CHARNWOOD U3A UPDATE - SEPTEMBER 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 12TH SEPTEMBER WILL BE AT THE NEW VENUE OF EMMANUEL CHURCH, FOREST ROAD, LOUGHBOROUGH.

THERE IS A NEW STARTING TIME OF 2.30PM.

PLEASE NOTE THAT ALL FUTURE MEETINGS WILL START AT THIS EARLIER TIME OF 2.30PM.

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Monthly Meetings at Charnwood College

I was on holiday when Luke Wigman was our speaker for August but I gather that he was very well received and spoke about his personal experiences as well as the DNRC. Apparently his talk prompted people to want to contribute to the DNRC and over £400 was collected!

On 12th September we have Paul Newsham. Paul is a retired Forensic scientist and now a Forensics lecturer and he will help us to understand the techniques used in "Lewis" or "Midsummer Murders" by talking us through the concepts and techniques of "Fingerprint testing".

From this meeting onwards our monthly meetings will be at Emmanuel Church on Forest Road (LE3 3NW) and will start at 2.30 pm. Please don't arrive before 2.00 pm since the church will not be open.

Looking forward, 10th October sees Peter Barratt on "Alice Hawkins - Suffragette".

All members of Charnwood U3a are eligible to attend the monthly meetings, which are free of charge. *Neil Rowbotham*

Membership Renewals 2018-2019

Yes, it is already that time of year. The membership renewal is due on 1 October 2018 and the paperwork will accompany the Update newsletter (by post) or as a separate email. The subscription remains at £14 per person. This year, to comply with the General Data Protection Regulation, there is an additional part on the form asking for your permission to use your data.

The data will only be used in the following ways:

1. For the committee to make contact with the membership
2. For group leaders to check who are legitimate members
3. To provide contact details of the group leaders to the whole of the membership
4. To provide address labels to the Editor to send out the Update newsletter
5. To provide names and addresses to the magazine distributer for the Third Age Trust magazine.

The return of the form is essential as this prompts the sending out of the membership cards, so even if you pay by Internet Banking, the form is still required.

If you do not intend to renew this year, I would be grateful if you would let me know since it will avoid me sending out reminder letters in November.

My contact details are:

Garry Rigby

[redacted]

Email: memsec@charnwoodu3a.org.uk

I am looking forward to the 800 letters that will come through my door between now and December.

Date for your Diary - Reminder

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

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 Music Enjoyment Group: meets this month 2pm to 4pm on Wednesday 26th September at Loughborough Lawn Tennis Club, Ingle Pingle, off Forest Road, Loughborough, when the programme will be given by Bob and Margaret Pyatt and is entitled "Music what I like".
Any enquiries concerning the Group to Group Leader, Martin Jones [redacted].

History Group 2

Now that History Group 2 has formally ceased to be, I think a big THANK YOU should go to Brenda Feeny. She has led this group since 2006 and I know that the decision to step down was a tough one to make. We wish her well for the future and thank her once again for her enthusiasm in making this Group the success it was. *Marilyn Mather, Groups Coordinator*

Indoor Bowls

Indoor Bowls starts again on Thursday 20th September 2018 at Charnwood Indoor Bowls Centre, Browns Lane (next to the Leisure Centre). Parking is 80p, tickets from Reception. Arrive at 1.40pm for Registration. Rink Selection is at 1.50pm and play is from 2pm to 4pm.
Clothing: white top, grey bottom; smooth flat-soled shoes.
Members £2.70, non-members £5.
Leader: Stewart Robey, [redacted], email [redacted]

Spanish Conversation

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
18th September - Plough at Stathern, Vale of Belvoir, Postcode LE14 4HW. Ref SK 770311. Leader Malcolm.
Enquiries to Mike Pearson [redacted]

'Les Sportives'
Thursday 13th September - Bosworth Battlefield Heritage Centre, Ambion Lane, Sutton Cheney CV13 0AD. Nigel & Sheila to lead.
Thursday 27th September - Packe Arms, Rempstone Road, Hoton, Leics LE12 5SJ. Hugh & Elisabeth to lead.
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.
The next Parish Walk on Thursday 20th September will start at 10.00 from the car park of Morrison's supermarket in Thorpe Acre. The walk will be led by Rob Harding.
If interested contact Elizabeth Steel on [redacted].

