

JULY 2026 NEWSLETTER

Hi from Hazel

Our interest groups and activities are the lifeblood of our u3a and I'm grateful to all the leaders, coordinators and helpers at every group meeting and activity. Have you ever thought about different hobbies, pastimes or interests you'd like to do with your u3a friends? If it's something we don't currently offer, we have many ways to help to get a new interest group started.

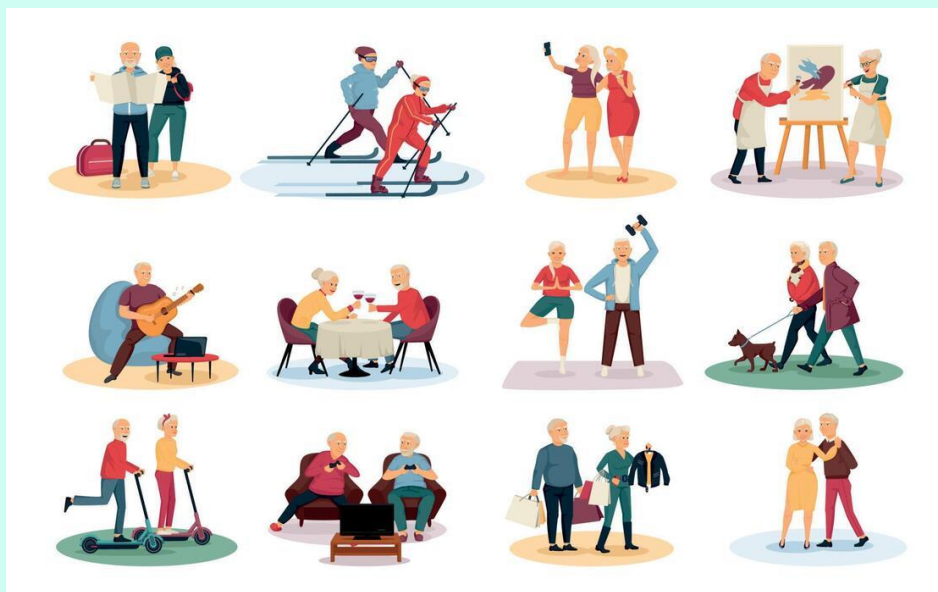
If an interest group is oversubscribed and has a waiting list, this can be very off-putting, especially for new members who would like to get into a particular group but can't. If that's happening in Arnold u3a, please could you tell Sue Matthews or me and we'll try to see if it's possible to start another group.

On the other hand, if a group is undersubscribed, we could help with publicising it, or... it may be possible to join with another u3a and run a joint group. Two years ago, I formed a new group called SHORT LAWN BOWLS. We opened the group to other u3as to get the numbers needed. Two years on and I'll be leading eight groups at the u3a Festival in York and I'm hoping about 100 other u3as will consider starting their own groups as a result.

At the Notts Network Interest Groups workshop that Viv and I attended recently, we were interested to see which groups and activities are offered by other Notts u3as. We're planning to get that list for you to see.

Keep up the good work with your groups!

Hazel Ward: Arnold u3a Chair



Arnold Summer Fair

A great time was had by all who attended and helped to raise our profile on Saturday 20th June.

I'm so pleased with the expert way our volunteers got our gazebo, advertising sail and display boards put together, in plenty of time - ready for the off. Everything looked very professional. It's just as well they weren't relying on me to direct things as I was too jet-lagged to be of much help.

Well done and thank you to all who helped. We met lots of interesting people in the course of the day; some local, and potential new members for us; some not local but interested in u3a in their own locations. On one occasion in the morning, we managed to recruit someone who was already one of our members and then in the afternoon, the husband of one of our helpers was praised for taking a great interest in our offering.

I must put in a special word of praise for Viv, who designed and had printed our numerous flyers and posters. In my absence she also organised a test-run of erecting the new gazebo and equipment. Great job, Viv!

