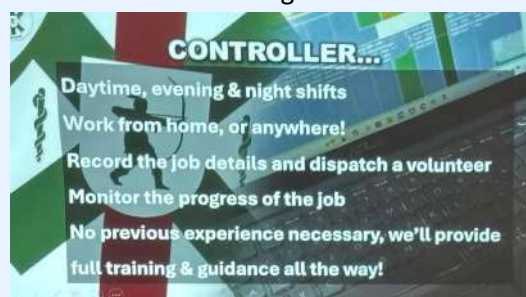
The volunteers undergo regular, documented training, ensuring the safe and effective transportation of vital items such as blood products, patient samples, medical files, breast milk, heel pricks, surgical equipment and medication. A doctor's laptop and a desk are the strangest things they have couriered! They have to know what they are carrying and how to transport it safely in all eventualities and they also need a working knowledge of the county they are working in and what doors to go to when they arrive. The NHS carry out such transportation in working hours but the

Blood Bikes cover out of hours which would otherwise have to be transported by costly taxi services.

Nottinghamshire Blood Bikes operate a rota covering 18.00 - 06.00 weekdays and a 24 hour service at weekends and bank holidays. All this at no cost to the NHS. It's important to get blood samples from place to place quickly and riders take a maximum of 30-60 minutes to get on the road even in the early hours of the morning.

Last year, they saved the NHS £190,000. Since they started in 2013 up to February of this year, they have saved the NHS £1.24 million. They have a really good relationship with Kia who provide the cars at cost price and allow them to keep the difference when they sell the cars at list price after 6 months. 99% of the fleet of bikes are BMWs and have been bought for them by such as Morrisons, CAMRA and the Masons. The government also help with the cost of some cars.

The organisation gets involved in community events, regularly attending events like steam rallies and local fetes and they are the Charity of the Year of the Ashfield Mayor and Nottingham Constabulary. The WI are strong supporters, as are Motorpoint Arena, the Panthers, Nottingham Forest, and NBSA clothing provide the organisation with clothing. Children get involved with the fundraising as well.



They completed 5,103 jobs in 2024, on average 440 jobs a month. To be a rider or driver you need a full UK driving licence with fewer than 6 points on it. The organisation is looking for more controllers who can work from home.

Thanks to all those who donated at the talk. If you wish to know more or wish to donate, please look at their website - <https://www.nottsbb.org/>

Alison Gove-Humphries

FUTURE GENERAL MEETINGS

Thursday 26 June 2025

Richard Whitehead MBE

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

Richard Whitehead MBE is a British athlete. He runs with prosthetic legs, as he has a double through-knee congenital amputation. He has set world records for athletes with a double amputation in both the full and half marathon. He is a Double Gold Paralympic medallist, 4 x World Champion and European Champion.

Born and raised in Nottingham, 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 he set up the *Richard Whitehead Foundation* to help disabled people be happier and healthier.

Thursday 24 July 2025

Amanda Harris

Amanda tells the story of her life with a visual impairment. From the doctors saying “She will never thread a needle” to running a successful business, being a professional speaker and writing her debut book ‘*She will never....*’

Thursday 28 August 2025

Judith Hedley

Judith is returning to speak to us about Jane Austen in her 520th Anniversary year.

You may remember Judith talking to us last year about a year without a summer. She is an excellent speaker and I’m sure we can look forward to another interesting talk.

Thursday 25 September 2025

MaD Annual General Meeting

There will no speaker.

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 a lot 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.

**If you can't think of a word say “I forgot the English word for it.”
That way people will think you're bilingual**

PUZZLES

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



The Little MaD Quiz

1. What make of vehicle was used as a van by Del Boy and Rodney in Only Fools and Horses?
2. House of Fun was the only single by which band to reach number one in the UK charts?
3. In Peter Pan, what was the surname of Wendy and her brothers John and Michael?
4. Joe Davis was World Champion in which sport from the first such tournament in 1927 to his retirement in 1946?
5. In which organ of the human body is the aqueous humour to be found?
6. Omaha is the largest city in which American state, whose capital is Lincoln?
7. Maximus Decimus Meridius is the main character of which 2000 film?
8. The Blue Grotto is a noted sea cave on which Italian island?
9. In which television series did Mother give orders to the main characters?
10. What name is given to rocks that don't allow water to pass through them?

