

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, including details of our meetings, trips, all our Groups and much more.

Welcome

...to the November 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: Healthy Ageing



See page 2 for details.

View from the Chair



Winter arrives with the changing of clocks and I've already got my first winter cold. Hopefully I'll be virus-free by our next monthly meeting (p.2), when Dr David Maidment, from Loughborough University, is coming to talk to us about 'Healthy Ageing' – I wouldn't want him to use me as an example of the opposite!

It was great to see so many members dancing around the Emmanuel aisles last month with the Anand Mangal ladies. More of a conga than a proper Navratri dance, but we tried! Of course, exercise is one of the key ingredients for healthy ageing. The other main factors highlighted by Age UK in their Index of Well-being in Later Life are 'participation in enjoyable, meaningful activities' and 'having positive social interactions.'. I think we'd all agree that this is exactly what we offer in the u3a. This was underlined by an item I found on the national u3a website, where a panel of members and academics discussed 'Positive Ageing'. <https://www.u3a.org.uk/latest-news/what-does-positive-ageing-mean>

In the same discussion, Professor Alan Gow spoke about the benefits of learning a new topic or starting a new activity. I've personally had to learn a kind of new 'language' to help get ready for the big change that is happening on November 3rd, when we move to our new website. Yes, I know that moving home is one of the most stressful things we can do in our lives, but honestly, this is going to be a positive move for us all. We'll no longer have two different systems for keeping in touch with our members – Beacon and website – because they will be combined into one:

Though we aim to go 'live' on November 3rd, it will take a while longer to transfer everything we need, so we'll still be able to access the 'old' website and Beacon for the time being. But please, do take a look and tell us what you think: <https://u3a.simplmembership.co.uk/Charnwood>. Instructions for logging in are on p.7 of October's *News & Views*, with further guidance on p.7 of this issue. When you check out your Profile, it helps Group Leaders if you can record your Emergency Contact details if you haven't already provided them.

And when you try out the new system, do take another look at our excellent list of group activities. There may be something new to keep you dancing through the winter months!

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 were entertained by the colourful Indian Dance group Anand Mangal who - after demonstrating their coordinated dances involving sticks (*see photo on right*) - invited our members to join them in dancing to the music. Coordination of steps and stick-wielding proved somewhat harder than it looked, but the 'conga' (minus sticks) around the church proved more popular and very enjoyable.



Our Next Meeting Wednesday 8th November

Healthy Ageing Speaker: Dr David Maidment



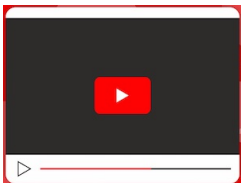
David Maidment is a senior lecturer in Psychology in the School of Sport, Exercise and Health Sciences at Loughborough University. He is undertaking research in the development and evaluation of digital interventions that aim to reduce social isolation and increase physical activity in adults with disabilities (both sensory and physical).

David's talk will introduce research within the National Centre for Sport and Exercise Medicine that focuses on healthy ageing, namely, how researchers at Loughborough University are developing and evaluating programmes that aim to get older adults to be socially and physically active.



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 **December** meeting, we welcome **The Ratcliffe Chorale** who will entertain us with their Christmas Concert, including suitably festive songs.

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



Group News

Enjoy Your Apple



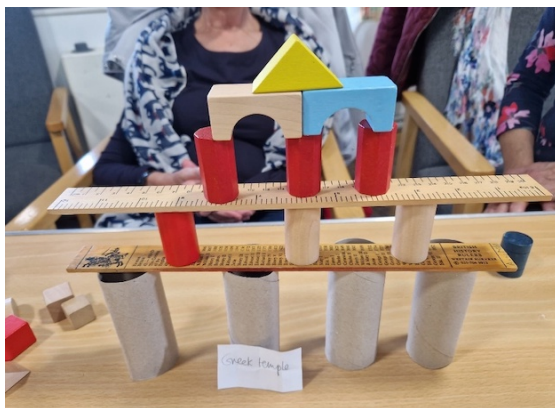
Ann and I bought our first computer in 1987, an Amstrad, running WordPerfect, still the best word processor I've used, though long since abandoned. Within a few years we moved up in the world (though I'm not sure of the validity of that comment) to a Microsoft PC and got used to Windows and Outlook, Word and Excel. Do you remember floppy disks? We had a disaster when the hard disk failed and we lost everything. Even sending the broken disk to a specialist company was to little effect as the damage was so much even they could recover nothing. So we gradually rebuilt our folders and files. And so it stayed until in my last 6 years at the Borough Council I had use of an Apple iMac running Adobe InDesign, a dream of a program for designing and producing multipage booklets on the conservation areas in the borough. It was way too expensive to afford at home but I fell in love with having a Mac and swapped over. A year later Ann swapped hers, and I'd never go back to Windows.

