

OCTOBER 2026 NEWSLETTER

Hi from Hazel

I'm delighted that so many of you took part in our "Have Your Say" vote on the monthly meeting format. Thank you for giving your time — whether by email, paper form, or phone. The majority view, by a clear margin, was that the speaker should come first in the main room and that is the format we will adopt.

Alongside the vote, the committee and I undertook to read and listen carefully to the comments and suggestions given by members, organisers, and helpers. We are keen to take these on board while respecting the wishes of the majority.

Some points raised were as follows:

- The AV team feels that Option 2 does not always allow enough time to prepare the speaker's AV needs or to play the safety/information PowerPoint.
- At least three activities coordinators feel that returning to the small room after the main session is not a good use of time; they would prefer more sign-up time earlier.
- Some members feel the speaker should have more than the 40 minutes suggested in Option 2. (Apologies again for the extended talk in August, even though many found it interesting.)
- Having refreshments at the beginning as in Option 1 was not considered an improvement by some, though others would have liked to trial this.

We want a format that works as well as possible for everyone involved — activities organisers, AV team, refreshments team, "Meeters and Greeters," venue set-up team, helpers, committee, speakers and all members.

After listening to your feedback, we will now implement the following approximate timings:

1:00 – 1:15 pm: Preparation time for helpers and dedicated time for activity sign-ups.

1:00 – 1:15 pm: Speaker should arrive (unless they have sent materials prior to the meeting)

1:15 pm: Doors open. Activity sign-up information clearly displayed.

1:00 – 1:45 pm: AV desk prepares requirements for Speakers and plays safety/information video at an appropriate time.

1:55 pm: Chair welcomes members and opens the formal meeting in the main room.

2:00 pm: Speaker presentation.

After Speaker: Brief notices about future events.

After notices: Refreshments and socialising before departure.

My priority is to unite members rather than alienate anyone. If minor adjustments are needed later, the committee will consider them carefully. I hope this format works well for you and that our monthly meetings continue to be both productive and very enjoyable.

Looking forward to seeing many of you on 6th October.

Hazel Ward, Arnold u3a Chair

To all members

You will be receiving, by post or email, a reminder that membership renewal for next year is due, outlining the procedure for renewing your membership. Renewals can be made by BACs, cheque and cash. If paying by cheque – please make the cheque payable to Arnold u3a and write your name on the back. For paying online follow the instructions.

Additionally, there will be a MEMBERSHIP RENEWAL BOX where people can drop off their renewal form together with cash or cheque. It would be helpful if you could put your subscription and form in a sealed envelope to prevent their loss and keep things together. Alternatively, you can post your renewal to me. Renewal forms will be available at the main monthly meeting.

If there are any changes to your details, please incorporate them on the form. This ensures Arnold u3a and group leaders have your up-to-date contact details. Also please confirm, by circling either YES/NO, if you consent to Arnold u3a reclaiming tax on your subscription for next year.

At the main meetings from December onwards, we are going to trial a new payment method – Contactless payment. New members and renewal subscriptions can be paid by this method. Please bear with us during this trial period. We are hoping to make this a permanent payment option going forward.

All renewals will be processed from 1st November 2026 onwards. Confirmation of renewal will be done by email.

Cathy van Baalen, Membership Secretary

Christmas Party



Friday 11th December 2026, 12.30, Bonington Club, £10.00

It's party time for Arnold u3a! Sketches, one-liners and of course:

The Pantomime

All performed by your Drama group.

Buffet included and there will be a raffle as usual!

Tickets available at the October and November meetings.

If unable to attend the meetings please contact

sylviahale@hotmail.com

Sylvia Hale

We will be collecting contributions for raffle prizes at the meetings. Or please email sylviahale@hotmail.com for a drop off point. Please could we ask you to donate items you would like to receive in a raffle e.g., biscuits, chocolates, bath or shower products, festive items small gifts etc. No Small Tombola pieces please.

