



Issue Number 171 September 2026

Five Miles and a Cup of Tea



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Natural History



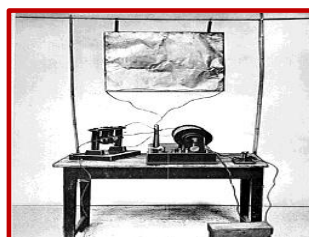
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Our Monthly General Meeting

Thursday 17th September at 10:30am, Carlton Pentecostal Church

Group Convenors: Please send your news items and photos to Sue Warren (Assistant Newsletter Editor) and Graeme Bunting (Web Manager) via the *u3a Officers* page in Beacon by 5pm on the last Thursday of the month. Also make sure that your meeting schedule in Beacon is up to date for the next few months. **Next deadline: Thursday 24th September**



Letter from our Minutes & Social Secretary

Could you help our u3a committee keep going from strength to strength?

Would you like to support the fantastic work of our u3a committee?

Just a couple of hours a month can make a real difference — and it is a wonderfully rewarding way to contribute. Our u3a simply could not flourish without its brilliant volunteers.

My name is Gayle, and I currently serve as Social Secretary, Committee Meeting Minute Taker and General Meeting overseer.

I am hoping that two, or perhaps more, members might be willing to share these roles, as I would like to step back a little for health reasons.

If you feel you could offer a little time, I would be delighted to hear from you. Please contact me directly on telephone 07581 277 462

Gayle Harris

Editor's Note

Thank you again for all your interesting contributions, please keep them coming through to Sue Warren for the Newsletter and Graeme Bunting for the Website. There is comprehensive guidance on submitting news items and photos in **Section 4.8** of the **Convenors Support Pack** on the [Convenors Page in the website](#).

The Newsletter is published by Carlton, Gedling & District u3a (Registered Charity No. 1157211). Views expressed are not necessarily those of the u3a Editorial Team. Contentious comments expressed by individual members within an article (on behalf of our Groups) are not the view of this u3a and should not be seen as such.

August Guest Speaker: Burma

Carol Brooks has worked for the *All 4 Burma* charity for a number of years following a career in the T.A. and later as a library manager. Burma, also known as Myanmar, is divided into several states and Carol was based in Karen. Though the charity is Christian, it meets the needs of many ethnic groups and religions in the region.



There has been a civil war since 1949 and in 2021 a military coup in which 4000 villages were destroyed. Millions of families, orphans and wounded soldiers live in makeshift homes in refugee camps in desperate poverty and enclosed with barbed wire. Carol had many pictures of the people of Karen whom she describes as warm, friendly and resilient and the children's smiling faces bear this out. They seem to carry on despite mud from heavy rainfall, no proper roads, land mines, and waterborne diseases, helping each other and getting aid in. School takes place outside in between drone attacks.

This small charity with no admin costs works on Mother Teresa's maxim that if you can't help everyone, just help one or two and try and do a bit.

Carol's talk and her pictures were heartwarming and very well received. She has thanked us for the support she received and the generosity of our members who raised £215

Marianne White

Speaker for the September General Meeting

Paul Lillie is an artist and musician who studied at Wimbledon School of art. He has worked as a musical tribute artist on the QM2 and appeared on a number of BBC programmes such as the Simon Mayo Radio 5 Show discussing popular culture. Paul now concentrates on delivering art and music therapy to palliative care patients at Nottingham City Hospital.



In his presentation about Elvis Presley, he will combine story telling with singing and painting, as he charts the career of the "King of Rock". This unique approach has proved very popular with u3a audiences throughout the UK, who have particularly enjoyed his interactive approach which encourages audience participation. The writer and broadcaster David Hepworth described Paul as an "Elvis Educator".

Janet Allen

Five Miles and a Cup of Tea

Wollaton Park



August was a very hot month and the planned walk in Wollaton Park and Highfields was shortened, to just the Park as the start of the walk was delayed by roadworks on the Ring Road, so temperatures were beginning to climb by the time we left the Admiral Rodney.

Whilst there was very little green grass, there were a few areas which were kept watered to help badgers. We glimpsed a few deer sheltering in the cooler wooded areas.

Wollaton Park is a Grade II listed 500-acre park, which includes a deer park. It is centred on Wollaton Hall, a classic Elizabethan house which contains the Nottingham Natural History Museum, with the Nottingham Industrial Museum in the stable block.