It's some of the little things. It's so easy to know what bit of software you're in. It's so easy to manage backups. You don't have to buy any extra software. It's so good to know that when an update comes, functions you know and use will still be where you expect them to be. And Apple treat you like a grown up, unlike Microsoft who seem to assume you've never had a computer before. OK, it's true you may not find everything but we here in Charnwood u3a have a well guarded and fully open secret. But before I tell you, don't go thinking a Mac is expensive. Sure the upfront cost is probably more than a PC but in the long run you might well find it cheaper.

So, here in the u3a we are blessed with a resident guru. Peter Reid is an expert who really knows Apple Macs having used them for over 35 years. And he is very willing to help. We have a Mac Users Forum which is open to anyone using a MacBook or an iMac or iPad. Statistically there must be a lot more Apple users in our u3a than are members of our Forum and I also know that the number of Charnwood members who aren't online is pretty minimal. So, do email me at MacUsers@charnwoodu3a.org.uk if you'd like to join the Forum and get some help.

Anthony Gimpel

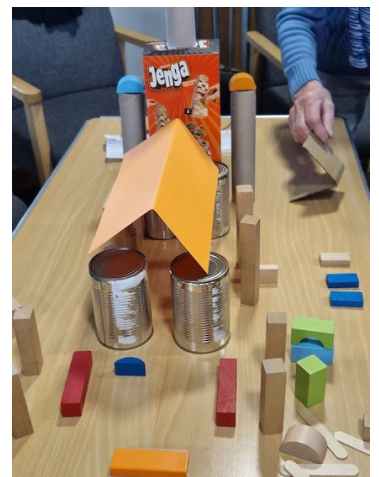
Architecture Appreciation



The Architecture Appreciation group had fun at their last meeting, solving real-life architectural problems with everyday objects. After learning from group member Janina Holubecki about cantilevering, the best shape to build foundations to support high-rise buildings, the benefits of bracing structures, and the best shape to use for strength (triangles), small groups then practised using these techniques to produce miniature versions. Much fun was had with marshmallows, dried spaghetti and empty tin cans, etc! Here are some of the winning designs – can you spot the Greek Temple, Eiffel Tower and Church (complete with gravestones)?

Next year's programme is nearly completed and the group can look forward to further interesting meetings in 2024, with subjects such as Leicester Secular Hall, the buildings of Sir Thomas Tresham and Arts and Crafts houses, to name but a few.

The group meet at **Gorse Covert 2 - 4 pm on the last Thursday of the month and new group members are always welcome.**



Equality, Diversity and Inclusion (EDI)

The Group Leaders' meeting on 30th October included a useful discussion of EDI issues, in which participants were asked to consider what they can reasonably do to enable members with health conditions or impairments to enjoy Cu3a activities. They were asked to share their experiences and suggestions. Points raised included:



- Hearing issues such as wifi incompatibility with electronic hearing aids and not being allowed to use the hearing loop in some venues. Simple solutions like rearranging chairs and speaking up, not muttering, have really helped.
- Fonts in handouts should be big enough for people to read easily.
- Speaking up is difficult for people with Parkinson's and it would be good if people allow a little more time and patience to hear such people speak.
- It can be difficult to ask the group if anyone has any specific needs as people can be embarrassed to say.
- The Simple Membership team will be looking at accessibility, and also usability, of the website.
- 'Accessible' toilets should be checked to ensure they are truly accessible.
- Groups running trips do their best to ensure accessibility for users of wheelchairs or rollators.
- Problems with dementia have been encountered. Group Leaders don't have responsibility of care, but someone on the trip could be asked to accompany them on the day - not as carer but companion.
- It was suggested that we have a Welfare Officer on the Committee.
- It is helpful if invisible conditions such as epilepsy are declared to Group Leaders so they are aware.
- In Simple Membership people can indicate health issues as a comment alongside their name.
- There should be someone to welcome new members to groups, as shyness may be a factor.

