

News & Views

Newsletter

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Our Website

Check out our website at: www.charnwoodu3a.org.uk for lots of information about Charnwood u3a, including details of our meetings, trips, all our Groups and much more.

Welcome

...to the March 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.



Our Next Monthly Meeting: AGM + Incredible Edible



See page 2 for details.



My Final View from the Chair

I took early retirement in late 2015. My wife had already been retired for a number of years and so was used to having the house to herself for most of the week. I was going to have to find ways of keeping out of her hair! An allotment plot had been secured in the August of that year and, being just a few minutes walk from home, promised to be a useful bolt-hole. What else could I do?

The u3a looked a promising prospect, with lots of interesting subject areas and the opportunity to meet new people and make friends. But which one - Loughborough, Charnwood or Soar Valley? Charnwood being by far the largest of the three appeared (rightly) to have much more to offer. It also had a wine group, which was the real deal clincher! At that time, little did I realise that, within a year, I would allow myself to be voted onto the Committee and then, three years later, take over as Chairman. Well, that is all now coming to an end, as I stand down from being Chair (as the role is now officially titled) and the Committee at this month's AGM.

Charnwood u3a celebrated its 25th anniversary in 2022 and during our celebratory picnic in Queens Park, I was introduced to Nigel Leicester who, as I am sure many of you will know, was a founder member and our very first Chairman. What many of you will not know is that Nigel will, at the beginning of April, be leaving Loughborough to start a new life in New Zealand. For a man who recently turned 90 this will be quite an adventure, but one, I am very sure, he will take in his stride. He will not be saying goodbye to u3a. He is an Honorary Member of Charnwood u3a so, whilst attending meetings will be a tad difficult (unless they are on Zoom) he will still be able to keep tabs on us through *News & Views*. Once settled in his new home, he has every intention of joining his local u3a – www.u3ahuttvalley.weebly.com. This, he understands, has a membership which is approaching 90% female!

Seven other members have held this office between Nigel and me – how many can you name? Give up? Well, here they are in chronological order: Enid Coulter (who insisted on being called Chair Person), Chris Brown, John Lloyd, Richard Akers, Helen Davison, Marilyn Palmer, John Lamb and Helen Davison (again!). Who, you may be wondering, will be next? There is a willing candidate, but I'm not saying who. You'll just have to come along to the AGM!

I have enjoyed most of my time in Committee and have been greatly appreciative of the help and support offered (un-asked for) by so many of you lovely Cu3a members. My thanks and best wishes to you all.

Mike Hood, Chair Charnwood u3a.

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.

Last month's excellent presentation by Sue Ronald, leader of the Scottish Dancing group, had members on their feet afterwards, as they enjoyed trying out some of the dance steps in the foyer.

Our Next Meeting Wednesday 8th March

Our March meeting includes our Annual General Meeting. Please arrive around 2:15 so we can make a prompt start at 2:30.

Members have already been provided with relevant documentation in advance of the AGM, and these can also be accessed from <https://www.charnwoodu3a.org.uk/AGM2023.html>. All members are strongly encouraged to attend, but those unable to do so can vote in advance using the form that has already been sent out. Such votes must be received by the Cu3a Secretary by **1st March**.

Following the AGM, we have a talk by one of our own Cu3a members:

'Incredible Edible - Safeguarding Our Future' with Julian Rees

Incredible Edible is a community food growing scheme which began in Todmorden in 2008 and has developed to become a global network with about 150 groups in the UK and around 1000 worldwide. Its focus is on building kinder and more caring communities but it is essentially a sustainability project around making our food production and supply more resilient to future shocks.

The 'Incredible Edible' concept is simple. Areas of unused community land are converted into crop growing areas. A wide range of crops are grown with minimal CO₂ emissions and no damage to wildlife or soil. Free, healthy food can be picked and used by the local community. It is a great chance for people to join together, enjoy each other's company and be productive.

Julian will talk about the history of Incredible Edible and the wider movement for urban and peri-urban food growing that has gained momentum in the past decade in response to our broken food system, with reference to sustainability issues around food, the carbon emissions involved in food miles and loss of biodiversity due to chemical inputs. He will explain how the Loughborough group has transformed the way in which local communities can grow food.



