

# Update Extra



## INSIDE THIS ISSUE

From the Chairman	1-2
Members/Group Leaders Meeting	2
Monthly Meetings	3
Group News:	4
Parish Churches	4
Local History	4
Theatre	4
Classical Music	5
English Language	5
Walking Groups	5
Days of Interest	6-7
History Group visit	7
Travel Group	8-9
A Day in the Life...	10
Quiz	11
Dance Group	11
Items for Update	12
Committee members	12



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## Welcome

Welcome to the October 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) you need the user name and password which have been supplied to you with your membership card.

## From the Chairman



When I attended the National Conference at the end of August (you should try it next year) I went to a workshop, "Building A Learning Community". This, I discovered, was all about one or more U3As joining together to do some 'research'. Sometimes an outside body e.g. heritage centre, charity, museum is also involved.

My heart sank at the thought of getting involved in some big project and trying to enthuse our members. (Don't stop reading, it gets better!)

What I learned was the Shared Learning Project, which is what they are called, can be short term and should last for a few months only. An example was given of a walking group that undertook a 'Bee Count' during its walks. This was in conjunction with a Conservation Trust. Another example was of a 'Glow Worm Count' completed by a U3A in Norfolk. I was encouraged by knowing that projects can be as simple as that!

Now, **U3A will be 40 years old in 2020** and TAT has suggested that U3As/ Networks consider a project (SLP) looking at our High Streets and how they have changed over the last 40 years. I wonder if any of the groups in Charnwood U3A would be interested in doing something like that? Different interest groups could be involved: History, Local History, Photography, Science, Walking, Writing, Archaeology, Architecture, Painting to name a few.

One suggestion to help was to create a 'closed Facebook' page where people could upload their contributions which would be collated to create a final presentation for our town - or our County if several U3As are involved via the Network.

What do you think? Would you like to be involved? I think it could be fun. Let me know.

## From the Chairman (continued)

On another subject, and I don't apologise for repetition: next March we will need new Committee members. You will need to appoint a new Chairman, a new Secretary and at least one new Committee member.

***This is your U3A and it will only keep going if we have a Committee and Officers to comply with our Constitution and the Charity Commissioners.***

If you are interested in finding out more about joining the Committee please speak to me or to our Secretary, David (contact details on the last page of this newsletter).

Serving on the committee means being part of a team and working together. Being a committee member is not a long service award. We need newer members to bring fresh ideas. If you're in a group, speak to new people and encourage them to get involved. It's an interesting and satisfying role to be part of the committee.



***Now to Beacon, our new administrative system:***

We are inviting group leaders to come along to be trained on the system. Several of you have already completed the training and we will be announcing dates for October and November training to all those group leaders who have yet to train. Those who have completed the training have found the session helpful and encouraging and the system is straightforward to use once you are 'logged on'. It will simplify keeping records, emailing your members and listing your meetings.

Our renewals have been managed with the Beacon system this year and I hope you have all been able to renew your membership without too much difficulty. Yes, we have had one or two teething problems but we have good support from the Beacon Team at Charnwood and from the Beacon Buddy assigned to us by the administrators. One advantage of the system is that when we have a change of personnel, all the information is stored and will be there for the new person - so no lost information.

I trust you have all had a relaxing summer and are ready to take part in U3A activities this autumn. I look forward to speaking to you at our monthly meetings.

Helen Davison

## The Autumn Members/Group Leaders' Meeting

**This will be held on Monday 28th October 2019 at the Indoors Bowl Centre, Browns Lane.**

The timetable will follow the usual pattern:

- 09.00: Committee to set up room
- 10.00: Group Leaders arrive
- 10.15: Doors open to Members and Visitors
- 11.15: Members and Visitors leave and Group Leaders' meeting begins
- 12.15: Buffet Lunch

If there's anything you want to discuss, please let the Group Coordinator (GC) know by e-mail at [groupscoordinator@charnwoodu3a.org.uk](mailto:groupscoordinator@charnwoodu3a.org.uk) and it will be included in the agenda.

### Car Parking Costs

A reduced Car Parking Charge is available for users of the Bowls Club.

Tickets for the Car Park must be purchased at the Bowls Club Reception.

Costs: 2 hours - 50p: 3 hours - 80p:  
4 hours - £1.10p: 5hours - £1.40p

Please could you let the GC know whether or not you can attend by **Monday 21st October.**

Marilyn Mather, Group Coordinator

## Your Monthly Meetings at Emmanuel Church

Well – Charles Hanson was worth the wait wasn't he? Dynamic, enthusiastic, knowledgeable and a talented presenter, he entertained us well in September despite being late due to traffic.

