CHARNWOOD U3A UPDATE EXTRA OCTOBER 2018



Welcome to the October 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.

CHAIRMAN'S LETTER



Hello Everyone

What a wonderful summer we've had and now a spectacular autumn! I'm still watering my garden and busy planting spring bulbs.

In between gardening and a lovely holiday in the Inner Hebrides I have been enjoying my Walking, Poetry, History and Parish Churches groups. You will see elsewhere in this Newsletter that there is an Open Morning for New Members, Members and prospective members on 30th October. Next week will not only be our monthly meeting, in our new venue of Emmanuel Church, but also the Inter-Network Quiz, hosted by West Leicestershire U3A. We have a team entered into this fun event and I wish them every success.

Our Committee has been busy and Tony is working hard on our website, please do visit it for information on events and links to other items of interest. The Members Handbook (2018 edition) is now available on the website in e-book form which I hope will be easier for you to read. There is a .pdf version for those who wish to download and print it.

Now that we have moved to Emmanuel Church for our monthly meetings we have a different arrangement for the PA system so I want to take this opportunity to thank Mike Gyles and Martin Jones for their loyal service over many years as our 'PA Team'. They have done sterling service, always with good humour and have been a great support to me and to visiting speakers. Thank You, Mike & Martin. They were joined in the last year or so by Andy Rick and he, as a member of Emmanuel Church, will be responsible for PA whilst we are there.

At the end of August I attended the Third Age Trust Annual Conference and AGM. I attended workshops on: 'Diversity', 'Presenting U3A to Pre-Retirement groups' and 'Putting Learning at the heart of U3A'. This last workshop was presented by a very energetic and knowledgeable lady and was all about moving on in the technological age. This we must do for the next generation of U3A-ers who will be used to using 'social media'. It was an exciting workshop but I need to go over my notes in slow time so that I can begin to put some of it into practice. The Diversity Workshop was a bit disappointing in that it looked at a rather narrow aspect, of colour and race rather than the enormous diversity of people generally. As a University town, I am always keen to explain to people that U3A is not a university in that sense and that everyone is welcome regardless of 'qualifications' or background. People are what make U3A work and the more variety/diversity, the more interesting U3A will be.

I hope you will continue to enjoy your membership and I look forward to seeing you at the Open Meeting and at our Monthly Meetings. *Helen*

Your Monthly Meetings

Well Paul Newsham was a wow wasn't he! At the end of his presentation on "fingerprints" I was inundated with people asking me to book him again. Perhaps 2020!



On Wednesday 10th October at 2.30pm at Emmanuel Church on Forest Road we have Peter Barratt whose title is 'Alice Hawkins - Suffragette'. In the centenary year of women first gaining the vote, Peter Barratt gives a stirring and passionate account of his suffragette great-grandmother's campaign for the right to vote. A shoe machinist by trade and mother of six, Alice knew the Pankhurst family well and went to prison five times in all. The talk is illustrated with suffragette memorabilia still with the family to this day.

You will be aware that parking in front of the church is very limited but there are other church-owned parking opportunities nearby. Please sign in at the U3A if you park in one of these.

Looking ahead - 14th November offers the chance to learn about our nearest vineyard - Rothley - and to sample one of their products. *Neil Rowbotham, Programme Secretary*

Charnwood U3A Website - www.charnwoodU3A.org.uk



We would like your suggestions about how best to improve the look and usefulness of the Charnwood U3A website.



The Home Page: Would you like to see photographs of local places of interest or something else to catch the eye? What would you suggest?

Perhaps there is a home page on another U3A or other website that you think has a particularly appealing design? Please let us know.

Contents: The home page has a number of buttons on the left-hand side of the page which gives details of the Monthly Meetings, a Members' area, a Group Leaders' Area and so on. Time has recently been spent adding to these pages. For example, there is a new **'What's on'** page which gives details of upcoming events in the Charnwood Area and an expanded '**Useful Links'** page which is being gives links to a wide range of internet sites which we hope are of use to U3A members.

