

# Update Extra



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NOTE: this version of UPDATE EXTRA has had all personal details removed from it.

The Members Area of our website has a version of Update Extra that includes these details.

## Welcome

Welcome to the New Year edition of Charnwood U3A Update Extra, a bumper issue of news, views and information which we hope you will find interesting and entertaining. The content of Update Extra is written by the members, and details for sending contributions can be found at the end of this newsletter.



**A very warm welcome to our new members.** We hope you will soon be involved in U3A activities and making new friends. To access the members' area of our website [www.charnwoodu3a.org.uk](http://www.charnwoodu3a.org.uk) the user name and password can be found bottom left and bottom right on the back of your membership card.



## FROM THE CHAIRMAN

I wonder if you think, as I do, that Christmas goes on far too long. I miss my regular contact with my U3A friends, eat and drink far too much and am very glad when we finally arrive at 2nd January and can put it all behind us for another year. Of course, if you love all the razzmatazz, cooking and partying, then please carry on enjoying it. Just be sympathetic to another point of view.

So, now we can start another year with plenty of activities to try out, some familiar and some new. At our last Network meeting (of all the U3As in Leicestershire & Rutland) we heard of some new groups being formed in other U3As: a Bus Pass Group jaunting off for days out using their bus passes; a New Experiences Group who have so far tried rock climbing, sailing and archery and have plans for Segway riding, horse riding and more; a Meditation group;

Health Matters group; Walking Football Group and a Chinese Culture group. If you have an idea for a new group, speak to our Groups Coordinator and she will help you to get it started.

Next month I shall be giving notice of our AGM in March and asking you to consider how you might get involved in helping U3A by joining the Committee. We have a number of Committee members whose terms of office will end in 2020 so finding members who will 'shadow' them will be a priority. If you want to attend a Committee meeting to find out how things are done you are welcome to come as an observer. Contact our Secretary, David, to arrange a visit. Committee meetings are held on the morning of the second Wednesday in the month.

A Happy New Year to you all.

Helen

## Your Monthly Meetings at Emmanuel Church

### December Meeting



Fool's Gold were an intriguing duo in December with some good music enhanced greatly by some excellent visual aids, and they seemed popular.

### When do we meet?

On the second Wednesday of every month about 120 Charnwood U3A members meet together to hear an invited speaker, have a drink and chat with friends. All members are welcome.

Meetings will for the foreseeable future be held at Emmanuel Church and will start at 2:30pm

### Next Meeting Wednesday 9<sup>th</sup> January 2019



As I wrote in last month's issue, we have had to reschedule our January talk and we are very pleased that Chris Dingley is able to take that spot with "Tax, Care and Toy Boys" on Wednesday 9th January at 2.30 pm at Emmanuel Church on Forest Road, Loughborough.

Chris is an expert in the field of Asset Protection and Estate Planning and the talk he delivers is a thought-provoking look into very real issues that can affect individuals and their families in regard to later life situations.

- *Tax* – few of us like paying tax, least of all a tax which is levied on our wealth when we die. Inheritance Tax has, however, been described as a 'voluntary tax' because there are allowances, exemptions and planning measures you can take to lower or eliminate your exposure to this tax.
- *Long Term Care* – as many as 70,000 homes are sold each year to fund long term care. Recent research suggests 1 in 10 people (or 1 in 5 couples) will suffer care costs of at least £100,000. With the planned care fee cap now abandoned by the Government, advice on this area has never been more in demand.
- *Toy Boys (Sideways Disinheritance)* – Re-marriage of a surviving spouse after the first death of a couple can result in the new husband/wife inheriting everything, whilst the children get nothing. The fact is the inheritance you have worked hard to leave will be gratefully received by someone you didn't intend to leave it to!

Chris will introduce the above issues, and explain what steps can be taken to protect against them.

Whilst the material is serious and thought-provoking, Chris claims to deliver it in an entertaining, engaging way and Chris is aware that the talk will not be commercial at all, he will not even mention his company name, provide business cards or hand out leaflets. The sole purpose of Chris's delivery is to engage and entertain our members and gain valuable experience.

## *Monthly meeting February 2019*



In February - Wednesday 13th at 2.30 at Emmanuel Church - we have Steve Lovell on "Our Friends Outside".