Find the Number

Sarah's locker has a 5 digit number as the key
 The 4th digit is 4 greater than the second digit
 The 3rd digit is 3 less than the 2nd digit
 The 1st digit is three times the last digit
 There are 3 pairs whose sum is 11
 Find the number

Jumping from a Skyscraper

How is your logical reasoning?
 A man jumps from the window of a 50 storey building but he survives without any injuries.
 How is this possible?

Which word or phrase is the odd one out?

CATWOMAN
 DEUS EX MACHINA
 PARISHIONER
 PYROMANIA
 SCUBA

What property do these words share?

BAD
 BALL
 DAN
 MASS
 PAT
 TAN

Rebuses

What phrase or saying is represented by the following?

| | | | |
|--------------------------|--|------------------------|------------------------------|
| 1 DOft.OR | 2 GO _____ 1 June 1 June | 3 GREENNV | 4 Q Q ME |
| 5 TAKE JOB | 6 HIS.TORY | 7 KNOW IT TI | 8 SCORPIO |

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

NOTTINGHAM NEWS

Arnold Summer Fair returns to Arnot Hill Park this June



Gedling Borough Council is delighted to announce the return of the Arnold Summer Fair on Saturday 21 June, from 11am to 5pm at the award-winning Arnot Hill Park, sponsored by Willmott Dixon. The popular community celebration promises a full day of free, family-friendly entertainment, with live music, creative workshops, historical exhibitions, and multicultural street food.

This year's event will shine a spotlight on the heritage of Gedling, with a special focus on commemorating the 80th anniversary of the end of the Second World War. Visitors can explore the Victory Nottinghamshire exhibition, which highlights the impact of WWII on the county and its communities.



The main stage will feature a vibrant programme of live music and performances, providing the soundtrack to a day packed with activity. Families can also enjoy free circus and creative workshops, try their skills at the Skate Jam hosted by Skate Nottingham, or take part in youth workshops delivered by the Notts County Council Youth Service.

There will be a wide range of community and charity stalls to explore, alongside a tempting selection of multicultural street food offering something for all tastes.

Leader of Gedling Borough Council, Councillor John Clarke MBE, said: "The Arnold Summer Fair is our flagship event and a real highlight in the borough's calendar. I'm always filled with pride seeing our community come together to enjoy a day of free, inclusive entertainment. This year's focus on heritage and history, especially the 80th anniversary of the end of WWII, is a reminder of the strength and resilience of our communities. I look forward to welcoming everyone to Arnot Hill Park for what promises to be a fantastic day."

The Arnold Summer Fair is free to attend and suitable for all ages. For more information and the full programme of events, visit www.gedling.gov.uk/whatson.

NottinghamshireLive

Take a 30 minute steam train ride through stunning hidden countryside

Great Central Railway is the UK's only main-line heritage railway.

Nottinghamshire is full of stunning countryside and while there are hundreds of amazing locations we go to spend some more time with nature, some of the best views of our county's stunning landscapes can only be seen by train. Just 30 minutes from Nottingham, you can find the Great Central Railway in Leicestershire, which is the **UK's only main-line heritage railway**.

To read the article and find out more about this please click on the link - [Great Central Railway](#).

Delilah voted UKs best

NottinghamshireLive

If you're obsessed by good food, a visit to Delilah's is like being a kid in a sweet shop. Delilah Fine Foods, to give it its full name, on Nottingham's Victoria Street, has become a bit of a Nottingham institution.

Perhaps the fact that it recently won **UK retailer of the year** at the 2025 Farm Shop and Deli Awards had something to do with the bustling trade there over Easter. Whatever the reason, it's good to see an independent business with constant queues.

Click on the link - [Delilah Fine Foods](#) - to read more.

I'm at a place in my life where errands are starting to count as going out

TRAVEL

Cabin bag sizes

SAGA

SAGA has a handy guide to what you can take onboard on each airline to help you beat the airlines at their own game with the cabin bag weight and size limits.