The next meeting of the EDI team 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

Roving Reporters

10+ Walking

On 3rd October, 15 members of the 10+ walking group enjoyed a lovely 10 mile walk thanks to the leaders Sally and Mandy. We started from Medbourne, through Slawston up to Hallaton for a picnic lunch, then a beautiful walk up and down the hills to Neville Holt and back to Medbourne.

New members welcome.

Please contact Mike Hill by email at:
Walk10plus@charnwoodu3a.org.uk



Roving Reporters Continued

Days of Interest Group - Moseley Old Hall & Wightwick Manor

In October, we were again fairly local, visiting two National Trust Properties in the West Midlands.

The trip took place on the day following the severe downpours which had caused both flooding in our local area and the closure of some National Trust properties. Luckily, although some of our members needed to take alternative routes to Tesco car park, both properties were unaffected.

Our first destination was Moseley Old Hall, built around 1600 and most famous as one of the hiding places of Charles II after his defeat at Worcester. We even saw his bed. The access to the hall was a narrow, long and winding road, so when we arrived at the car park the driver received some well-deserved applause.



The Hall and gardens looked lovely in the now damp, but not raining, autumnal weather; the “knot garden” being a highlight of the outside and the priest hole where Charles hid being a highlight of the house itself. At the time Charles hid, soldiers were not looking for him, but the owner, John Huddleston, who was suspected of fighting in the battle. We also learnt that to put the sniffer dogs off the track, priest holes often had a chamber pot situated very close by.

After Charles was restored to the crown, he gave an annual pension of £200 to his protector and his descendants. This is still paid today – but not updated for inflation. One of the room guides also explained the origin of the expression “a frog in the throat”. Frog slime was considered to be an effective treatment for a sore throat, so sufferers looked for a very small frog, which they tied to a string and swallowed and after a while pulled out. This is also the origin of the expression “croaked”. The trip back down the lane was even more trying for the driver and he received even more applause.



In the afternoon we moved on to Wightwick Manor, a 19th century arts and crafts house much influenced by a lecture by Oscar Wilde on “the house beautiful”. Again there were notable gardens, both formal and kitchen. In the grounds there is a small art gallery with displays of Evelyn De Morgan’s pre-Raphaelite paintings and pots together with her husband William’s tiles. Many of the rooms in the house are furnished with William Morris fabrics and many have painted stained glass windows. The wooden ceilings are also particularly impressive. As it is a – comparatively – modern house it also contained some pieces that would have looked at home in our grandparents’ houses.

So we all seemed to have a good day and the NT scones were particularly good.

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

Gym Group

This group meets at **Mountsorrel Leisure Centre every Tuesday at 10:15 am**. They would like to welcome more members and become a fully-fledged Cu3a group, so if you are interested in joining them, please contact **Val Hopwood** on 07709 823553.

November 2023 Meetings

MON	TUE	WED	THU	FRI
<p>Do you find this Calendar useful? Would you miss it if it wasn't here? Please send your comments and/ or any amendments to newsletter@charnwoodu3a.org.uk so that future issues of <i>News & Views</i> deliver what you want.</p>		<p>1 Nov 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>2 Nov 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>3 Nov 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>6 Nov 09.30 Yoga 10.00 Craft+Self Help 10.00 Latin 11.00 Table Tennis 1 13.30 Canasta 2 14.00 Chess 15.00 Current Affairs</p>	<p>7 Nov 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>8 Nov 09.30 Golf 10.00 Committee 10.00 Mini Tennis 11.00 Table Tennis 3 14.30 Monthly Meet 19.00 Canasta2Quorn</p>	<p>9 Nov 10.00 Thurs 6 Milers 11.00 Table Tennis 4 14.00 Bowls Indoor</p>	<p>10 Nov 09.00 Badminton 10.00 Classical Civ 10.00 Line Dance 10.00 Mah Jong 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</p>
<p>13 Nov 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 EDI meeting 14.00 Quiz group</p>	<p>14 Nov 09.30 Pilates 2 10.00 Scrabble 3 11.00 Table Tennis 2 11.15 Pilates 3 14.00 Canasta 1 14.00 Eng Parish Ch 15.30 Pickleball</p>	<p>15 Nov 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>16 Nov 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>17 Nov 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>20 Nov 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</p>	<p>21 Nov 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>22 Nov 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>23 Nov 10.00 Thurs 6 Milers 11.00 Table Tennis 4 14.00 Architecture 14.00 Bowls Indoor</p>	<p>24 Nov 09.00 Badminton 10.00 Line Dance 10.00 Mah Jong 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</p>
<p>27 Nov 09.30 Yoga 10.00 Craft+Self Help 11.00 Table Tennis 1 14.00 Digital Imaging 14.00 Local History</p>	<p>28 Nov 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 15.30 Pickleball</p>	<p>29 Nov 09.30 Golf 10.00 Mini Tennis 11.00 Table Tennis 3</p>	<p>30 Nov 11.00 Table Tennis 4 14.00 Bowls Indoor</p>	<p>PLUS at Weekend: Sunday Lunch Club (12th Nov)</p>