Little Xtras
As usual, all walks start promptly at 10.00 on the 2nd and 4th Thursday of each month.

13th September – "Heart of Charnwood". A gentle ramble through Bradgate Park and Swithland Woods. Meet at the Griffin, Swithland. Grid Ref. SK552130; Postcode LE12 8TJ. Leader - Ruth Grantham.

27th September – "What a Wonderful Wold". A new pub for us in a different part of rural Leicestershire. Big skies guaranteed. Meet at the Royal Horseshoes Inn, Waltham on the Wolds. Grid Ref. SK802251; Postcode LE14 4AJ.

Any questions, please contact Malcolm Otter on [redacted]

Saturday 5+ Miles
1 September - 10 am Quorn & Woodhouse station car park. Leader Sue.
6 October - 10 am Outwoods car park. Leader Sue.

Enquiries to Sue Griffiths [redacted]

10+-Mile Walk
2 October - Leaders Betty and Paddy McGhee. The walk will start at 10.00am from outside the church in Twyford. Grid reference appx SK729101, SATNAV appx LE14 2HU. Please park considerately on the nearby roads. The walk takes in Burrough on the Hill and lunch will be at The Stilton Cheese in Somerby.
Enquiries to Peter Mill [redacted] Any new members must make contact prior to joining a walk.

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BITS AND BOBS

Third Age Trust Annual Conference

I have just returned, happy, encouraged and exhausted from two days at the Third Age Conference and AGM. It was great to meet U3A-ers from across the country and have chance to get to know about other U3As. I had particular conversations with members of U3As in: Gloucester, Stroud, Bedale, Woodhall Spa and Sherwood as well as attending workshops on: Diversity, Putting Learning at the Heart of U3A and Presenting U3A (to people approaching retirement).

I renewed acquaintance with several people whom I had met at previous conferences and listened to a speaker on the subject of Health and Wellbeing in the later years. We all need to move more and any exercise is better than none. Don't sit down for more than an hour at a time - get up and make a cup of tea. Even walking round the house is using muscles and it all helps.

We also heard of the plans for the next 3 years for the Third Age Trust. This followed a nationwide consultation with U3As, the results of which informed the plans. We discussed the difference between 'education' and 'learning' and concluded that U3A was all about learning, which is a much broader description of what we do. Plans include an upgraded Resource Centre and a larger "digital presence" ready for the next generation of U3A members who are using YouTube and other social media and will expect U3As to be ready for them.

In the interactive workshop on Putting Learning at the Heart of U3A I discovered lots of ways that we can make use of modern technology (don't be frightened) to enhance our interests and to promote our organisation.

Comments in the plenary session included a request to be kept informed of plans and these will be included in the monthly Newsletter from Third Age Trust. If you haven't signed up to receive it, please do, it's full of information. Of the 400,000 current members in the UK, just 10,000 have signed up so far. So don't complain that you don't know what's going on if you don't sign up! *Helen Davison*

TAKE YOUR BRAIN OUT FOR AN EVENING!

The second inter-U3A quiz is taking place on the 10th October, 2018, in Newbold Verdon. We aim for two teams and a U3A of our size should be able to muster that number. Eight members are needed. I have no information regarding the format of the quiz or "question difficulty". Do contact me below if you are interested, by 9th September at the very latest. I hope it is just a fun evening.
Graham Cooper (committee member) [redacted] telephone [redacted]

Items for Update

The deadline for publishing is normally the last day of the previous month. 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.

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.

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!