

News & Views


 Newsletter

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Interest Groups

Details of Groups can be found on the Charnwood u3a website:

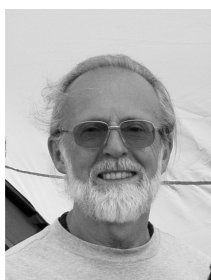
www.charnwoodu3a.org.uk under 'Our Groups' menu.

Welcome

Welcome to the December 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



At last there is some good news. Three (and counting) pharmaceutical companies showing signs of an effective vaccine and there is now a realistic hope that normal service might resume by Easter 2021. This is all very well, but Easter is several months away - we still have winter to deal with! It would be very easy to give in to the situation and head off into a period of hibernation, but I like to think that most of us, the u3a generation, are made of sterner stuff.

From 2nd December, Charnwood moves out of lockdown in Covid tier 3 – we could have hoped for better! This might allow some of our outdoor activities to recommence but, by nature of our groups, many of us will still be left in a state of limbo. What can we do about it? There are many ways of keeping in touch with each other. With the usual channels having been closed off, we need to start looking at what other options are available to us.

The Gardening group has not met since February; it is a large group (50+) which is a big problem when rule of six has to be applied. However, plans are now being made to hold Zoom meetings in the new year AND in addition a group newsletter will be launched. This will be a forum enabling group members the opportunity to share (via articles, photos, etc) what gardening activities they have been up to for the past 8 or 9 months. Could your group be doing something similar?

If not, how about contributing to this magazine? To be truly representative it needs to be 'fed' by you, the members. There is so much creative talent in our u3a – how about sharing some of it! This could be a piece of creative writing (poetry or prose), a photo, drawing or possibly a cartoon. Please don't be shy!

Is there anything else you would like to see in News & Views? As a starter, I have thought of the following possibilities:

- Members' ads - free or low cost personal items
- Letters to the editor – Perhaps have a topic of the month
- Obituaries
- Personal contributions relating to u3a activities – these do NOT have to be from Group Leaders, and neither does the content need to be contemporary. Reflections on 'happier days' might be just the tonic some of our members need.

If you have thoughts on any of the above, or have other ideas to suggest, please let me know.

Finally, may I wish you all a (socially distanced!) Merry Christmas and a Very Happy New Year. I am confident that we are now seeing glimpses of the light at the end of the tunnel. Until we get there, please keep well and keep safe.

Mike Hood, chair@charnwoodu3a.org.uk

Our Monthly Meetings

In November, we were treated to a talk by Sandy Leong, one of our members, who explained to us the origins of everyday sayings such as 'letting the cat out of the bag' and 'as mad as a hatter' in a very entertaining and informative way. Many of these sayings originated from unexpected sources, and Sandy's talk gave a fascinating insight into these phrases which enrich our national language (and often make it unintelligible to foreigners!)

Next Zoom Meeting: Wednesday 16th December, 2:30 pm

'Under the Influence' with Andy Smith

For our December meeting, we will be entertained by **Andy Smith** who promises a fun talk with songs and anecdotes. He plays various guitars, banjo, mandolin and a ukelele and his talk will include some if not all of them. The songs will feature favourites from artists such as The Beatles, John Denver, Ralph McTell, Don Maclean and hopefully some Christmas favourites!



Please note that this will be on the third Wednesday of the month, i.e. 16th December, rather than our usual 2nd Wednesday.



IMPORTANT: Zoom sessions are limited to 100 participants and therefore **pre-registration is required. To book your place, please go to the December Monthly meeting page on our website at <https://www.charnwoodu3a.org.uk/siteb/MonthlyMeetingDec2020.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 13th January, 2:30 pm

'A Day in the Life of a Bishop' with the Rt. Reverend Martyn Snow, Bishop of Leicester

To start off the New Year, Rt. Reverend Martyn Snow will talk to us about the day to day work and management of a diocesan bishop.

We hope to learn more about the daily life and work of other faith leaders within our diverse community at future meetings.



Looking Further Ahead:

Monthly Meetings are continuing via Zoom for the foreseeable future. Details of our meetings for January to April 2021 will be published in the January issue of the newsletter. In the meantime, if you'd like a preview of what we have in store for you for February-April, just head to our website where you'll find details of our spring programme under 'Our Meetings' for the relevant month. Hopefully you'll find something there to interest you.

