

AUGUST 2026 NEWSLETTER

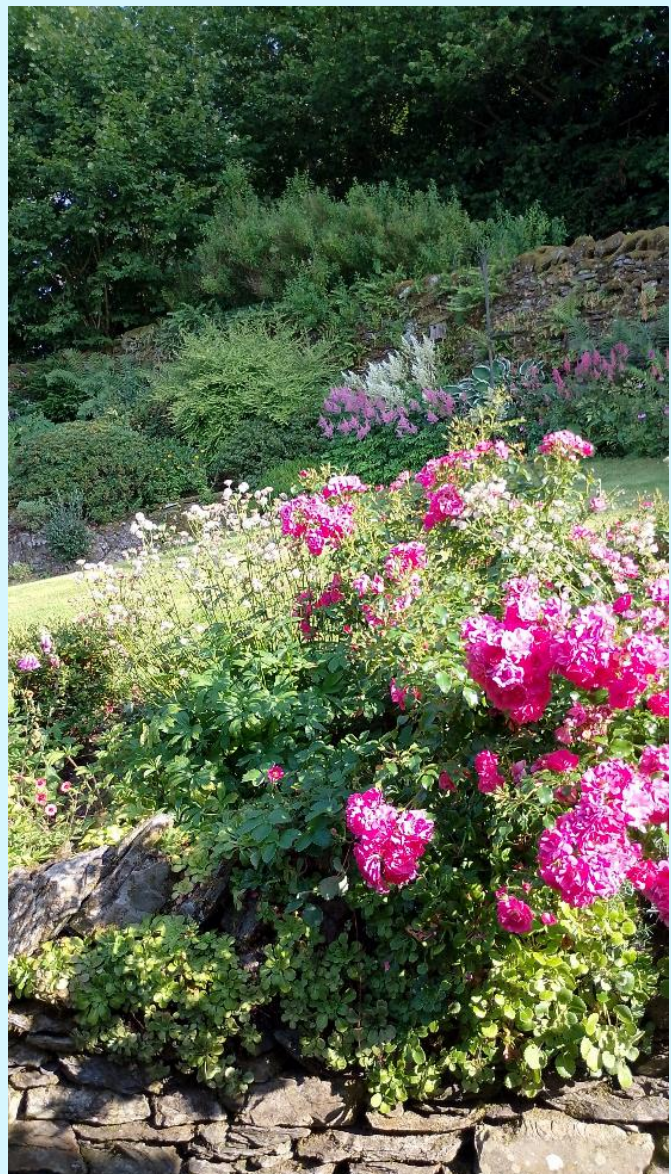
Hi from Hazel

I'm writing this from my brother's house in Windermere. It's so tranquil here. I can feel myself unwinding and relaxing. This is the view from the window at this moment, which is 7pm in the evening.

It's my brother's 70th birthday tomorrow and I'm up here to celebrate with him, his wife and my other two siblings. I'm so blessed that we are all able to meet up and enjoy the day together. We don't always see eye-to-eye but we do always make up after any disagreements 😊.

It's good to be alive.

Hazel Ward: Arnold u3a Chair



U3a Festival in York

u3a Festival 26 was held at the beginning of July, once again at the University of York. Over 1,000 members of the u3a community came together from all over the country and four of us were from Arnold u3a.

A few of us acted as stewards delighting in getting to know new people whilst pointing them in the right direction as well as assisting activity leaders in running their activity. Hazel, our Chair, led 8 sessions of Short Lawn Bowls which is, as we know, her newly devised game especially suited to u3a members. Worksoop u3a members are becoming nationally known as once again they were called upon to entertain with their Steel Pan Drums.

The Festival is the perfect opportunity to “Learn, Laugh and Live” through joining in activities with like-minded individuals from across the country. The range on offer was enormous spanning from flower arranging to wine tasting, via tai chi and handbell ringing. Every minute of the three days was packed full including the evenings with Juke Box Jury (who remembers that?) or Ceilidh dancing.



Rosie Allen

Our unique sport, Short Lawn Bowls, was launched to many other u3a members at the York Festival. They came from as far afield as Scotland and Plymouth and from many places in between. The ground may not have been up to the standard of a bowling green but a great time was had by all on the lawn of the imposing, Heslington Hall.

