



Issue Number 162 December 2025

Sewing Group



Page 19

Meet Our Chair - Mark Reynolds



- Page 4

An Evening with Kelly's Heroes



Page 8

Our Monthly General Meeting/ Christmas Social

Thursday 18th December at 10.00 Richard Herrod Centre

Please send your newsletter items and photos to Sue Warren/Assistant Editor and Graeme/Web Manager via the 'u3a Officers' page in Beacon by 5pm on the last Thursday of the month. Next deadline: **Wednesday 24th December 5pm**

U3a General Meetings

November Guest Speaker - The Multi-tasking Female Honey Bee

Alec Thomson is an experienced bee keeper, and Chair of the Nottingham Bee Keepers Association. He shared his vast knowledge and passion with us, concentrating on the female honey bee, the hardest working bee in the hive. He listed her jobs under headings such as water collector, cleaner, pest controller, interior decorator and shared beautiful close-up photos of her busy at work.

All this was magnificent and impressive, not just the talk but the bees themselves. We learnt about swarms, the Queen Bee, looking after bees, their peculiar waggle dance, pollination, producing honey and so much more.

These incredible little creatures have inhabited our planet for 5 million years and we are totally dependent on them for our food and well-being. Now it is vital that we do what we can to support them and help mitigate the effects of climate change and loss of habitats. As gardeners we can help bees by planting a variety of bee-friendly flowers throughout the year, allow some areas to grow wild, provide water sources, and avoid using pesticides.

Alec sold jars of his Trent Valley Honey at a reduced price, and also runs training courses.

An exciting, fascinating talk and I'm sure there is more we could learn on a future occasion.

Marianne White

Christmas Social 2025

It's the most wonderful time of the year – again! I am pleased to remind you that this year's Christmas Social event is on **Thursday 18th December** starting at **10am** at the Richard Herrod Centre. We try to make each year slightly different, who can forget the Dance of the Sugar Plum Fairies last year (I have a bright pink tutu if anyone is interested) so this year we will be having a quiz, a sing song and general merriment along the way.



We hope as many of you can attend this year and would encourage the wearing of Christmas jumpers, hats and scarves – its all about fun and laughter.

Mark Reynolds

Change of Venue for General Meetings



Unfortunately, after many happy years at the Richard Herrod Centre we have been forced to relocate venues for our General Meetings due to the imminent closure of the RHC in early 2026. The Committee have visited many alternative sites in the last few months within the area, and are pleased to announce that from February 2026 we will be holding our regular monthly General Meetings at the Carlton Pentecostal Church on Station Road Carlton, which has disabled access and a large car park at the rear of the property off Wallace Avenue.

Mark Reynolds

WANTED – Members to help on the raffle

We have for many years run a successful raffle at each General Meeting and need volunteers to help to continue this tradition as the current members wish to stand down after several years – this gives us the opportunity to bring in fresh ideas and impetus – so if you can offer a couple of hours each month please contact **Gayle Harris** as shown on our website under Committee.



Editor's Note

This December edition of our u3a newsletter is a bumper one! I think it's the first time that I've worked on 22 pages. Thank you again for your newsletter contributions, please keep them coming through to Sue Warren/ Assistant Editor and to Graeme Bunting/ Web Manager for our website.

Please note that we have brought the next content deadline forward by a day to avoid Christmas day, so please send articles for the January newsletter by 24th December. Thanks!

We would still like to expand our newsletter team, so if anyone is interested in helping with the newsletter, please get in touch with me or Sue Warren.

Clare Quigley

Meet Our Chair - Mark Reynolds

As you probably know I have been conspicuous by my absence caused by a hospital admission back in July just before the AGM and since then I have spent time recuperating.

I am Nottingham born and bred and have never moved away from the area and joined the u3a over seven years ago and have spent the last two years on the Committee as Business Secretary.

Back in the 80's I qualified as a Certified Management Accountant and held senior positions within local companies until I retired nearly 10 years ago following an unexpected heart attack.

Ironic really as I have followed an active life playing many different sports and spent time on my allotment growing various fruit and vegetables.

My heart attack was really an epiphany making me realise there is more to life than work and focused my attention on travelling and exploring the big world – life is short so fill it with fun and laughter!



Film Group - Christmas Crackers

November meeting

Wide ranging discussion in November of Slasher horror films, which some of us had never seen before. These films are very popular with the cinema going public with *Halloween* into its 9th or so iteration and *Scream* notching up some seven versions! I can't think of more successful franchises which recycle more or less the same formula.

In December, we'll be discussing a couple of Christmas crackers. *Scrooge* the 1970 musical and the classic *Christmas Carol* from 1951 starring Alistair Sim. Enjoy watching films on TV? Why not join our Film Study Group.



