MaD moments
Your Monthly Mapperley and District u3a Newsletter

August 2026 Issue No 123

Musings from the Chair

Another very inspirational and interesting speaker for our July general meeting. Who could imagine deciding to row across the Atlantic, never having rowed before, with a brother in law who couldn't swim, to raise funds for dementia charities. Extremely brave. Needless to say George Nelson is not going to be allowed by his family to do anything quite so dangerous again. For those at the meeting, you will know that instead of charging a fee for the talk, George wanted all monies donated to go to dementia charities. The collection at the meeting raised £319. To that he is adding the £50 he requested from us for travel expenses so there is £369 to donate to dementia charities and he would like that to go to somewhere in our locality. He asked if there was any particular dementia home or facility in our area that we would like the funds to go to. If anyone has any strong recommendations please let me know and we will pass the message on. Thank you to each and every one of you who donated to the collection. It was a fabulous effort and I think reflected everyone's admiration for George.

Our AGM is approaching. It takes place at our September meeting, and we will then need to elect another committee to keep our u3a running. As I have mentioned before, committee members can only stand for 6 years and so we are losing 5 committee members (out of 12) this time and need new blood to step up. 2 or 3 people have expressed an interest. We would love to have more. Committee meetings are once a month for about 90 minutes, on the Tuesday of the week preceding the general meeting. It isn't a big commitment but it is a vital one. Without a committee the u3a could not run, and there would be no monthly meetings or none of the interest groups so many of us enjoy going to. If you think you know nothing about running a u3a or have no idea what skills you might have, don't worry none of us knew what we were doing when we joined. I just did so because, as a new member recently retired, I thought it would help me to meet people and to get involved. It certainly did, and I'd recommend it to anyone. There is lots of help and there are people with more experience. New committee members are not going to be asked to immediately take on the big roles, but we need people to shadow the incumbents for succession planning. Anyone who is prepared to stand needs to be nominated by a member (who is not a committee member) and seconded. There is a nomination form on our website, which can be found here - Nomination Form, and Elaine Lindley (our Business Secretary) sent one to every member by email a couple of weeks ago. They need to be completed and returned to Elaine at secretary@madu3a.org or sent to me at chair@madu3a.org well before the end of August. Come on, get involved and help us to keep MaD u3a running. If you have questions please feel free to speak to any of us about it.

Please also have a think and let any committee member know if you have any suggestions on the format of the general meetings - it is something we want to discuss. Do we need to allow more time for socialisation? Do we want presentations from different interest groups? Are the members of those interest groups able / willing to do that? When is best for tea and coffee? It just needs to be borne in mind that the room has to be set up and cleared and set out again in the correct manner for the Club by the volunteers that come to do that, so we might need more volunteers if we lengthen the sessions. Give it some thought.

Membership renewal time is approaching. Watch out for your email but please note MaD u3a bank details will have changed.

Enjoy the summer and see you soon.

Val Wilkinson
Chair

Save the Date :	Jump to :
General Meeting	What's on at the Lace Market Theatre
Thursday 27 August at 10:00am	What's on at the Playhouse
	Trips and Visits

NOTICES

Group Support Leader vacancy

We are looking for someone to take over Alison's role as Group Support leader from September. Alison will talk them through the role, which essentially involves supporting the groups already in existence and helping in the setting up of new groups through talking about venues, calendar and Beacon.

The group convenors are pretty self sufficient so it is not an onerous job, typically requiring a few hours a month. The person we are looking for needs to be OK with IT and commit to attending general and committee meetings as much as possible.

There is a Welcome pack for new group leaders on the u3a.org.uk website.

Alison Gove-Humphries

Our thanks to Lesley and Lynne

The pantomime this year will be the last event organised by Lesley Harrington and Lynne Duckett. Our thanks to Lesley and Lynn for their valuable contributions over the years, enabling MaD members to visit the Nottingham Playhouse, often at greatly reduced prices.

BUT, we are now looking for volunteer(s) to take over the role - perhaps even creating a new group to include both the Nottingham Playhouse and the Theatre Royal. If you love going to the theatre why not consider convening a group - it's not arduous and there is lots of support available.

