

News & Views


 Newsletter

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Our Website

Check out our website at: www.charnwoodu3a.org.uk for lots of information about Charnwood u3a: our meetings, trips, all our Groups and much more.

Welcome

...to the September edition of *News & Views*, the newsletter of Charnwood u3a. We hope you'll find it both entertaining and informative. The content is written by members; details for sending contributions can be found on the last page.



Our Next Monthly Meeting Handbell Ringing



See page 2
for details

View from the Chair



Have you been suffering from August Slump? My excuse is that I haven't yet had my annual dose of sun, sea and sangria. But apparently the August Slump is a recognised syndrome. As summer draws to a close, people regularly feel flat and demotivated.

If you're suffering from Le Slump (It has to be French, don't you think?), help is at hand, because one of the recommended antidotes is activity. And in the u3a we have no shortage of those. September always means a fresh start and many of you will be restarting group activities, perhaps checking out the groups list to see if there are any new ones you fancy trying. Or looking at the national u3a website where there's lots of interesting online events planned for this year's u3a Week.

For me, it means we're drawing ever closer to the end of the year and next year's AGM. We're now down to eight Trustees and at the AGM next March we could be down to five. According to our constitution, this is the minimum number we need to keep going. So Charnwood u3a could be in serious jeopardy if we don't appoint more committee members. I think you'll agree that it's inconceivable that an organisation like ours, with 1100 members, would have to close because we couldn't get a dozen people to join the committee.

So – I'm asking for your help. I know I'm always 'going on' about volunteering and sharing our skills. But if you would like to be involved in keeping our u3a going, please consider joining the committee. Honestly, we're a friendly lot, with different backgrounds and interests, but sharing a belief in the importance of the u3a and a wish to do the best for our members.

If you think you would like to join us for a meeting or two as an observer - absolutely no obligation - please email or phone me and I'll try to answer any questions. We meet on the second Wednesday morning of every month at John Storer House.

I do hope I've managed to motivate you. I discovered that the word 'slump' comes from the Norwegian verb 'to fall into a bog', but I definitely prefer the American meaning. There, a 'slump' is a kind of crumble made with cooked fruit. Lots of apples on the tree this year, so I hope to be slumping in a different way this autumn!

All the best,
Pam

chair@charnwoodu3a.org.uk 07974 946007

Our Monthly Meetings

Following our summer break, we will recommence our Monthly Meetings in **Emmanuel Church**, Forest Road, Loughborough on **Wednesday 10th September** (see *below*). Thereafter there will be a meeting as usual every **second Wednesday afternoon of each month, all at 2.15 for 2.30 pm**. The main car park for the church is accessed via Ingle Pingle, to the west of the church.

Our monthly meetings are free to all, and we welcome prospective new members attending a meeting as a 'taster'. **New members are invited to arrive at 2 pm to meet other members before the main meeting.** If you think you'll need any assistance at the meeting, please contact our Chair in advance on chair@charnwoodu3a.org.uk

Our Next Meeting: Wednesday 10th September

Handbell Ringing

For our next meeting we have a treat in store: a talk telling you all you ever wanted to know about the practice of handbell ringing, including a performance by a small, friendly, local group.

Do come along and join us for what promises to be a very entertaining afternoon.



To attend this meeting:

If you wish to attend the meeting in person, no prebooking is required - just turn up on the day, with your Cu3a membership card, if you have one. **If you are a new member, or attending a monthly meeting for the first time, you are invited to arrive at 2 pm.** Otherwise, please aim to arrive about 2:15 for a prompt start at 2:30 pm.



If you are unable to attend in person and would like to follow the meeting online (via YouTube), again no prebooking is required. All members who have supplied an email address will be sent a link to the live stream a few days beforehand in a reminder email from the Chair.

Looking Ahead:

Next month, on **8th October**, we welcome Suzanne Felstead for a talk entitled '**The Work of a Magistrate**'. Then in **November**, one of our own members, Jim Miller, will talk to us about **Forgery and Fraud**.

More information on upcoming meetings will appear in future issues of *News & Views* and also on the **Monthly Meetings** page under the 'Events' menu on our website <https://www.charnwoodu3a.org.uk> (login needed to see details beyond title/speaker).

Any Suggestions?

Do you have any suggestions regarding potential speakers or topics you would like to see featured in our future monthly meetings at Emmanuel?

