CHARNWOOD U3A UPDATE EXTRA OCTOBER 2017



Welcome to the October edition of Charnwood U3A Update Extra, a bumper issue of news, views and information which we hope you will find interesting and entertaining. The content of Update Extra is written by the members, and details for sending contributions can be found at the end of this newsletter.

A very 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** the user name and password can be found bottom left and bottom right on the back of your membership card.

Aims and Guiding Principles of the U3A Movement

Purpose, Styles and Methods of Learning *(taken from Aims & Guiding Principles of the Third Age Trust)*

a) The pleasure of learning is a driving force in the work of U3As.
b) U3As neither require nor award any qualifications.
c) By sharing their learning, U3A members help one another to develop their knowledge, skills and experience.
d) U3As arrange and support their own programmes as appropriate to their chosen learning activities.
e) U3A members regard themselves as both learners and teachers.

CHAIRMAN'S CHAT



Here we are at the start of a new Membership year, with summer almost gone and autumn showing in the trees and the shortening days.

At the end of August I attended the final day of the Third Age Trust Conference and AGM where I met enthusiastic U3A-ers from all over Britain. I say enthusiastic because they, like you and I, know all about how good U3A is, how many new friends we make and how many different activities and interests are available to us. That being so, it is only because we, the members, are willing to be involved and to offer our time and talents in this great Third Age Movement that we have an organisation with so many absorbing interests on offer.

Sadly, although our U3A has over 1000 members, only about 10 per cent of them take an active role in helping to run our groups and our Committee. Our Group Leaders do a wonderful job, planning and running their group meetings and your Committee endeavour to support the group leaders, maintain our contact with Third Age Trust and act as Charity Trustees for Charnwood U3A. We need more people to be actively involved so my question to each of you is: "what are you putting **in** to Charnwood U3A in return for all you get out of it?" Are you helping your group leader? Offering your home as a meeting place? Making suggestions for new activities? Considering whether you might become a Trustee? With 1000+ members we need all the help you can give in order to continue supporting over 70 different interest groups. Ask your Group Leader, or any Committee Member what help you can give.

Elsewhere in the Update Extra you will find information about a Shared Learning Research Project (SLP) about the Great Central Railway; if you are interested get in touch with Alison or with the U3A East Midlands Research Advisor, Mandy Topp. Contact details are in the article.

An opportunity to help in research at Loughborough University can also be found in this issue of Update Extra. These projects can be fun to take part in as well as helping with the development of new ideas.

Enjoy your learning!

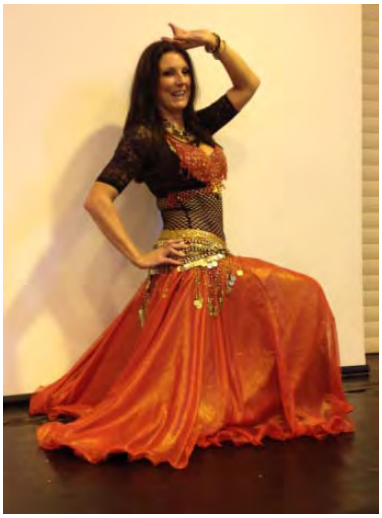
Helen

Helen Davison (Chairman, Charnwood U3A)

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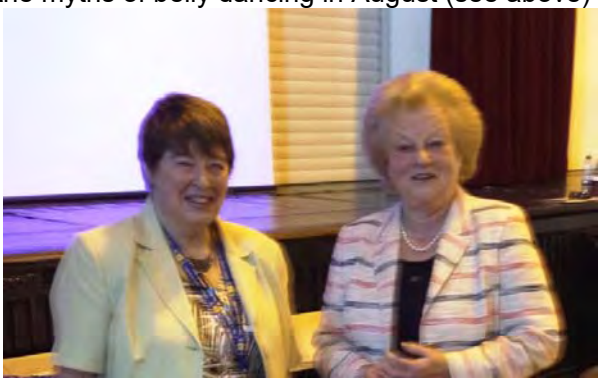
Your Monthly Meetings

What a varied programme we have for our monthly meetings.