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, if you have one. **Please do not arrive before 2 pm.**



If you are unable to attend in person and would like to attend online via Zoom - which will allow you to vote on the AGM motions and for Committee candidates - please go to the meeting page on our website at: <https://www.charnwoodu3a.org.uk/MonthlyMeetingMar2023.html> where full details of how to join are given, including a link to the registration form with deadline for pre-registration.

Group News

10+ Walking Group

For our February 10+ walk, twelve members of our group enjoyed a great 11 mile walk, led by our volunteer leader Debbie Brown.

We started next to the church in Bunny, walking towards Ruddington via Bradmore to Rushcliffe Country Park, before heading off to Gotham for a pub lunch and finally heading back to Bunny.

New members are always welcome. Please note that we have six different walking groups covering between 3 & 10 miles.

Please contact Mike Hill, email: WalkingGroups@charnwoodu3a.org.uk



Our walkers pictured on Ruddington Moor (left) and at Gotham (above).

Making Music Group

The Making Music Group are inviting musicians with their own instruments to join us. We are a friendly group of people who enjoy playing music drawn from many genres for pleasure. Players of all instruments will be welcomed.

For further information please contact our Group Leader (Maggie Chaplin) at MakingMusic@charnwoodu3a.org.uk.

Jon Ivins



Image: Gordon Johnson, Pixabay

More Group News

Days of Interest

In February we made our traditional short journey to Longcliffe Golf Club. After our seasonal bad weather break, it was good to meet up with old friends and we were also able to welcome two new members to the Group. As ever the meal at Longcliffe was excellent and the staff their usual friendly selves.



We have some spare places on our April, May and June trips, which are now open to all u3a members.

In **April** we are off to Nottinghamshire, visiting Newstead Abbey (*pictured right*) and the D H Lawrence Museum. At Newstead we begin with a welcoming cup of tea or coffee and biscuits, followed by a guided tour around the Abbey, once the home of Lord Byron. The tour includes Byron's private apartments, the Victorian kitchen and the medieval cloisters. Outside of the house there are gardens and parklands to enjoy. In the afternoon we move on to the D H Lawrence museum in Eastwood, housed in his childhood home. Again we have a guided tour.



The trip departs from Loughborough* on Saturday 22nd April at 09:30 am and departs from Eastwood at 4:15 pm. Cost: £34.50 per person.

Photo: Lee Haywood, Wollaton, Nottingham, CC BY-SA 2.0



Photo: Mick Lobb / Weir at Arkwright's Mill / CC BY-SA 2.0

In **May** we venture into Derbyshire. Our first stop is Cromford Mill (*pictured left*) – the world's first successful water powered cotton spinning mill - now a grade 1 listed heritage site. Here you have options: either enjoy the various cafés and shops now located on the site and have a general walk around, or join an optional guided tour. In the afternoon we make the very short journey to the Ecclesbourne Valley Heritage Railway, where we will enjoy a trip on the train and an included cream tea.

The trip departs from Loughborough* on Saturday 20th May at 8:30am. We leave Ecclesbourne at 3:30 pm. The cost per person is £38, excluding the tour of Cromford Mill or £50.50 including the mill tour.

In **June** we are off to the seaside. We are visiting Southwold, a charming seaside town in North Suffolk. The town offers much of interest including sea air, a pier, a working lighthouse, cliff top canon, colourful beach huts and a busy harbour. There is a boating lake and a small fun golf course if you fancy an active day. There are lots of exhibitions, shops and cafés to enjoy. All combines to be a quintessentially English seaside town. This is a longer trip, so there will be a comfort break on both the outward and return journey. **The trip departs from Loughborough* on Saturday 10th June at 8:30 am. We leave Southwold at 5:00 pm. The cost of the trip is £29 per person.**

***Our departure point in Loughborough will be one of either Tesco Extra car park on Park Road or the William Davis Headquarters car park on Forest Road (opposite Emmanuel Church). Both kindly offer free, all day car parking to participants on our trips.**

If you are interested in joining us on any of the above trips, please contact Pauline May at ppc.wat@ntlworld.com, 01509 552834 or 07455 167929 for details.

Further Group News

Thursday 6 Milers



Thursday 6-miler Walking Group has a new friend. Meet Albert, a carved statue at the Mountsorrel granite quarry, operated by Tarmac.

Little is known about 'Albert', except that he was carved by local sculptor Graeme Mitcheson, who was inspired by an old photograph showing the sett-maker shaping cobblestones for road building, possibly more than 100 years ago. It was erected as a tribute to all the past, present and future quarry workers.

