

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 April 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.



Meet the New Committee 2023-24



Pam Upton
Chair



Debra Hardwick
Business Secretary



Bob Pyatt
Treasurer



Garry Rigby
*Vice Chair and
Membership Secretary*



Geetha Bala
Committee Member



Phil Bass
*Beacon
Administrator*



Beverly Gillman
*Groups
Co-ordinator*



Margaret Kelvey
*New Members
Liaison*



Helen Reid
*Newsletter
Editor*



Peter Reid
*Committee
Member*



Sue Ronald
*Committee
Member*



Tony Westaway
Web Manager

For role descriptions and contact details of all the Committee members, please see our web page at: <https://www.charnwoodu3a.org.uk/CommitteeContactsNew.html>

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 we held our AGM, at which we adopted a new Constitution (based on the Third Age Trust model) and voted to keep the annual subscription unchanged, as well as voting in Officers and new Committee members. Draft Minutes of the proceedings can be found at:

https://www.charnwoodu3a.org.uk/pdfdocsPrint/2023_AGM_Minutes_draft.pdf

The AGM was followed by a fascinating presentation by Cu3a member Julian Reece, who convinced us all of the huge benefits of growing our own food in our local community.

Our Next Meeting Wednesday 12th April

'Why Sleep?' Speaker: Jim Horne

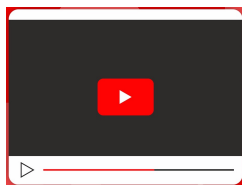
Charnwood u3a member Jim Horne is an internationally renowned Sleep Neuroscientist. Until his recent retirement, he ran the Loughborough Sleep Research Centre at Loughborough University, and has carried out sleep research for many years. He remains very active in exploring the intrigues of sleep, wherein mind and brain interact with body functions in both health and disease, in yet to be fully understood ways.



His talk addresses simple questions such as Why Sleep?, What are its functions?, What are the effects of sleep loss?, How much sleep do we really need?, Sleep and the ageing brain, and much more.

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 follow the meeting online (via YouTube), please go to the meeting page on our website at:

<https://www.charnwoodu3a.org.uk/MonthlyMeetingApr2023.html>

where full details of how to join are given, including a link to the registration form with deadline for pre-registration.

Looking Ahead:

Some of you may remember **Kevin Reynolds'** brilliant talk on the life of dragonflies, given to us via Zoom during lockdown in July 2020.

Well, we're very pleased to announce that Kevin will be back - this time in person - to talk to us about another type of flying creature, namely **bats**, at our monthly meeting on **10th May**. Do put this date in your diary as it promises to be a fascinating, informative and superbly illustrated talk, if his previous one is anything to go by.



In **June** we welcome former **Wimbledon umpire Alan Gray** who will recount his tennis memories.

For details of our monthly meetings, see <https://www.charnwoodu3a.org.uk/MonthlyMeetingApron2023.html>

Group News

A New Book Group?



During the pandemic, the Loughborough u3a book group faded away and the same thing happened with the Charnwood group. I wonder if there is anyone who would like to join a new one?

If you are interested, please contact me by phone, 01509 263263 or email me at anne.carter8@btinternet.com and if there is sufficient response perhaps we could get a new one up and running.

Anne Carter

Needlecraft 1

In the photograph on the right, members of **Needlecraft 1** are entertained by two of the members struggling to untangle a mass of wool - one of the many activities the group of 9 indulge in.

We bring whatever we feel like doing at the meetings, as long as it includes the use of a needle of some sort.

If you are interested in joining us, please contact Needlecraft1@charnwoodu3a.org.uk for more details.



Pilates 2 & 3



Cu3a Pilates groups on Tuesdays are accepting members onto the waiting list for places in the 2 groups that run at Gorse Covert Community Centre on Tuesday mornings.

Currently we have spaces for anyone to try out classes when group members are on holiday, or just unable to attend, and then have a permanent place when one becomes available.

If you are interested or have questions call Lynne on 07954 411363.

Group Leaders Meeting, 24 April

As previously notified to Group Leaders by email, the next Group Leaders' meeting will be held at **Emmanuel Church on 24th April, from 12 noon to 3 pm**. There will be discussions either side of a buffet lunch which will be provided free of charge at 1 pm.

If you haven't already notified the Groups Coordinator as to whether you will be attending, please email groupscoordinator@charnwoodu3a.org.uk to let her know if you will be attending or not.