Roxanne

After Roxanne Dinsdale treated us to a talk on the myths of belly dancing in August (see above) we were extremely honoured to host The Lord Lieutenant of Leicestershire – Jennifer, Lady Gretton – in September. She gave us a very detailed, well-illustrated and well-presented talk on how the Lord Lieutenancy came about and the sort of duties that she carries out while representing The Queen. It was quite an "eye-opener" and she graciously stayed on for quite some time talking to members and answering questions.



Helen and Jennifer, Lady Gretton

Our October monthly meeting, "Big Cats Photography" – Wednesday 11th at 3.15 pm - is different again. Photography started for Barbara Meyer through travelling to countries around the world while being on holiday. For her, photography was never about evidencing that she was in exotic places, but to share impressions of what caught her eye. A trip to South Africa and the chance to observe and photograph a leopardess and her two cubs led to her decision to utilise photography to help Leopards and other Big Cats. In this context, Barbara donates at least 25% of proceeds from Big Cat photo sales to selected Big Cat conservation groups.

Looking further forward to November 8th we will be pleased to welcome back Gary Root, Manager of Birmingham Airport.

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 2.30 pm. There are bus routes nearby.

The programme for these monthly meetings is arranged a long time in advance, sometimes well over a year ahead. If there are any unavoidable changes to the schedule then Update is the mechanism we will use to communicate those changes to you. *Neil Rowbotham*

Membership Renewals

Thank you to the 700 members who have already paid for this year's membership. I have only 400 to go. Your membership renewal date is 1st October. All the paper work went out at the beginning of September but if you have not received it 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 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.

Christmas Tree Festival



The Charnwood U3A Christmas Tree will be on display at the Christmas Tree Festival at All Saints Church, Loughborough, from 29 November to 3 December. A little reminder that Group Leaders have been asked to bring new decorations relevant to their groups to the meeting on 30 October!

All Members' Coffee Morning

The next Tesco Coffee Morning will take place on Tuesday, 17th October from 10am to 12 noon. This is open to all members, whether you have just joined or have been a Charnwood U3A member for years.



New Members'/Group Leaders' Meeting

A reminder that a new venue has been booked for the next New Members'/Group Leaders' meeting in October. This will take place at the Indoor Bowls Club (adjacent to the Leisure Centre in Loughborough) on Monday, 30th October.

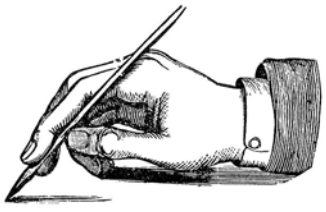
Activity List

Please make the following changes to your sheet:

Scrabble 3 new Group Leader is Gordon Lancaster, [redacted].

Scrabble 4 new Group Leader is Garry Rigby, [redacted].

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 25th October 2pm to 4pm at Loughborough Lawn Tennis Club, Ingle Pingle, off Forest Road, Loughborough, when the programme will be presented by Martin Jones and is entitled "Colours in Music". Any enquiries about the Group to Group Leader, Martin Jones [redacted].

French Conversation



We now have several members on the waiting list for a second French Conversation group. Please contact Dee Patterson, Charnwood U3A Groups Co-ordinator, [redacted], if you would consider helping to get this group off the ground. There are lots of resources and learning materials available from the Third Age Trust Subject Resource Centre which can be used free of charge, so this need not be an onerous role!

History 2

Wednesday October 25th. Talk by Dave Jones entitled "Fun in the Fifties" at 10 am in the Lecture Theatre at Charnwood College.

Lunch Club 4

Lunch Club 4 has spaces for new members - contact Wendy Hoult, [redacted], to find out more.

Scrabble



We have new Group Leaders for Scrabble groups 3 and 4 – Gordon Lancaster, [redacted] and Garry Rigby, [redacted], respectively. Please amend your Activities Sheet accordingly.

A big thank you goes to Veronica York who has run both of these groups for many years. You will be greatly missed, Veronica, but we send you our best wishes for a happy future with your family.