Paul Martinez

Local History

November meeting

Our November meeting was on the subject of the Top Ten Scandals of Sherwood Forest. The speaker was Adrian Gray, a local historian and author. He kept the audience amused for over an hour with tales of scandalous behavior among the well-known families of the Dukeries. Most involved marriages and money - usually both. This was often due to the impoverished landowners marrying rich widows (often with a large age gap). For variety, there were a few divorces and some bigamy.

We were also reminded that Sherwood Forest had shrunk considerably over the centuries. Starting as a royal hunting forest, many landowners had obtained land (and money) from the King then, when all their money was gone; they gave it back to the nation in the form of the National Trust.

On **Tuesday 16th December at 2pm** we will celebrate Christmas with a social meeting including quiz and refreshments. This will be at the Richard Herrod Centre. *Please let me know if you are coming so that we have adequate refreshments.*

To start 2026 we have a talk on the boxer Bendigo Thompson at Richard Herrod on **Tuesday 20th January** at 2pm.

For details of further meetings please see the calendar on Beacon – we have an exciting range of talks and visits arranged for 2026 and would be pleased to see you.

Andy Dixon

New Member Coffee Mornings January 2026

Our usual venue will be closed during January for their annual break – they have worked hard all through the year, so it's well deserved.

Our coffee mornings for only the **8th and 22nd January**, will be held at:-

Primo Cafe Bar, 351 Carlton Hill, Nottingham. NG4 1JE

All new and existing members are all welcome for a friendly get together, hear about our fabulous u3a and all it can offer.

Contact [Cheryl Larcombe](#), membership secretary for any queries.



Memories from the First Members of our U3A

Shortly before retiring from my role as a Bogie-man* at Bombardier (now Alstom), the train manufacturers in Derby, I went on a retirement planning course. One of the things that was recommended for retired people was the University of the Third Age, which sounded more like a hippy cult than something for retirees!

Six months later Susan and I took ourselves along to the inaugural meeting of C&G u3a and signed up for several groups.

Early memories include:

- Helping run the Computing group, which was quite a challenge as Richard Herrod didn't have public Wi-Fi at that time.
- Crowding around a public computer in Carlton Library to view slide shows of research by the Local History group.
- Taking a new-fangled iPod and mini-speaker along to play songs to the Music Appreciation Group. They met in an upstairs room of the Nags Head which was very drafty due to a broken window pane.
- Hosting coaching sessions and creating crib-sheets for the Bridge group.
- Compiling the newsletter diary which involved obtaining meeting details from convenors and manually entering everything into Excel spreadsheets.

Available technology was very basic then, but things have come on leaps and bounds since. The first step was the Carlton & Gedling u3a website, a very modest affair compared with what we have now, but at least it gave us an online presence.

The real game-changer came in 2016 when C&G was one of the first u3as to adopt Beacon for managing membership records and payments, group diaries and emailing members. I subsequently joined the National Beacon Team, helping migrate u3as onto Beacon and writing the Beacon user guide.

In 2023 I was part of the Pioneer Team developing and testing new SiteWorks websites for u3as. Once again C&G was one of the first sites to be migrated in late 2023.

Graeme Bunting

Web Manager & Beacon Admin

* PS: A bogie is the framework that support the wheels, axles, suspension, motors and brakes under a railway vehicle.

An Evening with Kelly's Heroes



For over 30 years Kelly's Heroes have been among Nottingham's finest and best musical ambassadors.

With a repertoire that encompasses fast and furious Celtic tunes and songs, gentle ballads, quality contemporary numbers as well as some original material, this local based band are one of the most sought after on the club, pub and festival circuit.

On **Saturday March 28th** they bring their own brand of music to the Richard Herrod Centre in a concert organised by our own Neil Kendrick.

Doors will open at 7.15, for an 8pm start. We plan to have the last Richard Herrod grand raffle. Come along to experience a musical treat and enjoy the craic!

Tickets are £12, and are available from [Neil Kendrick](#) or [Sue Warren](#) also at the General Meetings.

Neil and Sue



Science and Technology Group

October meeting

Trevor Smith of Ravenshead u3a entertained 16 of us with an illustrated talk on the science of cheesemaking. He started by quoting from 'Little Miss Muffet' a line about 'eating her curds and whey', both of which are formed in the early stages of making cheese. Apparently, there are ten steps!

Milk is the key ingredient, that is, the white creamy substance that comes from a mammal. Not the white substance you might squeeze from an almond. Also, UHT milk cannot be used as the milk needs to curdle. The mammals providing the most milk are cow, sheep, goat and buffalo – with yak, horse, reindeer and moose used in some countries.