Sylvia Hale

Your Committee

We are always looking for Committee members. Is it something you've thought about? I became Vice Chair because I get so much from u3a, and I wanted to give something back – I'm also the Newsletter editor. Why not come along to a Committee meeting to see what we do? There will be some Committee members stepping down, having served their three-year term, at the AGM in March next year and we will be seeking to fill those posts. These are the Vice Chair, Newsletter Editor and the Membership Secretary. (As Vice Chair, it is expected for me to take on the role of the Chair which will also become available in March, although if someone fancies doing the role, they can also stand for the position). We can consider job shares for the posts too – we've set a precedent for this already as we have Glynis as Treasurer and Barb as Assistant Treasurer. At this stage we are looking for expressions of interest – have a chat to a Committee member or come along to a Committee meeting – you will not commit yourself to anything by doing so!

Viv Purkiss

Activities Groups

Outings 4 U

Barnsley Market, Saturday 17th October 2026, £16, currently 7 places available
Whitby Festival (not Goth), Saturday 14th November 2026, £20, currently 12 places available

There has been an overnight outing to London arranged, visiting Hampton Court, then The Houses of Parliament with a conducted tour by Michael Payne MP. This will take place sometime in February, date to be agreed. There are already 50 interested parties, and I have a possible 10 more places available depending on type of room required. Singles £55 supplement. The cost at present is £159 and we shall be staying half board at The Holiday Inn (or similar) in Slough, Windsor. No payments being taken yet. Just interest expressed please. We shall travel and visit Hampton Court on a Thursday in February and return on Friday after the tour of the Houses of Parliament and lunch there.

NOTE. Richmond, Barnsley and Whitby will be departing from Arnold Leisure Centre at **8.00am, not 8.30am** as written on some receipts.

All cheques payable to Arnold U3A with destination and your phone number on reverse and sent, or handed, to me. Many thanks.

Cynthia Marette

Psychology

At our September meeting Jean explored the psychology of forgiving. The psychology of forgiveness is a conscious, intentional decision to release feelings of resentment, bitterness, and the urge for revenge toward someone who has caused you harm. Such a difficult thing to do but something which is likely to lead to healing in the future.

In October, Viv will consider Transactional Analysis with the lead in being the question – What if an adult behaves like a child...?

That meeting will take place on:

Monday 19th October 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.

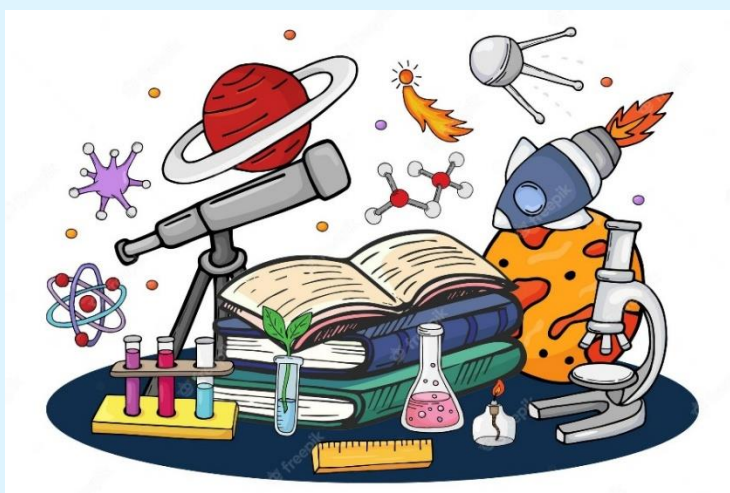
Rosie Allen

Science Group

The Science for the layperson group meets at Arnold library. Bringing together local scientific enthusiasts, curious minds and newcomers, for an engaging session dedicated to making scientific concepts available to everyone.

The September meeting focused on:

- AI and safeguarding
- YAKHCHAL (an ancient refrigeration system)
- sky graffiti (vapour trails)
- mature trees and CO2 absorption.



Attendees participated in interactive discussion and a collaborative Q&A session, designed to spark curiosity and a greater understanding of the world around us.

