

News & Views



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Our Website

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

Welcome

...to the July edition of *News & Views*, the newsletter of Charnwood u3a. We hope you'll find it both entertaining and informative. The content is largely written by members; details for sending contributions can be found on the last page.



Our Next Monthly Meeting: Abraham Lincoln's America



See page 2
for details

View from the Chair



As part of a continuing series of short profiles of Committee members, here is this month's offering.

This month, I would like to introduce the other half of the equation - Debra Hardwick. Debra is the Secretary of Charnwood u3a. Like her husband, Sam, she has been a member for 7 years and currently belongs to the Get Active - Stay Seated and Mahjong groups.

Debra has a degree in shoe design and initially worked in procurement for the British Shoe Corporation. This led her into other product areas, predominantly cookware and houseware which in turn led her out to the Far East on business trips for around 20 years. Her last procurement role was in the Gas and Oil Consultancy field, which included buying Semtex for blast testing.

Debra loves puzzles - crosswords, sudoku, wordsearch etc. and is a great jigsaw puzzler. She especially likes the Wentworth wooden puzzles and now has over 100. Her collection I started during Covid.

Along with her husband Sam, she loves travelling. They holiday 4 or 5 times a year and like going to new places. Over the years, they have been to around 65 countries, so still a few to go. In quieter moments she also enjoys creative activities like cross-stitch and making her own cards for birthdays and other events.



Debra Hardwick,
Cu3a Secretary

Garry Rigby
chair@charnwoodu3a.org.uk

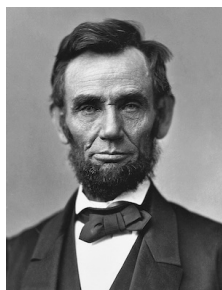
Editor's comment: What a fascinating life story - thanks for sharing this with us, Debra and Garry! And don't forget that members are always welcome to attend any of our Committee meetings on the second Wednesday of the month (10 am – noon) in John Storer House, by prior arrangement, as observers. If you would like to attend one of these meetings and see what we do, please contact Debra on secretary@charnwoodu3a.org.uk

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, 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'. New members are invited to arrive at 2 pm to meet other members before the main meeting. If you think you'll need any assistance at the meeting, please contact our Chair in advance at chair@charnwoodu3a.org.uk

Last month, we welcomed talented multi-instrumentalist and singer Andy Smith (*pictured right*), who entertained us by playing various stringed instruments and singing lots of songs - some familiar, some self-penned. In between songs, he told us all about his 'Life in the Music', including a series of interesting anecdotes - some amusing, some moving.

If you missed this meeting, you can catch up with it for a few more days via the YouTube link sent by our Chair on 8th June.



Our Next Meeting: Wednesday 8th July 'Abraham Lincoln's America' with Michael Burton

Michael Burton, a former journalist and history teacher, will present this close-up study of one of the most remarkable men in history – and of the dynamic and explosive world into which he was born.

Lincoln's warm personality was the key to controlling and sustaining that change, and finally to getting to grips with the ultimate challenge – destroying his country's crime against humanity. It required brilliant strategy, precision timing, and possibly the most beautiful of all political poetry. But it allowed him substantially to shape not just his own country, but also to set the agenda for our modern world.

To attend this meeting:

If you wish to attend the meeting, no prebooking is required - just turn up on the day, with your Cu3a membership card, if you have one. **If you are a new member, or attending a monthly meeting for the first time, you are invited to arrive at 2 pm.** Otherwise, please aim to arrive about 2:15 pm for a prompt start at 2:30 pm.



If you are unable to attend in person, you can follow the meeting online (via YouTube), either live or via the recording. All members who have supplied an email address will be sent a link to the live stream a few days beforehand in a reminder email from the Chair.

Looking Ahead:

Note there is NO MONTHLY MEETING IN AUGUST

Monthly Meetings to the End of 2026

- **09 Sep:** *Role of Herbs – Ruth Austin*
- **14 Oct:** *'Love and War': How we created our garden birds – Kevin Reynolds*
- **11 Nov:** *Travels with a Tiger - Riding the Western Front – Phil Drabble*
- **09 Dec:** *Christmas Music – John Bentham*

More information on upcoming meetings will appear in future issues of *News & Views* and on our website on the **Monthly Meetings** page under the 'Our Events' menu.

