

# Update Extra



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## National U3A

The Third Age Trust, to which we are affiliated, has a wealth of information and guidance, constantly being updated, on their website: [www.u3a.org.uk](http://www.u3a.org.uk)

## Try out our new BULLETIN BOARD

Go to the home page of our website at [www.charnwoodu3a.org.uk](http://www.charnwoodu3a.org.uk) where you'll find links to the Bulletin Board and a User Guide. Although we can't meet, let's keep in contact!

## Welcome

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



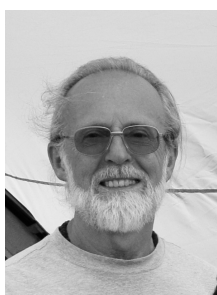
**A very warm welcome** to our **new members**. We hope you will soon be involved in U3A activities and making new friends. To access the members' area of our **website** [www.charnwoodu3a.org.uk](http://www.charnwoodu3a.org.uk) you need the user name and password which have been supplied to you.

## A Big Thank You...

...to our retiring Committee members who have served us so well over the last 3 years. Special thanks are due to our outgoing Chairman Helen Davison for her sterling efforts over the years as a Committee member, including two separate terms as Chairman. Helen is seen here at our recent AGM, accepting honorary life membership of our U3A from Committee member Graham Cooper. *(photo courtesy Tony Westaway)*



## From the New Chairman



My goodness, what a time to take over the chair of Charnwood U3A! Just a few days in and my first duty was to advise the cancellation of ALL meetings, to avoid non-essential social contact.

BUT there are other means by which many of our Interest Groups may continue to 'meet'. WHYPAY can be used for free telephone conference calls.

You might also like to consider setting up a **WhatsApp** group via smartphones. For both audio and video there is **Zoom**, **Webex** and **Skype** via your computer. Details of these and more are being added to the Charnwood U3A website, together with simple user instructions (*see article on p.5*).



This is a good start, but we also need YOUR help and ideas to keep us ticking over until we can get back to normal. To this end, we have now launched the **Charnwood U3A Bulletin Board**, accessible via the website (*see article, p.6*). Please look at it, and contribute any ideas or suggestions you might have.

The above relates to how we are all tackling the national emergency. We also have a local one!...

from the new Chairman (continued)



At our AGM we welcomed Hilary Knowles (now our Groups Co-ordinator), Jim Horne, Diana Harvey and Pam Upton onto the Committee. This is all good BUT, as yet, **we do not have a Business Secretary** - without which we are in contravention of our Constitution. To put it bluntly, this means we are now having to contemplate proceedings to

**DISSOLVE CHARNWOOD U3A!!!!**

~~Charnwood U3A~~

We have over 1000 members and for many of us U3A activities have become a significant part of our lives. We do not want to see it end. If you have even the slightest inclination to take on this role, please contact me. It is an important role, but be assured you will get as much support as you need from the rest of the Committee and myself. And who knows, you may also find yourself enjoying it!

This is a trying time for all of us, but it is not all bad. We are now enjoying a few glimpses of spring sunshine and, with far fewer cars on our roads, the air is fresher and we can hear the birds singing.

It is of course worrying, especially if you are at risk due to age and/or health condition. We are all in this together so, all of you, do please keep in contact with your U3A friends - by the means mentioned above, by telephone call or (remember the days?) by letter.

Above all **KEEP SAFE**.

Mike Hood  
Chairman, Charnwood U3A

## Loughborough Against Corona

You may well already have had this leaflet put through your letter box, but in case you haven't or have lost it, read on...

A group of Loughborough Students are coming together to help in the community. They are not asking for anything in return but want to do their bit to help in a time of difficulty.

They will help with:

- **Picking up groceries**
- **A friendly phone call**
- **Posting mail**
- **Dog walking**
- **Collecting urgent supplies**
- **Running errands**

Visit [studentsagainstcorona.co.uk](https://studentsagainstcorona.co.uk) and click on **I need help!** to see how it works.

**LoughboroughAgainstCorona**  
#StudentsAgainstCorona

**Dear Neighbour, if you are isolating yourself, we can help!**

We are a group of students and locals who are coming together to help in the community during a time where some people are experiencing difficulty in accessing what they need due to concern about getting ill or infecting others. We would like to support the community that we live in and ensure that nobody is left isolated or without what they need. We will not ask or demand anything of you in return, we just believe in helping each other in a time of difficulty.