Interest Groups: Would you like to be able to search by activity category (ie Arts and Crafts, Active Pursuits and so on? Or by day of the week? Or Both? The South Leics. U3A website is a good example of what is possible.



Please let us know whether these new pages are useful and what else you would like to see or indeed anything that could be removed. For example: Would you like a 'Suggestions for Days Out' page or a 'Where to take Grandchildren' page or something else? All ideas welcome.

Please let us know by emailing: webmaster@charnwoodU3A.org.uk
Thanks. Tony Westaway, Webmaster.

Membership Renewals

I have had over 500 renewals so far - approximately 50%. All the paperwork has been sent out whether it was by post or email. I have had one or two say that they have not received it. If this is the case please contact me and I will send another copy. I can be contacted by phone on [redacted] or by email at memsec@charnwoodu3a.org.uk

I have had one letter that was damaged and the contents were missing so I do not know who the sender was. I try to ensure that your membership cards are sent within 5 working days so if you have not received your membership card again please make contact with me.

Can I also stress that this year you do need to consent to your data being used by Charnwood U3A and there are two parts to the form. I am having to go back to about 5% of members to ask them to complete the second part. This also applies to those paying via the Internet or Standing Order. I must have the paperwork so that I am complying with the General Data Protection Regulations.

Thank you for your co-operation. *Garry Rigby, Membership Secretary*

Combined Members' Drop-in and Group Leaders' Meeting

When: Tuesday 30th October 2018.
Where: Loughborough Indoors Bowls Club, Browns Lane.
Time: Members Drop in: 10.15 – 11.15.
Group Leaders: 10.00 – Close.

Members, old and new, are invited to come along to the above and meet their Committee and chat to the Leader of any Group they may be interested in joining.

Activity List

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

GROUP NEWS

Aerobics - a Plea from Doreen Horspool



OVER 50'S: D0 YOU WANT TO KEEP MOBILE AND WELL?
We have just the class for you. It features a warm up with aerobics (done at your own level), strength exercises, which can be done on a chair if you cannot get down to a mat. Lots of stretching, then relaxation to finish.

Our trainer is well qualified to deal with health problems. You can have a free session to see if the class suits you. We are a friendly group and some of us stay after the class for a coffee.

The class takes place at Gorse Covert at 8.45am on Wednesdays which gives us plenty of time to do other things later on.

Contact Doreen Horspool [redacted] or Email [redacted]

Book Group 1 would like to welcome new members. We meet in Loughborough on the first Wednesday of the month at 2:00pm.
If you are interested please contact Joan Murray on 01509842508 or [redacted].



Charnwood U3A Music Enjoyment Group meets this month on 24th October 2pm to 4pm at Loughborough Lawn Tennis Club, Ingle Pingle, off Forest Road, Loughborough, when the programme will be given by Christine Mitchell and is entitled "A Watery Theme".
Any enquiries about the Group to Martin Jones [redacted]

Closure of Lunch Club 4

As numbers have dwindled, Wendy Hoult and her fellow diners have decided that Lunch Club 4 has eaten out for the last time. So a 'thank you' goes to Wendy for leading this Group.

Dance Groups

Ballroom for Beginners. I am happy to begin another course for anyone who wishes to learn to cope with basic ballroom steps. This would be for any members – ladies or gentlemen; singles or couples - who have always felt unable to dance. I feel sure I can help even those with three left feet!
If sufficient members wish to take part – minimum of 10 individuals – the group would meet in the Community room at Tesco's Park Road store on Friday mornings at 9.15am. (Previous attendees need to check with me to discuss whether the sessions will still be suitable for their needs.)
Line Dance. The Line dance group will meet from 10.15am to 11.45am in the Community room at Tesco's Park Road store on Friday mornings. Everyone will be made welcome, both ladies & gentlemen, with or without previous experience of this type of dance. Mistakes are a source of laughter, not embarrassment!!
Tap Dance. The "Tesco tappers" will start dancing at 11.45am and finish when they wish. No previous knowledge is necessary as work is choreographed to suit the various levels of expertise within the group. Tap shoes are not required initially, just a strong pair of shoes which cover the toes.