Various events including concerts are held in the park. The park has an active volunteering programme to support the upkeep of the park, run by the Friends of Wollaton Park.

Lunch afterwards was at The Admiral Rodney where delicious chips were served.

A BIG THANK YOU to **JANE** and **JANICE** for leading the walk.

David Johnson

New Natural History Group



Interested in wildlife, plants and flowers, visits to nature reserves, ecology, birds and bees? So are we and we are starting a new Natural History group for our u3a. We are planning a monthly meeting which will alternate nature walks, guided visits to nature reserves and occasional meetings where we can share information about a particular topic. We are meeting to discuss our first programme of activity at the beginning of October.

If you are interested in joining in, please phone Paul Martinez on: 07305 071206

Cycling for Fun



This summer has been great for our Cycling for Fun group. We have been meeting every Saturday for a ride of some 15 to 20 miles (although some go further and some less far). Several of us have got electric bikes, but others like me are on push bikes. We are mainly on paths or on quiet roads.

Join via our Cycling for Fun page on our u3a website or contact me at a general meeting.

Paul Martinez

Local History

Mary Potter Heritage Centre

Twenty members of the group had a conducted tour of the Mary Potter Heritage Centre located in Regent Street, Nottingham. Mary Potter is a name known to many for a health centre in Hyson Green. This museum brings her name to life as you learn about her history and see many artifacts from her life.

Born in South London in 1847, Mary was the fifth child of a devout Roman Catholic mother and a father who deserted his family of four sons soon after her birth. She suffered from heart and lung problems from birth but received a good education at a Catholic school.



After leaving school she was engaged to be married but broke off the engagement when it was suggested they were not suited to marriage. Instead, she joined a convent in Brighton where she stayed for just over a year, before returning home for a few years. She felt a calling to help the poor and sick.

A brother was teaching near Nottingham and introduced her to the bishop. From that point she started a convent in an old building in Hyson Green, from where she reached out to the poor and sick in the community, forming the *Little Company of Mary*.

The Order gradually spread to several countries worldwide and Mary finished her life in Rome, aged 66. Originally buried there, her remains were transferred to Nottingham Cathedral about 30 years ago.

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



Andy Dixon

History Study

Historic Bridges

For our August meeting, we had presentations about historic bridges. These were located around the world and ranged from ancient to modern.

We started in Derbyshire with the ancient stone bridge at **Swarkestone**. This bridge over the Trent is very long.

We then moved to Scotland to hear about the **Tay** and **Forth rail bridges**. Originally the building of both, was in the hands of Thomas Bouch however, after the Tay Bridge blew down, responsibility for building the Forth Bridge was placed in different hands.

Our next bridge was in Japan. The **Aqua-Line** is a modern construction including both tunnel and bridge. As a direct route across Tokyo Bay avoiding the 100km route around the bay including driving through Tokyo.

Although our next bridge is in Arizona, it was originally **London Bridge**. We learned of the importance of London Bridge as the first Thames crossing. When the new bridge was built in the 1970's, the old bridge was sold to an American who used the stonework as a cladding on a modern bridge.

A trip to France followed where we were reminded of the old song about the **Pont d'Avignon**. Avignon, on the River Rhone was for a time the seat of the Popes. The bridge partly collapsed leaving a part bridge with a chapel.

The final bridge was the **Iron Bridge** in Coalbrookdale, Shropshire.



Now a UNESCO World Heritage site, the valley was an early industrial location with an iron foundry where experiments in iron production led to the building of the first cast iron bridge opened in 1781.

Andy Dixon

Discussion Group

One for the Road: Are Single Room Supplements Fair?

Single room supplements are additional fees for solo travellers occupying double rooms. Tour operators consider them necessary to cover fixed room costs, solo travellers deem them penalties or 'singles' taxes.'

The 'pros' are having your own room where you control the space and lights, and don't need to accommodate another's habits, although possibly missing making a new friend.

The 'cons' are costs, 30% - 100% above the per person cost, feeling penalised by paying more yet consuming the same food and drink as others, getting a small room, and having less money for extras.

Can you avoid them? Companies like Solos Holidays offer trips for independent travellers. In the Shoulder Season operators may waive or slash supplements to fill spaces. Booking your own hotels or holiday rentals eliminates structured group tour supplements.

