

*Produced quarterly and distributed electronically to all members.
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Summer 2026

Next Open Meeting: Thursday 6th August 2026

Marcus Alton - Brian Clough, The Lost Tapes

Former BBC journalist Marcus Alton is a Clough expert, authoring five books including The Lost Tapes and hosting the global Green Jumper podcast. He led the campaign for Nottingham's iconic Clough statue and raises thousands for charities through event Q&As.

Open meetings take place at Beeston Methodist Church on the first Thursday of the month, starting at 10a.m. with refreshments and time to mingle and chat, with a speaker at 10.30a.m.

Please remember to bring your own mug if possible.

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

A Zoom hyperlink is circulated to all members prior to the open meeting for those who are unable to attend in person.

Calendar of Future Open Meetings 2026

3rd September 2026	Elaine Perkins (as Agnes Peterkin)	Concealed Objects and Written Charms; Protection in the Medieval Period Suffering from bad luck or unexplained pains? Agnes Peterkin, The Cunning Woman, offers protection from serpents, thieves, and fairies using a display of unique charms and written curses
1st October 2026	Jo Richart	The Witch and Her Broom Explore the dual nature of plants and fungi in Druid folklore, where remedy, poison, and psychedelic blur. From Inca rituals to witches' spells and eerie species like witch's butter, discover the mystical history of healing and hazard.

From the Chair...

We are always looking for ideas for new interest groups. A member recently suggested a Card Making group, which has proven very popular in other u3as (creating different types of greetings cards). If you have the skills to contribute to the organisation of such a group please let us know. The idea of a Tai Chi group is proving very popular but we need some expertise and experience to get this off the ground. We are looking into alternative possibilities but if you have any suggestions about how we might make this group a viable proposition please contact us.

If you are keen to promote your group why not have a table at one of our monthly Open Meetings? Let me know if you would like to reserve a space.

Groups Coordinators always have a table at the Open Meetings providing members with details of all available interest groups. Do take a look.

The Open meeting is also a great way to socialise, meet other members, and hear talks from guest speakers. Last month we heard a fascinating talk from Michael Burton entitled '*The River Trent from Source to Sea*'.

You are welcome to bring a friend who is not a u3a member to these meetings. It's a great way for them to get a feel for the u3a ethos and atmosphere, and to learn about the range of interest groups on offer by talking to the Groups Coordinators. Refreshments are provided. I really would encourage you and your friends to attend these meetings.

As you know we are always looking for volunteers to undertake various roles to support the ongoing success of Beeston u3a. We recently advertised for someone to join the Groups Coordinators Team. I'm happy to announce that Helen Thomas has stepped forward to offer her services. She has already begun work and is proving to be an effective and proactive member of the team.



I hope you all have a good summer. I'm off to Spain for a while. England is too hot for me. On 19th July I hope to be sitting in a Spanish bar watching England playing Spain in the World Cup final. By the time you read this you will know whether that was just a dream.

Noel Kelly
Chair Beeston u3a



Role Vacancies

We Urgently need:

The following volunteer role is essential for us to continue as a u3a

A Treasurer

We are looking to replace Richard, our current Treasurer. Someone needs to take over this role from April 2027. The volunteer can work alongside Richard over the coming months shadowing and learning the role. Full training will be given, ideally over this extended period alongside Richard, allowing time for a proper handover of responsibilities.

We need a suitable person, not necessarily with a finance background, someone who is comfortable using online banking software and payment methods.

Simple monthly accounts need to be prepared for the committee meetings; these are currently done on Excel. Every year basic accounts need to be prepared for the AGM.

Without a treasurer, Beeston u3a cannot continue.

Can you help with this vital role and contribute to our thriving Beeston u3a and join our vibrant committee?

Please contact me, Lynda, the Volunteer Coordinator (email address below) and we can meet up for a chat.

volunteer@beestonu3a.org.uk

May I also take this opportunity to thank all those members who already volunteer we could not manage without you.

