CHARNWOOD U3A UPDATE EXTRA APRIL 2018



Welcome to the April 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.

- Can't get into a group because it's full?
- Got an idea for a new group?
- Let the Groups Coordinator know: groupscoordinator@charnwoodu3a.org.uk

CHAIRMAN'S LETTER



Thank you to everyone who attended the AGM and enabled us to adopt the new Objectives for our U3A and to vote in our new Trustees (see list at end of Update).

In addition to our Trustees, there are many people who help in the background: Mike G & Andrew who man the PA at our monthly meetings; Mike B and his team who are on hand at monthly meetings to move furniture; Sue who organises the Welcomers' Rota; Linda who edits and sends out this Update newsletter; the members who serve the tea and biscuits. Our thanks are due to all these members.

You may have noticed that most of those I have mentioned are members who volunteer at our monthly meetings when we have the opportunity to listen to a Speaker and then to mingle over refreshments. If you haven't yet attended a monthly meeting, or haven't been for a while, why not come along on 11th April and hear what the Chief Constable of Derbyshire has to say. Check your membership card for dates and details of speakers for the next few months and come along to enjoy the variety of topics that our speakers present.

Elsewhere in this edition of Update (page 2), you will find an Open Letter from one of our members who joined right at the beginning of Charnwood U3A. He makes some interesting points and we hope that members will join in the discussion. Send your replies to: newsletter@charnwoodu3a.org.uk and we will publish them next month.

We held our twice-yearly meeting for Group Leaders on 27th March when the GLs were updated on various administrative matters, including the new Data Protection Act which will impact on the way we keep records and personal data. Expect to be asked for your permission, in writing, for your Group Leader to keep your email and telephone details. And don't forget to use the 'Bcc' facility when you write an email to more than one person.

I hope that by the time you read this, Spring will have, at last, sprung and we can enjoy some warmer weather. Many of our groups get out and about in the summer so I wish you all pleasant and interesting visits and all the enjoyment that U3A brings.

Helen

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Your Monthly Meetings

Our monthly meeting in March was mainly occupied by the very important AGM with its significant constitutional and electoral aspects. Following that we were delighted to have the opportunity to listen to one of our own members - David Gabe - talk about 100 years of stainless steel. I know I am not alone in wishing we could have heard more from him than this abridged version of his talk since it was so informative and detailed and so well presented in a clear yet personable manner that he held his audience spellbound. Certainly I went home that afternoon and used a magnet on all our stainless steel to assess the quality.

On Wednesday 11th April, at Charnwood College, we will be honoured to have Peter Goodman QPM, Chief Constable of Derbyshire. Peter will talk to us about "Cybercrime". He was quoted recently as saying "Our focus is altering. When I was on the beat in Nottingham nearly 30 years ago, many of the types of crimes we are now investigating had not even been invented". His national work with specialist crime units has put him in a great position to explain some of the sophisticated types of offending and we will have an amazing opportunity to listen to a national expert.



Moving to Wednesday 9th May and Peter Tyldesley - he was our most popular speaker in 2016 so we welcome back the Director of Bradgate Park to talk on “Colourful characters of Bradgate Park” on 9th May. This is a light-hearted review of Bradgate’s colourful past through the medium of some of the larger than life characters who have made their home there, from some of the first modern humans to visit these lands at the end of the Ice Age to Bradgate becoming a public park in 1928 via the widow who enchanted a king and founded a dynasty, the Nine-Day Queen and the Playboy Earl who spent the family fortune.

At the AGM there was something of a battle between members and the new security gates. Hopefully all will be well in April but it might be wise to allow a little extra time in your plans. However, the College does ask us not arrive before 2.30pm and to make sure you are displaying your membership card. *Neil Rowbotham*

Activity List

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

Reminder to Group Leaders - please let the Groups Coordinator know if there are any changes to your telephone number, email address etc, at groupscoordinator@charnwoodu3a.org.uk

Tesco Coffee Morning

Sadly, due to falling numbers, it has been decided that there will be no more Charnwood U3A coffee mornings held in Tesco's Coffee Lounge. Many thanks go to Anne Wilson who, over the past few months, has given her time to enable to this meeting to take place.