Our walking group was able to use the public footpath across the quarry, complete with traffic lights that must be obeyed, or risk being mown down by some piece of enormous machinery busy at work.

The rest of the walk was mainly rural, starting in Rothley, including parts of Mountsorrel and Cossington Meadows along the way.

Kate Watson

Outdoor Bowls



After the winter break, the Outdoor Bowls Group will start again on **13th April** and run through the summer.

The Group will meet on a **Thursday at 2 o'clock** for a two hour session at the **Brush Bowls Club** green on Watermead Lane (off Nanpantan Road).

New members will be very welcome to come along and join us for a fun afternoon of gentle exercise with tuition and guidance provided. No previous experience is necessary and coaching will be available.

Please contact Dave Saunders on 07767 672341 or email BowlsOutdoor@charnwoodu3a.org.uk for further information.

If any u3a member has or knows of bowls that they no longer need and would like to lend or donate them to the Group, please let Dave know using the same contact details.

Member's Story: 'Related'

Here's a story to gladden the heart.

As convenor of the u3a Mac Forum I received a message that John would like to join. Of course, I said, welcome to the Forum. He also told me, because I guess he knew a bit about me, that his family had emigrated from Berlin before WWII. This sounded fascinating and I wanted to know more; my mother had come from Berlin. We had something in common, so we agreed to meet for a cup of coffee at Tylers.

When John arrived, we recognised each other straight away because we'd seen each other a few times, probably at Holocaust Memorial Day in Queens Park each January. Still it didn't click. We must have greeted each other but never spoke together more than a simple Hello. This time we sat and John started to tell me about his family.

He is descended from a famous Jew, Samson of Wolfenbüttel¹, who founded a school in Saxony at the end of the 18th century. Samson of Wolfenbüttel! I know that name: it's in a story that my grandfather told when in 1940 he met his sister and brother-in-law in Leiden in Holland. With my ageing memory I even remembered their names, Arthur Thors and his wife Martha². John searched his family tree³, neatly stored on his iPhone. True enough, there they were. Martha Adler married to Arthur Thors¹, a descendant of Samson of Wolfenbüttel. John and I are related. Fifth cousins in law, once removed.



It feels wonderful that after so much dispersal and disruption caused by the Nazi persecution, here we are, two descendants, related to each other, and living in the same town. Hooray!

Anthony Gimpel

Footnotes:

¹ More information about Samson and the Wolfenbüttel School can be found at:
<https://www.jewishencyclopedia.com/articles/13072-samson-and-the-samson-school>

² When my grandfather Alfred met Martha in Leiden, Arthur brought out his book of the Samson family tree. I've also seen the book which is now held by Martha's grand-daughter, also Martha, who lives in Rotterdam. It's a huge leather bound book, with beautiful detailed pages.

³ Until the Nazis came along, genealogy was more or less a preserve of the aristocracy. But Hitler wanted to catch everybody who might have a drop of Jewish blood and loads of people started hastily searching their family records. Of course genealogy is a massive business now, with genealogical websites such as Ancestry and even more now with DNA testing.

Old Postage Stamps

Are you like me and have been collecting postage stamps in the hope that there is a charity that will take them? The RNIB would like your old postage stamps.

They will raise £20 per kilogramme of stamps. We will be provided with a collection box which will be on display at our monthly meetings.

The RNIB ask that we try and leave a centimetre of envelope or packaging around each stamp. This is just a recommendation and stamps that have been trimmed less or more will still be accepted.

So please bring your old postage stamps – British or foreign – to the next monthly meeting.