Hazel Ward

If you didn't see the video about the Festival posted in the u3a Newsletter which came out on Thursday 23 July, here's a link:

<https://www.youtube.com/watch?v=qlwkEs19bJE>



Activities Groups

New Groups (2)

Scottish Country Dancing

Do you fancy learning a new skill? How about learning to dance?

A Scottish country dance group is being set up in September. NO partner needed, just come along and enjoy. It's good for the memory, great exercise, without being too strenuous, and a lot of fun.



Second and fourth Wednesdays 2.00-4.00, Arnold Methodist Church. There will be a sign-up sheet at the main meeting in August or please email sylviahale@hotmail.com if unable to attend the meeting.

Sylvia Hale and Rosie Allen

Wildlife

I'm thinking about setting up a Wildlife Group, so can you let me know if you would be interested? It would be observing rather than discussing, but we would need to have enough people interested to make sure it's viable.

Viv Purkiss

Art Appreciation

Our trip to Derby to see the Joseph Wright Exhibition on 24th June was cancelled due to the very hot weather. Many thanks to Tanya who had organised the outing, but all is not lost. We will visit Derby Art Gallery on 23 September instead, fingers crossed it will be cooler then!

On July 29th we visit Southwell Minster to see Luke Jerram's Helios. That will make us feel even hotter but hopefully the Minster will be cool inside!

On August 26th Nigel will continue his sculpture and materials talk at Arnold Library at 10.00.

Lorna Weir

Coffee Morning Group

We are a friendly informal group who meet for a drink and a natter on the 4th Friday of the month at Sprinters from 10.00 till 12.00 with the option of staying for lunch. Everyone is welcome.

Our meeting in August is on the 28th, and our September meeting is on the 25th.

Jean Cussons



Discussion Group

We had a very lively and interesting meeting on July 6th. Our topics were:

- ❖ How do we feel about Manchester becoming the new centre for 'Parliament'?
- ❖ Should the Royal family pay their own way?
- ❖ Following our win against Mexico, do we think England now has a chance of winning The World Cup?
- ❖ Andy Burnham is talking about renationalising certain companies. Is it worth it?
- ❖ A marathon a month (a new NHS initiative)
- ❖ How do we feel about Prince Harry and his family coming to the UK? Do we really care?

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

Jean Cussons

Public Transport Walking Group

Unfortunately, our last walk had to be cancelled due to high temperatures.

The walk was intended to be along the Southwell Trail, so will do it in August instead. On this walk we have the shade of the trees if the weather is hot. This walk is very level with no hills, again a good thing if the weather is hot.

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.

At the end we do go past a pub, The Final Whistle, which could be handy if anyone is thirsty, and just round the corner there is a bus stop for the 26-return bus to Nottingham. If you would like to join this group contact Stella Lane on stellalane@talktalk.net. This way you will be sent the full details.

Stella Lane

Science for beginners

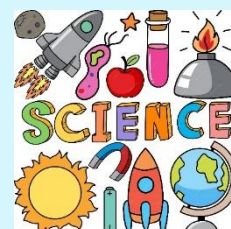
We met on Wednesday, the 15th of July at Arnold library. The subjects raised included:

- 1) The Major Oak it is still being worked on and monitored and will remain as a monument for as long as possible
- 2) The secrets of human life revealed in new detailed imaging of DNA
- 3) El Nino
- 4) Skinny jabs and a significant loss of muscle mass
- 5) Grandfather paradox
- 6) The ugliest shark in the world
- 7) How the pectoral muscles and back muscles can influence susceptibility to a heart attack.

The above is not an exhaustive list, as it raised many issues linked to the titles.

There will be no meeting in August.

Tina Palinedge



Long Walks

3rd Wednesday U3A Long Walk, July 2026

As Nottingham's heat rose to 32°C, we seven country lovers set out on an 8.5 mile circular walk from Youlgreave down towards the River Bradford, deep in its dale, to later join the old lead mining valley of the River Lathkill. Here we followed the river for about 3 miles slowly winding up through woodland.