We considered dynamic pricing; how operators change prices based on supply and demand. Instead of calendar-based static rates, algorithms adjust prices. This boosts Revenue per Available Room by up to 35%.

Revenue Management Systems optimize prices by analysing *occupancy* to increase rates as properties fill up, *booking pace* to tell if specific dates are booking faster than last year, competitor monitoring, and demand spikes around local events. Operators use rules to enhance margins; minimum length of stay for weekends, day-of-week variations to adjust for business or weekend patterns, and last-minute reductions to fill empty rooms or increases if demand surges.

Dynamic pricing means timing dictates cost. Early reservations can secure lower rates before capacity fills. However, 'Resistance Price Risk' is that if systems push prices too aggressively, consumers renege.

EU Passport validity rules can be misleading, you can use <https://www.tui.co.uk/passport-checker> to check.

We next meet on Wednesday 9th September to consider 'E-scooters: Fun-Sized Freedom or Flaming Nuisance?'

John Buglear

Grumpy Old Men

We Grumpies met for our fortnightly Friday lunch at St George's Centre to chat and to consider contemporary issues.

Topics for discussion included:

1. Water firm Fat cats get pay rises despite ban on bonuses.
2. £100 million farce of electricity metres that were fitted the wrong way round.
3. The Top nostalgic sound of summer? - It is the music from an ice cream van.
4. Cleaner unearths 35-year-old Mars bar hidden in hoarder's house - which looked gigantic compared to modern bar.
5. A stolen Parrot is returned home after nine years lost.
6. Senior Police officer used bot to write evidence logs.
7. Banksy's artworks cost public £150,000 for cleanup and security.
8. Thatcher's plan to bomb Peruvian cocaine fields with British moths.
9. Pension firm in veterans' scandal has history of errors.
10. Drought helps golfer hit record hole in one.
11. Met Police tows away £8M worth of supercars during weekend crackdown.
12. One in five cars are late for MOT tests.
13. Jellyfish cause chaos at French nuclear power plants in Dunkirk.
14. MasterCard lawsuit costs £41 million in legal fees.
15. AI bot booked a gym class by booting out someone else.
16. Cold call telephone ban gets poor reception in France.
17. Will solar panels you can buy at Lidl make the sun, shine on your bills?
18. Putting the wrong things in the fridge and leaving out things that should be chilled.

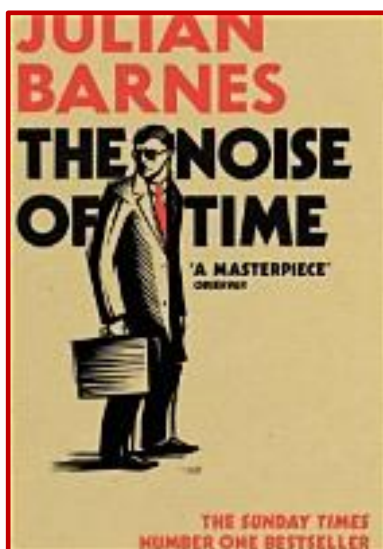


As always, the conversation was genial, informative, varied, and amusing.

David Colyer

Book Club

The Noise of Time by Julian Barnes



Published in 2016, this novel is based upon the hardships faced by Shostakovich, the Russian composer who faced severe criticism and constraint by the Communist Party, particularly during Stalin's rule. His works, though appreciated by music lovers, were publicly attacked by those in power, as they were said to flout the values and tastes of the Party.

Barnes presents a detailed picture of Shostakovich's dread of punishment and the tactics he used to survive and protect his family, whilst continuing to practise his art and follow his inspiration. He was forced to deliver prepared speeches at home and abroad and articles were written and published by the Communists in his name. In a final betrayal of his conscience, he was forced to join the Party after much resistance.

The group felt that Barnes' presentation of Art versus political power, the permanence of Art and the self-loathing of the embattled, compromised composer were portrayed sensitively and intelligently. Some felt the narrator's style to be rather distant and analytical. One opinion was that a greater exploration of Shostakovich's music would have enriched the novel and our understanding of the composer's resistance, why he was such a master of classical music and so popular with the people.

On balance we found it a good book.

Maggie Doherty

Creative Appliqué

Ideas for Christmas



The photos above, are examples for the group to consider doing a Christmas project.

The photo on the right is using lights at the back of the Appliqué in a different technique, that can be a picture or a wall hanging.