Tony Westaway



March 2023 Meetings

MON	TUE	WED	THU	FRI
		1 Mar 09.30 Golf 10.00 Classical Greek 10.00 German 10.00 JigsawBookEx 10.00 Mini Tennis 10.00 Scottish Dance 10.30 Papercraft 11.00 Table Tennis 3 13.00 Scrabble 2 13.30 Cribbage 2 14.00 French Improve 14.00 Sustain Planet	2 Mar 10.00 Sci & Tech 10.00 Spanish Conv 11.00 Table Tennis 4 14.00 Bowls Indoor 14.30 French Conv 19.00 Canasta 3	3 Mar 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 Lunch Club 1 12.00 Table Tennis 6 13.30 Pilates 1
6 Mar 09.30 Yoga 10.00 Craft+Self Help 10.00 Latin 11.00 Table Tennis 1 13.30 Canasta 2 15.00 Current Affairs	7 Mar 09.30 Pilates 2 10.00 10+ Walks 10.00 Spanish 11.00 Table Tennis 2 11.15 Pilates 3 14.00 Canasta 1 14.00 Canasta1Quorn 14.00 Sing4Pleasure	8 Mar 09.30 Golf 10.00 Committee 10.00 Mini Tennis 11.00 Table Tennis 3 14.30 Monthly Meet 19.00 Canasta2Quorn	9 Mar 10.00 Beading 2 10.00 Les Sportives 10.00 Thurs 6 Milers 11.00 Table Tennis 4 14.00 Bowls Indoor 14.00 Making Music	10 Mar 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
13 Mar 09.30 Yoga 10.00 Craft+Self Help 10.00 Poetry 1 11.00 Table Tennis 1 13.00 Quiz group 14.00 Archaeology 14.00 Chess 14.00 Digital Imaging	14 Mar 09.30 Pilates 2 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	15 Mar 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	16 Mar 10.00 CC Walks 10.00 Parish Walks 11.00 Table Tennis 4 14.00 Bowls Indoor 14.15 Scrabble 4 14.30 French Conv 18.30 Supper Club 2	17 Mar 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
20 Mar 09.30 Yoga 10.00 Craft+Self Help 11.00 Table Tennis 1 13.30 Canasta 2 14.00 Gardening 14.00 Painting	21 Mar 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	22 Mar 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	23 Mar 10.00 Beading 10.00 Les Sportives 10.00 Thurs 6 Milers 11.00 Table Tennis 4 14.00 Architecture 14.00 Bowls Indoor 14.00 Making Music	24 Mar 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
27 Mar 09.30 Yoga 10.00 Craft+Self Help 11.00 Table Tennis 1 14.00 Chess 14.00 Digital Imaging 14.00 Local History	28 Mar 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	29 Mar 09.30 Golf 10.00 Mini Tennis 11.00 Table Tennis 3	30 Mar 11.00 Table Tennis 4 14.00 Bowls Indoor	31 Mar 09.00 Badminton 10.00 Line Dance 10.00 Table Tennis 7 10.30 Tai Chi 11.00 Table Tennis 5 12.00 Table Tennis 6 13.30 Pilates 1

PLUS at Weekends: Sunday Lunch Club (12th Mar); Days of Interest trip to Leeds (18th March).

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 for inclusion in future months' calendars.

Monthly Meeting Survey Results

About the Survey:

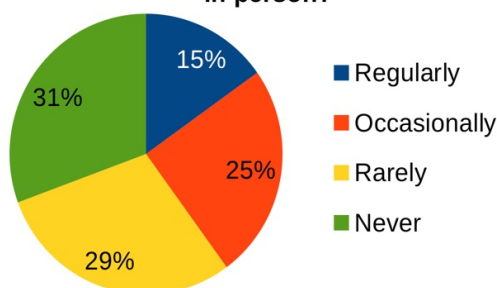
To help discover why attendance at our monthly meetings had been falling, this survey invited all members to submit their views on our monthly gatherings, by the end of January. A link to the survey on our website appeared in the December issue of *News & Views*, and printed survey forms were sent out to postal members (with pre-paid return envelopes). The survey was in two parts: Part 1 asked whether, how often and why you attend monthly meetings or not, while Part 2 went into more detail about what you like/don't like about the meetings, how we could improve things and asked for suggestions for speakers and topics.

Summary of Results:

343 members (327 online and 16 postal) submitted responses to **Part 1** of the survey. 60% of respondents said they rarely or never attend monthly meetings in person (see pie chart, right). 90% rarely or never attend online, only 1% regularly doing so.