Group News



Line Dance Group 2

SUMMER / AUTUMN 2026

Brush Bowls Club,
Nanpantan Road, Loughborough

THURSDAY AFTERNOONS

1.30pm - 3.30pm

NO sessions July 2nd or July 9th

July 16th

August 27th

July 23rd

September 3rd

July 30th

September 10th

August 6th

September 17th

August 13th

September 24th

August 20th

11 Sessions. Payment £22.00 in advance

Contact Jane at northstar2@tiscali.co.uk



Get Active - Stay Seated

We now have two Get Active - Stay Seated groups meeting at 11:30-12:30 and 13:30-14:30 every Tuesday at Gorse Covert Community Centre. Both are really popular and taught by qualified physiotherapists.

The afternoon group is currently full but there is one space available in the 11.30-12.30 group. Also, when members of the groups are absent for holidays, hospital appointments, etc, we offer their places to anyone who would like to try the group as a one-off to see if they would like to join in the future. The cost is £7.50 for one class.

As it's holiday time there are vacancies coming up, so if you are interested, do get in touch on 07954 411363 or email

getactive2@charnwoodu3a.org.uk

Tuesday Pilates

All three Tuesday Pilates groups are currently full, but we are accepting members onto the waiting lists for all groups. If interested, phone/text me on the number shown above or email

Pilates4@charnwoodu3a.org.uk

Lynne Peebles

Singing for Pleasure Good news – maybe...

I was expecting this to be an article saying that the Singing for Pleasure group was about to finish. However the good news is that there is a lady who is interested in keeping the group going.



It is not definite yet but she is coming along to our first July meeting to see what goes on and we are hopeful that she will decide that the group is just what she is looking for. Fingers crossed!

We always take a break in August but with luck Singing for Pleasure will be back as usual in September.

Brenda Cox



Not Group News but a useful tip:

Are you a Priority?!

I recommend signing up to the Priority Services Register: theprs.co.uk

Then all three services: gas, electric and water will contact you as a priority if there is a power cut or a problem with water. It's available for anyone over retirement age, and for people with chronic illness, cancer, dementia or other disabilities.

Recently in Ratby, some households were without water for 3 weeks, and those on the PSR were given priority in terms of support, deliveries of water, etc.

It literally only takes a couple of minutes to sign up for this free service, and fear not, you won't be inundated by emails as a result.

Char March

Out and About

Travel Group Trip to Yorkshire (14th - 17th May)

Day 1: We set off from Tesco at 8 am travelling to Leeds, our first stop. We were met by our guide who gave us a tour of the city: Leeds Minster and Kirkgate Market, a large part of which is under cover, with cafés and a large variety of market stalls, including an M&S Heritage Stall. This was very close to the site of the original Penny Bazaar, started by Michael Marks in 1884, everything a penny! Finally, we visited the historic Corn Exchange. We then had free time to explore the arcades and shops, including Harvey Nicholls, before heading to our hotel on the outskirts of the city.



Day 2: Off to Bradford and Saltaire Village. Our guide gave us a tour of Bradford, pointing out the City Hall and Alhambra Theatre and finishing at the National Science & Media Museum where we had time to visit the exhibitions. After lunch, we went on to Saltaire and Salts Mill (*pictured left*). The mill was established by Titus Salt as a cloth factory and was once the largest factory in Europe. He created the village of Saltaire for his mill workers. The Mill now houses various shops, selling books and art materials, a café and a gallery of works by Bradford-born artist, David Hockney.



A Leeds arcade

Day 3: The morning started with a guided tour of Halifax, including the Piece Hall (*pictured right*), which was once a huge market where cloth was bartered, and Halifax Central Library where the librarian had set out an exhibition of Anne Lister's life and writings, especially for our group. Some of us visited Halifax Minster, originally the church of St John the Baptist, which was given its Minster status in 2009 in recognition of its important role in the civic life of the town. After lunch, we visited nearby Shibden Hall, which featured in the series "Gentleman Jack". The house dates back to 1420 and was the home to Anne Lister (Gentleman Jack) from 1791 to 1840.