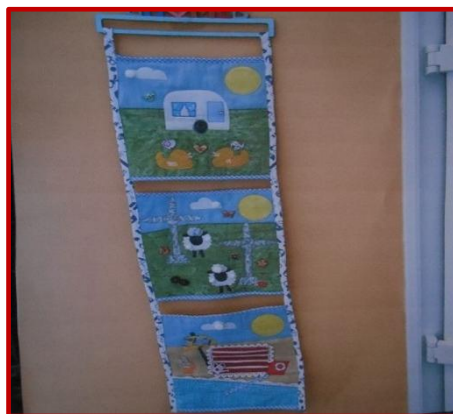
Appliqué Quilt



The Oriental quilt above was made using different fabrics and small buttons on the drawer fronts

Wall Hanging

The wall hanging was made by a group member for her Caravan.



Art Appreciation

British Artists

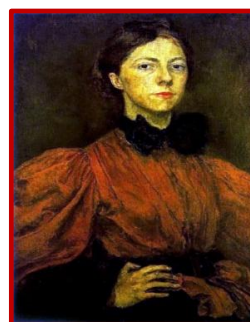
In August we continued our subject of British Artists. We began by looking at an artist previously unknown to us called **Caroline Walker**. She is a contemporary artist, born in 1982, and her work shows life as lived by ordinary workers, many of whom have domestic employment. One of her best-known works is a series featuring workers in a nail bar, painted in 2006. Her paintings show a tender depiction of her subjects, empathetic but not sentimental.



We then went on to **Walter Sickert**, 1860-1942, a German born painter that moved to England and worked for a while with the artist Whistler. He was influenced by Impressionism, but unlike others in the group he worked exclusively indoors. He has a penchant for slightly sordid subjects, and in 1908 painted a series of subjects related to the Camden murders of that year. He painted in heavy impasto, a style later adopted by Stephen Fry and Francis Bacon.



Our next subject was **Gwen John**, sister of the perhaps better known, Augustus John, both of whom attended together the Slade school of Art. She famously became the sculptor Rodin's lover. Later in her life she was largely a recluse. She became very religious, which influenced the subject matter of her paintings.



Finally, we looked at the paintings of **John Atkinson Grimshaw**, a Victorian artist who was very successful in his time. He was born in Leeds in 1836 and became a clerk at the Great Northern Railway before becoming a painter. He was influenced by Romanticism and the Gothic movement. He was fascinated by light and shade in painting, and used his artistic skill to paint, among many other things, atmospheric scenes of Whitby harbour and the gas-lit streets of the industrial north.



Christine Russell

Science & Technology

The Achievements of Marconi

Michael Carver presented the achievements of Marconi, which include the transistor radio, television and telephone (which would lead to the everyday mobile phone).

Guglielmo Giovanni Maria Marconi was an Italian electrical engineer and inventor known for his creation of a practical radio wave-based wireless telegraph system.

This led to his being largely credited as the inventor of radio and sharing the 1909 Nobel Prize in Physics with Ferdinand Braun "in recognition of their contributions to the development of wireless telegraphy."

Marconi did not receive any formal education during his youth. Instead, he learned chemistry, mathematics, and physics at home from a series of private tutors hired by his parents.



He was interested in science and electricity and began working on the idea of "wireless telegraphy" – i.e., the transmission of telegraph messages without connecting wires as used by the electric telegraph. This was not a new idea; numerous investigators and inventors had been exploring wireless telegraph technologies for over 50 years, but none had been technically proven and commercially successful.

Marconi successfully developed a method to transmit Morse code without wires, significantly enhancing communication capabilities at sea and in remote areas. After receiving his first patent in Italy in 1896, he improved the device's transmission distance from one mile to over two thousand, successfully achieving the first transatlantic radio transmission in 1901. This breakthrough challenged existing theories about radio wave propagation and opened new avenues for long-distance communication.

The next meeting of the Science and Technology Group will be a visit to Woolsthorpe Manor on Tuesday 22nd September, where Sir Isaac Newton was born.

David Johnson

Transport Group



For

A small group of members took a car share trip to the seaside.

The first visit was to the Lincolnshire Wolds Railway near Louth. This is a small section of the old line from Immingham to Louth which has been preserved and provides steam hauled rides on a limited number of days. The aim is to extend the line as funds become available – not a cheap task.