Committee Update

Safeguarding—What is it and why is it important?

You may have heard the term 'safeguarding', perhaps in the context of keeping children safe or maybe you've seen an article about 'elder abuse' in the media. So why is it relevant to Beeston u3a? And what is involved?

'Safeguarding' refers to measures designed to protect the health, wellbeing and human rights of individuals. The Charity Commission and the Third Age Trust both require organisations such as ourselves to have a safeguarding policy that explains our responsibilities and also our procedures for dealing with safeguarding issues. We all, as members of Beeston u3a, have a responsibility to report any safeguarding concerns. This can be through a Group Leader, a committee member or directly to the Chair. The committee have an obligation to follow the u3a safeguarding policy and procedure if we suspect that a member is at risk of abuse.

For further information, please see our website.

So what is meant by abuse?

- Physical abuse e.g. assault, hitting, slapping, pushing.
- Domestic violence e.g. psychological, physical, sexual, financial, emotional.
- Sexual abuse – including inappropriate looking or touching, indecent exposure and sexual harassment.
- Psychological abuse e.g., threats of harm, humiliation, blaming, controlling, intimidation, coercion, harassment, verbal abuse, cyber bullying, isolation.
- Financial or material abuse e.g., theft, fraud, internet scamming, coercion in an adult's financial affairs/arrangements, including with wills, property, inheritance or finances, or the misuse/misappropriation of property, possessions or benefits.
- Modern slavery encompasses slavery, human trafficking, forced labour and domestic servitude.
- Discriminatory abuse including harassment, slurs, or similar treatment because of race, gender and gender identity, age, disability, sexual orientation or religion.
- Organisational abuse – including neglect in relation to care provided at home. This may be a one off incident or on-going ill-treatment, through neglect or poor professional practice.
- Neglect and acts of omission – including ignoring medical, emotional or physical care needs, failure to provide access to appropriate health, care and support or educational services, withholding of medication, adequate nutrition and heating.
- Self-neglect – this covers a wide range of behaviour neglecting to care for one's personal hygiene, health or surroundings and includes behaviour such as hoarding and seemingly confused.
- A member making advances towards another member with dementia.

Safeguarding—What is it and why is it important?

What are some examples of where safeguarding procedures may be activated?

- A member controlling the finances of a visually impaired member.
- A member arriving at an outdoor-based group without appropriate clothing and seemingly confused.
- A member making advances towards another member with dementia.

Once notified of a safeguarding concern, Beeston u3a may have to seek advice on the matter from the Third Age Trust and it may have to be reported to the relevant body e.g. Social Services or the police.

So if you have a concern relating to the welfare or wellbeing of another u3a member, please progress your concern through your Group Leader, a Committee member or contact **Noel Kelly, Beeston u3a Chair** (**chair@beestonu3a.org.uk**) directly.

Pauline Duke
Business Secretary

COMING SOON! TRIPS AND EVENTS

A small working group has been set up whose aim is to re-establish a calendar of trips and events for Beeston u3a members. Lifestyle talks will also be included.

The group aims to start with local trips, repeating some of the most popular in recent years. We will be canvassing members for their preferences by email shortly.

A broader overview of our aims—which have committee approval—will be set out in the August edition of monthly notices.

Dee May & Nic Davey

Review of previous Speakers' at our Open Meetings

Beeston u3a Annual General Meeting May Open Meeting

This year's AGM fortuitously fell when the newly refurbished church was open for business and we had the pleasure of sitting on lovely new chairs in a bright and beautifully restored building. Sadly we didn't fill every seat (it's a big church!) but thankfully when including our members on Zoom we managed to meet our required target of 10% of members making us quorate.



Our IT team had worked hard to familiarise themselves with the new AV system beforehand. Unfortunately members experienced a few sound distortions which church authorities are working hard to rectify.

