

*** SUMMER SPEAKERS - Fridays at 11.00am ***

1st Sept: Emma Sheardown: 'There's no such word as Can't'
8th Sept: Dr Cathy McAteer: 'Inspiring Russian Women'
15th Sept: Robert Mee: Sept 1947, a month in History
22nd Sept: Mike Kelley: The Sudan
29th Sept: Andrew Smart: Bygones

*** MUSIC EVENTS with ROBERT ***

Thursday 21st September: 'Boris Godunov' - by Mussorgsky.

*** MONDAY FILMS - at 1.30pm ***

4th Sept: Saving Mrs Banks - Emma Thompson, Tom Hanks
11th Sept: 'The Illusionist' - Edward Norton, Jessica Biel
18th Sept: 'The Young Victoria' - Emily Blunt, Rupert Friend
25th Sept: 'Florence Foster Jenkins' - Meryl Streep, Hugh Grant

**60+ Keep Fit: Audrey Malik, Mon: 10.30 to 11.30am
+ Seated Exercise Class 11.45 to 12.30pm**

Elders' Forum DANCE - Fridays at 1.30pm

TABLE TENNIS - Fridays: 1.30 to 3.00pm

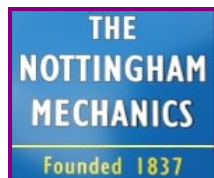
SHORT MAT BOWLS - Thursdays at 1.30pm

GAMES AFTERNOON: Tuesdays at 1.30pm

KNIT & NATTER: Wednesdays at 1.30pm (fortnightly)

GARDENING CLUB: 20 June (monthly) 10.30am

CHAT GROUP: every 3rd Friday



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Your **NOTTINGHAM MECHANICS**



Newsletter

No 73 September 2023

What's on? What's happened? What's YOUR view?

WHAT WE DID ON OUR TRIP TO HARROGATE

By June Madden

It was very busy on the roads as we set off with the Mechanics on Tuesday 1st August, in a brand-new Skills coach, but our driver, Tony, soon sped us (Jan, Viv and June - right) and other members, on our way 'up north'!



First stop was Wetherby, a market town where we enjoyed tea and scones. Cheerful staff wished us a 'happy rest-of-the-day' and we were off again to Ripon with its handsome 18th and 19th century buildings and ancient cathedral.

By lunchtime we were in Harrogate and Dennis was busy taking more photos. After a brief lunch we entered the beautiful, flower-filled gardens (containing giant 'rhubarb' plants which turned out not to be rhubarb).

Later on, more sustenance was needed so we climbed a steep hill to reach the famous 'Betty's' teashop, where we were shown to our table by a smart gentleman and then served delicious (expensive) tea and cakes - so it was worth the climb! (see photo, left, by Dennis).



Five o'clock saw us back on the coach, with other members who had obviously been very busy shopping! Tony drove us back to Nottingham in the sunshine, and for me it was early to bed after a most enjoyable day!

June Madden

GROUP MEETINGS (please check with group Contacts)

Friends of Nottingham Museums: Janet Lievesley: 0115 9221734
19 Sept: Chris Weir, 'The Making of Victorian Nottingham'

Nottm Writers' Club: All welcome! Contact Carol: 0115 9817661
September meeting to be confirmed

Dickens Fellowship, Contact: Kathy Powis: 0115 9845375
Next meetings: September 5th and 19th, at 2.00pm
Nottm Shakespeare Society: Sandra Appleton: 0115 9256551
12 Sept, 7pm: Shakespeare in Performance, talk by David Dunford
26 Sept, 10.30am: a Reading of Henry 6th Part 2

Nottingham Probus Club, Robin West: 0115 9164774.
16 Aug: Robert Cockayne, The European Tour
20 Sept: Dennis Apple, Life & Times of George Gershwin

The STITCH CLUB meets fortnightly on Mondays, 1.30pm
Next meeting: 14th Aug. Contact: Jenny Parker, 0115 9206423
Oddfellows Friendship Group: Games, Speakers, Dominoes etc.
Meeting: 4 Aug. Karen Pye-Smith 07921821866 www.oddfellows.co.uk

Nottm Branch, The National Trust: Irene Milburn 0115 9812267
Next meetings on: 14th and 27th September

National Federation of Occupational Pensioners (NFOP)
Aug meetings: 2nd, 9th, 16th, 23rd, 30th. Phil Wilson - 0115 8752346

Gardening Club: next meeting, 15th Aug. Walk: 8th Aug
(please see noticeboard)

Would members please note that Membership Fees (£50)
are due to be renewed on 1st August. Many Thanks!

PS - Have you ever thought of leaving a legacy to The Mechanics in your will? This gesture would be much appreciated and would help secure our future in an uncertain world.

Further details from Adam, on 0115 9417353. Thank you!!

Lipreading Makes Life Better by Kathie Price



Do you feel frustrated when you miss parts of the conversation, or the punchline of jokes? Do people say, "It doesn't matter" when you ask them to repeat something they've said? It does, and it's rude. If you have a hearing loss, and many of us do as we get older, we can find ourselves cut off from loved ones and life. Recently research has linked dementia to hearing loss in older people. With poor hearing, conversations become difficult leaving those with a hearing problem lonely and depressed.

The answer is to get as much help as you can. A hearing aid is a good start and there are many technical aids to assist you to hear when watching television, listening to phone calls or attending church or public meetings. There are hearing dogs for support when you're at home or out and about, and cochlear implants to restore hearing for some people.

Lipreading groups can introduce people to all sorts of assistance as well as restoring the ability to communicate effectively despite hearing loss. Lots of us lipread spontaneously but with a good tutor it's possible to learn to identify words and sentences on the lips without hearing what is said. You can understand how to interpret facial expressions, body language and gestures as clues to what is being said and the feelings behind it. People signpost their feelings to us during conversations and we don't usually need the non-verbal clues if we can hear the words and the manner in which they are said. For deaf people these are significant and it's essential to watch for them. All this and much more is taught in lipreading groups.

I taught lipreading for twenty years and enjoyed every minute of it. What I particularly liked was group members saying how lipreading brought so much fun and interest back into their lives again.

Kathie Price

NB: Kathie will be speaking at the Curtius Salon on Friday 2nd February 2024 about hearing loss, lipreading, and teaching it.