The above was generated by AI.

Our next meeting will be on Wednesday, the 21st of October at Arnold Library, room Two, 2 pm.

All welcome

Tina Palinedge

Art Appreciation

On 26 August Nigel gave us Part Two of his Sculpture talks and showed us more materials and how they are used and a slide show of many sculptures he has seen. He transported us back to his classroom in the 1980s and we had an informative and fun morning. Many thanks, Nigel, for all the preparation you put into the two sculpture sessions.

On 23 September we will be travelling to Derby Museum to see the Wright of Derby exhibition "From The Shadows" which was postponed due to the heatwave. Thank you Tanya for organising this twice!

On 28 October we are having a talk about Frida Kahlo to coincide with her exhibition in London.

Our Christmas Meeting on 25 November is still in the planning stage but we are looking forward to a festive session.

Lorna Weir



British History

Our meeting in September 21 concerns 3 topics (note I am writing this before the meeting!). Gordon will tell us about the Boxer Rebellion that took place in China between 1899 and 1901, We will then have a talk from Elaine on DH Lawrence, our local novelist and playwright. Finally, Gill plans to tell us more about poverty and workhouses in Britain at the start of the Edwardian era.

Helena Butler



Medium Walking Group

With a weather forecast of showers in the offing the Medium Walkers set off for their favourite stomping ground, The Peak District, this time heading for the Grouse Inn, a lovely family run pub on the Longshaw Estate in the general direction of Hathersage.

This is a high level walk along three gritstone edges taking in some spectacular scenery with great long distant views over the Derwent Valley towards Ladybower and beyond. Peter decided to add a bit of variety to this old favourite of walks, last walked in June 2024, and to take an easier, slightly longer route via White Edge Lodge to reach the White Edge itself. From such a high vantage point we could see the distant clouds, full of mist and rain gaining momentum and heading our way and ten minutes later we were enveloped in fine rain and lost all our views. However, fifteen minutes later it abated and the sun unexpectedly came out to quickly dry us off and the views returned in time for us to take coffee using one of a series of grit-stone tors as improvised seats.

Shortly after Robert and Linda took a short detour to “bag a trig” we presumed they laid their hands on the concrete monolith, last used as an Ordnance Survey reference point on the top of the moor, and so we turned the corner and descended to the lower level to return, first on Curbar Edge, named after the village below us then becoming Froggatt Edge as we passed above that village, and so another detour, this time to view a small stone circle almost lost in the bracken.

Crossing the main Baslow-Hathersage road and stepping through a small brook we clambered up the wooded slope back to the Grouse Inn to be greeted by a fine row of real ale pumps as we chose our meal. Another great day out, now, will global warming allow us the luxury of another hill walk before re-trench back to Notts for the winter season?

Remember our December Walk is a joint groups walk on Monday 14th with all walkers past and present invited to join us for a meal at The Carnarvon Arms, Teversal, voted last year by some members as the best Christmas venue ever. There will be a selection of walks available, reserve that place in your diary, more details later via your own group leader.

Peter Beastall



Public Transport Walking Group

Our September walk was from Netherfield Lagoons along the Trent to Burton Joyce. Some might ask how do you access Netherfield Lagoons? It is not easy. We had to start off at Victoria Retail Park and walk up a very unpromising place called Teal Close which is at the back of the retail park. It is not at all pretty. We walked up here for a while and then a small track appeared on our right. It would have been easy to miss. This track ran alongside the Ouse Dyke and suddenly we were transported from modern ugliness into the beauty of nature with fields and trees on our left, and the Ouse Dyke on our right. When we reached a bridge on our right we crossed it and climbed up some steps to reach the lagoons. At first we could see no water but after a quarter of a mile or so water appeared and we had great views over the Trent Valley and the lagoon. We could see birds on the lagoon but no one had binoculars. We climbed down to the Trent, turned left and carried on to Burton Joyce passing through Stoke Woods and Stoke Lock. Here there were picnic tables making it an ideal place to eat our packed lunches. Next we came to Stoke Bardolph and the Ferry Boat Inn. We had a drink at the inn before going onto Burton Joyce riverside fields. We forget what a beautiful river the Trent is. Then we crossed the railway track and were in the village of Burton Joyce.