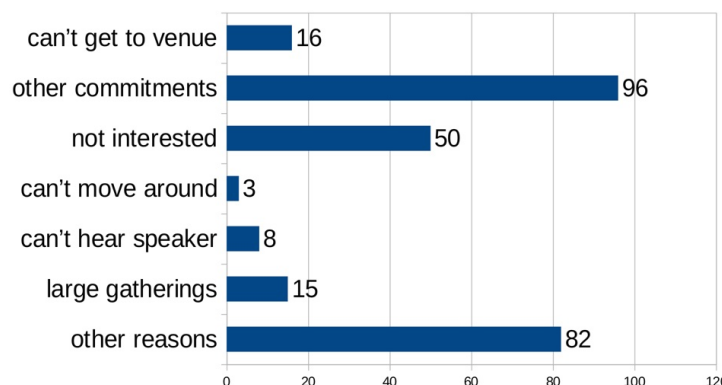
Those who never attend meetings were asked if any of a list of reasons applied to them. Of those who ticked one or more of the list, 61% had other commitments on the 2nd Weds afternoon of the month, this being the single most common reason for non-attendance (see bar chart below). 82 respondents gave other reasons here, or expanded on those suggested. Common themes were: meetings not very welcoming, fuel costs, parking issues, health

How often do you attend monthly meetings in person?



problems, busy lives, new members not attended yet, indifference towards topics/speakers, joined for specific group(s), Covid caution and carer duties.

If you never attend monthly meetings, please tell us why

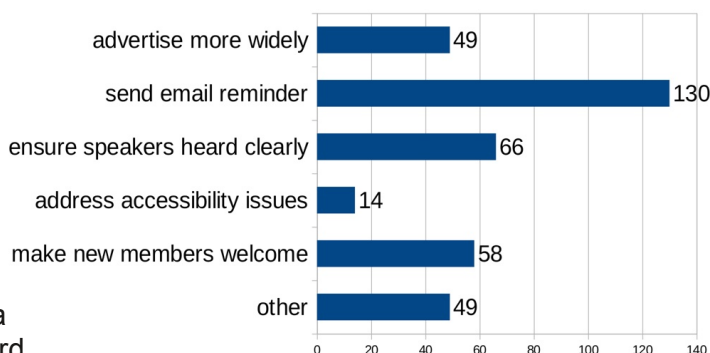


Those who attend meetings were asked if one or more of a list of reasons applied. The most popular answer here (71% of those selecting any of those listed) was 'to hear a particular speaker', with 'to learn about unfamiliar topics' close behind (65%). Socialising with friends (48%) or to feel they belong to Cu3a (34%) also featured. 38 respondents gave other reasons: some attend only when topics appeal, a few enjoy the online option, one said they attend to be entertained, and a regular attender commented "If you don't use it you might lose it!"

A total of **252** members (240 online and 12 postal) answered at least one question in **Part 2** of the survey. Of the 177 who ticked one or more of the suggested enjoyable aspects of meetings, 87% thought the talks informative, by far the most popular answer, followed by speakers being entertaining (55%).

The distribution of answers to the question **"What could we do better?"** is shown in the bar chart on the right. 49 made other suggestions, and 40 replied to the question **"What else could we include to make it more enjoyable?"**. Ideas included: change of day/venue/time, more interactivity (quiz/games?), better publicity, talks on topical and local subjects, annual calendar of talks, better sound quality, members to suggest topics, ongoing welcome and/or 'buddy' system for new members, chairs & tables for tea/coffee, more time to chat, group promotion via bite-size presentations, mini-exhibitions & notice board.

What could we do better?



Local interest (78%) and Wildlife & Nature (68%) were the most popular topics, and others were suggested. Go to <https://www.charnwoodu3a.org.uk/MembersAreaPublic/MonthlyMeetQuestResults.html> for full details of the findings. Any comments on the results are very welcome!

Revised Privacy Policy

We have recently revised our Privacy Policy to align with recent guidelines from the Third Age Trust. The revised policy is at: https://www.charnwoodu3a.org.uk/pdfdocsPrint/Cu3a_Privacy_Policy_Feb_2023.pdf

If you would like to check what data we hold about you and make any changes, go to the **Members Portal** at <https://u3abeacon.org.uk/u3aportal.php?u3a=357&sc=TSXH>. You don't need any login details other than your membership number, name, postcode and email address. Click on 'Update personal details' to see all your current data and make any changes, e.g. if you change your email address, so we can stay in touch!

Loughborough University Research Project

Call for participants – Adults aged 50 – 65 years old

"Low-intensity Exercise with Blood Flow Restriction (BFR) in Healthy Older Adults"

Hanoof Aljohani, a Doctoral Researcher in the School of Sport, Exercise and Health Sciences at Loughborough University is currently looking for healthy, non-obese, non-smoker, and physically active males/females aged 50–65 years old.

What is being investigated?

The researchers are testing two different types of low-intensity exercise: cycling and body weight strength exercise, to see if adding blood flow restriction to the exercise can enhance the training stimulus.