Please contact playhouse@madu3a.org or a MaD Committee member to discuss.

NEWSLETTERS

u3a Friends Newsletter - July

Gedling Leisure

Gedling Borough News

Nottingham Arrow Magazine - Summer 2026

Do you have anything interesting to put into our Newsletter?

We're always keen to have more input from our members.

Do you have any articles or information you've discovered that you think would interest or be of benefit to our MaD members? Any amusing anecdotes from your past? Poems? Stories?

If you have anything you'd like to share please contact newsletter@madu3a.org so that it can be considered for inclusion in the MaD Newsletter.

I can give you the cause of anaphylactic shock in a nutshell

FROM OUR MEMBERS

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.

Martin Cooke

The People's Emergency Briefing

On 2 July I had the chance to see the PEB film and, like the organisers, I think it should be seen by as many people as possible. Ask your MP if they have been invited to a screening.

What is it?

A 50-minute public information film looking at the UK's climate and nature crisis, featuring scientific insights. Fronted by Chris Packham, it has contributions from scientists and experts, but also includes reaction from viewers. The issues include weather extremes, tipping points, economics, food security, national security, health, nature and energy transition. After the film there will be a short open discussion about what it means for our community and what we can do locally.

Click on this link for more information - https://www.nebriefing.org/the-film

Local screenings :

- **St Jude's Church**, 405 Woodborough Road, Mapperley on Thursday 6 August from 7:30-9:30 pm
- **Arnold Community Centre**, 78 Nottingham Road, NG5 6JZ on Saturday 22 August from 1:30-3:30 pm
- **Netherfield - LOCO Youth Centre, 2A Forester Street, NG4 2NJ** on Monday 24 August from 7:30-9:30 pm

Screenings are free to attend, but registration via the PEB Nottingham Box Office is required - see links below.

PEB Screening - St Jude's

PEB Screening - - Arnold

PEB Screening - Netherfield

Martin Cooke

Camping is a humanitarian effort to help feed hungry mosquitoes

TRIPS, VISITS AND EVENTS

What a lovely day out at Loughborough Market! The weather was glorious, we picked up a few bargains, and best of all enjoyed great company. We stopped for a coffee before heading home and even found a bus that got us back in just 30 minutes instead of an hour - a very welcome surprise by the afternoon! A perfect day all round.

What can I say about Benidorm Tom? Absolutely brilliant from start to finish! He knew how to play the room. A fantastic night at Mapperley Plains Social Club. Great atmosphere, great music and dancing to both Tom and the fantastic DJ during the interval. I f you get the chance to see him, don't miss it - you won't be disappointed!

Coming up:

AUGUST

1st - **Bingo Party** – Sing-a-long and Bingo £10pp
We have reserved 20 tickets for this event. Looks like a fun night! BP0109 £10pp
- Whitby day Trip GDO £31
- Pickering day Trip GDO £31

6th - **Haye on Wye** Day Trip £31

8th - Blackpool Air Show GDO £31
- **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.

12th - **Norwich** day trip GDO £31

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

16th - Cardiff or **Barry Island Day** Trip GDO £32

19th - Cotswolds day trip GDO £31

21st - Scotland/Edinburgh/Dunfermline 5 Days GDO (cost depending on options)

30th - Treacle Market Macclesfield & Bakewell GDO £27

31st - Malvern Hills, Gt Malver & Upton GDO £31

SEPTEMBER

5th - Lake District - Bowness on Windermere & Grasmere GDO £32

12th - Leamington Spa GDO £27
- Warwick Day Trip GDO £27
- Stratford Day Trip GDO £27
- Kelly's Heroes @ MPSC £10pp KH1209 – 20 tickets reserved KH1209 £10pp

18th - Bridgnorth & the Severn Valley GDO £31 Day Trip
- **Durham, Holy Island and Beamish Break** - Booked!

20th - Wells next the Sea/Holkham Estate GDO £32

26th - Portmerion Day Trip GDO £49
- Porthmadog Day Trip GDO £32

Please note :
All the trips with GDO need to be booked direct with "Great Days Out" (simon@nhvc.co.uk 07971105491).

