

News & Views


 Newsletter

INSIDE THIS ISSUE

View from the Chair	1
Monthly Meetings	2
Group News	3-4
Days of Interest	3
Pickleball	3
Folk Dancing	3
Travel Gp in Scotland	4
EDI	5
Group Leaders meeting	5
Letters to the Editor	5
Meetings Calendar	6
Our New Website	7
Poetry Corner	7
University Research	8
Local Events	9-10
3 Concerts	9
Charnw'd Museum	9
1620s House	9
LU Events	10
Quiet Day in Space	10
National u3a News	11
Obituary: Alan Mercer	11
Items for Newsletter	12
Contact Info	12

Our Website

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

Welcome

...to the October 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, and details for sending contributions can be found on the last page.



Our Next Monthly Meeting: Anand Mangal: Indian Dance



See page 2
for details.

View from the Chair



Ever had one of those weeks? Seems I've scarcely had time to sit in the chair, never mind pausing to admire the view! Not that I've been drowning in Committee work (honestly, being a Committee member is not that arduous), but I was staying at my daughter's last week while she was working away, and looking after somebody else's house, I find, is a lot more energy-sapping than looking after your own. (Am I alone in getting less house-proud as I get older?) And then there's the teenage granddaughter...

Honestly, she's lovely and 'no bother at all', as my Granny would say, but still the responsibility can be exhausting.

Sixteen is a wonderful age, though I'm not sure I would want to relive it. I saw in a recent newsletter that the national u3a have been inviting members to write letters to our younger selves. I'm sure we all have 'pearls of wisdom' we could send back in time. I'm not convinced that my teenage self would listen, but it would make for an interesting theme in our own newsletter. How about putting your thoughts to paper and sending them in (anonymously if you prefer) to newsletter@charnwoodu3a.org.uk ?

At the other end of life's (mostly) glorious journey, October 1st is the International Day of Older Persons. In his speech to mark the day, Antonio Guterres, Secretary General of the United Nations, said, "Older persons are invaluable sources of knowledge and experience ... We must promote lifelong learning, quality healthcare and digital inclusion."

We're all for quality healthcare, and lifelong learning is what the u3a is about. As for digital inclusion, I do hope everyone will log on to our new website (see page 7). It's still very much a work in progress, so please let us know what you think.

We all want Charnwood u3a to be as inclusive as possible, but we need our members to get involved. Have you got a hobby or interest that you'd like to share? Put an ad in the newsletter and see who else is interested. Or how about joining the Committee? I'm sure everyone reads the Minutes every month (!!) but do let me know if you'd like to come to a meeting and see for yourself what goes on – no arm twisting I promise!

All the best

Pam

chair@charnwoodu3a.org.uk

Our Monthly Meetings

The monthly meetings of Charnwood u3a are on the **second Wednesday afternoon, 2.15 for 2.30 pm in Emmanuel Church**, Forest Road in Loughborough. 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'. If you think you'll need any assistance at the meeting, please contact our Chair in advance on chair@charnwoodu3a.org.uk.

Last month we discovered South American Music with Los Amigos (as shown in photo on right). These three very accomplished musicians not only treated us to some great dance music but also provided interesting explanations of the origins and development of the various styles.



Our Next Meeting Wednesday 11th October

Anand Mangal: Indian Dance Group



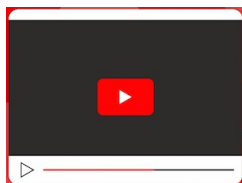
Photo: Ed Uthman, Houston, TX, USA, [CC BY-SA 2.0](#), via [Wikimedia Commons](#)

Anand Mangal (*meaning happy place in Gujarati*) is a group of local ladies of South Asian heritage who perform traditional Navaratri dances to promote the culture. They have been in existence since 2012. Navaratri ("Nine Nights") is an annual Hindu festival, held this year from Sunday 15th to Tuesday 24th October. This is a time when Hindus celebrate the goddess Durga for killing the demon, Mahishasura.

Navaratri is a celebration of women and empowerment in Hindu culture. The group of dancers will demonstrate Garba, a folk dance, which is most famous in Gujarat. Hundreds to thousands of people of all ages and backgrounds dance in concentric circles through the night. Many of these dances include coordinated steps with dandiya or wooden sticks.