With carry-on luggage rules changing from airline to airline, it's easy to get caught out by unexpected charges when you check-in or go through security. So, to help you navigate your way through the cabin bag maze Saga have produced an essential guide to the weight and size limits for the 7 most popular airlines in the UK, and also rank them best to worst for what you can take onboard for free. [Cabin bag sizes](#).

HEALTH

Oxford University Study

Oxford University are conducting a study, which has been approved by the University's Ethics Committee, into the health and wellbeing of older adults who spent part of their childhood in residential or foster care.

Research has shown that care-experienced adults face a greater risk of negative health outcomes compared to the general population.

The researchers are holding focus groups to understand the health and wellbeing concerns of older care-experienced adults and to explore the types of support they would like to receive from health and social care services. To read more about it click on the link - [Oxford Study](#)



If you, or someone you know, would like to learn more, please contact Jono on Jonathan.Taylor@ndph.ox.ac.uk or 01865 617912.

Warning signs of a stroke and who's at risk

SAGA

Facial weakness, a sudden headache and dizziness can all be signs of a stroke, we've got the facts from an expert.

In the UK, statistics indicate that someone experiences a stroke every five minutes, with approximately 100,000 occurring every single year. Researchers suggest that the incidence rate is increasing - driven in part by lifestyle factors and an ageing population - and will continue to do so.

With strokes being the fourth leading cause of death in the UK, it's more important than ever to be aware of what the signs are to make sure you can seek medical attention immediately.

Cognitive rehabilitation therapist [Natalie Mackenzie](#) explains who's most vulnerable, what to look out for and how to minimise your risks. Click on the link to read the article - [Warning signs of stroke](#).

Does alcohol raise blood pressure?



High blood pressure (hypertension) is a major risk factor for heart and circulatory diseases.

But, while risk factors for high blood pressure like eating too much salt, physical inactivity and obesity are well-known, the risk that comes from drinking too much alcohol is often overlooked.

Alcohol's effect on blood pressure depends on how much and how often you drink.

Alcohol can stop brain receptors that help regulate blood pressure from working properly.

To find out more about it click on the link - [*Alcohol and blood pressure](#).

** Members of the MaD Wine groups may need to have a drink before reading this 🍷*

Five simple moves to help ease neck pain

SAGA

Neck pain is incredibly common, particularly as we age - but it's not simply because we're getting older. It's influenced by how the whole body has been moving, adapting and compensating over time. For many people, neck pain is influenced by how we hold our head, the alignment of our body and how we breathe.

This pain is telling us something, but with the right approach, it's changeable.

To go to the article and try the simple exercises, click on the link - [Moves to ease neck pain](#).

Ten heart-healthy picnic ideas



Early summer means picnic season has started, but there's no need for healthy picnic food to be boring. So forget about crisps and soggy sandwiches, and go for one of these truly delicious and heart-healthy options from the British Heart Foundation's website - [Heart-healthy recipes](#).

GARDEN

Don't make these plant-buying mistakes

SAGA

Plant-buying mistakes can be expensive and frustrating.

If you've ever splashed out on a few new plants from the garden centre, only to see them shrivel up and die within weeks, you'll know the upset that plant-buying mistakes can cause. You could seemingly be doing everything right by your new flower, shrub or tree, but if you choose the wrong plant from the outset, it will have little chance of survival despite your best efforts.

Plants that don't survive aren't the only problem, either. How about those that grow to overrun your flowerbeds, or disappoint with their lack of flowers or foliage?

Shop for flowers and shrubs successfully with Saga's expert dos and don'ts - [Plant-buying mistakes](#)

The best scented roses to bring fragrance to your garden

SAGA

Whether its climbing, shrub, hedging or hybrid, Saga reveals the best scented roses for your garden, with expert advice on how to care for them.

Scent is vital in any garden: it gives more sensuous pleasure than anything else and roses can provide it in variety and abundance.

Gardening expert Val Bourne recommends the best scented roses for your garden and offers pruning tips to keep your roses blooming for longer. Click on the link to read more - [Best scented roses](#).

Open gardens in the East Midlands this summer



Open Gardens - the National UK Directory - has a list of gardens which are open in June and July - click on the link to view - [Open gardens in Nottinghamshire](#)

The National Garden Scheme gives visitors unique access to 61 of the best private gardens in [Nottinghamshire](#) and, if you want to travel a little further, 55 of the best private gardens in [West Midlands](#).