The Lathkill Dale valley had been very hard hit by ash dieback and blackened trees stood like broken armed skeletons. New saplings of various species had been planted to rejuvenate the area. The river itself had weir after weir constructed in the Victorian era, elegant ponds to ensure the fish survive the dry season, however today a family of ducks and newborn ducklings entertained us as we passed. "Heads down and tails up, paddling free."

As we steadily walked up Lathkill Dale there were areas where we kept saying "Where is the river that we knew of years gone by?" The answer was with so many dry months, the bed has dried in sections and the water had decided to run underground, tall plant life has taken over -nettles, meadow sweet, rosebay willow herb. Gay did point out a very delicate plant on a hill side with yellow flowers called ladies bed straw. Evidently this was used long ago to sweeten bed pillows for sleep, hence its name.

Towards the end, the route turned a left over a river bridge and we headed up Cales Dale, steadily climbing to a very, very steep hillside of 167 stone steps, according to Mike Law, up and out of the valley. We crossed several level meadows to return to the cars.

All the group said what a great walk it was under the summer blue sky and remembering to drink lots of water as needed throughout.

Rosie Bolton



Our July Walk was Lady Bay, Waterside Bridge and Colwick Park.

☀️ Sun, smiles and a scenic stroll along the Trent!

An incredible turnout of 20 walkers gathered under glorious July skies, enjoying the perfect combination of bright sunshine and a refreshing river breeze. Setting off from our base at the Poppy and Pint, we headed straight for the impressive new Waterside Bridge. Naturally, we had to pause for a few group photos on the structure before splitting up for our custom adventures.

While Brad did a fantastic job leading a shorter, relaxed contingent over to the Daleside Café, the main group powered onward. They clocked a scenic 5-mile (8 km) loop that stretched along the River Trent, crossed the new footbridge, and wound through the beautiful greenery of Colwick Park.

No matter which path we chose, all roads led back to the Poppy and Pint, where we wrapped up a wonderful day by refuelling with a spectacular, well-deserved meal.

A massive shout-out to Brad for leading the alternative route, and to David, who did a brilliant job as our back marker to keep everyone safe and accounted for!

Nigel Mounfield



Our next walk is 10 August 2026

Burnt Stump Country Park and Sansom Wood

Meet at 10.15 in the car park of the Burnt Stump pub (NG5 8PQ)

You have to record your car registration in a machine in the entrance to the pub. This is 4 hours free parking which gives time to walk and eat, but there is no obligation to eat at the pub. The pub said you can re-register after 4 hours. Toilets are open prior to the walk, and there is no need to pre-order food.

The walk is about 4.5 miles, mainly on woodland paths with a couple of uphill stretches. No stiles and mainly in the shade.

Please contact Chris or Helena Butler by Thursday 6th August. State whether you are attending the walk only or also staying for lunch so we can book a table. Email helenabutler@hotmail.com

Dieter Hecht

Strollers

Our June walk took us strolling along the Trent Embankment, it was a hot day so we were looking for shade under the trees. After looking at the boats and scenery around the river, it was time to cross over the Suspension Bridge and circle round to the cafe, for our first rest. We then set off to look around the Memorial Gardens and continued walking under the trees by the river to Trent Bridge and on to the Embankment Pub, where we had a delicious lunch.



Our August walk will be to Wollaton Park. We will meet on Tuesday August 25th 2026 at 10.30am, at the bus stop near to the John Lewis entrance, to catch the No 30 Pink Bus, to take us to Wollaton Park. We will walk up to the Courtyard Cafe for a rest and for those who wish to go further they can continue on to the Camellia House. We will then walk back to the gates and make our way to The Wheelhouse to socialise and have lunch if required.

We look forward to seeing you all.

Maralyn Wilson and Linda Birch

Cinema Group

On Sunday 23rd August the cinema group will be going to see "& Sons" at the Broadway Cinema. The film is due to start at 2pm and we will meet in the cafe from 1.15 ish.