It is clear that with all the different types of milk, each step can affect the consistency and taste of cheese produced. Trevor showed some videos, which described the production of huge 'wheels' of Gouda in Holland and Gorgonzola in Italy.

November meeting

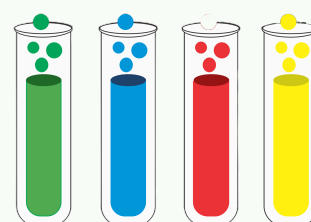
16 of us were treated to a presentation by David Johnson who looked at the science of the wine bottle, from the contents to the label used to describe the wine. He described how the fermentation of grapes became the huge industry we have now.

Recent scientific investigations have suggested that winemaking dates back to 8,000BCE when it probably tasted vinegary and unpleasant. Scientists started studying wine seriously in the mid-18th Century and finally understood what happened during the fermentation process and what caused wine to spoil. Around the same time, the development of a suitable type of glass bottle, combined with the cork stopper, allowed wine to keep longer and improve with time.

There is no meeting in December and the next meeting is **Tuesday 27th January 2026.**

MERRY CHRISTMAS TO ALL

David Johnson



Ladies, Don't Burn Your Bras – Recycle Them!

Bring along any old bras you may have to the January general meeting, and we will take them to be recycled.

Mapperley Social Club has a collection box where we can put them. The money raised from this collection will be donated to **Against Breast Cancer** to help fund vital research into breast cancer. Those still with plenty of life left in them will be sent to developing countries.

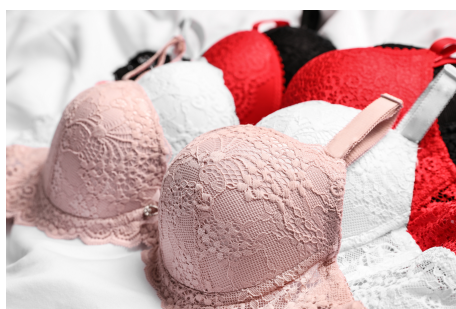
Alternatively, if you are going along there for an event, why not take yours personally to put in the collection box.

Gents, you can help too, by encouraging your ladies to get fitted for a new bra and bring her old one to us.

Please bring them along to Teresa Storey or Sandra Stanley (usually seen around the Trips and Visits table) and we will ensure they get to the Social Club.

Thank you so much

Sandra and Teresa



u3a

u3a learn,
laugh,
live

u3a

Art Appreciation

In November our group continued with our topic of Architecture.

Our first talk was on the architect Thomas Heatherwick, who was born in London in 1991, and now works there. All his designs are very individual and innovative.



His first building that we looked at was East Bridge cafe in Littlehampton, a seaside cafe built in 2007. It is a shell-like design and quite unlike the usual sea-side architecture. Next was his Seed Pavilion, built for the 2010 Shanghai World Expo. This is a dandelion-like structure with over 60,000 transparent acrylic rods each encasing a different seed from Kew Gardens. We then looked at one of his structures built in London, on Regent's canal called Coal Drops Yard, as part of the King's Cross Central development scheme, and is a shopping and dining complex. The site was originally used to store coal brought to London from Yorkshire on narrowboats along the Regent's Canal.



We then moved to Gaudi, a Catalan architect who lived from 1852 to 1926, his most famous building being the Sagrada Familia church in Barcelona. Gaudi took his inspiration from nature, resulting in all his buildings consisting of curves. Although he died a century ago, his famous building continues to have additions made to it.

Our final subject was the influence of the German Third Reich on the architecture of its time. We had looked at neo-classical buildings at a previous session, and now we discussed how the Nazis appropriated the style in order to take on the attributes associated with it such as power and national greatness. We also looked at the Bauhaus, a German art school founded by Walter Gropius. This was very much associated with Modernism. The school and its products were greatly disliked by the German government, both for its functional approach to design, the antithesis of neo-classicism, and the freedom of thought that it implied.

Christine Russell



Opera Group

In our November Zoom meeting, we had a short discussion of Puccini's *Gianni Schicchi*. This is a sparkling comedy about shenanigans around a will, where someone has to impersonate the dead testator in order to make a new will. The discussion was short because we all liked the production so much.