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. **Please do not arrive before 2 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 before the meeting in a reminder email from the Chair.

Looking Ahead:

For our **November** meeting, we welcome Dr David Maidment, a senior lecturer in Psychology in the School of Sport, Exercise and Health Sciences at Loughborough University, who will speak to us about research into healthy ageing.

The upcoming programme up to and including February 2024 is available on our website, under Monthly Meetings.

Group News

Days of Interest Group – Packwood House and Baddesley Clinton

Our October trip was fairly local as we visited two National Trust properties in Warwickshire.

Our first stop was at Packwood House, a timber framed Tudor Manor, bought in 1904 by a Birmingham industrialist Alfred Ash. His son, Baron Ash, spent more than two decades lovingly restoring it to its former glory and filling it with furniture and tapestries appropriate to its age and status. One of the tapestries pictured an extraordinarily long legged chicken. Outside there was a kitchen garden, a formal garden and sculptured yew trees along with parkland. Baron Ash donated the property to the National Trust in 1941.

Our second stop was at Baddesley Clinton, another National Trust property only fifteen minutes away. Unusually this is a moated house. The guides suggested that a ditch was originally dug as a fire break, as the house is situated in what was the Forest of Arden. Originally a spring filled the ditch and it was eventually widened into a defensive moat. The house, which has been added to many times, was owned by the same family from 1438 to 1970 when it was sold to the National Trust. During the reformation and the search for Roman Catholic priests, the house was used as a hideaway, with purpose-built priest holes, one of which terminated in the latrines. Again there is a formal and kitchen garden and parkland. These were certainly two beautiful houses.



In the kitchen garden at Packwood House



In front of the House at Baddesley Clinton

and it was eventually widened into a defensive moat. The house, which has been added to many times, was owned by the same family from 1438 to 1970 when it was sold to the National Trust. During the reformation and the search for Roman Catholic priests, the house was used as a hideaway, with purpose-built priest holes, one of which terminated in the latrines. Again there is a formal and kitchen garden and parkland. These were certainly two beautiful houses.

We also raised £31.15 for MacMillan Nurses – in a sweet based collection.

If you are interested in joining the Days of Interest Group, contact Pauline May by email at ppc.wat@ntlworld.com or by telephone at 01509 552834 or 07455 167929 for details.

Pickleball - The latest new group offered by Charnwood u3a

This new game, usually played as doubles, is a cross between table tennis, badminton and tennis. It's becoming very popular across the country and Charnwood u3a's fledgling group meets at Loughborough Leisure Centre every week on Tuesday afternoons 3.30 - 4.30 pm. All the necessary equipment is provided and, so far, the group has roughly equal numbers of men and women.

A free session is offered, so you can come and see what the game is about before making a decision as to whether you want to join. For more information contact Martyn Speight on pickleball@charnwoodu3a.org.uk.



Folk Dancing

Tuesday afternoon 2 - 4 pm, 2nd and 4th Tuesday of the month at the Good Shepherd Church Hall, Park Rd, Loughborough. **New members very welcome.** Contact 01509 264593 or beverly.gillman@gmail.com



Travel Group Trip to Glasgow, Edinburgh & Beyond



Thirty four members of the Travel Group have just returned from a most successful trip to Scotland. We spent a day each in Glasgow and Edinburgh, both with so many famous and well-loved landmarks to visit. Popular sights were Edinburgh Castle and Holyrood Palace; and George Square and Kelvingrove Museum and Art Gallery (*pictured left*) in Glasgow, as well as the modern regeneration area along the Clyde.

Our hotel was based at the UNESCO World Heritage site of New Lanark Mill (*pictured right*), an 18th century cotton spinning mill village sitting alongside the river Clyde. All the original buildings (workshops, stores, counting house, school, workers' houses etc) have been restored to early 19th century appearance; with a visitors' centre telling the story of the mill's life. David Dale and Robert Owen instituted a wide range of workplace, social and educational reforms, creating an 'ideal' community. Many of the group took advantage of the nice weather during our stay, to have a leisurely walk along the Clyde to view The Falls of Clyde, a short distance from our hotel.



