



Spring Summer Newsletter 2024

Mapperley Park

RESIDENTS' ASSOCIATION



**WELCOME TO
THE SPRING/
SUMMER ISSUE
OF THE MPRA
NEWSLETTER!**

Thank you to Rachel Miller for the beautiful photograph of her magnolia in full bloom against the vibrant green of the cricket ground:

what a view, and what better way to lead into this Springtime issue on wellbeing, both mental and physical.

HEALTH AND WELLBEING is the theme of this Newsletter, with articles touching on some of the beneficial effects that being active can have on our lives.

We're pleased at how widely this topic is addressed. Articles cover how residents enjoy the great outdoors, be they very young or older; on terra firma or in flight; gently active or near-elite; and even human or canine (spot the dog!). Particularly pleasing is how many of these activities involve volunteering, or help to better the community in some way.

As ever, this can't be a proper newsletter without attention to green spaces and gardening. As we go to press we do not know if the Open Gardens event will take place this summer, but we live in hope!

The Autumn 2024 issue will again be on Health and Wellbeing, this time including Art and Culture. Contributions are already coming in, but more are very welcome. The aim is for the Newsletter to be a conduit between residents and the many local groups and activities that are open to us all. Please send articles and ideas to the Editor at info@mapperleypark.org.

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Welcome



From the outgoing chair

LOOKING FORWARD: SOME REFLECTIONS

Mapperley Park is a great place to live. We are entering into a time of wonderful blossoms, and the sounds of lawnmowers

heralds the start of Spring and perhaps some much needed sunshine!

When I joined the Committee as Membership Secretary in 2011 the March edition of the News reflected the heavy snow of that winter. A headline of 'Community spirit saves the day' reported that a car had crashed into the planters on the roundabout and an intrepid trio of residents had repaired them. Guess who they were? Some 13 years later I would contend that that the philosophy of helping others is still strong in our community, and underpins the work of MPRA. During the COVID period the MPRA committed to providing volunteers to residents who needed support with an inspired scheme run by Howard Davies. In addition we made regular donations to the Hope Charity food bank based at Sherwood Methodist church which was a very good use of funds available from the underspend on social events, obviously curtailed by restrictions. However, we did manage to have an online wine tasting event in 2021 which cheered up all who attended and imbibed!

In my 13 years on the Committee I have worn a number of different hats: Secretary, Co-Chair and Chair as needs must. We do have some recognised technical experts on the Committee such as Mike Reade on Planning and David Podesta on Trees, both of whom have significantly shaped the environment of Mapperley Park. But most of us just do what is required and I am so indebted to the generic and specific skills of all my fellow Committee members.

On balance looking over my tenure, the most essential responsibilities of the MPRA lie in stimulating a discussion and dialogue about a range of social and environmental matters that affect the Park. Arguably a much broader range of residents is now contributing to that debate with a very dynamic Facebook group of nearly 800 members that gives a significantly higher level of engagement than was possible ten years ago. Of course our most significant communication with all residents is our twice annual MPRA newsletter. This important piece of communication is only made possible through your membership subscriptions, our sponsors and most importantly the volunteers that run it.

Thank you to all who have contributed to this publication over the past 21 years (first edition was Spring 2002). We are currently in the very capable hands of our editor Leena Kore Schröder. Have a look at the difference in quality between the 2002 front cover and this current one. It's an amazing transformation.

There are many highlights that stand out for me in the last 13 years, including our very successful and memorable royal-themed community parties on Carrington Cricket Ground and Carisbrooke Drive. Recent events have also taken on a family theme and the Committee is keen that future events reflect all the communities of Mapperley Park.

Similarly, I have welcomed a more broad-based approach to issues of anti-social behaviour. I have been very impressed with how local residents have sought a way forward to the problems of homelessness and substance misuse that have increased in recent years. Our AGM in 2023 allowed these complex issues to be openly aired and subsequently shared with the relevant representatives and statutory bodies—perhaps something that we would not have seen done in 2011.

Tree stump removal and replanting has been a positive and ongoing aspect of our work. David Podesta has been a stalwart in negotiating and liaising with the council to help preserve and conserve our all-important environment. I am also very proud of the volunteer work that continues to take place on the roundabout, supported by plant funding from ourselves.

We have supported numerous residents with planning questions and are grateful to Mike Reade who continues to offer technical help to paid-up members. We have also worked hard on our relationships with elected councillors and this has helped us to have our voice heard on funding and projects, particularly important in these financially challenging times.

So, time to move on! My role as Chair remains unfilled but anybody who wishes to join the Committee would be very welcome—there remains lots to do! I am indebted to my fellow Committee members who continue to share their invaluable time, energy and experience on behalf of MPRA.

I will finish by thanking all on the committee, past and present, for all their hard work. Currently in the hot seats, Howard, Ellen, Leena, David, Mike, Ellen, Jen, a special thank you.

Signing off.... **SUE CLAGUE**

(* they were Mark Jenkinson, Francis Reeson and Angus Macrae)



Diary
date for
all MPRA
paid-up
members!

Please come along to Magdala Tennis Club
for the Mapperley Park Summer Party NG3 5DH

Sunday 4 August 2024, 1-4 pm

We hope to see you there!

