

## News & Views

Newsletter

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### Our Website

Check out our website at: [www.charnwoodu3a.org.uk](http://www.charnwoodu3a.org.uk) for lots of information about Charnwood u3a, including details of our meetings, trips, all our Groups - old and new - and much more.

## Welcome

...to the January 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 on the last page of this newsletter.



***A Happy New Year to all our readers!***

***Our Next Monthly Meeting: Stilton Cheese...***



See page 2 for details.

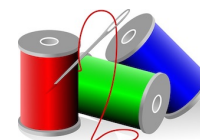
## New Groups for the New Year

As you will know, the end of 2022 saw the closure of Loughborough u3a after 30 years of existence. Many of their members have now joined us, and along with welcoming them as new members of Charnwood u3a, we also welcome a selection of new groups they are bringing with them:



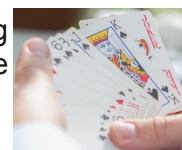
- **Knit and Natter** meet on the 1st Friday of the month in Mountsorrel

- **Stitch and Sew** meet on the 4th Wednesday of the month in Loughborough



- **Garden Visits** organise visits to beautiful gardens each month from April to October

- **Three new Canasta** groups, one meeting in Loughborough on the 1st Thursday of the month and the other two meeting in Quorn, one on the 1st Tuesday and the other the 2nd Wednesday of the month.



- **Beading Group** meet on the 4th Thursday of the month.

- **Craft and Self Help** meet on Monday mornings in Loughborough

- **Parchment and Papercraft** meet on the 1st Wednesday of the month in Loughborough.



- **L'bro & Quorn Walks** meet on the 3rd Thursday of the month, and expect to have a meeting in January to discuss their programme.

If you are interested in any of these groups, please look on our website at <https://www.charnwoodu3a.org.uk/GroupsAlpha.html> and click on the relevant group name for more details, including the name and contact email of the group leader, with whom initial contact should be made.

## Our Monthly Meetings

The monthly meetings of Charnwood u3a are on the **second Wednesday afternoon, 2.15 for 2.30 pm in Emmanuel Church**, Forest Road in Loughborough. The main car park for the church is accessed via Ingle Pingle, to the west of the church. Our monthly meetings are free to all, and we welcome prospective new members attending a meeting as a 'taster'. If you think you'll need any assistance at the meeting, please contact our Chair in advance on [chair@charnwoodu3a.org.uk](mailto:chair@charnwoodu3a.org.uk).

Last month, we welcomed 'That Band' - musicians from a local u3a (*pictured right*) - who entertained us with a selection of popular music from the '60s and '70s, including some with a Christmas theme. Many of us enjoyed singing along, or at least clapping to the beat of these tunes we remembered from our youth.



*That Band performing at Emmanuel Church at our Monthly Meeting on 14th December*

## Our Next Meeting Wednesday 11th January 'Stilton Cheese' with Kim Kettle



Kim Kettle, manager of a local cheese factory in the Vale of Belvoir will give us what promises to be an interesting talk on Stilton cheese manufacture, including its provenance.

I hope to welcome as many of you as possible to this first meeting of 2023.

Graham Cooper, Programme Secretary

### To attend this meeting:

If you wish to attend the meeting in person, no pre-booking is required - just turn up on the day, with your Cu3a membership card. **Please do not arrive before 2 pm.**



If you are unable to attend in person and would like to follow the meeting online (via YouTube), please go to the January 2023 meeting page on our website at:

<https://www.charnwoodu3a.org.uk/MonthlyMeetingJan2023.html>

where full details of how to join will be given.

## Monthly Meetings Survey

Thank you to all those members who have already submitted their responses to our short Monthly Meetings Survey. We have had a good number of responses, including some very useful comments, but would like to ensure all members have the opportunity to have their say. So if you haven't already completed the survey, there is still time to do so!

**You can submit your responses up until the end of January**, after which time the results will be collated and reported in the March edition of *News & Views*.

You can access the survey at:

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

Postal members will have received printed survey forms with their December newsletter and should return their completed forms using the prepaid envelope supplied.

Thanks to everyone for your time in engaging with this survey.

## Group News

### Lunch Club 1

The Lunch Club enjoyed a pre-Christmas meal when they went for their December lunch at the Waterside Inn in Mountsorrel.

Thanks to group leader Jennifer Bellamy for sending in this photograph of the group, taken at the lunch.