If so, please contact our Programme Secretary on programmesec@charnwoodu3a.org.uk giving brief details of your proposed topic and/or speaker.

Group News

New Group starting soon: Get active - stay seated!

Are you interested in joining a new group where you can take part in activities and exercises seated in a chair or standing with support if needed, that are designed to maintain or improve movement, strength, posture, balance and co-ordination? Great if you would struggle to get up or down from an exercise mat, find it difficult to stand for long periods or have limited mobility.

The classes will be led by a lovely lady called Emma who is a Chartered Physiotherapist and Certified Pilates Instructor who really understands that exercise and even the thought of exercise can be daunting. Participants will be monitored during the class and exercises modified as required.

The class will be weekly at **Gorse Covert Community Centre on Tuesdays at 1.30 - 2.30 pm** in a ground floor room with free parking in Morrisons car park.



Whether you are looking to loosen stiff joints, build better posture, reduce the risk of falls or just enjoy moving with others, this class is for you, you and a friend or you and your partner.

Send a message to 0795 4411363 - leave your name or email lppebles@ntlworld.com and we will get back to you with more information.

Days of Interest: Dunham Massey / Trentham Gdns Shopping Village

Our August trip was one of contrasts: architecture, culture, landscape and scones in the morning and a bit of retail therapy in the afternoon – although some members managed to sneak in some garden viewing.

We spent the morning in Dunham Massey, a National Trust property in Cheshire. This is a big site with a 300 acre deer park, a large furnished house and some really interesting formal and informal gardens. We picked the right day to visit: warm, but not too hot.

The house, as it stands today, was largely built by George Booth, 2nd Earl of Warrington, who financed the build and secured the family fortunes by marrying for money. Not a happy marriage, but the Earl was devoted to his daughter Mary, who despite not being able to inherit (well she was a woman) is credited with maintaining the family fortune. The 7th Earl and his new wife abandoned Dunham Massey in the 1850s after she was shunned in society as an “independent woman”. They removed much of the contents of the house to their other properties. Roger Grey, the 10th Earl, was the last to live in the house, and he spent much of his life tracking down its former contents and bringing them back home. The house was donated to the National Trust in 1976.



Among its treasures are “Stags in Bradgate Park”, a silver sculpture commissioned by the 7th Earl and recently returned to Dunham Massey, after being thought to have been melted down. Another of its famous treasures is the Grinling Gibbons Crucifixion wood carving – wonderful, and now luckily behind glass, so not so much dusting. It was also very interesting to walk through the kitchen and play the usual “We or my Grandparents had one of those” game. There were also some items of equipment we could not suggest a use for. The gardens were again lovely, a mix of natural landscapes, more formal areas and places to relax.

The afternoon was a bit of a contrast, retail therapy for many of us, including buying shoes and dresses, and others taking a quick look at the gardens or spending their time at the impressive Garden Centre.

We still have some spaces left on our trip to Ludlow on Saturday 13th September. Please contact Pauline May, as below, by 4th September at the latest if you would be interested in coming along.

If you are interested in joining the Days of Interest Group, please contact Pauline May by email at DaysofInterest@charnwoodu3a.org.uk or by telephone on 07455 167929 for details.

More Group News

English Parish Churches

In August the EPC 'church crawl' was much nearer to home. Led by member Dr Peter Ackers, we had a fascinating morning visiting a group of non - conformist chapels and meeting places in Loughborough.



These included St Peter's Centre on Storer Road (*pictured right*), now home to The Open Heaven Church and The Elim Pentecostal Church. Having undergone major refurbishment in 2013, the centre provides a modern highly flexible community space. The Centre's 'arts and crafts' font is shown on the left and the photo on the right shows members admiring the magnificent Kempe window at St Peter's Centre.



Next stop was the Church of Christ on Oxford Street (*pictured left*), a self governing, non - denominational chapel literally amongst the houses. The Salvation Army church (opposite St Mary's RC church) was our next stop where we heard about the work of the Salvation Army in Loughborough and had a welcome coffee break.



Our final visit was to Loughborough United Reform Church (formerly Loughborough Congregational Church) on Frederick Street. This beautifully kept building (*pictured right*), with a curious spire, was built in 1908.



If you are interested in visiting churches, many of our local churches will be open on national 'Ride and Stride' day - Saturday 13th September - including the Charnwood churches listed below, providing a good opportunity to see inside these historic buildings.