BBQ and
activities
for the
whole
family



From the editor

MENS SANA IN CORPORE SANO

To serve the Mapperley Park community better, our hopes for the Newsletter are that it will not only continue as a record of local news and announcements, but also act

as a conduit between residents, in order to increase awareness of the huge range of activities that are happening in our area, and are available to us all, if we only knew about them. To that end, we've started by including articles in this issue that touch on physical health in some way, from the modest and accessible activity of walking (with or without a dog), to the ambitious feat of skydiving (sorry, Jenny, you and your brother may not be entirely successful in establishing the MPRA Skydiving Club—but you never know!).

One cannot invoke physical health without immediately including mental health too, as the Roman poet observed, and therefore we haven't dedicated this issue specifically to 'Sport and Exercise', but rather, to the more inclusive 'Health and Wellbeing', taking in our very youngest residents, and extending to those of us at the older end. We know, however, that we haven't begun to cover all the opportunities that are out there for young and old alike. We've heard rumours of 'walking football', children's playgroups, bicycling enthusiasts, walking groups ... but who are you all, and how do we join in? GoodGym is one example of something we didn't know existed (Forest Folk Play is another), but once we found out more, is exactly what the doctor ordered. We hope you take inspiration from the articles in this issue, all of which encourage us to become more healthy and active in our community.

With these same aims, the upcoming Autumn/Winter issue will be on the theme of Art and Culture, again inviting residents to share their interests and activities. I already have in hand an article on 'Music for Everyone', but there must be many more groups busy with reading and discussing books, or taking up hobbies like handicrafts or art. Any amateur dramatists out there? And where does one go if one wants to dance? What volunteering opportunities are there? We would like the Newsletter to bring together Mapperley Park residents with common interests and enthusiasms of all kinds, so please tell us what you are involved in, and we'll help to publicise it in future Newsletters.

You can contact the Newsletter at info@mapperleypark.org

At what point do I stop styling myself as temporary editor? I'm still here but am now getting help from lots of lovely people, which makes the task much easier and more fun. Ellen Turner has been an absolute star: she's been at the heart of developing these new themes for the Newsletter. I'm also grateful to all the contributors to this issue, who responded willingly and generously to my call for articles and photos, some even asking off their own bat if they could send material. Of course they could—residents are always welcome to contribute. And then there's Ginette Guiver, sister-in-law of Jen (our Facebook moderator), who is again responsible for making this bumper issue so attractive. Thanks to you all.

Lastly, thank you to our retiring Chair Sue Clague, who first roped me into the MPRA—and look what happened! But, Sue, it's only because you've always helped and advised me, that I've had the confidence to become more involved; I will miss that, although of course you are not leaving us. See you at the Summer Party!

LEENA KORE SCHRÖDER



From the secretary

ON HEALTH AND WELLBEING

The theme of this newsletter, Health and Wellbeing, has made me think about my own life and how I look after my own physical and mental

wellbeing. I'm sure everybody has their own views, and mine are no more valid than the next, but I'm sharing my thoughts here in case they are helpful. My parents instilled in me from an early age a responsibility for my own feelings, the benefits of being active, and the link between the two. Everyone has days when they don't feel great, but getting out in the fresh air for a walk, or some form of exercise of choice, really can affect the way you feel and help put problems in perspective. Getting active has helped me through some tough times and become a mechanism for coping. For me, exercise can bring about a change in energy, mood and focus, and make me feel more positive.

I've been physically active all of my adult life, although the nature of this has changed over the years. Aerobics, yoga, pilates, squash, badminton and tennis (some of which feature in these pages): I've tried a lot of things and stuck with some for many years. I am impatient by nature, never willing to wait for escalators or lifts, always preferring the stairs. I've always preferred to walk than wait for a bus or train, and enjoyed the outdoors for walking and gardening. So gentle exercise has always been part of my life.

When we moved to Nottingham from Watford, some twenty years ago now, I was keen to leave the daily hour and a half commute into Central London behind and find somewhere to live that would allow me to walk to work. Finding a house in Mapperley Park enabled me to do that.

Hand on heart, I can't say I always felt like walking home at the end of a stressful day (particularly in the rain or snow), but I generally forced myself to do it and have always felt better for it.

Mapperley Park really came into its own when Covid hit. During lockdown, like many others, we enjoyed daily local walks around Mapperley Park, Woodthorpe Park, Forest Fields and the Arboretum. The hills in this neighbourhood really get the heart pumping! We walked into town and strolled the canal towpaths, and even took up jogging (on a small scale, but we are now into the third year of our daily jog and are still going!). And the Peak District, Nottinghamshire and Derbyshire offer a wealth of routes with stunning scenery, all within an hour or so's drive. We retired during lockdown, which was challenging, as many of the things we had planned to do were not possible, but now that things are up and running again, I have found there is a vast range of activities on offer in and around Mapperley Park. One of the aims of this Newsletter is to begin identifying these groups, and to continue doing so in the future, so that we are all aware of what is available to us whatever our interests.

When I was working full-time, with family responsibilities, I found it difficult to live a balanced life. That's easier now I've retired, but I'm not sure I've yet got it right. I still have a list of things I want to try but have not got around to. For me, health and wellbeing means living a life in which the various aspects – family and home, physical and social activities, and self development/leisure activities – are in balance. And it's about having fun. We don't all have the same state of health, resources or interests, but there is so much on offer in Nottingham – whether you want to grow your own vegetables, play bridge, sing in a choir, paint a masterpiece, learn a language, visit theatres, cinemas and art galleries, play a sport or learn a skill – it's all here. So discover what 'floats your boat', gets you active and brings you joy. Your mind, body and spirit will thank you for it.

