CHARNWOOD U3A UPDATE - AUGUST 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.

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THE NEXT MONTHLY MEETING ON WEDNESDAY 8TH AUGUST WILL BE AT EMMANUEL CHURCH, FOREST ROAD, LOUGHBOROUGH. THE START TIME IS 3.15PM AS USUAL.

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Monthly Meetings at Charnwood College

For our August monthly meeting on Wednesday 8th at **Emmanuel Church at 3.15pm** we are delighted to be able to welcome Luke Wigman. You will remember that Luke should have been with us in January but needed yet another operation and so moved to later in the year. We are very pleased that he is fit enough to come to us. Luke was injured by an IED in Afghanistan and invalided out of the RAF Paratroopers. Since then he has run 7 marathons on 7 continents in 7 days, gained gold medals at two Invictus Games and hobnobbed with royalty. Now he reaches the dizzy heights of Charnwood U3A! He will particularly put us in the picture about the Defence and National Rehabilitation Centre on our doorstep at Stanford Hall.

On Wednesday 12th September we have Paul Newsham who is a retired Principal Forensic Officer with over 3 decades of continuous service. Paul will explain the process of fingerprint detection in today's courts and is a speaker recommended by one of our members.
Neil Rowbotham

Monthly meetings are free and open to all Charnwood U3A members on presentation of your membership card. PLEASE NOTE THE CHANGE OF VENUE IN AUGUST.

Date for your Diary

The combined Members' Drop In (10.00-11.30) and Group Leaders' Meeting (11.30-1.30) will be at Loughborough Indoor Bowls Club on Tuesday, 30th October 2018. Details to follow.

Activity List

Please make the following two changes to your activity list:

- Poetry Group has a new Group Leader - Sue Drott, email [redacted]
- Thursday Table Tennis new Group Leader is William Thornton, email [redacted]

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

Guidance Notes for Group Leaders and Members organising visits with/without overnight stays

For some time there has been concern expressed regarding the ability to make emergency contact with members who are away from home on U3A outings. These outings may or may not involve overnight stays. We have had to take into account the latest data protection requirements and your committee has now come up with a set of guidelines that we strongly

recommend our members and group leaders to follow when organising trips. These will be available in the members' area of the website from August and please take time to look at these well in advance of organising your trip.

Zimmy Hassett

Zimmy was in from the start of the English Parish Churches Group thirteen or so years ago, and over the intervening years not only was she a loyal and very supportive participant, rarely if ever missing a meeting or outing, but she was also someone who constantly encouraged me personally in what I was offering, always saying how much she appreciated everything about the group. She was certainly a 'one-off', one of life's great characters, full of spirit, with a sharp and enquiring mind, full of intellectual curiosity right into her 90s, always forthright in her views. I am so grateful that in her last decade our paths crossed through membership of the U3A. I will never forget the many occasions she had lifts with me in the car, keen to go out and about to see yet more places, and I never ceased to be amazed at the way she fought off old age for so long, an example to us all to keep going. She will be very greatly missed by all of us who counted her as a good friend. *Roger Willson [EPC Group 1]*

Jane Butler

It is with great sadness that we report the death of Jane Butler.

Jane was a founder member of Charnwood U3A and a member of the first committee and undertook several key roles.

She was a popular member of many of our groups and was keen to help and support the group leader whenever she could.

Successful organisations are often driven by dedicated members, and Jane worked tirelessly for our benefit. She was always willing to take on new tasks, try new ideas and was adept at encouraging other members to participate.

She served our U3A with great distinction and we are grateful for her invaluable contribution. Jane will be sorely missed and our thoughts are with Hans and the family. *Chris Brown*

GROUP NEWS

Comings and Goings

Many thanks go to Gwyneth Wilson who is stepping down as leader of the Poetry Group. Sue Drott [redacted] has agreed to become the new leader.

Margaret Lorriman has handed over leadership of the Thursday Table Tennis Group to William Thornton [redacted]. However, she will continue as the Table Tennis Liaison Officer.

History Group 2 has closed.

Marilyn Mather, Groups Co-ordinator

Classical Music Enjoyment Group: meets this month on Wednesday 22nd August 2pm to 4pm at Loughborough Lawn Tennis Club, Ingle Pingle, off Forest Road, Loughborough, when the programme will be a "Bring Your Own" session. Any enquiries about the Group to Group Leader, Martin Jones [redacted].

Spanish Conversation - NEW

A new group, Spanish Conversation, will be starting on Thursday 6th September.