INTEREST GROUPS

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

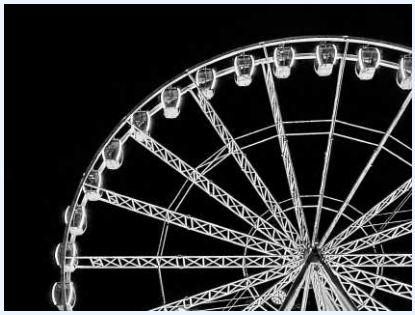
Ale & Cider Group
Art Appreciation
Badminton Group
Book Group 1
Book Group 2
Breakfast Club
Bridge for Beginners
CineMates
Creative Craft
Creative Writing
Cryptic Crosswords for Beginners
Cryptic Crosswords for Improvers
Curry Club
Family History
Fine Dining
French Conversation and Culture
French for Fun
Fun Cooking with Gadgets
Games Group
German Conversation & Culture
Italian Speech
Jazz - BRMJ
Knit and Natter
Literature
Local and Live Music
Local History
Lunch Club
MaD Girls
MaD Growers
MaD Men
MaDAmdrammers
Music Appreciation
National Trust Group
Outdoor Activities
Photography
Pickleball
Play Going - Lace Market Theatre
Play Going - Playhouse
Play Reading Group
Project Craft Group
Singing Together
Table Tennis
Trips and Events
Ukulele Group
Walking
Walking - Public Transport
Walking - Strollers
Walking - Walk in the Park
Wine Appreciation
Wine Bar

NEWS FROM THE GROUPS

Photography

The themes for the Photography group in July were **Black and White** and **Cropping**.

You can view the albums by clicking on the links above, or by going to the Photography page of our MaD website, where you can see the albums from April, May, June and July.



The Photography group is for enthusiastic photographers of all skill levels. Most members are using a mobile phone camera, but some prefer to stick to their DSLR. Each month we take photographs to fit given themes, then meet via Zoom on the second Wednesday of the month at 2:00pm to view and discuss all the images. After our meeting the photos are put into an album to be viewed online.

If you would like to join us please contact me by email on photography@madu3a.org.

Sue Cullen

Ale & Cider Group

In my absence due to knee replacement surgery a number of group members decided to still meet up at the Wetherspoons pub The Samuel Hall on Mansfield Road, Sherwood.

This is a multi level pub in a former tram and bus depot and is named after Samuel Hall, a well known lace manufacturer and benefactor to the Sherwood area.

Dean Smith

Walking - Strollers

We continue to stroll around the West Lake at Colwick Park on the first Friday of each month. Our Strollers are those who wish to walk at a very leisurely pace with a cafe stop half way round. Dogs are welcome to join us **but please note there is algae in the lakes**.

Local Authorities are warning dog owners to keep their pets out of the various lakes as there is algae present due to the very hot weather. The algae can make dogs quite poorly.

Carolyn Luckhurst

What do you call a writer who doesn't follow the rules of sentence structure? A rebel without a clause

Walking - Walk in the Park

It was forecast to be another very hot day on Friday 10 July. I thought about cancelling our first walk over the new bridge at Trent Basin but members seemed keen to go ahead.

There were 15 of us and no dogs (of course). Everyone was well prepared and we had a superb walk from Colwick Park to the bridge and then to The Hook nature reserve near Holme Road in West Bridgford and back. We called in for refreshments at a new cafe called The Stig and admired some very expensive cars.

There are several other routes that we can take when it isn't quite so hot and I can see our u3a making good use of the bridge.

Carolyn Luckhurst

Knit and Natter

As a group Knit and Natter has decided we are a cool weather group and so we have broken up for summer and will resume again on the 3rd Friday in September at 1.30 to 3.30pm.

From then we shall only meet monthly rather than twice a month.

Elaine Bird

Walking

Our July walk was the postponed June walk which didn't go ahead due to the heatwave.

10 of us attended the walk which took us along the roads and through the fields to Morton followed by a brief drink stop at Fiskerton.

We then followed the river Trent back down past Bleasby lock and finally to Bleasby for welcome refreshments at the Wagon and Horses.