We eventually got the hang of dismantling everything and the day ended with very satisfactory feelings all round. Thanks again to those who gave their time and efforts. Did anyone else take pictures? If so, we'd love to see them.

Hazel Ward



Setting up our stall!

Activities Groups

Creative Writing Group

The Creative Writing group is stepping confidently into the spotlight this year as they prepare to publish their very first anthology — a vibrant collection that captures the voices, quirks, and imaginations of its members. Formed some four years ago, the group quickly grew into a lively community where storytellers, poets, and memoir-writers gather to experiment, share, and push their craft further than they ever expected. Their debut anthology brings together an eclectic mix of work: reflective pieces shaped by lived experience, playful short stories, and sharply observed poems. Many contributors had never shared their writing publicly before joining, making this publication a milestone not just for the group, but for each individual voice within it.

The anthology also marks a moment of celebration — proof that a small gathering of writers, meeting regularly with cups of tea and plenty of laughter, can produce something meaningful and lasting.

With their first book now complete, the group is already buzzing with ideas for future projects. Please click on the link below to access their work and we hope you enjoy it.

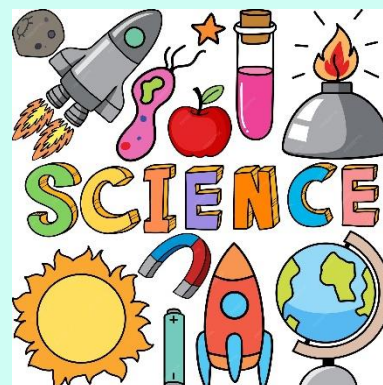
<https://arnold.u3asite.uk/news/>

Gary Swain

Science for beginners

We met on Wednesday, the 17th of June for diverse discussion on a number of subjects.

- AI and its uses
- Sodium and use in batteries to replace lithium
- The return of the giant tortoise
- Solar grazing to help farmers
- Neanderthal Dentist 59,000 years ago
- Baby born twice
- Surgery through the eye to resolve a brain aneurysm.



All topics sparked a lot of holistic conversations in and around each subject. Our next meeting will be on Wednesday 15th of July at Arnold library, Room 2. All welcome!

Tina Palinedge

Outings 4u

Port Sunlight

Port Sunlight appears initially as simply the quintessential spacious English village with a whole host of amenities - greens, war memorial, wide roads, beautifully tended public and private gardens, picturesque buildings, and very varied period housing, as well as a bowling green and tennis court, a primary school, a church, a pub, and various cafes - but all this was built exclusively for the workers at the prosperous soap factory under the Levers family name. A huge amount of history to absorb!

Plenty here to wander and see - the worker's house, the Sunlight Museum, the garden centre, a small art gallery currently exhibiting local artist, Anthony Brown, and a few of us took the walking tour to learn more. But the main attraction, of course, was the Lady Levers Gallery - a Neo-classical style 1914 building housing a vast collection of furniture, objects, Wedgwood pottery, classical sculptures, and of course, paintings largely from the Georgian and Victorian eras, most prominently from the Pre-Raphaelite Movement. A good number of Millais, Rossetti, and Burne-Jones works alongside some equally famous names like Joseph Farquharson and Frederic Leighton, hung in the central Main Hall gallery (the Constable and Turner currently out on loan for their anniversary year).

Some surprising finds for art lovers, too (oh, this is part of the Lever Collection!). Lever and his arch-rival Barratt used adapted popular paintings with the artists' permissions in their advertising campaigns for Sunlight and Pears soaps respectively (Lever later bought up Pears), and several of the originals, like Millais' "Bubbles" were on display. Lever maintained their campaigns and brought quality art to the general public. We also got to see the Summer temporary exhibition, a fairly comprehensive story of Mary Morris and her Arts and Crafts needlework, a definite bonus!

