

# Park Nottingham u3a Newsletter

## January 2026

### Chair's Note

I hope that the festive period went well for you all.

It has been an eventful calendar year for our u3a with membership growing to 150 for the first time and new groups being set up (indeed we have a potential new group advertised at the end of this newsletter - members have asked about an art group in the past and now new member Alexandra has a proposal for you).

We had our annual Summer Garden Party in August and the Christmas Social in December, both organised by our resourceful Social Sub-Committee and a phalanx of willing helpers, and roaring successes they both were.

A new Committee was duly installed in September with a full complement of twelve trustees in place. This was heartening as many u3as find it difficult to fill vacancies and we have had our own issues in past years. For some of us it is our last year as a trustee so welcoming new Committee members to add to experienced ones that shows that we can carry on the good work with 'new blood' and ideas.

However, the core of any u3a is those who run our groups (and provide material for this publication!) and I would like to thank them for all their work during the year in keeping us a vibrant and interesting organisation. Here's to more of the same in 2026!

*Ian Henderson*

## Park Nottingham u3a Calendar - Jan 2026

Date	Activity	Venue	Convenor
1 Jan & 27th, 10am	<b>Long Walk</b>	Wollaton	Graham Edwards
2nd, 3.15 for 3.30pm	<b>Film Group</b>	Member's Home	Ian Henderson
12th, 2pm	<b>Committee Meeting</b>	Castle Tennis Club	Ian Henderson
13th, 10am	<b>Short Walk</b>	Woodthorpe	Jane Ellis/ Melissa Long
14th, 9.30am	<b>Local History</b>	Castle Tennis Club	Jane Morrell
14th & 28th, 3pm	<b>Cryptic Crosswords</b>	Member's Home	Jonathan Wickens
15th, 4pm	<b>Canasta</b>	Castle Tennis Club	Jane Ellis
16th, 3.45pm	<b>Book Group</b>	Member's Home	Liz Gilder
19th, 10am	<b>Yoga</b>	Castle Tennis Club	Melissa Long
20th, 10.30am	<b>Monthly Talk- Kadie Kanneh-Mason</b>	Castle Tennis Club	Ian Henderson
20th, 3.45pm	<b>Mah Jong</b>	Member's Home	Graham Edwards
21st, 4.30pm	<b>Science Group</b>	Member's Home	Adrian Hyde
23rd, 10am	<b>Longer Walk</b>	Bestwood Country Park	Andrew Martin
26th, 2pm	<b>Photography</b>	Member's Home	Rod Mitchell
TBA	<b>Plants &amp; Picnics</b>	Member's Home	Marion Martin
TBA	<b>Music Appreciation</b>	Member's Home	Jacky Fisher

One way to contact group leaders is to visit our u3a website (link at end of newsletter) and clicking on the convenor's name on the relevant group page. You can then type a message that will go straight to the inbox of the convenor

## Christmas Social

Around 50 of us squeezed into the Castle Tennis Club in December for our annual Christmas Social. Mulled wine, mince pies, sausage rolls and soft drinks replaced our usual monthly fare of tea, coffee and biscuits so that we could create a seasonal celebratory gathering.



Ruth Hardiman (right) once again provided a comic monologue with a local tale (having run out of Albert and the Lion pieces!) of a stranger to the city trying to find 'me duck'. If you missed it you can probably guess how it panned out.

Well done to the organisers (Angela Parmar, Jean Henderson, Liz Gilder) and on-the-day helpers for another great event.

## Monthly Talk - January

**Kadiatu Kanneh-Mason**, known to many as Kadie, is the mother of seven highly gifted classical musicians, now in their late teens and twenties. The one who hit the headlines in 2016 was the third child, Sheku, who won the **BBC Young Musician of the Year** playing the cello, and he now plays all over the world. The first five in the family all appear as soloists in many different venues.

