

July 2026 Issue No. 122

Musings from the chair

Looking back, it seems that I was writing my musings for the newsletter in June during the May heatwave. Feelings of déjà vu! However the extreme heat did not spoil our 10th anniversary celebration meeting this morning. The social club was comparatively cool and with 150 members it was a very special morning.



I felt so proud to have been part of our first 10 year's success and my very sincere thanks to everyone who took part and contributed- with music from Gary's singing group – who knew so many famous song writers had written about our area and our u3a; music from Rose's ukelele group; cakes and for Anna's fabulous big birthday cake; the table decorations; the gardeners'; the Amdrammers, and all those who helped out in any other way. I thought Vic's poem which gave us a history of how MaD u3a was set up was a piece of genius. What an incredibly talented bunch we all are. Next we have a barn dance in 2 days time, but I thought I could not delay writing this piece until Sunday. I just hope that the temperature dips a little by then, or I fear dancing may be less energetic than it might have been.

For myself I was just grateful to be at today's meeting and hopefully there on Saturday too. Some of you will know that I have only just come out of hospital following lung surgery. Thank you to those many members who asked after my health. Thank you all also for the lovely flowers that I received from the committee and members. I did have to leave today's celebration early as I was having stitches out, so it is now onwards and upwards, I hope. I do have to await results of biopsies taken during surgery and I'm under no illusion as to what they will show, but best case scenario is that everything suspect is out and I do not have to have further chemotherapy or radiotherapy. It's in the lap of the Gods and the wonderful NHS.

So for those of you taking your holidays next month, I hope you get some lovely relaxing experiences, and perhaps that the temperature is bearable for you. I hope to see you for our July meeting on 23rd July. Just don't expect such a delicious array of cakes then.

Val Wilkinson - Chair

Save the date : General Meeting Thursday 23rd July

Speaker : George Nelson from Mansfield. He and his brother-in-law rowed across the Atlantic to raise awareness and money for dementia charities. There is no fee for this talk, instead there will be the opportunity to donate to his chosen charities. If members could remember to bring some old fashioned actual cash money with them that would be great!

August speaker : Artist Paul Lillie

We have had so many lovely things submitted about our birthday celebrations this month that we have decided to put them all into a 'Newsletter Special Edition' – so if you have anything you'd like to share – a memory, a highlight or just a comment send it **NOW** so that we can include it

Thank you – The Newsletter Team
newsletter@madu3a.org

News from our groups

Fine Dining – Sue Cullen

The Fine Dining Group went on a 'Restaurant Tour' around Nottingham, visiting 6 different venues for a small plate of food and a drink at each. A very enjoyable way to spend a warm Sunday afternoon.

We visited Coco Tang, Delilah Fine Foods, Gusto, Bistrot Pierre, Skein and Piccoio - here we are in Delilah.



Making mirrors; now there is a job I could see myself doing

German Conversation and Culture Group - Joy Brown



We visited the Lace Market Theatre on 26th May to see Ein Komisches Talent. A free production by Theatre die Kauze performed in German. It was an enjoyable, albeit somewhat challenging experience for our group.

Our next meeting is on 21st July

Ale and Cider – Dean Smith

The June meet up was at the Johnson Arms, Abbey Street, Dunkirk. This is a popular two-roomed pub with a fabulous garden area. The pub has stood proudly on the side of the River Leen and close by the Nottingham canal since it was called the Abbey Tavern in the 1860s. Frank W Johnson purchased the building in the early 1900s and renamed the pub. It retains the original etched Shipstone's windows and is complemented by a green tiled frontage.

Local and Live – Eileen Braham

6 of the Local and Live music group enjoyed an excellent lunch at Bill's before heading to French Living where they were celebrating the historic La Fete de la Musique with free music all afternoon.

Despite the folk singer who opened the event not being great, we had a lovely afternoon.



Art Appreciation – Jo Wilson



From the ultimate Christian father figure, and the representation of Fatherhood on Earth in the person of St Joseph, this June we looked at all aspects of fatherhood. The traditional passing of skills and knowledge father to son, the benefits of entering the family business of artist fathers, and tales of duty and devotion to fathers as well as their strong position as heads of the household. We also looked at the relationships between artists and their fathers through their portraits, and the support fathers gave to their daughters in their desire to be artists at time when only marriage (and menial work outside the household) or a convent were the choices available.