ELLEN TURNER



Mapperley Park's Cricketing Star: This Girl Can!

Hi! My name is Jenny Gray. I am 28 and live on Carisbrooke Drive. I am very keen on cricket. I play for Cavaliers and Carrington Women's Team. We have indoors cricket in the winter and play outside at the Clinton Mike ground in summer.

I am an all-rounder. I bat and bowl and also like fielding. But I'm not a very fast runner! I played for many years for Notts & Arnold at Goosedale, ending up in their Saturday 4th team. I used to bat with Georgie Boyce who has played in the England under 19s women's team and The Blaze. After lockdown, I moved for a short while to Gedling Colliery before joining my current club. They have some very good players, including Rehan Ahmed who is now in the England test match team.

I am particularly proud that I was appointed a few years ago as This Girl Can ambassador for Trent Bridge. Cricket is good for my fitness. It helps me lose weight and makes me feel better about myself. It's good to be part of a team – people are really supportive and encourage each other. The team is always looking for new players so, if you're interested, let me know (email pgray15695@aol.com) and I will pass your details to the team captain, Samiah Haleem.

JENNY GRAY



Jenny and her former batting partner Georgie Boyce, former U19 England cricketer, and now playing for The Blaze



Jenny with England spin bowler Rehan Ahmed, a product of Cavaliers and Carrington Cricket Club



Jenny, brother James and father Peter

BREAKING NEWS!

JENNY, WITH HER BROTHER JAMES, IS DOING A SKYDIVE ON FRIDAY 24TH MAY 2024 TO RAISE MONEY FOR THE NOTTINGHAM PLAYHOUSE'S SHINE PROGRAMME.

Shine offers free weekly theatre sessions across the region, focussing particularly on areas of social deprivation and delivering specialist provision to places like the QMC

Hospital School, Portland College for young people with disabilities, and NEST (for young asylum seekers and refugees).

Jenny works at the Playhouse one evening a week as an audience assistant. She says about the Playhouse and the upcoming skydive, 'it's a fantastic place to work- they are really good people. It's a bit scary but I like a challenge'.

Please do consider supporting Jenny, James, and the Playhouse by donating online at: www.justgiving.com/campaign/skydiveforshine
Many thanks from Jenny and James!

Mapperley Park Tennis Club

If you only watch tennis on TV you will be forgiven for thinking that this is a sport that always demands high levels of energy and fitness. That is the game played by professionals at their physical peak. But, if you see mere mortals taking to the courts at a local club, you will spot real people of all ages, shapes and sizes, attempting to hit tennis balls across the net with varying degrees of success.

At Mapperley Park Tennis Club, tucked into an inconspicuous corner of Carisbrooke Drive and Mapperley Hall Drive, we welcome real people and don't ask too much of them. This includes our annual subscription – among the lowest in Nottingham. In addition, we offer a free taster session to potential new members.

The club has four all-weather courts with floodlights and a practice wall. Lessons are available from our two coaches. Simon McBride runs group sessions on Monday evenings. Our other coach, Rachel Kirk has introduced pickleball to the club. Described as a game with elements of tennis, badminton and ping pong, pickleball is gentler than tennis and appeals to older, less mobile players.

We all know that a sedentary lifestyle is not good for our health. If you feel the need to get on a more active path, the opportunity is on your doorstep.

Call Cynthia Lindo on **07815 198806** or email mp.tc@racketeer.idps.co.uk

ANDY LUSIS



The Mapperley Park Tennis Club 2023 Tournament





The joys of dog walking in Mapperley Park

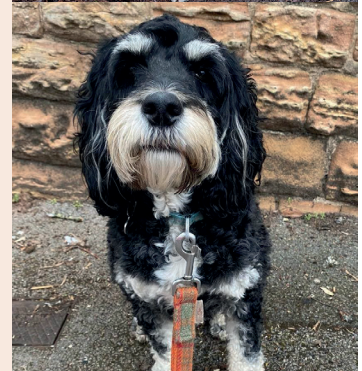
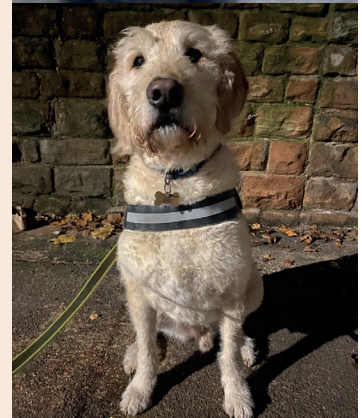
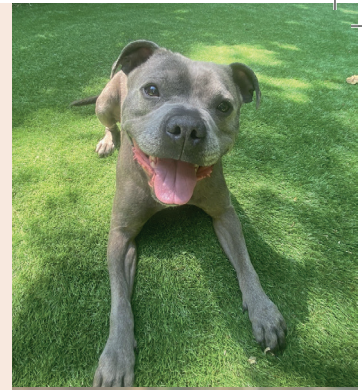
When we acquired our rescue dog, Georgie, in August 2007, little did she know that often the walks we used to undertake in our early days were extended by the fact that neither of us really knew our way around the area. She had an excuse as a newcomer, but I had already lived here for seven years, and had never mastered the rather complex layout of all the intersecting roads in Mapperley Park. Sometimes we were so lost that I was obliged to navigate by the direction of the slope at each junction, choosing the downhill option in the attempt to return home to Tavistock Drive. It did not take long, of course, to learn which road led to where, and as we explored all the turns together, we quickly devised a wide repertoire of interesting routes to take, shorter ones for the last trip of the day, longer ones to set us on our way for a daylight chase round a green space nearby.