Steve is self-employed garden designer/soft landscaper of 25 years with a passion for making our gardens and our urban environment more wildlife friendly.

He is a former chairman of the Lincolnshire Group of the Hardy Plant Society. Over the years he has taught Adult Education classes alongside giving lectures on Horticulture and Natural History. He is a guest speaker for the British Wildlife Watching Club in Scotland and has recently set up Greenspaces which offers a nature guiding service for Lincolnshire as well as organising wildlife Watching Holidays around the UK.

The Charnwood U3A monthly meetings are open to all Charnwood U3A members free of charge.

*Neil Rowbotham*

## *Christmas Tree Festival*

As promised last month,  
here is the Charnwood U3A  
Christmas tree in all its glory!



## Activity List

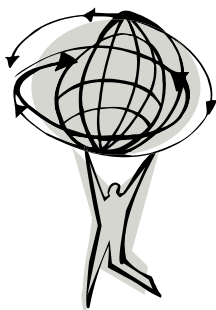
There is an up-to-date Group Activities sheet on the Members' Area of the Charnwood U3A website

[www.charnwoodu3a.org.uk](http://www.charnwoodu3a.org.uk)

## Charnwood U3A Website

Details of the monthly meeting, together with notices of events that maybe of interest to U3A members and the monthly Updates, will be published on the Charnwood U3A website.

[www.charnwoodU3A.org.uk](http://www.charnwoodU3A.org.uk)



## GROUP NEWS

### Calling all card players!



### The Bridge Group needs you.

Whether you are a complete beginner, a player wanting to develop your skills

or an experienced player, there's a warm welcome waiting.

We meet every Thursday starting at 2.00pm at Loughborough Tennis Club, Ingle Pingle (behind Emmanuel Church off Forest Road in Loughborough).

Contact details are given in the Members Area of our website

## Other Interest Groups' News

### Classical Music Enjoyment Group:



meets this month on Wednesday 23<sup>rd</sup> January 2019 2pm to 4pm at Loughborough Lawn Tennis Club, Ingle Pingle, off Forest Road, Loughborough, when the programme will be a "Bring Your Own".

How to enquire about the Group is given in

the Members Area of our website

### Table Tennis



Table Tennis 8 is about to start. This will be on Mondays at 10am starting on 7th January 2019 at Loughborough Leisure Centre, Browns Lane. If anyone is interested please

Click on the Members Area of our website

### Snooker Group:

Could any member of the Snooker Group please, contact the Groups Coordinator, Marilyn Mather, on

[groupscoordinator@charnwoodu3a.org.uk](mailto:groupscoordinator@charnwoodu3a.org.uk)

### Possible new Tai Chi Group:



Mondays 3.45 - 4.45 pm

at Gorse Covert Community Centre,

starting 28th January 2019.

If interested please contact:

[groupscoordinator@charnwoodu3a.org.uk](mailto:groupscoordinator@charnwoodu3a.org.uk)

by January 10th.

## Dance Group News

### Social Dance Group:

Come & have two hours of fun & laughter, along with tea & biscuits, for just £2. Oh, and you can learn some dance steps & dances whilst you're having a good time! Where else would you get such a bargain?

Everyone welcome: single people & couples of any age group. (Remember, you can bring a friend for one session, even if they are not a member of the U3A.)

This group meets on the 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays of the month in the Church of the Good Shepherd Hall on Park Road from 2-4pm. We have a go at several different types of dance including English & Scottish Folk Dances, Western Partner Dances, Modern Sequence, Old Time, Line & Disco (mainly 50s & 60s tunes).

So, there is something for everyone and most members have a go at most dances. However, one can sit out when desired – be it a hatred of a certain type of dance or when the legs need a rest!!

### Ballroom Dancing for Beginners



I am happy to begin another course for anyone who wishes to learn to cope with basic ballroom steps. This would be for any members – ladies or gentlemen; singles or couples - who have always felt unable to dance. I feel sure I can help even those with three left feet!

If there are sufficient members wishing to take part – minimum of 10 individuals – the group would meet in the Community room at Tesco's Park Road store on Friday mornings at 9.15am.