### Next Meeting: Wednesday 9th October 2019

#### “A Tale of Two Crosses”



A total change of mood in October, when we host Tim Coltman who will tell us about his great-grandfather who was a conscientious objector to the First World War but, nevertheless, served at the Front as a stretcher-bearer and won the Victoria Cross.

This is the first monthly meeting of the new U3A year. Following it we have:

**13th November:** Assuming that the Rt Hon Nicky Morgan MP hasn't been elected Prime Minister she should be on Parliamentary recess at this time and she will not talk politics but will talk about why she believes that building characterful children has a positive impact on academic attainment.

**11th December:** Many people have suggested that we book Loughborough University Students' Choir and we have been fortunate to do just that. They are very highly valued.



**8th April:** Mark Walsh is a regular contributor to “Friday night is Music Night” on BBC radio and has a host of tales to tell about working with Danny La Rue, June Whitfield and others. He is a fine ukulele player and will delight with his music as well as his stories.



**13th May:** A member recommendation. Karen Slade gave up teaching to form The Company of Artisans in Melton Mowbray in 2008. They showcase historic building crafts with tiles a speciality – apparently the Duke of Rutland is a major collector. When in costume for her demonstrations Karen becomes Kate Tiler.



**8th January:** Paul Newsham was a hit last year with his first talk to us and so he is on the list for a return on a totally different subject – “What my mother and father used to say”. I think we can guess how that will go!

**12th February:** Rosalind Smith will talk about the formation of 3M in America and how it came to Loughborough, what a multi-faceted company it is and what is its philosophy and I think members will find it interesting.

**11th March:** is the AGM and this year I am delighted that our very own music group has agreed to entertain us.



**8th July:** A member recommendation. Dragonflies are the essence of summer and a source of beauty and inspiration. They are some of the largest insects alive today: masters of the air and supreme predators. This is a ‘light’ introduction to the lifecycle of these fascinating and captivating insects and uses many of Kevin's own photographs.



**12th August:** Philip Caine is the author of 6 Jack Castle adventure novels and has a colourful life story to tell – from the hotel industry via the North Sea oil rigs to Kazakhstan, Russia, Iraq and Dubai.

**9th September:** Jane Fatcher volunteers for the Leslie Edwards Trust (who organise classes in Loughborough for the hearing-impaired) and advises people, mainly our age, on strategies for dealing with deteriorating hearing. She will probably also include a workshop session on lip-reading.

**All members of Charnwood U3A are welcome at the monthly meetings on the second Wednesday of the month at 2:30 pm at Emmanuel Church on Forest Road, Loughborough. The meetings are free of charge, the Church is accessible by bus and there are car parks nearby.**

## Group News

### **English Parish Churches 2: Tea and Cake 10th Anniversary Celebration**



On 5th September, 22 members of the group met in my back garden to celebrate 10 years of talks and visits to churches organised by Roger.

We all appreciated his sharing with us his love and knowledge of the English Parish Church and arranging summer visits often with tea and cake. We all know how much Roger enjoys his afternoon tea and cake so this occasion was to show him our appreciation of the time and effort he gives to his illustrated talks and organising visits.



The group presented him with a book of his choosing presented by Barbara Merry and a special cake made and presented by Gwen Jones. Roger thanked the group and said after 10 years many members had become old friends and how much he enjoyed this occasion to meet informally.

Ann Foord, Secretary/Treasurer

### **Local History Group: Summer Visits**

This summer we had 3 highly enjoyable and well attended visits to Donnington-le-Heath Manor House, Whatton Hall and to Woodgate Chambers to meet the Mayor of Charnwood, Councillor Brenda Seaton. The latter was both an informative afternoon and highly amusing as some members of the group joined in role play, dressing up in various costumes. A donation was given to the Mayor's charity, to help make a dedicated dementia nurse in Charnwood a reality.



### **Seeking a LEADER and TREASURER for the Theatre Group**

Joy and I have been in-post for many years and would like to pass the baton on to someone new over the next couple of months. We're happy to continue till December, the end of our financial year, but it certainly would help if we had someone on board by then to organise next year's monthly theatre outings.

If you would like to take on the role of leader or treasurer, please give me or Joy a ring to find out more.