Kadie has now come out in public with stories of the racism faced at times by all her children and some of their friends. Three of their grandparents were black and one white, and their father is black, their mother mixed race. This will be the focus of her talk to us on **20 January, 10.30 for 11am at Castle Tennis Club**

*Sarah Waites*

## NEWS FROM THE GROUPS

**English Language Group-** *Convenor, Margaret Wiedemann*

In the spirit of the season we were interested to hear that, according to a BBC article, "understated decorations are overrated". Once you've got your head round what is effectively a double negative, what does this mean? When we were all young, variegated lights in as many colours as possible were the aspirational choice. It must have been more than 30 years ago that trendsetting displays started moving over to minimalist white lights, and this continued for a few decades. Now that technology can give you a Santa barrelling over your rooftop while the Elves strike attitudes among the wheelie bins, riotous colour is apparently once again the order of the day.

Few of us will have avoided the Victoria Centre over the Christmas season, perhaps laden with parcels and searching for the Post Office counter at the back of what used to be W H Smith. It has now morphed into T G Jones, for us oldies irresistibly calling to mind the 70s television caper Alias Smith and Jones. The Post Office counter is still there, as is the stationery department, and if you walked straight past the renamed store on the first attempt, you'll join us in experiencing gleeful pleasure on hearing that they've recently had to replace the notices announcing that they were still in business for "stationary". As one ELG member asked, is this the opposite of a mobile shop?

As we boogie on into 2026, email [mjwh57@gmail.com](mailto:mjwh57@gmail.com) if you'd like to join our agile-minded group.

## Local History Group - Convenor, Jane Morrell

As the days were shortening and one gets extra busy at this time of the year, and as the Christian festival of Christmas was fast approaching, it seemed appropriate to visit



Nottingham's cathedral which is literally on our doorstep. 20 of our group assembled in St. Barnabas on a sunny morning at 10.15 a.m and were greeted by Tim, the welcoming cathedral guide whose knowledge seemed infinite but who wore his learning lightly and we didn't feel battered, as can happen. The cathedral staff were most helpful too and when I found our numbers had increased significantly from my first estimate promised to provide an extra guide for the cathedral. At the last moment there had to be a change of plan so a visit to the Mary Potter centre was included as part of the visit instead as an optional extra as we had expected.

If you are unfamiliar with St Barnabas we would recommend you slip in sometime when passing. Here are a few facts to whet your appetite:

When built in the early 1840s it was the largest Roman Catholic cathedral built since the Reformation and Nottingham was chosen as there was a surge in the population due to the lace industry offering employment.



Augustus Pugin was the architect, a leading figure in Gothic revival and the designer of the interior of the Houses of Parliament. He died when aged forty but managed to cram 80 years of work and living into his short life being married three times and fathering eight children.

When finished, apparently the cathedral of Saint Barnabas was stunningly beautiful but some of the bright colours have disappeared under coats of grey paint. Hopefully this will soon be a thing of the past as the National Lottery Heritage Fund has given £169 million pounds to restore the cathedral to its original

beauty.

It felt inappropriate to take many photos but here are:

- 1 -our group
- 2 -some original tiles
- 3 -the sanctuary. Note the vibrant colours.
- 4 -one of the stations of the cross needing restoration

To finish my description of part one here are three comments from members:

“ An interesting meeting which deepened my knowledge of Nottingham” “ One of the best visits of the year” and a remark that it would be really good to visit again when the crypt is reopened.



Part two of the visit was the chance to visit the Mary Potter Centre on Regent Street. This museum contains all the personal belongings of a young girl/ woman who in Victorian times defied all odds to become a nun and minister to the poor, sick and needy. Think of Florence Nightingale and the soldiers dying in the Crimea due to ignorance and poor (well, no) hygiene.



Mary Potter's challenge was similar except it happened in the slums of Hyson Green, Nottingham and her extra problem was her own poor health. Apparently she endured a double mastectomy, fully awake and with no pain relief. She endured serious ill health all her life and at her death was started the long journey of canonisation. Perhaps one day Nottingham will be able to boast that we are closely associated with a Saint!!

Sitting in the comfortable room at the Mary Potter centre, sipping coffee and eating biscuits, learning about the dedication of Mary Potter and “the little company of Mary “ that she founded but is now world wide, seemed almost surreal!