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] to find out more.

Table Tennis



Table Tennis group 7 is now up and running every Friday at 10 am and the contact is John Bell but, as always, please contact Margaret Lorriman on [redacted] in the first instance to decide which Table Tennis group will suit you best.

WALKING GROUPS

Walking Groups Co-ordinator Elizabeth Steel [redacted] telephone [redacted]. Please contact Elizabeth in the first instance.



Moat Road Walking Group

The Tuesday Moat Road walkers will meet one more time before the winter sets in. The walk will start from Moat Road car park as usual, leaving at 10 am, on Tuesday, the 3rd of October. Thanks to all who have joined us, we hope you have enjoyed walking locally, despite some bad weather days! It is hoped to meet again in April, this will be advertised nearer the time.
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]

Strollers and Amble Groups

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

Tuesday 6 Plus Walking Group

Enquiries to Mike Pearson [redacted]

Saturday 5+ miles

7 October - West Leake church. Leader Sue.
4 November - Brush Sports Club, Nanpantan. Leader Sandra.
Please note that the Saturday walking group meets on the FIRST SATURDAY of the month.
Enquiries to Sue Griffiths [redacted]

Les Sportives

Thursday: 12th October. Meet at 10am: Three Crowns, 2-6 Cotes Road, Barrow-On-Soar, LE12 8JS. Pam and Pete to lead.
Thursday: 26th October. Meet at 10am: Black Horse, 3 Main Street, Grimston, Melton, LE14 3BZ. Gordon to lead.
Enquiries to Janet Butlin [redacted].

Ten+ Miles Walking Group

7 November. Leader: Peter Mill. The walk will start at 10.00am from Gotham. Use the car park spaces opposite "The Sun Inn" which is next to the church. Approximate Grid Ref SK536301. Satnav NG11 0HX will work. If all the car park spaces are taken, park considerately on the road nearby. The walk visits both East and West Leake with lunch at "The Star Inn", West Leake. The return route includes a view over the Trent Valley.
Enquiries to Peter Mill [redacted] Any new members must make contact prior to joining the walk.

Little Xtras

Here are the Little Extras walks for October - prompt start at 10.00am as usual.
12th October – "Those Magnificent Men". Meet at the Plough, Diseworth, Postcode - DE74 2QJ; Grid Reference - SK453245, for a circumnavigation of the airport. Leader – Graham Cooper.
26th October – "Out of Leicestershire". Meet at St Peter's Church and Hall CP, Hartshorne, Derbs. Approx Grid Ref - SK328207. Lunch can be taken across the road at The Bull's Head offering some good value meal deals. No toilets at the start but available at the coffee break. There are about a dozen stiles in total and one low fence which is quite manageable. Some steep and probably muddy sections in October. About 6.5 miles. Leader – Peter Mill.
For more information call: Malcolm Otter, [redacted]

ROVING REPORTERS

Days of Interest

Our destination in July was Southwell. We packed a lot into the day, starting with the town itself. Many of us spent time in the Minster enjoying its architecture and wonderful windows. There were also many interesting independent local shops and cafes to enjoy.

We then moved onto the Workhouse, another magnificent building but with a sad history. The National Trust guides brought the history of the building and its occupants very much to life. I think we were all very grateful that we were never occupants.

Our final stop was at a garden centre – where I think almost everyone stopped for a well-deserved drink.

In August we visited the Ironbridge museum. We started at Coalbrookdale Museum of Iron where the story of iron production over the ages is told. The exhibits included examples of practical and ornamental uses of iron. One of the most spectacular was a large Victorian table supported by four dogs – not to everyone's taste.

We then moved onto Blists Hill, a recreated Victorian town. We saw steam-driven machines, old-fashioned butchers, bakers and candle-makers along with much else. The chip shop was also doing a fine trade.

In a change to the itinerary our last stop was at Ironbridge itself, a truly beautiful view. We also marvelled as our coach driver manoeuvred around some very narrow roads.