More Group News

Architecture Appreciation

From the planning process to the history of windmills, ArchiApp offers a wide range of topics this spring.

Our group found ourselves in the role of councillors looking at the housing issues Charnwood faces when retired planning officer David Hankin came to talk to us at our March meeting. It was a really interesting way to approach the discussion, as we pondered issues such as where houses should be built, what facilities are required, how to be sustainable, and how the council comes to its final decision. In particular, by looking at all aspects of the planning process, David showed how the decisions were made – and how many decades it had taken – for Loughborough's Garendon Park project to be given the green light.

Our varied programme continues in April with an illustrated talk by Mark Temple on the **history of European windmills**, how they are designed and work, and the difference between post and tower mills. Mark will also tell us about both types of windmills that existed in – and have since vanished from – Leicestershire, and will share the stories of the restoration of the mills at Kibworth and Swannington (see the Swannington Heritage Trust site at <https://swannington-heritage.co.uk/windmills/hough-mill-today/> for more information and photographs). The meeting will be held on **Thursday 27 April at Gorse Covert Community Centre**, Maxwell Drive, Loughborough, at **2 pm**. It's set to be a fascinating talk, so if anyone is interested in coming along, please contact us at ArchitectureAppreciation@charnwoodu3a.org.uk.



Looking ahead, at our May meeting we will be focusing on members' contributions, when we will discuss 'A building I'd like to visit'.

Penny Bryce

Outdoor Bowls

A reminder that 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), Loughborough.

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.

And for those living nearer Kegworth than Loughborough...



Kegworth Bowls Club offer the opportunity to have a fun game of bowls, a healthy hobby*, on **Sunday 30th April 2023**.

COME AND HAVE A PLAY, 10am to 12 noon at Kegworth Bowls Club, Nottingham Road, Kegworth, DE74 2FH.

Cost £3.00 to include coffee/tea and cake.

Bowls and equipment will be provided and all that you will need to take part will be a pair of flat soled shoes.

*A survey of 2,200 players aged 15 to 80 showed that nine out of ten believe it keeps their muscles fit and supple, with most likening the benefits to yoga. Among the muscles targeted when bending to bowl are those in the arms, chest and waist. A game like bowls is a great way to improve powers of concentration and focus. It will boost balance and visual skills, too.



To book, email: brendabig74@gmail.com or phone Brenda on 01509 673310
Or visit: <http://www.kegworthbowlsclub.co.uk>. Or <https://play-bowls.com> for other dates

Roving Reporters

Days of Interest Trip to Leeds

Our destination in March was Leeds. The first excitement and major challenge for the driver was to find a drop off point for us. Old parking places had been removed (but the website not updated) and their replacements made temporarily unavailable by very large planters. Luckily on the second run around the one way system we were able to park. There are very many and varied attractions in Leeds. Some members made their way to the UK Armoury museum where examples from medieval to modern times are on display – including lots of full suits of European & Samurai armour and weapons, and body armour for a hunting elephant. There was even a re-enactment of hand to hand combat in armour – it was very noisy.



There were a number of art galleries to look at, one of which houses a tapestry to which a current member of Charnwood u3a has contributed. Some members went to the contemporary art gallery, housed in what was the headquarters of the Tetley Brewery. You can see them on the left in the board room – no pints of beer though. In addition to the galleries and museums there was a large modern shopping centre together with the architecturally impressive open market and historic arcades.

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



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 8:30 am. 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. Cost per person is £29.



Southwold beach by Steve Daniels, CC BY-SA 2.0, Wikimedia Commons

Our departure point in Loughborough will be the William Davis Headquarters car park on Forest Road (opposite Emmanuel Church). They generously allow all day free 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.

Travel Group Trip to Majorca, February 2023

Twenty members of the Travel Group, eager to feel some warmth on their faces, chose to escape to Majorca for a week of some welcome winter sun. Unfortunately, what greeted them when stepping off the plane in Palma was some very un-welcome SNOW, WIND and RAIN! However, the unseasonal weather didn't weaken their resolve to make the most of their time on the island. The sun did eventually come out and the group made the most of what Majorca had to offer.

The sea front and esplanade at Palma Nova was a 10 minute-walk from the hotel and proved to be a very pleasant tree-lined walk most days with plenty of seats and trees along the way and places to stop for a coffee or something stronger. The beach was very clean and inviting and spanned two bays with a tree garden separating the two. Some of the trees had been painted to look like fierce animals hidden amongst them.