Social Dance. This group meets on the 2nd & 4th Tuesdays of the month in the Church of the Good Shepherd Hall on Park Road from 2-4pm. We have a go at several different types of dance including English & Scottish Folk Dances, Western Partner Dances, Modern Sequence, Old Time, Line & Disco (mainly 50s & 60s tunes). So, there is something for everyone and most members have a go at most dances. However, one can sit out when desired – be it a hatred of a certain type of dance or when the legs need a rest!!
We have to charge £1.50 a session in order to cover the cost of hiring the Hall; but tea & biscuits are free!!
Anyone wishing to try any or all of these groups should contact Beverly Gillman: [redacted]
o [redacted]

Walking Netball

Would anyone be interested in a group to play walking netball? This is merely a passing thought, but if there was sufficient interest I would be happy to look into the possibility of setting up a group, and to see if I could find a suitable venue. Then day & time could be considered.
If anyone is interested, please contact Beverly Gillman: [redacted] or [redacted]

WALKING GROUPS

Walking Groups 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 Parish Walking Group – third Thursday

Parish Walk Thursday 18th October. The walk will start from Woodhouse Eaves Village car park, Main Street, Woodhouse Eaves LE12 8RZ at 10.00 on Thursday 18th October. The contact for this group is Walking Groups Co-ordinator Elizabeth Steel (details above).

Tuesday 6 Plus Walking Group

The October walk is still being finalised, so details will be circulated by email.
Enquiries to Mike Pearson [redacted]

Saturday 5+ miles

6 October - 10 am Outwoods car park. Leader Sue.
3 November - 10 am Moat Road car park. Leader Rob.
Enquiries to Sue Griffiths [redacted]

Les Sportives

Enquiries to Janet Butlin [redacted]

Ten+ Miles Walking Group

6 November - Leader: Elizabeth Steel. Details TBA. These will be sent to members by email prior to the walk.
Enquiries to Peter Mill [redacted]. Any new members must make contact prior to joining the walk.

Little Xtras

These are our walks for October. Start at 10.00am - usually around 6 miles.
October 11th – 'Oaky Doaky!' Meet at the Royal Oak, Cossington. Grid Ref SK606135; Postcode LE7 4UW. Leader - Chris Rimbault.
October 25th – 'Some like it hot'. Meet at the Moira Furnace car park, Moira, Swadlincote. Grid Ref SK314151; Postcode DE12 6AT. Leader - Marilyn Palmer.
For more information call Group Coordinator Malcolm Otter, [redacted]

ROVING REPORTERS

Travel Group - Wending round Wessex

Have you heard the one about the pot of jam? This question was posed by our coach driver Robert on the eve of our visit to the Isle of Wight. Nooo… came a chorus of replies. After he told us about the pot of jam the bus erupted with laughter with a few groans mixed in. It was the end of another wonderful day and only three more to go. He drove us through some fantastic countryside and managed to get the coach along narrow roads much to the astonishment of other road users! Also Robert was very kind as, on a couple of mornings, he let us have an extra half hour lie in!

This was a 'Roger' holiday so, needless to say a lot was packed into our five days with visits to Cathedrals and Churches, Houses of varying importance and of course, Surprises!

Surprise number one was the beautiful Henley on Thames where Roger and Ann had organized coffee and Danishes at the River and Rowing Museum. Having some free time, and in glorious sunshine, some hot footed it into Henley, some went to the weir and some bought very stylish back packs. This was the blue print for the rest of the holiday. Wonderfully organized chaos accompanied by fantastic weather.



