

SEPTEMBER 2026 NEWSLETTER

Hi from Hazel

At the heart of all u3as are the friendships we form and the gentle reassurance of being part of a wider community. At Arnold u3a we know we can spend time together — talking, listening, learning and feeling connected. We don't divide ourselves into teachers and learners. We gather as equals, each bringing our own interests, experiences and skills. When we share them, something special happens: we learn from one another without even noticing, and we grow together.

Let's continue to give ourselves the gift of time with others. A group meeting, a walk, a conversation, a shared activity — these small moments are the threads that hold our u3a together... and the beauty is: We don't have to keep this to ourselves. By sharing our opportunities with new people, we can help Arnold u3a to grow and prosper.



Hazel Ward, Arnold u3a Chair

Speakers

August

Many thanks to Michael Payne, MP for Gedling and our local MP, who in August gave us a fascinating, if long, talk on the story of Parliament – from Magna Carta to Modern Westminster. It was an absorbing experience, and he held his audience rapt as he regaled us with tales from history from our local area and pointed out how important Nottingham and Nottinghamshire have been in history.

September

We will be welcoming Sian Trafford, Chair of Nottingham Women's History Group, who will be talking to us about Florence Boot: Businesswoman, Philanthropist and Founder of Boots Booklover's Library. Sian will cover Florence's life from when she met Jesse and the contributions their professional partnership made to the Boots business, the lives of their workers and the fabric of both Nottingham and Jersey. Sounds really interesting!

Viv Purkiss

Activities Groups

Outings 4 U

Barnsley and Market 17th October 2026

Cost £16, Meeting at 7.45am

Departing at 8.00am, back in Arnold 6.00pm

There are 12 places available on this outing only. If you wish to join us, please send, or post, your cheque, payable to Arnold U3A, to Cynthia Marette. Please write 'Barnsley 17.10.26' with your phone number on reverse side of cheque.

Proposed weekend visit to Hampton Court Palace & The Houses of Parliament during February 2027. Please let me know if you are interested in this, what size room would be required, bearing in mind there would be a supplement of £55 for single rooms. The cost, including half board at the hotel and entry to Hampton Court would be £199 for 15 people, reducing by £10 for each additional 10 people, £189 for 25, £179 for 35. £169 for 45 and £159 for 50 or more. There will be no obligation for showing an interest. Just email me and I will have some idea if this outing would be viable. Many thanks,

cmarette@outlook.com

Cynthia Marrette

Science Group

The Science Group did not meet in August. However, we will be meeting on 16th September in Arnold library, room 2, from 2 till 4 pm. Anyone is welcome. New scientific developments are amazing and we discuss how history plays a part in our future. You don't need to know a lot about science to understand!



Tina Edge

Coffee Morning Group

We meet at Sprinters from 10.00 till 12.00 on the 4th Friday of the month. We enjoy a drink and an informal natter and there is the opportunity to stay for lunch if you so choose. Our September meeting is on the 25th and our October meeting is on the 23rd. Everyone is welcome, just drop in at any time.

Jean Cussons



Discussion Group

We had a very interesting session this month. Topics discussed were:

- Infantino
- Should all MPs receive round the clock protection?
- Table Manners
- Should there have been coverage of The Commonwealth Games on free to view TV?
- Should we have to give up our houses/savings for social care?
- Do we think there should be legislation restrictions for unnecessary subscriptions?
- Electric cars versus conventional cars
- How do we feel about people who break the hosepipe ban?

We are a small, friendly group who meet on the 1st Monday of the month at Coopers Brook from 2.30 till 4.00. Our September meeting is on the 7th and our October meeting is on the 5th. Everyone is welcome.

Jean Cussons

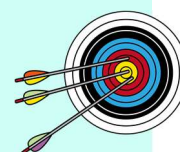
Activities Group

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! Plenty of places still available.

Archery

Despite my optimism at the last meeting that I could get a session of archery up and running, I still have been unable to get a date from the organisers so at the moment this is not happening.