**If you are self-isolating due to COVID-19 we can help with the following:**

- Picking-up groceries
- A friendly phone call
- Posting mail
- Dog walking
- Urgent supplies
- Running errands

If you would like to speak to us, please call +44 (0)17377 372740 and we can talk about what we can do to support you or preferably, visit [studentsagainstcorona.co.uk](https://studentsagainstcorona.co.uk) and fill out the form.

**DO YOU WANT TO VOLUNTEER?**

If you want to join our team of volunteers please join the 'LoughboroughAgainstCorona' and 'StudentsAgainstCorona' Facebook group or visit [studentsagainstcorona.co.uk](https://studentsagainstcorona.co.uk) to see how you can help!

/LoughboroughAgainstCorona
 /StudentsAgainstCorona
 @studentsagainstcorona\_official

This is a national student initiative and you fill in a form to get the help you need. The help you get will come from Loughborough Students.

They would prefer you to fill in the form BUT if you would rather speak to someone then just telephone 07377 372740 and someone will be there to help.

## Monthly Meetings on Hold...

Clearly, the cancellation of our monthly meetings at Emmanuel Church is an inevitable consequence of the current coronavirus situation, but we look forward to being able to reconvene at some point later this year, when we can enjoy some interesting talks. Once we are able to meet again, details will appear on our website as well as in Update. In the meantime, enjoy your time at home whilst you all keep safe and well.

## A Message from Our New Groups Co-ordinator



Hilary Knowles

“Why on earth ...?” was a friend’s dispiriting comment when I announced my new role as Charnwood U3A (CU3A) Groups Co-ordinator. Thankfully, other friends were more encouraging. However, little did I know what was about to hit us. As Covid 19 tightens its grip, I’ve been plunged into a new world of video links and online meetings. The need to keep our distance has emphasised the importance of keeping in touch by all possible means.

In common with many of you, the social side of CU3A is crucial to my enjoyment. I’ve been a member for over ten years, including a spell as a Group Leader, and have settled comfortably into several regular groups. I’ve made many new friends and acquaintances along the way, but there are still people I’ve never met and faces I don’t recognise. As Groups Co-ordinator, in addition to helping CU3A continue to flourish (pat on the back!) I hope to meet many more of you. Yes, the role will also involve reports and spreadsheets, meetings and minutes, but no doubt the additional stimulation will be good for my brain.

The Groups Co-ordinator is the link between Group Leaders and the Committee, channelling information in both directions. So I soon found myself part of a subcommittee tasked with considering ways of improving communications across CU3A. At our first meeting, we discussed the options: mass mailings, Update, monthly meetings, the website. Then up popped a new idea, a bulletin board, to which my initial reaction was: “fine for those who like that sort of thing, but not really sure how I’d use it.”



Fast forward a couple of months and how my view has changed. With normal meetings cancelled, the small team working on the **CU3A Bulletin Board** went all out to get it up and running. As explained elsewhere in this issue of Update (*see article on p.6*), it will enable us to share information and take part in discussions, provide feedback and hopefully float ideas for new groups and activities.



I know that many of you have already explored ways to keep in touch and continue your activities. As our groups are many and varied, it’s impossible to recommend ‘one size fits all’. Both the **national U3A** ([www.u3a.org.uk](http://www.u3a.org.uk)) and our own **CU3A website** ([www.charnwoodu3a.org.uk](http://www.charnwoodu3a.org.uk)) have a plethora of links to help us access information and activities online. Webmaster Tony Westaway is constantly updating the site and adding new content.

Advice on virtual meetings is provided elsewhere in this issue (*see page 5*), but not everyone has the technology or inclination to attempt video-conferencing. Simpler options, including phone calls, texts and letters can also help members to stay connected, particularly those without access to email and modern technology. If I’m honest, given the choice I prefer face-to-face to Facebook. Although I’m enjoying meeting so many of you ‘virtually’, I’m really looking forward to getting to know you in person as soon as possible!



## Group News

With the enforced cancellation of all our 'face-to-face' meetings, this section is by necessity rather sparse this month. However, we know that activity is continuing via on-line communications. The Editor welcomes any contributions to the next issue of Update on how you have all been coping with the current restrictions. Please email [newsletter@charnwoodu3a.org.uk](mailto:newsletter@charnwoodu3a.org.uk) with your stories - the more light-hearted the better!

