

# News & Views



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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) You are strongly encouraged to pay a visit!

## Interest Groups

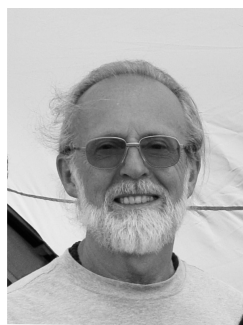
Details of Groups can be found on the Charnwood U3A website: [www.charnwoodu3a.org.uk](http://www.charnwoodu3a.org.uk) under 'Our Groups' menu.

## Welcome

Welcome to the November edition of News & Views, the newsletter of Charnwood U3A. We hope you'll find it both entertaining and informative. The content is written by members, and details for sending contributions can be found at the end of this newsletter.



## A Message from the Chair



This, for some of us, can seem a very depressing time of the year. Summer time is now behind us, the hours of sunlight are on the wane, and cold/wet/windy days are becoming more frequent. On top of this the dreaded 'C' is advancing again and a new national four-week lockdown has just been announced to start Thursday 5th November.

We need some things to look forward to, and hopefully your Charnwood U3A (CU3A) will help ease you through the next few months.

To kick things off, we have set up a small group tasked with finding ways to keep you all engaged. Our initial thoughts include finding ways to keep groups active. Many of you are already meeting via Zoom (or similar) and, once the initial teething problems have been resolved, this seems to be working well.

We will also look at the possibilities of sharing zoomed meetings with other local U3As. This could be a good way to learn about areas not currently covered by our own interest groups. Zoom meetings are all very well but I appreciate that, for some of you, tackling the technology can be very daunting. To help address this, we have placed user guidelines on the CU3A website [www.charnwoodu3a.org.uk](http://www.charnwoodu3a.org.uk), and our new IT Help Desk offers one to one help. Please contact me if you need assistance accessing either of these.

The above is a start but, to make us as inclusive as possible, we would really appreciate any ideas you might have. If you have anything to offer – no matter how trivial or grand they may seem – please let me know. Now that we are not able to hold face-to-face meetings, we all need to don our thinking caps and come up with ways to keep our U3A alive.

Thankfully, we are not alone - the Third Age Trust (TAT) are coming up with lots of initiatives to help us through the winter months. *See page 5 for details.*

This is a troubling time but we must try to make the best of it. Not wishing to sound in any way complacent we have, to date, got off very lightly – I am not aware of ANY of our members having been tested positive for Covid-19. As long as we all continue to play by the rules, I have high hopes that this will continue to be the case. In addition, there is now a faint hope of a vaccine being made available later this year. Many of us will be classed as 'vulnerable' and so will be amongst the first given the opportunity to receive it. Now that will be a Christmas present worth having!

Best wishes to you all – we WILL get through this.

Mike Hood, [chair@charnwoodu3a.org.uk](mailto:chair@charnwoodu3a.org.uk)

## Our Monthly Meetings

In October we welcomed James Hassall of the Royal National Institute of Blind People (RNIB) who enlightened us on the history and role of the RNIB, explaining the five major eye conditions causing sight loss and how these affect a person's vision. There was also invaluable advice on guiding visually-impaired people and interacting with guide dogs. The talk was both informative and interesting, well illustrated with photographs and video, and I'm sure everyone attending learned a lot from this presentation, as I did.

### Next Zoom Meeting: Wednesday 11th November, 2:30 pm

#### 'As Mad as a Hatter': the origins of sayings with Sandy Leong

Sandy is a member of Charnwood U3A and also a historian and experienced public speaker, with a lifelong career as an educator. By way of an introduction to her topic for our November meeting, Sandy offers the following words:



*Some people could say that I'm as mad as a hatter because I'm fascinated by the origins of the sayings we use in everyday conversation. There are more sayings than you can shake a stick at. For any doubting Thomas out there I'll let the cat out of the bag and pull out all the stops to entertain you, with stories of how the sayings we use all the time, came about.*

Details are available on our website at:

<https://www.charnwoodu3a.org.uk/siteb/MonthlyMeetingNov2020.html>



**IMPORTANT:** Zoom sessions are limited to 100 participants and therefore **pre-registration is required. To book your place, please go to the November Monthly meeting page on our website at <https://www.charnwoodu3a.org.uk/siteb/MonthlyMeetingNov2020.html> and complete the registration form. For couples planning to attend the presentation using a single computer, tablet or smartphone, only one of you should submit the form. You will see an instant 'pop-up' acknowledgement. An invitation to join the meeting will then be emailed the day before the meeting to all those who have pre-registered.**

### Looking Ahead: Zoom Meeting on 16th December, 2:30 pm

#### 'Under the Influence' with Andy Smith

In December, we will be entertained by **Andy Smith** who promises a fun talk with songs and anecdotes. Please note that this will be on the **third Wednesday of the month, i.e. 16th December**, rather than our usual 2nd Wednesday. Details can be found on our website and in next month's News & Views.



### Looking Further Ahead:

Monthly Meetings via Zoom will continue for the foreseeable future, and details will appear on our website and in this newsletter in due course.

January's meeting will be announced in the December issue of the newsletter, and further meetings in 2021 will be described in future newsletters and on our website once details have been finalised. Please keep an eye on the website for details.

Helen Reid

## Group News

### Local History



Following successful recent meetings - local history through the eyes of members and a fascinating talk about the 'Carillon Quilt' - this is a reminder that the last of the three Autumn meetings of the Local History group will be held via Zoom on **Monday 23rd November**. Starting at 2 pm, there will be a talk entitled '**Public Heath and Archdeacon Fearon**' by Dr Pamela Fisher of Leicestershire Victoria County History.

As there are no room size restrictions - other than the 100 person limit imposed by Zoom - any Charnwood U3A member is welcome to join. If you wish to do so and haven't previously contacted Anne, please email her on [annep.speight@outlook.com](mailto:annep.speight@outlook.com). She will send the Zoom link shortly before the meeting.

### New Group - Italian Conversation

A new Italian conversation group, **Parlate Italiano**, had its first meeting at the end of October. The group will meet **fortnightly on Tuesdays from 11 am until 1 pm**, initially by Zoom and later on, when conditions allow, in members' homes.

Members describe themselves as: "a small friendly group wanting to improve our Italian for no other reason than that we enjoy the challenge of learning the language and speaking it whenever able to visit the country. Intermediate standard."



If you are interested in joining, please contact the Group Leader, Rosalind Barney – email [Parlatelitaliano@charnwoodu3a.org.uk](mailto:Parlatelitaliano@charnwoodu3a.org.uk)

### Free Golfing Equipment!



The Golf Group continues to play every Wednesday and new players are welcome.

Our previous Group Leader kindly donated a lot of equipment to the group. While we have availed ourselves of various clubs and other kit there is a significant amount left; clubs, bags and sundry items. There is far too much to itemise here.

Should any U3A member wish take up the game, or add to their kit, please contact Jon Ivins by the email address on the Golf group page on our website. Everything is free - we want it to be used.

### Group Meetings

As you will no doubt be aware, the rules regarding face-to-face meetings in Charnwood under tier 2 have now been overtaken by the announcement of a new national lockdown from Thursday 5th November. **This means that NO face-to-face group meetings - indoors or outdoors - will be allowed for the next month at least.**

The TAT guidance page on this can be found on their website at: <https://www.u3a.org.uk/covid-19-advice-on-u3a-activities>  
This page will no doubt be updated with further guidance in due course.

## Welcome Back, Live Theatre!

When lockdown put an abrupt halt to so many of our activities, an unexpected benefit was the sudden wealth of cultural events freely available online. Suddenly we had access to exhibitions, galleries, opera and theatres from across the world. About a fifth of Charnwood U3A members, myself included, belong to the Theatre Group and with productions from The National Theatre, The Globe and the RSC at our fingertips, we were spoiled for thespian choice. Despite this, I'm sure I wasn't the only one yearning to watch a live performance and wishing I could sign up for a Theatre Group outing.

Finding the perfect parking spot at Tesco, waiting for the coach, scanning the car park for familiar faces, a hello here and a quick wave there as we board – the familiar ritual of a Theatre Group trip. The anticipation and enjoyment of some first rate drama, the buzz of contented conversation (and occasional gentle snore) as we head home in the dark, thankful to let someone else handle the drive back to Loughborough. Happy memories.