L. Jackson

Anstey: St Mary, Bradgate Rd
Barkby: St Mary, Church St
Barrow on Soar: Holy Trinity, Church Street;
Methodist, 18 North St
Beeby: All Saints, Main St
Birstall: St James the Gt, Church Hill
Cossington: All Saints, Main St
Glenfield: St Peter, Church Rd
Groby: Sts Philip & James, Markfield Rd
Hathern: St Peter and St Paul, Church St
Loughborough: All Saints, Steeple Row
Mountsorrel: Christ Church, Rothley Rd;
St Peter, Market Place;
Baptist Church, Leicester Rd
Newtown Linford: All Saints, Bradgate Rd
Prestwold: St Andrew, Prestwold Hall

Quorn: Baptist Church, Meeting St;
United Church, Church Lane
Rothley: Sts Mary & John, Church St
Seagrave: All Saints, Church St
Shepshed: St Botolph, Church Gate
Sileby: St Mary, Mountsorrel Lane
Swithland: St Leonard, Main St
Syston: Sts Peter & Paul, Upper Church St,
Thurcaston: All Saints, Anstey Lane
Thurmaston: St Michael & All Angels, Melton Rd
Walton on the Wolds: St Mary, New Lane
Wanlip: Our Lady & St Nicholas, Church Rd
Woodhouse: St Mary, School Lane
Woodhouse Eaves: St Paul, Church Hill;
Methodist Church, Main St
Wymeswold: St Mary, Far St

Membership Renewal

For the vast majority of members, 01 October 2025 is the date on which you will need to renew your membership. Members who joined on or after 01 January 2024 will renew on the anniversary of their joining date.

The renewal paperwork will be sent out at the beginning of September with reminders at the beginning of October and at the beginning of November. I would be grateful if you do not wish to renew that you let me know asap so that reminders are not needlessly sent out.

Members with an email address will receive the renewal paperwork via email and will be sent their new membership card by email once they have renewed.

Members without an email address will receive the renewal paperwork via letter and will be sent their new membership card by letter once they have renewed.

Garry Rigby, Membership Secretary



Pill poppers!

The older I get the more pills I am prescribed – I rattle!

Blister pill packaging – i.e. plastic with foil that you pop your pill through – are notoriously difficult to recycle. But Superdrug do recycle them. Just take your used blister packs to the cardboard box opposite their pharmacy counter.

Once you start collecting your blister packs, you'll be amazed how quickly they mount up. The photo below is a few weeks of mine...no wonder I rattle! But the blister packs weigh nothing, so are easy to take with you into town.

Or maybe we could have a collection box at u3a Monthly Meetings?

Char March



Going for a hip / knee op?

Why bother? – when you can buy entirely new body parts from the Irish shop on Church Gate in town!

And gentlemen – you could get yourself a six-pack... at last :-)

Spotted by Char March



Editor: Thanks to Char for spotting the above and sending it in - and also for alerting us to the useful blister pack recycling scheme at Superdrug which many members (me included) may not have been aware of.

Have you spotted anything unusual in our area that you think would amuse our members?

Or do you have any useful information to share?

If so, please send details - and a photo if possible - to newsletter@charnwoodu3a.org.uk