Day 4: We left the hotel for home, calling at Wentworth Woodhouse, which became, over four decades, one of the largest stately homes in the country with an interesting history. It later fell into disrepair but is now being gradually renovated to bring it back to its former glory. It hosts events, such as the Classic Car Show we saw on our visit, to raise funds for the renovation (*see photo on left showing classic cars on the grass in front of the House*). After a guided tour round the available parts of the house, we were able to explore this incredible property and grounds before our return journey to Loughborough.

Many thanks to Kate and Ann for a lovely holiday.

Judith Sismey

Days of Interest Group Trip to Helmsley

We had a most enjoyable trip to Helmsley in “blazing June” – hats and water were essential. Our driver valiantly managed to get our very long coach both up and down the very steep and winding Sutton Bank successfully. On the way up, we were all a little disturbed when the coach came to a halt, but this turned out to be so the driver could change from automatic to manual gear mode. The views were fabulous.

When we got to Helmsley, we were met with literally hundreds of bikers, some with very exotic and modified bikes who were attending the Farmyard Party Motorcycle Rally, one of the UK's largest. The mood was fun and cheerful, but there may have been some sore heads to come on Sunday morning.

Most of us spent quite a bit of time in the Helmsley walled garden. It is a lovely place, both to have refreshments and to wander around the different areas of the garden. Some of the borders and beds are truly stunning, and within a small area they have managed to show lots of different types of gardens. For added interest, there are also chickens and whilst we were there a sculpture display.



Some members also visited the Castle, which looms picturesquely over Helmsley. Now a ruin, but in its past it has been a medieval fortress, an Elizabethan mansion and a Civil War stronghold.

A few of us walked up the hill to see the birds of prey. On our way we met lots of jovial bikers and were able to see the full extent of the festival site



where there would be music later. The bird centre was interesting, with displays and lots of information about their successful breeding programme. Back in the town there were lots of independent shops to look at, cafes to eat in and ice-creams to enjoy.

We do still have some vacancies for our July trip to **Cambridge (18th July)** and our August trip to **Newby Hall (15th August)**; both of these trips are now open to all u3a members. A full description is available on our website (along with all 2026 trips) and brief details were given on page 4 of the June issue of *News & Views*. **Please note that the deadline for booking the Cambridge trip is 9th July, as we need to provide car registration details to Tesco in advance of the trip.**

If you are interested in joining the Cambridge or Newby Hall trips or the Days of Interest Group, please contact Pauline May by email at DaysofInterest@charnwoodu3a.org.uk or by telephone on 07455 167929 for details.

Plant a Little Happiness

Here's my latest tray of plants - I take them to John Storer House (JSH) for them to sell to raise funds for all the good work they do there. The plants are all grown by me - a variety of herbs, houseplants, rooted cuttings, and a wide range of wildflowers for gardeners who want to help with providing colour for themselves and food for our struggling pollinators. So, next time you're passing JSH, do pop in for a cuppa, some of their wonderful cake, and a plant or two. We are really lucky to have such good community centres in our town (Gorse Covert is another one, as is Fearon Hall) and they all need our support... so they can support more of our town's vulnerable people.