The hotel at Palma Nova in the south of the island was a short distance from the island's capital Palma, and easily accessed by local buses. Several people took advantage of this to visit the city and the majestic Cathedral. Others visited the Dragon Caves on a tour to Porto Cristo; others went to the small village of Calvia which gave an opportunity to see more of the countryside and the larger town of Santa Ponsa on the way. A pleasant tram ride through citrus and olive groves to Soller was also enjoyed by several members.



Palma Cathedral



Those who ventured further made use of the reliable bus and train services to discover the ancient Roman town of Pollentia (*pictured left*), in the north of the island, once the most important city in the Balearics over 2000 years ago. Another bus trip was taken to Valdemossa, to see the monastery where Frédéric Chopin and George Sand lived for several months in the late 19th century (*see photo below showing the monastery with bust of Chopin*).

An adventurous pair decided to attempt a tough hike in the Finca Pública Galatzo. After a beautiful, peaceful walk with lovely scenery, both were super pleased with themselves knowing that they had each clocked up over 16,000 steps, and so were ready for a well-earned rest back at the hotel.

Evenings were spent relaxing in the hotel bar, where entertainment was provided in the form of karaoke, dancing and bingo, allowing several Cu3a members the opportunity to demonstrate their hidden talents!



Finca Pública hike



Some comments from members:-

"The buffet food at the hotel was varied and plentiful"

"Days were filled with fun, friendship and interesting times exploring the island... but it was cold!"

"This was first time holidaying with the u3a and I certainly intend to join them again"

...proving that a good time was had by all, despite the all-too-familiar weather!

Patricia Baker

Spare places are available on the Travel Group's trip to Scotland in September and also to Shetland next year - see next page for details of this year's trip and page 10 for details of the Shetland holiday.

Places available on the Travel Group Holiday to Scotland this year

Edinburgh, Glasgow & Beyond 10th - 15th September 2023

6 days/5 nights £769pp. (Single supplement £100)

We have several **spare places** on our trip to Scotland in September later this year.

We will travel up to Scotland by coach and stay for 5 nights, half board, at the **UNESCO World Heritage Site of New Lanark Mills** (pictured right) on the River Clyde.

The next few days will include:-

- A tour of **Glasgow** and time to explore the city independently
- A visit to Helix Park, home of **The Kelpies**
- A boat ride on the **Falkirk Wheel**
- A whole day to explore **Edinburgh** at leisure
- A tour of **Dumfries House**, bought and restored by Prince Charles in 2007 (featured in 'The Royal Restoration' and 'The Repair Shop' on TV); **OR** admission to the 18th century **New Lanark Mills** including its restored dwellings
- A tour of the **Royal Yacht Britannia**



New Lanark, showing mill buildings and river.

Photo: mrpbps, CC BY 2.0.

For more information, contact TravelGroup@charnwoodu3a.org.uk

News from the National u3a

Free On-Line Events this Month:

- **Future-Proofing our Homes for Our Future** with Jeremy Porteus, Tue 4 Apr at 2 pm.
- **Science Network Event:** talks include Superfoods, Earthquakes and Sewers, Tue 18 Apr at 10:30 am
- **Discussing Climate Change: Involving All Generations**, Wed 26 Apr 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>

National u3a Newsletter and More:

The March newsletter features a short interview with our own Pam Upton (aka Ethel and new Chair) as new Subject Adviser for English Language & Linguistics.

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>.

Poetry Corner

HOME

Where is home?
Is it where the others are?
Is it Heaven?
Is it far?
Who are those others?
I'm not sure!
Fathers and mothers?
Maybe more!
Friends and relations
From many nations!
Although we live many miles apart
I feel they are with me, in my heart.
But where is home?
I want that place
Near enough to give me solace.



You had such a home as a child,
Before you left, running wild.
Love and memories are just a part
Of the secret kingdom in your heart.
Whenever you think a loving thought,
Or deal gently with someone, as you were taught,
Then you know you are truly at home,
Right there, with no further miles to roam,
For Heaven, inside you, is your home.

Copyright Louie Carr, 2001.

Published in *Poetry Now Yorkshire and East Midlands 2002*

Poetry Now, 2002.