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Open Letter to Charnwood U3A Members

During Thursday, the day following our AGM, I was looking through some video film from the 1990’s ... when I saw a key piece of evidence.

That was the time when members flocked to AGM’s. We had something to say. It was a great opportunity to show off our efforts and achievements during the past twelve months. The ‘calligraphists’ displayed their developing skills; the walkers reminded us of new paths trodden; the German speakers sang, ‘There’s a Hole in My Bucket’ .. in German, of course.

I’m trying to remind us that way back then we could share our ‘enthusiasm’. Members were an essential part of an AGM .... election of officers and the receiving of reports - while important - were only a necessary part of the entertainment.

Contrast that with today. The chairperson and committee assembled in a row out front: the members fixed in their places dutifully responding. I felt a need to attend: perhaps if I did not attend a quorum was unachievable. Lo and behold, a near neighbour expressed exactly the same view as to why she had attended!

Has Charnwood U3A lost its way?

I don't think the problem is that we are too big. Way, way back more than twenty years ago (a whole generation with all that that implies) this item came up for discussion. Loughborough U3A - from which waiting list Charnwood acquired its first members; and there were over a hundred of those - had stayed with a fixed membership of 100. Eventually, the same chairman was in office for more years than seemed right.

I, for one, maintained Charnwood had to go down the road of accepting everyone; no artificial limits. It was argued, 'new blood' was there to keep us alive and to supply future group leaders and management. But, as Charnwood grew, did we miss our way ... did we overlook that our future always needed to be kept in sight? Did we and have we made every effort to encourage and develop talents our members bring with them from other lives? Have too many 'taken': overlooking that 'giving' has many rewards?

What's to be done to re-ignite the original enthusiasm?

It seems to me an essential component of U3A is a 'belongingness'. No need to elaborate. But, just a moment, why don't we share with others the enthusiasm generated in groups of which we are a member? And how many other members do we know by name - outside our own circles? In those early days, when Charnwood U3A's original newsletter was launched, vital members of its production team - even more important than the editor (our present newsletter editor will know what I mean!) - were the 'reporters' supplying a flow of stories, news and views. No editor has time or inclination to do this work - he or she has already enough on the plate!

I put forward the positive suggestion that a small number of 'volunteers' take it upon themselves to help fill this gap in Charnwood U3A's development - with a double function. This group of members - essentially from those long involved in U3A Charnwood (perhaps a privilege of becoming ex-officio?) should form an independent Elder Statesmen loose association with no voting rights, no powers ... but, as members and as 'reporters', essentially supplying a continuity, a 'memory bank' between past, present and future.. providing the current management team with a 'second opinion'... and spreading the word both here and outside Loughborough. For example, how often is Charnwood U3A mentioned in TAT?

It grieves me that Charnwood U3A - for all its strength in numbers and what it has achieved - could so easily fail and turn into something of which one happens to be a member.

Nigel Leicester (member since the beginning - and first - un-elected - chairman).

GROUP NEWS

Classical Music Enjoyment Group: meets this month on Wednesday 25th April 2pm to 4pm at Loughborough Tennis Club, Ingle Pingle, off Forest Road, Loughborough, when the programme will be given by David Fell and is entitled *"The Periodic Table". Any enquiries concerning the Group to Group Leader, Martin Jones [redacted]).

History Groups 1 and 2

History groups 1 and 2 - on Wednesday April 25th we have a coach trip to London. Pick up at Tesco car park, Park Road, Loughborough, at 8 am. Places still available to other members of U3A at £21. Contact Brenda [redacted] if interested.

Pilates Group 1 and 2



Want to improve your flexibility, joint mobility and balance? Have you considered Pilates? A few places are available in Pilates Groups 1 and 2, and new members are very welcome. The groups meet weekly on Mondays (except 2nd Mondays of the month) at Nanpantan Bowls Club and are led by a professional tutor, Annette Holliday.

Group 1 meets from 11.55am to 12.55pm and Group 2 meets from 1.00 to 2.00pm. For more details please contact me by telephone [redacted] or e-mail [redacted]

Ros Fleming, U3A Pilates Group Leader

WALKING GROUPS

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



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

New Walking Group
Please contact Elizabeth Steel [redacted] if you are interested in a new walking group which will walk for about 3 miles at a leisurely pace on the third Thursday morning of the month in the Loughborough area.