This is a dramatic adaptation of David Gilbert's novel, co - written by Oscar winner Sarah Polley (Women Talking). Bill Nighy heads a stellar cast, which includes Imelda Staunton, Johnny Flynn and George MacKay, playing a Lear-like figure with a reputation for leaving destruction in his wake.

We will be going to Dolce's for a meal if you would like to join us after the film. Please purchase your ticket beforehand if possible.

Judy Briggs and Helen Catchpole

Medium Walk

Medium Wednesday Walkers-July 2026

Twelve keen u3a members set off for a 5.5-mile circular walk in the Peak District, our favourite stomping ground. The route from Ashford-in-the-Water to Monsal Head viaduct took us through the old disused Headstones tunnel, once The Midland Railway's main line from London St Pancras station, to Manchester Central which was closed north of Matlock in 1968 by Dr Beeching. Once over the viaduct we followed what is now the Monsall Trail until we left it to drop down into Upper Dale crossing the River Wye and stopping to admire the bird life, then steadily climbing back to Monsal Head for a coffee break to enjoy the expansive view of the Dales from this vantage point. The return was across the high limestone plateaux, several fields of lambs now in the sun and continue down Pennyunk Lane back to the pretty village of Ashford-in-the- Water for lunch at the Bulls Head. Where did they get that lane named Pennyunk from?

There was one very exciting moment for Helen and a few of us at the rear when walking down a minor road to be greeted ahead by a herd of cows coming towards us. Panic and screams by Helen as she ran to reach the stile in the wall, to safety, getting out of their way before they reached us – phew!!

The weather? Well after weeks of burning sun it was a joy to begin with a cloudy start, and yes, the sun returned by lunch time where The Bulls Head provided us with a private room of typical English character and a most welcome meal.

Rosemary Bolton



Poetry and Music

Twentieth Century Poetry

We shall be starting the poetry of Nobel laureate Seamus Heaney when we meet again on September 15. He is one of several Irish poets we shall be exploring in the coming year, including Michael Longley, Derek Mahon and Paul Durcan. Amongst the English poets featured will be Douglas Dunn, Jo Shapcott, Carol Ann Duffy and Simon Armitage. Please contact William (william.u3a@gmail.com) if you are interested in joining the group.

Opera

On September 14 the Opera group will begin to explore the early operas of Richard Wagner. The first two sessions will be an introduction to Tannhäuser (with its famous Pilgrims' Chorus) and Lohengrin (with its even more famous Bridal Chorus). In November we shall be devoting four meetings to Wagner's The Flying Dutchman, the great romantic opera about a ghost ship cursed to sail the oceans forever, unless its Captain can be redeemed by the love of a pure woman. If you would like to join us for this, please contact William (william.u3a@gmail.com). And if you have any opera enthusiasts amongst your friends, please tell them about it.

Classical Music

The new Nottingham Classics series of orchestral concerts starts in September and, once again, the Classical Music group will be well prepared to appreciate them. As well as focusing on each piece of music of each concert, the group also explores other classical music and is currently working through its own Classical A - Z of composers. Vacancies can arise in this popular group, so do contact William (william.u3a@gmail.com) if you're interested in joining.

William Ruff



Theatre

Playhouse

This is just a gentle reminder to those who have ordered Pantomime tickets but haven't paid for them. Please let me know if you still want the ticket/s. I will be at the next meeting in August and September's but not October. If you haven't paid by September, I will assume you no longer want them.

Tolethorpe Hall

Our next production for this venue is on Saturday 1st August, when we will be seeing Treasure Island. The coach will leave Arnold Leisure Centre at 11.30 a.m.

Our final trip to Tolethorpe is on 29th August when we will be seeing One Man Two Governors. The same arrangement applies for the coach. All tickets have sold for these two plays. I am looking forward to joining you on a good day out, don't forget to bring your picnic.

Wendy Quickfall

Garden Visits

Unfortunately, our last garden visit to Norwell Gardens clashed with Sherwood Open Gardens and was on a very hot day so I only saw two other Arnold u3a people there. It was a really good visit though with a great variety of gardens and included the allotments which, unusually, are in the heart of the village.

A reminder of Alpaca Farm on the 2nd August which I wrote about in last month's newsletter.