One of the highlights of our time in Scotland was the visit to Helix Park in Falkirk. In glorious sunshine, we walked along the canal and were met with the glistening Kelpies rising up from the canal basin (*pictured left*): two 30 m high horses' heads, created by artist Andy Scott, to pay homage to the Clydesdale work horses that pulled wagons, ploughs, barges and coalships

that had shaped the Falkirk area. A few miles away, we experienced a boat ride like no other, on the unique Falkirk Wheel (*pictured right*), which rotated our boat up 35 m from the Forth & Clyde Canal to the Union Canal, a journey that took us only 5 minutes....but 100 years ago, we would have taken a whole day to navigate 11 locks!



At Cumnock, we visited Dumfries House, an 18th century Palladian house (*pictured left*), containing countless treasures, including numerous Chippendale pieces, which were in danger of being 'lost'. The house was 'rescued' for the nation in 2007 for £45M by Prince Charles. The house and its 2000 acre estate are now managed by a consortium headed by the Prince's Foundation.

Another highlight was our time visiting the Royal Yacht Britannia (*pictured right*) berthed at Leith. With audio guides, the viewing of all 5 decks provided a real glimpse of its 40 year life providing accommodation for members of the royal family and the crew aboard this iconic vessel.



Once again, the Travel Group had good weather for this our last holiday of 2023 and we look forward to further interesting visits next year.

Ann Maddocks

Equality, Diversity and Inclusion (EDI)

The EDI team met on 11th September at Gorse Covert. The following ideas and plans were discussed and agreed:

- The Group Leaders meeting (on Oct 30th) to include a discussion on how groups might ensure inclusivity for members with differing abilities, e.g. hearing and sight issues, Parkinson's, dementia, dyslexia, and learning difficulties. EDI team members agreed to contribute to the discussion with their own experiences.
- The issue of inclusivity needs to be properly addressed in the transition to Simple Membership.
- There could be a question on the joining form so that the u3a is aware when a new member might need additional help, for example:
'Do you have any special requirements that we might be able to help with?'
- Members discussed how group leaders, including those groups meeting at members' homes, might conduct a risk assessment to ensure that potential members were aware of any accessibility issues, for example parking, steps into the venue, hearing loop, etc.



The next meeting will be held at Gorse Covert on **Monday 13th November at 2 pm**. If you have any comments on the above or on any other EDI matters, or if you might be interested in joining the EDI team, please email newsletter@charnwoodu3a.org.uk.

Helen Reid

Group Leaders Meeting, 30 October



The next Group Leaders' meeting will be held at **Emmanuel Church on Monday 30th October, from 12 noon to 3 pm**. There will be discussions either side of a buffet lunch which will be provided free of charge at 1 pm.

By the time you read this, Group Leaders will probably have received notification of this meeting from our Groups Coordinator, Bev Gillman. If you haven't already notified her as to whether you will be attending, please email groupscoordinator@charnwoodu3a.org.uk to let her know if you will be attending or not.

Letters to the Editor

Which group is this email from??

Being Treasurer of a u3a group, I know how easy it is to forget to put in helpful info in each of my emails to 'my' group. So please could we all have a standard of good practice on emailing our members? I'd like to make a plea on behalf of all u3a members to all Group Administrators:

Like hundreds of our u3a members, I am in lots of different u3a groups. So I get a lot of emails from Group Administrators with info on the next meeting / a trip / subs due / etc. Please could I ask that Group Administrators always put - in the title line - which Group they're from. I don't know the names of each of the Group Leaders or their helpers or their Treasurer, so I often have to work out who the group

is from other hints - sometimes this isn't easy :-0 Also, like hundreds of our members, my memory is not top notch :-). So I struggle to remember the venue, and time, for each of the groups I am in.

So, please could all Group Administrators put venue and time as a line at the bottom of each of your emails so hundreds of us don't have to keep going back to our website to search for this info.