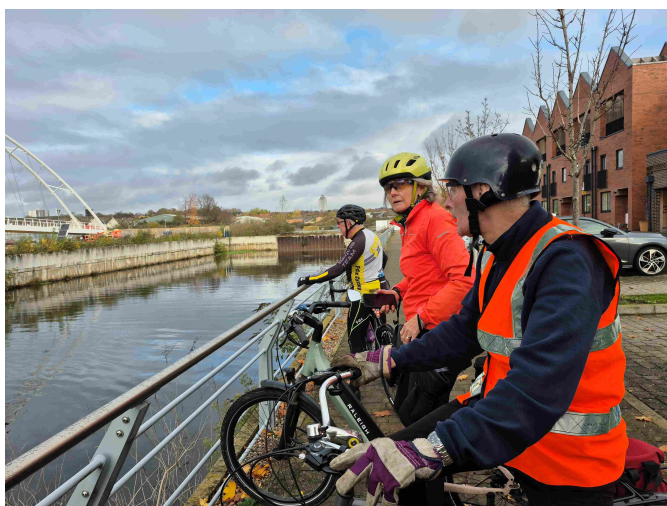
At our next session we'll be discussing *L'Elisir d'Amore* by Donizetti. Paul introduced it with a Scottish Opera production made during lockdown and featuring some of the most beautiful singing from the lovelorn couple, Nemorino and Adina. The production we'll be discussing is by Garsington Opera on Operavision, available without adverts and for free on YouTube.



If you'd like to join or chat about our group, contact me via our website or have a word at one of our general meetings.

Paul Martinez

Cycling for Fun



One of our rides in November took in the new bridge, Nottingham Canal, Highfields Park, Beeston and the River Trent. Scenic or what! And we had great weather.

We meet every Saturday morning (unless it's pouring). So come on, get that bike out of the shed, have fun and get fitter with us.

Paul Martinez

Photography Group



A select group of us met at the Fire Station in December to share tips and wheezes on editing photographs. We had a go at editing 3 photos supplied by Tabby (thank you Tabby) and exchanged information about the software we are using.

Some of the software is very sophisticated and can come with a subscription cost of £75 to £108 per year – but does amazing things! We were also astonished at the range of tools available on iPhones and Android phones, not to mention Microsoft tools in its Photos application.

In early January we have a speaker who will tell us about drone photography. We are looking for new members of our group, so if you'd like to develop your photography skills, why not join us.

Paul Martinez



Classical Music Appreciation

Beethoven Choral Music Part 2

In our November meeting, Mike Johnson gave the second part of his presentation on Beethoven's choral music. Although he is best known for his symphonies, concertos, piano and chamber music, Beethoven also wrote a large amount of choral music, some of which is rarely performed nowadays.



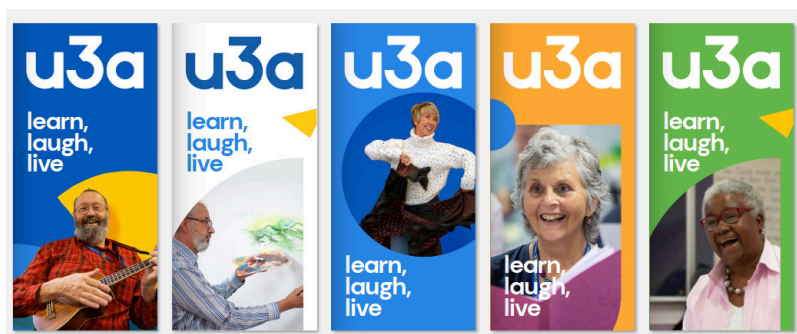
We started with excerpts from a pair of rarely performed cantatas. The *Cantata on the Death of Emperor Joseph II* was written in 1790 and intended for a memorial service for the Holy Roman Emperor to be held in Bonn. Composed when Beethoven was nineteen, it was neither published nor performed until its premiere in Vienna in November 1884, fifty-seven years after Beethoven's death. Similarly, the *Cantata on the Accession of Emperor Leopold II*, also composed in 1790, was never performed during Beethoven's lifetime. Both cantatas used highly poetic texts attributed to Severin Averdunck and are considered to be amongst the most significant of Beethoven's early works.

We next heard an excerpt from another rarely heard cantata, *Der Glorreiche Augenblick* (The Glorious Moment), written in 1814 for the opening of the Congress of Vienna. These were a series of international diplomatic meetings to agree on a possible new layout of the European political and constitutional order after the downfall of the French Emperor Napoleon Bonaparte.

Mike's presentation ended with the final movement from *Beethoven's Symphony No.9 'The Choral'*, which sets Schiller's 'Ode to Joy'. In 1972, the main theme from this movement was adopted as the European Anthem.

Thanks once again, Mike, for another interesting programme and for all your hard work producing the detailed accompanying notes and German texts with English translations.

Colin Jones



French Groups



Bonjour!