Helen Reid

Group News

Family History Discussion

Our last meeting on 18th November was entitled “Demolishing brick walls”. This was not about sledge hammer technique but about overcoming the stumbling blocks that you inevitably reach as you go back researching your ancestry - when the records become sketchy or hard to find and especially prior to the 19th century.

There were several contributions from members about how they had unblocked their trees, often by a chance discovery of a letter or other document that opened up a whole new chapter of research, as well as reports of walls yet to be breached. The discussion highlighted how serendipity plays a part, but following up leads from other people in your family tree and contacts with geographically distant living relatives can also help, and DNA testing is increasingly playing a key role.

Our next meeting is by Zoom on **Wednesday 9th December at 2pm** when we will share “Our East Midlands ancestors” (note the change of date from the usual pattern to avoid a clash of dates). We shall also start to plan the programme for 2021.

Brian Waters



English Parish Churches

A Zoom meeting is planned for the two English Parish Churches Groups on **Tuesday 8th December at 2pm**. The two groups have met together for a 'Christmas special' every year when in normal circumstances we would also have a bring and share buffet, always excellent. No buffet this year but the talk will be on 'John Betjeman and Churches': participants will see a PowerPoint presentation online while I read related Betjeman poetry on churches. Probably two halves with a break in between. We have our own Zoom subscription so other u3a members could join us for this. Anyone interested should email EngParishChurches2@charnwoodu3a.org.uk and I will get in touch with them.

Roger Willson

Exploring the English Language

Ethel has been happily Zooming through 2020. The last meeting of the year is on **22nd December at 10am**. Topics have included the roots of English words, street names, the language of headlines and, most recently, a comparative analysis of the speech styles of Boris Johnson, Joe Biden and Donald Trump. In a year when Covid has rewritten the English dictionary, the group discovered yet another new word: “bubbings”. (Ethel: a gerund actually!) The government, in consultation with the devolved nations, has announced “a shared objective of facilitating some additional household bubbling” over the Christmas period. Happy bubbling everybody!

Pam Upton

Golf



Once lockdown has finished the Golf Group intend to resume playing on a regular basis. As the situation is fluid, and we have to comply with the Covid regulations, members of the u3a who wish to play should phone or text Jon on 07944 808194 before playing. The phone has voicemail so please leave a message if I can't answer the call.

Jon Ivins

French Conversation

French Conversation is continuing to meet twice monthly on Zoom, with good attendance. Our tutor usually issues a document in advance to prepare for the meeting. In December however we'll only have one session, on the 3rd, but no Christmas lunch party this year (sad!)

Brian Hinners

More Group News

Latin Group

At a recent meeting of the Latin group (2 Nov, by Zoom), members produced their translations of the same passage from Virgil's Aeneid. Below are the contributions of two members, showing the variation in interpretation of the text...

Virgil: Aeneid 2. 347-369

When I saw that they were crowded together and were "up for" battle, I started thus:
 Young men of stoutest hearts, it is no good
 This all-consuming wish to dare you have;
 For you must see our destiny: it is
 Only to court disaster, that alone.
 The gods for whom this kingdom once had stood,
 They all have gone, their shrines and altars left,
 And you support a city all in flames.
 But let us rush into its midst and face
 The bloodiest of conflicts, there to die.
 You know salvation cannot be a hope
 For those defeated; only this is sure.
 The spirits of those youths were all on fire,
 And so, like rav'ning wolves in some dark cloud,
 (and driven blindly by disease, leaving
 Their whining whelps, dry-jawed, to wait in vain),
 We sallied forth with darkness all around,
 Hugging the city-centre street to face
 The enemy, and therein certain death.
 In truth, who could, in speech, retell that night?
 And who could make his efforts match the tears
 To see that ancient city quite destroyed
 That had for ages held so strong a sway?
 So, bodies, stilled by death, lay in the streets,
 The houses and the temples of the gods.
 Not only, though, did Trojans pay the price
 In blood: the conquered too found courage bold
 Within their hearts and sinews. So it was
 The victors also fell, and ev'rywhere
 Was fear, and savage struggling, and grim death.