The group will be meeting on the first Thursday of every month from 10am - 11am at the Gorse Covert Community Centre. The theme for the first meeting will be "Introducing Myself".

For more information please contact Rosemary Hives email [redacted] or call [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]

Tuesday 6 Plus Walking Group
21st August - Royal Oak, Ockbrook, near Derby, DE72 3SE. Ref SK422362. Leader Mike. Take M1 North to Junction 25, then A52 towards Derby. After 3 miles take LEFT turn, signed Ockbrook, then back under A52, and proceed through village. The Royal Oak is at the top of the hill on the Left.
Enquiries to Mike Pearson [redacted]

'Les Sportives'
Enquiries to Janet Butlin [redacted]

Parish Walk Group
A new walking group has been formed, 'The Parish Walks'. The walks will be at a leisurely pace and cover about 3 miles. The group meets every third Thursday.
Thursday 16th August. Walk begins at 10.00 in the car park at Groby Pool, Newtown Linford Lane. If interested contact Elizabeth Steel on [redacted]

Little Xtras
These are the scheduled walks for Little Extras in August. Start promptly at 10.00am as usual.

August 9th – "Tour de Thurcaston". Meet at the Wheatsheaf, Thurcaston. Postcode LE7 7JN; Grid Ref SK567111. Leader - Cliff Knowles.

August 23rd – "Lock, Stock and Barrel". Meet at Kegworth Lock, Kingston Lane. Grid Ref SK494272. Leader - Mike Pearson.

Any questions, please contact Malcolm Otter on [redacted]

Saturday 5+ Miles
4th August - 10 am, Spring Wood Car Park. Leader Ursula.
1st September - 10 am, Quorn & Woodhouse station car park. Leader Sue.

Enquiries to Sue Griffiths [redacted]

10+-Mile Walk
4th September - Leader: Gordon Murray. The walk will start at 10.30 from the Rugby Club car park at Cromford (nearby on-road parking may be possible). Nearest Post Code DE4 5JY. Gridref: SK300571. Lunch will be at Jug & Glass in Lea. Note the later start time for this walk.

Enquiries to Peter Mill [redacted] Any new members must make contact prior to joining a walk.

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BITS AND BOBS

New initiatives:
"Computers - Love 'em or hate 'em"
At the last Group Leaders' meeting several people expressed an interest in some form of informal computer training.

Is there anyone out there who loves computing and would be willing to run short 'in-house' courses on various aspects of basic computing, ie use of email systems, Word, Excel, etc?

Similarly, would haters like to at least understand a little more of the basics and perhaps, in time, form a grudging acceptance of their usefulness?

If so, contact Marilyn Mather [redacted] in the first instance and, if this becomes a viable proposition, watch this space.

Lifelong learning:

1 iDEA

U3A is delighted to be partnering with the iDEA programme which helps develop digital and enterprise skills for free.

The Duke of York Inspiring Digital Enterprise Award programme, led by Kerensa Jennings from HRH The Duke of York's Office, is a new initiative to help bridge the digital skills gap with participants taking part in a free series of online challenges and events.

Guernsey U3A members have had great success running the first pilot iDEA learning group. Kerensa will be running two iDEA workshops at the national conference in August https://u3a.us9.list-manage.com/track/click?u=656ad5962b370cc9e2731d1ed&id=5405244ca5&e=963baa29e4.

Learn more at iDEA.org.uk https://u3a.us9.list-manage.com/track/click?u=656ad5962b370cc9e2731d1ed&id=e946fdd6c7&e=963baa29e4.

2 Neighbourhoods of the Future

Sue Coles from South East London U3A is asking for U3A volunteers to be part of a cohort developing the Neighbourhoods of the Future project.

Social business, the Agile Ageing Alliance – is creating the 'Neighbourhoods of the Future' project which aims to design better homes for older adults – improving health, care, design and technology.

While the role of the U3A cohort will develop over time it is likely to include informing the project at an early enough stage to influence design, give feedback on project proposals or design ideas, providing insight and contributing ideas. Volunteers need enthusiasm, a range of life experience, skills and expertise.

If you are interested in getting involved please visit sources.u3a.org.uk for more details https://u3a.us9.list-manage.com/track/click?u=656ad5962b370cc9e2731d1ed&id=e96f970bf4&e=963baa29e4.

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Items for Update

The deadline for publishing is normally the last day of the previous month. The deadline for the September issue is **Friday 31st August**. 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 October and the deadline for items is **Sunday 30th September**. 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!