The French for Fun and French Conversation groups, which are now ten years old, got together again last Friday for their 8th annual soiree. Forty eight members and guests gathered for this splendid evening, which started with a sparkling wine and assorted canapés reception, followed by a choice of fine French-themed meals, with this year's Nouveau Beaujolais wine readily available.

The venue was aptly decorated with French bunting and tricolours, and the six tables were presented to perfection with each named after a French river. The place setting had a coloured table mat showing the Chamonix ski areas. There was a table quiz and an array of great raffle prizes, and as always it was a magnificent evening with everyone having a smashing time.

The two French groups certainly know how to enjoy themselves.

Au Revoir

Brian Callaghan



Five Miles and a Cup of Tea



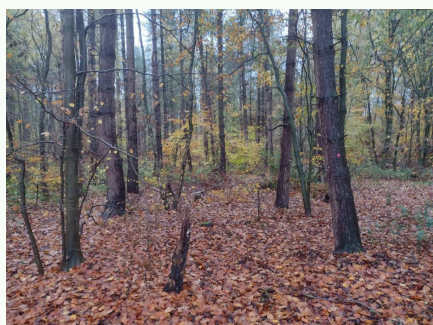
November walk

21 of us set off from Thieves Wood Car Park near Ravenshead for a circular walk through pleasant woodland. There were good tracks and paths, although a tad muddy and wet. Fortunately, no one got lost or slipped in the mud, so I'll take that as a win!

As the name implies, Thieves Wood was a haunt for outlaws through the years. The King's highway ran through the woods and it was here that many travellers met with an unfortunate fate. A short distance away is Fountain Dale, the legendary place where Robin Hood is said to have first met Friar Tuck.

Lunch was at The Larch Farm pub, where some of us were happy with coffee, while others were more adventurous with huge fish dishes.

A BIG THANK YOU to Diane, who made sure we didn't get lost.



Our next walk on **Tuesday 9th December** will meet at 9:30am in the car park of the Gedling Inn, and will be led by Jane and Janice, who will make sure we return in time for those having Christmas Dinner at the Gedling Inn at 12 noon. Those not staying for dinner are welcome to join us for the walk and show off their Christmas hats and jumpers!

MERRY CHRISTMAS TO ALL

David Johnson

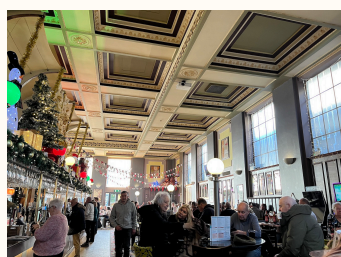
Trips and Visits - Harrogate



Although there had been snow overnight in Yorkshire 45 members enjoyed a snow-free journey to Harrogate. It was a fine but cold day and 20 of our group walked to the Exhibition Centre for the “Knit & Stitch” Craft Fair. There they had 3 exhibition halls to explore where there were stallholders selling every type of fabric, wool and sewing and crafting accessory you could think of.

There were exhibitions of prize winning quilts from The Embroiderers Guild, and a local college, as well as demonstrations from exhibitors, so there was a lot to see and inspire.

The remainder of our party enjoyed the town with its many stylish shops, Bettys Tea Rooms and interesting buildings and museums. However the first port of call for most of us was Wetherspoons to use their facilities and for coffee. This beautiful pub is housed in the part of the old Royal Baths which closed in 1969.



The Royal Pump Room building is now a very interesting museum with many photos and items showing the various treatments one could enjoy (or perhaps endure) in the Spa. It also houses one of the original wells. It was William Slingsby who, in 1571, discovered a well in the small village of Harrogate and recognised the powerful medicinal qualities of the water. By 1884 some 35 wells had been established. The Royal Pump room was built over the Magnesium Well. Lots to see and read plus a video to watch. A grand day out altogether.

Trips and Visits planned for 2026.....

The Deep, the award winning aquarium in Hull

The Black Country Museum, Dudley to explore 250 years of history

Monkey Forest and Trentham Gardens, Stoke on Trent

Bletchley Park Museum and Heritage Centre near Milton Keynes, the home of WWII code breakers

Teresa Storey

Theatre Visits

Pick up Tickets

Family Carol Concert 5pm Saturday 20th December, Royal Concert Hall.

Organiser: Linda Spencer

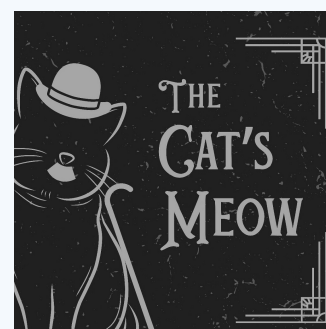
Sleeping Beauty 2pm, Saturday 10th January 2026, Nottingham Playhouse.