And finally, can I say a HUGE Thank You to all Group Administrators - you do a great job...these are just little tweaks I'm suggesting to make everything run that little bit easier for memory-fuzzed members like me :-)

Char March



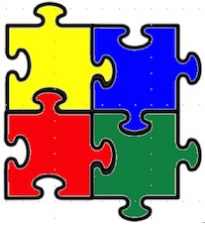
October 2023 Meetings

MON	TUE	WED	THU	FRI
<p>2 Oct</p> <p>09.30 Yoga 10.00 Craft+Self Help 10.00 Latin 11.00 Table Tennis 1 13.30 Canasta 2 15.00 Current Affairs</p>	<p>3 Oct</p> <p>09.30 Pilates 2 10.00 10+ Walks 10.00 Spanish 11.00 Table Tennis 2 11.15 Pilates 3 14.00 Canasta 1 14.00 Canasta1Quorn 14.00 Sing4Pleasure 15.30 Pickleball</p>	<p>4 Oct</p> <p>09.30 Golf 10.00 Classical Greek 10.00 German 10.00 JigsawBookEx 10.00 Mini Tennis 10.00 Scottish Dance 10.30 Papercraft 11.00 Laughter Club 11.00 Table Tennis 3 14.00 Cribbage 2 14.00 French Improve 14.00 Reading Group 14.00 Scrabble 2 14.00 Sustain Planet</p>	<p>5 Oct</p> <p>10.00 Sci & Tech 10.00 Spanish Conv 11.00 Table Tennis 4 14.00 Bowls Indoor 14.00 French Conv 19.00 Canasta 3</p>	<p>6 Oct</p> <p>09.00 Badminton 10.00 German: RTC 10.00 Knit & Natter 10.00 Line Dance 10.00 Mah Jong 10.00 Table Tennis 7 10.30 Photography 10.30 Tai Chi 11.00 Table Tennis 5 12.00 Lunch Club 1 12.00 Table Tennis 6 13.30 Pilates 1</p>
<p>9 Oct</p> <p>09.30 Yoga 10.00 Craft+Self Help 10.00 Poetry 1 11.00 Table Tennis 1 14.00 Archaeology 14.00 Chess 14.00 Digital Imaging 14.00 EDI meeting 14.00 Quiz group</p>	<p>10 Oct</p> <p>09.00 Eng Parish Ch 09.30 Pilates 2 10.00 Scrabble 3 11.00 Table Tennis 2 11.15 Pilates 3 14.00 Canasta 1 14.00 Social Dance 15.30 Pickleball</p>	<p>11 Oct</p> <p>09.30 Golf 10.00 Committee 10.00 Mini Tennis 11.00 Table Tennis 3 14.30 Monthly Meet 19.00 Canasta2Quorn</p>	<p>12 Oct</p> <p>10.00 Thurs 6 Milers 11.00 Table Tennis 4 14.00 Bowls Indoor</p>	<p>13 Oct</p> <p>09.00 Badminton 10.00 Classical Civ 10.00 Line Dance 10.00 Mah Jong 10.00 Needlecraft 1 10.00 Table Tennis 7 10.30 Tai Chi 11.00 Table Tennis 5 12.00 Table Tennis 6 13.30 Pilates 1</p>
<p>16 Oct</p> <p>09.30 Yoga 10.00 Craft+Self Help 11.00 Table Tennis 1 13.30 Canasta 2 14.00 Gardening 14.00 Painting</p>	<p>17 Oct</p> <p>09.30 Pilates 2 10.00 6+ Walks 10.00 Spanish 11.00 Table Tennis 2 11.15 Pilates 3 14.00 Canasta 1 14.00 Philosophy 2 14.00 Sing4Pleasure 15.30 Pickleball</p>	<p>18 Oct</p> <p>09.30 Golf 10.00 German 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 14.00 Scrabble 2</p>	<p>19 Oct</p> <p>10.00 CC Walks 11.00 Table Tennis 4 14.00 Bowls Indoor 14.00 French Conv 14.15 Scrabble 4 18.30 Supper Club 2</p>	<p>20 Oct</p> <p>09.00 Badminton 10.00 German: RTC 10.00 Line Dance 10.00 Mah Jong 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 15.00 Mac Users</p>
<p>23 Oct</p> <p>09.30 Yoga 10.00 Craft+Self Help 11.00 Table Tennis 1 14.00 Chess 14.00 Digital Imaging 14.00 Local History</p>	<p>24 Oct</p> <p>09.30 Pilates 2 10.00 ETHEL 10.00 Needlecraft 2 10.00 Scrabble 3 11.00 Table Tennis 2 11.15 Pilates 3 14.00 Canasta 1 14.00 Philosophy 1 14.00 Social Dance 15.30 Pickleball</p>	<p>25 Oct</p> <p>09.30 Golf 10.00 Mini Tennis 10.00 Scottish Dance 10.00 Stitch & Sew 10.30 History 11.00 Table Tennis 3 14.00 Classical Music</p>	<p>26 Oct</p> <p>10.00 Thurs 6 Milers 11.00 Table Tennis 4 14.00 Architecture 14.00 Bowls Indoor</p>	<p>27 Oct</p> <p>09.00 Badminton 10.00 Line Dance 10.00 Mah Jong 10.00 Needlecraft 1 10.00 Table Tennis 7 10.30 Tai Chi 11.00 Table Tennis 5 12.00 Table Tennis 6 13.30 Pilates 1</p>
<p>30 Oct</p> <p>09.30 Yoga 10.00 Craft+Self Help 11.00 Table Tennis 1 12.00 Group Leaders 13.30 Canasta 2</p>	<p>31 Oct</p> <p>09.30 Pilates 2 11.00 Table Tennis 2 11.15 Pilates 3 14.00 Canasta 1 15.30 Pickleball</p>			

