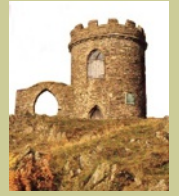


Update



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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.

Visit the password-controlled Members Area of our website and click on Update to get access to these contact details.

www.charnwoodU3A.org.uk

using the username and password supplied.

Welcome

A 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 you will need the user name and password which have been supplied to you.

Please come along to our monthly meeting (2:30, 2nd Wed of the month) and someone will be there to welcome you!

A Message from the Chairman



Dear Members

This is the last time I shall be writing to you as Chairman and I want to thank you all for being part of Charnwood U3A. U3A is a wonderful movement and gives so much pleasure to all of us, especially those who might otherwise be very lonely.

I have really enjoyed meeting you and, together with our dedicated Committee, endeavoured to make sure that our activities continue to be available to all those in 'the third age'.

Thanks go to the committee members and especially to those who will be ending their term of office: David our Secretary and Peter our Acting Groups Coordinator. New members will be joining the committee and I know you will give them your full support in the future.

I wish you all a long, healthy and active future with Charnwood U3A.

Helen

Charnwood U3A AGM

You will by now have received notice of our AGM on **Wednesday 11th March, at 2:30 pm in Emmanuel Church on Forest Road, Loughborough.**

This is **YOUR AGM** so please come along to hear how we are doing and what we plan for the future. We have vacancies on the Committee and we always need volunteers, so please consider how you can help.

Following the AGM we will be entertained by our very own **Charnwood U3A Making Music Group** led by Maggie Chaplin, in what promises to be a very enjoyable concert.

Please note: You will be able to see details of the new Committee on our website at www.charnwoodu3a.org.uk when they are posted there after the AGM, and also in April's edition of Update Extra.



Monthly Meetings at Emmanuel Church

CU3A monthly meetings take place in Emmanuel Church on Forest Road at 2.30 pm on the 2nd Weds of the month. All members are entitled to attend free of charge, there are good bus routes nearby and parking within a short distance. Please do not arrive before 2.00 pm and bring your membership card with you.

At our monthly meeting in February, Ros Smith gave a very interesting presentation, telling us all about the history, philosophy and innovative products of 3M, in what proved to be a fascinating insight into the origins of a host of familiar household names.

Next Meeting: Wednesday 11th March: AGM + Making Music Group - see p.1

Looking Ahead: Wednesday 8th April: "Taught not Caught"



In April we will welcome our former MP, Baroness Morgan, who will not talk politics but will talk about why she believes bringing up characterful children has a positive impact on educational achievement.

Details of the full programme of monthly meetings for the year can be found on our website at www.charnwoodu3a.org.uk by clicking on the 'Monthly Meetings' tab.

Group News

Special Treat for Creative Writers

You are invited to a Creative Writing workshop:

Who: Char March is a local Poet, Playwright, Fiction Writer, Tutor and Creative Coach and she is going to lead us in a session on "Character Building" in your stories, etc.

We are opening this session as a one-off to anyone in our U3A.

When: Wednesday 25th March 2:45 – 4:45 pm

Where: Granby Street Library

Please let Anthony Gimpel know if you would like to come.



Outdoor Bowls - Summer Season



After the winter break, the Outdoor Bowls Group will start again on **16th April** and run through the summer. The Group will meet once a week on a **Thursday at 2 pm** for a two hour session at the **Brush Bowls Club green on Watermead Lane** (off Nanpantan Road). New members will be very welcome to come along and join us for a fun afternoon of gentle exercise with tuition and guidance provided. No previous experience is necessary.

Please contact Dave Saunders for further information.

If any U3A member has bowls that they no longer need and would like to lend or donate them to the Group, please let Dave know.

Tai Chi - Places Available

Places have become available in the Monday Tai Chi Group.

Day: Monday - start date **30th March 2020**

Time: 3.45 - 4.45 pm

Venue: Gorse Covert Community Centre (LE11 4RZ, near Morrisons)

For more details please contact Marilyn Mather.



More Group News

Pilates Group 1 - New Class Opportunity!

Pilates Group 1 meets weekly on Monday afternoons at **Gorse Covert Community Centre**. Our Pilates teacher, Susan Baxter, has let me know that after Easter she will be available to teach an extra session on **Mondays at 2.45 pm**. It would be great if we could get this off the ground!

