CHARNWOOD U3A UPDATE - AUGUST 2017

A warm welcome to our **new members.** We hope you will soon be involved in U3A activities and making new friends. To access the members' area of **our website www.charnwoodu3a.org.uk** you will need the user name and password which are bottom left and bottom right on the back of your membership card.

Monthly Meetings at Charnwood College

Our May monthly meeting was very successful with Anne Halsey not only entertaining us but also informing about the Funny Side of Funerals.

On 9th August we will be challenged by Roxanne Dinsdale on our pre-conceptions about Belly Dancing. She will explain the background to the tradition and what positives flow from the practice. We hope for a demonstration, but have asked her to leave the snake at home.

On Wednesday 13th September we will be delighted and privileged to end the U3A year with a visit from the Lord Lieutenant of Lincolnshire, Jennifer, Lady Gretton. She will spell out for us a typical year in the life of Her Majesty's representative in Leicestershire. This is a change to your programme.

Monthly meetings are held in the hall of Charnwood College (Gate 4) at 3.15pm and all Charnwood U3A members are entitled to attend. There is ample car parking, and nearby bus routes, but we are asked not to arrive before 2.30pm. Tea, coffee and biscuits afterwards allow time to question the speaker or to renew relationships. *Neil Rowbotham*

Please remember to wear your Charnwood U3A membership badge, as this is a requirement at the College.

Coffee Morning

The next Tesco Coffee Morning will take place on 15th August from 10 - 12 noon - everyone welcome, long-standing members and new!

New Membership

1st August is the date when new members can join and get 14 months' membership for the price of 12 months. If you have any friends who would like to join us please encourage them to do so. The membership forms are on the website www.charnwoodu3a.org.uk or they can be obtained from the membership secretary via email: memsec@charnwoodu3a.org.uk or by phone: [redacted].

Membership Renewals – Advanced Notice

The renewal date is 1st October and the paperwork will be coming out just after the publishing of the September Update. The subscription this year is £14. It would be helpful if you would let me know you know if you are not going to renew this next year (it will save the cost of a reminder letter). Please inform me by email: memsec@charnwoodu3a.org.uk or by phone: [redacted] *Garry Rigby, Membership Secretary*

Treasurer

I am grateful to the former Treasurer, Pauline May, for forwarding the invoices from Group Leaders that she still receivin . Please note the new Treasurer is Garry Rigby and my address is [redacted] or the invoices can be scanned and emailed to treasurer@charnwoodu3a.org.uk

Macmillan Coffee Morning

The official Macmillan Coffee Morning is planned for 29th September, but individual groups might wish to make a donation for refreshments at their meetings during September to support this charity. Any funds collected can be handed to Helen Davison at the Group Leaders meeting at the end of October. There will also be a collection box at the September Monthly Meeting.

Christmas Tree Festival 29th November to 3rd December

Charnwood U3A has again been invited to take part in this community festival at the Parish Church (All Saints) in Loughborough. A couple of volunteers are needed to set up the tree beforehand and take it down again after the festival. Please contact a Committee Member if you feel you can help.

Activity List

There is an up-to-date Group Activities sheet on the Members' Area of the CU3A website www.charnwoodu3a.org.uk.

GROUP NEWS

Classical Music Enjoyment Group: meets this month on Wednesday 23rd August from 2pm to 4pm at Loughborough Lawn Tennis Club, Ingle Pingle, off Forest Road, Loughborough, when the programme will be a "Bring Your Own" session. Any enquiries concerning the Group to Group Leader, Martin Jones ([redacted] .

Pilates Groups 1 and 2

A few places are available in Pilates Groups 1 and 2, and new members are very welcome. The groups meet every Monday throughout the year at Nanpantan Bowls Club and are led by a professional tutor, Annette Holliday. Group 1 meets from 11.55 am to 12.55 pm and Group 2 meets from 1.00 to 2.00 pm. For more details please contact me by telephone [redacted] or e-mail [redacted] *Ros Fleming, U3A Pilates Group Leader*

Table Tennis 7

This group started in June for one month. During the summer, the group will not meet but it will start again on a new day and time in September. The first session will be on Friday 1st September at 10am. Any budding players, no matter what level you play at, will be welcome. Please contact Margaret Lorriman on [redacted]

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Opportunity to Volunteer

Shelina Kassam has emailed to ask whether any of our members who are over the age of 50 might be interested in taking part in a research trial at Loughborough University. She says: "I am running a randomised control trial that is investigating the effects of eating soy food (specifically Tempe - a soy bean product traditionally consumed in Indonesia) on memory function and dementia. In the first instance I am looking for people to come and taste the Tempe and, if they enjoy it, I will them ask if they are interested in taking part in the full trial. I would be very grateful if you could pass on my details to your members".