Fathers and sons in art are prevalent; fathers and daughters far less so. Tales of sacrificing their sons for personal or political reasons were mixed with tales of loyalty and devotion to the father.

Despite a record hot day, I was surprised at how many members arrived sipping drinks for the talk. Fortunately, the large hall's temperature remained comfortable, and the fans kept stickiness at bay, though they were turned off at the break for auditory reasons.

Let's hope next month's presentation falls in less extreme weather!

Curry Club -Steve Payne and Linda Randall

June's location was Marsala Junction, which took us back to the beginning, as it was the first restaurant the Curry Club visited when it came into being. This time we had our own private room so we could make as much noise as we wanted, and we duly obliged with plenty of conversation and laughter.

The food was great with a choice of three starters, followed by a number of main courses including chicken, lamb and a lovely Dhal, with untold numbers of Naan breads. The staff were lovely, and very welcoming, so all in all we had a great night.

July's location is Lagan on Tuesday 21 July, which always does a very nice menu for us so hopefully see you there. An email will come out to the curry club members in early July.

A walk in the park – Carolyn Luckhurst

On 12 June, ten members enjoyed a delightful walk around the Nottingham University campus, admiring the gardens and open spaces, the lake and the water birds. We all arrived by tram together and some lingered at the end for a cuppa at the Lakeside cafe.

The walk on Friday, 10 July will start at Colwick Park and take us to the new bridge over the Trent and into Holme Pierrepont. Members who have already registered interest in this group will receive an email nearer the time. If you wish to be added to the group, please send an email to

walkinthepark@madu3a.org and you will be sent the full details of where to park etc.



Are people born with photographic memories, or does it take time to develop?

Fun Cooking group – Val Wilkinson



For June our selection of foods were containing fruit, using one or other of our gadgets to make. As you can see we had a wonderful spread - chicken & pineapple skewers, fruit smoothie, mango jellies with peanut butter & chocolate nibbles, rhubarb & apple fruity oat dessert, apple crumble, fruit loaf and fruit pavlova. Dieting is out of the question. We continue the summer theme for July with a dish that makes us think "summer"

TRIPS, VISITS & EVENTS

Brookfields Afternoon Tea & Amy Tribute - A great afternoon at Brookfields. The artist did two slots which gave us plenty of time to have our lovely sandwiches and cakes. The staff were attentive and the company was great. Looking forward to the next events which will be Frank Sinatra, Cliff Richards and Freddie Mercury – see Trips & Events programme for details.

Simply Stevie - Only two of us went to this event at Greyfriars but was fantastic! The downside was that it didn't start until 9.00ish but the artist came on as Stevie for the first slot and the second slot as herself – fabulous music you just had to dance. Hats off to the Greyfriars for giving us the opportunity to see live music at no cost!!

Coming Up

July 18 - Loughborough Market by public transport. We will meet at the bus stop on Beastmarket Hill (Old Market Square) at 10.20 a.m. which will get us into Loughborough at 11.26 in time for lunch. Drop us a message if you wish to come along so we have an idea of numbers and who we are expecting.

July 24 - Benidorm Tom @ Mapperley Plains Social Club. If you wish to go to this event you need to contact MPSC direct as we have now released our reserved tickets.

Aug 1 - Bingo Party – Sing-a-long and Bingo £10pp We have reserved 20 tickets for this event. Looks like a fun night!

Aug 8 - Buckingham Palace and London 1 night. We have booked for those who were interested but there may be places left if anyone else interested. London boasts some of the world's most famous buildings, including Buckingham Palace, and while many people can say that they've seen this impressive palace from the outside, now is your chance to explore it from a new perspective – inside! As well as entrance to the palace's magnificent State Rooms, this great-value break also includes free time to explore London at your leisure.

Aug 15 - Rumble Band @ Mapperley Plains Social Club – SOLD OUT!!