Shirley Briggs

Virgil: Aeneid 2. 347-369

When I saw them crowded together and still up for a fight, I started to say:
 "O you stout-hearted young men, it's all over.
 If courting certain disaster is your all-consuming desire, then take a look at our situation and destiny: the gods, for whom the kingdom once stood have all gone, deserting their shrines and altars.
 You are supporting a burning city, so let us rush into the core of the conflict and face death, as there is no hope of safety for the defeated."
 Madness then reinforced the young men's spirits.
 Like a dark cloud of ravening wolves (blind and rabid, while the cubs stay behind with dry jaws)
 we went forward to certain death, facing our enemy by moving along the city's main streets as the black night surrounded us in a cavern of darkness.
 Who can describe that night's disaster and death; or by his efforts, match the tears?
 The city that had held sway for so many years had fallen into ruin with countless fallen bodies slaughtered in the streets, houses and sacred places.
 And yet it was not only the Trojans who paid the price in blood.
 As courage returned to the hearts and sinews of the vanquished, the victorious Greeks began to fall.
 Everywhere there was savage combat: fear stalked and death prevailed.

Malcolm Hill

19th-century imagining of the youthful poet Virgil



Group Meetings - Covid-19 Guidance

As you will be aware, Charnwood is under tier 3 restrictions from 2nd December. This means that no face-to-face group meetings are allowed indoors, although small interest groups of up to 6 people can meet outdoors in public spaces where appropriate measures are taken.

The national u3a guidance on this can be found on their website at:

<https://www.u3a.org.uk/covid-19-advice-on-u3a-activities>

This page is regularly updated with further guidance as the regulations change.

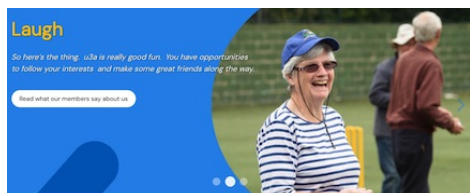
December 2020 Meetings via Zoom

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	1 Philosophy 2 pm	2 German Conversation, 10 am	3 SciTech1,10am French Conversation, 2 pm	4	5
6	7	8 English Parish Churches 1&2, 2 pm	9 History 3,11.30 Family History Discussion, 2 pm	10	11	12
13	14	15 Philosophy 2 pm	16 German Conv- ersation,10 am Monthly meet- ing, 2.30 pm	17	18	19
20	21	22 ETHEL, 10 am	23	24	25	26
27	28	29	30	31	1	2

Some of the above meetings *may* be open to non-members of the group (not History, Philosophy or SciTech). Please check with the group leader if interested. For more about these meetings, please see the Group News and Monthly Meetings sections of this newsletter and the Our Groups-What's Zooming? page on our website at <https://www.charnwoodu3a.org.uk/siteb/WhatsZooming.html>

If Group Leaders would like to send dates/times of their planned meetings in January to the Editor at newsletter@charnwoodu3a.org.uk, these will be included in next month's calendar. We hope this new feature will be useful, both now and in the future when we return to normal meetings.

News from the National u3a



Just in case you haven't noticed, the national u3a website of the Third Age Trust (TAT) has recently been upgraded and improved. There's a great deal of material there to help with ideas for activities, with lots of links to investigate. To see what's on offer, go to <https://www.u3a.org.uk>.

Also, a reminder that TAT's **Winter Learning Programme** described in the previous edition of *News & Views* still has lots of activities taking place. 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>

Apparently, less than 10% of u3a members have registered to receive the **national monthly newsletter** by email on a regular basis. This is full of news from around the UK, with lots of ideas for activities while face-to-face meetings are not possible. To register to receive this, go to: <https://www.u3a.org.uk/newsletter>. The latest issue (November) is available at: <https://tinyurl.com/y2pxhzsu>. 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 (November) can be found at: <https://tinyurl.com/y5u4fvdm>

Anyone for Uckers?

Apart from offering great potential for Scrabble and scurrilous limerick rhymes, what precisely is 'uckers'? More on that later, but first a bit about how I discovered this excellent word.

Chatting to a jazz-loving friend, I had to admit that Charnwood u3a didn't have a Jazz group. This piqued my curiosity and I visited a few other u3a websites looking for Jazz, but ended up browsing to see what else they offered. With over a thousand u3as at my fingertips, I decided to introduce some methodology to my searching. Should I concentrate on our local area, or perhaps look at a totally different region? In the end I settled on a self-centred approach and googled 'u3a' along with a few letters from my name. Up popped a cluster of u3as. Dropping in on them turned out to be surprisingly interesting, so I thought I'd share a few of my finds with you.