*Anne Hardy*

**On 14th January at 09.30 there will be a Planning Meeting for the Local History Group at Nottingham Castle Lawn Tennis Club, Tennis Drive, to which people will bring their ideas for visits in 2026.**

## **Film Group** - *Convenor, Ian Henderson*

Although we tend to favour independent films, often in a foreign language, we do sometimes review more mainstream fare. December saw us tackle the latest ‘Knives Out’ film **‘Wake Up Dead Man’** and, apart from the Marvel Universe films, you can't get more mainstream than that.



Not *quite* a unanimous thumbs up, but nearly. We enjoyed an expert piece of murder mystery hokum with a plethora of stars who all showed their acting chops (often these portmanteau cameos are hammy and overplayed). Josh O'Connor as a troubled cleric, Josh Brolin as an evangelical preacher and Glen Close as his acolyte were particularly good. As ever

Daniel Craig is putting James Bond behind him with a role that shows again that he is a fine actor.

Although the 'Cluedo' plot model is ever-present the script was clever and also touched on more weighty subjects such as religious faith and love, to engage us more deeply. We scored it a solid **8/10**.

Next we will see '**Marty Supreme**' based on a true story of the rise of a table tennis ace in the 1950s (no, seriously!). Starring Timothee Chalamet it has garnered near-universal critical praise. As usual, we will see! We meet on **2nd January, 3.15 for 3.30**.

## **Music Appreciation Group** - Convenor, Jacky Fisher

*The group did not meet in December. We will shortly be letting people know what is in the programme for the next 3 months.*

Jacky - 078669 8840 [gandfisher23@gmail.com](mailto:gandfisher23@gmail.com)

## **Short Walks-** Convenors, Melissa Long & Jane Ellis

### **Rock Cemetery & Arboretum, Nottingham**

*Our short walk this month was one we had done before, only this time it was raining quite heavily. That didn't put us off though and seven of us made our way from the Alms Houses at Canning Circus, through the General Cemetery (opened in 1838) whilst stopping to examine the interesting inscriptions on the head stones.*

*We progressed through the Arboretum (dating from 1852) pausing to examine a huge tree that had fallen into the pond opposite the Aviary. We then walked up towards Forest Road passing by the enclosed Jewish Cemetery on our way to the Church, or Rock Cemetery, as it is often called (opened 1856).*



*Many of the graves here were ornate, and included those belonging to Sir Frank Bowden, founder of Raleigh, architects Fothergill Watson and the very modest grave of Thomas Chambers Hine plus that of Thomas Adams, lace manufacturer and owner of the Adam's Building in the Lace Market.*



*On then, passing by some of the caves, to the Forest Recreation Ground (part of the original Sherwood Forest) a public green space laid out by Thomas Paxton, designer of Crystal Palace and head gardener at Chatsworth House.*

*We stopped for refreshments and to 'dry off' in the Forest Cafe. The variety of homemade cakes looked scrumptious and our hot drinks were very welcome.*

*We then made our way back (umbrellas still required) through the Arboretum, passing the Crimea War Memorial and up the hill*



*towards Canning Circus and our last port of call, the Sir John Borlase Warren for a festive drink and a bite to eat. Even though the weather wasn't very good we all thoroughly enjoyed our walk and each others company.*

*A huge thank you to Melissa and Jane for organising the short walks - we really appreciate your efforts and constant enthusiasm.*

*Carolyn Greenwood*

*Next we walk in Woodthorpe on **13th January**.*

Melissa Long [melissa.snowdenlong@gmail.com](mailto:melissa.snowdenlong@gmail.com)

Jane Ellis [jane.ellis21@outlook.com](mailto:jane.ellis21@outlook.com)

## **Long Walks** - Convenor, Graham Edwards

In line with our recent tradition, there was no Long Walk in December - the 4th Tuesday was a bit too close to Christmas to be appropriate for most of us.

However, for those who would like a bit of outdoor activity during the festive season, with some gentle exercise, fresh air and company, I am, as usual, planning a local walk of about 6 miles through **Wollaton Park** and the University on **New Year's Day**.