Tuesday 6 Plus Walking Group
17th April - Mount St Bernard Abbe . Ref SK 459162. Leader Anne S eight.
Enquiries to Mike Pearson [redacted]

Saturday 5+ miles
April 7th at 10 am - Brush Sports Ground car park, Nanpantan. Leader Sandra.
May 5th at 10 am - Swithland Woods North Car Park, Swithland Road. Leader Sue.
Enquiries to Sue Griffiths [redacted]

Les Sportives
Enquiries to Janet Butlin [redacted].

Ten+ Miles Walking Group
1 May - Leader: Mike Hill. Walk will start from Kingston on Soar Village Hall. Approx Grid Reference SK501276 (nearest SATNAV NG11 0LR). This walk takes in West Leake Hills and Gotham Hills with lunch at the Cuckoo Bush in Gotham.
Enquiries to Peter Mill [redacted] Any new members must make contact prior to joining e wa .

Little Xtras
These are the U3A Little Extras walks for April - starting promptly at 10.00am as usual on 2nd and 4th Thursday of each month.
12th April – "Down by the Riverside". Meet at the Waterside Inn, Mountsorrel, Postcode LE12 7BB; Grid Ref SK582153. Leader – Chris Rimbault.
26th April – "Castle Hill". Meet at the Wheatsheaf Inn, Thurcaston, Postcode LE7 7JN; Grid Ref SK567111. Leader – Malcolm Otter.
For more information call Group Coordinator Malcolm Otter, [redacted]

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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

ROVING REPORTERS

Days of Interest

We started off the year in January with our regular trip to the Town Hall, this time to see Priscilla – Queen of the Desert as performed by the Christchurch Theatre Group. An enjoyable time was had by all.

In February we met together for a meal at Longcliffe Golf Club. As ever the food, service and company were excellent.

We thought that by March spring would have come and we therefore organised a trip to Ashbourne and Sudbury Hall. Unfortunately instead of spring we had snow. However, despite the unseasonal weather it was a successful trip. In Ashbourne we dashed in and out of churches, museums, shops and tea shops to avoid the worst of the weather, and many of us had lunch in the town.

In the afternoon we moved onto Sudbury Hall a National Trust property close to Ashbourne. The Hall itself was built in the seventeenth century and is especially well known for its plaster work, Grinling Gibbons carvings and a particularly magnificent stair case. Numbers of visitors to the hall were down, due to the weather, which made it easier to see all the exhibits. Outside the Hall the gardens, although cold, looked particularly fine against the occasional blast of snow.

We also went to the Museum of Childhood – and looked at many toys we, our parents and children had played with. There were construction toys from the 1950s as well as modern day Lego, and lots of dolls and doll's houses. Some of the mechanical toys were particularly interesting.

We returned safely back to Loughborough before the snow started in earnest.

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



'Intrepid travellers to Sudbury Hall enjoying the weather'

Learning While Walking

It was the first Little Extras walk after the Spring Equinox and there was certainly a spring in the steps of the 19 who set off on a three-wood walk from Ratby.

After the AGM, the big question was: are walking groups true to the educational ethos of the U3A?

We stopped to look at some carved owls: what were they doing there? Perhaps we should set homework to find out more.



The next pause was to consult the map. Considerable brain power was extended on map-reading skills, with a little bit of orientation thrown in for good measure.

The weather was welcome after the bone-chilling cold of the previous weeks and we honed our balancing abilities to avoid landing bottoms up in the muddier spots.

We checked our bearings: north must be the side of the trees with lichen. But, apparently, this is an old chestnut (excuse the pun). It can also mean there's water around from a stream. Not many people knew that.

This walk was becoming more educational by the minute. Time to chew over our knowledge during a calorie replacement event at a local hostelry.

We all agreed, we'd had a thoroughly invigorating morning and should come back again when the bluebells are in bloom. *Kate Watson*

BITS AND BOBS

Research Invitation

I am a PhD Research student at Loughborough University and I am currently looking for volunteers to take part in a study, which is looking at the effects of ageing on the structure and function of blood vessels. More specifically, we are keen to find out how exercise and nutrient intake can influence the health of the heart and blood vessels as we age.