What will you be asked to do?

Cycling exercise – with AND without BFR, OR
Body weight strength exercise – with AND without BFR.

What does the study involve?

9 laboratory visits (~8.5 hours):
1 × screening and familiarisation
2 × exercising trials
6 × blood sampling visits
All visits will be scheduled at your convenience.

How will you benefit?

You will get comprehensive data about your health including your fitness level (VO₂ peak test), body composition, physiological measures, and inflammatory and cardiovascular biomarkers profiles. You will receive a £30 gift voucher of your choice and be reimbursed for your travel.

To participate, click the link:
<https://forms.gle/dv2zYd63Rni1JETj6>

For further information, contact Hanoof Aljohani via:
H.Aljohani@lboro.ac.uk, 07342 015981

CALL FOR PARTICIPANTS

Low-intensity Exercise with Blood Flow Restriction (BFR) in Healthy Older Adults

1 Are you 50-65 years old ?

- ✓ Male or Female
- ✓ Non-smoker
- ✓ Non-obese – BMI <30
- ✓ Have no clinical diagnosis or serious health issues
- ✓ Not taking anti-inflammatory drugs
- ✓ Active (perform 150 minute/week moderate-intensity activity)

We are testing two different types of low-intensity exercise: cycling and body weight strength exercise to see if adding BFR to the exercise can enhance the training stimulus !

What will be measured?

- Height and weight
- Blood pressure and O₂ levels
- Fitness level (VO₂peak test)
- Blood samples

Why do it?

To help us better understand the mechanisms underlying any observed beneficial effects of BFR. This knowledge will contribute towards improving patient rehabilitation practices and outcomes



2 What will I be asked to do?

Either

Cycling exercise – With AND without BFR

OR

Body weight strength exercise –With AND without BFR

How many laboratory visits?

9 laboratory visits (~8.5 hours):
1 × screening and familiarisation
2 × exercising trials (with/without BFR)
6 × blood sampling visits

You will receive a gift voucher and be reimbursed for your travel

i
Hanoof Aljohani
Doctoral Researcher
H.Aljohani@lboro.ac.uk
07342 015981



Upcoming Local Events

Loughborough University Events

Sculpture Tour

Wednesday 8th March 12:35 - 1:30 pm

Before our AGM at 2:30 pm, why not join Loughborough University curator David Bell for a tour of some of the campus sculptures. The walk will take in works by world-renowned sculptors including Lynn Chadwick and Atta Kwami as well as hidden gems by former staff and students, exploring works in a variety of materials and styles, from iconic modernist bronzes to a recent work made from fungi roots.

The tour will depart from the front of Martin Hall, Shirley Pearce Square and conclude at the University Library. The tour will be step-free and stick to paved areas.

This is a free event but booking is required. See <https://www.lboro.ac.uk/arts/whats-on/campus-sculpture-tour/> for further details and booking information.

This event is part of LU Arts' Sculpture Week: a series of activities celebrating the campus sculpture collection. Events also include *'The Sculptural Imagination'* online talk (Mon 6 March, 6:30-8 pm). See: <https://www.lboro.ac.uk/arts/whats-on/sculptural-imagination> for further information.

My chronic back pain is Axy-what?

Wednesday 29th March, 5:30 pm via Zoom

This public lecture will be delivered by Professor Lettie Bishop, Professor of Exercise Immunology at Loughborough University (LU), Dr Matthew Roberts, Research Associate in Exercise, Inflammation and Chronic Disease at LU, and Dr Moorthy Arumugam, Consultant Rheumatologist at University Hospitals of Leicester NHS trust.

Axial Spondyloarthritis (axSpA) is a chronic, painful inflammatory arthritis affecting 1 in 200 people in the UK, making it more common than Parkinson's disease and multiple sclerosis combined, yet most people are unaware of it. Symptoms primarily affect the spine and hips, but it can affect any joint, tendon or ligament. Other inflammatory conditions are commonly experienced with axSpA.

The speakers will explain how axSpA develops, the most common symptoms and current available treatments and also discuss their recent study investigating whether regular walking could have anti-inflammatory effects for people living with this condition.

This event is free but booking is essential. See: <https://tinyurl.com/2p8v69wy> for further details.