An unexpected discovery was that I instantly formed a mental picture of each u3a. Take Burgess Hill for instance, which boasts no fewer than four "Grumpy Old Men" groups. Surely the membership doesn't include a whole horde of dissatisfied Victor Meldrews? Hopefully not. I like to imagine these quasi-Meldrews leaving their Grumpy meetings totally transformed, smiling and full of bonhomie.

Searching "u3a hilary" inevitably resulted in a visit to Hillingdon, which turned out to have a similar profile to Charnwood. I was impressed by their twenty modern language groups, including Mandarin and Welsh, but surprised to see relatively few involving physical activity. Compared to some u3as, we are a remarkably energetic bunch.

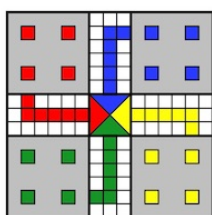


Kingston meanwhile offers a wealth of history groups, including Social History, Women in History and, intriguingly, Welsh Saints and Traditions. Given the town's long and illustrious history, perhaps that's hardly surprising. However, our own area is equally steeped in history, so perhaps we should consider some specialised history groups? Kingston's MOTO (Members on their Own) group also seems an excellent idea, enabling individuals to get together to enjoy activities of mutual interest, including one-off visits or events.

What soon became clear was just how much u3as help to expand not only minds, but also waistslines. Real Ale, Wine, Lunch and Supper clubs all featured widely. Let's hope they are soon able to get back to providing both enjoyment and fuel for little grey cells up and down the country. Incidentally, The prize for gastronomic enjoyment definitely goes to High Wycombe's Pudding Group, dedicated to chatting and eating pudding!



So if you find yourself drumming your fingers and thinking "what can I do now?", why not browse a few u3a websites for yourself and let me know if you come across any particularly interesting groups. Or perhaps you have suggestions of your own we could consider?



As for Uckers, it's the naval version of Ludo. Hayling Island u3a's plans to enter this year's World Championship were no doubt scuppered by Covid, so let's wish them the best of luck for 2021!

Hilary Knowles
Groups Co-ordinator
groupscoordinator@charnwoodu3a.org.uk

Volunteers Wanted



Localgiving

This is a not-for-profit initiative that provides support to a wide range of charities by recruiting volunteers and providing an online fundraising platform. They have so far supported over 3,000 small charities and community groups across the UK and helped them to raise over £3.5 million.

Localgiving has been selected by the UK government to deliver a new digital volunteering service to specifically meet the need for support of vital grassroots causes that are working on the frontline in the current pandemic. They aim to help these organisations reach skilled volunteers online, and have asked for help from the u3a, recognising that our members have numerous unique skills from our working lives.

This digital volunteering will focus on tasks that can be completed remotely wherever the volunteer is based. This means that individuals can offer up skill sets that organisations may not be able to benefit from locally, including accessing specialist advice or having help with short-term tasks or long-term activities. It also means that there are no risks to vulnerable or shielding individuals as this is not face-to-face volunteering.

If you'd like to consider contributing to this initiative, contact Lauren Swain, Volunteer and Partnerships Manager for localgiving at lauren@localgiving.org or 07808 889672, for more information.

Health Claims Unpacked

The British Nutrition Foundation is currently working on the *Health Claims Unpacked* project which aims to help consumers understand health claims on foods and drinks in order to make healthy choices.

Researchers are looking for people to complete a series of short, enjoyable interactive activities, which explore the health claims we see on food and drinks. Activities include testing nutrition knowledge and the opportunity to design a health claim on a food pack (see graphic below).

The activities take about 15 minutes to complete and as well as informing users about health claims, the results will be used by researchers at the University of Reading to make recommendations to the food industry and regulators on making health claims clearer for consumers. So, this is the opportunity for you to contribute to scientific research and have your say on the information you see on products!

The *Health Claims Unpacked* project team is encouraging as many people as possible to get involved in the research to get more people's views and get a clearer picture of how health claims can best be communicated.

The interactive activities can be accessed via the website: <https://www.unpackinghealthclaims.eu/> More about the project can be found at: <https://www.youtube.com/watch?v=uAr2CTdvzQU>

healthclaims unpacked

- Test your knowledge of how different nutrients help keep you healthy**
- Learn how to spot when a product is making a health claim**
- Tell us if you think differently worded claims have the same meaning**
- Decide which products with health claims you would choose to buy**
- Re-word a health claim in the way you would like it to appear on your own design**

You may have seen health claims like: **'Vitamin C contributes to normal energy-yielding metabolism'** on food and drink packs.

