

**Beeston u3a**  
**An update on our Open Meeting Speakers**

**4<sup>th</sup> December 2025 – Jeanie Barton Festive review**

*Beeston u3a Festive Revue – with poems, songs and a talk by Nigel Adams (from Hope Nottingham). Includes Festive snacks.*

**8th January 2026 – Miriam Jackson from the Nottingham Women's History Group (whose aim is to celebrate, promote and research the contribution made by women to Nottingham's history).**

*Miriam will be speaking about a book published by the Group last year 'Nottingham Herstory – 50 Remarkable Women'. She will have copies for sale at £5.*

**5<sup>th</sup> February 2026 – Julia Tabreham – Carers Behind Bars**

*Julia Tabreham, former Chief Executive of the Carers Federation, shares details of her research into prison healthcare. Julia is a member of the Beeston u3a Committee and will be taking over as our new Speaker Seeker in May 2026.*

**5<sup>th</sup> March 2026 Emma Sheardown – 'No such word as can't'**

*Emma will share the inspirational journey from her parents being told she would never walk or talk to becoming World Champion in the sport of Para Dressage.*

**2<sup>nd</sup> April 2026 Paul Lillie – The Evolution of Pop Music from 1954 to 1994**

*Paul will deliver a highly entertaining talk with audience participation encouraged!*

**7<sup>th</sup> May 2026 – AGM (Karen stands down)**

**4<sup>th</sup> June 2026 Lin Walters – Beeston Methodist Church and outreach**