The formal business reports were presented including our financial accounts-healthy-and our committee members for 2026/27 were introduced. Towards the end of our business meeting, Noel, our Chair had the pleasure of presenting Karen Attwood, our outgoing publicity/speaker seeker committee member with a bouquet and enormous thanks for her hard work over the preceding five years and for always bringing enthusiasm, energy, a smile and humour to every occasion. You will be very much missed Karen.



After business was concluded members were rewarded with an array of tasty refreshments which we sourced from local independent café Yellow Wood. We would like to stress that we paid for these ourselves! I, for one have never seen such enormous croissants! Thanks to Iain for supporting us.

Dee May

Communications

Enormous croissants!



Lin Walters - Beeston Methodist Church and outreach

June Open Meeting

On June 4th we were delighted to hear Lin Walters talk to our members about John and Charles Wesley and the beginning of Methodism. Lin placed her talk within the social history of that period and shared with us her love of her own Methodist faith.

Having put together a beautiful presentation with lovely images to illustrate her talk Lin commenced with an account of John Wesley, aged six being rescued from a house fire. His belief thereafter was that he had been spared by God for some great purpose. He began as a member of the Oxford Holy Club at Christ Church nicknamed Methodist due to its methodological devotion.

Continuing, Lin told us that John Wesley went to Georgia to attempt to convert Native Americans and, on his return appointed both men and women as field preachers, being ahead of his time for appointing women to such a role. The prolific writing of hymns by Charles Wesley was also touched on totalling some six and a half thousand.

During his lifetime John Wesley came to Nottingham many times and Lin placed his visits within the social context of the struggle of the poor. Framework knitting was used to illustrate the grinding poverty in the area at that time.

More specific to Beeston Methodist Church, she advised that the organs were donated by William Roberts and there is a contested account of Mahatma Gandhi visiting the Church when he lectured at the University of Nottingham. Lin said this was possibly a myth and asked the audience to get in touch with her if anyone they knew had also reported him coming. More recently, the Beeston Methodist Church Carol Choir was formed in 2010. Cards and a boot were found under the floorboards when the Church renovations were undertaken. Lin shared her amusement that a 'boot' reportedly put there to 'ward off evil spirits' should be placed in all places a Church.

So, thanks again to Lin for the great deal of time and effort she put into her talk to us and our apologies to her that the acoustics in the room made it difficult for people to hear at times. Apologies to the audience too if this spoiled your enjoyment of the event.



Julia Tabreham
Speaker Seeker

Michael Burton – River Trent from Source to Sea

July Open Meeting

On 2nd July we were delighted to welcome the wonderful Michael Burton to our Open Meeting to present his fascinating talk, **The River Trent: From Source to Sea**.

What an absolute delight it was to watch his beautifully illustrated presentation on the large screens at the front of the church as Michael guided us on a remarkable journey. Not only did we follow the physical course of the River Trent—often described as England's greatest river system—from its source to the sea, but we also travelled through the rich history of the communities, cultures and people whose lives have been shaped by the river over thousands of years.

Along the way we explored Bronze Age settlements, the Roman invasion, Viking and Mercian history, Norman castles, the English Civil War, and many places of local historical interest. These included Swarkestone Bridge, little changed since the 13th century, and Dovedale, where Michael explained the remarkable way in which the river naturally cleanses itself.

As our journey continued through the Middle Ages, we heard about the influence of King Richard III, the contrasting ways of life on the north and south banks of the Trent, and the Pilgrimage of Grace. Michael also introduced us to Trisanton, the ancient three-headed goddess associated with the River Trent and explained her significance.

The river's role in the Industrial Revolution featured prominently too. Michael spoke about the Stoke-on-Trent potteries and the enormous influence of Josiah Wedgwood and James Brindley on the region's industrial development. We also heard about the splendour of Trentham Manor and its gardens, the Duchess of Sutherland—credited with introducing the colour magenta—William Lee's revolutionary stocking frame, Raleigh bicycles, Boots, the Salvation Army, and the Wesley brothers.