*(All that's missing on the photo is the food! Something like that pictured below? - Ed.)*



### Social Dance Group

will be continuing on the

**2nd and 4th Tuesday of the month  
2 pm – 4 pm**

We are paying to hire the Hall: we would like a few more members to fill it! Everyone is welcome, single or attached, and no special skill required.

**It is simply MOVING to MUSIC !!**

Contact: [beverly.gillman@gmail.com](mailto:beverly.gillman@gmail.com);  
leave a message on 01509 264593  
or just turn up at the Church of the Good Shepherd  
Hall, Park Rd, Loughborough.



### Architecture Appreciation

#### What on Earth is Sustainable Architecture?

Come along to our first meeting of 2023 on **Thursday 26th January** to find out how architects are finding ways of making our buildings from sustainable materials, that also tackle heating problems.

**Venue:** Gorse Covert Community Centre,  
Maxwell Drive, Loughborough, LE11 4RZ

**Frequency:** Monthly

**Day:** 4th Thursday of the Month



## January 2023 Meetings

MON	TUE	WED	THU	FRI
2 Jan 09.30 Yoga 14.00 Chess	3 Jan 13.00 Canasta1Quorn 14.00 Canasta 1	4 Jan 09.30 Golf 10.00 Classical Greek 10.00 German 10.00 JigsawBookEx 10.00 Mini Tennis 10.00 Scottish Dance 11.00 Table Tennis 3 13.00 Scrabble 2 13.30 Cribbage 2 14.00 French Improve	5 Jan 10.00 Spanish Conv 11.00 Table Tennis 4 13.30 Sci & Tech 14.00 Bowls Indoor 14.30 French Conv 19.00 Canasta 3	6 Jan 09.00 Badminton 10.00 German: RTC 10.00 Knit & Natter 10.00 Line Dance 10.00 Mah Jong 10.00 Table Tennis 7 10.30 Photography 10.30 Tai Chi 11.00 Table Tennis 5 12.00 Table Tennis 6 13.30 Pilates 1
9 Jan 09.30 Yoga 10.00 Craft+Self Help 10.00 Latin 10.00 Poetry 1 11.00 Table Tennis 1 13.00 Quiz group 14.00 Archaeology 14.00 Digital Imaging	10 Jan 09.30 Pilates 2 10.00 10+ Walks 10.00 Scrabble 3 11.00 Table Tennis 2 11.15 Pilates 3 14.00 Canasta 1 14.00 Eng Parish Ch 14.00 Social Dance	11 Jan 09.30 Golf 10.00 Committee 10.00 Mini Tennis 11.00 Table Tennis 3 14.30 Monthly Meet 19.00 Canasta2Quorn	12 Jan 10.00 Les Sportives 10.00 Thurs 6 Milers 10.30 Amble/Strollers 11.00 Table Tennis 4 14.00 Bowls Indoor 14.00 Making Music	13 Jan 09.00 Badminton 10.00 Classical Civ 10.00 Line Dance 10.00 Mah Jong 10.00 Needlecraft 1 10.00 Table Tennis 7 10.30 Tai Chi 11.00 Table Tennis 5 12.00 Table Tennis 6 13.30 Pilates 1
16 Jan 09.30 Yoga 10.00 Craft+Self Help 11.00 Table Tennis 1 12.00 Gardening 13.30 Canasta 2 14.00 Chess 14.00 Painting 15.00 Current Affairs	17 Jan 09.30 Pilates 2 10.00 6+ Walks 10.00 Spanish 11.00 Table Tennis 2 11.15 Pilates 3 14.00 Canasta 1 14.00 Philosophy 2 14.00 Sing4Pleasure	18 Jan 09.30 Golf 10.00 German 10.00 Mini Tennis 10.00 Poetry 2 10.00 Scottish Dance 11.00 Table Tennis 3 13.00 Scrabble 2 13.30 Cribbage 2 14.00 Family History 14.00 French Improve 14.00 Italian Conv	19 Jan 10.00 Parish Walks 10.30 Amble/Strollers 11.00 Table Tennis 4 14.00 Bowls Indoor 14.15 Scrabble 4 14.30 French Conv 18.30 Supper Club 2	20 Jan 09.00 Badminton 10.00 German: RTC 10.00 Line Dance 10.00 Mah Jong 10.00 Table Tennis 7 10.30 Photography 10.30 Tai Chi 11.00 Table Tennis 5 12.00 Table Tennis 6 13.30 Pilates 1 14.00 Art Apprec'n 15.00 Mac Users
23 Jan 09.30 Yoga 10.00 Craft+Self Help 11.00 Table Tennis 1 14.00 Digital Imaging 14.00 Local History	24 Jan 09.30 Pilates 2 10.00 ETHEL 10.00 Needlecraft 2 10.00 Scrabble 3 11.00 Table Tennis 2 11.15 Pilates 3 14.00 Canasta 1 14.00 Philosophy 1 14.00 Social Dance	25 Jan 09.30 Golf 10.00 History 10.00 Mini Tennis 10.00 Stitch & Sew 11.00 Table Tennis 3 14.00 Classical Music 14.00 Travel Group	26 Jan 10.00 Beading 10.00 Les Sportives 10.00 Thurs 6 Milers 10.30 Amble/Strollers 11.00 Table Tennis 4 14.00 Architecture 14.00 Bowls Indoor 14.00 Making Music	27 Jan 09.00 Badminton 10.00 Line Dance 10.00 Needlecraft 1 10.00 Table Tennis 7 10.30 Tai Chi 11.00 Table Tennis 5 12.00 Table Tennis 6 13.30 Pilates 1
30 Jan 09.30 Yoga 10.00 Craft+Self Help 11.00 Table Tennis 1 13.30 Canasta 2 14.00 Chess	31 Jan 09.30 Pilates 2 11.00 Table Tennis 2 11.15 Pilates 3 14.00 Canasta 1			