Other upcoming University events can be found at: <https://www.lboro.ac.uk/news-events/events/>

Friends of Charnwood Museum

The next talk for the Friends of Charnwood Museum is on **Wednesday 22nd March at 7.30 pm.**

Frank Ince will be speaking about **Artificial Decorative Stone in the East Midlands.**

Fired Stone and Cast Stone are the two major types of artificial decorative stone, with both having been produced by companies in the East Midlands. This illustrated talk will describe the history, production processes and products related to both types of artificial stones, as exemplified by two local companies: Fired Stone (Hathernware, latterly Hathern Terra Cotta, Shepshed) and Cast Stone (Patent Victoria Stone Co., with a now-closed production site at Groby).

Doors will be open from 7.00pm for a 7.30pm start; please use the evening entrance to the museum on Granby Street.

As they have now restarted the membership system, there will be a change in the pricing structure for entry. Members of the Friends will pay £2, non-members £4.

Booking essential. Booking link: <https://tinyurl.com/2chsxtkj>



Hathernware: Carnegie Library, Granby Street, Loughborough.
Photo ©Dave Bevis (cc-by-sa/2.0)

More Upcoming Local Events

Lunchtime Concerts in Loughborough

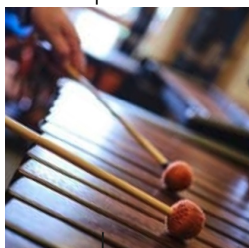
Emmanuel Church

Thursday 16th March, 12:45 pm - 1:30 pm

A concert by musicians from Loughborough Schools Foundation. Talented musicians from Loughborough Schools Foundation return with a programme of solos and chamber music. Come and support these local young musicians. Soup and Roll lunch will be served prior to the concert from 12:00.

A free event, but donations are most welcome.

<https://www.facebook.com/emmanuelconcerts>



All Saints with Holy Trinity

Tuesday 7th March, 1:00 pm

Tasting Notes is a half hour free lunch time recital of quality music performed by a variety of young local music scholars.

Tasting notes

Lunchtime Concert Series
at All Saints



Charnwood Orchestra Concert

Saturday 25th March, 7:30 pm at Emmanuel Church, Loughborough

A reminder of Charnwood Orchestra's next concert, featuring pieces by Mozart, Saint-Saëns and Beethoven, with pianist Charles Matthews. See last month's [News & Views](#) (page 7) for details.

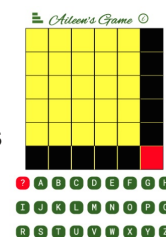
Details of other local events are at 'Discover Charnwood': <https://www.discovercharnwood.co.uk/events>

News from the National u3a

u3a

A New Word Challenge

Aileen's Game is a new word challenge, created by Ian Clarke from East Suffolk u3a and named in memory of his Mum. The challenge is to create as many words as possible within a five letter grid - and the twist is that every other letter is picked for you. The challenge updates daily. Beware, it could become addictive! For more information and to play the game, go to: <https://www.u3a.org.uk/learning/national-programmes/aileens-game>



Free On-Line Events this Month include:

- **The Climate Crisis - and some solutions** with Brenda Ainsley, Fri 10 Mar at 10 am.
- **Life on the Edge - The dawn of quantum biology** with Jim Al-Khalili, Fri 17 Mar at 12 noon.
- **The Future of Ageing** with David Sinclair (CEO of International Longevity Centre), Fri 24 Mar at 2 pm.

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>

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 new programmes, as well as ongoing themes like mathematical challenges, sharing photos and artwork - and the monthly radio podcast. 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>.

Obituary

Chris Brown

As reported in last months' News & Views, longstanding Cu3a member Chris Brown sadly passed away on 28th January. His funeral will be held on **Friday 10th March at 4.15 pm at Loughborough Crematorium; afterwards at The Pied Bull, Shepshed.**

Several members who knew him well have supplied the following tributes on behalf of groups with which Chris was closely associated:

English Parish Churches

It was only a matter of weeks ago that I was writing a tribute to Barbara Brown, and now Chris has been taken from us as well. He has been the loyalist-of-loyal of members in the English Parish Churches Group ever since it was set up in 2004 and I can hardly remember a meeting, church visit or coach outing over all these nearly 20 years where he was not present. He had an enormous interest in history and heritage of all sorts, was always keen to travel and to discover new places, and he and Barbara were enthusiastic supporters in every possible way. That was true of the practical help they gave to meetings, Barbara willing to mastermind provision of refreshments and Chris always willing to look after the admin so necessary for a big group like EPC. I will particularly miss the willing help he gave in sending out messages via the u3a Beacon system month by month in recent years.

