



JULY 2026

Monthly Notices

By the members, for the members

Please remember that all Beeston u3a events, outings and interest groups are for **Beeston u3a members only** unless specifically stated otherwise

This Month's Open Meeting:

Thursday 2nd July 2026

The River Trent from Source to Sea

Michael Burton

Beeston Methodist Church at 10.30—12.00

England's prosperity was built along the waterway which, since ancient times, has been a great border—the country's north-south dividing line. Great men, great queens and great innovations mark the Trent's history. Yet it is mysterious; silently and secretly doing its own thing and not fully known or understood.

As usual, we plan to offer access via Zoom for those unable to attend the meeting in person. Details to follow shortly.

There is no need to sign into these meetings. New members and visitors will continue to be welcomed in the reception area.

Refreshments will be served from 10.00am with time to mingle and chat. Please bring your own mug if possible.

**Future Open Meetings
Beeston Methodist Church**

Thursday 6th August 2026
Marcus Alton
Brian Clough, The Lost Tapes

Marcus is a local author and former BBC and commercial radio journalist who will be talking about his latest book "Brian Clough, the Lost Tapes." He has lots of great stories about the legendary Nottingham Forest manager, including the times he interviewed him. Marcus will also talk about the story behind the iconic Brian Clough statue in Nottingham, as he was the driving force behind the campaign for the bronze sculpture.

Marcus has been the guest speaker at several literary events such as Newark Book Festival, Lowdham Book Festival and Derby Book Festival, as well as various charity Q&A events.

Thursday 3rd September 2026
Elaine Perkins (dressed as Medieval Cunning Woman)
Concealed Objects and Written Charms: Protection in the Medieval Period

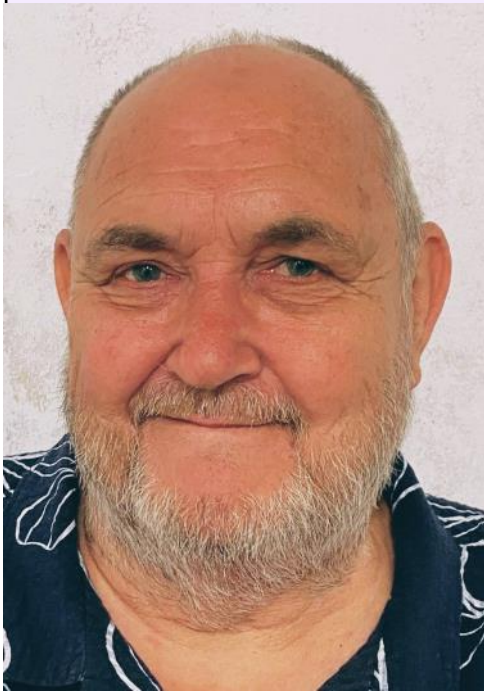
Have you had a run of bad luck? Do you suffer from unexplained pains? Who can help? Agnes Perkins, The Cunning Woman, is the answer to all of your problems. She can offer you protection from serpents, thieves and even fairies, with a variety of found and made objects which are displayed and explained. (Written charms and curses are her speciality).

The next **New Members Meeting** will be held on
Thursday 9th July 2026 starting at 11 am
in the Whiskey Room of the Star Inn
Middle Street, Beeston NG9 1FX

The purpose of the meeting is to let new and prospective members know what the u3a is all about and what it offers, including providing full details of the interest groups available and how to join them. Refreshments will be provided.

Please let Roberta, the membership secretary, know if you plan to attend on
membership@beestonu3a.org.uk

A BRIEF NOTE FROM THE CHAIR



I hope you have been coping with (and even enjoying) the good weather.

In June we had our first Open Meeting in the newly refurbished Church. It is a refreshingly light and airy space, and a lot of attention has been paid to accessibility. There are still a few teething problems with acoustics to be resolved, but that issue is being addressed. The move back into the church means that the hall (which has been used for talks for the past year) now has space for any interest groups who wish to set up a display table to recruit new members. If you would like to avail yourself of this opportunity please let me know.

Volunteers in Action

Our Publicity Officers, Nic and Mark Davey, organised a Beeston u3a stall at the Barton Sunday Market on June 21st to promote our groups and activities. They attracted a lot of interest and I suspect we will have a few new members signing up over the coming weeks as a result of their work.

Keeping Safe

For insurance purposes we must ensure that each of our Interest Groups have up to date and accurate risk assessments in the form of a checklist.

I realise that group leaders are very busy, and so we have tried to ease the burden by drafting model checklists for different types of venues and activities.

We will be sending these out to Group Leaders in the coming weeks for checking, updating and returning.