Thanks. Char March



July Calendar

MON	TUE	WED	THU	FRI
PLUS Every Tuesday Fix IT Clinics in John Storer House café 10:30 - 12:00 At Weekends: Dol trip to Cambridge (18th), Sunday Lunch Club (12th) <i>Please note: Errors and late changes can occur, so check with group leaders for confirmation. Please send any amendments for future issues to: newsletter@charnwoodu3a.org.uk</i>		1 Jul 10.00 Drama 10.00 Golf 10.00 JigsawBookEx 10.00 Mini Tennis 10.00 Scottish Dance 10.30 Papercraft 11.00 Table Tennis 3 14.00 Cribbage 14.00 French Improve	2 Jul 10.00 Parish Walks 10.00 Spanish Conv 11.00 Table Tennis 4 14.00 Bowls Outdoor 14.30 French Conv 19.00 Canasta 3	3 Jul 09.00 Badminton 10.00 Line Dance 1 10.00 Mahjong 10.00 Table Tennis 7 10.30 Tai Chi 11.00 Table Tennis 5 12.00 Lunch Club 12.00 Table Tennis 6 13.30 Pilates 1
6 Jul 09.30 Yoga 10.00 Craft+Self Help 11.00 Table Tennis 1 14.00 Current Affairs	7 Jul 09.30 Pilates 2 10.00 10+ Walks 10.00 Spanish 10.45 Pilates 3 11.00 Table Tennis 2 11.30 Active Seated 2 12.00 Pilates 4 13.30 Active Seated 1 14.00 Canasta 1 14.00 Canasta1Quorn 14.00 Sing4Pleasure 15.30 Pickleball	8 Jul 10.00 Committee 10.00 Golf 10.00 Mini Tennis 11.00 Table Tennis 3 14.30 Monthly Meet 19.00 Canasta2Quorn	9 Jul 11.00 Table Tennis 4 14.00 Bowls Outdoor 14.00 Contemp Music	10 Jul 09.00 Badminton 10.00 Line Dance 1 10.00 Mahjong 10.00 Needlecraft 1 10.00 Scrabble 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 Jul 09.30 Yoga 10.00 Craft+Self Help 10.00 Poetry 1 11.00 Table Tennis 1 14.00 Chess 14.00 Quiz group	14 Jul 10.00 Scrabble 3 11.00 Table Tennis 2 11.30 Active Seated 2 14.00 Canasta 1 15.30 Pickleball	15 Jul 10.00 German 10.00 Golf 10.00 Mini Tennis 10.00 Poetry 2 10.00 Scottish Dance 11.00 Table Tennis 3 14.00 Cribbage 14.00 Family History 14.00 French Improve 14.00 Italian Conv	16 Jul 09.45 CC Walks 11.00 Table Tennis 4 13.30 Line Dance 2 14.00 Bowls Outdoor 14.15 Scrabble 4 14.30 French Conv	17 Jul 09.00 Badminton 10.00 Line Dance 1 10.00 Mahjong 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
20 Jul 09.30 Yoga 10.00 Craft+Self Help 11.00 Table Tennis 1 13.30 Canasta 2 14.00 Gardening 14.00 Painting	21 Jul 09.30 Pilates 2 10.00 6+ Walks 10.00 Recorder 10.00 Spanish 10.45 Pilates 3 11.00 Table Tennis 2 11.30 Active Seated 2 12.00 Pilates 4 13.30 Active Seated 1 14.00 Canasta 1 14.00 Sing4Pleasure 15.30 Pickleball	22 Jul 10.00 Golf 10.00 History 10.00 Mini Tennis 11.00 Table Tennis 3 12.30 Travel Group 14.00 Classical Music 14.00 Humanness 14.00 Reading Group	23 Jul 10.00 Philosophy 2 10.00 Thurs 6 Milers 11.00 Table Tennis 4 13.30 Line Dance 2 14.00 Architecture 14.00 Bowls Outdoor 14.00 WomensHistory	24 Jul 09.00 Badminton 10.00 Line Dance 1 10.00 Mahjong 10.00 Needlecraft 1 10.00 Scrabble 1 10.00 Table Tennis 7 10.30 Tai Chi 11.00 Table Tennis 5 12.00 Table Tennis 6
27 Jul 09.30 Yoga 10.00 Craft+Self Help 10.00 Local History 11.00 Table Tennis 1 14.00 Chess	28 Jul 09.30 Pilates 2 10.00 ETHEL 10.00 Scrabble 3 10.45 Pilates 3 11.00 Table Tennis 2 12.00 Pilates 4 13.30 Active Seated 1 14.00 Canasta 1 14.00 Philosophy 1 15.30 Pickleball	29 Jul 10.00 Golf 10.00 Mini Tennis 11.00 Table Tennis 3	30 Jul 11.00 Table Tennis 4 13.30 Line Dance 2 14.00 Bowls Outdoor	31 Jul 09.00 Badminton 10.00 Line Dance 1 10.00 Mahjong 10.00 Table Tennis 7 10.30 Tai Chi 11.00 Table Tennis 5 12.00 Table Tennis 6 19.30 Wine Apprec'n

Robert's Recommended Reads

For July Robert has selected two novels by American authors. The books are of similar, epic length – over 800 pages – but this should not put off potential readers. These are genuinely outstanding works of fiction from authors whose contributions to contemporary writing have been recognised by the award of multiple, significant literary prizes. The two books have something rather unusual in common: in one, a priceless painting and in the other a unique baseball are central to the unfolding stories.