Everyone is aware of the attractive surroundings of our area, but the real joy for me is meeting other dog walkers. They may be marching briskly with an enthusiastic canine leading the way, or ambling slowly and patiently as their dog insists on sniffing every gatepost. A diffident smile of recognition between us humans who so clearly share a common interest, can swiftly develop into a conversation, firstly limited to covering basic information about our companion, but often moving on rapidly to wider topics. Depending on how willing our dogs are to forge new acquaintances, these conversations can take place at varying distances, occasionally having to be at a pitch loud enough to overcome the highly vocal, insistent vying for supremacy taking place at the end of the leads.

It is rather ironic that the Covid era meant that the number of dog walkers increased significantly, as people were able to exercise their dogs during the day, doubtless a welcome relief from back-to-back Zoom meetings. I had already got to know a large number of fellow Mapperley Park residents before the pandemic hit, but in this period a walk that might normally take forty minutes could easily extend to twice that, given the number of social exchanges that could arise, all held at responsible social distances, of course. The general lack of traffic moving through the Park even made it possible to talk at length while standing on opposite pavements! At this challenging time, the chance to meet and bond in a situation involving least twelve legs did a great deal to lift my mood, and enhanced my feelings of really belonging to a community. This has persisted up to the present day, and I realise that, had becoming a dog owner not given me a reason to get out into the area, I would never have met people who were in some cases only living just round the corner.

Georgie left us in August 2022, and while it is harder to motivate myself to get out of the house for a decent walk without a dog for an excuse, the anticipation of seeing those dogs and humans I have come to know is enough to help me make the effort. It also obviates the need to join a gym, as charging up that big hill is of great aerobic benefit! One day soon I hope we will own another dog, who will develop into a "regular", knowing exactly which spots contain the most interesting doggie information, and greeting other familiar dogs with enthusiasm (or not). One skill a dog really does have to develop, however, is the ability to wait patiently while its owner laughs and gossips with any number of fellow walkers, perhaps for a significant length of time. Sorry about that, future pooch!

DEBRA SPRAGUE



Combine exercise and doing good with GoodGym Nottingham

GoodGym is a community of people that combines getting fit with doing good. Members run, walk and cycle to do tasks for community projects across Nottingham, burning off calories while exercising their community spirit. Formed as a non-profit company in 2009, GoodGym has gradually expanded across the UK with groups now in over 60 locations. Having participated in GoodGym for several years while living in London before moving to Mapperley Park in 2017, I helped to launch the Nottingham group last year.

Although it may have the word 'gym' in its name, GoodGym is very different to your average fitness studio. In fact, the concept arose out of a frustration with normal gyms being a waste of energy and human potential. Founder Ivo Gormley began running to visit an elderly neighbour a couple of times a week and realised that he could combine his exercise with doing something worthwhile. Hence the idea of GoodGym was born and quickly developed to include group volunteering and running sessions. At each session here in Nottingham a group of us run, cycle or walk to a charitable project where we take part in voluntary work for an hour or so. After 60-minutes of physical work such as digging, cleaning, painting or litter picking we make our way home or sometimes hang around for a drink or social event. It's perfect for people who want to do something different, an alternative to a running club or a gym. It also suits those who can't commit to a regular volunteering position like some organisations require.

GoodGym has been described as 'flash-mob volunteering' for the way the groups sweep in and blast through tasks. If there is a group of us, we can get through a lot of work in an hour—way more than an individual may be able to do by themselves. The organisations we work with are always so grateful for the



Rachel undertaking some GoodGym pruning

time and money we help them to save. It's a basic idea but it's so effective and rewarding. It's amazing the impact you can make in such a short space of time.

Many of the GoodGyms across UK also do group fitness sessions and visits to isolated elderly people, something that may be on the cards for Nottingham in the future. Recent tasks have seen GoodGym Nottingham visit the Brendon Lawrence Sports Centre, Forest Rec, Sneinton Primary School's Community Allotment, Windmill Community Gardens and the Chase Neighbourhood Centre in St Anns. As well as helping local charities and good causes, feedback has shown that GoodGym enables its members to connect with others and boost their mental wellbeing at a time when loneliness, social isolation and inactivity touch many of our lives.

New members are always welcome. Although most tasks involve physical work, GoodGym is open to all fitness levels. You really don't have to be super fit to take part. We have members in Nottingham who are keen runners, right through to people who are in it for the volunteering. Everyone is really welcoming and supportive of each other. Do consider joining us, and giving it a try!

To find out more, search for 'GoodGym Nottingham' on Facebook. If Facebook isn't your thing, then up-coming sessions can be found on the GoodGym website at www.goodgym.org, or you could contact me via info@mapperleypark.org, and I will get back to you.