Just the right amount of time to get round it all, and as promised, Cynthia organised the good weather too (though our bus driver, Mick, tried to claim responsibility!)

Joanne Wilson



Activities Group

Race Night

No-one lost their shirt on our Race Night on 8th June. Six races to bet on – some winners, some losers, but 18 of us enjoyed having a flutter. Good job it wasn't real money as Denise Swain would have broken the bank with her winning total of some £19,000!

Summer Quiz

The quiz this year will take place on Tuesday 27th July, 7.00pm at the Bonington Club on High Street in Arnold. Teams of four will cost £20 or an individual can enter for £5 and we will make up teams on the night. Drinks available at the bar but it is ok to bring your own snacks. This is usually a fun night so do put your name down – you never know – you might win a prize! So far about eight teams entered with some individuals as well ready to make up or join teams. Still time to get your entries in - see me at the next meeting.

Archery

Calling all budding Robin Hoods! I have made some further enquiries about archery. It now looks as if Bulwell Forest Archery Club will put on a session for us on a Sunday morning. This is looking like Sunday 6th September but I am awaiting confirmation. The cost is likely to be £12 for a two-hour session.

Neil Hunt

Coffee Morning Group

We are a very friendly group who meet on the 4th Friday of the month at Sprinters from 10.00 till 12.00 with the option of staying for lunch. Our next meetings are 24th July, 28th August and 25th September.



Jean Cussons

Discussion Group

Our friendly, informal group had some very interesting discussions in June.

- * The recent hot weather and water related fatalities.
- * Should 16-year-olds be allowed to vote?
- * Is it right that The House of Lords can block a bill already passed by The House of Commons?
- * Litter!!
- * The minimum wage for Under 21s. Have we gone too far?
- * Should Huw Edwards be given the opportunity to defend himself on a Channel 4 TV programme?

We meet on the 1st Monday of the month at The Coopers Brook from 2.30 till 4.00. Our July meeting is on the 6th. Everyone is welcome.

Jean Cussons

Garden Visits

Unfortunately, our last garden visit to two gardens in Halam clashed with a day visit and so there was a small select group of us visiting but we did enjoy ourselves...

We saw from the road a fantastically well stocked garden which was an exuberant flower display, then we went to the Old Vicarage which, as always, provides a display of unusual plants of all shapes, sizes and colours. Sadly, the last opening for this garden.

Then to Hill's Farm, a complete change being a hay meadow field leading up to the native shorthorn cattle. Orchids in the meadow along with yellow rattle and ragged robin. A lovely afternoon.

A reminder of Norwell Gardens on 28th June which I wrote about in last month's newsletter.

Our next visit is to:

Alpaca Farm Park Avenue, Woodborough NG14 6EB

Sun 2 Aug 11 - 5 This is one of their Open Days. I suggest we meet at 2pm at the entrance.

The Herb and Edible Flower Garden rests on agricultural land, nestling between alpaca fields and ancient woodland. As gardeners and artists, the owners have focused on the shape and colour and fibre of the plants, as well as nutritional and medicinal value. Born from the creativity and determination of a group of women, and nourished by alpaca manure, it embodies a balance of productivity and beauty. Guests can say hello to the alpacas and watch spinning and felting of the fleece. Fresh and dried herbs and flowers for tea, cooking and confetti are available.

From Nottingham A614 turn down Bank Hill then right on to Main Street and Park Avenue. Admission £8. Home-made teas including cake and botanical ice cream made from garden ingredients, with hot or cold herb infusions.

As this is their Open Day, we can make our own way but if anyone would like to meet up with fellow Arnold u3a members, I suggest we congregate at the entrance at 2pm. If anyone would like to go but needs a lift, please let me know and, conversely, if you can offer a lift, please also let me know.