Organiser: Carolyn Broadhurst.

Tickets on sale

Please pay at the general meeting with a separate cheque for each production.

The Cat's Meow 2.30 Saturday 17th January, Lace Market Theatre, **£14**. Based on the true story of a mysterious Hollywood death, 'The Cat's Meow' offers us a fascinating cross-section of jazz-era characters who intersect for one notorious weekend in 1924, on board William Randolph Hearst's luxury yacht. **Organiser:** Janet Whitchurch



Kiss Me, Kate 2pm Saturday 21st February, West Bridgford Operatic Society, Squire Performing Arts Centre [Girls High School], **£12**. *Kiss Me, Kate* is a playful adaptation of William Shakespeare's '*The Taming of the Shrew*'. Amidst hilarious backstage antics, love triangles, and mistaken identities, *Kiss Me, Kate* explores the complexities of love and show business with humour, heart, and plenty of catchy tunes.

Organiser: Janet Whitchurch

Last chance to buy. Selling fast!

Reviews

Home, I'm Darling

We were enthralled by this sophisticated comedy of modern manners from the Lace Market Theatre. The acting was uniformly good; the play was involving, with several moments of high drama, and the set and lighting perfect for the play. I sat right in the back of the theatre but could still hear and see everything. If you've never been to a Lace Market performance, you're really missing out.

Paul Martinez

Religious Architecture

A contingent from Carlton & Gedling u3a Religious Architecture Group visited All Saints Church at Cotgrave. We were well guided by the Rector the Revd Paul Massey as to the history and architecture of the church.

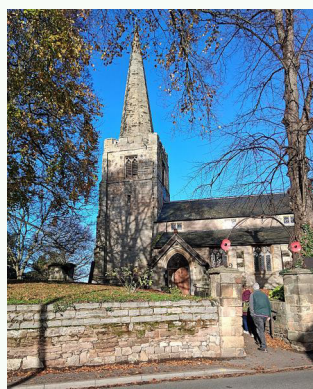


The church consists of chancel, 4-bay clerestoried nave (where the upper part of the wall has windows to let light in), north and south aisles, organ chamber, vestry, kitchen and toilet extension, porch and three-stage west tower with embattled parapet and spire, a clock and 8 bells. It dates mainly from the 13th-15th centuries, but the earliest feature is the late 12th century chancel arch with its half pillars and waterleaf capitals. During an outbreak of plague in 1637 the church was used as a food store for the village during the outbreak. A 'plague stone' dating from the early 17th century is situated near the south door and is now used as a stoup for holy water; it was originally set in the churchyard wall. Money for goods was disinfected as it was passed through a hollowed-out stone filled with vinegar to the men who had locked themselves away in the church.

The restoration of the church is commemorated by a circular slate plaque set into the floor of the nave. The inscription states: 'This church was severely damaged by fire on 9th May 1996 and is now recreated to the Glory of God and for the service of the community. This place, our spiritual home, is rededicated by Patrick, Bishop of Southwell14th December 1997.'

A window shows Cotgrave Colliery and the parish church. Miner's lamps hang either side of the window and the ceremonial spade used by Princess Margaret when she turned the first sod of the colliery in 1954 hangs in the window recess.

David Colyer



Sewing Group



The group has had a busy year. From making something new to wear to altering something for a better fit; mending and shortening items of clothing; embroidery to knitting; cushions to cushion covers; all sorts of bags – the list goes on! You name it, and one of us has probably made it.

We were asked if we could make some surgical drain bags for Nottingham City Hospital to give to patients to use after surgery. Some procedures mean patients are discharged from hospital with drains. Having a fabric crossbody lightweight bag means the drain can sit inside it, leaving your hands free. The length of the strap is adjustable rather than one length fits all.



Some bags have been passed to the NCH and we have another couple of dozen to give away. We used fabric that had been donated as well as some of our own. Thank you to all the ladies that made some, with a special mention to Wendy's seven-year old granddaughter who made some as well. It's good to see skills being passed on. I'm glad my mother encouraged me to start making things.

Finally, a friend of mine had seen a pattern on Etsy for a whale pencil case made out of recycled denim. 'It'll be fun' she said; 'it's right up your street' she said, 'here's some denim to use' (two carrier bags full!). I put it off for months (too busy doing other stuff) but eventually gave it a go. It certainly gave my brain a full workout, and I now have a pod of whales. And yes she's right – they are fun!

Susan Bunting

Book Group

The 39 Steps by John Buchan

In November we focussed on the classic novel by John Buchan - a 'man on the run' thriller, a tale of espionage and cunning.