The talk was full of memorable stories, including the tale of the Reverend Sweet Apple, who famously married around 500 couples by exploiting a legal loophole before legislation was changed to stop him. Legend has it that he later died of a broken heart after losing this lucrative source of income.

Michael also brought to life some of three remarkable queens connected with the Trent, including Æthelflæd, Boudica and Mary, Queen of Scots. He even suggested that Nottingham itself could be regarded as a fourth great queen of the river because of its historical importance and enduring influence.

Following the presentation, many members took the opportunity to thank Michael personally and to tell him how much they had enjoyed his talk. One member even encouraged him to write a book on the subject so that many more people could share in his wealth of knowledge and enthusiasm.

It will come as no surprise that we have already invited Michael back, and we are delighted that he will be returning in 2027 to present another fascinating talk, this time on *The Water-Babies* by Charles Kingsley.



Julia Tabreham
Speaker Seeker

Recent Events

Not the Fine Wine

This popular social event took place on the first Saturday in June, hosted by Alison Wilson and Adrian Shipway. 65 members of Beeston u3a gathered in Chilwell Memorial Hall to drink 6 wines chosen by the hosts, all bought locally. Nobody needed to be a wine expert because clues were on the information sheet.

The evening is a 'blind-tasting' quiz, with bottle labels covered up. Each wine had 3 different descriptions and people had to decide which description matched what they were tasting. That sounds straightforward, but, despite our best efforts, there was a triple tie-break at the end of the evening!

One of the key successes of the quiz is that it promotes discussion around the table. In fact nobody was left out and some new friendships were made - and others broken, as when the one person on one table who spotted the right answer was overruled!

We'd like to thank everyone who came and filled the Hall with the buzz of conversation and the Committee Members who supported the event behind the scenes. Most importantly, a big Thank You to the members who volunteered to come early to set up tables and chairs, prepare and sort the nibbles and share the job of clearing up at the end so that we finished on time.

Adrian and I appreciated some glowing feedback. We're reviewing this year's event to take on board suggested improvements for 2027. Watch this space!



Adrian our wine expert



John W taking his role very seriously!

Alison Wilson & Adrian Shipway

Recent Events

Veolia Materials Recovery Centre Visit



"The bus will pick up at 8.45 at the redundant bus stop on Lace Road".

Imagine our delight to see a luxury coach parked at our designated meeting point on Lace Road early one Wednesday morning – only to discover that it was going to Weymouth! However, our smart minibus soon arrived to drive us some 20 miles to the Veolia Materials Recovery Centre in Mansfield.

We were welcomed by Sam, our guide at Veolia's Education and Visitor Centre with hot drinks and biscuits (although getting water out of the hot water flask was a challenge for those not regularly working out at a gym!). We watched some video presentations including a charming health and safety video fronted by school children and outlining four main reasons for recycling; these being to conserve natural resources, save energy, reduce landfill and protect the environment.

The three stages of recycling were outlined as:

Reduce – Try to reduce the amount of waste you produce.

Reuse – Find ways to reuse items, like shredding paper for your pet litter.

Recycle – Contribute to the production of new products such as new tin cans.



The facility receives materials from domestic recycling bins across Nottinghamshire, these being ferrous metal, non-ferrous metal (aluminium), paper/card and plastic bottles. The facility does not process general waste or hazardous materials, although we were told of the fires at recycling centres caused by batteries discarded in general or recycling bins.

We were divided into four teams and each given a bag of waste materials to decide whether they could be recycled at home, out of home, or not at all. These included a toothpaste tube (recycle at home), bubble wrap (recycle at soft plastic recycling points), a blister pack (recycle at Boots) and an unused nappy (cannot be recycled). The brown plastic plant pot split opinion. It can NOW be recycled at home. From 31st March there have been changes as to what can be recycled and the website below gives more details.