PLUS at Weekends: Days of Interest trip to Moseley Old Hall & Wightwick Manor (21st Oct);
Sunday Lunch Club (8th Oct)

Please send any amendments or additions to the Editor at newsletter@charnwoodu3a.org.uk for inclusion in future months' calendars.

Starting To Use Our New Website



Last month we shared that we are starting to use Simple Membership as our new way of connecting all that Charnwood u3a does. Most of you will now (maybe unknowingly) have been contacted through Simple Membership about your membership renewal and increasingly by our group leaders as they start to use our new system. When we are ready we will stand down the current Charnwood u3a website but retain the web address. Already new members are being directed to apply on our new system.

This month we want to explain how you can access our new system to gather information and to view your personal details.

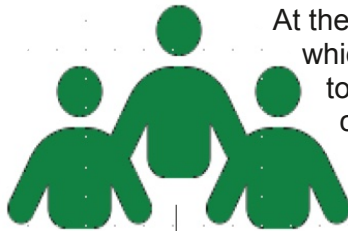
How do I access the new website?

<https://u3a.simplmembership.co.uk/Charnwood>

Using the above link will open a webpage with general information about our u3a, including what we do and about our groups. This is both for our members and those interested in joining us. Members can log into our system to see the personal data we hold on them, along with a listing of the groups they have joined.

How do I log in?

Select 'Login' on the menu and (assuming you have not yet set a password) press 'Forgot Password'. A page then comes up where you enter your 'user name'. This is usually your Surname followed by your first initial (in the format SurnameA). Please seek help if this does not work for you. Then select 'Reset Password' which generates an email with instructions on how to create your password.



How do I check my personal data?

Once your password is set, return and log into the system. More menu items will then be seen. Under 'My Membership' there is a 'My Profile' option. Selecting this opens up a page with the personal data Charnwood u3a holds about you. If this needs correcting then make the amendments (most of the fields can be changed by you), remembering to then press the 'save changes' button at the top of the page.

At the top of the 'My Profile' page is a set of tabs which give details of the Groups you belong to, any Events you have signed up for (the concept of Events being an aspect of Simple Membership we will be developing), your subscription payments and a list of the emails you have received. Note that clicking the blue 'i' at the end of the email listings opens up the email text. If the groups listing is incorrect please contact the group leader to add or remove you from their register.

When you have finished, remember to press 'Logout' (in the upper righthand corner of the screen).

This ongoing series is aimed at helping you get the most out of our Simple Membership system. Martyn Speight can be contacted, by email at martyn.sm@charnwoodu3a.org.uk or by phone on 01509 213137, if you have any questions.

Poetry Corner: Dying Light Sonnet 4

Concluding the series of sonnets in which Cu3a member Martin Litherland has imagined what the subject might have experienced at his or her moment of death, when one's life is meant to 'flash before one's eyes' - what Dylan Thomas called 'the dying of the light'.

This month, Queen Victoria...