Next month's walk will be lead by Lesley around the Lowdham/Caythorpe area.

Paul Dennis

Wine Appreciation

At the very hot July meeting, the Wine Appreciation Group met under the shade of the pergola in Linda's garden.

Our topic this month was 'Upstairs Downstairs' and we were pleased to discover that we could indeed tell the difference between wines from the top (or nearly) shelf and those from the bottom shelf. However, some of the bottom shelf wines were really amazing value, including the Maison Fortant Rosé Reserve.

The McGuigan Estate Shiraz was also surprisingly good and great for a hot day at only 11% abv, very quaffable, could be lightly chilled and an excellent price.

Both our bottles of fizz were good - quite different from each other but both lovely. The Graham Beck was more than twice the price of the Sainsbury's Cava, but it all depends on what you like.

The Chenin Blanc from the upper shelf was very nice, but our iced water was an improvement on the bottom shelf version!

Finally, Barossa Ink Shiraz was a lovely big rich red wine with lots of dark fruits and we even appreciated it in the summer heat. It would be even better in the winter with a delicious casserole or a steak.

A good afternoon. Many thanks to Linda, our host with the most, and Sue who selected and introduced the wines.

Maggie Grimshaw

National Trust Group

Our first visit of the year was to Canons Ashby in Northamptonshire. We don't normally travel quite as far but unfortunately the area around the East Midlands doesn't have an enormous number of properties for us to visit, and although it's nice to revisit some venues, it's also great to visit somewhere different.

No one in the group had been there before so I was hoping it would be worth the drive, and I'm glad to say it didn't disappoint. The weather was perfect for the day, a bit cloudy in the morning followed by a sunny afternoon.

The house at Canons Ashby was built on the site of an Augustinian priory established in 1147 and 1151. Canons were a group of ordained priests who worked and prayed for the souls of the lay community. Following the dissolution of the monasteries and the confiscation of their considerable wealth, the buildings and land were acquired by Sir Francis Bryan from the Crown. A year later he sold the property to Sir John Cope who created the house out of the ruins.

The Copes were a prominent Puritan family in Banbury. It may have been the status of the church at Canons Ashby as a 'peculiar' (outside the bishop's control) that attracted Sir John. He chose to retain the nave and tower of the church in which to worship as he chose, without interference from the authorities.

The house created by John Cope was basically a farmhouse but following the marriage of John Dryden to Elizabeth Cope they set about improving and enlarging and creating a house that became Canons Ashby.

Unfortunately as time passed the building slowly declined and eventually the house became less and less attractive or affordable to live in. It was always freezing cold and an invitation to lunch there involved several layers of overcoats to keep warm in the draughts of the Great Hall. Diners used to take it in turns to sit near the fire.

Canons Ashby came close to destruction in the 1980s but thankfully the National Trust, with generous support from the Monument Fund and the Landmark Trust, managed to work together to save the property.

A huge programme of conservation took place, the final part of which was the restoration of the Baroque garden layout, although this had to wait until 2007 for financial reasons.

I thoroughly enjoyed our visit and, over a cup of tea and the obligatory scone in the tearoom, we all agreed it had been a lovely day and well worth the extra bit of travelling.

Our next trip will be to Kedleston Hall on Sunday 23 August.

Geraldine Chaffe

German Conversation & Culture

It was nice to see everyone again on 21 July, after our break.

We read, translated and discussed two interesting and topical articles from Nachrichten Leicht. Firstly about the Bayeux Tapestry being exhibited at the British Museum from September. The first time it has been on display outside of France. Interesting to read about the measures taken to transport it and also the opinions of some French who are concerned for its safety.

Secondly, we read about the popular singer Bonnie Tyler who suddenly passed away recently.

No study verb this month as we had plenty to catch up on. Julie and Arthur were thrilled to become grandparents for the first time in June. They showed us some lovely photos of their new baby grandson, Nico.

Coffee, tea and biscuits were enjoyed whilst chatting.

Our next meeting will be on 18 August.