For more information, visit our **website** (<https://www.charnwoodu3a.org.uk>) for the interactive calendar, with direct links to the group pages for more details, including names and contact emails of group leaders. Please send any amendments or additions to the Editor at [newsletter@charnwoodu3a.org.uk](mailto:newsletter@charnwoodu3a.org.uk) for inclusion in future months' calendars.

## Volunteer to Help Children Read

You may remember an article in the April 2021 edition of *News & Views* by a Cu3a member who told us about her volunteer work at her local school for the **School Readers** charity, how rewarding she found this, and how more volunteers were badly needed to help children in our area learn the vital skill of reading.



Now another member, who volunteers at the Alderman Hallam Primary School, tells us that according to the staff there, they and many schools in Leicestershire are crying out for volunteers to help children read. She has sent the following appeal:

***Leicestershire schools are desperate for volunteers to help children to read. The pandemic has left many kids struggling to catch up and many schools don't have enough teaching assistants. Knowing that you have been part of a child's reading achievement and the confidence that brings is so worthwhile. You can do as little or as much as you want.***

So if you think it's for you, contact school readers via their website:  
<https://www.schoolreaders.org/volunteer>

**Schoolreaders**  
 improving literacy • increasing life chances

## Loughborough University Research Project


The National Centre for Sports and Exercise Medicine at Loughborough University is seeking healthy participants over the age of 50 for a study to test breathing patterns during different cycling exercise modes. This will help develop a potential exercise rehabilitation programme. We are looking for people who are not highly trained or frequently active. Four visits are involved, including one health screen visit and three exercise tests. You will be given information about your exercise capacity and your breathing pattern on completion of the study.

Are you over 50 with  
no chronic illness?

Participants needed for rehabilitation  
research at the National Centre for  
Sports and Exercise Medicine

- Involves 4 visits including one screening visit (no more than 4 hours total participation)
- Assessment of lung function and breathing patterns
- Three cycling exercise tests involved
- Testing on Loughborough University campus

Contact: [S.L.Winter@lboro.ac.uk](mailto:S.L.Winter@lboro.ac.uk)



This study is part of ongoing research on effective but tolerable exercise regimes in pulmonary rehabilitation for people with Chronic Obstructive Pulmonary Disease (COPD). The researchers are measuring breathing patterns during two modes of cycling to make sure that the breathing pattern is not disrupted, firstly in the present study in healthy people aged over 50, and later in people who do have COPD. The eventual aim is to improve outcomes for people with COPD following pulmonary rehab. If you are interested in participating, please contact Dr Samantha Winter on [S.L.Winter@lboro.ac.uk](mailto:S.L.Winter@lboro.ac.uk), and she will be happy to provide any further information or answer any questions about the research.