Beginners and those who have already done Pilates are very welcome. If you are interested in joining this class or would like further information please contact Ros Fleming.

Classical Music Enjoyment Group



meets this month on **Wednesday 25th March** 2 pm to 4 pm at Loughborough Lawn Tennis Club, Ingle Pingle, off Forest Road, Loughborough, when the programme will be presented by Gill Pope and is entitled "A Miscellany".

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



Walking Groups

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

Parish Walk Group

Thursday 19th March:

Elvaston Country Park, SK415331, DE72 3EP but not necessarily correct near village so stay on the Borrowash Road though Elvaston and look for sign on left.

Walk starting 10:00 to include nature reserve where we hope to see some interesting fungi. Paths are usually good underfoot, though it can be muddy in nature reserve.

Leader: Joan Murray
For more information contact John Harries.

Tuesday 6+ Walking Group

17th March: Horse & Jockey, Congerstone. Postcode CV13 6LY. Ref SK 368051. Leader: Sue.
Enquiries to Mike Pearson.

'Les Sportives'

Details of walks will be e-mailed out to members. Enquiries to: Janet Butlin.

10+ Mile Walking Group

7th April:

This walk will start at 10.30 am as journey time is 90 minutes approx via Ashbourne

Leader: Malcolm Otter. Meet at The Roaches car park(s) using the nearest lay-by to SK004621 just after the gate next to the bus stop area. Access via Upper Hulme from the A53 going from Leek towards Buxton. Lunch will be at The Ship Inn in Danebridge.

Enquiries to Peter Mill.

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

Saturday 5-ish Miles

7th March: 10:00
Birstall, Whiles Lane.
Leader: Sue

4th April: 10:00
Sutton Bonington, Playing Fields car park. Leader: Mick.

Enquiries to Sue Griffiths.

Little Extras

Little Extras have walks on the 2nd and 4th Thursday of every month starting at 10.00 and 6 miles in length. Walks in March:

12th March: Conkering the weather

Meet at Moira Furnace Car Park
Grid Reference: SK314151
Postcode: DE12 6AT
This Industrial Heritage walk starts where we had coffee at last walk and continues on through Conkers and part of the National Forest.
Leaders: Steve & Maggie Johnson

26th March: Mick & Liz's First

Meet at the Playing Fields Car Park in Sutton Bonington.
Grid reference: SK505252
Nearest postcode: LE12 5PF
This is a flat walk via Zouch and R. Soar. Leaders: Mick & Liz Voss

Enquiries to Malcolm Otter.

Strollers & Amble Groups

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

Leics & Rutland U3A Network 4th Inter U3A Quiz

Date: *Thursday March 26th 2020, 6.45 pm arrival for 7 pm start*

Location: *Kibworth Golf club, Weir Road, Kibworth, Leicester LE8 0LP*

There will be room for a **maximum of 15 teams** to enter and places for a few spectators. Cost will be £8 per team to cover costs and Kibworth are arranging for a buffet supper to be provided by the Golf Club at a cost of £5 per person. Menu to be supplied on the registration form.

As space is limited, contact Kibworth now via John Freedland, chair@kibworthu3a.org.uk to book your place and receive further details and registration forms.



Answers to Last Month's Quiz:

- 1) Which British unit of weight is about 6.35Kg? **Stone**
- 2) Which woman became leader of the Labour Party on the death of John Smith in 1994?
Margaret Beckett
- 3) Based in Norfolk, Virginia, what is the world's largest animal rights organisation?
"People for the Ethical Treatment of Animals"
- 4) The "Wiener" in Wienerschnitzel refers to which Capital? **Vienna**
- 5) Which Swedish pop group featured "Crucified" in their album Massive Luxury Overdose?
Army of Lovers
- 6) Which cellulose derived textile was the first man-made fibre?
Rayon, sometimes known as Viscose
- 7) Bronchioles end the alveoli in which organ of the human body? **The lung**
- 8) In terms of pensions what is a Sipp? **Self invested personal pension**
- 9) What was/still is The Montreal Protocol? **An agreement to ban use of CFCs (chlorofluorocarbons) worldwide. They were used as refrigerants and replaced by hydrofluorocarbons, which are less harmful to the ozone layer but still contribute to global warming and thus climate change.**
- 10) What in terms of clothing is a patka? **A headcovering worn by Sikh children**
- 11) What is the parliamentary constituency of the Foreign Secretary (as at early January 2020)?
Walton and Esher
- 12) Correos is the State owned company responsible for providing what in Spain? **A postal service**
- 13) From which novel is the name of the television programme Room 101 sourced?
1984 by George Orwell
- 14) What specifically, but not uniquely, do Vaughan Williams' third and Beethoven's sixth symphonies have in common? **They are both called Pastoral**
- 15) Bocconcini are egg sized balls of which Italian cheese? **Mozzarella**
- 16) What in the context of U3A is TAT? **Third Age Trust**
- 17) The Church of England cathedral in Liverpool is based on the design by which architect?
Giles Gilbert Scott
- 18) The National Tramway Museum is in which Derbyshire village? **Crich**
- 19) Which film maker directed Bend It Like Beckham? **Gurinder Chadha**
- 20) 3, 4 & 5 are the smallest trio of whole numbers for the lengths of the sides of a right-angled triangle. What is the next trio of such numbers? **6, 8 and 10**

Three Research Projects Requesting Participants:



Participants Wanted

Seeking travellers aged 65+ to participate in a study exploring the design of better public transport services.



About the study

The purpose of this research is to explore how future transport service can be developed to help you with your travel, including easy planning, booking and payment.

Who? if...


- ✓ You are retired and aged 65+;
- ✓ You have smart phone and are familiar with using Apps;
- ✓ You already or would like to use public transport more;
- ✓ You go out to various activities already, or would like to do this more;
- ✓ You live in city/town in Leicestershire.

What does the study involve?

In this study, you will be asked to:

- ⦿ Complete a questionnaire;
- ⦿ Read a storyboard and give feedback;
- ⦿ Watch 2 short videos;
- ⦿ Draw your travel pattern map together with the researcher and talk about your everyday travel;
- ⦿ Answer the follow-up questions.

The study will take about 2 hrs, take place between 17th Feb - 31st Mar, 2020. You can choose either Loughborough Design School or other place you prefer to take part in this study.

THANK YOU! You will receive a shopping voucher  for your participation.

If you have interests to participate, please contact Jun: [✉ y.li5@lboro.ac.uk](mailto:y.li5@lboro.ac.uk) for further information.



SCAN ME

Or, you can simply scan the QR code and leave your contact information, we will get back to you as soon as possible!

Working On Past Retirement Age

I'm currently doing some work piloting materials from an interesting project about people working on past retirement age / working for longer / unretiring. It is a European funded project www.sassi-workingon.net looking at age sensitive and creative approaches to career management for people who have to / want to keep on working into their 60's / 70's and beyond, that fulfils their individual needs rather than just doing what they have always been doing.

There is a growing trend for people who get to 55, 60 or 65 who feel they have still a lot to give to society and the workplace by moving into encore, legacy or second act career paths, self employment often called olderpreneur or voluntary work. There is also a growing trend for what is now called unretires – those who had retired but decided traditional retirement wasn't for them.

I'm looking for volunteers who would be interested in working through a couple of questionnaires that help people decide what they might want to / could do in their later life. It can be done by email or if you can spare the time face-to-face. Either way it will only take a little more than an hour.

Please contact me if you are interested in finding out more.

Sandy Leong (Charnwood U3A member)


Items for Update

The next issue of **Update Extra** will be published in April and the deadline for items is **Tuesday 31st 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.

Please send your contributions to: 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.


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





Loughborough
University


NATIONAL CENTRE FOR
SPORT & EXERCISE MEDICINE
WORKING FOR HEALTH & WELLBEING


Participants Wanted


- 


For a study on the impact of exergames (exercise + gaming) on postural control and the risk of falls.
- 

You will get detailed analysis about your balance ability and your chance of getting falls in the future.
- 

We are looking for older adults aged 65+ years, preferably with a history of falls and balance problems.
- 

The videogames are designed to improve participants Balance, strength, flexibility and cardiovascular capacity.
- 

**Assessment: Three assessment sessions: Each session will last for approximately an hour.
Training: The study will require eight weeks of training, 1-3 times a week, for 30 min.**
- 

Participants will be expected to attend the sessions at Loughborough University NCSEM.
- 

**If you are interested email:
h.s.alhasan@lboro.ac.uk**