We do hope there is someone willing to take this on, as it would be a pity if we had to disband this flourishing group of 250 members because of lack of leadership.

Krystyna Kogut (leader) and Joy Barnby (treasurer)

**For information about the Dance Groups, please see page 11.**

## More Group News



### **Classical Music Enjoyment Group**

meets this month on Wednesday 23rd October 2pm to 4pm at Loughborough Lawn Tennis Club, Ingle Pingle, off Forest Road, Loughborough when the programme will be given by Bob and Margaret and is entitled "Around the World".

Any enquiries concerning the Group to Martin Jones, Group Leader.

### **New Group: Exploring the English Language**

Would you like to find out more about the language you speak? Pam Upton is offering to lead a new group looking at various aspects of the English language. Areas to be studied could include history of English, dialects and accents, English grammar, "good" and "bad" English and children's language.



The group would meet once a month initially.

Please let Pam know if you are interested.



### **Walking Groups**

In the first instance, please contact the Walking Groups Co-ordinator Elizabeth Steel.

#### **Parish Walk Group**

**Thursday, 17th October**

From Groby Pool Car Park, starting as usual at 10:00 am. Leader Marilyn Palmer. No arrangements for lunch have been made.

Enquiries to John Harries.

#### **Saturday 5-ish Miles**

**5th October:** 10:00, Queniborough Main Street. Leader: Derek

**2nd November:** 10:00, Woodthorpe village. Leader: Rob

Enquiries to Sue Griffiths.

#### **Tuesday 6 Plus Walking Group**

Details of October walk will be sent out via email. Enquiries to Mike Pearson.

#### **Little Extras**

Thursday walks - prompt 10:00 start as usual:

#### **10th October - When autumn leaves start to fall...**

Starting from Wistow. Meet outside the Mediterranean Deli at the Wistow Rural Centre. Postcode - LE8 0QF; Grid Ref - SP636959. A six-mile circular walk from Wistow via Fleckney and back including a pretty canal and lock, wide open fields and splendid views.

Leaders - Dave and Kate Watson

#### **24th October - Run of the Mill**

Meet at St Peter's Church and Hall CP, Hartshorne, Derbs. Approx Grid Ref - SK328207. Lunch can be booked across the road at The Bull's Head (toilets available) offering some good value meal deals. Toilets also available at the coffee break. About a dozen stiles in total. Some steep and probably muddy sections. About 6.5 miles. Leader - Peter Mill

Enquiries to Malcolm Otter.

#### **10+ Mile Walk**

**05 November:**

Leaders: Anne and Martyn Speight. The walk will start at 10.00am from Cradock Drive, Quorn ( SATNAV LE12 8EP). Please park considerably adjacent to the cricket ground. The walk will include Barrow, Mountsorrel and some of the Leicestershire Round Circular.

Enquiries to Peter Mill. Any new members must make contact prior to joining a walk.

#### **'Les Sportives'**

Details of walks will be emailed out to members. Enquiries to Janet Butlin.

#### **Strollers & Amble Groups**

Details of walks notified by e-mail. Enquiries to Chris Brown.

## Roving Reporters

### Days of Interest

#### July: Buxton and Whaley Bridge

In July we visited Buxton and Whaley Bridge – with afternoon tea on the canal. (Yes *that* Whaley Bridge!)

As seems to be typical for our 2019 trips, shortly after we arrived in Buxton we were greeted by a heavy downpour of rain. Many of us made straight for one of the many tea and coffee shops, where if you were lucky you could see one of various groups of Morris dancers demonstrating their skills. There were many groups dancing in different parts of the town, some dressed in the traditional white and others even more exuberantly (see picture, right).



After a reviving drink we explored the beautiful town of Buxton. There are many interesting buildings to look at as



well as lots of quirky shops. Many of us managed also to take a look at the Pavilion Gardens.

In the afternoon most of us went on to Whaley Bridge where we had a cruise on the canal boat "The Judith Mary II" (see picture, left). By this time the weather was dry and bright, the boat crew were friendly and the afternoon tea was excellent and very large – doggy bags were offered. The view from the boat was both scenic and interesting.

We would certainly not have been able to take the trip if we had been a couple of weeks later. Our best wishes go out to those whose lives and businesses have been disrupted by the recent problems with the dam.

#### August: Castle Howard

Our destination in August was Castle Howard. Unbeknownst to us (and they did subsequently apologise) we booked our trip for the same weekend as the BBC was filming Country File in the fields adjacent to the Castle. This did put somewhat of a strain on the local roads – so our route was a little roundabout and we approached Castle Howard from the North.