But the beauty of GoodGym is that it works both ways: are you involved in a local community group, not-for-profit organisation or charity that needs a hand? GoodGym Nottingham are looking for some exciting new opportunities for their volunteers in 2024! Request GoodGym's help at www.goodgym.org/request-a-task

RACHEL LEVICK

Ramblings: on the joy of walking

I love walking – the feeling of being in the open air, the freedom, the ability to explore, space, peace, time to breathe; getting perspective on things, working through problems, feeling at one with nature; noticing people, places, flowers, trees, animals, insects; listening to the birds; watching the sky; feeling my legs move, my breathing regulating, the wind in my hair, the warmth of the sun on my face....

I remember trudging home from school through the snow in winters past; walking along the roads of Sherwood talking to myself; marching round and round a loop on Hucknall Road doing a sponsored walk for the Scouts; walking up to Woodthorpe Park to play on the swings, go pitch and putting, or later to work at Woodthorpe Grange. 'Boring' Sunday afternoon walks in country parks with my parents. How I now love going on those same walks and reminiscing about the good times!

I enjoyed walking to work in London, getting my head into gear on the way there and then letting everything settle on the return journey; taking the children out to the local parks and along the river, geocaching, treasure hunting, whooping down the slopes, splashing through the puddles, watching them clamber up trees. And then walking with them to school, chatting about the day to come, the day just passed, plans for the future, meeting up with friends. I loved walking the Heriot Way with my daughter Jenna as a teenager – wandering through the woodlands, marvelling at the waterfalls, labouring up the hills, picking our way through the heather and grouse moors. And with Howard on our honeymoon along the West Highland Way, or watching the Millennium sun rise over the Annapurnas in Nepal, and always, always feeling the sense of space and freedom up in the Peak District, especially my beloved Stanage Edge.

And oh, for the joy of walking with my walking groups in Oadby— planning different routes, listening and learning from the different walkers about nature, geography, history, culture. Singing at the top of our voices, reciting poetry, talking (so much talking), laughing, sharing, supporting each other through good times and bad.

I've also very much learned to appreciate the liberating power of walking while working with some of my clients as they build up their strength and confidence to walk after illness or operations, progressing from walking to the front door, to garden gate and then to the nearest shop or park or bench. And also through the pandemic



Rachel and GoodGym volunteers helping out in Sneinton

when we could only go out once a day, how we made the most of those walks! Finding new places to wander locally, acknowledging everyone and everything we saw, breathing in the air, the feeling of space. As a family we're keeping up that Go Explore Local mentality, discovering new gems on the doorstep. And my oh my, how I did relish the opportunity to go exploring with Tinker the dog— the friendships he made, the friendships I made through being with him; the smells he found; the paths we investigated together; the mud; the enjoyment we experienced together.

Current NHS guidance is that 'Walking is simple, free and one of the easiest ways to get more active, lose weight and become

healthier. A brisk 10 minute daily walk has lots of health benefits and counts towards your 150 minutes of weekly exercise.' It's unusual to find something that's 'good for you' also to be so very enjoyable, isn't it... and all located for free on the doorstep!

SARA DAVIES

Resources I've found helpful: **ONLINE** OS Maps; Strava; geocaching.com; mapometer.org.uk; Go Jauntly; GreenSpace NG. **PAPER AND BOOKS** Ordnance Survey Maps; Clare Balding's Walking Home; Kate Humble's Thinking on my Feet; Julia Bradbury's Unforgettable Walks; Simon Armitage's Walking Home and Walking Away; Alastair Humphrey's Local; Lonely Planet guides. **GROUPS** AgeUK Notts Best Foot Forward Walks; Get Going Gedling; U3A; Ramblers.

Mapperley Park-on-Thames

Mapperley Park rower Tobias Schröder, stroke of the winning Oxford Blue Boat in 2022, was one of the commentators for this year's BBC coverage of the Boat Race, alongside Clare Balding, Katherine Grainger, and GB Lightweight Women's rower Imogen Grant. Tobias is currently training at Leander Club in Henley and with the Senior GB squad at Caversham.



The benefits of Pilates exercise

Joseph Pilates (1883-1967) was a German 'fitness' trainer, developer and innovator. His exercise system, which he called 'Contrology', is now known as 'Pilates'. This versatile system is used by people from many walks of life to cultivate their desired physique or to keep themselves active.

Pilates is a safe, effective, and enjoyable method of exercise. It focuses on improving the participant's strength, balance, flexibility, and overall physical function – all the things that we naturally possessed as children! In fact, if you ask any average 8–12-year-old child to try the exercises, they can usually do them very nicely.

Taking up Pilates doesn't take much learning; it is more about remembering how you used to move. The tensions that build up in our body through the many years of schooling, sporting pursuits, occupational and life stresses can make us a little tense. The exercises are designed to be done gently and effortlessly, without holding one's breath or straining. It is the antithesis of the modern 'harder, faster, longer' style of training.

One of the unique aspects of the Pilates method is the use of all kinds of props, machines and gadgets that help to direct us how to move better, give different challenges and provide all important variety to keep things from becoming stale. The 'reformer' machine is useful for toning muscles and smoothing-out movement, and is fantastic for anybody that is deconditioned. 'Matwork' exercise is best for those with relatively good general movement and would who like to have a challenge. The 'Wunda-Chair' machine helps to foster strength and balance.

