CHARNWOOD U3A UPDATE - DECEMBER 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

Gary Root returned to our November monthly meeting to tell all about Arrivals from the perspective of the staff of Birmingham Airport and was extremely entertaining as well as informative. At least now all those present will be more sympathetic to the airline staff who have 25 minutes for each aircraft to empty of people, luggage and freight, check, clean, check, refuel, load up and taxi out to take off.

Our December monthly meeting is on Wednesday 13th and, as we mentioned last month, will be at a different venue. This meeting is at the Indoor Bowls Club, behind the Leisure Centre on Browns Lane. Our presenter is Andy Smith who entertained us a couple of years ago with his life in music and who will now "Sing a Century" which features songs and instrumentals written and recorded over the last century. Singing at least one song from each decade he challenges us to guess the year, the song, the artist, the musical ..... Andy suggests that here have been some amazing songs written since 1920 and in this talk he will feature some well-known classics plus a few long-forgotten gems!

If you drive to the Indoor Bowls Club you will find parking near the club which is Pay and Display but you can enter the Club, introduce yourself by showing your Charnwood U3A badge, and obtain a parking ticket at a significant discount. If parking there is full or you wish to park elsewhere, then Granby Street or Southfield Road are probably the nearest car parks. Kinch buses 11 or 12 stop at John Storer House and Winsons Service 3 stops on Browns Lane. However you travel please allow ample time so that you arrive well before our start time of 3.15 or you may miss a cup of tea or coffee and a mince pie.

Looking forward to 2018 (A Happy New Year to you all) our first monthly meeting is on Wednesday 10th January. Most of us know that a massive building is taking shape at Stanford Hall on the outskirts of Loughborough and we hear that the building here will be the world's best clinical rehabilitation centre for the armed forces and the nation - The Defence and National Rehabilitation Centre - DNRC. Their aim is repairing people. We are very fortunate to have booked a representative of DNRC to tell us all about it before it opens. Luke Wigman was mentoring Afghan troops in a hostile area of Sangin, Helmand province, in 2011 when he stepped on an IED. The explosion blew his legs apart and littered his body with bits of shrapnel. Six years on, he is an Invictus Games double gold medal-winning marathon runner. We expect something very special.

Monthly meetings are free and open to all Charnwood U3A members on presentation of your membership card. *Neil Rowbotham*

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

Coffee Morning

The next Tesco Coffee Morning will take place at Tesco's, Park Road, from 10 am to 12 noon, on Tuesday, 19th December. All members are welcome to drop in for a chat.

Charity Donations

Charnwood U3A members contributed £61.16 in the tin at the meeting on Big Cat Photography. Barbara Meyer says: "This will be of great help to my Educational Trail Camera Project. This project will start with the Candleby Lane School in Cotgrave, followed by the Holy Trinity Primary School and the Newark Academy in January 2018."

And £153 was collected for Macmillan Cancer - the contributions from a number of our groups.

Thank you to everyone. *Helen Davison, Chairman*

U3A Diaries 2018

Diaries for next year may be obtained from the Third Age Trust for £2.50 delivered to your home directly (free postage). You will need to go to the members' area on the Trust's website at http://www.u3a.org.uk.

Third Age Trust e-Newsletter

The latest newsletter from the Third Age Trust (TAT) has gone out direct to the 'opt in' list of Charnwood U3A members. It is packed full of news from U3As, news from the Trust, including upcoming events and new subject advisers and much more. Members can view it together with all backcopies - and sign up to receive it direct - on the TAT website at: https://u3a.org.uk/about/newsletter.

For those members who don't know about the e-newsletter, it is not the same as the monthly magazine - it's a more informal roundup of all things national, so useful to members to access if they want to have a bit more info as to how 'the centre' works on our behalf.

Activity List

There is an up-to-date Group Activities sheet on the Members' Area of the Charnwood U3A website www.charnwoodu3a.org.uk.

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GROUP NEWS

Classical Greek

Congratulations to 6 members of our Classical Greek group who have achieved the EMACT Certificate in Classical Greek level 1S and many thanks to their hardworking tutor.

Classical Music Enjoyment Group: meets this month on the third Wednesday, 20th December, at Loughborough Lawn Tennis Club, Ingle Pingle, off Forest Road, Loughborough, when the programme will be a "Christmas Music Bring Your Own". Any enquiries concerning the Group to Group Leader, Martin Jones [redacted].

Film Group

The Film Group meets at Leicester Phoenix on the second Wednesday of each month at 10.30 am. It is open to all U3A members and anybody else. You just pay on the door — £6 which includes a tea or coffee.

The planned films for the next few months are:

December	"The Hours"
January	"The Red Shoes"
February	"North by North West"
March	"Miss Potter"
April	"Dunkirk" (1958 version)
May	"The Graduate"

If you would like further information, please contact Malcolm Gray, [redacted] or email [redacted]

Dance Groups

LINE DANCING FOR MEN ONLY!!

There are 3 gentlemen who have expressed a wish to learn Line Dancing. If there are any more of you out there - who wish they could, but have no intention of making a fool of yourselves in front of a lot of women – I would be willing to run a **men-only** class to get you all started. This could take place in the Tesco Community Room on every Friday at 9am - free of charge. The other option would be 1.30pm prior to the Group 1 session, but there would have to be a small charge. Please let me know if you might be interested.