Our next visit is to:

Brook Cottage 41 Church Street Southwell NG25 0HQ

Sun 6th Sep 1 - 5pm. This is one of their open days.



A peaceful spot to enjoy tea and cake! Two contrasting gardens. This delightful ½ acre cottage garden, located within walking distance of Southwell Minster, showcases stunning displays of climbing roses, wisteria and clematis. Secluded areas at the back and sides, framed by an arbour and birch trees, offer a surprise 200 metres East of the Minster. Past the Minster around left bend on left side. Car parking available opposite the Minster or street parking. Admission £7 Tea, coffee and cake at cost.

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

Activities Group

Summer Quiz

Eleven teams battled it out for the title of champion at the Summer Quiz on 21st July. It was a close call, all teams doing well – and even needed a tie-breaker question to decide who were runners-up and who came third. Both scored 109 points but the team of “It’s not coming home” just pipped the “Quirky Quizzers” by guessing how many goals were scored in the World Cup Finals. However, the winners with a score of 124 points were “Five Opinions” – so well done to Bob Rotheram, Lindley Hearson, William Ruff and Pat Piercy. Hopefully there will be a Christmas Quiz so keep those brain cells working!

Pétanque

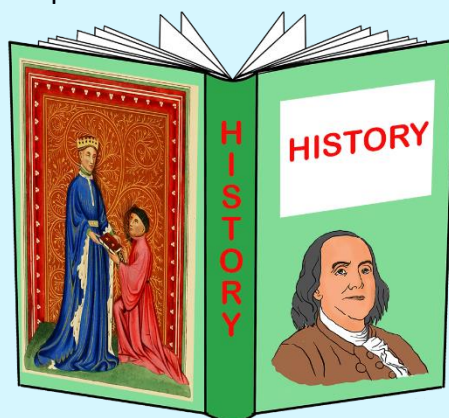
If you fancy a go at pétanque – or French boules as you may know it - then sign up for a session at Nottingham City Pétanque Club on Friday 18th September at 10.00 on the pistes at Valley Road. No previous experience necessary – just come along and have a go. Cost is £3 per person – and you get a hot drink and a biscuit as well!

Neil Hunt

British History

July Meeting: Firstly Rosie spoke about the life of Karl Marx. He was born in Prussia in 1818 into a middle-class family. He was well educated and clever and adopted radical views whilst at university and became a journalist. He was expelled from several countries and finally settled in London in 1849 where he remained until his death. He and his family lived in poverty but he was supported financially by his collaborator, Friedrich Engels. In 1848 they published the Communist Manifesto. Das Kapital was published in 3 volumes in 1867 and the 1880s. Marx believed in the class struggle and the eventual collapse of capitalism. He suffered from poor health, died in 1883 and was buried in Highgate Cemetery. His ideas have had a huge influence on the history of the C20th and still resonate today.

Gordon then gave us an account of the building of Nottingham prison taken from a government report of 1891. The prison was built at Bagthorpe (an area north of the city between Hucknall Road and Edwards Lane) where it is still situated. It was built on a 7-acre site and consisted of a main block, several other buildings and exercise yards. The report details the conditions in the prison for up to 200 men held in primitive cells furnished with plank beds. Light was from gas lamps on the landings, shining through small windows in the cell doors. Sanitary arrangements were on the landings as were inlets for fresh air and some heating when necessary. There was a small hospital, punishment cells, a padded cell and an execution cell. In 1912 the prison was rebuilt and has continued to be modernised.



Our third talk was from Ron who gave us detailed handouts about the life, expeditions and legacy of Robert Falcon Scott, who led 2 expeditions to the South Pole. The first expedition started in 1901, lasted until 1904 and hugely expanded the world's knowledge of Antarctica. Scott's second and ill-fated expedition commenced in 1911. Conditions were terrible and temperatures down to -40 degrees C causing frostbite and the subsequent death of the whole party. Scott, the last to die (at the end of March 1912) described the expedition in diaries which were recovered along with the bodies of the explorers 8 months later. Scott helped pioneer the design of tracked snow vehicles. He was the father of Peter Scott, the naturalist.