Sept 10 - Matlock by train – details to follow

Sept 12 - Kelly's Heroes @ MPSC £10pp KH1209 – 20 tickets reserved

Sept 18 - Durham, Holy Island and Beamish Break - Booked!

Hope you all had time to peruse the fantastic day trips from "Great Days Out" We are looking forward to Hay on Wye & Hereford, Norwich, Barry Island & London over the next few months – Hope you managed to find something of interest too.

Visit the website to see all the details or click the link to contact the Trips and Events Team : https://madu3a.org/u3a-contact-form?contact_id=504657

Kind regards - Trips Team

INTEREST GROUPS

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

[Ale and Cider](#)

[Art Appreciation](#)

[Badminton](#)

[Book Group 1](#)

[Book Group 2](#)

[Breakfast Club](#)

[Bridge for Beginners](#)

[CineMates](#)

[Creative Craft](#)

[Creative Writing](#)

[Cryptic Crosswords – Beginners](#)

[Cryptic Crosswords – Improvers](#)

[Curry Club](#)

[Family History](#)

[French Conversation & Culture](#)

[French for Fun](#)

[Fun cooking with gadgets](#)

[Games](#)

[German Conversation and Culture](#)

[Italian Speech](#)

[Knit and Natter](#)

[Literature](#)

[Local and Live Music](#)

[Local History](#)

[Lunch Club](#)

[MaD Girls](#)

[MaD Men](#)

[MaDAmDrammers](#)

[Music Appreciation](#)

[National Trust Group](#)

[New & Prospective Members Meet](#)

[Outdoor Activities](#)

[Photography](#)

[Pickleball](#)

[Play Going – Lace Market](#)

[Play Going – Playhouse](#)

[Play Reading](#)

[Poetry for Fun](#)

[Project Craft Group](#)

[Singing Together](#)

[Table tennis](#)

[The Bryan Ruskin MaD Jazzers](#)

[Trips and Visits](#)

[Ukulele Group](#)

[Walking](#)

[Walking – Strollers](#)

[Walking – Walk in the park](#)

[Wine Appreciation](#)

[Wine Bar](#)

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.

Notices



Putting electricals, batteries and vapes in bins causes fires | How are electricals recycled? | This World Cup, don't bench your leftovers | ...and more!

Click the link to see the full content :

<https://content.govdelivery.com/accounts/UKNOTTSCC/bulletins/41b8a3f>

From West Bridgford U3A - Anglo-Indian Heritage History interest group

Members of the West Bridgford U3A Anglo-Indian Heritage History interest group explore the rich history and heritage linking Britain and the Indian subcontinent. Meeting every eight weeks at the University of Nottingham, the group focuses on history through personal stories, family experiences and shared research.

Recent topics have included the contribution of Indian servicemen during the World Wars, family histories involving the Indian Army and missionary work, the role of South Asian doctors in the NHS, and the history of indentured labour in Mauritius.

The group has undertaken cultural visits to the Princess Sophia exhibition at Kensington Palace and the Jaipur Literature Festival at the British Library in June 2026.

Upcoming meetings will explore the colonial influence on India's legal system, Indo-Anglo textile and fashion influence and connections, and the history of Ayurvedic medicine.

This is a group that by its diverse nature is open to all members of the u3a in the region to come and have a taster and decide whether to join the group. Members of other U3As are welcome to join this group, without the need to become members of West Bridgford U3A.

For more information please contact Surrinder Kaur - surrinder.kaur@btinternet.com - mobile 07855322020

Knit and Natter Teddies Update

Further to the article in the June newsletter, Tilly and her family are delighted to report that they raffled all the teddies that were dressed by our Knit & Natter Group (and some friends) and were then able to purchase 40 goody bags and all the items they wanted to put in them. With the little bit of leftover money, they have been able to help to stock a food cupboard for the parents of children on the ward. No food is provided for parents who may spend several days with a poorly child, without a break. Tilly and her family are extremely grateful for the work done and the thoughtful care put into the lovely teddies and send many thanks to the ladies who participated.