Recent Events

Veolia Materials Recovery Centre Visit

The following items can now be added to our recycling bins:

- Foil, such as kitchen foil and foil trays
- Cartons and Tetra Pak, such as milk, juice, sauce, soup cartons
- Plastic and metal tubes, such as toothpaste and cosmetic tubes
- Plastic trays, such as fruit punnets and ready meals



We were then kitted out with high vis vests, hard hats and headphones before being led to the recycling plant itself where Sam told us, "it's dusty in there". That was an understatement!

The plant has lots of conveyor belts, with clever units at various points along the belts to extract ferrous and non-ferrous metals. Some of the waste has to be picked over by hand, and the belts at these points go through special huts so the people working in them get some protection from the dust and noise in the main recycling hall.

The facility was relatively quiet as cleaning was taking place, but we could see machines loading piles of card onto a conveyor belt, the conveyor belt dropping the card into a baling machine and the bales coming out, to be moved to a storage area. Other materials such as plastic and metal are also turned into chunky bales at the facility. They then go on to reprocessing plants to be made into new objects.

There was a good layer of dust everywhere, so hand washing was required on return to the visitor centre.

Our last task was a quiz and no visit is complete without a goody bag which included a wheelie bin pencil sharpener and toothpaste squeezer!

Some interesting nuggets from Sam, our guide were:

Don't put batteries in the recycling! Most waste processing plants typically have a fire a day caused by batteries being among the waste. Take batteries to a shop where there are specific battery recycling bins.

Things are more easily recycled if they're bigger. This is why many plastic bottles now have a design so that the lid stays attached, as it's easier for the sensors on the conveyor belts to detect larger items.

Recent Events

Veolia Materials Recovery Centre Visit

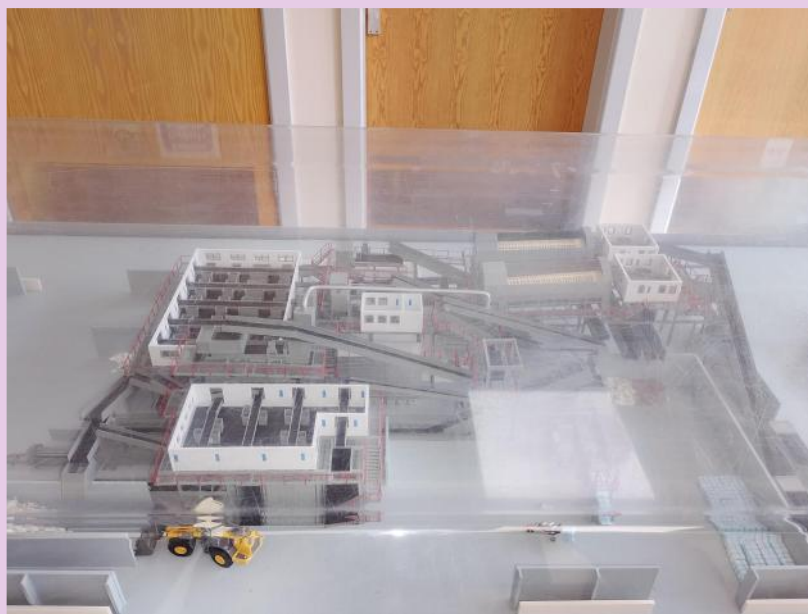
Almost no waste goes to landfill these days - about 60% of waste gets recycled. Almost all non-recyclable waste gets incinerated which generates electricity and Veolia state that toxic gases from the incineration are cleaned out by filtration processes.

Back in Beeston a well-deserved round of applause was given to our driver and to Maggie and Pauline who organised the visit. Overall, the visit was informative and memorable for all the right reasons.

Information and videos of the centre can be found at the following website, including a Recycling Checker if unsure whether an item can go in your recycling bin. The website information applies only to County households.

<https://www.nottinghamshire.veolia.co.uk/facilities/materials-recovery-facility>

The Materials Recovery Facility overview



Veolia Nottinghamshire operates a £14 million Materials Recovery Facility in Forest Town, near Mansfield, central Nottinghamshire. It has the capacity to sort 85,000 tonnes of Nottinghamshire's recyclable waste each year and contributes significantly towards achieving the county's ambitious recycling targets.