Buchan led an extremely full life, working in publishing, journalism, politics and high public office as well as writing novels as an amusement. The book was published in 1915, but based in the summer of 1914, just before the outbreak of World War 1.

In so many ways, the book is like a time capsule, revealing a socially divided, low tech world of code cracking, disguises, eccentric characters and isolated rural lifestyles cut off from the London world of lengthy luncheons in gentleman's clubs for the elite.

Initially Richard Hannay, the protagonist, is disenchanted by his comfortable yet uneventful life in the capital, but the murder of someone in his flat introduces more drama and danger than he could have anticipated. He flees from the police, as well as a shadowy group of foreign 'terrorists' and heads for the wilds of Scotland. Surviving on his wits and skills learned in the bushland of South Africa he becomes embroiled in an attempt to thwart the outbreak of the war.

Mostly, we enjoyed the fast paced, episodic plot, featuring numerous larger than life characters, almost exclusively male. We agreed that the book would have been ground breaking for the time as a spy thriller, providing an early blueprint for the adventures of the likes of James Bond and Jason Bourne. Established writers like Graham Greene cited Buchan as an inspiration.

The group felt uncomfortable with various antisemitic and racist comments made by some of the characters which reflect some attitudes current at the time that the book was written. Later in his life Buchan was an outspoken supporter of Zionism so we discussed whether these prejudices reflected his opinions.

Maggie Doherty

Thank You

The Carlton & Gedling u3a relies on its volunteers, including committee members, editorial team, web editor, Beacon administrator, group convenors, secretaries and many more. You are all contributing your time and energy to make sure members can get together to have fun and learn something new. Our sincere thanks.



Birdwatching Group

Straws Bridge, Ilkeston, was meant to be our November destination to check out what birdies frequented the place, and any changes since our visit in June. However, the weather forecast being absolutely atrocious, the trip was abandoned. What bird would venture out in that rain?!

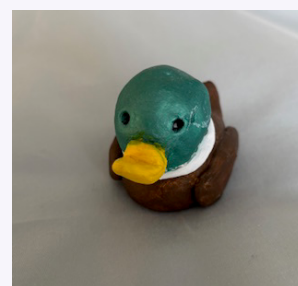
One of the ducks we would have seen are Mallards. Anywhere there is a pond, lagoon, river or estuary you'll see them! They are so numerous I think we tend to be a bit dismissive of them if asked about sightings, but this belies the striking appearance and fantastic colours of the male who I think is quite a stunner!

They have dark green shiny heads, a distinctive white collar and lightish grey bodies with a brown purply bib and yellow beak. The females in contrast are a dull mottled brown. They are one of our largest ducks and usually have a lot to say. Mallards are dabbling ducks often seen in water with their bums in the air, feeding on plants. They also like shellfish, insects, acorns, berries and seeds.

Mallards choose different mates each season and the male abandons the female when she incubates the eggs. She can lay up to 18 eggs. The ducklings are very fluffy 'n cute but there is a fairly high mortality rate. They learn under mum's watchful eye to feed and fend for themselves. Typically the adult ducks will live from 3-10 years, breeding from the age of one. So keep a look out for and admire these little beauties.

Happy birding!

Helen Forrester



u3a learn,
laugh,
live



u3a learn,
laugh,
live

Diary : DECEMBER 2025

Date	Time	Group	Meet at	Contact	
15	Mon	10:00	French Conversation	Mapperley Golf Club	Annabell 07900 067 144
15	Mon	10:00	Sewing	Carlton Fire Station	Susan 07708 471 023
15	Mon	10:00	Table Tennis	Netherfield Forum	Andrea 07527 090 324
15	Mon	14:00	Art Appreciation	A member's house	Christine 0115 953 6725
15	Mon	14:00	Tai Chi	Colwick Community Centre	Jan 07496 999 808
16	Tue	14:00	Local History	Richard Herrod Centre	Andy 07753 287 562
16	Tue	14:00	Rummikub	Richard Herrod Centre	Lynne 07771 801 957
17	Wed	10:00	Ukulele	St Georges Centre	Richard 07514 212 134
17	Wed	12:00	Grouchy Girls	The Willowbrook	Jennifer 07906 735 885
17	Wed	14:00	Bridge	Richard Herrod Centre	Mick 07749 325 315
17	Wed	14:00	Walk Fit To Music	St Georges Centre	Sandra 07826 039 733
18	Thu	10:00	General Meeting	Richard Herrod Centre	Mark 07826 629 063
19	Fri	09:45	Singing for Pleasure	St Georges Centre	Sheila 07703 755 906
19	Fri	10:00	Drama	Carlton Fire Station	Jane 07825 775 213
19	Fri	14:00	Canasta	Richard Herrod Centre	Lynne 07771 801 957
20	Sat	10:00	Cycling For Fun	Jct of Burton Rd & Conway Rd	Sue 07780 449 894
22	Mon	10:00	French for Fun	Mapperley Golf Club	Brian 07724 801 115
22	Mon	10:00	Table Tennis	Netherfield Forum	Andrea 07527 090 324
22	Mon	17:00	Film Study	Zoom Meeting	Sue 07791 358 143
23	Tue	12:00	Out to Lunch	Portobello	Maggie 07554 518 444
24	Wed	14:00	Bridge	Richard Herrod Centre	Mick 07749 325 315
26	Fri	12:00	Grumpy Old Men	St Georges Centre	Ian 0115 911 4681
27	Sat	10:00	Cycling For Fun	Jct of Burton Rd & Conway Rd	Sue 07780 449 894
29	Mon	10:00	Table Tennis	Netherfield Forum	Andrea 07527 090 324