I meet a lot of people who look at me a bit pityingly when I say we do our walks by public transport. I would like to say this lovely walk would have been impossible or inconvenient to do by car.

Our October walk will be in an area our group has never previously walked, Keyworth and Widmerpool. Steph will be our leader and she has spent a lot of time investigating this walk. It will include some very beautiful scenery with rolling hills. The date for this is the usual second Saturday of the month, 10th October.

In November our leader will be Reg Simpson and the date for this is Saturday 14th November. It will be a linear walk and include Bennerley Viaduct which now has a visitor centre and cafe.

Stella Lane



Long walk September 2026

In September, the long walks group had an opportunity to explore an area unfamiliar to most- North Nottinghamshire around the Idle Valley country park. Eight members set off from the visitor's centre at Idle Valley and walked 11 miles through sunny countryside taking in the sparkling waters of the lakes in the country park, the River Idle and the Chesterfield canal. We had a marvellous coffee stop overlooking the Beaver's Lake in the park and whilst we didn't see any beavers, we did happen upon a Glossy Ibis, a rare visitor to our shores. We then visited the villages of Hayton, Clarbrough and Tln, before returning through a slightly circuitous route to the visitors' centre. The route was largely flat but included a short stretch along a small ridge with marvellous views of the Pennines in the distance. Altogether a lovely walk enjoyed by all.

Nicki Moore



Strollers

Our August walk took us to Wollaton Park. It was a beautiful day when we entered the gates of the park, taking a gentle walk up to the courtyard, on the way we were admiring the deer, some showing off their sturdy antlers. On arrival at the courtyard, we had a coffee and a rest and a few walked further on to the Camellia House where they admired the flower beds, the shrubs and trees. On the way back to join the rest of us, they had an unusual sighting, a Bride involved in a Photo Shoot!

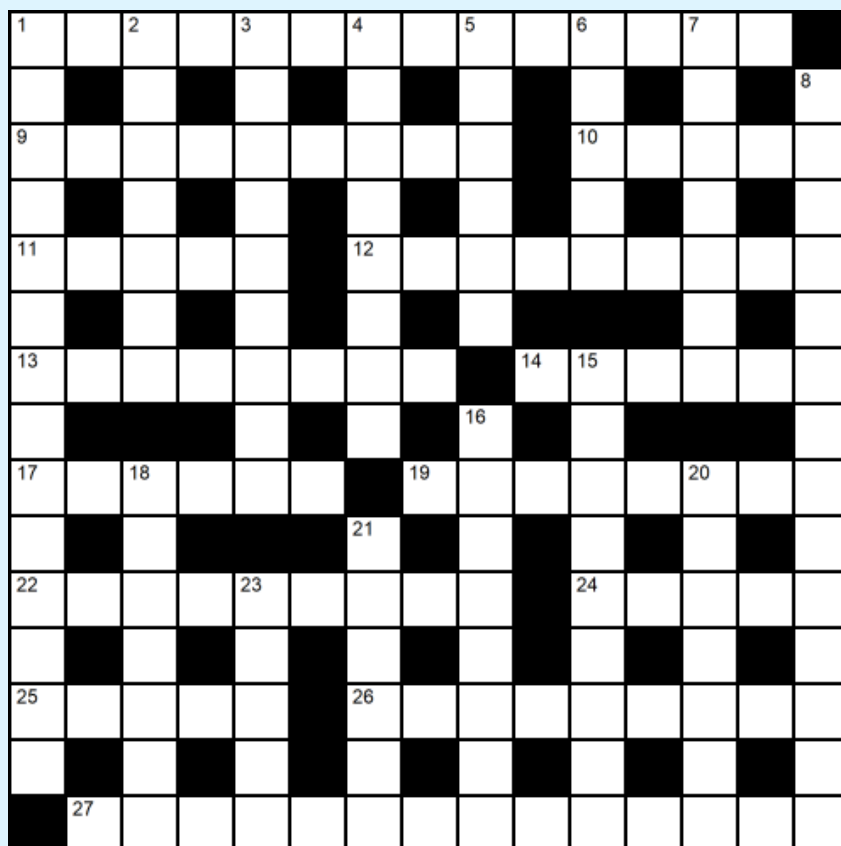
It was time now for us all to enjoy the sunshine and walk down the hill encountering more deer, when lots of cameras came out, it was now time for us to take a few photos! We made our way to the gates and crossed the road to the Wheelhouse, we had a delicious meal and a lovely social time together. Thanks to you all for joining us on a great outing to Wollaton Park.