We're Switching Over - Make the most of our new web based system



Last month we outlined how to access our new web based system and covered logging in and how to check your personal data. This month we explore more of what all members can do through our new integrated system connecting all that Charnwood u3a does.

Before doing this we are delighted to tell you that we are now ready to move away from our previous website (which we have been using alongside our Beacon membership system). We plan for this to happen on **Friday 3rd November**, when using our web address <https://charnwoodu3a.org.uk> will direct you to our new system (alternatively <https://u3a.simplmembership.co.uk/Charnwood> will access the same pages). Already a lot of the information on our current site has been transferred and links will ensure that, until our web site transition is complete, our former site can be accessed.

If you need reminding about how to get into our system please look back at the October issue of *News & Views*.

Our webpages are where information is shared about all our groups. To find these, select **Groups List** under **Groups** in the menu bar and scroll down the page to see a list of all our Interest Groups. Using the tabs at the top of the list enables the view to be changed from an alphabetical list to one which shows groups by various activity categories, or by days of the week.

Clicking on the name of a group gives information (which group leaders can themselves now keep updated) about each group.

When you are logged in, at the upper right of a group's information are 2 icons. Clicking the one on the left opens up an email for you to contact the Group Leader, either for more information or for any matter once you are a group member. The icon on the right just messages a Group Leader to tell them that you wish to join their group (but misses out on you being able to first introduce yourself).



To quickly find the groups you belong to, select **My Membership** in the menu bar, then **My Profile** followed by **Groups**. Again clicking on the group's name takes you to the group page.

We have tried to ensure that the membership details of our various groups have been correctly uploaded. But do contact the appropriate group leaders if you find your listing is wrong.

Also available is a personal **My Calendar** found in the dropdown menu after selecting **My Membership**. This gives a listing of when the groups you belong to are due to meet. Note: This is for general information as it assumes that a group always meets on a set day even when specific sessions may have been cancelled!

Because it provides an aid to Group Leaders, we are now encouraging members to record their Emergency Contact details in our system. To enter or check yours, select **My Membership** and then **My Profile** where the contact fields can be found in the personal data section.

Always remember to save the page after making any changes.

Note: A (yet to be corrected) system bug means editing personal details can clear the Newsletter required – Yes/No flag. If this happens when changing your data, a warning appears and you can just reset the flag before again saving the page.

This ongoing series is aimed at helping you get the most out of our new web based system. If it prompts questions, please contact Martyn Speight: by email at martyn.sm@charnwoodu3a.org.uk or by phoning 01509 213137

Helping Children Love Reading

One of the most useful things we can do for our younger generations is to encourage them to not only learn to read, but to actually enjoy reading.

I joined the national SchoolReaders scheme last year and have been volunteering at a primary school in Loughborough for 2 hours a week. And I can thoroughly recommend it – the staff at the school are really helpful and friendly, and the children are brilliant to work with. It's one-to-one, just 5-10 minutes with each child, hearing them read and helping them sound out difficult words, and enthusing them about what they're reading.

I've found it fascinating to see the huge range of books that 'my' 9-year-olds tackle and what sort of things they're interested in. So please do consider giving a couple of hours of your time to helping children local to you because I've just had this plea from the SchoolReaders scheme:

'Schools in your area are in need of more reading volunteers. If you know anyone who might be interested in volunteering, please ask them to visit www.schoolreaders.org for more information.'

Go on – give it a go. No training needed, your school will introduce you to how they do things, and then you're left to get on with lighting up reading for their children.



Char March

A Smoothie? - Oops!

It was 1970-71, there were good chances that I might get to university - the first member of my family to do so - and life was looking OK. I had some part-time work that meant I could go out and enjoy myself. What's more, my father was amazingly supportive, letting me borrow the family car one or two nights each week.