Holy Trinity Church at Bosham

The first Church visited was the Holy Trinity lying along the quay at Bosham. The building dates back to Saxon times and is depicted on the Bayeux Tapestry, a copy of which can be seen in the Church. A visit to St Mildred's Church at Wippingham was completely spontaneous. Being close to Osborne House, Queen Victoria's private residence on the Isle of Wight, it had close contacts with both Queen Victoria and Prince Albert, the latter redesigning parts of the church in the mid-1800's.

We managed to see Cathedrals at Chichester, Winchester and Salisbury. Not all on the same day! All three were very imposing buildings and each had something different to offer. Chichester Cathedral had a long architectural history and a frightening spire collapse in 1861. At Winchester most of us were wowed by the Flower Festival taking place inside the Cathedral. The theme of the festival was 'Illumination' based on the illuminated letters found in the Winchester Bible. The exhibits were stunning and all made by local flower-arranging clubs. Salisbury Cathedral houses the World's oldest Mechanical Clock and one of the four original Magna Cartas.

So to abodes, starting with the most grand: Osborne House on the Isle of Wight. The house and gardens were amazing. Thank goodness for the minibus service! Using this enabled many of us to get to Osborne Beach and The Swiss Cottage. Highclere Castle, the seat of the Earl and Countess of Caernarvon and the backdrop for Downton Abbey, was as equally imposing. It was useful to see stills from the series in each room giving points of reference. Avebury Manor was very interesting. Its rooms were furnished in five different styles including Tudor, Queen Anne, Georgian, Victorian and 20th century. You were encouraged to sit on the furniture, lie on the beds and play snooker in the Billiard Room. Ann seemed to have a jolly time testing the indoor riding exerciser! Mompesson House in Salisbury was a little gem filled with everyday treasures and a real 'homely' feel.

Now to the surprises: After a very pleasant walk over The Meadows, by the crystal clear waters of the River Itchen we came to The Hospital of St Cross. This alms house was founded by Bishop Henry of Blois in 1132 and is still fulfilling its original charter in giving accommodation to twenty-five destitute men and giving the 'Dole' to anyone who demands it.

The next surprise was Sandham Memorial Chapel which was built in the 1920's specifically to house a series of paintings by Stanley Spencer. These depicted his experiences as a medical orderly in England and Salonika during the First World War.



Hospital of St Cross

The final two surprises came on the last day. Old Sarum was the site of an Iron Age hill fort as far back as 400BC before becoming the combined site of a Royal Castle and the original Salisbury Cathedral. Views across the Wiltshire Plains were spectacular, perhaps even more so for the groups of parachutists that kept dropping out of the sky! The last visit of the trip was to the Avebury Stone Circles, the oldest and perhaps the most primal 'building' on the itinerary.



Making Friends at Avebury

Roger and Ann made sure the holiday finished as it had started with a cup of tea and a piece of cake at the nearby Red Lion. They also made sure we had a smashing time, finding fantastic guides, seeing grand buildings and wonderful views, of course a line or two of poetry along the way, and picking out a nice hotel to rest in. Here's to the next one!

I'll not tell you about the pot of jam – you might be having your breakfast…….
Marilyn Mather

Days of Interest

Stratford-upon-Avon was our destination in July. We had glorious weather to enjoy our canal trip on The Countess of Evesham. Our trip lasted around three and a half hours during which we passed through three locks – it was good to watch other people doing the hard work. From our boat we were able to enjoy fabulous views of the Royal Shakespeare Theatre, Holy Trinity church but mainly the wonderful countryside and wildlife. All this whilst enjoying a lovely three-course meal. We turned around at Ludington where we were able to leave the boat for a few minutes to stretch our legs, admire the scenery and watch the hasty repainting of the boat where it had got a little close to the locks. After returning to Stratford we just about had time for an ice-cream before returning to Loughborough.