Maralyn Wilson and Linda Birch

Cryptic Crossword

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



Across

1. Distribute poisons via cube where Caesar's wife must be (5,9)
9. Feeder discovered strip abuts a railway (9)
10. Svengali bigamist has legal defence (5)
11. Eat before taking overdose (5)
12. Uninterested in a way to summon revolutionary (9)
13. Give 50s lout a break and set out again (8)
14. In two states America's making things happen (6)
17. Kindness at first was amazing - really much too helpful (6)
19. One going underground to bury boxer is devil-may-care (8)
22. Football club where bad back runs game (9)
24. End at which one has nothing to do? (5)
25. The King lives abroad (5)
26. Cheap paper from green belt (9)
27. Describing spying in dodgy dockland garage (5-3-6)

Down

1. Directly involved with sales force (2,3,4,5)
2. Threatening at last to ram taxi driven into chateau gates (7)
3. Former worker catching taxi in high spirits (9)
4. Unexpectedly woman has things for sale (8)
5. When the bacon is brought home? (6)
6. Fold some Lycra shorts (5)
7. Drugs a poet is cooking (7)
8. O'Reilly starts with this round robin (8,6)
15. Play tag and nearly ruin wallpaper (9)
16. Sacred building was in debt (8)
18. On examination, lecturer makes comeback (7)
20. Pressing use of club (7)
21. Part of eye that's more hackneyed, we hear (6)
23. Jamaican believer occasionally roars at man (5)

Behind the scenes of the U3a Newsletter

I'm sitting here at my computer, having spent time yesterday laying out the newsletter. The articles are sent to me by Viv who is the editor, and then my job is to make it pretty and put it in a format that looks visually interesting. There are some logistics to adhere to, in that I try and keep long articles to a single page, the crossword takes up a page and I don't want to put in the answers before the crossword.....

Unfortunately, this month I have 10 pages, and, because we also produce printed copies, I now have to find 2 more pages or lose 2 pages (for printing it needs to be in multiples of 4).

So, what to do?

I have asked the creative writing and the art groups if they can send a few short things for me to use if and when I need to fill an odd space and I'm waiting for them to get back to me, but in the meantime here I am with 2 pages to fill. (I could be painting or ironing)

So, instead of re-doing all the pages already finished, I have selected to write a short piece about my experiences at the U3a festival in York this year.

Amarajyoti



I need articles / pictures which I can use for the newsletter which are not time specific and would be of interest to the members. I just need things I can use to fill up space, as and when.

It might be ages before it gets used, so hence not time specific. Please send me pictures or short articles (about 150 words) if you think they fit the bill.

Many thanks

Amarajyoti

Please remember

The Committee have come across a couple of instances of Beacon being used for sending personal e-mails. To do so contravenes the Data Protection Act, because that is not what the database is intended for – it is for u3a business only and we give our information on that basis. Please do not use Beacon for anything other than u3a matters.