Enjoying the sun at Castle Howard

However even though we arrived a little later than we had hoped we all had a great day. Many of us had seen the 1980's television adaptation of Brideshead Revisited, which was filmed at Castle Howard. More recently the series Death Comes to Pemberley and Victoria have both been filmed there.

We all enjoyed the lovely interiors of the Castle – made even better by the very friendly and informative guides. The grounds, with its formal gardens and fountain were also a delight.

We saw a lot of people, in very muddy boots, who were combining a trip to the Country File filming with a visit to Castle Howard.

Continued...

## September: Hughenden Manor

In September we visited Hughenden Manor – the home of Benjamin Disraeli.

Much smaller than Castle Howard, this was also a very interesting house to look around. It told the story of both a hugely significant Prime Minister and the great alliance between Disraeli and his wife Mary Anne Lewis – a moneyed widow twelve years his senior. What appeared to have started as a marriage of convenience ended as a true partnership.

The House is set in glorious countryside and we were all able to enjoy the views. There are also formal and kitchen gardens to enjoy – all in great weather (*see picture, right*).



If you are interested in joining the Days of Interest Group, please contact Pauline May by email or by telephone.

*...and still with the Days of Interest Group:*

***Spare Places on our November Trip to York - open to any U3A member***

### York Christmas Festival on Saturday 16th November



All the attractions of York, including its historic centre and the Minster, plus a Christmas market. Soak up the city's medieval charm and scents of spiced mulled wine this season, as fairs, family fun and festival flavours transform York into a festive fairy-tale. Take a leisurely stroll along St Nicholas Fair and soak up the festive atmosphere, as you discover fine Yorkshire produce from crafters and makers showcased at the Made in Yorkshire Yuletide Village.

If you're looking for more traditional Christmas gifts, don't forget to wander amongst the many alpine chalets on Parliament Street. Head down to Kings Square and experience all the fun of the fair. Sample festive food and drink at the St Sampsons Square's rustic Yorkshire Barn with delicious treats including hot chestnuts and glasses of warming mulled wine. The Judge's Lodging will host the Small Business Christmas Market, where you can buy unique, locally crafted gifts.

Price £17.00 per person

Depart Nanpantan sports ground car park, Watermead Lane, Loughborough LE11 3TN at 8:30 am.

(There is lots of parking).

Leave York at 4:00 pm.

If you are interested in joining us, please contact Jill Strachan.

***Please remember that everyone on each trip must be a U3A member. It is essential that members from other U3As (i.e. not Charnwood) provide proof of U3A membership, either in advance of the trip by emailing a copy of your up to date membership card or by bringing your card along on the day of the trip.***

### ***History Group Visit to North Yorkshire***

There are a few vacancies for twin rooms (no singles) for the History Group 1 visit to North Yorkshire: 31st May 2020 for 5 nights staying at the Crowne Plaza Hotel, Harrogate.

**For further details, please contact Chris Brown as soon as possible.**

## *Travel Group Holiday to Hereford and the Wye Valley*

Following a short delay when a taxi firm confused Rudyard Close with Goods Yard Close, resulting in an early scenic tour of Loughborough, we set off on time (almost) from Tesco's car park on Sunday 14th July.

We stopped off in Worcester on the way to Hereford, but several people were itching to get on to the hotel so that they could watch the Wimbledon Men's final. Those who were not into tennis were offered an extra trip to Hay-on-Wye before checking in, and a few others had arranged a tour of a local Gin factory. They came back loaded with crates and seemed particularly jolly for the rest of the week.

We were provided with our own dining room for breakfast and dinner so new Travel Group members were able to mix with everyone. New friendships were formed and old ones revived over the delicious meals.



*Hay-on-Wye*

Monday was free time spent exploring Hereford. Most took the opportunity to see the Mappa Mundi and the Chained Library in the cathedral, and a couple of members went on a guided walk. Unfortunately the town museum was closed on Mondays, but we all found plenty of interesting things to keep us busy. In the afternoon we were taken to the Cider-Making Museum, which was another excuse to stock up on a few bottles.

Tuesday started with a visit to National Trust property Croft Castle and the delightful walled gardens. The photographers were disappointed to find the front of the building covered in scaffolding, but there were plenty of other opportunities for taking pictures. We were then treated to a guided coach tour of the Herefordshire "black and white" villages, which included a stop for tea and cakes in Dilwyn village.