Fellow theatre aficionados, it may be a while before we can meet up again in this way, but all is not lost. The latest lockdown may have scuppered Curve Theatre's concert performance of *The Color Purple*, due to open later this month. However, the "spectacularly re-imagined socially distanced concert performance" of *Sunset Boulevard* (14th December – 3rd January) and the revival of *Memoirs of an Asian Football Casual* (25th January – 6th February) will hopefully go ahead as planned.

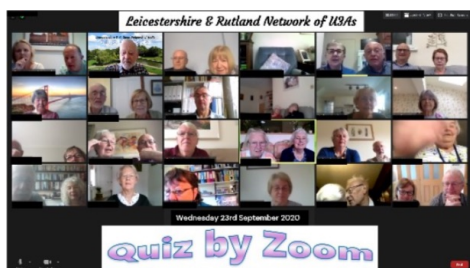
By raising the walls between the main auditorium and the smaller Studio theatre, Curve has created a single in-the-round auditorium with a socially-distanced seating capacity of 533, divided into different sized bubbles. A revolving stage will enable audiences to enjoy performances from all four sides of the stage. Covid has provided the impetus to create a potentially remarkable and unique theatrical experience, so my personal risk assessment ended with, "Yes, go for it!" If you are also longing to see a live show and feel it's worth the risk, you might see me at *Sunset Boulevard*, scanning the audience and ready to give you a thumbs-up and socially distanced wave. Hopefully there will also be a jubilant smile on my face!



Hilary Knowles

Curve Theatre (Leicester) Box Office 0116 242 3595 Website [www.curveonline.co.uk](http://www.curveonline.co.uk)

## Network Quiz - The Results



Around 40 members from 8 U3As were represented in the online quiz held by the Leicestershire and Rutland Network of U3As in late September. It took a tie-break question to separate 1st from 2nd but the eventual winners were Rick & Jenny from West Leics U3A, with Trish & Nigel from Glenfield U3A as runners-up. Both had scored 70 out of 100. The organisers send their congratulations and thanks to all who took part.

## New Guides on our Website

Our **Members Handbook** has recently been completely revised and updated. Not only of interest to new members, but containing useful information for all, it can be found at:

[https://www.charnwoodu3a.org.uk/siteb/pdfdocsMain/Members\\_Handbook\\_2020\\_09.pdf](https://www.charnwoodu3a.org.uk/siteb/pdfdocsMain/Members_Handbook_2020_09.pdf)

A new **Group Management** guide is also available. Of interest to current and future Group Leaders, it can be accessed under the Group Leaders menu in the Members area of our website (Login required: go to All Members page).

Home Welcome Our Groups News Our Meetings On-line Ents On-line Info **For Members** Help with IT Contact Us

All Members



For those of you who participate in Zoom meetings using an iPad, CU3A member Peter Reid has recently produced **Zoom on an iPad**, a visual guide to the controls which you may find useful. This is available from the 'Help with IT' menu on the website (no login required), where other IT guidance can also be found.

## News from the National u3a



The Third Age Trust (TAT) has recently launched a **Winter Learning Programme** with a number of new initiatives to support u3a members throughout the winter months. There are many varied activities on offer, and talks on a wide variety of topics, as described in the list recently circulated to members. Here is a taste of what is on offer:

- Poetry competition – to find the best humorous u3a poem
- Winter watch – a challenge to see your best wintery photographs
- Paint or draw – a monthly themed art challenge
- Online bridge courses
- Online philosophy workshops
- u3a radio podcast – **Tuesday 17th November** at 11am

Check <https://www.u3a.org.uk/learning/national-programmes> for the latest information. Events which require members to book are at: <https://www.u3a.org.uk/events/educational-events>



A reminder that TAT produces a **monthly newsletter**: if you haven't already done so, you are encouraged to sign up to receive their newsletter directly by email by going to: <https://www.u3a.org.uk/newsletter>.