Life threw an awful lot at him over what has turned out to be his last three years: immobility and being unable to enjoy the walking he loved, illness, hospitalization, the sudden death of Barbara, finally his own illness. Some of us feared the worst when he came to a meeting in December and did not look at all well, but whatever was going on inside, he appeared to be stoic about what was happening and remained alert and cheerful. I shall always treasure the two or three occasions when he managed the stairs to come and visit me when I was getting over my broken ankle last autumn and I personally will really miss both his support and friendship. Looking back on what turned out to be his last weeks, his emails remained bravely optimistic, looking forward to the future: I know he had already booked three holidays away by coach this year. Chris will be sorely missed and it is difficult to think that we won't be seeing him again.

R.W.

Chris and the Classical Civilization group, 2006-2023

Chris was a founding member of Charnwood u3a Classical Civilization group in 2006, together with Barbara. Characteristically he took an extremely supportive Group Leader role, through changes of venue from Charnwood College (then Burleigh) to Field House. He remained supportive after he passed on the Group Leader's role, especially once Field House closed as a venue for the group and it moved to Gorse Covert. The quartet of Chris, Barbara, Derek and Lucy was a great stabilizer in the group's first years; they were reliable and stimulating as contributors. Chris was a patient and calming presence in the two trips the group made, one by train to the British Museum and the other by coach to Wall, Wroxeter and Shrewsbury.

His return to the group, now at Gorse Covert, was a welcome stimulation to the thoughtful and yet divergent discussions that characterized every session. Even as he was coping with Barbara's death and his own medical issues and illness, he returned to the group more positive than ever. The warmth of feeling that he always generated was emphatically expressed in the individual tributes given at the next meeting of the group after his death was known (in an act of remembrance including a minute's silence).

Chris, your spirit lives on in the group; never forgotten, always remembered with respect, appreciation and love.

Tony Payne (CCV Tutor)

Continued on next page...



Obituary (*continued*)

Archaeology Group

The Archaeology Group has been saddened by the deaths first of Barbara Brown and then Chris Brown. Both were faithful supporters of our Group. Barbara was always the first to step forwards when any catering was to be done. She always helped Doris Bowerman, our wonderful provider of coffee at every meeting, and sorted out arrangements for our annual bring and share Christmas parties. Chris contributed to our members' sessions with PowerPoint presentations of the travels that he and Barbara had undertaken, such as Jordan and Mexico. These were well researched, of course, and always interesting.

Chris and Barbara were often the first at meetings in the hall of the Church of the Good Shepherd and put out the chairs for members of our large group. Others have stepped into the breach, as usually happens in our u3a, but we miss their many contributions to our activities.

I know that Chris has served Cu3a in many roles - past Chairman, leader of several groups from History to Walking - and will be missed by many, but I am very glad that, once his illness was diagnosed, he did not linger for very long after the death of his beloved wife.

Marilyn Palmer

Local History

Chris was a founder member of the Local History Group and would have been the ideal leader. However, understandably he felt unable to take that on because he was already committed to many other activities.

He was, however, a constant support over many years in many ways, from his regular reassuring presence at meetings, to his many suggestions for suitable topics for meetings and for interesting places to visit. He sometimes organised and led the outings for us, and he also gave many interesting and informative talks on local places, events and people. Most recently of all, many current members will remember the quizzes and the fun and pleasure they gave us.

His mantra "Look up" has encouraged at least some of us to do just that and add a whole new dimension to our appreciation of our surroundings.

Beatrice Anderson

Margaret March, Geoffrey Roberts and Jose Roberts

I am sorry to report the recent passing of three members of Loughborough u3a. They were all in their nineties and had spent many happy years with Loughborough u3a. Margaret March enjoyed the walking groups and the photography group whilst Geoffrey and Jose Roberts (who died within days of each other) were keen bird watchers and shared their enthusiasm with other members for several years.

We would like to convey our deepest sympathy to their relatives and friends at this sad time. They will be sadly missed.

Sylvia Wade

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 **April** issue of **News & Views** will be **Thursday, 30th March (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) 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



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/CommitteeContactsNew.html> and those of other members of our Support Team are at: <https://www.charnwoodu3a.org.uk/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

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>