Rosie Allen



Medium Walk

The June medium, Wednesday walking group enjoyed another spectacular Peak District walk. Starting from The Barrel Inn, (near Eyam) standing high on a grit stone edge with an awesome view around and below. A patchwork of fields and limestone walls spread before us. The circular walk began, the 6.5 miles circumnavigating Eyam Moor. Crossing the moor eastward by an old road led us to the turnoff north across flowering purple heather and young bracken. The wide vista from here was the flat raised plateaux of Kinderscout, Carl Wark and Higgor Tor – the old iron-age camp, Hathersage the village, Longshaw estate and down the valley towards Chatsworth. Turning West – the took us through a pine plantation and there, millions of ants had built their nest mounds for us to see. One nest was knee high. From the pines into a lush deciduous ancient woodland of oaks and the meeting of valley rivers.

Returning to The Barrel Inn via pretty Bretton Clough, an area of woodland and grassy fields with the odd steep hillside to climb. Our delicious lunch was well deserved and enjoyed with great company. The weather men got it wrong again! With the warm sunshine and light grey clouds all the way the valley next to us took the rain
Thank you, Peter.



Rosie Bolton

Public Transport Walking Group

Ten of us had a lovely walk in June which included Lambley Dumbles, Lambley Village, Ploughman's Wood and Woodborough. We were very lucky with the weather avoiding the rain we have had recently, but most of all avoiding intense heat. We had a pleasant breeze on a sunny day which gave us lots of energy for an undulating walk. This area is very beautiful and so close to us and we forget to visit it.

Our next walk will be along the Southwell Trail on Saturday 11 July. Here we will have the shade of the trees if the weather is too hot. This walk is very level with no hills. Also at the end I would hope to visit Maythorne, the River Greet and the former station, all places we have not been to for years, but that is energy levels and weather permitting. It is too hot, NO.

We will use the Sherwood Arrow to get to the Farnsfield where we get onto the Southwell Trail. We will use the NCT 26 to return from Southwell.



If you would like to join this group contact Stella Lane on stellalane@talktalk.net.

Stella Lane

Short Walk Group

Meet: by 10:00

Start: 10:30

Finish: 13:00

Meeting Point: The Poppy and Pint car park Pierrepont Road, West Bridgford, Nottingham NG2 5DX. Plenty of parking spaces at the pub or on nearby streets. The pub opens at 10.00 so toilets will be available.

Before we set off, please place your food order at the pub if staying for lunch so our meals are ready for us when we get back at 1.00. Can I recommend Poppy Specials which can be found on their website along with other meals.

<https://www.castlerockbrewery.co.uk/pubs/poppy-and-pint>.

This is a 5-mile walk showcasing the newly built Waterside Bridge. The route features mostly flat terrain with a single minor incline over the river crossing. The Route: We will walk from Lady Bay, towards the river, cross over the brand-new Waterside Bridge, complete a scenic loop around Colwick Park, and then head back. Shorter walks to the bridge and back are available. Please contact Nigel Mounfield, by Thursday, 9 July 2026. State whether you are attending the walk only and/or stay for lunch. Non-walkers are welcome to come for lunch only.

Email: nmounfield@ntlworld.com

Nigel Mounfield

Strollers

Hello everyone, thanks to you all who made it, on a very hot day on our May walk. We put on our sun hats and tried to get in the shade as much as we could and took an extra rest. We set off around the boating lake at the University and when we had encountered several friendly squirrels, ducks and geese, we went to look at the fantastic show of the Rhododendrons. What a colourful show it was too, and then over the lake across the stepping stones. It was soon time for our well-earned tea break, lunch and an enjoyable social time together.



Our July meeting will take place on Tuesday July 28th 2026, when we will be walking along the Nottingham Canal. We will meet at 10.30 am outside the Lloyds Bank on Lower Parliament Street, on the opposite side to Boots, here we will all catch the bus to the Train Station and crossover to the canal side. After our walk we will go for a coffee and a bite to eat if you wish to join us. Looking forward to seeing you all.