The latest issue (October) is available at: <https://tinyurl.com/y5chbto6>

Previous issues can be accessed from the archive section at <https://www.u3a.org.uk/about/newsletter>

There is also a bitesize edition in PDF format which is easily printable; the latest one (October) can be found at: <https://tinyurl.com/y3xasda8>

TAT also publishes an online journal called 'Sources'. You can access this at <http://sources.u3a.org.uk/>

## Stay Safe Online (and Offline)

In these uncertain times, it is more important than ever that we take precautions to avoid falling victim to fraudsters. On the next page is an important message from Leicestershire Police on how to avoid fraud when shopping online. And on our website, you will find links to a number of guides to all types of scams, including **'the Little Book of Big Scams'**, an excellent guide produced by the Metropolitan Police. Go to <https://www.charnwoodu3a.org.uk/siteb/BeSafe.html> to access the information.

## Fraud Vulnerability – A Message from Leicestershire Police

During 'Lockdown', online shopping fraud has increased and it is really important people know what to look out for and how to protect themselves from this type of crime, especially in the run up to Christmas.

### **How does online shopping fraud happen?**

Online shopping fraud happens when you discover a problem with something you're buying or selling in an online auction or marketplace, such as eBay, Gumtree or Etsy.

Online auctions and marketplaces have become a very popular way of trading online, but fraudsters are using them to take advantage of your trust to sell poor-quality or non-existent items. You may find that something you've bought online arrives late or never at all. In some cases, the products you've paid for are less valuable than shown in the advert, different from the original description, or you weren't told crucial information about the product or terms of the sale.

### **What can be done if you are a victim?**

If you paid via bank transfer, debit card or PayPal, this guide from consumer rights organisation *Which?* explains how you might be able to get your money back after you have been scammed:

[www.which.co.uk/consumer-rights/advice/how-to-get-your-money-back-after-a-scam](http://www.which.co.uk/consumer-rights/advice/how-to-get-your-money-back-after-a-scam)

### **How to shop online safely**

- Before you enter your payment details into a webpage, ensure that it's using a secure connection. Look for a small padlock symbol in the address bar (usually next to the web address). The web address of the payment page should begin with https. The 'S' stands for secure. Avoid carrying out any financial transactions over unsecure connections, such as public wi-fi.
- Remember, when you're making a payment online, you'll be asked for the 3-digit security (CVV) number on the back of your card; but you should never be asked for your card's PIN or any internet banking passwords.
- If you're buying something online that costs between £100 to £30,000, credit cards offer increased consumer protection over debit cards.
- If you're unfamiliar with a site you want to buy something from, do some research first and look for ratings and reviews from customers that have previously used the site. Always be cautious about offers that seem too good to be true, or if a site or seller requests payment via a bank or money transfer service.
- Always ensure that you install software and app updates as soon as they're available for your device. Install anti-virus software on your devices and remember to keep it updated. Some forms of malware can intercept and steal the payment details you enter into online shopping or banking sites.

### **How to shop safely on online market places**

- Check the item description carefully and ask the seller questions if you're unsure of something.
- Know the terms and conditions of the auction website, including its dispute resolution policy.
- Pay on the auction site every time and don't click on links the seller sends to you. Never pay by money/bank transfer – use a recognised service such as PayPal which protects your money until you've resolved any problems with the seller.

### **Be suspicious if:**

- The buyer or seller has a bad feedback history or has only recently set up a new account to avoid a poor reputation.
- You get a private message or email offering to buy below the current bid or reserve price or to sell a similar item after an auction has ended.
- You find an expensive item for sale at an incredibly low starting bid.  
If an offer sounds too good to be true, then it probably is.
- If you have been the victim of a fraud please report it to Action Fraud:  
[www.actionfraud.police.uk](http://www.actionfraud.police.uk) or call 0300 123 2040

8812 Rebecca Spilane, Fraud Vulnerability Officer,  
Economic Crime Unit  
Leicestershire Police



## Volunteers Wanted

### NSPCC

#### Childline Volunteer Counsellors – Urgently Needed

The NSPCC in Nottingham are looking to fill the above roles.

- ✚ The volunteers would be talking to children and young people over the telephone or instant message.
- ✚ In depth training is provided therefore no previous experience is needed.
- ✚ Volunteers would need to go to the Nottingham base for at least 1 shift per week (various shift times available).
- ✚ Travel expenses of up to £20 per shift are provided.