Chris & Helena Butler

Outings 4 U

Richmond, North Yorkshire

Saturday 26th September 2026

Meeting Arnold Leisure Centre at 07.45 am

Departing at 08.00am – cost £20

As this outing is proving to be very popular, I have the option of hiring a larger coach. If you would like to join us on this outing to lovely Richmond please let me know a.s.a.p. At Richmond there is a castle, indoor and outdoor markets, 2 museums and plenty of tea shops! As there will be no outings in August I may not be at the August General meeting but need to know who wishes to come to Richmond beforehand please. Cheques payable to Arnold U3A can always be dropped through my door, as can cash in a clearly marked envelope with your name, telephone number and 'Richmond'. If you are online, then I usually acknowledge receipt of payments. Many thanks.

Durham City & Cathedral, 18th July 2026

A coach of U3A members set off on a sunny morning to visit Durham City. The journey was comfortable, longer than usual with no hold ups. On our arrival we were fortunate enough to pile onto the local bus to the Cathedral quarter. The driver was great, had a lovely sense of humour and allowed us to use our bus passes which, apparently, were not valid up in Yorkshire. We were told where to pick up the bus for the return journey to catch our coach for 4pm. All the Yorkshire folk we met were most helpful and friendly. As it was a Festival Weekend, there was live music in the Market place and down by the river, and there were fantastic flower displays everywhere.



The Cathedral and nearby Castle were the highlights of the day, wonderful buildings in a beautiful setting. The Museums and Town Hall were worth the visits, and most interesting. Various small groups of our party kept meeting up and all looked so content and happy. The return bus was caught from the market place, the top of a very steep hill, and everyone was relieved to board our waiting coach after a happy day in very beautiful Durham with ideal weather. We lost no-one and fortunately there were no incidents to report.

Cynthia Marett

Psychology

We started our new theme of The Psychology of Family and Friends at our July meeting and Glynis led us through a really interesting exploration of family dynamics in later life. We discussed the fact that there are such a variety of family structures in modern Britain so that each of us will have different experiences. What we did agree upon is the need for good communication and forward planning to ensure that family relationships remain strong and supportive throughout.

Our August meeting on the 17th at Arnold library, meeting room 1 at 1.30 until 3, will continue the theme of family psychology.

We welcome new people to our group so, if you would like to join us do contact me on rosieallen21@outlook.com or come along to the next meeting.

Rosie Allen

Mindfulness

Last month we revisited the cooling breaths, which are simple practices to help cool the body and even the mind! (Believe nothing). These are proving very useful in the ongoing heat. We also did a rare standing posture – The Wonder Woman Pose (including any men and options to remain seated). We explored how standing like Wonder Woman can boost your confidence! We also revisited the Loving Kindness meditation.

There were 12 in attendance and we do have space for more.

We meet on the 3rd Thursday of the month at Arnold Library – Meeting room 1. 3.00pm – 4.00pm

Contact Amarajyoti for more details or to be put on the list amarajyoti@ntlworld.com (Handouts sent to those on the list so you can see what we are doing, even if you miss a session!)

