CHARNWOOD U3A UPDATE - SEPTEMBER 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.

LATEST NEWS: On your behalf I attended the Third Age Trust AGM today, Friday 31st August, at the Conference Centre at Nottingham University. Charnwood U3A was presented with a CERTIFICATE to mark the 20th Anniversary of our becoming part of the Third Age Trust. The whole day was 'streamed live' and hopefully, some of you will have taken the opportunity to watch a part of the day and see U3A in action. *Helen Davison*


THE THIRD AGE TRUST

U3A

THE UNIVERSITY OF THE THIRD AGE

Congratulations to

CHARNWOOD U3A

For reaching the milestone of

20 YEARS

membership of the Third Age Trust

Celebrating your U3A milestone at Conference 2017.

Signed

Pamela Jones

Pam Jones

National Chairman

Monthly Meetings at Charnwood College

Our monthly meeting in August was very different.

Roxanne Dinsdale has performed for the Duchess of Rutland and at Alan Sugar's birthday and has been on TV for over 60 events as well as performing on the roof of a bus. She has trained a dance group in Bollywood and Middle Eastern dancing and they now tour internationally but, for Charnwood U3A, she demonstrated belly-dancing and some of its techniques before going on to outline the history and the myths associated with it. It was a fascinating insight and she was besieged with questions afterwards.

Our September monthly meeting, on Wednesday 13th at Charnwood College at 3.15pm, is a rather special event. We are very privileged to be welcoming Her Majesty the Queen's representative in Leicestershire - Jennifer, Lady Gretton DCVO, JP. Since she is stepping down from the role next year, this will be one of the last opportunities to hear from her about her work in the county.

There will not be a dress code but it will be a little more formal than usual so please be in your seat by 3.10pm.

All members of Charnwood U3A are welcome to attend the monthly meetings free of charge. There is ample car parking at the college, entry via Gate 4, as long as you arrive after 2.30pm, and there are bus routes nearby. *Neil Rowbotham*

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

Membership Renewals

Your membership renewal date is 1st October. By now you should have received the paperwork; if not please contact the membership secretary by email: memsec@charnwoodu3a.org.uk or by phone: [redacted]
The subscription this year is £14. You may send a cheque with your form to:

Membership Secretary (Renewals)
[redacted]

Alternatively, you can present your form and cheque at the September or October Main Meeting or you can pay by standing order/Internet bank transfer. This year the PDF form can be edited. This allows you to fill in your details so that you can print it (if you are paying by cheque) or email it (if you are paying via a bank transfer) to save postage.

Coffee Morning

The next Tesco Coffee Morning will take place on Tuesday 9th September from 10 - 12 noon - everyone is welcome, long-standing members and new!

Treasurer

I am grateful to the former Treasurer, Pauline May for forwarding the invoices from Group Leaders that she still receiving. 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.

Emergency Contact Cards

The Committee have obtained a stock of ICE (In Case of Emergency) cards from TAT (Third Age Trust). These are the size of a credit card and can easily be kept in a wallet or purse. They are particularly useful for those members who do not always carry a mobile phone or who do not have an ICE number in their phone. Group Leaders please contact Dee Patterson, Groups Co-ordinator, if any of your members require one. They will also be available at the next Monthly Meeting.

Activity List

Please make the following changes to your list of groups:
The email address for Val Hopwood, Group Contact for both Book Club 2 and Supper Club 2 has been changed to [redacted].
There is an up-to-date Group Activities sheet on the Members' Area of the CU3A website www.charnwoodu3a.org.uk.

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News from the Third Age Trust

The Trust has a new address: 52 Lant Street, London SE1 1RB. The telephone number is unchanged: 020 8466 6139. The office is a couple of minutes' walk from Borough Underground Station on the Northern line, which makes it easier for us to visit than getting to Bromley. The office is also much more friendly for people who can't manage stairs. However, a number of U3As have asked why the office wasn't relocated to somewhere out of London, for example Birmingham, and why U3As were not consulted before the move.

The principal aim of the Trust is to support learning in U3As and promote the benefits of self-help learning. More than 40% (over £1 million) of their budget for next year is devoted to this aim. *Anthony Gimpel, Business Secretary*

GROUP NEWS

Classical Music Enjoyment Group: meets this month on Wednesday 27th September 2pm to 4pm at Loughborough Lawn Tennis Club, Ingle Pingle, off Forest Road, Loughborough when the programme will be given by David Fell and is entitled *"Music and Medicine".* Any enquiries concerning the Group to Group Leader, Martin Jones [redacted].

Dance Group Update

Group 1 will continue to meet in the Church of the Good Shepherd Hall on Park Road, Loughborough every 2nd and 4th Tuesday of the month from 2-4pm. The cost - which will cover the hire of the hall and free tea/coffee & biscuits – will be either £2 per session or £10 for the seven; the latter payable at the first visit. We will continue to do English & Scottish Country Dancing, Line Dancing, Sequence & Old Time Dance. Everyone welcome – even those who think they have two left feet!