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SB ISBN 0 75432 7396

April 2023 Meetings

MON	TUE	WED	THU	FRI
3 Apr 09.30 Yoga 10.00 Latin 11.00 Table Tennis 1 13.30 Canasta 2 15.00 Current Affairs	4 Apr 10.00 10+ Walks 10.00 Spanish 11.00 Table Tennis 2 14.00 Canasta 1 14.00 Canasta1Quorn 14.00 Sing4Pleasure	5 Apr 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 13.30 Cribbage 2 14.00 French Improve 14.00 Scrabble 2 14.00 Sustain Planet	6 Apr 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	7 Apr 09.00 Badminton 10.00 Line Dance 10.00 Mah Jong 10.30 Tai Chi 12.00 Lunch Club 1
10 Apr 09.30 Yoga 10.00 Craft+Self Help 10.00 Poetry 1 13.00 Quiz group † 14.00 Chess	11 Apr 10.00 EPC Zoom 10.00 Scrabble 3 11.00 Table Tennis 2 14.00 Canasta 1 14.00 Eng Parish Ch 14.00 Social Dance	12 Apr 09.30 Golf 10.00 Committee 10.00 Mini Tennis 11.00 Table Tennis 3 14.30 Monthly Meet 19.00 Canasta2Quorn	13 Apr 10.00 Beading 2 10.00 Les Sportives 10.00 Thurs 6 Milers 11.00 Table Tennis 4 14.00 Bowls Outdoor 14.00 Making Music	14 Apr 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
17 Apr 09.30 Yoga 10.00 Craft+Self Help 11.00 Table Tennis 1 13.30 Canasta 2 14.00 Gardening 14.00 Painting	18 Apr 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	19 Apr 09.30 Golf 10.00 German 10.00 Mini Tennis 10.00 Poetry 2 10.00 Scottish Dance 11.00 Table Tennis 3 13.30 Cribbage 2 14.00 Family History 14.00 French Improve 14.00 Italian Conv 14.00 Scrabble 2	20 Apr 10.00 CC Walks 10.00 Parish Walks 11.00 Table Tennis 4 14.00 Bowls Outdoor 14.15 Scrabble 4 14.30 French Conv 18.30 Supper Club 2	21 Apr 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
24 Apr 09.30 Yoga 10.00 Craft+Self Help 11.00 Table Tennis 1 14.00 Chess 14.00 Digital Imaging 14.00 Local History	25 Apr 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	26 Apr 09.30 Golf 10.00 Mini Tennis 10.00 Stitch & Sew 10.30 History 11.00 Table Tennis 3 14.00 Classical Music	27 Apr 10.00 Beading 10.00 Les Sportives 10.00 Thurs 6 Milers 11.00 Table Tennis 4 14.00 Architecture 14.00 Bowls Outdoor 14.00 Making Music	28 Apr 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

† Meeting to be confirmed.

PLUS at Weekends: Sunday Lunch Club (9th April); Days of Interest trip to Newstead Abbey & DH Lawrence Birthplace Museum (22nd April).

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.

Equality, Diversity and Inclusion



The EDI team have been looking at ways in which we could make our u3a more inclusive. Among the ideas discussed have been ensuring accessibility for members with different needs, welcoming new members and broadening the content of our activity groups to encompass different cultural experiences.

The next meeting is on **Monday May 15th, 2 - 4 pm, at Gorse Covert Community Centre**. Do get in touch if you'd like to attend. If you can't attend, but have any suggestions on how we can ensure that our brilliant organisation is open and accessible to all, please contact the team on editeam@charnwoodu3a.org.uk.

Pam Upton

Beacon Members Portal

As mentioned in last month's *News & Views*, it is important that we have members' current contact details so we can stay in touch with you. So if you have changed your email address, postal address or phone number, please go to the Members Portal at <https://u3abeacon.org.uk/u3aportal.php?u3a=357&sc=TSXH> and make the appropriate amendments.

Currently, logging in requires you to enter five pieces of information (membership no., forename, surname, postcode, email). However, from 18th April, the Beacon Member's Portal login is being simplified so that members can log in with their email address as their username, and a password of their choosing. On first use after the changes are made, members will log in as before and be requested to create a password. Having verified it via a link they will be emailed, members will then use their email address (as username) and password to log onto Beacon. Forgotten passwords can be reset through an email link without the need for a secret question and answer.

The Membership Secretary won't be able to see or reset passwords, but they can update email addresses.