September 2025 Calendar

MON	TUE	WED	THU	FRI
1 Sep 09.30 Yoga 10.00 Craft+Self Help 11.00 Table Tennis 1 13.30 Canasta 2 14.00 Chess 14.00 Current Affairs	2 Sep 09.30 Pilates 2 10.00 10+ Walks 10.00 Spanish 10.30 Fix I.T. Clinic 10.45 Pilates 3 11.00 Table Tennis 2 12.00 Pilates 4 14.00 Canasta 1 14.00 Canasta1Quorn 14.00 Sing4Pleasure 15.30 Pickleball	3 Sep 10.00 Drama 10.00 German 10.00 Golf 10.00 JigsawBookEx 10.00 Scottish Dance 10.30 Papercraft 11.00 Table Tennis 3 14.00 Cribbage 2 14.00 French Improve 14.00 Reading Group 14.00 Sustain Planet	4 Sep 10.00 Line Dance 2 10.00 Parish Walks 10.00 Spanish Conv 11.00 Table Tennis 4 14.00 Bowls Outdoor 14.30 French Conv 19.00 Canasta 3	5 Sep 09.00 Badminton 10.00 Line Dance 10.00 Mahjong 1 10.00 Table Tennis 7 10.30 Tai Chi 11.00 Table Tennis 5 12.00 Lunch Club 12.00 Table Tennis 6 13.30 Pilates 1
8 Sep 09.30 Yoga 10.00 Craft+Self Help 10.00 Poetry 1 11.00 Table Tennis 1 14.00 Archaeology 14.00 Digital Imaging 14.00 Mahjong 2 14.00 Quiz group	9 Sep 09.30 Pilates 2 10.00 Scrabble 3 10.30 Fix I.T. Clinic 10.45 Pilates 3 11.00 Table Tennis 2 12.00 Pilates 4 14.00 Canasta 1 15.30 Pickleball	10 Sep 10.00 Committee 10.00 Golf 10.00 Mini Tennis 11.00 Table Tennis 3 14.30 Monthly Meet 19.00 Canasta2Quorn	11 Sep 10.00 Line Dance 2 11.00 Table Tennis 4 14.00 Bowls Outdoor	12 Sep 09.00 Badminton 10.00 Line Dance 10.00 Mahjong 1 10.00 Needlecraft 1 10.00 Scrabble 1 10.00 Table Tennis 7 10.30 Tai Chi 11.00 Table Tennis 5 12.00 Table Tennis 6 13.30 Pilates 1
15 Sep 09.30 Yoga 10.00 Craft+Self Help 11.00 Table Tennis 1 13.30 Canasta 2 14.00 Chess 14.00 Gardening 14.00 Painting	16 Sep 09.30 Pilates 2 10.00 6+ Walks 10.00 Recorder 10.00 Spanish 10.30 Fix I.T. Clinic 10.45 Pilates 3 11.00 Table Tennis 2 12.00 Pilates 4 14.00 Canasta 1 14.00 Sing4Pleasure 15.30 Pickleball	17 Sep 10.00 German 10.00 Golf 10.00 Mini Tennis 10.00 Poetry 2 10.00 Scottish Dance 11.00 Table Tennis 3 14.00 Cribbage 2 14.00 Family History 14.00 French Improve 14.00 Italian Conv	18 Sep 09.45 CC Walks 10.00 Line Dance 2 10.00 Sci+Tech visit 11.00 Table Tennis 4 14.00 Bowls Outdoor 14.15 Scrabble 4 14.30 French Conv	19 Sep 09.00 Badminton 10.00 German RTC 10.00 Line Dance 10.00 Mahjong 1 10.00 Table Tennis 7 10.30 Photography 10.30 Tai Chi 11.00 Table Tennis 5 12.00 Table Tennis 6 13.30 Pilates 1 14.00 Art Apprec'n
22 Sep 09.30 Yoga 10.00 Craft+Self Help 11.00 Table Tennis 1 14.00 Local History 14.00 Mahjong 2	23 Sep 09.30 Pilates 2 10.00 ETHEL 10.00 Scrabble 3 10.30 Fix I.T. Clinic 10.45 Pilates 3 11.00 Table Tennis 2 12.00 Pilates 4 14.00 Canasta 1 14.00 Philosophy 1 15.30 Pickleball	24 Sep 10.00 Golf 10.00 History 10.00 Mini Tennis 11.00 Table Tennis 3 14.00 Classical Music 14.00 Travel Group 18.30 Supper Club	25 Sep 10.00 Line Dance 2 10.00 Philosophy 2 10.00 Thurs 6 Milers 11.00 Table Tennis 4 14.00 Architecture 14.00 Bowls Indoor	26 Sep 09.00 Badminton 10.00 Line Dance 10.00 Mahjong 1 10.00 Scrabble 1 10.00 Table Tennis 7 10.30 Tai Chi 11.00 Table Tennis 5 12.00 Table Tennis 6 13.30 Pilates 1 19.30 Wine Apprec'n
29 Sep 09.30 Yoga 10.00 Craft+Self Help 11.00 Table Tennis 1	30 Sep 09.30 Pilates 2 10.30 Fix I.T. Clinic 10.45 Pilates 3 11.00 Table Tennis 2 12.00 Pilates 4 14.00 Canasta 1 15.30 Pickleball	<i>Please note: Whilst every effort has been made to show the dates/times of meetings as accurately as possible, errors and changes may occur, so you should check with group leaders for confirmation. Please send any amendments for future issues to: newsletter@charnwoodu3a.org.uk</i>		

PLUS at Weekends: Days of interest trip to Ludlow (13th September); Sunday Lunch Club (14th September)

Robert's Recommended Reads

For September, Robert's recommendations are a classic of African fiction and a recent Booker Prize shortlisted Australian novel.