### Calligraphy Group



The Calligraphy Group is continuing to function on-line. Work is being sent out each month by email on the usual date of the meeting. Former members who need a refreshing session while they are isolated should contact the Group Leader Alan Mercer, whose contact details can be found in the Interest Groups/Activity List sheet available from the members area of the CU3A website.

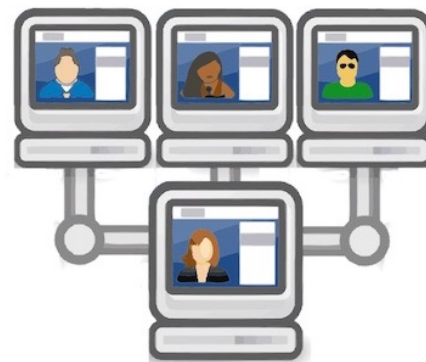
### On-Line Group Meetings

There have already been reports of successful group meetings held on-line. The **Mac Users Forum** met via Webex in its usual regular meeting slot (last Friday of the month), with eight members attending, using screen sharing for a presentation on the use of graphics. The **Creative Writing Group** has also held a successful meeting using Zoom.

On a more energetic note, **Pilates 2** are having Zoom sessions with their teacher, a qualified physiotherapist with experience in respiratory physiotherapy, who has offered to give a free interactive on-line talk to any interested members of CU3A about keeping and improving lung health (*see below for details*).

Has your interest group held any 'virtual' meetings? If so, please send your comments on how these meetings went to [newsletter@charnwoodu3a.org.uk](mailto:newsletter@charnwoodu3a.org.uk), to share with members in a future edition of Update.

It will be interesting to know if larger groups have been able to get together using the available technology. The logistics for large numbers could prove more of a challenge!



## How to maintain and improve your lung health:

### *a free interactive talk by Jo Greene (tutor to CU3A Pilates 2)*

Jo is a musculoskeletal physiotherapist who has also worked in ICU and respiratory care settings.

She has very kindly offered to provide this talk to encourage lung health and so to boost our chances against the Covid19 virus. (NB this is not a Covid19 specific talk.)

**Date and time: Saturday 4th April at 2.00pm\***

**To take part, you will need access to Zoom, which Jo will use to deliver the talk.**

You will also need a link, which can be obtained by emailing Hilary Knowles at [groupscoordinator@charnwoodu3a.org.uk](mailto:groupscoordinator@charnwoodu3a.org.uk) by 12 noon on Friday 3rd April.

\*as Jo is rejoining the NHS next week, it's possible the date may change, in which case Hilary will inform anyone who has expressed interest.

## Keeping in Touch On-Line

A small group including Members, Group Leaders and Committee Members have been exploring ways in which we can continue to hold meetings via the internet. Our group consisted of members with very different IT skills and, with some help from the person who set up the meeting, we were all able to join in.

We have explored a number of options that can be used to deliver this facility. We are highlighting the services offered by Skype, Webex and Zoom, but there are many others.

**Skype** – is run by Microsoft and is free to use. Up to 50 people can join the meeting.

**Webex** – is run by Cisco and is also free to use. Up to 100 people can join the meeting. For Skype and Webex, there are no time limits for meetings.

**Zoom** - is run by a person called Eric Yuan who helped start Webex. This is possibly the best and can accommodate up to 100 people. Normally the free version will only allow meetings to last for 40 minutes but it seems this limit is being relaxed in the current crisis.



For detailed guidance on how to use all of the above, see your website ([www.charnwoodu3a.org.uk](http://www.charnwoodu3a.org.uk)).

All of these tools do roughly the same thing. The big advantage of a Virtual Meetings approach is that you can bring a lot of people together at the same time. You can speak to others in the meeting. You can watch and listen to presentations or simply get together over a cup of coffee (and a cake of course).

These various internet tools also help you to keep in touch with family members and friends. For example, this was used to bring together family members who were located in different places around the world for a Mothers' Day get-together. Another member joined 200 people for a church service in Birmingham.

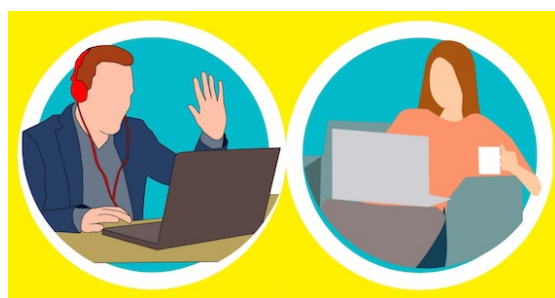
Please visit the website: [www.charnwoodu3a.org.uk](http://www.charnwoodu3a.org.uk) to find out more, via a link from the Home page.