Call for Participants

Motor Unit Activity During Isometric Contractions: The Effect of Age

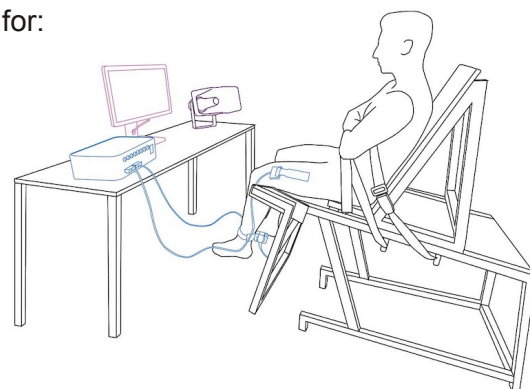
We have been contacted by Chris Connelly, a PhD student in the School of Sport, Exercise and Health Sciences at Loughborough University, about an opportunity to participate in research at the University. Their team is interested in understanding more about the control of muscles across the lifespan and they are currently recruiting for one of their studies for those **aged 65 - 80 years**.

Participation in the study would involve four visits to the University for:

- Familiarisation (1.5 hrs)
- MRI scan (1.5 hrs)
- Muscle function testing 1 (1.5 hrs)
- Muscle function testing 2 (3 hrs)

The muscle function tests involve performing different tasks with your leg muscles whilst seated (isometric knee extension and dorsiflexion). Muscle size, muscle strength and electrical activity of muscles will be measured.

You will be financially compensated for your time.



If anyone is interested and would like more information, please contact Chris at C.Connelly@lboro.ac.uk.

School of Sport, Exercise and Health
Sciences,
Loughborough,
LE11 3TU



Loughborough
University

Invitation to participate in a study 'Hearing Aid Provision and Physical Activity'

What does the study involve?

This is a pilot study that aims to investigate whether hearing-aids can have an impact on health and wellbeing.

We are particularly interested in whether hearing-aids can help to improve physical activity and function.

Can you help?

The study will involve **two** trips to Loughborough University, between these two visits you will be asked to wear an activity tracker on your wrist. We would love to hear from you if you:

- Are due to be fitted with your first hearing aid.
- Are 45-75 years old.
- Are a native English speaker or can speak English fluently.

What to do next

If you are interested in taking part in this study or would like more information about the study, please contact us either by:

Email: **Maria Goodwin** m.goodwin@lboro.ac.uk,

Telephone: +44 (0)1509 225439

Scan the QR code for the full information



LEON ID (Ethics
Approval): 11177

Details can also be
found on our
website at
[https://
www.charnwoodu3a.
org.uk/
HearingAidStudy.html](https://www.charnwoodu3a.org.uk/HearingAidStudy.html)

Travel Group Holiday to Shetland June 27th - 2nd July 2024

The Travel Group would like to open up this fantastic holiday to Shetland to all Cu3a members.

It will include coach transport from Loughborough to and from the airport; all flights and ferries fares; 5 nights HB accommodation; tours to heritage centres, museums, a gin distillery and a brewery; a visit to the most northerly PO & lighthouse in the British Isles; 2 lunches; all gratuities; and much, much more! The all-inclusive price is £1800 approx. (with £220 single supplement) which can be paid in instalments.

If interested and for more information but with no commitment yet, please contact TravelGroup@charnwoodu3a.org.uk before 10th April.



*The most northerly point in the UK (island far right) and most northerly lighthouse, Muckle Flugga (on island to left).
(c) Helen Reid, 2022.*

Ann Maddocks

Members' Stories

Did It Hurt?

It was the Spring of 1971 and there was a new faint smell in the air. There were the coming A level exams and the prospect of a whole new adventure, going away to university - something not experienced by any of the families we knew. But no, it was not the exams etc, it was the thought of giving blood!

Some of us knew of family members who were regular donors but it wasn't very common. However, when one of our teachers mentioned that he was hoping to take a party of school pupils to join those at a local public school, we were egged on to show those fee-payers that our blood was as good as anyone else's!

So there we were, gathering for a blood donation session. Just as we were about to start queuing for our turn, one of our contingent stepped forward and asked if he could have a word about the upcoming session. He quietly spoke to one of the nurses and asked if he could give blood with his arm behind a screen, as he fainted at the slightest sight of his own blood!