Dying Light Sonnet – Queen Victoria (1819 – 1901)

I'm queuing up to enter heaven's halls;
 And though my name is writ upon this Earth
 As mountains, cities, lakes and waterfalls,
 Yet I shall wait for those of lower birth.....
 For I am not immune to mortal pain,
 Both in myself and in my people too,
 For I have braved the stormy winds and rain,
 And woken up to kiss the morning dew.....
 If fault I have, tis that I love too much
 Especially those not used to bow the knee:
 There's John, my ghillie, with his Highland touch;
 Abdul, my munshi, who befriended me.....
 Whilst saying that, I've passed through Heaven's door,
 And now I'm locked in Bertie's arms once more.



Photo: 1882 by Alexander Bassano

Loughborough University Research Projects



Jiayin Guan (Joey) a PhD student in the School of Design and Creative Arts is doing research related to the topic of healthy ageing. Joey is currently looking for participants to join a 10-week physical activity programme, as explained below.



Who are we looking for?

- We are looking for people aged 60 - 85
- You need to have basic functional capabilities to join this study, for example, being able to walk 100 metres unaided.
- You will be asked to fill out a Health Screen Questionnaire to make sure you are currently in good health and have had no significant medical problems in the past.

This will involve:

- 5 min ----- Fill out a Health Screen Questionnaire
- 60 min ----- Join an explanatory workshop
- 10 min ----- Fill out a questionnaire related to physical activity and motivation
- 2 min per day - Make a plan for 10 weeks and record your activity using the calendar provided
- 20 min ----- Join a semi-structured interview

This study aims to enhance the motivation of people to do physical activity thereby facilitating behavioural changes. The workshop and interview will be held at the Design School building at Loughborough University. If you want to join the study or just want to know more, please email j.guan4@lboro.ac.uk.

A participatory design workshop for patients with diabetes or their carers

Time: 2 hours

Location: Design School at Loughborough University

Aim: To ideate and discuss the better ways to visualise health data for patients with diabetes

Incentives: £30 Amazon voucher

Criteria:

- You have been diagnosed with **diabetes** or you are the casual carer of the patients
- You are **familiar with graphical displays of diabetes-related personal health data on mobile devices.**
- You are over the age of 18.
- You have the capacity to give consent to participate in this study.
- You are a UK resident.

Contact z.sheng@lboro.ac.uk

Involving patients with diabetes in the design of a mobile phone dashboard for blood glucose self-management

Another PhD student in the School of Design and Creative Arts, Zhonghan Sheng, is looking for diabetes patients and their carers to participate in design workshops. General arrangements, criteria and contact details are shown in the panel on the left, with further details below.

The aim of this study is to brainstorm new ideas and design an effective dashboard that aims to help patients with diabetes to monitor and self-manage their blood glucose. This aim will be achieved through a series of participatory design workshops where healthcare professionals, patients with diabetes and carers of patients with diabetes will participate. There will be 4 workshops in this study. The sessions in workshop 1 will prioritise user requirements for designing the dashboard, the sessions in workshop 2 will focus on the design of the dashboard to generate a low-fidelity prototype, the sessions in workshop 3 will iteratively evaluate and design the high-fidelity prototype, and the sessions in workshop 4 will evaluate the high-fidelity prototype and the participatory design process itself. You may be invited to any of the sessions in any of the workshops.

Upcoming Local Events

Charnwood Orchestra

Charnwood Orchestra is kicking off its 50th Anniversary Season with a concert showcasing the Orchestra - "Dreams and Serenades" - on **Saturday 21st October at 7:30 pm** at Holy Trinity Church, Church St, Barrow upon Soar LE12 8HP

The orchestra will be playing:

- Mendelssohn: Overture to A Midsummer Night's Dream
- Dvořák: Wind Serenade Op.44
- Dvořák: Two Waltzes for Strings Op.54
- Beethoven: Symphony No.2

Tickets - £14 adults, £12 concessions, £5 18s and under or NUS members - are available from:

<https://www.charnwoodorchestra.org.uk>
 email: tickets@charnwoodorchestra.org.uk
 Taylor's Florist, 17 High Street, Barrow upon Soar LE12 8PY
 At the door, cash payments only