And - if you can't get to see any of the gardens in person you can view many of them online by clicking on the link - [Virtual garden visits](#)

I've perfected my garden beds through a process of trowel and error

ANSWERS TO THE PUZZLES

The Little MaD Quiz

1. Reliant Robin, 2. Madness, 3. Darling, 4. Snooker, 5. The eye, 6. Nebraska, 7. Gladiator, 8. Capri, 9. The Avengers, 10. Impermeable

Find the Number

There are three possible combinations for 2nd, 3rd and 4th digits - they are (3, 0, 7) or (4, 1, 8) or (5, 2, 9). There are 3 pairs whose sum is 11 so all possible pairs are (2, 9), (3, 8), (4, 7), (5, 6).

The required number is a 5 digit number and it contains 3 pairs of 11, so it must not have 0 and 1 in it. Hence, the only possible combination for 2nd, 3rd and 4th digits is (5, 2, 9).

Also, the 1st digit is three times the last digit.

The possible combinations are (3, 1), (6, 2) and (9, 3), out of which only (6, 2) with (5, 2, 9) gives 3 pairs of 11.

So, the answer is **65292**.

Which word or phrase is the odd one out ?

The odd one out is PARISHIONER

It starts with a capital city, the others end with a country

catwOMAN Deus ex maCHINA
PARISHioner pyROMANIA sCUBA

What property do these words share?

The 'A' can be replaced by any other vowel and still form a legitimate English word

Rebuses

1. Foot in the door, 2. Go on a double date, 3. Green with envy, 4. Excuse me, 5. Take on a big job, 6. A period in history, 7. Know it backwards, 8. Sign on the dotted line

Your Committee 2024-25

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Technical Problems?

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

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

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

Richard Hill, Sue Cullen, Liz Hagan, Andrew Harper, Carolyn Luckhurst

And finally ...

More from the A to Z of Lost Words

Kaffeeklatsch

Borrowed from German in the 1800s, a kaffeeklatsch is a chattering catch-up with friends and family over endless cups of coffee. It's a lot more poetic than the Victorian alternative: according to one contemporary dictionary, "scandal-loving women" who like to "meet over a cup of tea" were once known as muffin-wallopers

Laetificate

It's a word not much used since the 1600s, but it's one you might need today - or might be called on to offer to someone else. Quite simply, to laetificate is to lift someone's spirits

Meliorism

George Eliot coined the word "meliorism" to define her outlook on life, once writing to the psychologist James Sully to explain that: "I don't know that I ever heard anybody use the word 'meliorist' except myself." Operating halfway between optimism and realism, meliorism is the belief that the world - no matter what shape it may be in - can always be improved by the concerted effort of mankind

Nikhedonia

Nike was the Greek goddess of victory. Hedone (as in hedonism) was a Greek word for pleasure. Put those two together and you have nikhedonia - a term from psychology for the inspiring, adrenalin-raising excitement of anticipating a future success

Omnibenevolence

Just as an omnipotent person has power over everything, an omnibenevolent person exhibits kindness to everything and everyone. That endless, all-encompassing compassion is omnibenevolence

Peeled-egg

We're all guilty of worrying that the worst could suddenly befall us, but rarely imagine that something just as unexpectedly wonderful could take place. JRR Tolkien coined the word "eucatastrophe" to describe an unforeseen event of sheer good fortune, but the Scots beat him to it. First recorded in Scottish proverbs dating from the 1800s, a peeled-egg is: "A stroke of good fortune which one has not had to strive for." It was once a popular name given to farms established on land with unanticipated natural advantages

Queem

Something described as queem is perfectly calm or serene - or by extension, perfectly smooth and level. Queemness, likewise, can be used to describe perfect serenity, or perfect smoothness and levelness, while two things that work queemly with one another are either perfectly harmonious, or, like two parts of a joint, snug and well adapted to one another

Retrouvailles

Adopted from French, retrouvailles literally means "refinding" - but it's more usually understood as the French equivalent of what we might call a reunion or homecoming. Recently the word came to be used more imaginatively to describe the utter happiness or joy sparked by reuniting or catching up with someone you haven't seen in a long time. A word well worth recalling in the months ahead.