The Goldfinch by Donna Tartt published in 2013

Born in Mississippi in 1963, Donna Tartt has written three highly regarded novels spanning three decades. The most recent, *The Goldfinch*, despite being 864 pages long is a wholly immersive, character driven account of modern life. It is a coming of age novel regarded by some as a David Copperfield for the 21st century.

The Goldfinch is narrated in the first person by Theo Decker, the main protagonist. Theo is 13 years old when he is separated from his mother during a terrorist attack on a New York City museum. In the devastation and chaotic aftermath of a bomb explosion, Theo finds himself comforting a badly injured old man. The old man gives Theo his engraved signet ring and insists that Theo take this, along with a small painting 'The Goldfinch' by the 17th century Dutch master Fabritius, to safety. A cryptic clue about his business partner and how to find his home are the old man's final words. Theo finds his way out of the museum and so begins both his adaptation to new circumstances and his quest to find the old man's business partner.

As mentioned in the introduction, 'The Goldfinch' (the painting) is an integral feature of *The Goldfinch* and the physical painting's presence throughout this glorious and unusual novel enhance a spellbinding, diverse narrative.



Donna Tartt pictured in *The Guardian* 26 Oct 2013. Photo: Beowulf Sheehan

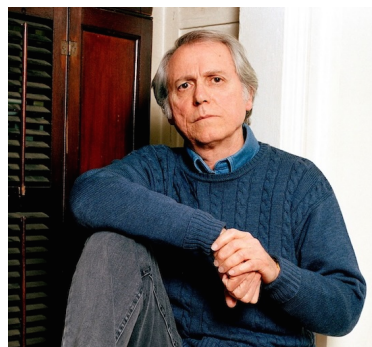
Underworld by Don DeLillo published in 1997

In this complex and multi-layered novel, DeLillo takes us on a journey through the second half of the 20th century, from the early 1950s Cold War era to the new world order of the 1990s. *Underworld* does not have a plot as such, but is a composite of 'set pieces' written in shimmering prose and delivered with the rousing power of a master of compelling writing.

Underworld follows the lives of several characters who are all, to a greater or lesser degree, connected with an iconic, highly valuable and collectable item: a baseball. This is the ball struck in the famous match winning 'Homer' (home run) in perhaps the most celebrated baseball game of all time, played in New York in 1951 between the Giants and the Dodgers.

The 50 page long prologue is in itself a masterful short story. Set in the stadium during the famous game, the prologue includes a brilliantly imagined dialogue between Frank Sinatra, J. Edgar Hoover and Jackie Gleason. We are also introduced to Cotter Martin, a black teenager whose father Manx Martin will become a central character later in the story.

The main sections of *Underworld* move through geography and time, often with unsettling and confusing 'jumps' between year and place. It is a demanding read requiring concentration and (in my case at least) frequent back-checking of characters and relationships. Nevertheless, the rewards of this stellar novel far outweigh the challenge of reading it.



Don DeLillo in 2006, pictured in *The Guardian* 2 Sep 2015. Photo: Eamonn McCabe/*The Guardian*

The Hazards of Wearing Slippers

A few days ago an article on 'Why slippers are bad for my feet' appeared in my email inbox. It came from SAGA, which I imagine many people subscribe to given our time of life. I tend to glance at such messages and then delete them, but this time I read the whole article. Why? Well, last month I tripped over and broke a bone in my ankle. I usually have pretty good balance but I was on the floor of my sitting room before I knew what was happening. I still don't know quite why I tumbled but I suspect that my slippers (*below*) had something to do with it. One of them might have been half on half off.

What happened to me fits a pattern. The article noted that "1 in 3 people aged 65 and above will have a fall every year – many of them in good health. This increases to half of all people aged over 80. Many of these falls will happen in their own home." It was pointed out that "between the age of 50 and 70 we lose 30% of our muscle strength, bad news if you are trying to balance yourselves after tripping or slipping,"



A physiotherapist consulted by SAGA explained: "Soles with holes or flaps, no grips or heel supports, worn down backs, frayed uppers and flimsy flip flops and ill-fitting open back mules can all contribute to falls, as well as contributing to symptoms of painful foot conditions such as plantar fasciitis and arthritis." And "people will also wear backless mule type slippers as they've always done without giving it much thought, but actually having a bit more support around the foot and ankles can be really helpful." To minimize the dangers, it is suggested that people wear the same type of footwear as they wear out of doors, especially when moving around doing domestic chores, so keeping a pair exclusively for wearing indoors, possibly having a velcro fastening for convenience, would seem to be a good plan.