Maralyn Wilson and Linda Birch

U3A Long Walk

Wednesday – May

With cars parked at the Fairholmes visitors centre, below the Derwent Dam on Ladybower, we steadily climbed Hagg Side through bluebells and conifer trees to the wild moorland above, and into sunny, windy weather having already endured the first shower of the day. Views were spectacular with a 360 degrees vista, we could see for miles. The forecasted rain came in the form of charcoal grey clouds drifting up the valley from the Manchester direction and brief sharp hitting hailstorms.

The sunshine returned soon after Alport Castles, a major land slip location where the cliffs on either side of the Snake Pass formed by the action of glaciers at the end of the last ice age are now left unsupported when the melted ice have broken away and are sledging downhill into the valley below. (Similar to the better-known Mam Tor landslip at Castleton). Walking down to the valley beneath us we picnicked in a very pretty spot, here a wooden bridge crossed the river Ashop. Hastily we packed up when another sudden short hailstorm arrived and we took cover, hiding behind the widest tree trunks we could find, it soon passed.

Returning along the valley by the river Ashop, then crossing the A57 Snake Pass, up and over Hagg Side back to our cars a sudden hailstorm attacked us again. This time there was one mighty forked lightening flash that hit the ground just in front of us and the frightening BANG! was terrific causing Rosemary to scream! None of us had ever experienced a bolt of lightning before so close. In that short flash moment it was over.

We returned to our cars in sunshine. What an amazing, beautiful day and what an experience.



Peter Beastall

Drama Group

Murder at the Bake Off

The Drama Group thoroughly enjoyed performing 'Murder at the Bake Off' to a very enthusiastic audience.

There were red herrings galore, lots of laughter, and despite my best attempt at misdirection, three groups who managed to work out whodunnit.

A big thank you to those who supported us and came along to join in the fun.

We do it for you, and we couldn't do it without you.



Denise Swain

Publicity

We have some flyers printed and some general posters which will be distributed around local venues. However, if you would like to publicise your own group in venues that you use, you can go to the new website, choose resources, miscellaneous documents, then group leader resources, then standardised poster. You can print this off, or ask someone with a colour printer to do so, and complete the rest of the information by hand.

Viv Purkiss



British History

In June, Pauline gave us a presentation on the influence of the Mormon Church in Britain in the 19th century. She started the talk by relating a family story about her paternal grandmother, Eliza, who at an early age, nearly left her rural life in Warwickshire in the late 19th century to become the second wife of a Mormon preacher. She set off for Salt Lake City (Utah) but only got as far as Liverpool due to the intervention of her family!

The Mormon Church was only set up in 1830 in New York but by 1837 missionaries had arrived in Britain to convert people and encourage them to emigrate to the USA. The Mormons evangelized in England, Scotland and Ireland and recruited thousands of converts. At least 50,000 left Britain in the 19th century for a new Mormon life in the USA and during this period there were more British converts in Salt Lake City than local Mormons.

Besides thinking of John Buchan as the author of 'The Thirty-Nine Steps', we discovered there was much more to him as demonstrated by Mary in her talk. Born in Scotland in 1875 to a free church minister father, John was very intelligent and academically able, obtaining degrees from Glasgow and Oxford. During his life he was a historian, a lawyer, a war correspondent, an MP (which had been his main ambition) and an author of 80 books including thrillers, short stories and poetry. In 1935 he was appointed Governor General of Canada and in 1937 was the first Briton to address Congress. He died in 1940.

The British History Group would welcome new members. We are about to start looking at the Edwardian period, 1901 -14, when our grandparents (and possibly our parents) were alive! If you would like to try a meeting (3rd Monday morning of the month in Arnold Library), please email: helenabutler@hotmail.com

Helena Butler

Please remember

Because of copyright laws, we are unable to publish anything other than the photographs you take yourself, or free clip art. If you do not wish to appear in a photograph, please step away from the group, and if you inadvertently get into a group shot, please ask your group leader not to send it for publication in the Newsletter.



