CHARNWOOD U3A UPDATE - FEBRUARY 2018

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.

Charnwood U3A AGM

Please note that our 2018 AGM will be held next month on Wednesday 14th March. We have been able to recruit some more members who will be standing for election to our Committee so please come to the AGM and meet them.

The Notice of AGM and Nomination forms will be emailed out following our February Committee Meeting so please look out for them and put the AGM date in your diary. It's your opportunity to meet with and speak to your Trustees. *Helen Davison*

Monthly Meetings at Charnwood College

Our January speaker had to cancel at the last minute, due to ill health, but we hope to have him with us in the summer. In his place we were very grateful to have Julie Ede who spoke eloquently and quite passionately on "Wonderful, wicked, wily Wallis". A beautifully illustrated and well-researched presentation that was also very humorous.

On Wednesday 14th February, at 3.15 pm in Charnwood College, we have David Bell taking us "Down the garden path". David's talk about Leicestershire Privies will look back to the time when a visit to the loo involved a trip down the garden path. The talk will combine history, humour and (for some) nostalgia. We have all heard of the Victorian Thomas Crapper, but what part does Sir John Harrington, godson of Queen Elizabeth I, play in the story?

Looking ahead to the March meeting: your AGM will be followed by David Gabe on "One hundred years of stainless steel".

In the last edition of Update and at the January meeting you were offered the opportunity to vote for the "best" speaker of 2017. The winner was Anne Halsey who spoke about the funny side of funerals, closely followed by Gary Root outlining the procedures behind arrivals at Birmingham airport. Joint 3rd came Professor Campbell on the King James Bible and Roxanne Dinsdale clearing up some of our myths on Belly Dancing. Some way behind in 5th was John Nowell who showed views of Leicestershire from the air. Every one of the speakers got some votes but there was a significant gap between these 5 and the rest.

We will be beginning to plan for next year very soon so this seems an appropriate time to offer thanks. The final programme is, of course, agreed by your committee and I would like to record my thanks for their support throughout. The ideas for speakers come from people who contact me directly, from other U3As and the network and from our own members - keep them coming please. I am also delighted to have had, as last year, a team of "advisors" CU3A members John Graham, Lesley Rowbotham, Elizabeth Steel and Helen Wilson to whom I am greatly indebted for coming up with suggestions, advice and critical comment in the planning stage. They help to remove some of my more "off the wall" ideas. *Neil Rowbotham*

Monthly meetings are free and open to all Charnwood U3A members on presentation of your membership card, but ***Please remember to wear your Charnwood U3A membership badge, this is a requirement at Charnwood College***.

Monthly Coffee Morning

The next Tesco Coffee Morning will take place at Tesco's, Park Road, on Tuesday, 20th February from 10 am onwards. All members are welcome to drop in for a chat.

Members' and Group Leaders' Meeting

A reminder that the next Members'/Group Leaders' meeting will take place at 10.15 am on Tuesday, 27 March at the Indoor Bowls Club, next door to the Leisure Centre in Loughborough. This year this meeting will be open to all members who might want to enquire about a group, and not just new members. (Remember to purchase a discounted parking ticket from the Bowls Club Reception rather than from the machine in the car park.)

Activity List

Note the change of leader for the Gardening Group, and change of meeting date for the Philosophy Group. Details in the "Group News" section below.

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

GROUP NEWS

Dance Group

MEN ONLY DANCE SESSIONS

I will be at the Tesco Community Room (Park Road) to teach any gentlemen who wish to learn to dance, at **9am on 9th & 16th of February**. (Gentlemen who can dance will also be very welcome!) You can choose which dance-style you would like to learn. I will teach whatever you wish. I would hope to include some Line dancing; possibly Folk-dance steps and basic Ballroom. (Yes, you can learn ballroom without a partner: you might even find it easier when you don't have to worry about treading on some-one's toes!!). There will be nothing to pay for these sessions, so what have you got to lose – apart from your inhibitions? I will be happy to continue these sessions if required after the above dates; alternative dates/venues can be discussed.

GROUP 1 - 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. Everyone welcome – with or without partners - and whether you think you can dance or not. We would particularly welcome a few more gentlemen and some younger members.

You can take part in Folk 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 and choose. The music itself is worth listening /singing along to.