Viv Purkiss

Speakers for our General Meetings

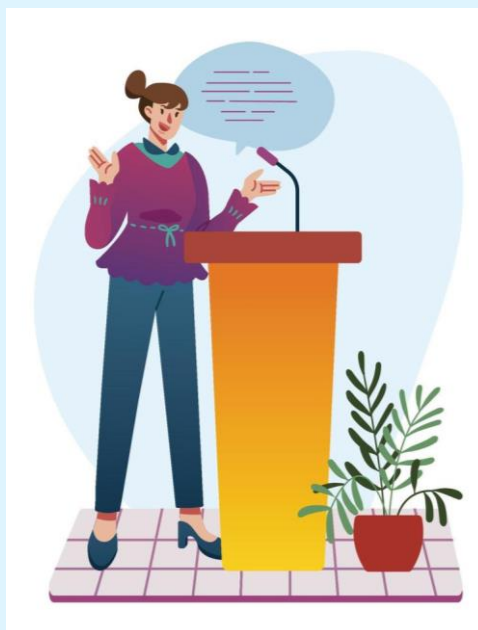
Last month we welcomed Sian Trafford, Chair of Nottingham Women's History Group, who gave us a very interesting presentation about Florence Boot: Businesswoman, Philanthropist and Founder of Boots Booklover's Library. Do you remember the film Brief Encounter? The character Laura Jesson (played by Celia Johnson) was taking her book back to Boots!

Next month we have Nigel Lowey, talking to us about the prolific architect George Gilbert Scott, and covers the incredible changes of Victorian Britain. I think it will be a fascinating talk.

Viv Purkiss

Thank you to the member who suggested our September speaker subject, Florence Boot, and to our excellent speaker, Sian Trafford. If anyone else knows a good speaker who can talk about something our members will find interesting, please let me know.

Heather Roberts



Cryptic Crossword Answer

Across: 1 Above suspicion, 9 Tributary, 10 Alibi, 11 Erode, 12 Apathetic, 13 Restated, 14 Causal, 17 Warmth, 19 Cavalier, 22 Liverpool, 24 Loose, 25 Elvis, 26 Newsprint, 27 Cloak-and-dagger.

Down: 1 As the crow flies, 2 Ominous, 3 Exuberant, 4 Unawares, 5 Payday, 6 Crash, 7 Opiates, 8 Circular letter, 15 Anaglypta, 16 Hallowed, 18 Revival, 20 Ironing, 21 Cornea, 23 Rasta.

U3a Festival in York

I decided to book for the Festival as I knew I could get there easily on my own by public transport, and it wasn't too expensive. And at the time I didn't know if anyone else from Arnold would be going.

The festival was taking place at the University of York campus and included onsite accommodation as an option, which I went for, for ease of access. This was in small rooms with an ensuite shower or bath. This also included breakfast and evening meal. There were many activities each day you could sign up for, from sporting events, music, arts, games and many, many other things. These were all taken by local and non-local U3a members (including our chair, Hazel.)

In the evening there were various activities and concerts.

I was very lucky that 3 more people were going from Arnold U3a and they knew other people, so we had a great table for us all to sit at during meals. This did make it a more enjoyable experience to have a 'home' for meals. The food was student food (plenty of it but questionable in other respects) but the wine was cheap which did help the evening meal go down well.

The campus is beautiful with lakes and lots of trees and the weather was mainly good, which helped with the outdoor activities.

Some of my chosen activities were, Tai chi/ Qigong done outside in the morning. It was lovely but windy, and many of us got confused once we were asked to move our feet (we seemed to cope with arms OK!). I also chose laughter yoga which was well taught but seemed very weird and we walked around laughing at each other (well not really, but it seemed that way at times). Good for health and wellbeing though. One evening I attended a ceilidh which was lively and enjoyable. My favourite day was when I had wine tasting in the morning (11.30) taken by someone from Beeston U3a. We had quite large taster glasses and about 7 different wines to critique. At the end I staggered/wandered over to another part of the campus to have lunch and then went back to my room for a lie down! About 3.00pm I was back up for life drawing (very chilled when you have been drinking!)

All in all, a great experience which I can recommend.

Amarajyoti