Remember also to take your ERIC card with you to meetings and outings and ensure that you are fit to attend, particularly if there will be a great deal of walking and/or climbing in and out of coaches.

Viv Purkiss

Theatre Group

The Tempest at Stratford with Sir Kenneth Branagh

On 11 June a coach load of U3A members were transported to Stratford to see the Royal Shakespeare Company production of Shakespeare's *The Tempest*. Written in 1613, three years before he died, this is Shakespeare's last play, and many scholars have seen in the main character, Prospero, a semi-autobiographical figure. Playing this part, in his first work at the RSC for over 30 years, was Sir Kenneth Branagh, and to complete the royal party the play was directed by Sir Richard Eyre, (formerly of this parish), and in the week before we arrived the King was in the audience too.



It was a suitably polished production, and in a play about a magician why not show off some special effects? An acrobatic Ariel and a turbulent stage for the early storm scene were typical of the innovations, as well as portraying Prospero as an orchestral conductor supervising all the proceedings until, like Shakespeare himself, he voluntarily abjures his superhuman powers.

Magician he may be, but exactly how Shirley and Sue managed to get 46 tickets for the hottest show in town is truly miraculous. I hope other members of the U3A realise how lucky we are to have them.

Gordon Todd

Psychology

In June, Brian gave us a very interesting talk, the last in the theme of "Cross Cultural Psychology." He pointed out the effect that tourism has on other cultures. In Europe this had a particular effect on Spain. Under the right-wing regime of General Franco, Spain was nevertheless an early adopter of tourism, because it was understood that this would ease the financial strain that the country was under.

Next month we will be starting a new theme, "Psychology of Family and Friends." Glynis will be kicking off our theme with the topic of 'Understanding Family Dynamics'.

We meet on the third Monday of the month in Room 1 of Arnold Library and welcome new members.

Viv Purkiss

Art Appreciation

On May 27th the Art Appreciation group went to York to see an exhibition of Japanese prints at the art gallery. We had a great day out, warm but not too hot, the exhibition was beautifully curated and the prints were fascinating. It was very exciting to see an original print of "The Great Wave" by Hokusai. There are 111 originals of this print in the world and the museum shop had some excellent presents to take home celebrating this most famous of prints.

Coming up we have a visit on June 24th to see the Joseph Wright of Derby exhibition in Derby which has arrived from London.

On the 22nd July we will be visiting Nottingham Castle to see the Two Roberts Exhibition.

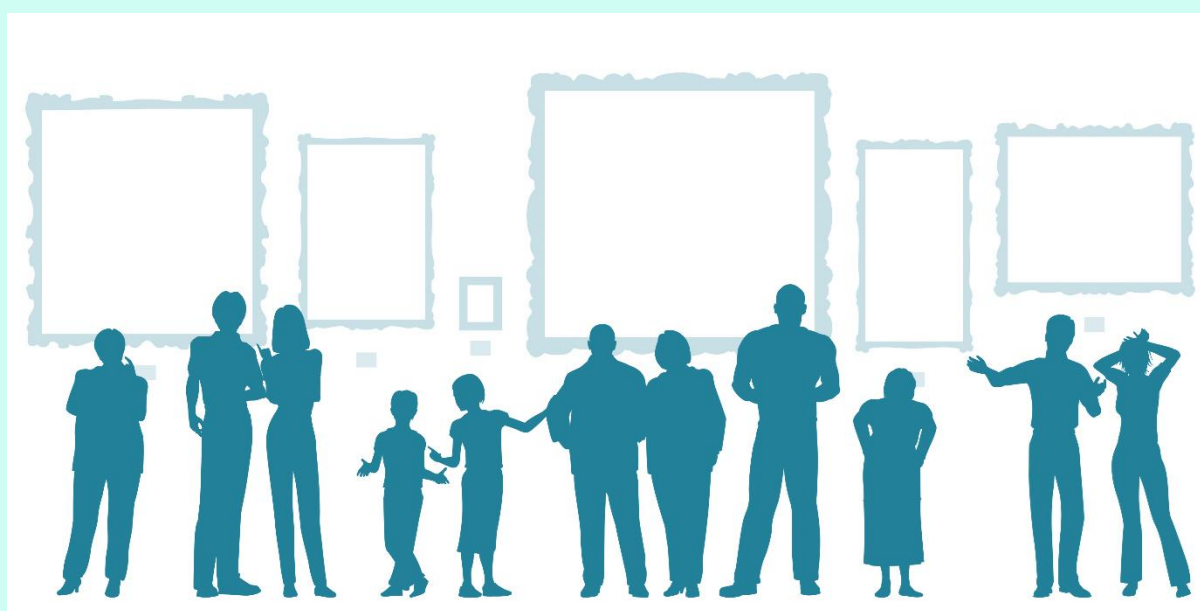
On the 29th July we will be visiting Southwell Minster to see Helios by Luke Jerram.