*(Previous attendees need to check with me to discuss whether the sessions will still be suitable for their needs.)*

### Tap Dance



The "tesco tappers" will start dancing at 11.45am and finish when they wish. Complete beginners welcome as no previous knowledge is necessary.

The dances are choreographed to suit the various levels of expertise within the group. Tap shoes are not required initially, just a strong pair of shoes which cover the toes.

Anyone wishing to try any of these groups should go to the members area of

our website

where you will find complete contact details



### Line Dance

Presently the Line dance group meet from 9.45am to 11.45am in the Community room at Tesco's Park Road store on Friday mornings. Everyone will be made welcome, both ladies & gentlemen, with or without previous experience of this type of dance. Mistakes are a source of laughter, not embarrassment!!

## Walking Groups

**Walking Groups Co-ordinator** Elizabeth Steel  
Please contact Elizabeth in the first instance.



FULL CONTACT DETAILS ARE IN THE MEMBERS AREA OF OUR WEBSITE

### *Strollers and Amble Groups Saturday 5-ish miles*

Details of next walks will be sent out on e-mail. Chris Brown,

#### *New Parish Walking Group – Third Thursday*

The contact for this group is Walking Groups Co-ordinator Elizabeth Steel (details above).

#### *Tuesday 6 Plus Walking Group*

Details will be issued by email.

5th January 10 am - Swithland Wood North Car Park. Leader Sue.

2nd February 10 am - Quorn & Woodhouse Station. Leader Sue.

#### *Les Sportives*

Enquiries to Janet Butlin

#### *Little Xtras*

Enquiries to Group Coordinator Malcolm Otter,

### *Ten+ Miles Walking Group*

5th February - Leader: Mike Pearson. Walk will start at 10.00am from Nether Broughton, Ref SK695258. Park carefully in Middle Lane, near Moat Farm, in centre of village, approx 200m East of the A606 Nottingham to Melton road. Lunch will be at the Sugar Loaf in Ab Kettleby. The afternoon stretch may encounter some unusual farm animals!!

Enquiries to Peter Mill

Any new members must make contact prior to joining the walk.

## Bits and Bobs

### *South Leicestershire U3A presents the 3rd Inter-U3A Quiz*



You are invited to join us for a Quiz Night on Tuesday, 26th March 2019. We're planning to make it a fun evening, get you thinking, but not be too challenging! The quiz will start at 7 pm. Doors open at 6.30 pm. Please try to be there for 6.45 pm so we can make a prompt start. The premises are licensed. There will be a break mid evening and tea and coffee plus homemade cake for everyone is included in the entry fee.

Teams should comprise four people. Maximum two

teams per U3A. Please let me know the names of your team members and the quiz team(s) name by Tuesday 12th March 2019. Please be imaginative with the team name, so we can publish the names of the winners in TAM.

The venue is the Market Harborough Conservative Club, the Lilacs, Fairfield Road, Market Harborough, Leicestershire LE16 9QQ. Parking at the Club is for members and permit holders only and so you will need to park on the street or in a car park, which are free from 6 pm.

The entry fee is £8 per team. Send a cheque for this amount made payable to SLU3A, c/o: Helen Salisbury, 7 Harborough Road, Braybrooke, Market Harborough, Leics, LE16 8LJ.

If you require a receipt, please send a stamped addressed envelope with your payments.

## *ROVING REPORTERS*

### *Days of Interest*

#### *The Black Country Museum was our destination in October.*

The open air museum houses a selection of Black Country historic buildings which have been "moved" from their original sites and reconstructed in the museum. There are a range of houses including one up one down back-to-backs, iron houses, and cottages. In many of the houses there were "residents" in period dress ready to talk to visitors about the lives of the people who lived there. We could also browse the shops and talk to the shop holders about the range of goods for sale. The fish and chip shop – selling real fish and chips - did an excellent trade. There are examples of industry including nail- and chain-making. Some of our group even went down the mines.

The municipal buildings included a pub, a Methodist chapel, and a school. We also took part in a mid-19<sup>th</sup> century school lesson.



*We all enjoy a lesson at the Black Country Museum*

The headmaster was particularly impressive, but he did not at all approve of nail varnish or talking in class, to the disadvantage of some of our party who ended up standing in the corner with their hands on their heads. We all seemed to enjoy it immensely.