Group 2 will continue to meet every Friday – with the odd exception – in the Community Room at the Park Road Tesco Store. The Basic Ballroom session is suspended for the time being, as all those participating can now manage to dance. The revised time for the start of the Line Dancing will be 9.45am and it will continue – with a break for free refreshments – until 11.15am. Tap dancing will follow and continue until 12.15pm. There is no charge for this group. Newcomers – with or without previous experience – are always welcome to either or both sessions.

If you would like to try both or either groups – no charge for your first visit to Group 1 – please contact me and let me have your email address or phone number, so that you would always be informed should a group have to be cancelled unexpectedly.

Beverly Gillman [redacted] [redacted]

History 2

On Wednesday September 27th there will be a joint coach trip with History 1 to Hull, City of Culture. Please contact Eleanor Cullen on [redacted] [redacted] to book a place.

Indoor Bowls

Indoor Bowls Winter Season starts Thursday 28th September 2017, meet 1.45 pm.

Further details from [redacted] or [redacted]

Swimming

Your U3A Swimming Group needs YOU!!!

On Tuesday mornings we are in the Charnwood Community College Pool from 10.15 to 11.15am (with 15 minutes each side for changing). It's warm, it's accessible (hoist) and it's very friendly. Whether you like water exercise, free, or lane swimming it is all there for YOU. Try it once, and then we are sure you will want to sign up for the 8-week session.

Contact Rosemary Worsfold on [redacted]

Table Tennis 7

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

19th September - Copt Oak pub. LE67 9QB. Ref SK482127. Leader Mike Hill.

Enquiries to Mike Pearson [redacted]

'Les Sportives'

Enquiries to Janet Butlin [redacted]

Little Xtras

Here are our scheduled Little Extras walks for 2nd and 4th Thursdays in September - starting promptly at 10.00 as usual.

14th Sept – "The Old Man of Calke". Meet at the Severn Trent car park at Dimminsdale (still free at the moment). OS map ref: SK 376219 (Sheet 128). A circular walk, including a visit to The Old Man. The reserve lies at the head of Staunton Harold Reservoir near Calke Abbey. It is best approached via the B587, north from the A42 Ashby junction. Follow the road for 2 km past Staunton Harold Hall, take the first left turn towards Calke and park in the Picnic Area car park, which is on the left before reaching the reservoir. Leader – Ursula Kellard.

28th Sept – "A Belter from Belton". Meet in the Recreation Ground Car Park on Church Street, Belton, Grid Ref SK450208 (close to LE12 9UG). Lunch possibilities at The Queens Head, close to the start of the walk. Leaders – Martyn and Anne Speight.

Any questions, please contact Malcolm Otter on [redacted]

Saturday 5+ Miles

2nd September - The Rothley Centre car park. Leader Helen.

7th October - West Leake church. Leader Sue.

Enquiries to Sue Griffiths [redacted]

10+-Mile Walk

3rd October - Leaders: Ted and Christine Wells. The walk will start from Smisby (LE65 2UA, grid reference SK349191). Park on Main Street and then meet to start the walk in front of the "Smisby Arms", but please do not park at the pub. The walk takes in Calke Park and lunch will be at "The Wheel Inn", Ticknall.

Enquiries to Peter Mill, Tel. [redacted] Please note any new members should make contact before joining a walk.

Research Project – Loughborough University: Physical activity for older adults and those with dementia

My name is Jordan, I am currently conducting a study at Loughborough University as part of my PhD. The study is interested in physical activity for older adults and those with dementia. It requires 3 visits to the University in total; each visit starts around 9.30am, on a day that suits the participants, and finishes around lunchtime with tea, coffee and biscuits provided throughout. During the visits participants will play cognitive games and do an activity, either bingo or chair-based physical activity. If you are interested in taking part, please contact me by telephone or email, see below. *Jordan*

Telephone: [redacted], Email: [redacted]

Jordan Elliott-King BSc, MRes, Doctoral Researcher
School of Sport, Exercise & Health Sciences, National Centre for Sport & Exercise Medicine
Loughborough University, LE11 3TU.

Volunteers needed to listen to children read in local primary schools

Can you spare an hour or two a week to listen to children read in a local primary school? "Schoolreaders" is launching into Leicestershire in September and is looking for volunteers to carry out this important role.

Reading time for many children at home and at school is often insufficient and one in four children are now leaving primary school unable to read to the required standard. This can have a lifelong consequence. No qualifications are necessary, just a good command of spoken and written English.

"Schoolreaders" is flexible and will match your availability to an appropriate, local school. Our volunteers find the scheme incredibly rewarding, knowing that a few hours helping a child learn to read each week can have such a great impact on their life chances.

Please visit the website www.schoolreaders.org to join or call [redacted] for further information.

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 sending items for publishing is usually the last day of the previous month.

The next issue of **Update Extra** will be published in October and the deadline for items is **Saturday 30th September**. We are looking for interesting items from the Groups and the members for this issue. 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.

Please send your contributions to: **newsletter@charnwoodu3a.org.uk** or to Update Editor Linda Lawson, [redacted] Please try not to leave it until the last minute if at all possible!!

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 user name and password which are bottom left and bottom right on the back of your membership card). Thank you!