Those on the Long Walk list will receive a note giving details as usual . Anyone is welcome to join if they let me know ([grahamedwards542@gmail.com](mailto:grahamedwards542@gmail.com))

Long Walks proper will resume on **Tuesday 27th January**. I will devise something appropriate for the weather and time of year, and let everyone know nearer the time.

Those registered on the Long Walk mailing list receive a detailed invitation to all of our walks each month. If you are not on the list and would like to join, please let me know.

[grahamedwards542@gmail.com](mailto:grahamedwards542@gmail.com)

## **Longer Walks-** Convenor, Andrew Martin

*Our first walk of 2026 will be on **Friday 23rd January**. This will follow a new circular route through **Bestwood Country Park and Bulwell Hall Park**. While the Bestwood Park section visits some ground familiar to us from past walks, this is the first time we've ventured west along the Robin Hood Way to Home Wood and the site of the now-demolished Bulwell Hall. The total distance is 8 miles with just over 500 feet of descent.*

*Travel will be by tram (or car) and details will be sent out about a week before the walk. you would like to be included on the Longer Walks email list, please contact me on [u3aparkwalks@gmail.com](mailto:u3aparkwalks@gmail.com).*

## **Plants and Picnics-** Convenor, Marion Martin

December tends to be a somewhat busy month for many, so this month, as a change to our usual hosting, it was suggested that we headed out to a garden centre with cafe for our meeting. This seemed like a good idea, as no-one would be under pressure to provide. Consequently, 5 of us set off to **Blue Diamond Garden and Home** at East Bridgford.

Most of us had not been before, and I have to admit, I personally was somewhat overwhelmed by bewildering array of stuff in the 'Home' department - all manner of things you may or may not need for Christmas (it had something of the feel of a trip to IKEA - was the shortcut behind you?). We wandered around and eventually found the cafe where we were meeting.



After a bit of confusion as to what the system actually was (there seemed to be various options), we eventually congregated at a table to eat together. Those who had soup seemed a little underwhelmed, but the scones were good.

We got into our usual garden chat, and this time the conversation gravitated to tool maintenance, particularly how to sharpen various tools effectively and preserve them over winter.

Having enjoyed our lunch, we then set off on a mission to find the plants! We hadn't actually seen any yet. We were rewarded by at last finding the Garden Centre, which was quite extensive. We realised that the shortcut *had* been behind us - when we came in, we should have turned right at the entrance to get straight to the plants. There was a good range although nothing really jumped out, apart from some bargain shallots. We didn't leave empty handed.

A different and interesting trip out, but I think we'll be returning to our usual hosting pattern in the New Year.

If you are interested in joining this group , please contact Marian Martin at [PNu3aPandP@gmail.com](mailto:PNu3aPandP@gmail.com) “

## Dining Group- *Convenor, Adrienne Lee*

Our return to **The Martins Arms** (with or without the apostrophe) in December was a different experience from our earlier visit, where we ate great food in the garden on a lovely sunny day.

This time it was wet and windy but inside the cosy venue the food did not disappoint. The venue seems to have an identity crisis as it is now promoted online as '*The Martins*' whilst still boasting, in large letters on one outside wall, to be '*Martins Arms*'. It is a rebrand, apparently, and may be an attempt to move away from a pub persona. However, it still has an old-style country pub lounge at one end.



We had the larger of two dining rooms to ourselves (13 of us) which suited us. We had the festive menu at £55 for two courses or £65 for three. This was similarly priced to 'The Ivy' seasonal menu (see last month) but the food was several steps up.

Between us we had starters of Stilton Soufflé, Chicken Liver Parfait and Duck Terrine and all were top notch. Mains of cod, duck, venison and beef cheeks were ordered and similarly praised (one portion of the beef was deemed 'too chewy', a rare negative). Desserts (fewer chose these) were very good.

The cooking was precise, with top ingredients treated well and accompanied with inventive touches of flavour. My duck breast (right) was the best I've had in a very long time.



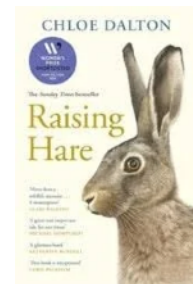
All of the food was immaculately presented and the meal was a real treat. Eating such superior food is never a cheap option but for a festive meal it ticked a lot of boxes.