Stratford upon Avon river cruise group photograph

In August we went to Malvern and Hanbury Hall. The town itself was most picturesque, with interesting old buildings, and a selection of small independent, antique and book shops. It was worth tackling the hill to see them. The Priory is definitely worth a visit, with a beautiful collection of both old and new stained glass windows.

On then to Hanbury Hall an 18th century house built by the Reverend Richard Vernon. Now in the hands of the National Trust it is renowned for its ceiling paintings. We were also able to enjoy the gardens. Many of our group were particularly impressed by the formal gardens looking vibrant in such a dry summer. Some of us also went to the walled garden and surveyed the produce. Those of us with sufficient stamina also braved the queues for cups of tea!



Checking out the garden produce at Hanbury Hall



Audley End Bonnets

Our September trip was to the magnificent Audley End mansion house which is renowned as one of the finest Jacobean houses in England. Despite the interior being much altered over the years, the impressive Great Hall has retained its volume and its richly carved screen which is breath-taking. The large restored children's nursery suite gave us an insight into the childhood of eight Braybrooke' children. Here we could see the nursery furniture and toys the children would have played with. Some of us tried on the bonnets (below). Such an interesting place! Despite being dogged by road works and traffic jams an enjoyable day was had.

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

BITS AND BOBS

Telephone Scams

The item below has been taken from the Daily Mail.

How to avoid being scammed:

- Hang up on ALL cold callers.
- If you are worried that your bank really might need to talk to you, put down the phone and call it using the number on the back of your bank card or on the website.
- Use a different telephone from the one the call came in on – fraudsters often remain on the line after people hang up. If you have to use the same phone, wait at least 30 minutes before calling back.
- Remember banks will NEVER ask customers to move money to another account to keep it safe from fraudsters.
- Be suspicious if the caller seems to be in a rush and eager for the transaction to go through quickly.
- Never disclose personal information even if the caller sounds convincing and appears to know personal details.
- Never respond directly to unsolicited emails or texts.

And if you fear you're a victim:

- Call your bank straight away but only on a number taken from your bank card or website.
- Tell the call handler that you think you have been scammed and ask for the money to be recalled straight away.
- Do not ask for the fraud team as there may be a queue – the crime can always be investigated later.
- If the money has already gone out of your account, tell the call handler to contact the receiving bank and freeze the money so it cannot be cleared from the account.
- Note the time of the call and any time spent waiting in telephone queues. If there are delays this could be used to support a complaint later.
- Write down everything about the fraud. Ask the bank to explain what happened to the money when it left the account.

Volunteers Needed To Listen To Children Read In Local Primary Schools

Can you spare and hour or two a week to listen to children read in a local primary school? Schoolreaders is looking for more volunteers in the Charnwood area to carry out this important role.

Reading time for many children at home and at school is often insufficient and according to Government statistics, one in four children are now leaving primary school unable to read to the expected standard. This can have a lifelong consequence.

Schoolreaders is flexible and aims to match your availability to an appropriate, local school. No qualifications are necessary, just a good command of spoken and written English and a commitment of one year is requested. Our volunteers find the scheme incredibly rewarding, knowing that a few hours helping a child learn to read each week can have such a great impact on their life chances.

Please visit the website www.schoolreaders.org to join or call [redacted] for further information.

A walk down memory lane - Volunteer Opportunity

Some of Leicester's oldest residents have been taking a stroll down memory lane, thanks to a fantastic new facility at Holmfield Day Centre, a purpose-built day centre dedicated to supporting people living with dementia and their families.

The ‘reminiscence village’ has been designed to provide a passage back in time, to a place that will be easily recognised by those living with dementia. It will be a quiet and reflective space for day visitors to Holmfield and the residents of neighbouring George Hythe House Care Home.

Set up as a 1940s/50s high street, behind the shop windows loaves are piled up in the bakery, meat hangs from hooks in the butchers and in the Post Office, parcels are stacked, displaying stamps from yesteryear. The displays will help spark old memories.