Our September trip was to Upton Park near Banbury, where we were particularly well looked after by the National Trust team. After a welcoming hot drink and biscuit we spent the morning looking around the gardens. These are an interesting mix of formal, informal, vegetable and bog gardens, including the national collection of Asters. In the afternoon we went into the house where we were invited to look around as if we were perspective purchasers, when the property went on sale in 1927. One of the highlights was the magnificent art collection brought together by Walter Samuel, the son of the founder of the Shell Company. The collection included works by Hieronymus Bosh, Bruegel, Canaletto and Stubbs.

If you are interested in joining the Days of Interest Group please contact Pauline May by email on [redacted] or by telephone on [redacted]



Some of the group enjoying the view at Ironbridge

BITS AND BOBS

New Archaeological Discoveries at Bradgate Park



Dr Richard Thomas from the University of Leicester, Site Director for the archaeological dig at Bradgate Park, will give a talk about the exciting discoveries made during this summer's spectacular 7-week investigation of this important local historical site. The dig brought to light a host of outstanding archaeological material dating from the late Mesolithic to the medieval. Overall, the project has shed new light on the separate phases in the development and then decline of Bradgate House.

The talk will take place at Melton Carnegie Museum on 18th October, 7.00 pm for 7.30 pm start. Admission is £5, call 0116 305 3860 to reserve seats.

Research Volunteers wanted

I am a researcher at Loughborough University validating a computerised cognitive testing device, comprising common cognitive and intelligence tests.

We are looking for adults (50+) to come to Loughborough University campus for a 45-minute testing session.

Participants will be asked to complete two sets of tests, one on a computer and the other with paper and pencil in order to measure cognitive function and intelligence through the different mediums and compare the results.

After taking part, you will receive feedback regarding your performance, such as pertaining to memory, attention, visual processing, and motor speed.

I am looking for participants who:

1) Are generally healthy.
2) Have normal or corrected-to-normal vision.

Please contact: Dr Nils Niederstrasser
School of Sport, Exercise and Health, Loughborough University, Loughborough, LE11 3TU
email: [redacted] phone: [redacted]

Shared Learning Project

The Great Central Railway runs between Leicester North and Loughborough. There are plans to build a new heritage museum in Leicester (again they have a round 1 pass from Heritage Lotter Fund) and plans can be seen here:

http://www.gcrailway.co.uk/2017/06/great-central-museum-work-progress/



We are keen to run a series of research projects with local people who might have connections to the railway and also how the railway has shaped the local area. Technology and engineering subjects are also an area the museum will expand on. There might be opportunities to engage with oral history interviews or archive research locally. I do know that local U3A groups have had a ride on the train, which is great, but I was also interested in seeing of there would be interest in a project that might involve a resource or temporary exhibition and more sustained involvement?

If you are interested please let one of the Committee know and then contact either:
Alison Porter (Great Central Railway) [redacted]
Mandy Topp (U3A Research Advisor) [redacted]

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

Committee contact details:



Chairman	Helen Davison chairman@charnwoodu3a.org.uk	[redacted]
Secretary	Anthony Gimpel secretary@charnwoodu3a.org.uk	
Treasurer	Garry Rigby treasurer@charnwoodu3a.org.uk	[redacted]
Groups Co-ordinator	Dee Patterson groupscoordinator@charnwoodu3a.org.uk	[redacted]
Membership Secretary	Garry Rigby memsec@charnwoodu3a.org.uk	[redacted]
New Members Liaison	Brenda Feeney [redacted]	[redacted]
Committee Member	Peter Mill [redacted]	[redacted]
Committee Member	David Gillingwater [redacted]	[redacted]
Programme Organiser (Co-opted)	Neil Rowbotham programmesec@charnwoodu3a.org.uk	
Committee Member (Co-opted)	Marilyn Mather [redacted]	[redacted]
Update Editor (Non-Committee role)	Linda Lawson newsletter@charnwoodu3a.org.uk	[redacted]

Items for Update

The deadline for publishing is normally the last day of the previous month. The deadline for the November issue of Update will be **Tuesday 31st October**. Please send your 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 January and the deadline for items is **Sunday 31st December**. 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!