50th Anniversary Concert Season

the Charnwood Orchestra
 Music Director Nic Fallowfield
 Patron Thomas Bowes

Dreams and Serenades
Saturday 21st October 2023
7:30pm

Holy Trinity Church
Church Street
Barrow upon Soar LE12 8HP

Conductor Nic Fallowfield

Mendelssohn
 Overture to A Midsummer Night's Dream

Dvořák Wind Serenade Op.44

Dvořák Two Waltzes for Strings Op.54

Beethoven Symphony No.2

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 payments only

£14.00 (£12.00 concessions)
 £5.00 -18s and under or NUS members

[f /charnwoodorchestra](https://www.facebook.com/charnwoodorchestra)
[t /charnwoodorch](https://www.twitter.com/charnwoodorch)



Lunchtime Concert at Emmanuel

Thursday 12th October, 12:45 pm - 1:30 pm

Emmanuel Church Loughborough present a concert by:
 Eleanor Turner - Harp and
 David Le Page - Violin.

This season commences with a definite LTC favourite. Eleanor is joined by a virtuosic violinist for what promises to be a scintillating concert.



The concert starts at 12.45 pm but a Soup and Roll lunch will be served from 12.00.

A free event, but donations are most welcome.

<https://www.facebook.com/emmanuelconcerts>

Bandstand Concert

A special one-off concert will take place in the bandstand in **Queens Park, Loughborough on Sunday 22nd October**, with a performance by the Loughborough Students Concert Band.

All bandstand concerts commence at 2pm and are **FREE** to attend and enjoy an afternoon of music.

More information:

<http://www.charnwood.gov.uk/queenspark>

Photo: Charnwood Borough Council



Friends of Charnwood Museum

Wednesday 18th October, 7:30 pm: Mark Temple on 'Mountsorrel Railway and Quarry'

A talk on the development of the railway and quarry in Mountsorrel, its impact on the local area and the ecological and historical legacy. Booking essential.
<https://www.charnwoodmuseum.co.uk/events>

See last month's News & Views for more details.

1620s House & Garden, Donington le Heath



There are a number of Hallowe'en themed events this month at the 1620s House & Garden. See <https://1620shouse.org.uk/whats-on/> for details.

Loughborough University Events

As part of Black History Month (1 - 31 October) the University is hosting a series of free events, including:

- **Mixed Messages: Dual-heritage lives in twentieth-century Britain**
Wed 11 Oct, 1 - 2 pm in E001
- **Black History Month: Library Display**
Thu 19 - Tue 31 Oct, Pilkington Library (normal opening hours)
- **The History and Legacy of Slavery with Carol Leeming MBE**
Wed 25 Oct, 1 - 2 pm in Martin Hall Theatre (booking required).
- **Exhibition - Black Heritage: Narratives of Diaspora**
Mon 16 Oct - Fri 10 Nov, 12 - 2 pm in Martin Hall Gallery.



Details of these and other University events are at: <https://www.lboro.ac.uk/news-events/events/>

For details of other local events see 'Discover Charnwood':

<https://www.discovercharnwood.co.uk/events>

A Wonderfully Quiet Day in Outer Space

I've been wanting to visit the National Space Centre (NSC) in Leicester for years, but have been put off by the idea of swarms of screaming over-excited children echoing off all those hard surfaces. My idea of migraine horror! So, imagine my delight when I found that the NSC is trialling Quiet Days aimed – primarily – at over 65s. So off we went, and had a truly amazing day there.

I'm always blown away at seeing real objects that have been into, or come from, space. And the first thing you see as you enter is one of the actual Russian Soyuz space capsules. Throughout there is a host of excellent exhibitions on our own beleaguered planet, and a range of other planets, galaxies and space research.

There are really well thought-out time-lines about the Space Race and all the information and interactive displays are suitable for adults and children alike. We had great fun testing ourselves against each other on the fast reaction board!

The planetarium is awe-inspiring and all the young museum staff are expert communicators, make it all fun, and can seemingly answer even the most complex space questions...all the ones we spoke to were doing post-grad research in physics, so not your average museum staff!

There are regular live displays explaining rocket propulsion (great fun!) and ones on other aspects of getting into, and living in, space.