The state of the art technology ensures that Nottinghamshire's household waste is separated into cardboard, newspapers and magazines, mixed paper and card, aluminium, ferrous (magnetic) metals and plastic bottles. The technology enables the facility to bulk up the separated waste and put it back into manufacturing so that it can be recycled.

The government has introduced Simpler Recycling as a way to improve recycling rates across England, to reach 65% recycling target by 2035.

Pauline Duke

With contributions from David Scothern and Helen Thomas

Interest Groups

Military History Group

A Growing, Engaging Group



In just three months, the Military History Group has become one of u3a's most popular and engaging groups. Led by ex-military member Dave Platt, it offers fascinating insights into World War I and World War II in a friendly, welcoming environment.

What to Expect



- Engaging talks on key historical events
- Interactive discussions and shared learning
- Personal stories and family history brought to life

Recent topics include **The Battle of the Somme** and stories of Victoria Cross recipients.

Coming Up

- Red Sea War Wrecks
- WW1 Soldiers Shot at Dawn

More Than Meetings

Planned visits include:

- National Shell Filling Factory, Chilwell
- St Mary's Church, Attenborough
- National Memorial Arboretum, Alrewas

Join Us—Whether you're passionate about history or just curious to learn more, you'll find a warm welcome.

Contact us via the Group Directory to get involved.

Interest Groups

History Group Visit (Richard III Visitor Centre)

Every year Beeston u3a History Group organises a day trip to a site of historical interest. On July 4th we visited the Richard III Visitor Centre in Leicester. This is the site where Richard III's body was found underneath a carpark in 2012. The original grave is still visible. Our visit commenced with refreshments and a fascinating introductory talk explaining the story of Richard's death and the rediscovery and identification of his body. The exhibition on the ground floor explains the history leading up to Richard's death at the Battle of Bosworth. There is also the opportunity to look down into the preserved grave itself. The upper floor tells the story of the archaeology which led to the discovery of the body, and the scientific processes which led to its identification. The Visitor Centre offers a thrilling blend of history, archaeology, forensics, and DNA profiling, and is well worth a visit.

After lunch we crossed the road to Leicester Cathedral to see the tomb of Richard III, with a guide explaining the history of the Cathedral and the story behind King Richard's interment.

It was a moving experience to stand beside the tomb and reflect on the whole story of Richard III's life and death. A fitting end to a wonderful day out.

Noel Kelly



Interest Groups

Landscape Group (Outdoor Meeting—June)

On one of the hottest days of the year, the Landscape Group set out on its annual outdoor meeting with a walk along the Erewash Trail at Trowell from Swansea Bridge to Swancar Bridge.

We were led by **Colin Baker** who explained to us the reason for the sequence of Carboniferous rocks- mudstones, shales, coal seams, sandstones - which underlie the landscape in this area. Colin, heroically, carried not only maps and leaflets in his knapsack, but also rock samples and fossils to illustrate his talk.

A detour off the canal towpath took us to the recreation ground in Pitt Lane where members were able to recall seeing open cast mining in the 80s, a reminder that coal seams lie very close to the ground surface in this area.

A most enjoyable morning ended with a welcome coffee and scones at the new "Fig and Fern" café at Trowell Garden Centre.

Elizabeth Dodds



Interest Groups

Board Games Group

Our Board Games group started in January and we regularly have 20-25 members meeting in weeks 1 & 3, 2-4pm in the snug bar of the White Lion in Beeston.

A wide variety of games have been played and several members have brought in their favourites. We have had many comments saying how much they enjoy the friendly, cosy atmosphere and also the opportunity to play games they have not come across before.

A few favourites have emerged such as Cascadia and Heckmeck and we've tried out new games such as Cat Earth and Quacks of Quedlinburg Duel as well as a 50 year old counter flicking game Karom.

Thanks to all our members and we'll see you again in early September.

Richard and Sue Cobb