Even though I really wasn't that confident, I did get to go out with girls. At that age (17-18) it was expected that you'd pull out all the stops when trying to impress a girl. Having a little bit of money and the use of a car were big things in my favour. I just had to watch how the real smooth operators among my contemporaries were so successful with the girls.

As you might guess, things didn't work out as I'd hoped. Here's an example of one such experience that helped dent my pride and confidence!

Trip to the Cinema – I had started to go out with a local girl, but so far we'd not left our hometown. I thought it was time to impress her with an offering of an evening at one of the swish cinemas available further afield. I'd got the loan of the family car with very detailed and strict instructions on how and where to park the car.

I parked up as instructed and escorted my girlfriend to the cinema. The cinema was great, with very plush red and gold trimmings, comfortable seats, ice cream during the interval, the business! Even the film was good.

When the film ended we left the cinema and slowly walked back to an adjacent street to get the car. However, much to my horror, as we walked along the street, there was one thing missing – the car! There was no sign of it anywhere. Panic set in pretty quickly, my father's car, pride and joy – gone!!

I racked my brains about how I'd parked the car, the right distance from the curb, near a street light, steering-wheel lock tightly applied, I couldn't think what I'd done wrong. Remember that this was in the primitive time before mobile phones or the Internet, and I had to look for a phone box so I could phone my father to get help.

"Phone my father, to..." brrr the thought sent a shiver down my back – I'd never be allowed the car (any car) again. All the time I was panicking, my date was getting increasingly cold and worried about how I was going to get her home. I ran up and down the streets looking for a phone box. Then on the 2nd or 3rd street I spotted a phone box - and more importantly THE CAR!

WHAT THE....? Then I realised what had happened. The streets in this town were very similar to each other. I had parked in one of several near-identical streets but had forgotten to note which one. What a relief! I wasn't going to have to tell my father that I'd lost his car, and I was going to be able to run my friend back home. However, the girl was less than impressed at my performance. So that was the end of that relationship, not helped by the girl telling our mutual friends what a Smoothie I'd been!

Peter Reid

Upcoming Local Events

Remembrance Sunday

**Sunday 12th November, 10:00 - 13:00,
Queen's Park, Loughborough**

Charnwood residents are invited to honour those who served and sacrificed themselves in the line of duty this Remembrance Sunday. The parade will march off from the town centre at 10.20 am and the service will start at **10.50 am at the Carillon Tower in Queen's Park**. Charnwood Borough Council will be live-streaming the service. For further details, see: <https://www.charnwood.gov.uk/pages/remembrance>

Remembrance Parades are also being organised in villages throughout Charnwood. The Borough Council have compiled a webpage setting out details of these at: https://www.charnwood.gov.uk/pages/village_remembrance_parades. Roads which will be closed at certain times for the parades are also detailed on the webpage.

Christmas Lights Switch-on

**Sunday, 26th November, 11:00 - 18:00,
Loughborough town centre**

The day will be filled with festive fun including an arts and crafts fair, children's fairground rides and musical performances, with the lights being switched on at 5 pm. There will also be a charity market as well as a food court, craft and retail market and fairground rides. The main stage will come alive at 1 pm with performances by local groups, ensembles, choirs, theatre groups and performance groups. For more details, see: <http://www.charnwood.gov.uk/lborolights>



Photo:
Charnwood
Borough Council

Charnwood Orchestra

Charnwood Orchestra is celebrating its 50th Anniversary Season with a special gala concert and reception afterwards on **Saturday 25th November at 7:30 pm at Emmanuel Church, Forest Rd, Loughborough.**

The orchestra will be joined by Soprano Lizzie Ryder and Violinist George Ewart to perform:

- **Bernstein** Candide Overture
- **Ravel** Shéhérazade
- **Tchaikovsky** Nutcracker Suite
- **Wagner** Lohengrin: Preludes to Acts 1 & 3
- **Sarasate** Carmen Fantasy
- **Ravel** Boléro

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
Tickets also available on the door, cash only.

Loughborough University Events

November events include an **online public lecture: "Technological Revolution in Diabetes" on Tuesday 14th November (5:30 - 6:30 pm).**

Details of this and other University events can be found at: <https://www.lboro.ac.uk/news-events/events/>

the Charnwood Orchestra
Music Director Nic Fallowfield
Patron Thomas Bowes

**50th Anniversary
Concert Season
Gala Concert
& Anniversary Party**

**Saturday
25th November 2023
7:30pm**

**Emmanuel Church
Forest Road
Loughborough LE11 3NW**

Conductor Nic Fallowfield
Soprano Elizabeth Ryder
Violin George Ewart

Elizabeth Ryder
George Ewart

Lunchtime Concert at Emmanuel

Thursday 16th November, 12:45 - 1:30 pm

A lunchtime concert at Emmanuel Church by Tori Norman - Cello and Jeremy Kimber - Piano.