Kind regards - Carolyn Luckhurst

u3a friends

[Open this newsletter in your browser.](#)



I visited Newton Abbot u3a last month for an enjoyable lunch where I got to know members, and I'll be meeting many more of you at our celebration of u3a at *u3a Festival 26*. I always leave these events inspired by the vibrancy of members, and how u3a can be life-changing for so many of you.

The final story of this newsletter is a feature on member Roberta. We met when I visited North Down & Ards u3a a few months ago and I was immediately taken by her passion for the u3a movement.

Now that summer is fully underway, many of you will be going on holiday or thinking of the places that you'd like to visit. Our new partnership, u3a getaways, combines the love of exploring new places with the companionship and learning that u3a is known for. See the exciting programme of trips further down this newsletter.

With very best wishes

Iain Cassidy
CEO of the Third Age Trust

[Pictured: South Durham u3a Craft Group. This is just one of the images from our Still Got It learning activity which celebrates positive ageing.](#)

From Hucknall u3a

Hi, my name is Christine West a member of Hucknall u3 and I am the organiser of a trip to the Edinburgh Tattoo 5th-9th August. I have late availability of 2 double rooms. This trip is 5 days/4 nights DBB except on the full day in Edinburgh when a packed lunch will be provided. The trip also includes an excursion to the Kelpies and the Falkirk Wheel.

The cost is £540 pp and includes a ticket for the Tattoo. If anyone has any queries please give me a ring on 07712 255397.

Please reply to Christine West (chriswest297@gmail.com). Phone: 07712255397

Gedling Community and Voluntary Newsletter link

- https://news.comms.gedling.gov.uk/20D259AA595BD7DF24146A4AB26536CE6E476A8E6DDB7280C48BC0389B3CF915/24EC46668E8F1EFE12E5B8D474C74F91/VIB?utm_source=eshot&utm_medium=email&utm_campaign=Campaign+2026_06_17_1

u3a

Nottinghamshire Network of u3as

Click her for the latest Newsbites : <https://nottsnetworkofu3as.u3asite.uk/wp-content/uploads/2026/06/NEWSBITES-JUNE-2026-REDUCED.pdf>

The barman saw my empty glass and asked if I wanted another, but I told him I'd prefer a full one

Quiz

- 1, What is the Latin word that means Peace?
2. On which date each year is the UN's International Day of Peace (World Peace Day) celebrated?
3. The novel "War and Peace" is set during which war?
4. As at 2026, which organisation has been awarded the Nobel Peace Prize on most occasions?
5. The Cross of Nails, a celebrated global symbol of Peace and reconciliation can be seen in which cathedral?
6. Which city hosts the annual presentation of the Nobel Peace Prize?
7. Who in September 1938 famously declared "Peace for our time"?
8. Which treaty brought peace to Europe at the end of WW1?
9. What bird is often seen as a symbol of Peace?
10. In which city was the Peace Accord that ended the Vietnam War signed in 1973?

Dingbats

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7	8	9

answers on the next page – no peeking!

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 2025-26

Valerie Wilkinson	Chair	Eileen Braham	Committee Member
Amanda Knight	Vice Chair	Paul Dennis	Committee Member
Elaine Lindley	Business Secretary	Liz Hagan	Committee Member
Joan Davis	Treasurer	Lesley Harrington	Committee Member
Linda Randall	Membership Secretary	Pat Smith	Committee Member
Alison Gove-Humphries	Groups Support	Sheila Ward	Committee Member

Dingbats answers:

- | | | | |
|---|------------------|---|--------------------|
| 1 | Archbishop | 6 | Kings Cross |
| 2 | Car Insurance | 7 | On the open road |
| 3 | Eyes wide open | 8 | See no evil |
| 4 | Frilly underwear | 9 | The price is right |
| 5 | High Tea | | |

Quiz Answers:

1. Pax
2. *September 21st*
3. *Napoleonic War*
4. *International Red Cross & Red Crescent (Three; 1917, 1944 & 1963).*
5. Coventry
6. Oslo
7. Treaty of Versailles
8. Dove
9. Paris

..... **and finally :**

Outside of a dog, a book is man's best friend. Inside of a dog, it's too dark to read.

Groucho Marx

Editor : Sue Cullen

This edition compiled by : Liz Hagan