Our day was enhanced by the wonderful autumn weather.

#### *Our Christmas trip was to Waddesdon Manor in Buckinghamshire.*

This beautiful French Chateau set in an English landscape was decorated for Christmas.



*Waddesdon Manor at Christmas*

Many of us began our visit by exploring the Christmas market held in the grounds of the house. There were over 80 independent stall holders selling a huge range, from artisan foods and drink, to jewellery, candles and toys. There were quite a few purchases of gifts for others and treats for ourselves.

We also visited the house itself where the decorations were themed for each room. The dining room, set for a meal, was particularly impressive, where the table was decorated in white and in pride of place was a swan. In the billiard room the Christmas tree was decorated with playing cards.

There were also some unusual upcycling in evidence including a chandelier made from broken crockery and a palm made of bottles

The grounds were also beautiful and again we were blessed with a sunny day.

If you are interested in joining the Days of Interest Group

Please contact Pauline May whose contact details are in the Members Area of the website

## *Links between our U3A and Schwäbisch Hall in Germany?*

Grahame Boocock writes: I help to deliver one of our German classes. I am a regular visitor to Schwäbisch Hall (SH), our twin town in SW Germany. This town has amazing architecture, a vibrant cultural scene and a very welcoming community. Margarete Krauß-Dent holds a senior position in the town's Volkshochschule (VHS); this translates literally as 'high school for the people'.



The VHS provides vocational and other courses outside formal education; the classes are mainly aimed at the mature learner. Its courses range from health to politics, dance to psychology, languages to literature, etc.

There is a lot of overlap with the programmes offered by us. Opportunities for collaboration might include Archaeology, Architecture and Art Appreciation (and that's just in the As)!

Several groups in SH use English as their classroom language, to practise their English while discussing Patchwork, Gardening, Music, and so on.

Margarete is looking to establish links with us, to generate mutual benefits to adult learners. The picture (left) shows her on a fact-finding trip here, with Merlin, my camera-shy dog.

How could any links between groups in the two countries operate in practice?

We would start with small steps, and move one step at a time. Technology these days can facilitate contact far more easily.

As a trial run, some members of the Frauen Akademie (Women's Academy, pictured right) run by the VHS are exchanging emails with the German Group here run by Melitta and myself. VHS members might in future visit Charnwood to meet their respective groups face-to-face, or vice versa. On such a visit, the activities could be grouped around an overarching theme such as 'The History of Buildings in and around Loughborough'. Visits are very much a longer-term option.

This proposal has been discussed and approved in principle by the U3A Chair, Groups' Co-ordinator and the full U3A Committee. I also spoke with the Group Leaders at their November meeting. The aims and objectives for this initiative are still to be formulated in detail, as are the range of activities to be pursued.

However, at this stage, if you as an individual or Group Leader think that links with learners in another country might be of interest to your Group, please raise this with other members of the Group and/or feel free to contact me

Thank you,

*Grahame Boocock*

Grahame's contact details are given on the version of update posted in the

Members Area of our website



A view of **Schwäbisch Hall**





## Volunteering Opportunities

The Royal Voluntary Service, originally called Women's Voluntary Service, was set up in 1938 to inspire and enable ordinary people to give the gift of voluntary service to help address the needs of the day in their communities. Demand for our services has increased to unprecedented levels and in this, our 80th year, we are asking if people can give some time and make a difference in their local community by supporting us.

Our volunteers do the simple things which make a real difference:

- \* Chatting to and supporting older people at home;
- \* Helping older people access support and services in their community;
- \* Simple, everyday practical tasks in the home;
- \* Transport older people to appointments, shopping or social gatherings;
- \* Running groups or social activities in the local community.

Traditionally a new year is the time people look to make changes and it is our hope that in 2019 we can reach every part of our community and ultimately deliver excellence in volunteering and our community services as a result.

Further information about our work and volunteering opportunities can be found online at [www.royalvoluntaryservice.org.uk](http://www.royalvoluntaryservice.org.uk)

Sharleen Taylor, Volunteer Coordinator, ROYAL VOLUNTARY SERVICE.  
07341867215 (direct) 0116 266 7706 (office) [Sharleen.Taylor@royalvoluntaryservice.org.uk](mailto:Sharleen.Taylor@royalvoluntaryservice.org.uk)  
(My working days are Tuesday, Wednesday and Thursday 9-4.30).