Neil Hunt

Theatre Group

On Thursday 24th September we go to the Theatre Royal in Nottingham to see Matthew Bourne's "The Car Man" which is loosely based on Bizet's popular opera Carmen. Those who have paid for tickets can pick them up at the U3A Meeting or meet us in the theatre foyer at 1.30pm. The performance begins at 2.00pm.

On Saturday 12th December we travel by train to Sheffield to the Crucible to see "Singing in the Rain" which is described as a "Sheer Delight, Beautiful, Charismatic" and a lovely start to the Christmas Season. We will go to Mamma Mia's restaurant beforehand for lunch, the show begins at 2.00pm. We will look at Train Times closer to December.

Shirley and Sue



Long Walks

Long walkers go local!

We were very disappointed that our annual cream tea and long walk was cancelled because of the heat. Having survived a previous walk in the sun, Peter was keen to repeat the experience hence he offered a short morning walk around the village of Lambley from his house with the promise of a pub stop at lunch time. A select group of 4 set off, checking that no-one else was waiting for us at our meeting point. We had made a good pace, however the abundance of blackberries in the hedgerows proved too tempting to ignore. Despite that we arrived at the top of Lingwood Lane in good time, so we walked to the edge of Ploughman's Wood before dropping down to Lambley. After a brief visit to Reed pond we hastened to the Woodlark for rehydration. Our return route took us along the Dumble, across to Crimea farm and then into the country park to emerge 1 house away from Peter's where, thanks to Rosie, mugs of tea and cool flannels finished off what had been a good walk. Thanks Peter - another good day to add to the many.



Gay Wood

Medium Walks

August - A circular walk around Baslow

Parking for the day at the Robin Hood Inn, we began the bracken lined short but steep climb onto Birchen Edge. The clear distant views hit us immediately. Wow! To be in the Peak District is worth the hour's drive to get there.

First to pass, the Three Ships (grit stone) Tor and Nelson's monument, notice the developing theme here, later we were to pass Wellington's Monument.

Walking along Birchen Edge through heather was a delight, we frequently stopped to admire the views, then gently descended to meet the A621 (Baslow to Sheffield road.) This path crosses a very wet bog. Due to the summer's drought, it was easy walking, but still moist. Crossing the road, we took the track to see The Wellington Monument and also diverted to see the rocky outcrop called The Eagle Stone.



Continuing down Bar Road into Baslow some of us bought an ice cream before taking the path through Chatsworth Park, part way through, summer came to a dramatic end as we suddenly encountered heavy rain which followed us all the way to The Robins Hood Inn, and so back for lunch.

Rosie Bolton

Have your say!

We are just finishing our six-month trial of a new format for the monthly meeting. Now it's time for us to ask if you'd like to vote and/or comment - and to let you know how to do that.

Option 1: a different format, in response to your early opinions for a longer speaker slot and more time for earlier sign-ups.

First: Info about activities with a longer (50 mins) period of sign-up for activities, membership, treasurer, info about groups etc - at the same time as Refreshments

Second: Speaker (a longer slot offered), then notices about future groups/activities etc. (No need for activity leaders, committee or refreshments helpers to stay on).

Option 2: the format we have been trialling for six months.

First: Sign-up for activities, membership, treasurer, info about groups

Second: Speaker, then notices about the future groups and activities.

Third: Refreshments and further sign-up's etc and socialising.

Option 3: Previous format

First: Sign-up for activities, membership, treasurer, info about groups etc

Second: Notices etc

Third: Refreshments and extra sign-ups for activities, membership, treasurer, info about groups etc

Fourth: Speaker

If you have email:

You'll receive an email from the Chair's new email address. More detailed timings will be given for each Option. To have your say you should reply stating Option 1, or Option 2 or Option 3, preferably by 14th September.

If you do not usually attend the monthly meeting you may pass your vote to the committee by **not** selecting one of the three options on your email reply.

If you do not have email:

For those with no email, a voting form will be provided at the September monthly meeting. You may complete it then or phone with your vote, to the number supplied.

Comments process: Separate from your voting email/form

For making your comments, please complete a "Suggestions Slip" at the September monthly meeting. Or you may hand in or send any comments to any member of the committee, preferably by 14th September.