Things Fall Apart by Chinua Achebe

published in 1958

Achebe's first novel, written when he was in his late 20s, received instant critical acclaim. It has never been out of print, has sold over ten million copies and has been translated into more than forty languages.

The main protagonist is Okonkwo, a 'titled man' living in the hinterlands of the Igbo Nation in what is now Nigeria. The story is set in the late nineteenth century in Umuofia, one of a clan of nine villages. A warrior and famous wrestler, Okonkwo is celebrated beyond the nine villages for his sporting prowess and great strength. However, tragedy strikes when a freak shooting accident results in the death of a villager at Okonkwo's hands. The mandatory penalty for this is banishment for seven years.

Accompanied by his entire family, the disgraced and crestfallen Okonkwo departs for his Motherland, some distance away, to serve his seven year exile. During Okonkwo's exile, Mr. Brown, the first white missionary, arrives in Umuofia. With remarkable celerity a church is built and the number converting to Christianity grows rapidly. When he eventually returns to Umuofia, Okonkwo finds that the Christian mission is well established and a colonial District Commissioner is in place; the white man now, effectively, rules the village.

The final, short section of the book sees an increasingly bewildered Okonkwo struggling to understand and accept his radically altered world. What follows is a tragic, but perhaps predictable conclusion.

Things Fall Apart is a beautifully written parable, dealing powerfully but sensitively with the tragedy of African colonisation. The title of the novel is taken from W.B. Yeats's *The Second Coming*: "Things fall apart; the centre cannot hold; Mere anarchy is loosed upon the world."



Chinua Achebe
pictured in Lagos in 1966.
Photo: Carlo Bavagnoli

Stone Yard Devotional by Charlotte Wood

published in 2024

Set in Australia, the story opens with the unnamed narrator arriving at a 'retreat' close to her childhood home. Run by nuns, this largely self sufficient community offers sanctuary and thinking room to our narrator and a small group of other guests.

Following a short stay at the retreat, there is a stumble in continuity. However, it quickly transpires that our protagonist has returned to the community, this time as a permanent resident. Although she does not take 'orders', she gradually becomes an accepted member of the community and settles there.

Wood's narrative moves between events at the commune and the narrator's reflections on past events in her life. Three specific events evolve: the return of a charismatic nun, Helen Parry, the repatriation and interment of the bones of Jenny, a former nun, and a catastrophic plague of mice. Details emerge of the dark and troubled past of Helen Parry, who has become a well known and popular activist. We also discover the background to Jenny's death.

Stone Yard Devotional is odd and disjointed, but Wood's prose style and her slick harmonisation of past and current events glue together a rather fragmented story. Give it a go; any initial frustration should be replaced with a quiet appreciation of this enigmatic but ultimately rather rewarding book.

Charlotte Wood
in *The Guardian*,
16 May 2020
Photo: Chris Chen



Above reviews written by Robert Jackson.
Next month: Colin Thubron and W.E. Bowman

IT for Everyone: IT support for u3a members from u3a members

Fix IT Clinics

Drop in sessions where you can get help using your laptop, tablet or phone. Bring them along to:

John Storer House cafe

Tuesdays

10.30 - 12.00



One to One Support

Get help with problems using your computer, laptop, tablet or phone for a particular task or if you want to learn how to do something on them. You can get advice over the phone, or arrange a one to one meeting, by contacting the IT HelpDesk:

email helpdesk@charnwoodu3a.org.uk

phone Phil/Mary 07855 702302

Garry 01509 213655

If you have a problem with logging into, or using, the u3a website, contact Martyn, our Web Manager, on webmanager@charnwoodu3a.org.uk

IT Titbit

If you're worried about scams, on your computer or phone or otherwise, sign up for Which? Scam Alerts, a free service run by Which?. You receive emails about the latest scams and practical advice on how to avoid them.

To sign up, go to which.co.uk and click on **Sign up for newsletters** (and if you need any help with this - you know who to ask!)

Fancy a Walk?

With the cooler days of September upon us (we hope), and those affected released from Summer Holiday Grandparent Duty, our thoughts may now be turning to getting in a few nice walks before the summer ends! So, how about tackling the Leicestershire Round?