Claims on products are backed by science but the way they are worded can be complicated.

The Health Claims Unpacked project is looking at people's understanding of health claims on products.

The aim is to provide guidance to regulators and the food industry on wording health claims so that their meaning is clear.

You can contribute to this research and have your say by visiting the Health Claims Unpacked platform and taking part in the interactive activities at:

www.unpackinghealthclaims.eu

This work has been funded by EIT Food, the innovation community on Food of the European Institute of Innovation and Technology (EIT), a body of the EU, under the Horizon 2020, the EU Framework Programme for Research and Innovation

Christmas with the WEA

The WEA invite you to join them for their Christmas lecture series, running throughout December. In their words:

What better way to spend those cosy days and nights in front of the fire than watching one of our Christmas lectures?

For only £5 each, our knowledgeable tutors will take you through a topic or strand of history, some with a distinctive Christmas theme, from the comfort of your own home.



The wide variety of topics on offer include:

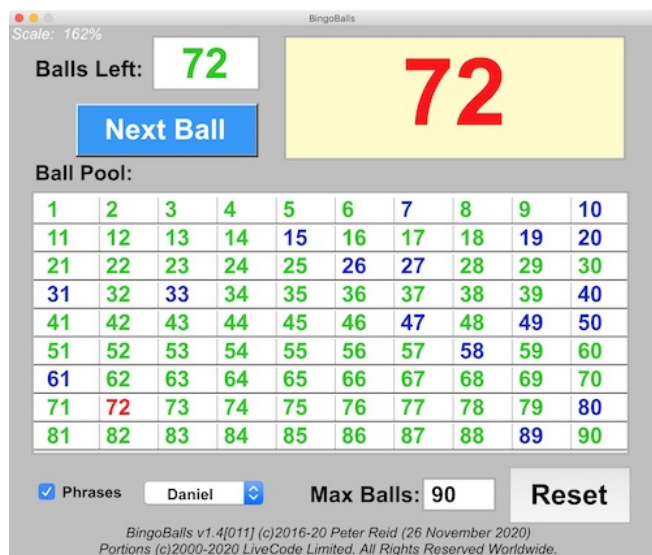
- The spirit of Christmas past: Christmas celebrations in medieval and Tudor times
- Appreciating music for Christmas
- Scientific fraud: misconduct and the ethics of experts
- Conservation, ethics and sustainable development: the drive for a new environmental politics
- ...and many more

For more information, go to <https://www.wea.org.uk/christmas>

By Jingo, It's Bingo!

With the current Covid-19 situation it can be difficult to come up with entertainment that will be allowed under ever changing rules. Perhaps a reworking of an old favourite can provide an interesting distraction? The old favourite is bingo, a classic form of group entertainment. However, a little tweak to the basic rules allows us to play the game using virtual meetings technology (Zoom, Teams, Skype, etc). All we need is a bingo app that selects the virtual balls and reads out the numbers together with well-known phrases.

A simple app called “Bingo Balls” has been developed to be used with normal or virtual groups. To make things a bit more interesting, the app can use different computerised voices. Also, the phrases can be replaced with a list of your own choices to tailor them to the interests of your group of friends or family.



Bingo Balls is available for free and runs on Macintosh and Windows computers. It consists of a folder containing the app itself together with a simple text file that contains the numbered list of phrases. If you'd like a copy of Bingo Balls, just contact its developer Peter Reid (peter.reidit@gmail.com) to receive the app together with a set of PDF files containing bingo cards to email out to the players.

Peter Reid

2		21		45	59			90
7		23			52		76	82
9	18	25				66		81

Scam Email Warning

A member has reported that she and a friend have both recently received scam emails purporting to come from DPD (Parcel Delivery), as worded below:

Hello (your email address)

Your parcel number is: (xxx...)

We tried to deliver your parcel today but you weren't in or there was no safe place to leave it.

Your action is required. If this item is unclaimed by the return date, then it will be returned to sender.

The first and second delivery attempt was free of charge

To schedule a new delivery, a shipping fee must be paid.

...followed by a link to '[Reschedule new delivery](#)'.

Don't be tempted to click on this or any other link in such an email!

The DPD website has a warning about these emails: https://www.dpd.co.uk/content/about_dpd/phishing.jsp including the advice to check the sender's email address, which should contain @dpd.co.uk, @dpdlocal.co.uk or @dpdgroup.co.uk. Note: When checking the validity of web addresses, the key part to be verified is between https:// and the next /.