The committee hopes that this process gives a good chance for your opinions and choices to be considered and your cooperation with this process is appreciated.

Hazel Ward, Arnold u3a Chair

Public Transport Walking Group

Our July walk was cancelled due to very high temperatures and we hoped things would be different in August. The walk chosen for August was a section of the Southwell Trail

because, being a former railway line, it was flat, and the trail is lined with trees on both sides giving welcome shade. Following days of very high temperatures Saturday 15 August turned out to be a just a bit cooler so the walk went ahead. Ten of us started at the former railway station in Farnsfield and walked along the tree lined path to the former Kirklington Station where we had our lunch and then on to Southwell, finishing at The Final Whistle where many had a welcome drink.

On 5th September we will be doing a linear walk from Netherfield Lagoons to Burton Joyce. The walk will include views of the Trent and take in Stoke Bardolph and Stoke Lock.

We have not quite decided what the October walk will be, so watch this space.

In November Reg Simpson has offered to lead a walk in the Kimberley area which will include Bennerley Viaduct. There is now a good visitor centre here with a cafe and public toilets.



Stella Lane

Strollers

Our July walk took us along the Nottingham Canal on a beautiful sunny day. Our first stop was to look at the Locks, where we watched the narrow boats juggling for their positions, interesting to see the water levels rise and they were on soon on their way.

Plenty to see, lots of boats and canoes from organised outings and the fisherman with plenty of fish to be caught. There is much Architecture to see along the route too, new apartments with flowers on their balconies and old historic buildings. After a pleasant walk by the trees and seeing the ducks, it was time have a good break and chat over coffee and lunch by the Canal, which was enjoyed by us all.

Our last walk of the season will be on Tuesday 22nd of September, which is the fourth Tuesday of the month. We will meet at 10.30 am in the Council Car Park next to the Vale on Mansfield Road. We will be going to Arnot Hill Park, walking along the old railway track, back into the park and around the Lake, all quite flat except for one short gentle slope. It will then be time for coffee and Lunch at The Vale, if you would like to join us. We look forward to seeing you.



Maralyn Wilson and Linda Birch

Short Walk Group

Burnt Stump Country Park and Sansom Wood

Date: 10th August

Organisers: Chris and Helena Butler

Attendance: 17 walkers

A big thank you to Chris and Helena for organising a fantastic morning walk! We were blessed with another glorious, sunny day, but our 17 walkers were very fortunate to spend most of the route in the refreshing shade of the trees through Sansom Wood.

The day concluded with a highly enjoyable meal at The Burnt Stump pub. All the group stayed on for lunch, capping off a wonderful social morning. Thank you again, Chris and Helena, for planning such an enjoyable walk! For the lack of photos on the walk (too busy concentrating on the route or talking to a fellow walkers) there is at least photographic evidence that we enjoyed the meal.

14 September 2026: Gunthorpe, River Trent and Caythorpe

Start in the carpark opposite the Unicorn Hotel,

Gunthorpe NG14 7FB.

Meet at 10.15 for a 10.30 start.

There is free parking in the car park opposite the pub and beside the river. Toilets are open at the Unicorn prior to the walk.

There is no need to pre-order food. Menus can be found here:

<https://www.unicornhotelpub.co.uk/menus>



The walk is about 5 miles, along the river Trent and then inland crossing fields and passing through the villages of Hoveringham, Caythorpe and Gunthorpe before returning to the pub for lunch. It is on flat ground and there are no stiles. There are options to shorten the route.

Please contact Rosie Allen by Thursday 10th September. State whether you are attending the walk only or also staying for lunch so I can book a table.

Email rosieallen21@outlook.com or text 07864066635

Dieter Hecht

Psychology

At our August meeting we studied Attachment Theory. This sets up a psychological framework stating that human survival and healthy emotional growth depend on forming a close bond with a primary caregiver in early life. This early connection creates a blueprint that shapes how people trust, cope with stress, and relate to others into adulthood. Next month, Jean will explore the psychology of forgiving.