The group work has social and communal aspects that many people crave today. Jobs are increasingly becoming computer and/or home based which can be isolating. Coming together to exercise means that the participants get the chance to meet new faces and expand their network. Traditional studios have no computer monitors or unnecessary technology, which provides a sanctuary from daily life. Do consider giving Pilates a try!

"You are only as young as your spine is flexible"

Joseph Pilates

PAUL BOSTON of Pilates Mapperley



PILATES MAPPERLEY

510 Woodborough Road, NG3 5HB www.pilatesmapperley.punchpass.com



Reformer - Wunda Chair - Matwork - Barrels - Small Equipment

We are a family-owned Pilates studio, located just above the top of Mapperley Hall Drive.

Classes are designed to be low impact and varied. Ordinary, comfy clothing is all that you need, and fresh socks.

Paul Boston (B.Sc. Dip.PT) also operates as an Independent Holistic Therapist and has developed a unique method of bodywork and special exercises to assist clients to uncover their natural physical capabilities. Email: pilatesmapperley@gmail.com for more information.



Finding peace, love and understanding in the 'green gym'

We moved into our home on Carisbrooke Drive about 20 years ago. At that time the front garden was very orderly and pretty, but we decided fairly quickly that this wasn't really our vibe! We commissioned a local landscape gardener to build four raised beds in the front so I could feed my passion for tulips in the spring and Adrian could grow vegetables in the summer.

I spend hours every year pouring over tulip catalogues finding the best mix to suit my mood. I have a spreadsheet that logs names, colours, variety, height and flowering time – you can take the girl out the office...! Every year brings a different mix of varieties which I now treat as annuals. One year I carefully deadheaded them, let them die back, pulled them up, labelled them, only for them to come up blind the next year. Lesson learned! I avoid late flowering varieties because Adrian is nipping at my heels from the beginning of May with an almost daily, "When are you pulling up your tulips, I need to get my veg in?". Last autumn I happily planted 150 tulip bulbs in the front garden. The next day there were dozens of divots where the pesky squirrels had dug them up. This is the first time this has happened so next year there needs to be a new plan. Sadly, I don't think this year's tulip display will be as grand as I'd hoped.

Adrian tends to plant kale, tomatoes and runner beans in the front garden as standard crops. He also plays with something new every year. This year he has chosen tomatillas because he makes kickass Mexican food with a variety of fresh salsas that come with a heat warning! We found out the hard way that the sycamore tree on the street has aggressive roots, so Adrian has now returned two beds to me for flowers. I am currently trying succulents in the front bed, theorising that they will

still thrive with the tree roots sucking out the moisture from the soil beneath. Not a massive success, but I haven't come up with another plan yet. We also have a small plot at Bagthorpe Allotments, where we grow perennials like globe artichokes, and have planted an asparagus bed in memory of my mother, who loved her asparagus bed. There are borlotti beans (for drying), and courgettes in any leftover spaces.

When we bought the house the bathroom held a massive cast iron bathtub. It took ages to fill, cooled quickly and was impractical. A few years ago Adrian remodelled the bathroom and I thought I'd like the bathtub in the front garden as an extra planting space. I admit it is a bit odd but think it looks wonderful frothing over with tulips or filled with veg. (Editor's note: Fanny, your house is famous for its garden bathtub—it puts a smile on my face every time I pass!)

The back garden is quite small and was landscaped about 15 years ago. It is dotted with standard bay trees for structure and is chock full of glorious alliums, other bulbs and viburnum in the spring, but I struggle to maintain that glory come summer. This year I will try some sunflowers, cosmos, nasturtiums and dahlias in pots, to foil the slugs and snails. Wish me luck! My favourites are the echeveria at the base of the kitchen steps which thrive in the spring and summer and don't fall prey to the usual garden predators.

I am also a volunteer gardener at the Mapperley Hall Drive roundabout along with June, Lin and Lynne. We try and keep it quite natural rather than manicured. Whenever we are up there working so many passers-by stop with appreciative comments on the work we do. It makes it all worthwhile!

FANNY ROWLAND



Forest Folk Play

In the heart of the United Kingdom, a movement is gaining momentum, one that takes education out of traditional classrooms and into nature. Forest school places a strong emphasis on connecting children with the natural world. In an era dominated by screens and concrete jungles, this approach provides a breath of fresh air – literally. Spending time outdoors fosters a sense of wonder, curiosity, and appreciation for the environment, laying the foundation for a lifelong connection with nature. Unlike traditional education that often focuses solely on academic achievements, forest school values holistic development. Through hands-on activities in the outdoors, children not only enhance their cognitive skills but also develop emotionally, socially, and physically. This holistic approach ensures that children grow into well-balanced individuals equipped to face life's challenges.



Forest Folk Play is an award-winning forest school for children of all ages, set in a beautiful woodland three minutes from Mapperley Park. At Forest Folk Play, we provide a wide variety of fun and engaging activities, each aimed at allowing children to play and discover the world around them. Our sessions are open-ended and child-initiated meaning that there are no limits to where children can go and what they can discover! Children can enjoy creating messy masterpieces on our easel, role-play in our shop, investigating water with guttering, exploring sound at the music station, or developing new bushcraft skills, our sessions really do have something for all children—whatever their age and interests!