The What's On page of the website gives links to lots of on-line things to do when you're bored. You can watch opera, a musical, visit an art gallery and so much more.

Tony Westaway

### And one light-hearted view...

#### Get Ready for Videoconferencing



Cancelling of Group meetings opens the way for use of new technology, the videoconference. Are you ready for this?

There is novelty in seeing friends framed by their domestic habitas; a beautiful settee..., and a glimpse of a garden paradise. This will quickly fade and be replaced by the horror of having to watch yourself. Prepare for the first sight of your image in the fisheye camera of your laptop.

Like me, you may have reached the age where encounters with ordinary mirrors have taken on an undesirable quality. Who is that creepy old guy there looking back at me and wearing my clothes? I know I look out on the world with the fresh eyes of an 18-year-old - but why, oh why, when I glance in the mirror, do I see my father looking back at me?

Something must be done. Some sort of dress code? Remember to shave like Robert Redford facing his doom in *All is Lost*? Maybe put on a jacket and tie? How does the light fall from the side window? Suddenly, we must become choreographers and cameramen: think of the angles.

Don't worry too much, you will soon have much more to occupy yourself. You join the meeting and there on your laptop screen is an array of controls. Quick, quick, mute the microphone, turn off my camera. Do I put up my hand to speak or is there a button to press?

A whole new world awaits. And you thought you had trouble with Beacon? Good luck.

John Bell



## CU3A Bulletin Board

### Why are we introducing a Bulletin Board?

Communications have been a major issue with CU3A members. We have Update which only comes out once a month and we have the website. We don't have an easy way of sharing information or gaining feedback about what should or shouldn't be done. It was clear from the AGM and from other feedback we've received that members are asking for a better method of communication.

The current situation means that misleading rumours and information can easily circle around the membership. This often leads to annoyance and a reluctance to accept decisions that have often been forced upon the Committee because of changes to legislation or for other reasons. Most people accept change where there are clear benefits or when we have no option.

We also need to give members the chance to give feedback on decisions already taken or to suggest changes that benefit the membership. We also recognise that many members may not be interested in the administrative aspects of CU3A but may have great tips that they would like to share for everyone's benefit.

### Why a Bulletin Board for better communications?

There are clearly shortcomings in using only Update or email for communications. Therefore, we would like to trial a **BULLETIN BOARD**.

This is a method of communicating between members without flooding everyone's email boxes. It works in a similar way to emails in that anyone can post a message on the Bulletin Board and anyone can reply to that message. The big difference is the members of the Bulletin Board can choose to read the TOPICS in which they are interested and it is easy to post a message or reply if you feel you have something of interest to share.

To reassure members it is not a replacement for social media. It will be monitored, and inappropriate posts can easily be dealt with.



### Bulletin Board – How does it Work?

You register and then see a Message Board with a list of TOPICS which are further divided into THREADS.

You go to a TOPIC in which you are interested. These topics are further divided into what are known as THREADS. For example:-

A TOPIC might be ARTS and CRAFTS and

a THREAD might be "Where would you like to go for the next Art Appreciation Visit?" Members can then share ideas for a visit to a gallery or, in the current climate, give suggestions about the best Virtual Exhibition to visit.

Another TOPIC might be CONTACT THE COMMITTEE and

A THREAD might be "How can we help each other in the current crisis?" – giving members the opportunity to give feedback or suggest ideas for the committee to discuss.

### How easy is it to use?

It has been tested by members with different IT skills. All say that the Registration process is easy and that the way of reading posts and responding to them is also easy.

The proof of the pudding is of course when more members start to use it BUT the beauty is you can give feedback via the Bulletin Board!

### Current Problems

There are a small number of problems that we are working hard to rectify. For the sake of expediency, we have decided to go ahead and launch the Bulletin Board anyway in the knowledge that not all aspects will function in the way in which we want them to.

### How do I join?

Clear instructions are now available on the CU3A website. For all our sakes, there is a clear etiquette and a set of protocols. Please read these before taking the plunge and joining in with the discussions and debate.