The Round was first devised by the Leicestershire Footpath Association (LFA) to celebrate its centenary in 1987. This route of one hundred miles (for one hundred years) encircles the city of Leicester in a big sweep, taking in some of our county's best countryside. But, if that sounds like too big a walking project, or if you'd like a taster of The Round to start with, there is an alternative.

In the year 2000, the LFA published a guide entitled '32 Short Circular Walks Based on the Leicestershire Round'. The walks were designed for those wanting to sample the long distance walk without the challenge of attempting the full 100 miles. When the book went out of print, the walks became available on the LFA website as downloadable PDFs.



Bradgate Park: path approaching Old John - part of the Leicestershire Round featured in the short walks

It's now 25 years since the book was originally published and a team of LFA volunteers have been revisiting the walks and, where necessary, re-writing the instructions. To date, more than half of the walks have been re-written and the new versions uploaded to the website.

To access the 32 Walks page on the LFA website, go to: lfa.org.uk/32walks and select a walk by clicking on the numbered circle on the map, or scroll through the short walk descriptions below it.

The Leicestershire Footpath Association is the oldest footpath preservation society in the country that's still in existence today. Its volunteers work to protect the public's rights to enjoy freedom of movement through the countryside, actively seeking issues that affect rights of way and working closely with the County Council to remedy them.

The LFA is keen to recruit some new members! If you like walking in Leicestershire, why not join? There's a membership form on the website, lfa.org.uk, or you can email lfa.members2021@gmail.com

Happy walking!

Janina Holubecki

Upcoming Local Events

Woodhouse Eaves Art Group 2025 Exhibition

Sat 18th - Sun 19th October
10:30 am - 4:30 pm
Woodhouse Eaves
Village Hall

Cu3a member Paul Goodman has alerted us to this annual event taking place on 18th-19th October this year.

Admission is free, and there is a free car park next to the Hall.

Coffee, tea, biscuits and delicious homemade cakes will be on sale.

The Woodhouse Eaves Art Group

invites you to the

2025 Annual Exhibition

at

Woodhouse Eaves Village Hall
Main Street, Woodhouse Eaves

Sat 18th and Sun 19th October

10.30am – 4.30pm

Free admission

Coffee, tea, biscuits and cake will be on sale



Charnwood Orchestra

Saturday 27th September at 7:30 pm
Holy Trinity Church, Church Street,
Barrow upon Soar

Charnwood Orchestra returns to Barrow upon Soar, Holy Trinity on September 27 with a programme of chamber music by Bach, Haydn, Elgar and Mozart, featuring Nic Fallowfield (conductor and violin), Anne Jackson and Jenny Downing (flutes)

Tickets may be reserved in advance from
tickets@charnwoodorchestra.org.uk
or from their website at:
<https://www.charnwoodorchestra.org.uk>

Prices are £16 Adult, £14 Concessions and £5 Students and U18s.

Music Director Nic Fallowfield
Patron Thomas Bowes
Est. 1973

Chamber Miracles

**Saturday
27th September 2025
7:30pm**

**Holy Trinity Church
Church Street
Barrow upon Soar LE12 8HP**

**Conductor and violin
Nic Fallowfield**

**Flutes Anne Jackson
and Jenny Downing**

Haydn	Symphony No.96 'Miracle'
JS Bach	Brandenburg Concerto No.4
Elgar	Chanson de Matin Chanson de Nuit
Mozart	Symphony No.36 'Linz'

Nic Fallowfield

Tickets:

- The Orchestra website
- tickets@charnwoodorchestra.org.uk
- Taylor's Florist, 17 High Street, Barrow upon Soar LE12 8PY
- Members of the Orchestra
- At the door, cash and card payments

£16.00 (£14.00 concessions)
£5.00 -18s and under or NUS members

[/charnwoodorchestra](https://www.charnwoodorchestra.org.uk)
[Charnwood_Orch](https://www.charnwoodorchestra.org.uk)

Friends of Charnwood Museum At Risk War Memorials Projects

A talk by Robin Jenkins

Thursday 18h September, 7:30 pm - 9 pm

An introduction to War Memorials and the work of the Leicester City, County and Rutland at Risk War Memorials Project. What is a war memorial and why are they important? What are the threats to them and what can we do to protect and preserve them?

A talk with many local examples and stories - sad, surprising and amusing.