Joyce Brown

Art Appreciation

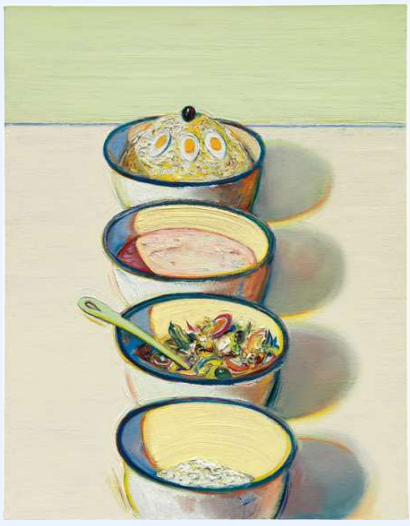
Still Life, perhaps the oldest genre of art, is evidenced in ancient Egyptian tombs and in rich Greek and Roman villas as a show of hospitality (Zenia Art), but because of Christianity all art from the fall of Rome was of a religious nature without any secular subjects, still life studies within a painting being purely religiously symbolic.

The Dutch produced over 5 million Still Life and Vanitas* paintings during their Golden Age, but until fairly recently the genre was at the very bottom of the art genre hierarchy - stated by Pliny's pronouncements and re-enforced throughout Europe (other countries didn't get the memo, though!).

Popularity with non-conformists following Chardin's influence, like the Impressionists and Post Impressionists, when photography arrived, the subject matter, alongside events, tried to mirror the artists's work. What were artists to do? New approaches, modernism, abstraction followed.

After looking at the history of Still Life we took a stroll through noteworthy examples of the 20th and 21st centuries.

Joanne Wilson



**Vanitas paintings are symbolic still-life artworks that emerged in 16th-century Northern Europe and flourished during the 17th-century Dutch Golden Age, using everyday objects to highlight the transience of life, the futility of pleasure, and the certainty of death*

After being married for 50 years, I said to my wife "Fifty years ago we had a cheap house, a junk car, slept on a sofa bed and watched a 10-inch black and white TV, but I got to sleep every night with a hot 23-year-old girl. Now, we have an £800,000 home, a £65,000 car, a nice big bed and a large-screen TV, but I'm sleeping with a 73-year-old woman. It seems to me that you're not holding up your side of the bargain".

Now, my wife is a very reasonable woman. She told me to go out and find a hot 23-year-old girl and she would make sure that I would once again be living in a cheap house, driving a junk car, sleeping on a sofa bed, and watching a 10-inch black and white TV.

GENERAL MEETINGS

July's General Meeting

George Nelson: Rowing the Atlantic

Most people watching television might enjoy a programme about crossing the Atlantic and think, 'That looks exciting'. George Nelson thought, 'I'd like to row it!' Having watched James Cracknell and Ben Fogle crossing the Atlantic in 2004, the idea took hold.

Then, in 2017, George's mother was diagnosed with dementia. After supporting her to remain socially active, Covid brought everything to a halt. George began thinking about how he could raise money and awareness to help people living with dementia. One evening, after a few drinks, George asked his brother-in-law, Russ, if he fancied rowing across the Atlantic with him. To George's surprise, Russ said yes. Russ, a long-distance lorry driver who was not particularly known for talking to people, was perhaps an unexpected choice of rowing partner but thought the adventure would do him good!

They bought a second-hand ocean rowing boat and began training. Their first major adventure was rowing from Fort William to Inverness through the Caledonian Canal and Loch Ness. It was easy - no Loch Ness monsters and plenty of pubs along the way. Things became rather more serious when they attempted to cross the Irish Sea. They became stuck in Liverpool Bay, in the middle of one of the busiest shipping lanes in the world. With three-metre waves around them and Russ suffering a severe bout of sea-sickness, they contacted the Coastguard and asked if the tankers could please avoid them. Eventually, they had to be rescued by a lifeboat crew of 12, 10 of whom were seasick! It was a salutary lesson in the dangers of ocean rowing. Nevertheless, on 1 December 2023, George and Russ set off from Portugal to sail the 3,542 miles to the Caribbean.