Tony Westaway

## The Ups & Downs of Beacon

It's been easy running my table tennis group of a dozen members. A typed list records names and addresses, together with attendance, and session payments. We play for an hour, followed by coffee and conversation. Maybe lunch together occasionally. Canasta, Poetry, Yoga, Scrabble..., eighty or more Groups in CU3A, move along similarly, equally content. This is what U3A is about. Education with enjoyment and sociability.

But murmurings at the AGM signalled concerns in the Groups - particularly about Beacon.

### So, what's the problem?

Well, small groups are fine, easy to run and enjoy - but by 2020 change is upon us. Theatre, Days of Interest, History and Travel Groups now have memberships not in their dozens, but in the hundreds. And by then things happen, both locally in Loughborough, and nationally.

**Locally:** As Charnwood U3A increases in size - now 1,000 and growing - tracking membership is a growing task. Recording details, annual subscriptions, sending out membership cards, updating changes. Questions arise. Why have these emails bounced - changed addresses maybe? Have all the subscriptions been paid? With turnover approaching six figures, financial problems emerge. Managing Groups has become a bigger task. Is information on the members up to date? Where is tomorrow's meeting? Can late changes be made to venues? The Leader is incapacitated - who is responsible?

**Nationally:** Even before Covid-19, societal pressures were - and are - changing and increasing. U3A's charitable status comes with legislative controls. To prevent fraud, named individuals in CU3A (the Trustees) are named to be responsible in law for all (increasing) money and assets. Banks are pressed by Government to prevent money laundering - and impose increasingly detailed controls on all accounts. Facebook appears - and the potential for misuse of personal data dawns on society, resulting in General Data Protection Regulations (GDPR) to impose privacy.

Suddenly what was fun becomes a headache - or in the current idiom, a challenge. And U3A must change to meet the challenge. A major first step is the introduction of 21st century Information Technology (IT) to facilitate handling of data - and Beacon appears, an online, modern, data handling system. But of course, it has its ups and downs.



### The Ups

**Membership & Treasury:** Beacon is outstanding at managing financial transactions and membership matters. It handles financial matters with certainty, and as its use extends in CU3A, requisite monitoring of Group accounts by the Trustees becomes achievable.

Beacon holds confidential membership information securely, records data accurately, is easy to amend, provides communication with members - and it meets GDPR requirements.

**Groups:** The Beacon system will increasingly support management of Groups by Leaders. It allows information on meetings, members and financial matters to be recorded in confidence but available to authorised members. It eases unexpected changes in the Group management, for example the sudden illness of a Leader. Information for Groups currently available on the Charnwood website will be integrated with Beacon, facilitating updates. In the not too distant future Beacon will be accessible directly by members for recording changes to personal data - and to other areas.



### The Downs

**Users:** Group Leaders have to change to a new way of doing things. This undoubtedly takes significant effort and there is a natural resistance to change. Groups have been run successfully for the past decade using available means - pen and paper, spreadsheets, mail, telephone, Group bank accounts. These systems have worked, why change things?

Well, because we must. We can't keep up with growth, we must comply with legislation. You are now personally responsible in law for the privacy of lists you hold. What happens if you are ill or your personal computer crashes?

*(continued on next page)*



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Suddenly, CU3A-ers are faced with 21st century technology (and grandchildren who teach us IT!). Look forward: in a decade, the use of IT will be as natural to the next generation as the landline has been to us.

**The System:** To the average, non-technical U3A-er, Beacon is not simple. Competence comes only from doing the Group Leader course, then using it, supported by Guides, User Forums and local support. It is no different to Pages, Excel, Word or PowerPoint - and easier to learn. Use the Covid time to update your data and schedule - but practise on the Demo site first!

### Finally...

In both Membership and Finance, Beacon is established and welcomed in CU3A by those who administer these areas. Its use in Group management is slowly becoming established. Courses for Group Leaders have improved as experience is gained and with current events, we must look into developing an online course for Leaders who have not yet been trained. Later will come bringing its use into the general membership. By then, Group Leaders must be ahead of the curve - and helping their members to IT competence. So, let's work together and...