Doors open from 7 pm for light refreshments with talk at 7.30 pm. Please use the evening entrance on Granby Street opposite the library.

Members £3 and guests £5 - all welcome.
Booking essential: Please visit the museum or call 01509 233754. More information at:
<https://www.charnwoodmuseum.co.uk/events>

More Upcoming Local Events



Public Lectures:

Time Hacks - The psychology of time and how to spend it

Monday 15th September, 12 pm - 1 pm
NCSEM (National Centre for Sports & Exercise Medicine) Building, 1.39 & Online

Dr Ian Taylor, Reader in Motivation Science at Loughborough University, has recently published his first book aimed at general audiences called *Time Hacks: The Psychology of Time and How to Spend it*.

In this public lecture Dr Taylor will combine the latest psychological research with engaging stories to reveal how we can develop a healthier relationship with time. He will demonstrate why all worthwhile tasks should be done early in the morning, the detrimental effects of relying on willpower, why we should use 'be' goals to sustain motivation, and how to replace 'dead time' with activities that nourish the soul.

This talk will show you how to use the power of psychology to feel less time pressured, boost your mental and physical health, and break free from the tyranny of your alarm clock.

For more information and a booking link, go to:
<https://www.ncsem-em.org.uk/events/time-hacks/>

Tackling the Gap: Medical Equity and the Women's Game

Wednesday 24th September, 12 pm - 1 pm
NCSEM Building, 1.33 and Online

Karen Jones, former England Rugby international and Emergency Medicine Consultant, now England Rugby Clinical Services Lead, brings a unique perspective to this public lecture. With over 30 caps for England and a medical career having run parallel to her time on the pitch, Karen offers rare insight into the physical and systemic demands placed on women in elite sport.

Drawing on her lived experience and clinical expertise, she will examine the challenges female athletes face in accessing equitable medical support, the importance of tailored health research, and the cultural shifts needed to ensure that women's sport is not just visible, but sustainable and safe.

For more information and a booking link, go to:
<https://www.ncsem-em.org.uk/events/tackling-the-gap/>

Modern Painters, New Decorators Grand Opening

Saturday 6th September 10 am - 3 pm
Aumberry Gap, Loughborough

Modern Painters, New Decorators will open the doors to their new purpose-built arts venue on Aumberry Gap with a special daytime celebration.

After seven years at Carillon Court Shopping Centre, the organisation has relocated to a permanent site that brings together exhibitions, artist studios, a shop, events, and a micro-bakery under one roof. The new venue is a shared space for creativity and community — built collaboratively, shaped by local voices, and designed to support artists and ideas long-term.

For details, see:
<https://modernpaintersnewdecorators.co.uk/>

Barking Mad Dog Show

Sunday 14th September 11 am - 4 pm
Southfields Park, Loughborough

The Barking Mad Dog Show is returning to Southfields Park in Loughborough. The organisers say they like to be a bit different and bring fun for the whole family.



For more information, go to:
https://www.facebook.com/events/947542407192204?active_tab=about

Holiday Fortnight (Exodus to the Sea) Exhibition

Open until 13th September
all weekdays except Wednesdays
at Loughborough Library Local and Family History Centre Exhibition Area

An Exhibition celebrating the July Fortnight. Memories of when the Loughborough factories closed for the summer holidays and we all went off to the seaside.

For other local events, see:
<https://www.discovercharnwood.co.uk/events>
<https://allevents.in/loughborough/september>
<https://www.lboro.ac.uk/news-events/events/>

Heritage Open Days 2025

Friday 12th - Sunday 21st September

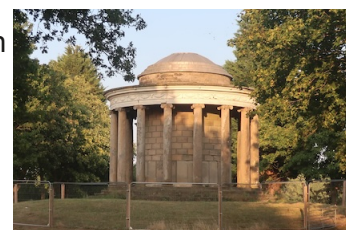


Every September, volunteers across England organise events to celebrate our fantastic history and culture. It's a chance to see hidden places and try out new experiences – all of which are free. Some give access to areas not normally open to the public.