If you feel you could make a difference to the lives of young people, are a good listener and are empathetic, this role could be just for you.

To find out more contact:

Katie Bannister  
 Childline Volunteer Co-ordinator  
 Regent House | Suite B | Clinton Avenue | Nottingham | NG5 1AZ  
 Tel: 0115 896 3259 or 07845 498394  
 Email: [katie.bannister@nspcc.org.uk](mailto:katie.bannister@nspcc.org.uk)  
 Website: [www.nspcc.org.uk](http://www.nspcc.org.uk)

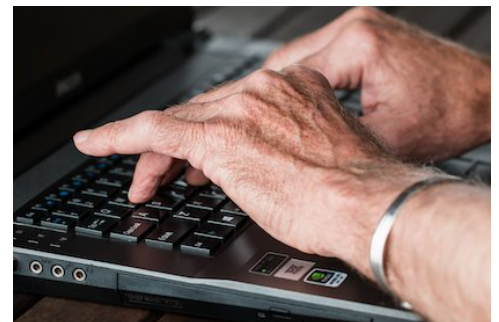


### Arthritis Research

Ellen Constable, a final year student at De Montfort University, Leicester, is conducting research around how people with medical conditions similar to arthritis perform in day to day tasks.

She would really appreciate it if our members are able to complete a short online questionnaire to help her with this research. You do not need to be an arthritis sufferer to assist with this. The answers will be anonymous and used in her degree work.

You can access the questionnaire at: <https://tinyurl.com/y2d3nthh>



## Remembrance Day Competition

As there is no public service of Remembrance this year, Charnwood Creatives have set up **three free-to-enter Remembrance 2020 competitions** in:

- **Art**
- **Photography**
- **Writing**

This project is designed to help people of all ages to be involved in remembrance at home as advised by Charnwood Borough Council. The closing date for entries is **Friday 13th November**. Full details of these competitions and how to enter can be found at:

<https://charnwoodcreatives.wordpress.com/remembrance-competitions/>



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## On-Line Events

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### Artemisia: Artist, icon, entrepreneur

A u3a event with the National Gallery exploring the art of Artemisia Gentileschi. This event takes place on **24 November 10:30 - 12:00 via Zoom and costs £5.50 to join.**

u3a members are invited to join the National Gallery to discover the art of Artemisia Gentileschi, who challenged conventions and defied expectations as a successful artist of the 17th-century, tackling subjects that were traditionally the preserve of male artists and for the male gaze.



National Gallery expert Kate Devine discusses the power of Gentileschi's heroines and the artist as heroine of her own life and storyteller Fiona Alderton gives a spellbinding account of Artemisia's extraordinary life.

Book your place at: <https://www.eventbrite.co.uk/e/artemisia-artist-icon-entrepreneur-tickets-124398283615>

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### Being Human Festival 2020: New Worlds



Being Human (<https://beinghumanfestival.org/>) is the UK's national festival of the humanities, led by the School of Advanced Study, University of London in partnership with the Arts & Humanities Research Council and the British Academy.

This year it takes place from **Thursday 12 November to Sunday 22 November** with lots of free online events including digital exhibitions, workshops, quizzes, talks and debates. Details can be found at: <https://beinghumanfestival.org/being-human-festival-2020-new-worlds/>

The programme is varied and interesting. Inspired by this year's theme 'New Worlds' there are events on everything from science-fiction futures, to immersive explorations of the past, to the role of the humanities in the present. You are invited to explore the Discworld universe of Terry Pratchett; ponder the future of global capitalism; immerse yourself in the weather of past and future years; take a seat at an 18th century debate; have a rummage through the history of charity shops; create your own cabinet of curiosities; discuss the future of museums; reflect on the US presidential election and much more!

So why not take a look and see if there's anything to interest you?

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### Army Flying Museum - Lockdown Lectures

The Army Flying Museum at Middle Wallop, Hampshire is running a programme of online lectures which are free to view. The recorded lectures are followed by a live Q&A when they are first broadcast.