After teaching in a local primary school for 15 years, I took the big step to set up my own business, Forest Folk Play, in 2021. With two young children of my own, I wanted to provide an exciting alternative learning environment for children of all ages



*Forest Folk in
Blackwoods on
Hucknall Road*

where they could develop a range of skills, and benefit from playing in the great outdoors. I also wanted to create a space for adults to socialise and share in their child's experiences. Living in Mapperley Park, I was looking for a site close by and was incredibly lucky to find the stunning hidden gem that is 'Blackwoods', on Hucknall Road. The land is owned by the Scouts who have always been incredibly supportive and accommodating of my business. Everyone who attends the sessions are blown away with how special the woodland is.

In the safety of a forest setting, children are encouraged to take risks, overcome obstacles, and learn from their experiences. This nurtures resilience and adaptability—crucial qualities for navigating the complexities of adulthood. Forest school promotes a healthy attitude towards challenges, teaching children to embrace setbacks as opportunities for growth. At each Forest Folk Play session, children are introduced to a variety of woodwork tools and are encouraged to develop skills such as: whittling, sawing, drilling and hammering. The children are always excited to have a go at firelighting and some practise resiliently for weeks until they master it.

At the heart of our forest school community is the campfire. This serves as a great meeting point and gives both adults and children time to chat, relax and unwind. Sat around the fire, stories are shared, problems are solved, and friends are made.



Toasting marshmallows and cooking up tasty treats on the fire is always a favourite pastime for all ages.

Forest Folk Play is a stay-and-play forest school where adults attend with their children—we also have lots of grandparents who love bringing along their grandchildren! This emphasis on the whole family has fostered a strong sense of community where lasting bonds and special memories are made. We passionately believe that Forest Folk Play is not only beneficial for children but that spending time outdoors in our beautiful city-centre location can also have profound effect on adults' wellbeing. Many adults often comment on the positive impact that the sessions have had on their own mental health and how they keep coming back to give themselves time away from their busy lifestyles in order to spend a quiet, relaxing morning with their children. We are strong advocates that fresh air and fun are guaranteed to help your mental health—whatever the weather.

If, like us, you are passionate about spending time outdoors and connecting to nature then you should come along to one of our sessions. We run 2-3 sessions throughout the week and seasonal weekend specials over the course of the year. Please visit our sites for more information. The whole Forest Folk Family are looking forward to welcoming you to our woodland soon!

JOANNA AISTRUP

www.forestfolkplay.com

Instagram
[@forestfolkplay](https://www.instagram.com/forestfolkplay)

Facebook
[@forestfolkplay](https://www.facebook.com/forestfolkplay)



*Young Miss Aistrup
at the campfire*

Health and Fitness at the Magdala Tennis Club

Playing tennis will help you to:

Increase your physical fitness – it's a whole-body workout

Gain benefits from being outdoors throughout the year

Meet new people, socialise and make friends

Smile, laugh and have fun on court – tennis doesn't have to be serious and too competitive

Learn a new skill or improve your game and test your mental agility with tactical play

And what's more, you can enjoy the wonderful game on your doorstep at Magdala Tennis Club in the heart of Mapperley Park at the junction of Magdala Road and Woodborough Road.

Find out about tennis at Magdala at our **Open Day on Sunday 19th May, 10 - 4pm**. Get to know us, explore the benefits of tennis or reconnect with tennis if you've played before. And don't worry, if you don't have a racket, we'll have spares for you to use. On the day:

- Meet and play doubles with our members
- Join in fun activities for children of all ages
- Try our coaching taster sessions
- Take part in a cardio tennis session
- Measure the speed of your serve
- Enjoy our hospitality with cakes, snacks and drinks throughout the day

If you already play tennis and want to learn more about the Notts LTA leagues we play in, social sessions, singles ladder, pickleball and monthly tournaments, we can chat through all the activities on offer at Magdala.

We have trial membership offers for everyone – families, students and adults.

www.magdalatennis.co.uk
Instagram [@magdalatennisclub](https://www.instagram.com/magdalatennisclub)
Facebook [@magdalatennis](https://www.facebook.com/magdalatennis)

JACKIE THOMPON



The Ukrainian Cultural Centre: marking the second anniversary of Ukrainian Resistance

This 24th February just past marked two years of Ukrainian resistance against Russia's illegal and unprovoked full-scale invasion of Ukraine, creating the largest humanitarian crisis in Europe since the Second World War.



According to latest figures published by the UNHCR (January 2024), more than 6.3 million refugees from Ukraine have been recorded globally, with a significant number taking refuge in the UK. Nottingham's Ukrainian refugees and their supporters marked this sombre anniversary with a vigil in Market Square on 23rd February, followed by a march and demonstration on the 24th.

As Chair of the Nottingham Ukrainian Cultural Centre on Mansfield Road, I would like to express immense gratitude to the UK's national, devolved, regional and local governments; political leaders and politicians of all parties; all spheres of UK society; and every member of the British public for their steadfast support for Ukraine and displaced Ukrainians over the past 24 months. We at the Mansfield Road centre, one of 36 branches of the AUGB (Association of Ukrainians in Great Britain), have worked closely with our local community to provide considerable humanitarian aid to Ukraine, as well as opening our doors to displaced Ukrainians, organising events and



providing a safe space to allow those affected by war to come together and stay connected to their heritage, as well as obtain advice from the many government and voluntary agencies that we work with. To date, the worldwide Help Ukraine appeal has raised over £3 million for humanitarian aid, and we are planning more local initiatives in the near future, particularly for medical aid. Donations can also be made directly to the appeal at: www.gofundme.com/f/helpukraine. Thank you very much again for your continued and generous support.