Our next meeting will be:

Monday 21st September Arnold Library Meeting Room 1 13.30 to 15.00

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

British History Group

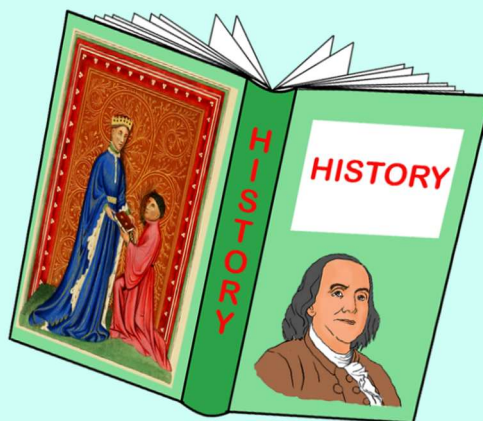
August Meeting

Ron told us about Kathleen Scott (1878-1947), the wife of Robert Falcon Scott from 1908 until his death in 1912 who was the mother of Peter Scott. She led an interesting and fulfilled life in her own right mainly as a prolific sculptor. She created portrait heads and busts and several larger memorials including several of Captain Scott after his death. During WWI she worked with surgeons Harold Gillies and Hector McIndoe to construct plaster casts of injured men's faces to help war victims with severe facial injuries. These masks helped to show missing facial contours which could then be reconstructed, sometimes using prosthetic parts made by sculptors. This early work led to modern advances in plastic surgery.

Our second presentation was on Edward VII. He was Prince of Wales for 59 years before becoming King in January 1901 after the death of his mother, Queen Victoria. He was a popular Prince of Wales, despite his reputation as a playboy and womaniser. He travelled extensively at home and abroad, visiting India and the USA and many other countries. Edward's short reign (he died in 1910) has been regarded as a success. He took a keen interest in army and navy reforms which proved important in the First World War and he helped improve relations with France. He was charming and his people skills were an improvement on those of most of his recent predecessors.

Gill gave our third presentation on Seebohm Rowntree (1871 -1954). His father was Joseph Rowntree, the quaker philanthropist and businessman from York. (Think chocolate and fruit gums). Seebohm was a sociological researcher, social reformer and industrialist. Like his father he was deeply concerned about the conditions and hardships much of the working class endured. He is particularly known for his 3 studies of poverty in York conducted in 1899, 1935 and 1951. The first study visited every working-class household in York and revealed appalling levels of poverty and deprivation even amongst people in work. He developed the idea of a 'poverty line' and found 28% of the total population of York lived below this line. He was not judgemental and understood, even as a quaker, why people turned to drink as an escape from the tedium and misery of their lives.

Chris and Helena Butler



You may have missed from the August Newsletter:

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

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.

Sylvia Hale



Wildlife Group

Many thanks to those who have expressed an interest. I am still trying to sort out how this will work, so please bear with me.

Viv Purkiss



Garden visits

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 $\frac{1}{3}$ 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.