## ITEMS FOR UPDATE



The deadline for publishing is normally the last day of the previous month. The deadline for the February issue of Update will be **Thursday 31<sup>st</sup> January**. Please send your contributions to:

[newsletter@charnwoodu3a.org.uk](mailto:newsletter@charnwoodu3a.org.uk)

or to Update Editor Linda Lawson, whose full contact details are given in Update Extra in the Members area of the website.

Please make sure you include your contact details with your item, and try not to leave it until the last minute if at all possible.

The next issue of **Update Extra** will be published in April and the deadline for items is **Sunday 31<sup>st</sup> March**. There is a limit of around 500 words per item, and photos are welcome. The Editor reserves full editorial rights as to length and suitability and the Editor's decision is final. Update Extra is published quarterly.

Update is sent to all Charnwood U3A members by e-mail or by post before the monthly meeting. It is also available to read on the Charnwood U3A website each month at

[www.charnwoodu3a.org.uk](http://www.charnwoodu3a.org.uk)

(you will need the new user name and password which are bottom left and bottom right on the back of your membership card).

Thank you!

### Useful website addresses



National U3A Organisation (Third Age Trust):

[www.u3a.org.uk](http://www.u3a.org.uk)

The Association of East Midlands U3As:

[www.eastmidlandsu3as.org.uk](http://www.eastmidlandsu3as.org.uk)

Leicestershire and Rutland Network:

[www.landru3a.org.uk](http://www.landru3a.org.uk)

Charnwood U3A:

[www.charnwoodu3a.org.uk](http://www.charnwoodu3a.org.uk)

## *Exhibition: The work of William Railton, Architect*

A new exhibition celebrating the buildings of architect William Railton (he of Nelson's Column fame) is opening at Loughborough Library in the New Local and Family History Centre on 7<sup>th</sup> January.

William Railton designed many buildings in Leicestershire including Beaumanor Hall and Woodhouse

Eaves St Paul's Church.

The exhibition has been researched by Tony Jarram assisted by Lynne Dyer and presented by them and the Loughborough Library Local Studies Volunteers.



## *Committee contact details*

NOTE: personal telephone numbers and missing email addresses are given in the version of UPDATE EXTRA that's posted on the Members Area of the website



Chairman	Helen Davison	<a href="mailto:chairman@charnwoodu3a.org.uk">chairman@charnwoodu3a.org.uk</a>
Secretary	David Gillingwater	<a href="mailto:secretary@charnwoodu3a.org.uk">secretary@charnwoodu3a.org.uk</a>
Treasurer	Bob Pyatt	<a href="mailto:treasurer@charnwoodu3a.org.uk">treasurer@charnwoodu3a.org.uk</a>
Groups Co-ordinator	Marilyn Mather	<a href="mailto:groupscoordinator@charnwoodu3a.org.uk">groupscoordinator@charnwoodu3a.org.uk</a>
Membership Secretary	Garry Rigby	<a href="mailto:memsec@charnwoodu3a.org.uk">memsec@charnwoodu3a.org.uk</a>
New Members Liaison (Non-Committee role)	David Fell	<a href="mailto:newmembers@charnwoodu3a.org.uk">newmembers@charnwoodu3a.org.uk</a>
Committee Member	Peter Mill	
Committee Member	Dee Patterson	
Committee Member	Mike Hood	<a href="mailto:compliance@charnwoodu3a.org.uk">compliance@charnwoodu3a.org.uk</a>
Committee Member	Graham Cooper	
Webmaster	Tony Westaway	<a href="mailto:webmaster@charnwoodu3a.org.uk">webmaster@charnwoodu3a.org.uk</a>
Programme Organiser (Non-Committee role)	Neil Rowbotham	<a href="mailto:programmesec@charnwoodu3a.org.uk">programmesec@charnwoodu3a.org.uk</a>
Update Editor	Linda Lawson	<a href="mailto:newsletter@charnwoodu3a.org.uk">newsletter@charnwoodu3a.org.uk</a>