We all took a ride on the one-and-a-half-mile line from Ludborough to North Thoresby and returned through the flat countryside. Unfortunately, we were unable to visit the engine sheds due to shortage of volunteers, but we were able to sample their excellent buffet located in a preserved GWR buffet coach.

We then continued to Cleethorpes to visit the Cleethorpes Coast Light Railway. This narrow-gauge line runs along the sand dunes into the town. A couple of our group managed to talk their way into the workshops to see some of the locomotives. These are all narrow-gauge industrial locos that provide this popular service.

We finally ended up in Cleethorpes for traditional seaside fish and chips.

Andy Dixon

Wine Tasting

Summer Wines from Lidl

This month's topic was Lidl wines, specifically their Wine Edit, consisting of 16 wines, paired perfectly to the summer season (unfortunately we only had time to sample 6 of them!)

We started with **Asti Rosato** sparkling rose wine (7%, £4.99) from Italy, which was considered to be quite sweet but probably ideal for warm summer days.

The next wine was a medium **Reisling** from Australia's Clare Valley (11.5%, £8.49 per bottle), with notes of apple and lemon zest.

The second white was **Gavi Castel di Sierra** (12.5%, £9.99 per bottle) from Piemonte, Italy, which was well received.

The trio of reds started with, what proved to be the best wine of the night, **Almocreve Alentejano Reserva** (13.5%, £7.49 per bottle) from Alentejo, Portugal.

The next wine was a French **Cuvée de Brieu Syrah** (13.5%, £7.99 per bottle), which was considered to be bitter and herby, and not the "easy going" wine expected.

The final wine on the night was **Carménère Gran Reserva** Wine from the Rapel Valley, Chile (14%, £8.49 per bottle), which had mixed reviews.

In summary, a pleasant evening with the usual bread and cheeses and . . . chocolate, which goes extremely with red wine.

And finally, the news that bottles of the Almocreve Alentejano Reserva were disappearing from the shelves of Lidl!

If you'd like to join us on the second Monday evening of the month to sample some delicious wine in great (and sometimes boisterous company) or would like more information, please get in touch.

Jane Coulthard



Out To Lunch

August events at The Gedling Inn and Leoon



On the second Monday each month we meet from 12 at the Gedling Inn, where there are various meal deals e.g. 2 courses for £10 or buy a main and have the 2nd meal free.

On the 4th Tuesday of the month, we have been meeting at Portobello, but for a change, we met at the new Leoon café in Netherfield. Members were pleased with the food, but the service was very, very slow, considering they had 21 folks arriving together. Thanks to all those who attended for not being 'hangry' (such a great word). The September meal should be much simpler, with just two mains, meat and vegetarian. Despite their hunger pangs, there was a good atmosphere and members said they would go again on 22nd September. We will then decide where our Tuesday meal will be in future

Maggie Martinez

Coffee Morning



Portobello Cafe Coffee Mornings, Carlton Hill

2nd & 4th Thursday, 10am-12 noon

Our regular coffee mornings for new and existing members welcomes everyone.

Come along for a chat, grab yourself a drink, something to eat if you are feeling peckish and perhaps meet some old or new faces.

We would love to see some members who have perhaps not joined us yet and of course any that we have not seen for a while.

Thank you, hope to see you soon

Cheryl and the Membership Team

Theatre

Pick up Tickets

Verdi's **Macbeth**, Broadcast Met Opera, 6pm Tuesday 20th October, Bonington Theatre, Organiser: Paul Martinez

Bizet's **Carmen**, Broadcast Royal Opera, 2pm Sunday 15th November, Bonington Theatre, Organiser: Paul Martinez

Tickets on Sale

Fences, 2.30pm, Saturday 14th November, Nottingham Playhouse, £24.30.

Troy Maxson has cheated death once, but the past keeps closing in. On Pittsburgh's streets, he cracks jokes and spins stories, yet at home, the pressure is building. His wife, Rose, holds the family together.

But when dreams collide and tempers flare, the family edge towards a reckoning that could reshape everything they know.