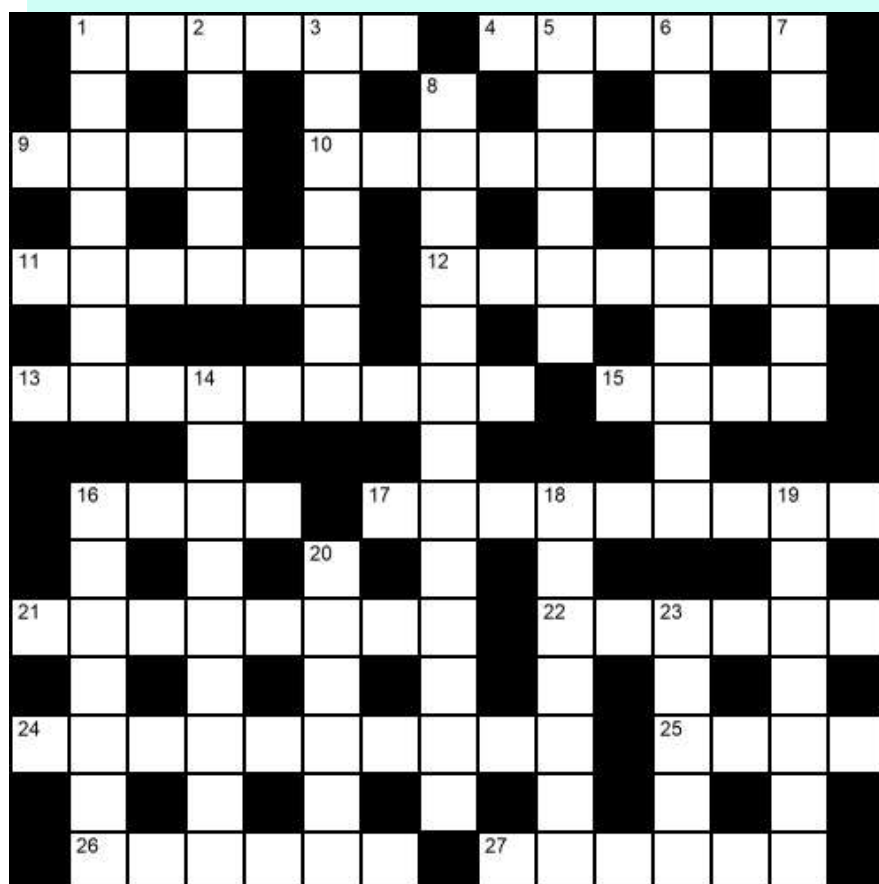
As this is their Open Day, we can make our own way but if anyone would like to meet up with fellow Arnold u3a members, I suggest we congregate at the entrance at 2pm. If anyone would like to go but needs a lift, please let me know and, conversely, if you can offer a lift, please also let me know.

Rosie Allen



Cryptic Crossword

Set by Bob Rotheram. More puzzles at bobrotheram.com/crosswords



Across

- 1 Fish train (6)
- 4/9 Alleging HR wasted children's soap (6,4)
- 10 Half of this should initially fit under lamps in a brown study ... (10)
- 11 ... place where mother embraces exercise (6)
- 12 Cut plan you heard broadcast on time ... (8)
- 13 ... when most go back to 1 across (9)
- 15 Banks of judge accepting fine for cause of laughter (4)
- 16 Drop some definite articles (4)
- 17 He's refined information backing London Transport and returning VIP (9)
- 21 Negotiates low prices (8)
- 22 Occasionally, corrupt head meets new child without mum and dad (6)
- 24 Vulgarly naming fairies or how people do things without help? (10)
- 25 Posh 1 across has spin record (4)
- 26 Close up again on marine hunter (6)
- 27 Hear about one-pound tile (6)

Down

- 1 Fit to capture entertaining old city (7)
- 2 Draw a hole or own about 50 (5)
- 3 Choose one parent, the very best (7)
- 5 Furious because drink's absorbed by scrap material (6)
- 6 Away barking at the moon (3,2,4)
- 7 Phone company collects old coin for 1 across (7)
- 8 Able to understand good cover for the road (13)
- 14 Are MAGA meets fake pitched battles? (4,5)
- 16 Revolutionary wearing bomb for demonstrator (7)
- 18 Pocket in suit to suit a woman? (7)
- 19 Maybe where Oscar was till wild day came (7)
- 20 Soldiers get up surrounded by spies and film house (6)
- 23 Apple of one's eye reported tablet under church bench (5)



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.

u3a Festival

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=qlwEs19bJE>

Cryptic Crossword Answer

Across: 1 School, 4/9 Grange Hill, 10 Thoughtful, 11 Museum, 12 Punctual, 13 September, 15 Joke, 16 Tear, 17 Gentleman, 21 Bargains, 22 Orphan, 24 Themselves, 25 Prep, 26 Reseal, 27 Trilby.

Down: 1 Seizure, 2 Halve, 3 Optimum, 5 Raging, 6 Not at home, 7 Educate, 8 Comprehensive, 14 Team games, 16 Teacher, 18 Trouser, 19 Academy, 20 Cinema, 23 Pupil.