*The Hereford Bull*

We journeyed home on Wednesday via Wightwick Manor near Wolverhampton. This National Trust "Arts and Crafts" house was full of beautiful things, including Pre-Raphaelite paintings, Burgess tiles and hand-made carpets from the turn of the last century. Again, there was a lovely garden to admire and we had to tear ourselves away to get home.

We were blessed with lovely weather for the whole time but the success of the holiday was mainly down to Ann Maddocks and her tireless attention to detail and also to our coach driver Mick for whom nothing was too much trouble.



*Dilwyn Village*



## ***Travel Group Holiday To Kent and East Sussex***

There were rumours that this was to be Roger Willson's last holiday for the Travel Group, but it appears that reports of his retirement were greatly exaggerated.

We set off with driver Robert at the unearthly (for some) hour of 7.30 am on Sunday 8th September and fitted in visits to Ightham Mote, Tunbridge Wells and Tudeley Church with fantastic Marc Chagall stained glass windows, before arriving at our hotel in Eastbourne.

After a good night's sleep, the next day took in a scenic drive over the South Downs to Clayton Church to see the Saxon wall paintings and then on to Brighton where we had a guided tour of the Royal Pavilion. We enjoyed a drive through Hove and Brighton before returning to the hotel.



*Courtyard at Ightham Mote*



*Bodiam Castle*

On that final evening, dinner was served an hour early so that we could walk along the sea front to the Bandstand where a brass band concert had been arranged. Luckily the weather had improved and we were able to participate in the final offerings of Land of Hope and Glory and enjoy the fireworks let off to the sounds of the 1812 Overture on stage.

This was, however, not the end of the holiday. On the way home we found time to visit Hever Castle, where Anne Boleyn grew up, and also (via Ashdown Forest, home to Pooh Bear and Christopher Robin) to Down House, the family home of Charles Darwin. Unfortunately we were unable to avoid a long hold-up on the M25 and so it was a late return to Loughborough, but this did not spoil our memories of a wonderful holiday.

Once again, we are so grateful to Roger for his amazing knowledge of so many subjects (but not his singing) and to Ann Maddocks for looking after us all so well.

Tuesday took us to Tenderden for a steam train ride to Bodiam and a visit to the picturesque Bodiam Castle, before continuing on to Sissinghurst Castle Garden. Both castles gave us a chance to go climbing up the towers to get the best views.

On Wednesday we enjoyed a visit to Charleston House, the country house of the Bloomsbury Group which they decorated from top to bottom in their own freehand styles, and then on to the historic town of Lewes. We ended the day with stops at Birling Gap and Beachy Head to frolic in the tail end of a hurricane, which added much drama to the occasion. Will we or won't we get blown off the cliffs?



*The tower at Sissinghurst*

## A Day in the Life of...

### **The Chairman**



Every day is different. Members phone with questions; strangers phone to find out about U3A, giving me the opportunity to tell them what a great movement it is.

I meet with our Secretary to decide on the Agenda for committee meetings and I chair the committee meeting. Our committee works as a team and although opinions vary, once a decision is made everyone supports it.

Our monthly meeting gives me the opportunity to meet and talk with members, as well as to introduce our speaker and thank him/her afterwards.

I see the Chairman's role as encouraging and supporting the objectives of our U3A through our hardworking group leaders and volunteers. I believe that 'every member matters' and hope that every member will play their part in making U3A a successful movement. It's work, but not as you know it, Jim - and it's great fun and very satisfying.

Helen Davison

### **The Beacon Administrator**



Charnwood went "live" a month ago on Beacon, an online Management System providing administration support to U3A's across the UK.

The System Administrator is the housekeeper who provides new log-ons when forgotten, helps users with problems, and organises classes to teach Group Leaders to use the System.

We have 3 Administrators to ensure a successful launch but welcome hearing from anyone who would like to help and get involved.

John Bell

### **The Secretary**

Today I agreed the draft minutes of our last Committee meeting with our Chairman and circulated them via email.

I also received the latest Monthly Newsletter from our umbrella organisation, the Third Age Trust. There were two items of interest on cash-holding by Groups that I will need to bring to the Committee's attention in my next report.

I then remembered that I must check with the Charities Commission website the deadline for the online submission of our Annual Report - but that can wait.

David Gillingwater

### **The Programme Organiser**



My "days" start a long way ahead. I am always on the lookout for speakers and search other U3A websites, WI programmes and so on as well as regularly obtaining recommendations and offers.