August 26th will be Nigel's second instalment on sculpture at Arnold Library.

Following the sculpture theme, we will visit the National Memorial Arboretum in Staffordshire on 23rd September to see the memorial sculptures there.

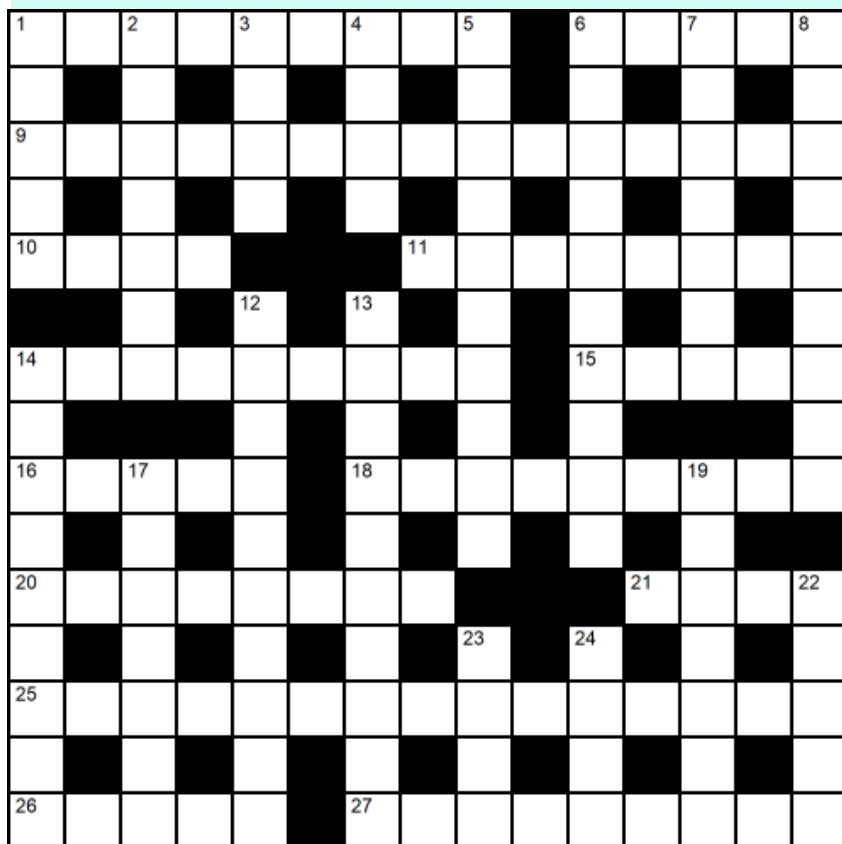
My thanks to all our members who are contributing ideas and practical help in running the group. It's such a pleasure to be with you each month.