Risk Assessments normally only need amending if there has been a change of venue or a change of leader. The task should not be too onerous.

Noel Kelly
Chair. Beeston u3a.

FORTHCOMING EVENT VOLUNTEERS NEEDED

Would you like to volunteer at Oxjam Beeston Music Festival on Saturday 3rd October?

Oxjam is one of the highlights in Beeston's social calendar when the whole town turns into one big music festival with a range of pubs, cafes and community venues hosting music from 12 noon to 12 midnight.

In return for a minimum of 3 hours of your time you will receive a free wristband to allow you entry to the venues after 6pm to enjoy the music.

There are several volunteering opportunities and training will be given to all those who volunteer. Roles include kiosk staff selling wristbands and merchandise and giving out programmes. Raffle ticket sellers within the venues and throughout the town on the day. Venue assistants—being a friendly face to welcome the public to venues, handing out programmes and shaking buckets for donations.

Beeston u3a are keen to get involved and are seeking expressions of interest from members to see if this is something that members might be interested in. If you would like to get involved or would like to know more please contact Mark and Nic Davey at publicity@beestonu3a.org.uk



Interest Groups Visit by the Transport Group

Wollaton Travel Service



Visit to Manchester Runway Visitor Park and
Avro Heritage Museum
Friday 25th September 2026



Following enquiries by the leader of the Beeston U3A Transport Group, Wollaton Travel Service are offering a coach trip on Friday 25th September to visit two major aerospace attractions near Manchester Airport:

- Manchester Runway Visitor Park (featuring BA Concorde G-BOAC, plus other aircraft) – <https://www.runwayvisitorpark.co.uk>;
- Avro Heritage Museum (featuring Avro Vulcan XM603, plus other aircraft and cockpits) – <https://www.avroheritagemuseum.co.uk>.

The schedule, as currently planned, is as follows:

Note change of departure time

- **08.30** Depart from Wollaton Travel Service, 177a Bramcote Lane, Wollaton, NG8 2QJ (on-street parking available nearby);
- 10:30* Arrive at Manchester Runway Visitor Park: participants split into two groups for a tour of Concorde, then explore at leisure;
- 13:15 Depart from Manchester Runway Visitor Park;
- 13:30 Arrive at Avro Heritage Museum: participants to explore at leisure;
- 16:00 Depart from Avro Heritage Museum;
- 18:00* Arrive at Wollaton Travel Service. *Subject to traffic

Cost, including coach travel, museum entrance fees and tour of Concorde, is £69 per head, payable directly to Wollaton Travel Service either in person or over the telephone (0115 928 8739). The last date for applications to Wollaton Travel Service to ensure a place on this trip is Friday 17th July, with payment due as soon as possible to secure your seat and avoid disappointment.

Please note that both attractions have a café: the Manchester Runway Visitor Park also has a shop offering a range of aviation memorabilia.

Please contact George Read (Wollaton Travel Service: 0115 928 8739) if you have any queries.

Please note that Wollaton Travel Service are responsible for all the travel arrangements and collection of payments: members of Beeston U3A will be participating as private individuals, along with any other members of the public who may respond to Wollaton Travel Service's local publicity.

Mike Provost
Travel Group Leader



Directions



Interest Groups

Looking for new members

Bridge Beginners Course

Anyone for a rubber?

Have you ever tried the card game Bridge? It is estimated that over 200 million people worldwide, and 1 in 15 in the UK play. It is mentally stimulating, social and great fun!

Bridge is a card game played by 4 players in 2 partnerships playing to win "tricks". Scoring involves how many "tricks" are won. The game involves teamwork and communication with your partner, as well as a bit of luck as to what cards you are dealt.

In September / October (exact date to be confirmed) a new beginner's course of 8 weeks duration will be run on **Mondays at 1.30 pm at Beeston Methodist Church**. Each week a concept is explained to build up knowledge and skill, followed by practice hands. Following the course beginners can join the main Bridge sessions (same time and venue) where they can continue to develop their skills in a friendly and supportive group.

If you would like to try your hand at Bridge please **email the group leader at the address in the Groups Directory**.

Please state in the Subject box that it is in connection with the Bridge beginners course.



Interest Groups Looking for new members

What the Papers Say

We are a friendly informal discussion group meeting monthly on the **3rd Friday afternoon at 2pm in Beeston Library.**

We bring in a newspaper / media article.

The names of those who have brought in articles go into the hat and of these about 4 are drawn, depending on how time is passing.

There's no pressure to bring an article, just join in or listen as preferred.

Order is maintained in a chaired light-hearted way—and we break half way for drinks and biscuits.