Wow, this was news to the rest of us; it was especially surprising as he was a big lad and a regular member of the school rugby team. We asked him how he'd kept it a secret. He pointed out that as a winger he could run very fast. In fact he generally ran fast enough to evade the opposition, so it was very likely that the only blood he saw was his opponents', which was not a problem!

So up stepped our blood sensitive friend who duly gave blood behind a screen. Fortunately, he avoided the sight of his blood.

Before long it was my turn. Whilst waiting, I noticed that a doctor went round the hall with a small device that he used to touch the arm of the imminent donor. I was curious about this and just as the doctor was going past me, I caught his attention and asked him what the device was for. The doctor said that it fired a small amount of local anaesthetic

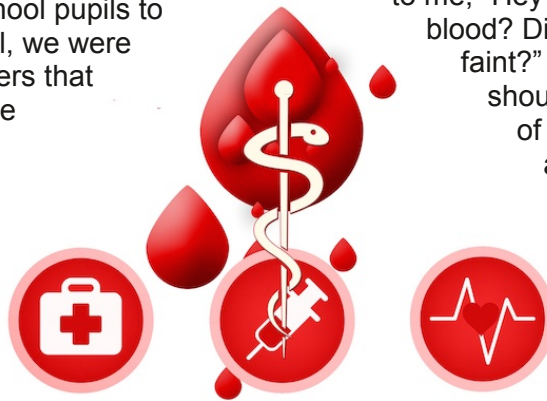
into the skin to numb it somewhat in the area that was about to receive a large donation needle! Suddenly, the doctor leant across me and fired a demo shot into my arm some 6 inches away from the donation site. As the doctor moved away, a small drop of blood appeared just where he had fired his device. Anyway I was given the real dose in the proper location and I gave my donation without further ado.

As I was about to leave the donation room to head off for my free tea and biscuits, one of the lads from my school took me to one side and whispered to me, "Hey Peter, what was it like giving blood? Did it hurt much? Did you feel faint?" Before I say what I said, I should tell you that this lad was one of the local 'tough guys', who had administered bouts of minor bullying throughout most of my time at the school. So it was with great delight, barely kept in, that I said, "It was a bit painful when they inserted the needle, especially when they missed the area and had to have several attempts in my case." At this point I showed him the demo spot, complete with a tiny dribble of blood. He went ashen and unsteady on his feet. "Don't worry," I said, "I'm sure you'll be OK in the end." Ha, what a joke, I really struggled to avoid bursting out laughing as he went on his unsteady way.

So this was the start of my career as a blood donor. Over the following 23 years I managed to give 27 donations in a range of locations including Borehamwood, Sheffield, Edgeware, Clapham South, Hayes, Macclesfield, Rutherglen, and of course Loughborough. Unfortunately various aspects of my own health prevented me from continuing to donate blood; I was more likely to become a net consumer than a donor. Thus I never got near to my father's record of over 60 donations. As a well-known comedy actor once said, "That's more than an armful!"*

Peter Reid

*https://en.wikipedia.org/wiki/The_Blood_Donor



It's Not All In A Face!



Photo: [Stephendickson, CC BY-SA 4.0, via Wikimedia Commons](#)

You may never have heard of it, but Scotland used to have its own version of Madame Tussaud's. Edinburgh Wax Museum (*pictured left*) was in a beautiful Georgian house on The Royal Mile and ran from 1976 to 1989.

A childhood friend of mine – Cate Langmuir – got a summer job there doing cleaning and such. She told me tales of standing very quietly beside the wax statues, then suddenly moving with her mop and duster so visitors nearly had a 'laundry problem'.

Then she was on duty one day when the museum invited Billy Connolly to the unveiling of his statue. All the dignitaries of Edinburgh were there, including the Lord Provost (Scotland's equivalent of a mayor) and they were

all sipping their sherry and chatting and congratulating themselves as all 'high heid yuns' do at these occasions. But remember, Billy was Glaswegian and very much from the other side of the class divide, so quite what these posh stiff West-Endy-East-Windy folk thought of him being in their museum alongside the great wax warriors, poets, engineers and royalty of Scotland, we can only imagine!

At the time Billy Connolly was known as The Big Yin and wore huge boots in the shape of bananas on stage. And so his statue was rigged out like that too. Cate had had a shufti under the sheet covering him before all the audience arrived, and thought Billy's face was very well-modelled. So, she, along with everyone else, was shocked when – in the split second after the sheet was pulled from Billy's statue – Billy yelled out in absolute horror! Then his hand shot out and he pointed to the slackly concave crotch of his statue and yelled: "Whar's ma willy??!!"