Within 24 hours they were in one of the busiest shipping lanes, surrounded by enormous ships travelling at 15–20 knots while their little boat managed about 1.2 knots.

Then the weather deteriorated. Waves grew from one or two metres to eight metres high. During one terrifying night, all the electrics failed as a huge tanker approached. Fortunately, after Russ accidentally fell backwards and hit something, the electrics miraculously came back on and they were able to contact the tanker!

The biggest drama came when a freak wave capsized the boat, filling the cabin with water. George hit his head on a fire extinguisher, equipment was swept away and they had to deploy their sea anchor to survive the storm. After repairs in Gran Canaria, they set off again. They battled currents that once carried them backwards despite rowing furiously, survived more storms and even had to dive beneath the boat to free a rope wrapped around the rudder. This was particularly brave as the ocean beneath them was 3.5 miles deep - and there might have been sharks.

There were wonderful moments too: dolphins played around the boat, a minke whale came to investigate and the night sky was spectacular. When their food ran out, they even caught a huge fish, using a piece of electricians' wire. After losing two and a half stone each, George and Russ finally reached Antigua. Family came out to meet them, boats sounded their horns and thousands watched online.

Their incredible journey which lasted 96 days, 23 hours, 14 minutes and 33 seconds raised money and awareness for people living with dementia.

George's message was simple: with determination, you can achieve almost anything - although perhaps it is wise to think twice before agreeing to something after a few drinks!

Thank you to all those who made a contribution to this talk either by asking questions or by giving to the collection for dementia.

Alison Gove-Humphries

FUTURE GENERAL MEETINGS

Thursday 27 August: The speaker will be Paul Lillie.

Paul, an artist, will give us a talk entitled 'The Life and Work of The Beatles'. Paul will be performing songs on the guitar and painting large scale images as he illustrates the meteoric career of the Fab Four.

Something very different - make sure you put the date in your diary so as not to miss it.

Thursday 24 September : Our Annual General Meeting. No speaker

Thursday 22 October : Denis Hill '60 Old Occupations'
Over the centuries we have seen many old and curious occupations disappear. This talk looks at 60 old occupations in 60 minutes - some of which you will be familiar with while others you may never have heard of.

Thursday 26 November : Jack Perks 'Underwater Photography'
Starting out in Stoney Cove in Leicestershire to diving the stunning Red Sea Jack's underwater photography talk details the differences from land based photography and some of his experiences with seals, river fish and rock pools.

December : Twixmas meeting - date to be fixed

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

"Great news, mom! I finally got a job on Wall Street!"

"Ok, he discovered how to make fire. What's he done **since**?"

PUZZLES

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

The Little MaD Quiz

1. Of what is palaeontology the study?
2. Finn, Laser and 470 are classes of competition in which Olympic sport?
3. Brandt's, Daubenton's, Natterer's, Noctule and Whiskered are amongst the varieties of which mammal?
4. Which artist designed the dome of St Peter's in the Vatican?
5. Which members of the British Army are most likely to carry a knife called a kukri?
6. Madame de Pompadour and Madame du Barry were mistresses of which king of France?
7. In cookery, the term du Barry means that something is cooked with which vegetable?
8. How many UK Prime Ministers have had the first name David?
9. Lot is the national airline of which European country?
10. In which Irish county can you find the Burren and Cliffs of Moher Geopark?

What's the missing number?

7	2	8	4	9	6
1	8	1	4	1	6
4		?		6	

The sum of digits

What is the smallest whole number that is equal to seven times the sum of its digits?

Shakespearean quotes

Can you discover the well-known quotes?
The vowels have been removed and the consonants divided into groups of 4.

TBRN TTBT HTST HQST N

LLTH TGLS TRSS NTGL D

FMSC BTHF DFLV PLYN

NWST HWNT RFRD SCNT NT

NSYL STHH DTHT WRST HCRW N

Dingbats : What are these well-known phrases or sayings?

1 02YRROW	2 revirdtaes	3 **P**INN**A**C**L**E**S**
4 **Ever** **Ever** **Thursday** **Ever** **Ever**	5 B U S B U S	6 Head TON 4 Arms Legs
7 c saucer p	8 Surbmwance	9 e y e s

Answers at end of the Newsletter - click to jump directly to them

NOTTINGHAM

What's on in Nottingham and Nottinghamshire?