Please be advised that the study has been reviewed and approved by the Ethics Approvals (human participants) Sub-committee at Loughborough University. My supervisor is Dr Emma O'Donnell (Loughborough University).

Why are we conducting this study?

We are keen to find out how cardiovascular health is influenced by a short bout of walking and the consumption of a nutrient found naturally in fruit and vegetables (folic acid). This research may help to identify strategies that reduce the risk of developing heart disease as people get older.

Who are we looking for?

We need healthy adults (non-smokers, no medications, no chronic health issues) in the following categories:

- 50-60 year old men: Inactive (i.e. not regularly engaging in structured exercise)
- 50-60 year old postmenopausal women (both inactive and exercise trained).

Time commitment:

- 3 visits to the laboratory over a two-month period (visits will take place at the National Centre for Sport and Exercise Medicine, Loughborough University).

Measurements to be taken include:

- Blood samples
- Blood pressure
- Resting ECG and 10-year cardiovascular disease risk score
- Non-invasive measurements looking at the structure and function of blood vessels.

Anyone interested in taking part or discussing this further can either email Jen Craig [redacted] or call [redacted] Participant information sheets, which explain the s u y n more e a , can be sent via email or post to anyone keen to have more information.

Jen Craig, PhD Research Student,
School of Sport, Exercise and Health Sciences, Loughborough University

Support for Carers in Leicestershire

Do you look after someone who has an illness, disability, or is elderly? Would you like some help and support or someone to talk to? Support for Carers Leicestershire is here FOR YOU!

Most carers don't see themselves as carers; they see themselves as someone who's looking after a relative, friend or neighbour. However, if the person you look after couldn't cope without you, and you don't get paid (apart from Carers Allowance) then you are a carer and you deserve some help and support.

Support for Carers supports carers throughout Leicestershire. The service is run by VASL, a community based organisation with a long and successful history of supporting carers.

Remember – carers can be any age and don't just look after the elderly, ill of physically disabled. They care for those with learning disabilities, mental illness, substance and alcohol misuse and for people of all ages including children with disabilities.

How can Support for Carers help YOU?

We're here to help all adult carers aged 18 and over in Leicestershire, whether you care full time or just a few hours a week. The service is free and offers a range of support, including:

- A dedicated telephone advice line on 01858 468543, open Monday to Thursday from 9am to 5pm and Friday from 9am to 4.30pm, so you can talk in confidence to fully experienced professionals about any aspect of being a carer.
- A website full of useful information and news on a range of subjects including financial support for carers, local events and activities and a directory of support services available in your area.
- A Telephone Befriending Service specifically for carers.
- The chance to meet and talk to other carers at local carers groups and events.

For more information contact us on [redacted] email [redacted] or visit www.supportforcarers.org. Or you can wr e o us at: Support for Carers Leicestershire, 1st Floor, Torch House, Torch Way, Market Harborough, Leicestershire LE16 9HL.

Vaisakhi Birth of Khalsa celebrations

On Sunday 15th April the Gurdwara Sahib (Sikh Temple) and Sikh community of Loughborough are celebrating the most important day in Sikh calendar Vaisakhi (Birth of Khalsa) at the Gurdwara Sahib Loughborough, as per the programme below:

10.00 am - Bogh Sri Sehj Path
10.00 am - Hoisting of Religious flag
11:00 am - Refreshments
11:30 am - Service in the congregation hall followed by the speeches by the mayor of Charnwood and other guests
12:30 pm - Vegetarian food will be served.

Sikh community and the management committee will be honoured to have your presence in the celebration as per the programme.

Lal Singh Assi, on behalf of the management committee
Sikh Temple (Gurdwara Sahib), 33/34 Clarence Street, Loughborough LE11 LDY.

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Committee contact details:



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

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Items for Update

The deadline for publishing is normally the last day of the previous month. The deadline for the May issue of Update will be **Monday 30th April**. ***NOTE* that there is no issue of Update in June**, so plan ahead and send your summer items in time for the May issue. 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 July and the deadline for items is **Saturday 30th June**. 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!