Such scam emails are not new, of course. Variations have been phishing the rounds for a while, but at this time of year, when people will be expecting deliveries of items ordered online, it seems appropriate to reinforce the warning to be extra vigilant when opening such emails.

Network News - Dates for Your Diary



We have received advance notice of the following Network events scheduled for early 2021, which may be of interest to some of you. If so, note the dates in your diary. More details will be published in this newsletter as they become available.

Thursday 14th January 2021 at 10:00am – Engaging With Non-Internet Users



The aim is to get together u3a members - group leaders, committee members and individual members - to build a toolkit of practical ways to support individual u3as, interest groups and u3a members who are concerned about using “technical” methods of communication.

To make this work they are looking for those who would like some help, as well as those who can provide help, to take part. Although the meeting will be on the Zoom platform, anyone with a phone can dial in to add their concerns and views, or pass them to committee members to pass on for them.

Registration for this event is not necessary to encourage those nervous of technology to contribute. Further details will follow nearer the event.

Monday 22nd February 2021 at 7.00pm – Network “Pub Quiz”

This will be the next in the series of Network Quizzes open to all members of all u3as in our Network. Put the date in your diary now – more details will be published in due course.

Quiz Time: (answers in next month's News & Views)

- 1) In the carol *The Holly and the Ivy* how many times is the ivy mentioned?
- 2) Which Roman festival was held round about 25th December?
- 3) Which of the Synoptic Gospels does not mention the Birth of Jesus?
- 4) Which Saint is remembered on 26th December?
- 5) Which actress played Meg Mortimer (Richardson/Ryder) in *Crossroads*?
- 6) When is Christmas day in Russia?
- 7) When was Christmas banned in England?
- 8) Which was the first song transmitted from space?
- 9) Which plant's name derives from an Anglo-Saxon phrase meaning "dung on a stick"?
- 10) Who traditionally created the first Nativity scene?
- 11) Who played Scrooge in the 1951 film of that name?
- 12) Who played Scrooge in the *Muppet's Christmas Carol* (1992)?
- 13) Which Hunt met in Loughborough on Boxing Day?
- 14) "Coaches plied from Westminster to the Temple, and from several other staires to and fro, as in the streetes, sliding with skeetes, a bull-baiting, horse and coach races, puppet plays and interludes, cookes, tipling and other lewd places, so that it seemed a bacchanalian triumph or carnival on the water, whilst it was a severe judgement on the land, the trees not onely splitting as if lightning-struck, but men and cattle perishing in divers[e] places, and the very seas so lock'd up with ice, that no vessels could stir out or come in" is a description of which London event in 1683/4?
- 15) Where in Australia does a Test Match traditionally start on Boxing Day?
- 16) Before which festival in U.S.A. does the President pardon a turkey?
- 17) The tune of *Hark the Herald Angels Sing* was adapted from a tune by which composer?
- 18) Which King of England was crowned on Christmas Day?
- 19) What was traditionally partly burnt on the Twelve Days of Christmas and then placed beneath the bed for luck?
- 20) 'Adeste Fideles' are the first words in Latin of which carol?



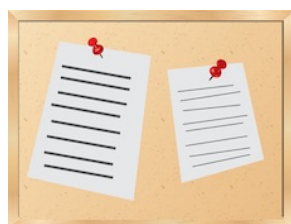
Our Notice Boards - a Reminder

Further to the previous appeals in News & Views, we still need a volunteer to take over our notice boards from Graham Cooper, before we recommence our monthly meetings at Emmanuel.

The requirements are listed to the right.

If you can help, please contact Graham on 01509 213675 or gccooper@tiscali.co.uk

(contact details given with permission)



- Someone capable of handling bulky, heavy boards: two boards each about 3 ft X 4 ft, together a foot thick. Our insurance covers the boards.
- Reliable attendance at every monthly meeting on the second Wednesday from 14:00 at Emmanuel Church, Forest Road, Loughborough
- The occasional updating of notices, removal of time-served notices etc.
- Ability to transport and store - in the dry - both notice boards, total space 3 ft x 4 ft x 1 ft.

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 January issue of **News & Views** will be **Wednesday 30th December (12 noon)**.



Please send your contributions to the Newsletter Editor at: 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 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

Leicestershire and Rutland Network: www.landru3a.org.uk

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

The logo for u3a, consisting of the letters 'u3a' in a bold, blue, sans-serif font.