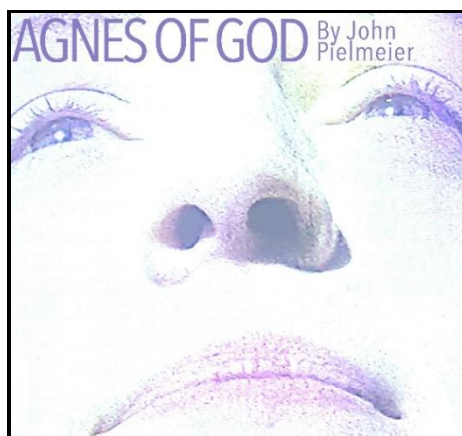
Organiser: Carolyn Broadhurst



Agnes of God, 2.30pm Saturday 21st November, Lace Market Theatre Studio, £13.

Psychology and religion intertwine in this moving moral drama that touches on how past traumas can affect present beliefs. When Agnes is found with a dead newborn in her room and no answers as to what happened, a psychiatrist is sent to assess her mental competency to stand trial for the child's murder.

Organiser: Janet Whitchurch



Funny Money, 2.30pm Saturday 12th December, Lace Market Theatre, £14.

Organiser: Janet Whitchurch **SOLD OUT**

Family Carol Concert, Royal Concert Hall, 5pm Saturday 19th December, £23.50.

The Nottingham Harmonic Choir returns to the Royal Concert Hall with its well-loved Carol Concert, joined by Thoresby Colliery Band. With Christmas only days away, add some sparkle to your festive season with our concert and enjoy the very best of traditional and popular music...and join in the singing!

Organiser Linda Spencer

Aladdin, 2pm Monday 28th December,
Nottingham Playhouse, £23.10.

u3a members only, please.

Join us on a wild ride to a magical far-off land, for the astounding adventure of Aladdin! Can the plucky Aladdin prove himself to The Princess? With the help of a hilarious genie and some panto magic, anything is possible

Organiser Carolyn Broadhurst



Drama Group

We are a fun-loving group who meet on the 1st and 3rd Friday of each month between 10am and 12noon at the Carlton Fire Station.

We are not perfect and we don't expect perfection; nor do we take ourselves too seriously. Nobody needs to work alone as we like to bounce ideas in groups.

Come along to a taster session to see what we are about. You could try your hand at acting or writing or practising small scripts lasting three to eight minutes. You may surprise yourself.

Some of the scenarios our budding talents have worked on are; in a Doctors waiting room, talking to the impatient patients, a local supermarket with an overactive tannoy, or even the hilarious antics of a slightly worse for wear wine tasting group.

This could be you. Just drop in and have a look, you're sure to love it.

Jane Bemrose

Film Study

Interesting discussion of our last two films. We weren't very impressed by ***The Spin***: not funny, no subtitles when you needed them, not very credible, pokey plot etc. We liked ***Starter for 10*** better, especially Benedict Cumberbatch, the comedy chops and the coming-of-age plot, although some of us felt it was a bit predictable.

In September we're looking at two European films: ***Parallel Mothers*** and ***All Your Faces***. Both films are on *iPlayer* for at least a month and are great introductions to European Cinema.

Parallel Mothers (Spanish: *Madres Paralelas*) is a 2021 Spanish drama film written and directed by Pedro Almodóvar. The film centres on Janis, played by Penélope Cruz, and Ana (Milena Smit), who give birth on the same day in a hospital. As the film explores their evolving relationships with their children, it also reflects on Spain's unresolved history, particularly the painful legacy of the Civil War and the search for missing bodies.



All Your Faces is a 2023 French drama film written and directed by Jeanne Herry. The film explores the practice of restorative justice, which was introduced into the French criminal justice system in 2014. Restorative justice offers victims and perpetrators of offences to engage in mediated dialogue, supervised by professionals and volunteers.



Questions we'll be discussing:

- What were the films trying to achieve?
- How did they try to achieve them?
- Were they successful?
- Did anything strike you about their plots, structure, acting, script, camera techniques etc?
- Were they different from Hollywood films?

Does this sound like your sort of group? If you'd like to find out more, please see our group page on our website.

Paul Martinez

Card and Board Games



We meet twice monthly, on the 2nd and 4th Thursday afternoons of each month. Our venue is the café area at the St George's Centre in Netherfield. We meet from 2pm and there is no charge. Drinks and snacks are available.

Our most popular game is Rummikub, which is easy to learn and addictive. If you have a favourite game, bring it along.

SCRABBLE or CHESS? Some of our group would like to play Scrabble regularly, and chess players are welcome.