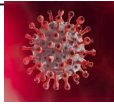
The archived lectures (and recorded Q&A) are now on their website for a period of time for members to view at their convenience.

To view series 2 of the Lockdown Lectures go to: <https://www.armyflying.com/lockdown-lectures/>.

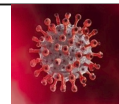


They have now launched a third series. The lectures are military history and aviation themed and cover a range of different topics. The next lecture is on **9th November at 7 pm** and is entitled 'Operation AGILA - 656 Sqn'. Details are on the website.



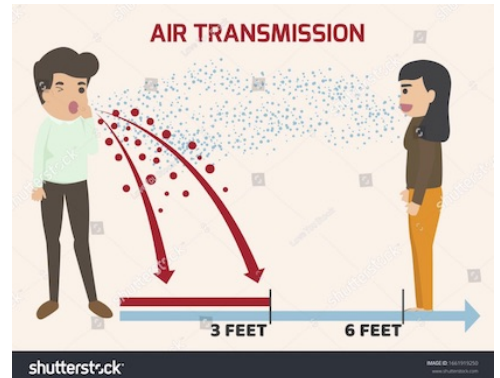


# STOP THOSE COVID PARTICLES



To keep safe in the Pandemic it's useful to understand how particles of matter – including Covid-19 – behave in air. A fine hair at 50 microns wide (1 micron is 1/1000th mm) is about the smallest the eye can distinguish – and a Covid particle is 0.1 micron. It's tiny.

Now look at the picture. The guy is infected with Covid and coughs. Big particles will fall to the floor, but those small Covid particles will remain in the air. They will not fall to the ground. In the open air they will waft away but, in a close group, particularly indoors, you will get a dose. It is not just coughing that creates Covid particles. They are created during talking, shouting, singing and, shown recently, even just breathing out.



So, socially distance - and wear a mask.



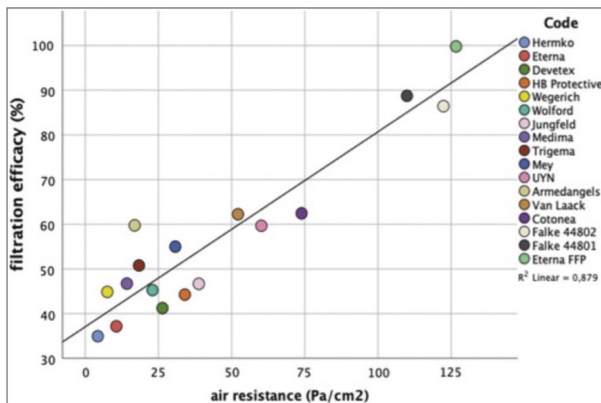
Here are 3 types of masks. On the left is a “community” mask, the middle one is a surgeon’s mask, and on the right is a respirator. Respirators fit tightly and will filter particles during both inhalation and exhalation.

We should all wear respirators but there are just not enough to go around. So, use the best you can get. The two important things about masks are fit, and filtration.



### Filtration

Percentage of particles that pass through the mask.



A German scientist recently reported tests on “community” masks, testing separately for filtration efficiency, then resistance. He reports a lot are not very good, see graph (left). The dots on the lower left are poor masks. Low air resistance correlates with poor filtration. And *Which?* reports that a first consumer test of reusable face coverings reveals some can filter 99% of particles, while others manage just 7%\*. Here is a test for yours. Blow through it. The higher the resistance, the better the filtration and the safer you are.

And wash your hands!

John Bell

FIG. 3. Filtration efficacy in % versus air resistance in Pascal/cm<sup>2</sup>.

\* <https://www.which.co.uk/news/2020/10/which-face-mask-tests-reveal-huge-differences-in-filtration/>

## Environmental tips: REFUSE, REDUCE OR RE-USE

**LITTER** - don't you just hate it? Are sports water bottles and masks the new litter?

**REFUSE** - if you always carry a folded up bag, then you can refuse all wrappings. You are going to wash, scrape, peel or cut the skins off your vegetables anyway.

**REDUCE** - Dual-flush toilets are prone to leaking, much more so than conventional syphon flushes. If you have one, check periodically that it is not slowly leaking into the toilet bowl. It is quantity over a long time that matters. What you can do with a conventional w.c. is to put a brick into a sealed plastic bag and put it in the cistern. That really does save a lot of water. That is proven.