We even got a trip into Outer Space on a rescue mission ... but we've been sworn to secrecy about that, so you'll just have to go experience that for yourselves. We loved the space-themed toilets – don't worry, they're not zero gravity :-)

Up on the top floor of the impressive (seemingly inflated) tower that's such a Leicester landmark, you get great views over the surrounding area, and of the two rockets that stretch all the way up the tower. There is a rock from one of the Moon landings, and they've recreated a 1960s living room – complete with orange-swirly wallpaper – where you can watch the first Moon landing all over again.

I highly recommend a visit, and it would be brilliant if lots of you dropped an email/wrote to the Space Centre to encourage them to keep on with their Quiet Days. The noise-battered staff throughout the NSC all said it had been a really blissful day for them too!

Note: the Quiet Days are aimed at us, but obviously families and other individuals who simply turn up on the day are not turned away, so there are a few children around, but no school trips, or organised groups.

The NSC are hoping to run more Quiet Days in the coming year. Look out for them being posted in the 'What's On' section of their website at <https://www.spacecentre.co.uk/whats-on/>.

Char March



News from the National u3a



Interest Groups Online Fair:

The Interest Groups Online Fair is taking place throughout the first week of October, with group taster sessions at 10am, 11.30am and 3pm every day from 2nd - 6th October.

This is open to IGO members, local u3a members, and non-members, promoting the wealth of great groups that IGO has to offer. For more information and to sign up, go to the IGO Online Fair webpage at <https://www.u3a.org.uk/learning/interest-groups-online/igo-online-fair-schedule>.

The IGO team want to hear your views on how they can make IGO better for you as a member and ask you to fill out their anonymous survey at <https://u3auk.wufoo.com/forms/q1lnik9g0cnlli2/> to have your say on what IGO looks like going forward.

For more information about IGO generally, go to: <https://u3a.org.uk/learning/interest-groups-online>

Other Free On-Line Events:

- **Odd numbers and There and Back again** with Dr Ron Knott, Thu 12 Oct at 2 pm
- **The Story of Britain told Through Coins** with Diana Laffin, Guildford u3a, Thu 19 Oct at 2 pm.
- **Science Network Event: Talks on Forensic DNA and the Apollo Programme**, Thu 26 Oct at 9:30 am.

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

National u3a Newsletter and More:

To register to receive the National u3a newsletter regularly, go to: <https://www.u3a.org.uk/newsletter> where you will also find a link to recent issues.

The u3a National programmes page at: <https://www.u3a.org.uk/learning/national-programmes> has more learning initiatives, including new programmes, as well as ongoing themes like mathematical challenges, sharing photos and artwork - and the monthly radio podcast. Also, the u3a learning blog **Sources** includes a large collection of articles, posted by u3a members, covering a wide range of topics. This can be found at: <https://sources.u3a.org.uk>.

Third Age Matters: If you haven't already done so, check out p.57-58 of the Autumn issue of TAM for an excellent article by our very own Chair and ETHEL group leader, Pam Upton, on the quirky characteristics of the English language.



A world of opportunities just a click away

A week of taster sessions from laughter yoga and astronomy to writing workshops... and more

When: 2-6 October 10am, 11.30am & 3pm

Where: Online

Find out more
u3a.org.uk/igo
0208 466 6139



FREE



Alan Mercer

Longstanding member Alan Mercer sadly passed away on 30th August. Alan had led the Calligraphy Group for over 20 years up until November 2021 when the group held its final meeting. The photograph on the right is taken from the May 2000 issue of 'Charnwood Chat' (our quarterly magazine at the time) and shows Alan proudly displaying some of his group's work at an exhibition at the AGM in March 2000. He was made an Honorary member of Charnwood u3a in 2019 in recognition of his long membership and contributions over the years.

Our thoughts and condolences go out to his family and friends.



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.

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 **November** issue of **News & Views** will be **Monday, 30th October (12 noon)**.



Please send your contributions to the Newsletter Editor at: newsletter@charnwoodu3a.org.uk

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 and Group Leaders' Details

Names, photos and generic email addresses ending @charnwoodu3a.org.uk of all the current Committee members - along with links to their role descriptions - can be found on our website under 'Contact' along with those of other members of our Support 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.

Telephone numbers of Group Leaders can be accessed from the Members area of the website, using login details previously supplied.

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), 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>

Leicestershire and Rutland Network: <https://u3asites.org.uk/landr/>