Lorna Weir



Set by Bob Rotheram

More puzzles at bobrotheram.com/crosswords



Down

- 1 Boss runs away, making blunder (5)
- 2 Excursion to go off suddenly (4,3)
- 3 Drains swamp regularly with minimal suction (4)
- 4 Eyrie resident camouflaged in 18 (4)
- 5 Accidentally poop runner - Usain Bolt or Paula Radcliffe, for example (6,4)
- 6 Works for soaps? (5,5)
- 7 Fine place, elegantly expressed (4,3)
- 8 Food for soaps? (2,7)
- 12 Used up two drugs - consumed with last of food that's hard to shift (4-6)
- 13 With these, get people out of few jails crookedly (4,2,4)
- 14 One staying overnight is long-suffering with hip (2-7)
- 17 Gradually start report that girl's arrived (5,2)
- 19 No kids cycling crossing new type of road surface (3-4)
- 22 Upset, some Gujaratis may play this (5)
- 23 Every leading electronic Bulletin Board System declines (4)
- 24 Favourable market (4)

Across

- 1 Rewrite gospel to disciple finally and crash out (2,2,5)
- 6 That's to say how to move a trailer? (2,3)
- 9 Spinning a playground item endlessly, losing it (8,4,3)
- 10 Wingless New Cross statue in a circus (4)
- 11 Safe to criticise eternal child (5,3)
- 14 Mostly at sea (2,3,4)
- 15 BBC leader leaves for free (5)
- 16 Fizzy drink costing more in temporary shop (3-2)
- 18 Sack enters USA, but this is sweet (9)
- 20 Business cancelled compromise (5-3)
- 21 Northern university divides big burden (4)
- 25 Warmer, thrilling, vacuous film (8,7)
- 26 Adjusted radio using fourth melody (5)
- 27 Classic movie has simple supplement (4,5)

Speakers at our General Meeting

Last month we had ex-showbiz journalist Graham Keal who spent 35 years interviewing TV, pop and film stars. Graham said the person who made the most impact on him was Eric Morecombe, from Morecombe and Wise, whom Graham admired enormously. And yes, true to the title of his talk, Oprah Winfrey DID touch his elbow!

In July we are pleased to welcome Rachel Hucknall from Nottinghamshire Hospice, with a talk entitled "Nottinghamshire Hospice, more than you might think." Nottinghamshire Hospice is our chosen charity this year. The talk will cover a brief history of the Hospice sector and specifically Nottinghamshire Hospice. It will address some myths about Hospices and the contribution they make to the community. Collection boxes will be available, but please do not feel obliged to contribute.

Viv Purkiss

Christmas Party

Eh? What? Have you seen the temperatures and the weather forecast? No, this article isn't really about our Christmas Party 2026, it's about a raffle prize from the 2025 Party. Val and Chris Mawditt won the prize of having afternoon tea with Hazel and Viv. We waited until the better weather and went for afternoon tea at Bestwood Lodge on 28 May, where an extremely pleasant time was had by all. For Hazel and myself it was an opportunity to meet two members who we hadn't met before and it was fascinating to find out about them. We found out, for instance that Chris is particularly fond of scones – so much so that the manager came and gave him some more to take home! I hope that Val and Chris found us as interesting!



Viv Purkiss

Cryptic Crossword Answers

Across: 1 Go to sleep, 6 To wit, 9 Flipping one's lid, 10 Eros, 11 Peter Pan, 14 In the main, 15 Untie, 16 Pop-up, 18 Sauternes, 20 Trade-off, 21 Onus, 25 Electric blanket, 26 Tuned, 27 Easy rider.

Down: 1 Gaffe, 2 Trip out, 3 Saps, 4 Erne, 5 Proper noun, 6 Theme tunes, 7 Well put, 8 TV dinners, 12 Deep-seated, 13 Jaws of life, 14 In-patient, 17 Phase in, 19 Non-skid, 22 Sitar, 23 Ebbs, 24 Fai