Our next outing will be on **3 Feb** at a venue to be announced.

*Ian Henderson*

## **Book Group-** *Convenor, Liz Gilder*

We met on Friday 19 December to discuss **Raising Hare** by Chloe Dalton, her first book. When Chloe, a city-dwelling professional with a high pressure job, finds a newly born hare (endangered, alone and no bigger than her palm) she is compelled to give it a chance at survival – despite being the least likely caregiver to this wild animal. **Raising Hare** is the story of their journey together. It chronicles an extraordinary relationship between human and animal, rekindling our sense of awe towards nature and wildlife. Opinions varied with some finding parts repetitive and others seeing that Dalton has a zoologist's eye for detail and a poet's sensitivity to language.



Our next read will be **The Country Girls** by Edna O'Brien. This classic by O'Brien puts us into rural Ireland in the 1950's following the lives of two girls.

Our next meeting will be on **Friday 16 January 2026 at 4.00 p.m.** at a members house.

Contact [e.gilder@peoplemarketing.co.uk](mailto:e.gilder@peoplemarketing.co.uk) if you want to join our group.

## **Science Seekers** - *Convenor, Adrian Hyde*

The Science Seekers held two meetings to outline what the "*the scientific method*" entails. The first meeting on **November 27th** had **Paul Stapleton** giving a presentation on the history of science over several thousand years. This was followed by **Reg Dennick** giving a brief explanation of the currently-used universal scientific method. **Jane Morrell** gave an example the scientific method applied to randomised medical trials and the importance wherever possible of eliminating bias.

The second meeting on **December 11th** was dedicated to the damage caused by non-science. Reg described how the public sees science using ideas developed by Piaget and finishing with survey data on how the public sees science. Jane described the need for ethical overview of health services research, giving examples from eugenics movements and Nazi medical experiments to the US Tuskegee Syphilis study. She then talked about the efficacy of vaccinations and the public health damage caused by so-called scientists such as Wakefield, RFK and Malhotra. The session ended with a presentation by Andrew Martin on "Non-Science used as propaganda"

The Meetings planned for January and February will return to their normal schedule of 3rd Wednesday of the month. At the request of Jane Morrell the start time has been changed to 16.30.

On Wednesday **21st January at 4.30pm** in Carolyn Greenwood's apartment, 4 Newcastle Court NG7 1BL when **Andrew Martin** will ask "*Is Psychology a Science*".

## **Yoga Group**- *Convenor, Melissa Long*

### **The Importance of Gratitude in Yoga**

Gratitude is a fundamental aspect of yoga that encourages positive emotions and a deeper connection to oneself and the world. The practice of gratitude has roots in ancient



teachings, fostering a positive mindset and emotional wellbeing. The Sanskrit word for gratitude is Kritajna which signifies an awareness of and appreciation for the support and kindness we receive from others.

**U3a Yoga Group** offers an open friendly community class for mixed abilities with a monthly small group class held at the Castle Tennis Club in The Park. The classes are led by Melissa Long, a certified

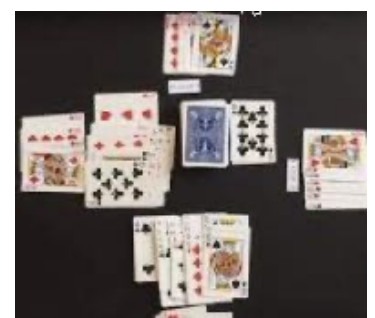
Hatha yoga teacher and u3a member.

**January Class: Monday 19<sup>th</sup> 10.00 - Booking Essential – Room Fee £5**  
**[melissa.snowdenlong@gmail.com](mailto:melissa.snowdenlong@gmail.com): [melissa.snowdenlong@gmail.com](mailto:melissa.snowdenlong@gmail.com)**

## **Canasta Club** – *Convenor, Jane Ellis*

We meet on the first and third Thursday of the month, with the exception of December and January, when other seasonal activities dominate our calendar! Dates for future sessions are as follows :

*January 15th*  
*February 5th + 19th*  
*March 5th + 19th*  
*April 2nd + 16th*



*May 7th + 21st*

All meetings are held at Castle Tennis Club on Tennis Drive, and take place between 4-6pm.

