CHARNWOOD U3A UPDATE - NOVEMBER 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.

****

Monthly Meetings at Charnwood College

Peter Barratt gave a very interesting talk in October about his great-grandmother, Alice Hawkins, and her role in the suffragette movement. It was serious and yet delivered with good humour.

Our November monthly presentation, on Wednesday 14th at 2.30 pm, is by Liz Robson of Rothley Wine Estate. Many do not know that there are vines in Rothley producing a range of red, white and rose wines. The Wine Estate is next to Rothley Court Hotel and Liz will tell us all about the history and the current wine production system.

At the end of her talk you will be offered the usual tea and coffee but Liz will also offer a small glass of one of the Rothley wines for you to taste, at no cost to you.

All members of Charnwood U3A are welcome to our monthly meetings at Emmanuel Church on Forest Road, Loughborough. Parking is available in town or at the Leisure centre on Browns Lane. Please do not park immediately in front of the church unless you have a blue badge. *Neil Rowbotham*

Suffragette Exhibition

Those of you who came to the September monthly meeting (and especially those of you who didn't!) will be pleased to know that "Alice Hawkins and Votes for Women" exhibition opens at the New Walk Museum and Art Gallery on Saturday 27th October and runs until 24th February.

Don't miss this opportunity to view the exhibition which comes straight to Leicester from the palace of Westminster.

Activity List

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

GROUP NEWS

Classical Music Enjoyment Group: meets this month on Wednesday 28th November 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 concerning the Group please contact Group Leader, Martin Jones ([redacted]).

New Games Group

Would you be interested in joining me in a Games Group? This could be board games, parlour games or a variety of card games, depending on the interests of those who sign up. I don't have a large collection of games but amongst us I suspect there will be quite a range. It could be an afternoon or evening get-together and, depending on numbers, could be at peoples' homes - all to be determined.

If you are interested please send me an email with an idea of your preferred times to meet and any games you fancy/have access to.

Looking forward to hearing if there are any other enthusiasts out there.....
Elspeth Cranston, [redacted] telephone [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
20th November - Meet at St Peter's Church and Hall carpark, Hartshorne, Derbs. Approx Grid Ref SK328207. Lunch can be booked at The Bull's Head (toilets available). Leader Peter.
Enquiries to Mike Pearson [redacted]

'Les Sportives'
Thursday 8th November: Meet: Copt Oak Pub, Whitwick Road, Copt Oak LE67 9QB. Leaders: Mike & Jill.
Thursday 22nd November: Meet: To be confirmed.
Thursday 13th December: Meet: To be confirmed.
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 walk for 15th November will be led by Eileen Toone. It will start from the car park at the bottom of Mill Lane in Thurmaston at the usual time of 10.00. Mill Lane is off the Old Melton Road which is NOT a dual carriageway and is on the right-hand side. The name is quite high up on the wall and so is not very obvious but it is marked. The car park is free.
If interested contact Elizabeth Steel on [redacted].

Little Xtras
Here is the schedule for Little Extras November Walks, 2nd and 4th Thursday of the month, starting promptly at 10.00am - around 6 miles.

8th November …and now for something completely different…

Meet at the Black Boy Pub, Hungarton, Postcode LE7 9JR; Grid Ref SK689075. Leaders - Mick & Lynne Thompson.

22nd November North…to Alaska (Wymeswold actually)

Meet at The Windmill on Brook Street, Wymeswold, Postcode LE12 6TT; Grid Ref SK607234. Note - the pub won't be open when we arrive in the morning but seem OK with us ordering at lunchtime. Parking at the pub is very limited but along Brook Street is fine during the day. Leader - Maggie Johnson.

Any questions, please contact Malcolm Otter on [redacted]

Saturday 5+ Miles
3 November 10 am Moat Road car park. Leader Rob.
1 December 10 am Zouch car park. Leader Ruth.
Enquiries to Sue Griffiths [redacted]

10+-Mile Walk
4 December - Leader: Peter Mill. Details TBA. These will be sent to 10+ group members by email prior to the walk.
Enquiries to Peter Mill [redacted] Any new members must make contact prior to joining a walk.

----oooooooooOOOOOoooooooo----

BITS AND BOBS

WWI Recruitment, Propaganda and Aftermath

An Exhibition by Loughborough Library Local Studies Volunteers at Charnwood Museum, Opening 10th November 2018.

Our Exhibition, WWI Recruitment, Propaganda and Aftermath, supported by Century of Stories, is part of the Town WWI Centenary commemorations that are taking place on November 11th. Our Exhibition will open on November 10th running in conjunction with the Century of Stories Exhibition.

The Exhibition will be held at Charnwood Museum, this is due to the Library closure for refurbishment as a Smart Library. The Library closes to the public on November 5th until January 3rd 2019.

Loughborough University: Public lecture series 2018

Room U0.20 Brockington Building, Loughborough University, Lecture starts at 6pm.

Are we spending too much time sitting, and is this a real cause for concern?

Presented by Dr Stacy Clemes, Reader in Active Living and Public Health, Loughborough University on Wednesday November 21.

The talk will provide an overview of the evidence describing how much time children and adults typically spend sitting and being physically active. The latest evidence linking prolonged sitting to poor health outcomes will be described followed by an overview of how we can incorporate more movement into our daily routines.

To book, please email Alison Stanley: [redacted]

For more details, please see Charnwood U3A website: www.charnwoodu3a.org.uk use the 'What's On' tab.

----oooooooooOOOOOoooooooo----

Items for Update

The deadline for publishing is normally the last day of the previous month. The deadline for the December issue of Update will be **Friday 30th November**. 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!