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 11.30am with a break for free drinks at approximately 10.30am. 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 and have a go! You can contact me (Beverly Gillman) on [redacted] (with answer machine) or at [redacted] – or just turn up

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:

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]

Classical Music Enjoyment Group: meets this month on Wednesday 28th February from 2pm to 4pm at Loughborough Lawn Tennis Club, when the programme will be "Brin Your Own". Any enquiries concerning the Group to Group Leader, Martin Jones [redacted]).

Gardening Group

After 3 years of excellent work with the Gardening Group, Helen Burgess has stepped down as Group Leader in order to devote more time to various gardening projects that she is working with in her community. At the recent AGM Penny Rowe was voted in as the new Group Leader and Chair of the Gardening Committee.

Penny can be contacted on [redacted] or email [redacted]

Our thanks go to Helen for all the hard work and support she has given the Gardening Group over the past 3 years and our thanks go to Penny for agreeing to take over this role.

Places are still available in the group so if anyone is interested in joining, please contact Penny for the 2018 programme and membership information.

Gardening Group - Places available on outing

The Gardening Group have spaces available on a coach trip to Ashwood Nursery and Garden Centre on Monday 19th February and are a ealin for any U3A members wishing to join them to contact Treasurer Pauline Payne on [redacted] A decision will have to be made by next Monday 5th February as to whether to cancel the trip due lack of numbers so please contact her as soon as possible if you are interested.

Ashwood is a traditional plant nursery and garden centre specialising in hellebores and snowdrops but has a wide variety of plants for sale in the Garden Centre. There is a gift shop and tea room which overlooks the landscaped gardens. There is a tour included around the gardens and the chance to see their wide selection of hellebores, some of which are very unusual.

The trip price is £19 per person or for an additional £3 there is an optional tour of the hellebore breeding area. The coach will depart from Tesco's car park at 9.45am.

History 2

Wednesday February 28th. Talk by Mark Temple on "Windmills" at 10 am in the Lecture Theatre at Charnwood College. New members welcome.

Philosophy Group

The Philosophy Group will now meet on the 4th Tuesday of the month instead of the 2nd.

Pilates Group 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 (except 2nd Mondays of the month) 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] r e-mail [redacted]

Ros Fleming, U3A Pilates Group Leader

Possible New Group for iMac or MacBook Users

I'm thinking of starting a new group for members who use an iMac or MacBook to be a self-help / info exchange on software and apps. Do you use an iMac or a MacBook laptop? Would you like to share knowledge? Please contact me, Anthony Gimpel, to express your interest on [redacted] or [redacted]

In March or April I will set up an initial meeting so that we can meet each other and work out how we could function. In your reply it would help if you could give an idea of your level of confidence, apps that you use with ease, apps you would like to use, and, most importantly, which days would be best for you for the initial meeting. *Anthony Gimpel*

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
20th February - Foremark Reservoir. Post code DE65 6EG, Ref SK336241. There is a £2.50 car park charge. Leader Peter.
Enquiries to Mike Pearson [redacted]

'Les Sportives'
Enquiries to Janet Butlin [redacted]

Little Xtras
These are the walks scheduled for February, starting at 10am on 2nd and 4th Thursdays.
8th Feb – "Bully, Bully…" Meet at the village car park, 300 yards past the Bull & Lion pub at Packington, close to the church on Measham Road. Grid Ref. SK358144. Leader – Mike Pearson
22nd Feb – "Holy countryside Batman!" Meet at the Sun Inn, Gotham – parking between the Pub and the Church opposite. Postcode NG11 0HX. Map Ref. SK536302. Leader – Peter Mill
Any questions, please contact Malcolm Otter o [redacted]

Saturday 5+ Miles
3 February - 10 am Thornton Reservoir car park. Leader Joan.
3 March - 10 am Groby Pool car park. Leader Sheila.
Enquiries to Sue Griffiths [redacted]

10+-Mile Walk
6th March - Leader: Norman Carrick. The walk will start at 10.00 am from the village car park close to the church in Packington. The approximate grid reference is SK358144. There is a 2-metre yellow height barrier at the entrance. Easiest route from Loughborough is to take the A512 to Ashby and join the A42 heading towards Birmingham for one junction only. From the A42 take the first exit signposted Snarestone and Measham. At the slip road roundabout take the first exit. Then at a bend curving to the right, take the first exit to the left signposted Packington. Follow this road to the village. The car park is on your left immediately after the bus stop and a sign which states "No footway for 150 yards". Please park considerately in the car park avoiding blocking the side exit towards the church. The walk takes in a part of Ashby and includes Shellbrook, Hicks Lodge and Moira with lunch at Donisthorpe. Return via Oakthorpe.
Enquiries to Peter Mill [redacted]. Any new members must make contact prior to the walk.