We are a friendly bunch and can offer tuition for anyone wishing to learn the game or perhaps brush up skills from the past.

If you are interested in joining or perhaps thinking of taking up a new hobby in the New Year, please do come along for a taster session and/or contact Jane on the email below.

Refreshments and excellent biscuits are available too!

[jane.ellis21@outlook.com](mailto:jane.ellis21@outlook.com)

## **Cryptic Crossword Group** - *Convenor, Jonathan Wickens*

*We had just one meeting this month, as our second meeting would have fallen on Christmas Eve. Our next meetings will be on **14th and 28th January**.*

*The group has now been going for over a year. Sorry to be unoriginal, but how time flies!*

*We are a (necessarily) small but committed group, and we must be doing something right, in the light of one member's comment:*

*"We've come a long way since our initial meeting to discuss a new group, and I'm sure I speak for all of us when I say we have learnt new skills ... and we thoroughly enjoy each other's company."*

*So, let the cryptic spirit live on in 2026!*

## **Mah Jong** - *Convenor, Graham Edwards*

The Mah Jong group met as usual on the afternoon of the monthly meeting. This was also the Christmas party event so many of us had had a relaxing morning. It was therefore pleasing to see sufficient players turn up to allow us to run our full complement of 2 tables.



The next meeting will be on the **Tuesday 20th January**. Members already on the MahJong mailing list as well as those in our WhatsApp group will receive an email nearer the time, detailing the arrangements for the meeting.

If you would like to know a bit more about the game, or if you are interested in joining us, please email me using the address below. I can also offer you a complimentary copy of the u3a rules for Mah Jong to help you learn the game.

[grahamedwards542@gmail.com](mailto:grahamedwards542@gmail.com)

## **Photography Group** - *Convenor, Rod Mitchell*

*The group met on 15th December to agree upon the design for the 2025 e-Christmas card. I say more below about the image chosen, but hopefully it will have been in your inboxes at Christmas.*

*The group's free Flickr page is nearing the limit of 1000 images. Rather than a wholesale cull, we decided to remove some older photos after every meeting.*

*Our next meeting is on Monday **26th January** when we will review images based on the theme of "Close Up", in readiness for the February newsletter.*

*You may be curious about the origin of the image used in the e-Christmas card. In 2018 my brother and I were clearing our parents' bungalow. We found two shoe-boxes full of every postcard they'd received since before World War Two, together with many they bought as holiday souvenirs. I scanned them all and created a file on my computer, where they have sat until now.*



*Since then, software for restoring old or damaged photos has become ever more sophisticated. I selected this image of a frosty scene in Berkshire and with one click ran it through a restore programme. I applied various presets and edits, but 'frozen elegance' got the nod from the rest of the Photography Group.*

*As I have discovered, there is a large trade in vintage postcards, some going for crazy prices at auction. There may be some lurking in your attic right now.*

## **!New Group!**

Start the New Year with colour, creativity, and confidence by joining an inspiring and welcoming in-person painting course led by u3a member and professional artist **Alexandra Ghimisi**. Designed for adults of all abilities, this inspiring course takes place at **Nottingham Society of Artists Studio, 71 Friar Lane, Nottingham, NG1 6DH**, and offers a relaxed, supportive space to explore painting and enjoy the creative process.

This **5-week course**, starting on **Monday 19th January**, runs weekly from **9.30am to 12.30pm**, giving you dedicated time to slow down, learn, and immerse yourself in creativity.

**There are other courses planned (see below).**

If you've always wanted to paint but didn't know where to begin, or if you're looking to refresh your skills and loosen your style, this course is the perfect place to start.

Working mainly with acrylic paints, you will be guided step by step through essential techniques, colour mixing, and composition. Alexandra's clear demonstrations and gentle encouragement help you build confidence while creating expressive artworks inspired by still life and landscape themes. The emphasis is on enjoyment, experimentation, and discovering your own artistic voice — not on perfection.