## What's On

### Loughborough University Events

#### National Theatre Live: The Crucible

Thursday 26th January, 7 pm in the Cope Auditorium

Captured live from the Olivier stage at the National Theatre. Lyndsey Turner (Hamlet) directs this contemporary new staging, designed by Tony Award-winner Es Devlin (The Lehman Trilogy).

Running time: approximately 3hrs, including interval.  
Tickets £10 (£5 students). Free car parking available on site.

**Overview:** *A witch hunt is beginning in Arthur Miller's captivating parable of power with Erin Doherty (The Crown) and Brendan Cowell (Yerma). Raised to be seen but not heard, a group of young women in Salem suddenly find their words have an almighty power. As a climate of fear, vendetta and accusation spreads through the community, no one is safe from trial.*

See <https://www.lboro.ac.uk/arts/whats-on/nt-live-the-crucible> for further details and booking information.

#### Trans Abstraction - Art exhibition

16th - 27th January, 12 - 2 pm Monday - Friday in Martin Hall exhibition space

An exhibition of abstract expressionist digital paintings; representations of the feelings, emotions and issues in coming to terms with being transgender as a 40 something in the early 2020s.

Free admission, no booking required, everyone welcome.

For further details, see:  
<https://www.lboro.ac.uk/news-events/events/trans-abstraction-art-exhibition/>

### Our very own Bell Foundry is open again for tours

Here is how to book a fascinating tour of Taylor's Bell Foundry. They are building a new Heritage Centre and Museum there following a Lottery Grant, but are starting to do tours again this month. Here's where to book - you do not need a group, you can book as an individual. Go to: <https://loughboroughbellfoundry.merlintickets.co.uk/>



To hear all about Taylor's Bell Foundry and the bells it has produced over the past 160 years, with interviews from those involved with the bells and current Taylor's staff, listen to the BBC Radio 4 programme **Bells That Still Can Ring** on BBC Sounds, at <https://www.bbc.co.uk/sounds/play/m001fwcz>

### Looking at pictures on the radio?!

For any of you who are into Art, there is a new series of the wonderful BBC Radio 4 series 'Moving Pictures', and all of their previous series are available on BBC Sounds. You listen to engaging and informed commentary on a beautiful picture while you study the image in magnified super high quality on Google Arts. Highly recommended. <https://www.bbc.co.uk/sounds/brand/b09mtb0b>

Char March

the Charnwood Orchestra  
Music Director  
Nic Fallowfield

Saturday  
14th January 2023  
7:30pm

Humphrey Perkins  
Community Centre, Cotes Road,  
Barrow upon Soar LE12 8JU

Conductor Nic Fallowfield

### Charnwood Orchestra Concert: Vienna and Beyond

Saturday 14 January, 7:30 pm at Humphrey Perkins Community Centre, Barrow upon Soar

A reminder of Charnwood Orchestra's New Year concert, featuring a mix of Viennese waltzes and polkas mixed with classical favourites. See last month's [News & Views](#) (page 8) for details.

## Members' Stories

### Messing about in the water?

Recently - well, back in the June 2022 issue of *News & Views* - I recalled my father's experience during his brief period in the Royal Navy. His recollections were usually introduced with the rhetorical question, "Have I ever told you that I used to be in the Navy?" Often this led to a quick dash out of the room to do something, anything more important than hearing yet another naval yarn!

There's something about the water that fascinates us. Well what's this leading up to? Yes you guessed it: a little bit more about water but something more down-to-earth, and that is messing about on a river.

During my early years at school I was given the opportunity to go away for several days in a school party to the Norfolk Broads. We were about 10 years old at the time and dying to go on a trip away from home and parents. There would be lots of water and together with friends, we'd learn how to handle a range of small boats.

Before we were allowed on the trip, we had to attend some training sessions at a local reservoir. This included getting in this plastic tub called a dinghy and being shown how to be safe in a small boat.

The trip to the Norfolk Broads included a day out away from the campsite where we were staying. Lunch was provided at a cafe/restaurant riverside establishment some distance away. To get there and back, we formed an armada of boats of various sizes and types, from 2-3 seaters up to 6-7 seaters.

When it was time for us to return to our campsite, we started to raise the main sail on our boat. Suddenly there was a brief grinding sound and then a barely subdued curse from our teacher who had been hoisting the sail! The guide wire that pulled up the sail had jumped out of its pulley wheel and jammed itself into the wood of the mast.