Diary : JANUARY 2026

Date	Time	Group	Meet at	Contact	
2	Fri	10:00	Drama	Carlton Fire Station	Jane 07825 775 213
2	Fri	14:00	Spanish for Fun	Carlton Fire Station	Mark 07826 629 063
3	Sat	10:00	Cycling For Fun	Jct of Burton Rd & Conway Rd	Sue 07780 449 894
5	Mon	10:00	French Conversation	Mapperley Golf Club	Annabell 07900 067 144
5	Mon	10:30	Greenfingers	No meeting this month	Nicola 07794 368 566
5	Mon	14:00	History Study	Richard Herrod Centre	Lynne 07771 801 957
6	Tue	10:00	Photography	Carlton Fire Station	Mike 07762 182 898
6	Tue	14:00	Book Club	Carlton Fire Station	Maggie 07951 299 113
7	Wed	10:00	Creative Appliqué	St Georges Centre	Jackie 07708 035 311
7	Wed	10:00	Opera Study	Zoom Meeting	Paul 07305 071 206
7	Wed	10:00	Singing for Pleasure	St Georges Centre	Sheila 07703 755 906
7	Wed	10:00	Ukulele	St Georges Centre	Richard 07514 212 134
7	Wed	14:00	Walk Fit To Music	St Georges Centre	Sandra 07826 039 733
8	Thu	10:00	Coffee Morning	Primo Cafe Bar	Cheryl 07787 427 200
8	Thu	14:00	Alternative Book Club	Manor Green Community Room	Gill 07802 700 852
8	Thu	14:00	Card & Board Games	St Georges Centre	Maggie 07554 518 444
8	Thu	16:30	Indoor Bowls	Richard Herrod Centre	Mick 0115 987 4239
9	Fri	10:00	Bird Watching	Meet at the venue	Helen 07846 079 721
9	Fri	10:00	Knit & Stitch	The Bread and Bitter	Jackie 07971 973 120
9	Fri	13:30	Craft	St Georges Centre	Pat 07918 665 322
10	Sat	10:00	Cycling For Fun	Jct of Burton Rd & Conway Rd	Sue 07780 449 894
10	Sat	14:00	Theatre	Nottingham Playhouse	Carolyn 0115 676 267
10	Sat	14:00	Wild Weekenders	St Georges Centre	Coleen 07450938777
12	Mon	12:00	Out to Lunch	The Gedling Inn	Maggie 07554 518 444
12	Mon	14:00	Tai Chi	Colwick Community Centre	Jan 07496 999 808
13	Tue	09:30	Five Miles and a cup of tea	Meet at Ranmoor Road car park	David 07549 132 066
13	Tue	14:00	Poetry Appreciation	A member's house	Lyn 07305 144 102
14	Wed	10:00	Discussion / Debate	Carlton Fire Station	Coleen 07450 938 777
14	Wed	10:00	Making Music For Fun	Loco Centre	Richard 07514 212 134
14	Wed	14:00	French 3	St Georges Centre	Ann 07837 803 837
14	Wed	14:00	Walk Fit To Music	St Georges Centre	Sandra 07826 039 733
15	Thu	10:30	General Meeting	Richard Herrod Centre	Mark 07826 629 063
16	Fri	09:45	Singing for Pleasure	St Georges Centre	Sheila 07703 755 906
16	Fri	10:00	Drama	Carlton Fire Station	Jane 07825 775 213
16	Fri	15:00	Ale, Lager and Cider tasting		Richard 07514 212 134
17	Sat	10:00	Cycling For Fun	Jct of Burton Rd & Conway Rd	Sue 07780 449 894
17	Sat	14:30	Theatre	Lace Market Theatre	Janet 0115 840 0733