New members are very welcome—why not come along and give it a try?

For further information, or to express an interest please contact **Tony Goldby via the email address in the Groups Directory.**

Interest Groups Looking for new members

Psychology & Sociology Group

The psychology and sociology group have recently reformed and are moving from strength to strength. Since our first presentation in February, we have had sessions on the principles of psychology, the principles of sociology, positive ageing, memory, and most recently, loneliness. In turn, these lead to rich and lively discussions and debate.

In July, we are excited to welcome a researcher from the University of Nottingham who will discuss the rhythms of memory. We are now developing a very interesting autumn programme which will be rich and varied with topics such as marketing methods of persuasion, the seven ages of man and cognitive biases.

The group meets on the **3rd Monday of each month at 11.15am in the Guild Room at Beeston Methodist Church** and we now have room for a few more members. If you would like to be a part of this thought-provoking group, please do contact the groups communications lead, Kevin Anthony **via the address in the Groups Directory**.

Join us for a journey into the mind and society



Interest Groups Looking for New Members

Long Walks Group

This month's walk was again in the Peak district and was led by Alan Beale. Starting from The Old Dog pub Thorpe, we headed towards Thorpe Cloud then on to Coldwall Bridge, Mapleton and over the hill to the Ashbourne Tunnel for our lunch break. After our picnic lunch by the river, we returned along the Tissington trail to The Old Dog pub for a very welcome refreshing drink. As it was quite a warm day, so like the world cup footballers, we had plenty of hydration breaks with an additional ice cream stop at the Ashbourne Tunnel.

Alan informed me he is retiring from the Long Walks group, so I take this opportunity on behalf of our group members to thank him for his support and for the great walks which he has expertly led over so many years.

Thank you Alan



The Long Walks Group meets once a month, usually in the third or fourth week, with each walk being approximately 8 to 11 miles long.

For more details or how to join the group contact Chris Brown **via the address in the Groups Directory.**

New members are most welcome.

Chris Brown



POTENTIAL NEW INTEREST GROUPS

TAI CHI

Lots of members have expressed an interest in forming a Beeston u3a Tai Chi group. To move forward we need a team of volunteers who have the skills and knowledge to share the leadership of the group. Please let us know if you are able to contribute in any way by contacting groups@beestonu3a.org.uk.

If we receive a positive response we will organise a meeting to plan the next step.

Other potential new groups

In the last Monthly Notices, we suggested some ideas for other new Beeston u3a groups. Several people expressed an interest in Knit and Natter, Jewellery Making, Maths for Fun, Artificial Intelligence, and Pétanque (Boules). Unfortunately, at this stage the interest is not high enough to make these groups viable, so we are re-advertising them to see whether other members are interested.

Please contact us on groups@beestonu3a.org.uk if you wish to add your name to the interest list for any of these groups.

Group Coordinators Team

NEWS FROM OTHER NOTTS. NETWORK GROUPS

West Bridgford U3A Anglo-Indian Heritage History interest group

Members of the West Bridgford U3A Anglo-Indian Heritage History interest group explore the rich history and heritage linking Britain and the Indian subcontinent. Meeting every eight weeks at the University of Nottingham, the group focuses on history through personal stories, family experiences and shared research.

Recent topics have included the contribution of Indian servicemen during the World Wars, family histories involving the Indian Army and missionary work, the role of South Asian doctors in the NHS, and the history of indentured labour in Mauritius.

The group has undertaken cultural visits to the Princess Sophia exhibition at Kensington Palace and the Jaipur Literature Festival at the British Library in June 2026.

Upcoming meetings will explore the colonial influence on India's legal system, Indo-Anglo textile and fashion influence and connections, and the history of Ayurvedic medicine.

This is a group that by its diverse nature is open to all members of the u3a in the region to come and have a taster and decide whether to join the group.

Members of other U3As are welcome to join this group, without the need to become members of West Bridgford U3A.

For more information please contact Surrinder Kaur -
surrinder.kaur@btinternet.com - mobile 07855322020

LAST BUT NOT LEAST

WHO TO CONTACT WITH YOUR QUERIES

Membership: **membership@beestonu3a.org.uk**

Interest Groups: **use the email address for the group leader as advertised in the Group Directory**

Group Coordinators: **groups@beestonu3a.org.uk**

Finance: **treasurer@beestonu3a.org.uk**

Publicity: **publicity@beestonu3a.org.uk**

Potential open meeting speakers:
speakerskr@beestonu3a.org.uk

Any other queries: **communications@beestonu3a.org.uk**

Dee MAY Communications Officer