Numerous attempts to free the guide wire failed and our teacher had run out of curses, including some of a nautical origin. In the end we had to tip the boat over to one side, resting the mast in such a way that the sail could be lashed to it. We needed to tie the sail out of the way so we'd have enough clearance for the "crew" to take it in turns paddling the boat all the way back to our campsite.

We were almost last to set off due to the time we'd spent trying to get the sail working and then tying it off. There was some concern that we might not have enough daylight left to complete the journey back to our campsite. In fact, not only did we get back with enough light to tie up the boat, but we managed to get back before all but one of the fleet!

Earlier in the week we had to select the boats to use and to practise on before the day trip. Ahead of me a small group of kids discussed their choice of boat. They had decided on using kayaks. They

approached the kayaks with one of the girls in front. Just before she could get into a kayak one of the boys stepped forward and announced that he knew about kayaks and would show everyone (especially the girl at the front) how you get in safely.

The boy boldly put one foot into the kayak and immediately tipped it over sideways, throwing

himself into the water! He was drenched. Even worse, everyone had seen what had happened and were laughing at him.

Ironically, the girl had previously received training on the use of kayaks, unlike the boy who thought he remembered the details from a recent Blue Peter TV programme. He had been caught out by overconfidence.

This brings my little tale to an end and a note to us all – messing about in the water is fine and fun as long as you remember that the water always wins!

Peter Reid

**Members' Stories and Comments:** Do you have a story you'd like to share with our readers? Or just a short comment on any article in *News & Views* or on any subject of general interest? If so, the Editor would love to hear from you. Please email your contribution to [newsletter@charnwoodu3a.org.uk](mailto:newsletter@charnwoodu3a.org.uk), or for postal members please send to the address on the last page.

## News from the National u3a



### Future Lives

Future Lives is a UK-wide u3a group which shares information and resources to inspire and inform members about how we can improve our future lives. How can we maintain our independence and quality of life for as long as possible? What can we do to improve unsuitable homes and products, and to avoid isolation and poor health?

As part of a series of online events, in ***Our Homes for Our Future***, on **Tuesday 24 January 2023, 4-5pm**, the Chair of Future Lives, Janet Sutherland, will discuss the key findings so far from a housing questionnaire and share experiences of u3a members who have made changes to their homes or moved home. There will also be other examples to inspire us to ensure our homes will support our independence in the years ahead, and to encourage us to plan now for the future.

See <https://www.u3a.org.uk/our-impact/future-lives> for further details.

### Conversations With...

The Third Age trust is starting a new programme of 'Conversations With' sessions where the movement can come together, ask questions, share ideas and start a conversation about what's important to you within the u3a. The first of these is on **Tue 17 Jan at 2 pm**. You can book your place at: <https://tinyurl.com/7b8kwfm3>

### Other Free On-Line Events this Month include:

- **Learn Digital Life Skills: iPhone and iPad Week**, Fri 6 Jan at 2 pm.
- **Sleep and Dreams** with Dr Bob Pullen of Prudhoe u3a, Mon 9 Jan at 2 pm
- **Learn Digital Life Skills: Social Media Week**, Fri 13 Jan at 2 pm.
- **The Story of Motown Records, a 4-week course** with Lee Wellbrook of Ilkley & District u3a, every Tuesday 10 Jan - 31 Jan at 2 pm
- **Relativity - Numerical Illustrations** with David Price of Bromley u3a, Wed 18 Jan at 10 am.
- **Climate Change and Biodiversity** with Ian Hawker of East Suffolk u3a, Thu 19 Jan at 10 am.
- **Learn Digital Life Skills: WhatsApp Week**, Fri 20 Jan at 2 pm.
- **Holocaust Memorial Day**: Francis Morton on his parents' remarkable survival story, Fri 27 Jan at 2 pm.
- **Introduction to Cryptic Crosswords** with Henry Howarth, u3a Subject Adviser, Tue 31 Jan at 10 am.



For details of these and other upcoming free on-line events offered by the National u3a, go to:

<https://www.u3a.org.uk/events/educational-events>

### u3a National Poetry Competition

A reminder that the closing date for this competition is **12 noon on Friday 27 January 2023**. Poems should be a maximum of 16 lines (plus title), on any topic. The three winning poems will be published in Third Age Matters and on the u3a website. Competition rules are at:

<https://www.u3a.org.uk/learning/national-programmes/poetry-competition-2022>

### National u3a Newsletter and More:

To register to receive the National u3a newsletter regularly, go to: <https://www.u3a.org.uk/newsletter> where you will find a link to recent issues (also see our Cu3a website under 'News' - National u3a Newsletters...).