This year, across Loughborough, a variety of buildings will be open. There are also various pre-bookable guided walks. Online look at <https://www.heritageopendays.org.uk/> and put Loughborough in the search to see all that is locally available. Included are walks (on the 20th and 21st) into the heart of the Garendon Estate – for more details of these, see <http://www.garendon.freeuk.com/events.htm>

Pictured left: The Garendon Chapter House Excavation



Temple of Venus, Garendon Park

National u3a News



On-Line Talks this month include:

- **Railway History at the National Archives** – with Dr. Jessamy Carlson, Tue 9 Sep at 10 am
- **The Life & Music of Ian Gillan – Deep Purple** with Ian Gillan, Thu 11 Sep at 2 pm
- **Age Without Limits: Celebrate Ageing** with The Centre for Ageing Better, Mon 22 Sep at 10 am

For details of these and other upcoming free on-line events offered by the National u3a, including how to book, go to: <https://www.u3a.org.uk/events/educational-events>

More from the National u3a:

Register to receive the National u3a **Friends** newsletter regularly at <https://www.u3a.org.uk/newsletter>. You can also access the latest u3a news at: <https://www.u3a.org.uk/news> and find more learning initiatives at <https://www.u3a.org.uk/learning/learning-activities>. The u3a learning blog **Sources**, with posts by u3a members covering a wide range of topics, is at: <https://sources.u3a.org.uk>

Eric Midwinter (1932 - 2025)



Eric Midwinter OBE was a writer, broadcaster, educationist and dedicated public servant. He was also co-founder of the u3a movement in the UK.

The son of a Lancashire fireman, after studying history at Cambridge, his career took him into teaching, social research and public policy, and he wrote more than fifty books on subjects as varied as comedy, football and his great sporting love, cricket.

In 1982, he joined forces with Peter Laslett and Michael Young to establish the u3a. The idea was that the movement should be member-led, where people shared their knowledge and skills with one another, discovering new interests and making new friends. The intention was to draw on the original meaning of 'university': a 'coming together' of people, to learn from each other, but also to take part in activities not available in modern academic institutions.

As Eric explained in a conversation in 2022 with Liz Thackery, the previous Chair of the national u3a, he wanted to counteract the negative image of older people that prevailed in the 1970s, when old age was seen as a kind of illness and, once retired, the older generation had no contribution to make: 'We would demonstrate that older people could look after their own affairs.'

Today, the movement has grown to more than 1,000 local, self-governing u3as, with a total of 400,000 members. Whenever we meet - to learn, share, discover something new, or simply chat with fellow-members over a cup of tea, it's thanks to the vision of Eric Midwinter.

Pam Upton

Items for News & Views

Do you have an announcement, story, poem - or even a short comment - to share with your fellow Cu3a members? All contributions are very welcome, and we can preserve your anonymity if you prefer that your name does not appear in the newsletter.

There is a limit of around 500 words per item, and photos are very welcome - but please ensure you have permission of anyone identifiable in the photos.

To enable the newsletter to be compiled in time for delivery to members at the start of each month, the deadline for receiving items will normally be the last day but one of the previous month. The deadline for the **October** issue of **News & Views** will be **Monday 29th September (12 noon)**.



Please send your contributions to the Newsletter Editor at: newsletter@charnwoodu3a.org.uk
I always acknowledge all emails received, so if you don't get a reply within a few days, please contact me again as some emails do go astray!

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 Editor reserves full editorial rights as to length and suitability and the Editor's decision is final.

News & Views is sent to all Charnwood u3a members by email link (or, for those without email, by post) before the monthly meeting. It is also available to read on the Charnwood u3a website each month at <https://www.charnwoodu3a.org.uk> under the News menu.

Thank You!

Helen Reid
Newsletter Editor
Charnwood u3a



Committee, Support Teams and Group Leaders' Details

Names, photos and email links for all the current Committee members can be found on our website under Home -> Our Committee, along with details of our Support Teams. In the case of our Membership Secretary and Web Manager, phone numbers are also given, as are those of our IT Help Desk Team.

The names and generic email addresses of Group Leaders for each group can be found on that group's dedicated website page, accessed via the Groups Lists.

Note: Where personal contact details appear in News & Views, these are included with permission.



Committee Meetings

Don't forget that members are always welcome to attend any of our Committee meetings on the **second Wednesday of the month** (10 am - noon) in John Storer House, by prior arrangement, as observers. If you would like to attend one of these meetings and see what we do, please contact our Chair on chair@charnwoodu3a.org.uk

Some other useful u3a web addresses:

National u3a: <https://www.u3a.org.uk>

The Association of East Midlands u3as: <https://www.eastmidlandsu3as.org.uk>