If you would like to help, please contact Shelina directly; her details are as follows:

Shelina Kassam, Research Associate, School of Sports, Exercise and Health Sciences
National Centre for Sport & Exercise Medicine
Loughborough University, LE11 3TU
Tel: [redacted]
Email: [redacted]

WALKING GROUPS

In the first instance, please contact the Walking Groups Co-ordinator Elizabeth Steel [redacted] telephone [redacted]

Strollers and Amble Groups
Details of next walks will be sent out on e-mail. Chris Brown, [redacted]

Moat Road Walking Group
The Moat Road Strollers will leave the Moat Road Car Park for a gentle 5-mile walk at 10.00 on the first Tuesday of the month. Grid Reference for Moat Road is SK52488 17493. Post Code LE11 3PN.
If you would like join this group please email Elizabeth Steel at [redacted]

Tuesday 6 Plus Walking Group
15th August - The Malt Shovel, Barkby, LE7 3QG. Ref SK634098. Leader Malcolm.
Enquiries to Mike Pearson [redacted]

'Les Sportives'
Enquiries to Janet Butlin [redacted]

Little Xtras
These are the U3A Little Extras scheduled walks for May; 2nd and 4th Thursdays of the month starting at 10.00am as usual.

10th August - Hill Hill on the Hill. A walk from Breedon to Melbourne. Starting from the grassy triangle at SK404229 on the road through Breedon on the Hill. The approx postcode is DE73 8AS. Leader - Gordon Murray.
24th August - Full Tilt…..on. Meet at the Rose and Crown, Tilton on the Hill, LE7 9LF, SK 743056. We are promised terrific views. Note: NOT the same walk as Cliff led for Mike's Tuesday Group in May this year and heads in a different direction. Leader - Cliff Knowles.
Any questions, please contact Malcolm Otter on [redacted]

Saturday 5+ Miles
5th August - Swithland Reservoir, far end of Kinchley Lane. Leader Jenny.
2nd September - The Rothley Centre car park. Leader Helen.
Enquiries to Sue Griffiths [redacted]

10+-Mile Walk
5th September - Leaders: Anne and Martyn Speight. Charnwood Hills circuit starting from the Outwoods Car Park, SK541159, nearest Post Code LE11 3YG. Please note £1 parking charge now applies. Walk takes in permissive paths, Lubcloud, Charley and Ulverscroft. Lunch at Copt Oak.
Enquiries to Peter Mill, Tel. [redacted]. Please note any new members should make contact before joining a walk.

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Useful website addresses

National U3A Organisation (Third Age Trust): www.u3a.org.uk
The Association of East Midlands U3As: www.eastmidlandsu3as.org.uk
Leicestershire and Rutland Network: www.landru3a.org.uk
Charnwood U3A: www.charnwoodu3a.org.uk

Items for Update

The deadline for publishing is normally the last day of the previous month. The deadline for the September issue of Update will be **Thursday 31st August**. Please send our contributions to: **newsletter@charnwoodu3a.org.uk** or to Update Editor Linda Lawson, [redacted] 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 next issue of **Update Extra** will be published in October and the deadline for items is **Saturday 30th September**. There is a limit of around 500 words per item, and photos are welcome. The Editor reserves full editorial rights as to length and suitability and the Editor's decision is final. Update Extra is published quarterly.

Update is sent to all Charnwood U3A members by e-mail or by post before the monthly meeting. It is also available to read on the Charnwood U3A website each month at **www.charnwoodu3a.org.uk** (you will need the new user name and password which are bottom left and bottom right on the back of your membership card). Thank you!