The u3a National programmes page at <https://www.u3a.org.uk/learning/national-programmes> has more learning initiatives to get involved with, including:

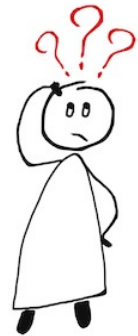
- **All Our Yesterdays**: collecting members' memories of the 1950s and 1960s
- **Repurpose & Upcycle**: sharing photos and stories of old items restored or repurposed by u3a members
- **Cake Decorating**: an online gallery of u3a members' best cake decorating skills and talents
- **Found in Nature**: sharing photos of elements of nature or wildlife that are out of the ordinary
- **Logic puzzles, Maths challenges, Slow Ways national walking network**
- **u3a Radio Podcast**: new edition on the 17th of each month

Also, the u3a learning blog **Sources** includes a large collection of articles, posted by u3a members, covering a wide range of topics. This can be found at: <https://sources.u3a.org.uk>.



## Answers to Last Month's Christmas Quiz:

- 1) Which Jewish festival falls in December? **Hanukkah**
- 2) Which of the Magi's gifts represented kingship? **Frankincense**
- 3) What shape were traditional Lancashire mince pies? **Oval**
- 4) What was Tiny Tim's surname? **Cratchit**
- 5) In which year was *Do They Know it's Christmas* released? **1984**
- 6) What is wassailing? **To go from house to house singing carols**
- 7) When did Rudolph first get his red nose? **1939**
- 8) When did my true love give me 5 gold rings? **5th Day of Christmas**
- 9) Who was the previous Archbishop of Canterbury? **Rowan Williams**
- 10) Who was the first Christian martyr in Britain? **St Alban**
- 11) Which carol contains a verse which technically should be sung only on Christmas Day?  
**O Come All Ye Faithful**
- 12) When is Twelfth Night? **6th January**
- 13) Which gospel refers to the Shepherds visiting the baby Jesus? **St Luke**
- 14) Who wrote the Christmas Oratorio? **J. S. Bach**
- 15) Who invented the Christmas cracker? **Tom Smith**
- 16) When did Queen Elizabeth broadcast the first televised Christmas message? **1957**
- 17) What is a capon? **A type of chicken**
- 18) What does 'Epiphany' mean?  
**1. The manifestation of Christ to the Gentiles as represented by the Magi (Matthew 2:1–12).  
2. A moment of sudden and great revelation or realization**
- 19) According to Christian teaching who told Mary she was expecting a baby? **Angel Gabriel**
- 20) Which Australian city always has a Test Match on Boxing day? **Melbourne**



## Network Zoom Quiz

The organizers send a huge thank you to all those who took part in the Christmas Zoom Quiz on 12th December.

Around 130 u3a members from across the East Midlands contributed to a very enjoyable evening of quizzing, the winners being Clive and Margo, members of Ravenshead u3a in Nottinghamshire.



## Items for News & Views

Do you have an announcement, story, poem - 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 **February** issue of **News & Views** will be **Monday, 30th January (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) 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



## Committee and Group Leaders' Details

Names, photos and generic email addresses ending @charnwoodu3a.org.uk of all the current Committee members - along with links to their role descriptions - can be found on our website at: <https://www.charnwoodu3a.org.uk/siteb/CommitteeContactsNew.html> and those of other members of our Support Team are at: <https://www.charnwoodu3a.org.uk/siteb/SupportTeamContacts.html>



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.

*Note: Where personal contact details appear in News & Views, these are included with permission.*

## Committee Meetings

Don't forget that members are always welcome to attend any of our Committee meetings on the **second Wednesday of the month** (10 am - noon), by prior arrangement, as observers. If you would like to attend one of these meetings and see what we do, please contact our Chair on [chair@charnwoodu3a.org.uk](mailto:chair@charnwoodu3a.org.uk)

## Some other useful u3a web addresses:

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

The Association of East Midlands u3as: <https://www.eastmidlandsu3as.org.uk>

Leicestershire and Rutland Network: <https://u3asites.org.uk/landr/>

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