If you are wondering how my story ends, I was given some bandages to wear, but no cast or 'boot', and I was told I can walk around but not play pickle ball or table tennis or go on the 6-mile walks for 12 weeks. And I'm looking into dumping my slippers - at least the 'mule-type' ones shown in the picture.

Chris Ronald



Loughborough University

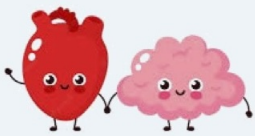


NATIONAL CENTRE FOR
SPORT & EXERCISE MEDICINE
WORKING FOR HEALTH & WELLBEING

POSTMENOPAUSAL WOMEN NEEDED!

Can a novel dairy fat-enriched meal improve your heart and brain health?



Researchers at Loughborough University's School of Sport, Exercise and Health Sciences are looking for participants to join a new research study, exploring whether consuming a single high-fat meal enriched with a special milk fat can improve heart health and brain function in postmenopausal women. Your participation could help shape future dietary guidance.

Who can take part?

Women who are:

- Aged 50 – 75 years
- Postmenopausal (no periods for at least 1 year)
- Carrying more weight than they might like (body mass index (BMI) 25-40 kg/m²)
- Not on hormone replacement therapy
- Not diabetic
- Not taking medications that could affect blood pressure or cholesterol (including statins)

What's involved?

Visits to Loughborough University for:

- 60-70 minute screening visit
- 80-90 minute familiarisation visit
- Two full study visits (about 8 hours each, after an overnight fast) involving:
 - Consuming high-fat meal (pancakes + milkshake)
 - Blood sample collection
 - Non-invasive tests of heart & blood vessel health
 - Short computer-based tasks to assess mood and brain function

You will receive a small reimbursement for your time and participation.

If you are interested and want more information, please scan the QR code or contact:

- Aisha Borkar: a.s.borkar@lboro.ac.uk (PhD Researcher) or
- Dr Oonagh Markey: O.Markey@lboro.ac.uk



This study has been reviewed according to procedures specified by the University Research Ethics (Human Participants) Sub-Committee and has been given a favourable opinion for conduct (Ref No: 18721).

Upcoming Local Events

Festival of Leicestershire and Rutland Archaeology

Saturday 4th July – Sunday 2nd August

The Festival of Leicestershire and Rutland Archaeology returns, and this year the theme is **archaeology and nature**.

This month, celebrate the rich and diverse heritage of Leicestershire and Rutland. Uncover the stories, sites, buildings, places and people that make our local communities special. Go to new places and revisit old ones. Discover and share the history and archaeology that is all around us.

- Family friendly activities
- Guided heritage walks
- Talks from some of the counties' leading heritage experts
- Self-guided walks to enjoy at your own pace
- Archive of online talks
- Many more activities, exhibitions and hands-on events across Leicestershire and Rutland

For full details, go to:

<https://leicsfieldworkers.org/festival-of-archaeology/>



Photograph courtesy of Lynne About Loughborough

Garendon Park Guided Walk

By Loughborough Library Local Studies Volunteer Group

11th July and 15th August 2026

Meeting at 2.00pm at Coe Ave Gates.

Book via llsv@gmx.co.uk or at Loughborough Library main counter.

Booking Essential.

£5 per person under 10s go free

Loughborough Medieval Streets Walk

Saturday 18th July, 10 am

Join Loughborough Library Local Studies Volunteer Group for a guided walk around Loughborough's medieval streets and buildings. Meeting at Charnwood Museum entrance, Queens Park, at 10.00 am, the walk takes approximately 1.5 hours.

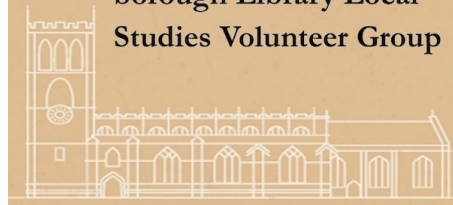
Book via llsv@gmx.co.uk or at Loughborough Library main counter.