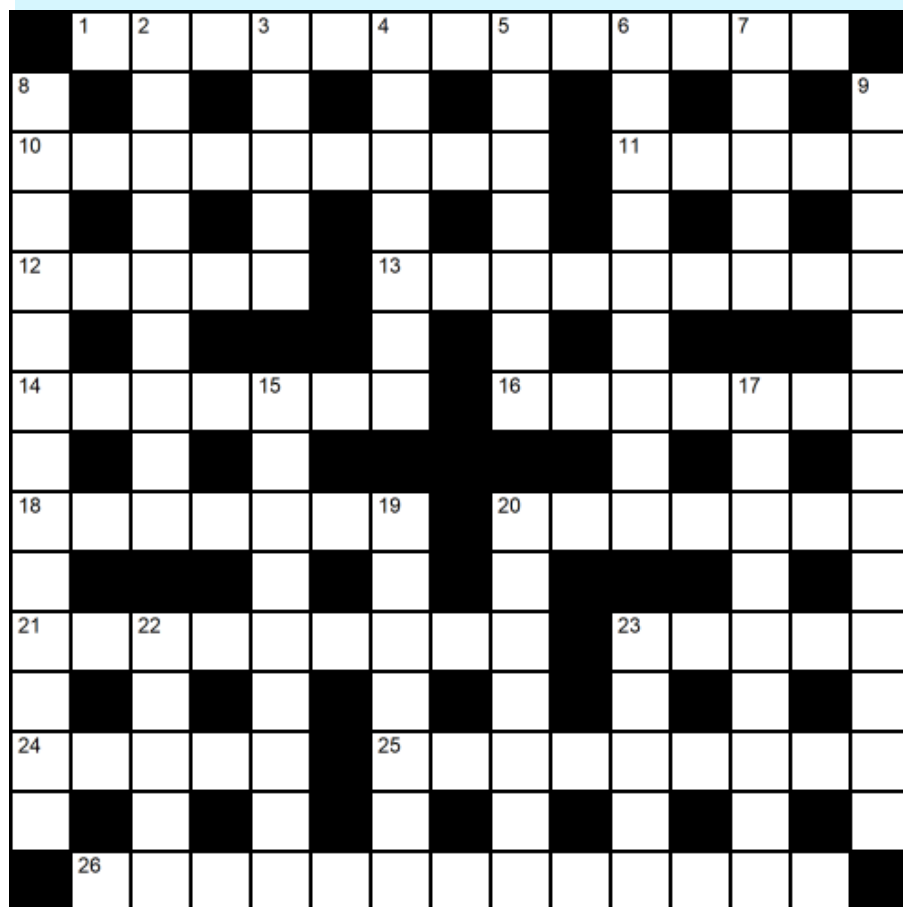
Amarajyoti



Cryptic Crossword

Set by Bob Rotheram

The four peripheral clues are related and do not have definitions. More puzzles at bobrotheram.com/crosswords



Across

- 1 World's first in scary blog edited at the start (6,7)
- 10 Shared quality of solar power and annual membership? (9)
- 11 Bone to be announced is twice broken by setter (5)
- 12 Almost failing to begin ahead of time (5)
- 13 Accidentally elbow a bat in a weak state (2,1,3,3)
- 14 Polish animal home has garden plant (7)
- 16 Here's an example of running together (7)
- 18 Poor advice from the Green Party? (7)
- 20 Smartie pants notes experts (7)
- 21 Old gun bore heard legendary weapon (9)
- 23 Appropriate building with zombie finally removed (5)
- 24 Warning to stop first letter before second half of last month (5)
- 25 Desperate character resisted vocally and dressed up (9)
- 26 The result could be mail etc (7,6)

Down

- 2 50% of capital on country property obtains kind of weather forecast (4-5)
- 3 Blue airline with dirty wings (5)
- 4 Sign and track collection of CDs, say (7)
- 5 Mean to allege how old someone is (7)
- 6 Came across ceremony covering up Old English rock from space (9)
- 7 Illustrious gold coin (5)
- 8 Eco-friendly accommodation linked with empty talk (10,3)
- 9 Poem about Greek character supporting vehicle on famous beach (6,7)
- 15 Molten mass resulted in music maker (5,4)
- 17 When leaning towards planning (9)
- 19 Prepare for publication of court case about plot (7)
- 20 Appearing during tremor on Iceland is stupid (7)
- 22 Secretive group contains leaders of conspiracy and blackmail most of all (5)
- 23 One girl gets up for another (5)

Speakers

Many thanks to Rachel Hucknall from Nottinghamshire Hospice who came to talk to us about the services provided, not just for people who are ill, but the support for their families in the Community. I thought her talk was brilliant. And members of Arnold u3a are stars as well – we raised £300.89 for our chosen charity this year.