The original idea for this group, was to bring together small groups for different games, meaning that if, for instance, you did not have a partner for chess, you could join in with other games.

Please telephone me: on 07554 518 444 with any queries or to express interest in Scrabble or chess.

Maggie Martinez

Upcycling

An update on collections at each general meeting

- Prescription spectacles and sunglasses
- Flexible plastic lids
- Used postage stamps

The specs are sent around the world for people who cannot afford them, enabling work and study.

The lids are recycled locally, and the money raised goes to The Dove Hospice.

Postage stamps raise funds for the RNIB thank you for all your contributions so far.



Maggie Martinez

Our General Meetings

If you're not able to attend one of our General Meetings at the Carlton Pentecostal Church in person, please remember that thanks to some technically proficient u3a members you can now attend a General Meeting from the comfort of your own home, and if you are away from home but have access to a computer.

Our Streaming Team endeavours to send a broadcast of each meeting directly to your home computer in what is called a live stream. The streaming team are Roy Palmer, Mike Pointon and Paul Martinez.

Look out for an email from Paul Martinez and the team ahead of the monthly meeting, as that will include a link you can use on the day to watch the General Meeting.

Sue Warren

Calendar: September 2026

Note: you can view the most up to date Calendar on the [C&G u3a website](#)

Date		Time	Group	Meet at	Contact
14	Mon	10:00	Classical Music Study	A member's house	Colin 07881 289 298
14	Mon	10:00	French for Fun	Mapperley Golf Club	Brian 07724 801 115
14	Mon	10:00	Table Tennis	Netherfield Forum	Andrea 07527 090 324
14	Mon	12:00	Out to Lunch	The Gedling Inn	Maggie 07554 518 444
14	Mon	18:30	Wine Tasting	Burton Road Community Centre	Chris 07879 696 712
15	Tue	14:00	Local History		Andy 07753 287 562
15	Tue	14:00	Rummikub	The Gedling Inn	Lynne 07771 801 957
16	Wed	10:00	Ukulele	St Georges Centre	Richard 07514 212 134
16	Wed	12:00	Grouchy Girls	The Willowbrook	Sheila 07703755 906
16	Wed	14:00	Bonsai Improvers	A member's house	Paul 07305 071 206
16	Wed	14:00	Bridge	The Gedling Inn	Anne 07969 459 767
16	Wed	14:00	Walk Fit - To Music	St Georges Centre	Sandra 07826 039 733
17	Thu	10:30	General Meeting	Carlton Pentecostal Church	Mark 07826 629 063
18	Fri	09:45	Singing for Pleasure	St Georges Centre	Sheila 07703 755 906
18	Fri	10:00	Drama	Carlton Fire Station	Jane 07825 775 213
18	Fri	14:00	Canasta	The Gedling Inn	Lynne 07771 801 957
18	Fri	15:00	Ale, Lager and Cider tasting		Richard 07514 212 134
19	Sat	14:30	Theatre	Nottingham Playhouse	Carolyn 0115 676 267
21	Mon	10:00	French Conversation	Mapperley Golf Club	Annabell 07900 067 144
21	Mon	10:00	Table Tennis	Netherfield Forum	Andrea 07527 090 324
21	Mon	14:00	Tai Chi	Colwick Community Centre	Jan 07496 999 808
22	Tue	10:00	Science & Technology	Carlton Fire Station	Janet 07813 462 081
22	Tue	10:30	Committee Meeting	Manor Green Community Room	Jenni 07711 643 674
23	Wed	10:00	Making Music For Fun	Loco Centre	Richard 07514 212 134
23	Wed	14:00	Bridge	The Gedling Inn	Anne 07969 459 767
23	Wed	14:00	French 3	St Georges Centre	Ann 07837 803 837
23	Wed	14:00	Walk Fit - To Music	St Georges Centre	Sandra 07826 039 733
24	Thu	09:00	Striders Walking	Meet at Ranmoor Road car park	Brian 07814 628 190
24	Thu	10:00	Coffee Morning	Portobello	Cheryl 07787 427 200
24	Thu	10:00	Strollers Walking	Meet at the start of the walk	Paul 07305 071 206
24	Thu	14:00	Card & Board Games	St Georges Centre	Maggie 07554 518 444
24	Thu	16:00	Newsletter Deadline		
24	Thu	17:00	Pickleball	Carlton Forum Leisure Centre	Coleen 07450 938 777
25	Fri	11:30	Family History	Loco Centre	Sandra 07826 039 733
25	Fri	12:00	Grumpy Old Men	St Georges Centre	Ian 0115 911 4681
25	Fri	14:00	Canasta	The Gedling Inn	Lynne 07771 801 957
25	Fri	14:00	Creative Writing	St Georges Centre	Ayaz 07440 323 485
28	Mon	10:00	French for Fun	Mapperley Golf Club	Brian 07724 801 115
28	Mon	10:00	Sewing	Carlton Fire Station	Susan 07708 471 023
28	Mon	10:00	Table Tennis	Netherfield Forum	Andrea 07527 090 324
28	Mon	17:00	Film Study	Zoom Meeting	Sue 07791 358 143
30	Wed	14:00	Bridge	The Gedling Inn	Anne 07969 459 767
30	Wed	14:00	Walk Fit - To Music	St Georges Centre	Sandra 07826 039 733