BITS AND BOBS

Volunteer Study

Louise Crossley-Zels is a Trainee Clinical Psychologist at the University of Leicester. Her doctoral research will be exploring how well a new measure of cognitive abilities (e.g. concentration), currently used with working-age adults, performs when used with people over the age of 65. The study is supervised by Dr Gerald Burgess of The University of Leicester, and has been approved by the University's Research Ethics Committee.

Louise would like to invite Charnwood U3A members to participate in this study. She can provide further information on email [redacted]) and would then meet with anyone interested in taking part to answer questions, and obtain informed consent, before arranging participation sessions.

In brief, participants would be asked to complete a demographic questionnaire and at least one cognitive assessment, with the option to complete further tasks should they wish to do so. By participating, they would contribute to our understanding of the cognitive assessment of persons over 65 years, which may then have benefits more broadly, such as making it possible for the NHS to use a more thorough and informative assessment, perhaps contributing to better care. Louise is happy to provide a copy of the proposed Patient Information Sheet to anyone who is interested.

Please do not hesitate to contact her using [redacted]

Louise Crossley-Zels, Trainee Clinical Psychologist
Supervised by Dr Gerald Burgess, University of Leicester

Volunteering at the 1620's House

The 1620s House is a rare and beautiful surviving example of a family home built in the 13th century and then modernised in 1618. The house has been home to many families over its 700-year history, but the Digby family, which included the Gunpowder Plotter Sir Everard Digby, lived in the house for over 200 years. It is towards the end of the Digby ownership that the house is focused, showing how people lived in late Elizabethan and early Jacobean times.

We are currently looking to expand our group of dedicated volunteers at the 1620's House & Garden. We will be hosting volunteering open days for house and garden volunteers on Wednesday 7th and Sunday 11th of February.

I believe that these volunteering opportunities could be of great interest to some of your members. If any members have any questions then please do not hesitate to ask.

Hester Pode, Heritage Volunteering Officer
Based at Snibston Offices, Ashby Road, Coalville, LE67 3LN
Telephone [redacted]

Leicestershire Geology – Annual Saturday Seminar 2018

The Rutland dinosaur 50 years on – big feet in a small county!
The seminar takes place on 10th March from 11.00 to 17.30 at the Bennet Building, University of Leicester (coffee from 10.30). Further details at www/charnia.org.uk.
Tickets from Ro er Latham, [redacted]
Telephone [redacted] email [redacted]

Belly Dancing Workshop

Many members were fascinated by Roxanne's talk on "The myths of belly dancing" and might be interested in the news that she is offering a Beginners' Workshop on Funky Egyptian Shaabi on 10th March from 5.00 m to 6.30 m for £8. More information is available by contacting her on [redacted]

Cry for Help

I wonder if there is a Charnwood U3A member with some expertise in restoring old pencil or charcoal drawings. I have two which I think were done in the 19th century which are now very faded and I would like to rescue them if at all ossible. If you would be prepared to discuss this please ring me on [redacted]
Many thanks in anticipation, *Dee Patterson*

Exhibition at Loughborough Library.

Heritage and Arts Groups in Loughborough are organising many events during 2018, as part of the centenary year of the 1918 Representation of the People Act. This is the first of these events, an Exhibition on Votes for Women at Loughborough Library. The exhibition runs from the afternoon of 6th February until 24th March.
This exhibition has been researched and presented by Loughborough Labour History Group.

Items for Update

The deadline for sending items for publishing is the last day of the previous month. Please send your contributions for the March issue of Update to: **newsletter charnwoodu3a.or .uk** or to U date Editor Linda Lawson, [redacted], by **Wednesday 28th February**. Please make sure you include your contact details w t 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 April and the deadline for items is **Saturday 31st March.** 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!