Group 1 - New members wanted!! Everybody welcome whether you think you can dance or not. We would particularly welcome some younger members. We do Country Dance – of the 'all in together type' - both English & Scottish; Modern Sequence at a simple level so suitable for beginners: Western Partner Dance & Line Dancing. There is no compulsion to take part in all the dances: you can pick & choose. Have a sit down & enjoy the music or help get the tea/coffee ready. Then there always the pots to wash!!

This group is now resident in the Hall of the Church of the Good Shepherd on Park Road Loughborough (across the road from Tesco), and takes place on the 2nd & 4th Tuesdays of the month. There is a small charge but come along and try it for free.

Group 2 - This group – which is free of charge - is now well-established in Tesco Community Room, Park Road, Loughborough and takes place every Friday morning from 9.35am – we start Line Dancing at 9.45am and usually continue to approximately 11.45am with a break for free drinks at approximately 10.30am. At 11.45am you can head for home or stay to start 'Tapping'. Tap shoes are not necessary if you would like to try this form of dance. It is quite easy at its basic level! New members are always welcome so do come along & have a go!

You can contact me (Bev Gillman) on [redacted] (with answer machine) or at [redacted]

French Conversation

Our new French group, Conversation Française, is now up and running. It meets on the third Monday of the month at Gorse Covert at 10 am. For more information contact Gordon Murray on [redacted]. telephone [redacted]

Singing for Pleasure

The Singing for Pleasure group will again be singing Christmas carols in Loughborough Library raising money for MIND on Saturday December 9th from 10.30 for about half an hour. Why not have a break from Christmas shopping and join us for a mince pie and sing along to some of your favourite carols and songs. We will be glad of the extra voices and MIND will be glad of your money.

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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]

Tuesday 6 Plus Walking Group
19th December - A Christmas Walk - Brush Sports Ground, Nanpantan Road. LE11 3TN. Ref SK516175. Leader Sandra.
Enquiries to Mike Pearson [redacted].

'Les Sportives'
Enquiries to Janet Butlin [redacted]

Little Xtras
Only one walk in December - the walk scheduled for 28th has been cancelled. The next one will be from Measham on January 11th 2018, led by Rob Harding.

14th December - "Bah Humbug!" Starting from the Old Plough pub in Front Street, Birstall, LE4 4DP. Fairly flat walking in Watermead Country Park. Bring mince pies to start the Thursday group festive season - sleighs and reindeers optional. Leaders - Dave and Kate Watson.

28th December Cancelled.

2nd and 4th Thursday of each month starting at 10.00 prompt.

Any questions, please contact Malcolm Otter on [redacted]

Saturday 5+ Miles
2nd December - Woodhouse Eaves public car park. Leader Sue.
6th January - Moat Road car park. Leader Rob.
Enquiries to Sue Griffiths [redacted]

10+-Mile Walk
2nd January - Leader: Sandra Murray. Walk will start at 10.00 am from The Anchor Inn, 74 Loughborough Road, Hathern LE12 5JB. The walk will be 2 circular routes with lunch at the Anchor, 6.5 miles pre-lunch with a shorter route in the afternoon.
Enquiries to Peter Mill [redacted] New members must make contact before joining a walk.

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BITS AND BOBS

Library Exhibition

Sharon Gray (Loughborough Library Local Studies Volunteers) has sent an email, asking us to bring your attention to an exhibition at the library:
A new exhibition at Loughborough Library is opening on December 5th and runs until late January. Called ' The Hastings Generations', it depicts the Hastings family through time and their connection with Loughborough and the area, including the Civil War Battle of Cotes Bridge.

Help with Technology

Age Concern is offering free Technology Help on the first and third Monday of the month from 12.30-2.30 pm at the Tesco Community Space, Park Road. Either just turn up with or without your own equipment, or ring Jeanette Silver on [redacted] for more information.

They are also offering a free drop-in session at the same venue on the second and fourth Thursday of the month from 10-12 noon for anyone needing help, support, information or advice. Again you can ring [redacted] for more information.

HOST UK Festive Hospitality

HOST is a small UK-wide charity, set up in 1987, which promotes international friendship and cultural exchange. We arrange for adult international students to spend a short time in a British home, enjoying a warm welcome and experiencing company, conversation, different foods and traditions.

HOST UK arranges for international students to enjoy a day, weekend or three-night stay with British hosts in the UK. We need volunteer hosts to offer this service, to include their guests in meals and cheerful chat and the activities they might ordinarily engage in and to show our international students what a warm British welcome can mean.

We operate throughout the year but as you may imagine a great many requests for visits come for the festive season, so if you feel inclined to open your doors…please contact us at www.hostuk.org

Ruth Kearns, Marketing and PR Officer, HOST UK
I am in the office on Mondays, Wednesdays and Thursdays between 9.30 and 5.00.
Tel: [redacted].

Items for Update

The deadline for sending items for publishing is the last day of the previous month. The next issue of **Update Extra** will be published in January and the deadline for items is **Sunday 31st December** (New Year's Eve).

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!!

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