**RE-USE** - Do you, like me, feel more secure with a brand-new old-style road atlas in the car? Well the old atlas provides you with superior Christmas Wrapping Paper! Which will be much admired. You can recycle the metal spine and outer sheets with writing on. Why not select where your friends live, find the relevant page, and centre the wrapping page on that?

Diana Harvey

## Answers to last month's Quiz:

- 1) Much of the action in a BBC sitcom takes place in which French cafe?  
**Cafe Rene in Allo Allo**
- 2) Which supermarket chain introduced the Nutmeg clothing brand in 2013?  
**Morrisons**
- 3) On what date did the first live BBC Promenade concert take place in 2020?  
**28th August. There was none earlier because of the pandemic.**
- 4) Which two countries will co-host the 2023 FIFA Women's World Cup?  
**Australia and New Zealand**
- 5) Which revolutionary party was founded in Oakland, California by Bobby Seale and Huey Newton?  
**Black Panther Party**
- 6) What is the regulation diameter of a standard basketball hoop in inches?  
**Eighteen inches**
- 7) By land area, which is the largest country in Africa?  
**Algeria**
- 8) "The Best Is Yet To Come" is on the tombstone of which American crooner?  
**Frank Sinatra**
- 9) Who was Abraham Lincoln's main opponent in the 1864 presidential election?  
**George McClellan**
- 10) Geographically, what makes Belize unique amongst Central American nations?  
**It is the only nation not to have a Pacific coastline**
- 11) Jodie Foster played a speakeasy chanteuse in which 1976 Alan Parker film musical?  
**Bugsy Malone**
- 12) Which means of surface transport do East Sussex, Herefordshire, Dorset and Suffolk not have?  
**Motorways**
- 13) In 1987 Princess Anne became the seventh holder of what title?  
**The Princess Royal**
- 14) What is the main gas in firedamp?  
**Methane**
- 15) In which South American country were the "disappeared children"?  
**Argentina**
- 16) What is the oldest object in the Crown Jewels?  
**Coronation Spoon from the 12th century**
- 17) In statistics, what is a moving average?  
**The average of a current figure and a fixed number of figures immediately preceding it**
- 18) What is the nationality of the president of The Royal Society?  
**Indian. Venki Ramakrishnan, a biologist, is President of the Royal Society**
- 19) Which composer wrote the opera "Gloriana" and for what celebration?  
**Benjamin Britten for the Queen's coronation**
- 20) What "double" can only be made in one UK county but the "single" can be made anywhere?  
**Double Gloucester cheese can only be produced in the county, unlike Single Gloucester**



## Items for News & Views

Do you have an announcement, story - or even a short comment - to share with your fellow CU3A members? All contributions are very welcome, and we can preserve your anonymity if you prefer that your name does not appear in the newsletter.

There is a limit of around 500 words per item, and photos are very welcome.

To enable the newsletter to be compiled in time for delivery to members at the start of each month, the deadline for receiving items will normally be the last day but one of the previous month. The deadline for the December issue of **News & Views** will be **Sunday 29th November (12 noon)**.



Please send your contributions to the Newsletter Editor at: [newsletter@charnwoodu3a.org.uk](mailto:newsletter@charnwoodu3a.org.uk)

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 Editor reserves full editorial rights as to length and suitability and the Editor's decision is final.

News & Views is sent to all Charnwood U3A members by email link (or, for those without email, 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) under the News menu.

Thank You!

Helen Reid  
Newsletter Editor  
Charnwood U3A

## Contact Details for Committee and Group Leaders



Names and photographs of the Committee and their generic emails ending @charnwoodu3a.org.uk are available on our website under Contact Us - Committee Contacts.

The names and generic email addresses of Group Leaders for each group can be found on that group's dedicated website page, accessed via Our Groups - Groups Listed...

Telephone numbers of Group Leaders can be accessed from the Members area of the website, using login details previously supplied.

## Some other useful U3A web addresses:

National u3a Newsletter: <https://www.u3a.org.uk/newsletter>

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>