Booking essential. £5 per person, under 10s go free.

Pay on the day – Cash Only

Medieval Loughborough

Guided Walk with Loughborough Library Local Studies Volunteer Group



Charnwood Eco Hub: Screen Printing Workshop

SOFA Building, Clarence Street, Loughborough

Saturday 25th July, 11 am – 1 pm

In this fun and accessible Workshop, you'll learn how to create bold, original prints using sustainable and low-waste techniques. Experiment and design your print onto fabric or paper, using reclaimed and reusable materials. You'll be guided through the full process – from preparing your design and screen to pulling your final print – perfect for complete beginners and those looking to refresh their skills. All materials provided, and you'll leave with your own finished printed pieces and the confidence to continue screen printing at home. Cost: £10 for students / retired / low income, £15 full rate.

For more information and a booking link, go to:

<https://www.eventbookings.com/b/event/screen-printing-workshop>

More Upcoming Local Events

Keeping The Lights On

Exhibition on the History of BRUSH
Charnwood Gallery, Charnwood Museum
Queens Park Loughborough
9th May – 27th September



Picture: Charnwood Borough Council

Do you know the vital part Loughborough plays in keeping the UK's electricity flowing? Since 1889 BRUSH Group, a manufacturer of electrical power equipment, including power transformers, has made its home in the town, employing generations of local people who in turn have engineered the solutions that have built the UK's energy landscape - ultimately helping to keep the lights on!

This interactive exhibition explores the history of BRUSH, dating back to its namesake, inventor Charles Francis Brush, through to today as an essential part of the UK energy supply chain, making transformers and switchgear and delivering engineering solutions to projects across the UK.

The exhibition is free entry. Charnwood Museum is open Wednesday to Saturday, from 10am to 4pm and Sunday 1pm to 4pm.

More information at: <https://tinyurl.com/4w83xfy>

Choral Concert: "Life, Liberty and the Pursuit of Happiness"

Saturday 4th July 7:30 - 9:30 pm
Trinity Methodist Church, Loughborough

A concert of American music sung by **Viva La Musica Chamber Choir**, marking the 250th anniversary of the signing of the Declaration of Independence. Programme includes music by Aaron Copeland, Samuel Barber, Eric Whiteacre, Morten Lauridsen, Michael Trotta and Leonard Bernstein. Refreshments served at the end of the concert. Tickets £15 (students £13, under 16s free) from www.vivalamusica.org.uk

Friends of Charnwood Museum Murder and Mayhem in Medieval Leicester

Talk by Mathew Morris
Thursday 16th July, 7:30 – 9:30 pm

Join archaeologist Mathew Morris for some gruesome tales from medieval Leicester, including the bell ringer murdered by the vicar on Christmas Eve, the Franciscan friars hung drawn and quartered for treason, and the criminal deeds of the Bushby brothers. Find out how archaeology and historic sources, like the town's medieval coroner's rolls, provide complementary evidence which enriches the story of Leicester.



Members £3 and guests £5 - all welcome. Booking essential on 01509 233754 or by calling into the museum.

Doors open at 7pm for light refreshments and the talk commences at 7.30pm. Please use the evening entrance opposite the library. See: <https://www.charnwoodmuseum.co.uk/events>

Summer Cinema

Sunday 5th July, from 12 pm
Queens Park, Granby St, Loughborough

Get ready to roll out your picnic blankets and soak up the sunshine – Summer Cinema is back for another spectacular day of FREE big screen entertainment, live performances, and classic family fun in the park.

Film screenings:

12.30 pm – Wall-E (U)
2.30 pm – The Lion King (1994 animated) (PG)
4.30 pm – Dirty Dancing (12)

Note: Films and start times are subject to change.

The other Sundays in July feature free Bandstand Concerts in Queens Park at 2 pm, as described in May's edition of *News & Views* (page 9).