Viv Purkiss

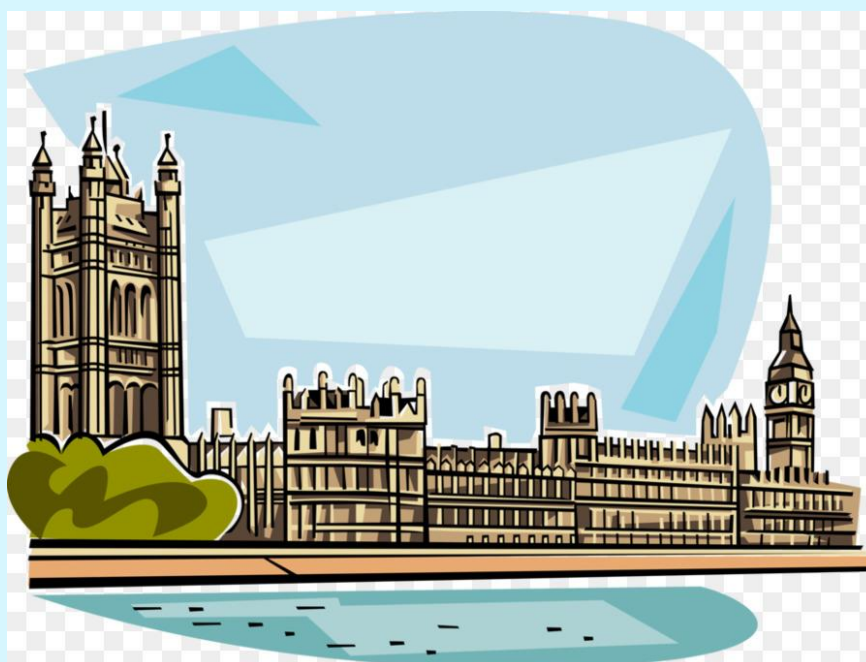
At our monthly meeting on 4th August our speaker will be Michael Payne, MP for Gedling. He will be giving us a non-party-political talk, entitled 'From Magna Carta to Modern Westminster: The story of Parliament and the role of an MP.'

Michael will cover some local and Parliamentary history, as well as discussing his role as Member of Parliament. He will also mention his support for u3a, and how he intends to champion our work and aims in Parliament.

Michael will be pleased to take questions but, if your questions for him are at all political in nature, please can you respect our rules and address them to him at his surgery?

We were pleased to welcome Gedling's previous MP, Tom Randall when he spoke to us two years ago and I'm certain we will also show Michael a resounding u3a welcome.

Hazel Ward



Film showing (free) – People’s Emergency Briefing

Arnold u3a Members are invited to join a free screening of this film (recognise Chris Packham in the picture?)

Sat 22nd August 1:30 to 3.30pm

Arnold Community Centre

78 Nottingham Rd

ARNOLD

The film covers the impacts in the UK of the Climate and Nature crisis, followed by a discussion. An eye-opening, hopeful and inspiring film, bringing together nine leading UK scientists and experts talking about things such as:

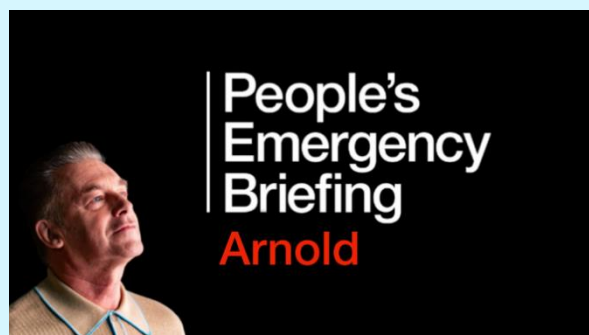
🔥 Extreme weather

🍲 Food security

🏥 Health

🦋 Nature Loss

I’ll be doing a sign-up sheet at the next main meeting.



Gay Wood

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.

Cryptic Crossword Answers

Across: 1 Global warming, 10 Renewable, 11 Tibia, 12 Early, 13 At a low ebb, 14 Honesty, 16 Elision, 18 Useless, 20 Maestri, 21 Excalibur, 23 Annex, 24 Amber, 25 Dandified, 26 Climate change.

Down: 2 Long-range, 3 Bawdy, 4 Library, 5 Average, 6 Meteorite, 7 Noble, 8 Greenhouse gas, 9 Carbon dioxide, 15 Steel drum, 17 Intending, 19 Subedit, 20 Moronic, 22 Cabal, 23 Anita.