## Get Beacon Done!

John Bell  
Beacon Administrator

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

- 1) The Speenhamland system was a system of supplementing rural wage payments from local taxes first used in England in the latter part of the 18th century. Where is Speenhamland?
- 2) In the 1966 World Cup Final Hurst scored 3 of England's 4 goals. Who scored the other?
- 3) Who sang the 1959 British entry in the Eurovision Song Contest, which finished second?
- 4) Who was Minister for Health, 1995 -1997?
- 5) Who made his début in *A Study in Scarlet*?
- 6) In what year did Princess Diana die?
- 7) Which British Prime Minister was born in Blenheim Palace?
- 8) In which monastery did the Venerable Bede live?
- 9) From which musical does the song *You'll never walk alone* come?
- 10) Which singers first invited people to *Ferry Cross the Mersey*?
- 11) Which planet was discovered in December 1846?
- 12) Which French singer 'regretted nothing'?
- 13) Why should you never marry in Greece on 29th February?
- 14) In the nursery rhyme, who saw Cock Robin die?
- 15) In 1957 where did the spaghetti trees shown on the BBC grow?
- 16) Who preformed the first human-to-human heart transplant?
- 17) Where is the easternmost point in England?
- 18) Who composed the *Neue Pizzicato Polka* in 1892?
- 19) By what name is the flower *Primula vulgaris* better known?
- 20) In 1620 the Mayflower with the Pilgrim Fathers arrived at Plymouth Massachusetts. Where was the boat's home port?





## Fearon's Legacy and the Story of Water Supplies to Loughborough

August 2020 marks the 150th anniversary in Loughborough of something we now take for granted, which is piped water supplies to our homes. Life in 1870 was somewhat different, with people in the town getting water from wherever they could, with it being said that public pumps in Fennell St, Woodgate and the Market Place were then “so impure with much solid matter”!



*Portrait of Henry Fearon in Loughborough Parish Church (image used with permission)*

Fearon, or more properly the Venerable Henry Fearon B.D. Archdeacon of Leicester and Rector of All Saints Loughborough, came to the town in 1846. He looks to have enjoyed this appointment as his gravestone, in the Leicester Road cemetery, reads “where for thirty seven years it was his happiness to live and work for the welfare of those around him”.

Although academic Fearon was an unlikely public health champion, he had, alongside his divinity studies at Cambridge, taken time to learn about sanitation. So when he came to Loughborough and found a town where the “filth and the stench was, at times, unbearable”, where cholera and typhoid outbreaks were all too frequent and the population actually fell between 1851 and 1861, he knew what was needed.

Fearon did not find it easy mobilising support for a water supply and actually first had success with getting a sewerage system installed. But eventually he got a water scheme underway. His commitment to this went as far as himself buying (for £160) the fountain which still stands in the Market Place. Clearly he was held in much esteem and it is said that virtually the whole town came to a standstill on the day of his funeral. Shops and factories closed and silent crowds lined the streets from the parish church to the cemetery.

Whilst the fountain is the legacy that today is most apparent, Fearon's water and sanitation achievements meant that mortality rates in Loughborough reduced from 25.7 per 1,000 population around 1847 to 18.8 in 1885. This being of real significance to those then living in the town.

Perhaps unsurprisingly, Nanpantan Reservoir, which was the original source of Loughborough's water, turned out (as Fearon sensed it would) to be far too small. This was partly from not realising what the usage would be once piped water was supplied into homes and the additional needs of the, then, expanding local industries. How growing demand, right up to the present day, has been satisfied is quite an intriguing tale. One that involves rivalries and fights for the same water between local towns.



*Fearon Fountain in Loughborough Market Place*



*Nanpantan Reservoir*

Martyn Speight, a Charnwood U3A member, has told this story to a number of local U3A and other groups. He is keen that in this anniversary year the Fearon legacy, regarding Loughborough getting fresh water supplies, is widely known. So do get in touch with him should you wish to know more about what led up to the event 150 years ago which Loughborough should be celebrating this coming August.

*Editor's note: Thanks to Martyn for contributing this interesting article and temporarily taking us away from Covid-19 related issues. Having attended one of his talks, I can certainly vouch for Martyn's expertise in this fascinating area of local history.*

### Items for Update

The deadline for publishing is normally the last day of the previous month. The deadline for the May issue of **Update** is **Thursday 30th April**.

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 July and the deadline for items is **Sunday 28th June**. 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 in normal circumstances) 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 user name and password which have been supplied to you).

Thank you!

### 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).

#### 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>

#### Activity List

For an up-to-date Group Activities sheet see Members' area of: [www.charnwoodu3a.org.uk](http://www.charnwoodu3a.org.uk)