To find out what's on in Nottingham and Nottinghamshire for the rest of the summer, click on the link to Visit Nottinghamshire.

My Nottingham News

Nottingham City Council's My Nottingham News is a magazine of news and information about Nottingham. Click on the link to read it - My Nottingham News - July 2026

HEALTH

Are eggs good or bad for you?

The British Heart Foundation have an interesting article giving loads of interesting information about eggs and their relation to cholesterol, amongst other things. This link will take you to the article - Eggs and cholersterol.

TECH & SCAMS

Scam Alerts

Which? has information on Hard-to-spot scams, How to tell if a website is safe and How to spot sneaky emails leading to suspicious websites. Click on the link to read the article - Which? Scam Alerts.

Another article tells you How to turn on controlled folder access, How scammers hack your Amazon account and How to stop AI chatbots from using your data. This link will take you to that article - Which? - Staying Secure.

GARDEN

Caring for your garden in drought conditions

Nottinghamshire last recorded measurable rain around 5 July with only trace amounts or dry conditions persisting through the weeks leading up to 25 July.

So how can you care for your garden during these drought conditions?

During very dry weeks, focus your efforts on targeted watering, protecting your lawn, and preserving soil moisture: prioritise young and productive plants, water deeply in the early morning or late evening, and leave brown lawns alone to go dormant.

Smart Watering -

Target the roots: Water the soil directly at the base of the plants using a watering can instead of spraying leaves or using a general sprinkler.

Time it right: Water during the coolest parts of the day - early morning or late evening - to stop the sun from evaporating the water too quickly.

Prioritise thirsty plants: Focus water on new plants, young trees, vegetables, and containers, while leaving established plants and trees to cope unless they show severe stress.

Lawn Care -

Do nothing to brown grass: Leave yellow or brown grass alone because it is just sleeping and will turn green again when rain returns.

Raise mower blades: Set your mower higher than normal if you do cut the grass, or stop mowing altogether until the weather cools down.

Avoid feeding: Do not put plant food or lawn fertiliser on dry, stressed grass.

Protecting Soil and Pots -

Add a layer of mulch: Put a thick layer of compost, bark, or gravel around your plants to lock moisture in the dirt.

Cluster your containers: Move potted plants into a shady spot and group them close together to keep them cool and trap humidity.

Stop new planting: Hold off on sowing new seeds or planting small plants until the dry spell ends

Drought-Resistant Gardening

The RHS has advice on how to choose the right plants for your conditions and how to prepare the soil so that plants can thrive with minimal or no additional watering. Click on the link to go to the article - Drought-resistant gardening

ANSWERS TO THE PUZZLES

The Little MaD Quiz

1. Fossilised and extinct animals and plants, 2. Sailing, 3. Bats, 4. Michelangelo (Buonarroti), 5. Gurkhas, 6. Louis XV, 7. Cauliflower, 8. Two (Lloyd George and Cameron), 9. Poland, 10. County Clare

What's the missing number?

The answer is **6**

This is a simple one - just divide the top number by the bottom number So, 84 divided by 14 = 6.

The sum of digits

The answer is **21**

If the two-digit number is ab, then 10a + b = 7(a + b).

Expanding this gives 10a + b = 7a + 7b, which simplifies to 3a = 6b, or a = 2b. The tens digit must be twice the units digit, making 21 the smallest working number.

Shakespearean quotes

To be or not to be, that is the question (*Hamlet*)

All that glisters is not gold (*The Merchant of Venice*)

If music be the food of love, play on (*Twelfth Night*)

Now is the winter of our discontent (Richard III*)*

Uneasy lies the head that wears the crown (*Henry IV, Part 2*)

Dingbats

1. Nothing to worry about, 2. Back seat driver, 3. Friends in high places, 4. Forever and a day, 5. Double decker bus, 6. Wait for nobody, 7. T Junction, 8. Car insurance, 9. Eyes wide open

Sue Cullen - Editor newsletter@madu3a.org