There were a lot of sharply pulled-in breaths from the posh multitude and a lot of ineffective hand-ringing. Cate realised no-one was going to take any action, so she dashed into the toilets, practically emptied the paper towel holder and rolled the rough green paper into a big fat tube, dashed back out and jammed it down Billy's (statue's!) empty crotch. She looked up at the real Billy to see if she'd averted the crisis.

Billy's fury changed to roaring laughter and he gave Cate a big crunching hug.

For more info on the Museum see:

https://en.wikipedia.org/wiki/Edinburgh_Wax_Museum

Char March

Picture on right from
Glasgow Evening Times,
20 Feb 2020.



Billy Connolly on stage wearing banana boots, 1976 - Daily Record 18 Apr 2017.



Char also sent the following link to a short animation you may like, entitled "One Life, Live it Well" narrated by Alice Roberts:

https://understandinghumanism.org.uk/res_films/one-life-live-it-well/

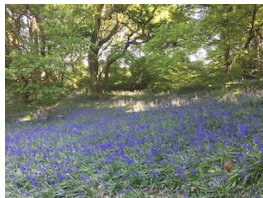
Upcoming Local Events

Loughborough University Events

Bluebell Walk

Thurs 27th April, 12 noon

The walk will begin at the gates to Burleigh Wood (What3Words - faces.rock.edge), following a short introduction. The group will take a gentle stroll around the wood, stopping to learn about the history and ecology of notable features (including the locally famous bluebell display). The walk will be led by University Arborist Rich Fenn Griffin.



Please be aware that the surface in the wood is uneven in parts and so sturdy footwear is recommended. Dogs are welcome.

This is a free event but booking is required. See <https://www.lboro.ac.uk/news-events/events/bluebell-walk/> for further details and booking information.

National Theatre Live: GOOD

Thursday 27th April, 7:30 - 9:40 pm

David Tennant (Doctor Who) makes a much-anticipated return to the West End in a blistering reimagining of one of Britain's most powerful plays. Live from the Harold Pinter Theatre in London. Olivier Award-winner Dominic Cooke (Follies) directs C.P. Taylor's timely tale; also featuring Elliot Levey (Coriolanus) and Sharon Small (The Bay).

Synopsis: *As the world faces its Second World War, John Halder, a good, intelligent German professor, finds himself pulled into a movement with unthinkable consequences.*

Certificate 15. Running time: 2 hrs 40 mins, including interval. Tickets £10 (£5 students). Free car parking available on site.

See <https://www.lboro.ac.uk/news-events/events/ntl-good/> for further details and booking information.

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 **Thursday 20th April at 7.30 pm.:**

The Generator, at the Heart of Loughborough's Industry and Education

An illustrated talk about the Old Art College and The Generator building: its place in the history of Loughborough's industrial development, Herbert Schofield's inspiration that led to the University and College, and the current state of play, given by **Jill Vincent**.

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

Cost: Members £2. Non-members £4

Booking essential. Booking link: <https://tinyurl.com/3yb9yjj9>

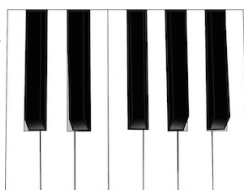


The former art college in Frederick St.
Image: Leicester Mercury, 19 Nov '20

Lunchtime Concert at Emmanuel

Thursday 20th April, 12:45 pm - 1:30 pm

A concert with music for two pianos, with pianists Elizabeth Paling & Jeremy Kimber. The programme includes music by Mozart and Rachmaninov. The concert starts at 12.45 pm but a Soup and Roll lunch will be served from 12.00.



A free event, but donations are most welcome.

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

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

Bird Ringing Demonstration

in The Outwoods
Main Car Park,
Woodhouse Lane,
Loughborough on
**Sunday 16th
April, 8 - 9 am and
9:30 - 10:30 am.**
LIMITED
BOOKINGS.

Contact Ross.Bray@idverde.co.uk or text 07483 096460 to book your place.



To discover wildlife at other free Easter events, see <https://tinyurl.com/2xpnn6na>

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 **May** issue of **News & Views** will be **Saturday, 29th April (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>