For other local events, see:

<https://www.discovercharnwood.co.uk/events>
<https://allevents.in/loughborough/july>
<https://www.lboro.ac.uk/news-events/events/>

National u3a News



u3a Essay Competition 2026

For this year's essay competition, you are invited to explore a remarkable real-life journey – of discovery, adventure or transformation – and bring its story to life in fewer than 1000 words. Closing date is 31st July. For details, see: <https://www.u3a.org.uk/what-we-do/learning/learning-activities/essay-competition-2026>

Online Learning Events this month

A wide variety of free online Zoom events are on offer this month, including talks on: **connecting with nature for health and wellbeing, history of shoes, fusion tai qi gong, role of women in Ancient Egypt, Frieda Karlo and the art of pain, how to get published, secrets of the human brain: vision, staying safe online**, and lots more. For details of all these, including how to book, go to:

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

More from National u3a:

Register to receive the National u3a **Friends** newsletter regularly at: <https://www.u3a.org.uk/newsletter>. Also access the latest u3a news at: <https://www.u3a.org.uk/news> and find more learning initiatives at: <https://www.u3a.org.uk/learning/learning-activities>. The u3a learning blog **Sources**, with posts by u3a members covering a wide range of topics, can be found at: <https://sources.u3a.org.uk>

Obituary

Peter Mill

Your Editor was very sad to hear of the recent death, after a long illness, of Cu3a member Peter Mill. Peter served on the Charnwood u3a Committee from 2017 to 2020, and I first met him when I joined the Committee in March 2019. I remember he was very friendly, always smiling and willing to help, happily stepping in as Acting Chair and temporary Groups Coordinator when someone was needed to fill in at short notice. A keen walker, he organised the 10+ walking group for several years, and is pictured below (*front rt.*) with the group at Bole Hill Trig point near Wirksworth in August 2021.

The following tributes are from some of Peter's u3a walking friends:

From fellow 10+ walker Mike Hill:

My memory of Peter will always revolve around his knowledge of the local and Derbyshire Peak district walking areas, together with the best pubs to use for a good pint and prawn sandwich. To my amazement he could always remember past walk details such as who he walked with, the date and what pub we stopped at. The group often reminded him of the day he lost his new Leki walking pole before using it. RIP.

Martyn Speight sent the following:

I have fond memories of Peter who enjoyed his walking and was a member of many of our walking groups. He was always good company with tales to tell, either about his sailing, his working life or drawing from his knowledge of most of our local walks and the pubs that got visited. Even when his own walking became limited we had email exchanges, as whilst passing on his latest medical experiences (and there were many of these), he remained keen to know how walks had gone. Not only will I miss him taking us to new places but his company as a walking companion.

And finally from Ginette Hsu:

Peter was a stalwart longstanding member of the Thursday 6 Milers Walking Group, always ready and willing to lead walks for the group. It was a joy to have his company on our walks and the pub lunches afterwards. Even when he became ill and could not manage our walks, he would often join us for lunch and enjoy the company. Obviously the social aspect of the group was much appreciated by him. He will be very much missed as a member of the Thursday group. All our condolences go to his family and friends.



IT Support for u3a members – from u3a members

Fix IT Clinics:

Drop in sessions where you can get help using your laptop, tablet or phone. Bring them along to: **John Storer House café, Tuesdays, 10.30 – 12.00**



One to One Support:

Get help with using your laptop, tablet or phone for a particular task:

email helpdesk@charnwoodu3a.org.uk

phone Phil/Mary 07855 702302
Garry 01509 213655

Our Website:

If you have a problem with logging into, or using, the u3a website, contact Martyn, our Web Manager, by emailing webmanager@charnwoodu3a.org.uk

There is a useful Login guide at:

https://charnwoodu3a.org.uk/Log_Gde

and our IT Support page at:

https://charnwoodu3a.org.uk/IT_Support



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 – but please ensure you have permission of anyone identifiable in the photos.

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 **July** issue of **News & Views** will be **Monday 29th June (12 noon)**.



Please send your contributions to the Newsletter Editor at: newsletter@charnwoodu3a.org.uk
I always acknowledge all emails received, so if you don't get a reply within a few days, please contact me again as some emails do go astray!

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 <https://www.charnwoodu3a.org.uk> with a link from the Home page.

Thank You!

Helen Reid
Newsletter Editor
Charnwood u3a



Committee, Support Teams and Group Leaders' Details

Names, photos and email links for all the current Committee members can be found on our website under Home → Our Committee, along with details of our Support Teams under 'Help and Support'. Our Membership Secretary's phone number is shown, as are those of our IT Support team when you log in.

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



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

Some other useful u3a web addresses:

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

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