Retro sweets can be brought from the sweet shop and the pub and café are fully kitted out to serve customers.

We are looking for volunteers to assist our service users around the village and enjoy the memories it brings back. Anyone who may be interested can contact me via the details below. Thank you.

Emma Wheatley. Assistant Manager
NCHA Care and Support, George Hythe House & Holmfield Day Centre, Croft Road, Leicester, LE4 1HA. Tel: [redacted] Website: www.ncha.org.uk

Public Lecture Series 2018 - October 10th

Is it where you’re from or where you’re at? How social determinants influence our health

Presented by Dr Emily Petherick, Lecturer in Epidemiology and Biostatistics, Loughborough University.

The talk will present an overview of the social determinants of health to discuss how, despite radical advances in public health over the last century, we still see radical differences in life expectancy and health outcomes depending on where you are born and reside within the UK.

It will also look at how physical activity and how the wider determinants of health have the potential to be an important contributor to reductions in health inequalities.

Dr Emily Petherick has a first degree in Physical Activity (Victoria University, Melbourne), a Masters in Public Health (University of Melbourne) and a PhD in Epidemiology (University of York). She is a social epidemiologist and biostatistician whose research investigates how social factors influence health over the life course, and works at Loughborough as a lecturer in epidemiology and biostatistics.

Venue: Room U0.20 Brockington Building, Loughborough University. Lecture starts at 6pm on 10th October. To book, please email Alison Stanley: [redacted]

U3A Network News

Our new Regional Trustee is Jean Hogg. Our Network Money Keeper will be 'retiring' in the next few months, which means that we shall need another Money Keeper very soon. We are also badly in need of a Network Webmaster. We use the U3A Sitebuilder which some of you may already know.

The Network has recently run two successful events: the Improve your Bridge day and the Recruiting Volunteers workshop. The next Network event is our second Inter-U3A Quiz, arranged by West Leicestershire for Wednesday 10th October.

There will be a Network Link event in London on 12th October. This is a twice yearly meeting set up by Ian McCannah, our new TAT Chairman, for all those of us who co-ordinate, facilitate, organise etc, network meetings across the country. It's a valuable forum for sharing news and ideas and for feeding back to TAT from the 'grass roots'. Our Recruiting Volunteers workshop was the direct result of feedback from our Network. *Helen Davison*

U3A Resource Centre

The Resource Centre function is being expanded. Feedback from U3As across the movement strongly indicated that a wide spectrum of learning resources was required. The service will now form part of the Education and Resources department within the Trust. DVDs will continue to be offered but the resource service will be expanded to include items such as educational downloads, TED talks and MOOCS as well as U3A generated material, courses, research and shared learning programmes. During the next six months we will be asking U3As and in particular learning group leaders, about what specific items they wish to see included. We will also be liaising with subject advisers about those DVDs that were borrowed from the library and

those that were rarely or not borrowed from the library. All DVD orders will continue to be met, and details of the expanded service will be provided over the next six months as they develop.
Sam Mauger, Chief Executive, The Third Age Trust

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

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 (Non-Committee role)	David Fell newmembers@charnwoodu3a.org.uk	[redacted]
Committee Member	Peter Mill [redacted]	[redacted]
Committee Member	Dee Patterson [redacted]	
Committee Member	Mike Hood compliance@charnwoodu3a.org.uk	[redacted]
Committee Member	Graham Cooper [redacted]	[redacted]
Committee Member	Tony Westaway webmaster@charnwoodu3a.org.uk	
Programme Organiser (Non-Committee role)	Neil Rowbotham programmesec@charnwoodu3a.org.uk	
Update Editor (Non-Committee role)	Linda Lawson newsletter@charnwoodu3a.org.uk	[redacted]

Items for Update

The deadline for publishing is normally the last day of the previous month. The deadline for the November issue of Update will be **Wednesday 31st October**. 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 January 2019 and the deadline for items is **Monday 31st December**. 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!