Each session offers a calm, social studio atmosphere where you can relax, connect with like-minded learners, and enjoy the pleasure of creating together. By the end of the

course, you'll have artworks to be proud of and the confidence to continue painting beyond the classroom.

Begin the year doing something uplifting and rewarding. Join **Alexandra Ghimisi** and make creativity a joyful part of your New Year.

Please bring any art materials you may already have. During the first session, Alexandra will cover what art materials you should bring for the rest of the course.

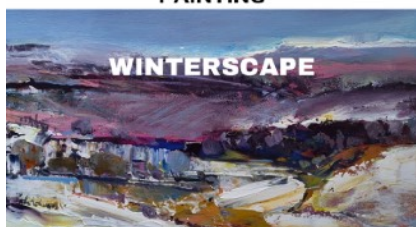
COST: **£60/Session** (venue hire) - cost divided between participants

SIZE: **5-10** members

VENUE: **71 Friar Lane, Nottingham, NG1 6DH** (The Nottingham Society of Artists Studio)

Contact via [alexandra.ghimisi.art@gmail.com](mailto:alexandra.ghimisi.art@gmail.com) to secure a place or get more information.

Learn the art of  
PAINTING



**WINTERSCAPE**

**19.01.2026 - 16.02.2026 / 5 WEEKS**

MONDAY 9.30 -12.30 | [WWW.ALEXANDRAGHIMISIART.COM](http://WWW.ALEXANDRAGHIMISIART.COM)

**THE NOTTINGHAM SOCIETY OF ARTISTS  
STUDIO (UPSTAIRS) 71 FRIAR LANE, NG1 6 DH**

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**CONTEMPORARY FLOWERS**

**23.02.2026 - 23.03.2026 / 5 WEEKS**

MONDAY 9.30 -12.30 | [WWW.ALEXANDRAGHIMISIART.COM](http://WWW.ALEXANDRAGHIMISIART.COM)

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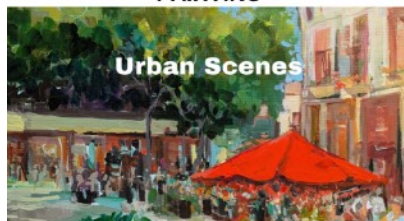
**GARDEN PAINTING**

**13.04.2026 - 18.05.2026 / 6 WEEKS**

MONDAY 9.30 -12.30 | [WWW.ALEXANDRAGHIMISIART.COM](http://WWW.ALEXANDRAGHIMISIART.COM)

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**Urban Scenes**

**01.06.2026 - 06.07.2026 / 6 WEEKS**

MONDAY 9.30 -12.30 | [WWW.ALEXANDRAGHIMISIART.COM](http://WWW.ALEXANDRAGHIMISIART.COM)

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STUDIO (UPSTAIRS) 71 FRIAR LANE, NG1 6 DH**

# Contacts

Ian Henderson, Chair : [chair2.parknottinghamu3a@gmail.com](mailto:chair2.parknottinghamu3a@gmail.com)

Sue Keen, Vice Chair/Groups Coordinator: [sookeen@btinternet.com](mailto:sookeen@btinternet.com)

Barrie Shay, Membership Secretary: [barrieshay@icloud.com](mailto:barrieshay@icloud.com)

David Egan, Business Secretary: [dave.egan@btinternet.com](mailto:dave.egan@btinternet.com)

Melissa Long, Treasurer: [melissa.snowdenlong@gmail.com](mailto:melissa.snowdenlong@gmail.com)

Website: [parknottingham.u3asite.uk](http://parknottingham.u3asite.uk)

**Editor's note:** If you are reading the newsletter on your computer, tablet, or phone, you will find that all email addresses in blue *italics* are live and can be clicked to send a message. Similarly, where a link to an internet web page is offered, the blue italics indicate that this is a live link and will take you straight to the page.

Contributions for the **February** Newsletter should be sent to the editor,  
Ian Henderson, by Saturday **24th Jan** by emailing:

[parku3anewsletter2@gmail.com](mailto:parku3anewsletter2@gmail.com)