MICHAEL HOLOD

Branch Chair, Nottingham Ukrainian Cultural Centre

Annual General Meeting 2024

The MPRA AGM took place on Thursday 25th April 2024 at the Magdala Tennis Club. Thank you to those members who attended on an unseasonably cold Spring evening: what the meeting may have lacked in numbers, it more than made up for by offering the opportunity for all to participate and have their say. We were really pleased to have both Nottinghamshire Police and the City Council represented, whose input allowed for productive discussion of matters of concern. Joint top of the agenda were

the topics of (missed) brown bin collection and the unresolved issues of parking permits and fines in the Ebers / Thorncliffe / St. Andrew's Road areas. We were assured that both problems would be escalated to the appropriate authorities and were advised of named people whom to contact. Other matters covered tree planting and leaf fall; antisocial behaviour in the Mansfield Road area; and upcoming planning applications in selected locations of Mapperley Park. Full details of these discussions, including names recommended, advice issued and conclusions reached will be given in the AGM minutes, which should be available on both the MPRA Facebook page and the MPRA website at

www.mapperleypark.org by the time this issue goes to press. Please get in touch with us at info@mapperleypark.org if you have trouble accessing these sources.

This AGM was also Sue Clague's last as Chair of the MPRA. In her concluding remarks she assured any members who wished to become involved on the MPRA committee that they would be very warmly welcomed indeed. The meeting was brought to a happy end by presenting Sue with flowers and wine in thanks for her many years of service.



This newsletter was designed by

Ginette Guiver

Graphic design and illustration

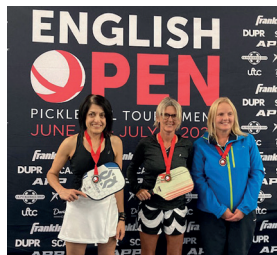
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Pickleball!

I'm Rachel and I run Pickleball Nottingham from Mapperley Park Tennis Club. Pickleball at MPTC started in 2019 and now has around 150 members, many who play more than once a week. We have 6 sessions every week and the popularity is growing. It's a great sport for older members who find tennis difficult, as well as our many younger members joining in this year.



I have coached Pickleball at MPTC since 2019 and we have won around 20 medals so far at tournaments including approximately 8 gold medals.

You can view more information about myself and our Pickleball journey in Nottingham, and the sport in general on my website at www.pickleballnottingham.com

RACHEL KIRK



Membership and subscriptions

The MPRA membership reached a buoyant 344 last year, which is reason to celebrate. The challenge is to keep it at that figure, or rise higher still, although I don't think we could ever aspire to the giddy heights of the Mapperley Park Facebook page (currently standing at almost 800!). The single greatest issue for maintaining steady numbers is the timely payment of MPRA subscriptions. As this Newsletter goes to press the figures stand thus:

- 143 members are fully paid-up for 2024 (with a warm thank you!)
- 99 have yet to pay for 2024
- 49 haven't realized that the sub has increased to £10 annually, and need to send another £5
- 53 have not paid at all for either 2023 or 2024

This means that I will soon be contacting quite a lot of people who still need to settle, either partly or in full. The exceptions are those whose memberships do not start in January, and who therefore pay later in the year (which is fine—I keep records and know who you are). Those who are in the drop-off zone are the 53 who have yet to send their 2023 subs, let alone 2024, in spite of my annual reminders. I will be contacting these 53 one last time, and if that bears no fruit then, regrettably, their MPRA membership will be terminated.

If you wish to pay your sub (£10 annually per household), or become a new member of MPRA, you can do so easily:

ONLINE BANKING

Sort Code: 20-63-25

Account Number: 10609080

Business Name: 'Mapperley Park

Residents Association'

Please quote your surname and postcode in the reference field. If you are a new member, please also drop an email to info@mapperleypark.org to let us know your full name and address.

CASH OR CHEQUE is equally welcome, payable to 'MPRA'.

Please post or drop off your envelope to: **Membership Secretary, 2 Alverstone Road, NG3 5DQ**. Please remember to include a note of your name and address.

Many thanks! We look forward to welcoming new members and appreciate the support of those who continue to be part of the MPRA.

LEENA KORE SCHRÖDER



The MPRA Christmas Party

On a crisp, cold, dark evening on 7th December, 2023 some 60 MPRA members came together to enjoy the festive warmth of the Magdala Tennis Club. In the background to all the buzz and laughter there were twinkly lights, a decorated tree, a non-stop soundtrack of Christmas hits, and an open bar that didn't run out until the last guest left—

who could want a better start to the party season? Best of all, there was a truly magnificent spread of hot food

and nibbles, all prepared by Ellen Turner, into which I must confess I put quite a dent, not having had time for dinner beforehand—but it was so delicious I would have helped to demolish it anyway! Thank you to Ellen, and to all the volunteers who helped serve and decorate: Bee Sanghera, Sue Clague, Howard Davies, and the many others who mucked in with moving furniture and clearing up. The annual MPRA Christmas do is always an occasion of much merriment and good cheer, bringing together friends and neighbours old and new. If you missed it in 2023, do be sure to come along to this year's party in December!



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