There is often a confidential phone call asking for an "evaluation" involved. Around January or February I take advice from a group of members and then start to put a programme together aiming for balance.

My recommendations go to the committee in May and bookings are firmed up if they are approved. This is, of course, for the dates from October onwards of the following U3A year - 2020 have already been approved and we will start on 2021 soon. Some, like Charles Hanson, are booked even further ahead.

Every month I advise speakers of our arrangements and either welcome them or arrange a welcome. There is such a good support team that I rarely have anything else to do on the Wednesday except be grateful to them for the excellent job that they regularly do. I always write on your behalf afterwards to thank the speaker.

Neil Rowbotham

## Quiz Time: (answers in next month's Update)

- 1) What is the longest bone in the arm?
- 2) What is England's newest National Park? (as at September 2019)
- 3) Who said "Vive le Quebec" in Canada on July 24th, 1967?
- 4) Commonwealth Day is held on the second Monday of which Month?
- 5) The "Aubrey Holes" are a ring of fifty six chalkpits at which prehistoric monument?
- 6) Which two numbers are missing from this series.....5, 13, 34, 55, 89, 144 ?
- 7) Where did Gareth Southgate buy his waistcoat which featured at the last World Cup?
- 8) Which composer wrote symphonies usually called "Symphony No.0" and "Symphony No 00"?
- 9) The "Belo" is the symbol of which recent company?
- 10) In which European capital would one find "The Topography of Terror"?
- 11) Steve Gregory played what instrument on a 1984 George Michael single?
- 12) Why would "Vista" a charity based in Leicester be interested in the "Moon System"?
- 13) In which century did the Norman conquest of England take place?
- 14) Which Swiss rider won his third consecutive Vuelta a Espana in 1994?
- 15) In which capacity has Edward Young served H.M. The Queen?
- 16) Which country's economy was surpassed by that of California in 2018?
- 17) Whose memoirs are called "Adventures of a Young Naturalist to the Other side of the World"?
- 18) Which notable pop singer has recently failed a music examination?
- 19) For what was the Whig Party specifically formed for?
- 20) Vnukovo Airport serves which capital?



## Dance Group News

**Social Dance:** 2nd & 4th Tuesday of each month from 2-4pm in the Church Hall of the Good Shepherd on Park Road.

This is a group of friendly cheerful members who just enjoy getting on their feet when the music starts to play. We do some Folk Dance, Line Dance, Old Time, and simple Ballroom dancing. Perfect technique is not important: keeping fit, in an enjoyable manner, is the important factor. We do have a sit down with refreshments during the afternoon.



We have room for a few more members so come along and join us. If you decide you would like to continue dancing with us, we will ask you for £12 which is the payment for all the sessions up until Christmas. (Refreshments are included in this membership fee - and you can eat as many biscuits as you like.)

**Line Dancing:** every Friday morning in Tesco Community Room on Park Road from 9.45am until approximately 11.45am.

We have room for just one more line of dancers - and again ability is irrelevant. It's the exercise and companionship that is most important. The noise level is even higher at coffee break than when the music is playing. There is no charge for this group - though one is expected to commit to fairly regular attendance. Tesco kindly provide us with refreshments.

**If you would like to try either - or both - of these groups please contact Beverly Gillman by email or text for further information.**

### **Items for Update**

The deadline for publishing is normally the last day of the previous month. The deadline for the November issue of **Update** is **Thursday 31st October**

Please send your contributions to:  
[newsletter@charnwoodu3a.org.uk](mailto:newsletter@charnwoodu3a.org.uk) or to Update Editor Helen Reid.

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.



### **Items for Update Extra**

The next issue of **Update Extra** will be published in January and the deadline for items is **Tuesday 31st December**. 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/Update Extra 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 have been supplied to you with your membership card).

Thank you!

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### **Contact Details**

Please note that for data protection reasons all Charnwood U3A members' personal contact details have been removed from this version of Update Extra.

Visit the password controlled Members Area of our website and click on Update to get access to these contact details, including a list of the Charnwood U3A Committee and their contact details.

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

The username and password will have been supplied to you at the same time as your membership card (either via e-mail or by post, as appropriate).

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### **Some other useful U3A web addresses:**

Third Age Trust Newsletter: [www.u3a.org.uk/email](http://www.u3a.org.uk/email)

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)

Beacon system: <https://beacon.u3a.org.uk>