Calendar: October 2026

Note: you can view the most up to date Calendar on the [C&G u3a website](#)

Date Time			Group	Meet at	Contact
1	Thu	14:00	Alternative Book Club	Manor Green Community Room	Gill 07802 700 852
2	Fri	10:00	Drama	Carlton Fire Station	Jane 07825 775 213
2	Fri	10:00	Knit & Stitch	The Bread and Bitter	Jackie 07971 973 120
2	Fri	14:00	Canasta	The Gedling Inn	Lynne 07771 801 957
2	Fri	14:00	Spanish for Fun	Carlton Fire Station	Mark 07826 629 063
5	Mon	10:00	French Conversation	Mapperley Golf Club	Annabell 07900 067 144
5	Mon	10:00	Table Tennis	Netherfield Forum	Andrea 07527 090 324
5	Mon	10:30	Greenfingers	Gedling Road Methodist Church	Nicola 07794 368 566
5	Mon	14:00	History Study	Loco Centre	Andy 07753 287 562
5	Mon	14:00	Tai Chi	Colwick Community Centre	Jan 07496 999 808
6	Tue	10:00	Photography	Meeting Place TBA	Mike 07762 182 898
6	Tue	14:00	Book Club	Carlton Fire Station	Maggie 07951 299 113
7	Wed	10:00	Creative Appliqué	Carlton Pentecostal Church	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	Bonsai Beginners	A member's house	Paul 07305 071 206
7	Wed	14:00	Bridge	The Gedling Inn	Anne 07969 459 767
7	Wed	14:00	Walk Fit - To Music	St Georges Centre	Sandra 07826 039 733
8	Thu	10:00	Coffee Morning	Portobello	Cheryl 07787 427 200
8	Thu	11:00	Ten Pin Bowling	Nottingham Bowl	Brenda 0115 962 5757
8	Thu	13:30	Art	Carlton Fire Station	Linda 07958 012 544
8	Thu	14:00	Card & Board Games	St Georges Centre	Maggie 07554 518 444
8	Thu	17:00	Pickleball	Carlton Forum Leisure Centre	Coleen 07450 938 777
9	Fri	12:00	Grumpy Old Men	St Georges Centre	Ian 0115 911 4681
9	Fri	13:30	Craft	Loco Centre	Pat 07918 665 322
9	Fri	14:00	Canasta	The Gedling Inn	Lynne 07771 801 957
10	Sat	13:00	Wild Weekenders	Venue to be advised	Coleen 07450 938 777
12	Mon	10:00	Classical Music Study	A member's house	Colin 07881 289 298
12	Mon	10:00	French for Fun	Mapperley Golf Club	Brian 07724 801 115
12	Mon	10:00	Table Tennis	Netherfield Forum	Andrea 07527 090 324
12	Mon	12:00	Out to Lunch	The Gedling Inn	Maggie 07554 518 444
12	Mon	18:30	Wine Tasting	Burton Road Community Centre	Chris 07879 696 712
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 Pentecostal Church	Coleen 07450 938 777
14	Wed	10:00	Making Music For Fun	Loco Centre	Richard 07514 212 134
14	Wed	14:00	Bridge	The Gedling Inn	Anne 07969 459 767
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	Carlton Pentecostal Church	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	14:00	Canasta	The Gedling Inn	Lynne 07771 801 957
16	Fri	15:00	Ale, Lager and Cider tasting		Richard 07514 212 134