Two former students of the Welch College of Music and Drama perform Cello Sonata No.2 in F, by Johannes Brahms.

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>

Raising the Roof

If you are looking for an evening of local talent on show then you might want to consider "Raising the Roof" - a charity concert organised by the Rotary Club of Loughborough Beacon which will feature **Charnwood Community Singers** and the **Loughborough Concert Band** in a full programme covering all genres. You may see u3a members or a neighbour enjoying entertaining and all the while raising money for Rainbows, mnda and other charities, and at a bargain price of £10.

When?

Sunday 3rd December 7 pm

Where?

Hodson Hall, Burton Walks, Loughborough
courtesy of Loughborough Grammar School.

How to book?

See panel below.



Enjoy!

Neil Rowbotham

Tickets



Beacon Rotary
c/o Longcliffe GC
Snells Nook Lane,
Nanpantan, LE11 3YA



tinyurl.com/RCLBconcert



singroof23@gmail.com



07706 069029



Friends of Charnwood Museum

The next talk for the Friends of Charnwood Museum, and the last before Christmas, will take place on **Wednesday 15th November at Charnwood Museum.**

Gillian Pritchard will speak on the (almost) seasonal topic of 'Letters to Santa'. Gillian is a local studies volunteer at Loughborough Library, and she promises the talk will have an unexpected twist ...

As usual there will be drinks from around 7.00 pm with the talk beginning at 7.30. Please book to be certain of a place using the link : <https://charnwoodcouncil.bookinglive.com/friends-of-charnwood-museum/letters-to-santa>

Members (with booking code for discount) £2, non members £4.

Henry Garnett - The Gunpowder Plot a talk by William Ruff

Tuesday 7th November, 7:30 - 9 pm, at the Rosebery Medical Centre, Loughborough
Hosted by Charnwood Antiques and Collectors' Club. Guests £3

A Poet's Journey

Thanks to John Middleton - who set the poems to music - for notifying us of this event (rescheduled from October).



A Song Cycle based on 15 Poems by Edward Thomas 1914-1917*

Music by John Middleton

Trinity Methodist Hall, Royland Rd, Loughborough

Saturday 2nd December 2023 at 7.30 pm
£10 on the door. Proceeds to the Night Shelter

Lyndon Gardner (tenor)
Anthony Wilson (piano)

**Edward Thomas volunteered for the artillery in 1915. He was killed by the blast of a shell near Arras in Northern France on April 9th 1917 at the age of 39, leaving a wife and three children.*

Birstall and District Art Society's Annual Art Exhibition

Village Hall, Birstall, Sat 4th and Sun 5th November, 9:30 am - 4:00 pm. Free Admission. Free Parking.

For other local events see 'Discover Charnwood': <https://www.discovercharnwood.co.uk/events>

Network News



Restructuring Proposals - Our Input Needed

The need for change in the way that the u3a is run at national, regional and, to a lesser extent, local levels was highlighted at the 2022 Third Age Trust AGM when it was claimed that the board was out-of-touch with what the membership wanted. Change has already started to be formulated. But this is in the early stages and needs both the input and support of all u3as throughout the UK.

A provisional u3a Council has been formed consisting of Regional Trustees and a few other key individuals to consider what changes are needed and to make recommendations to the Third Age Trust board. The Council has already met twice and started to make recommendations but whilst some changes can be made quite quickly, other more fundamental changes may take some time to implement. Structural and operational changes are needed to meet the needs of the u3a in a changing world, but will take time when organisations like HMRC and the Charities Commission are involved.

Details of the plans can be found at

<https://u3asites.org.uk/files/l/landr/docs/networknews20231023composite.pdf>

We are asked to put ideas and suggestions forward to help make u3a an organisation fit-for-purpose for today and tomorrow; responses to be sent by email to council@u3a.org.uk.

News from the National u3a



The Third Age Trust AGM

This was held on 18th October and the full captioned video of proceedings is now available on YouTube at <https://www.youtube.com/watch?v=FvoRvfyrS6M>

Conversations with the Trust

There are two upcoming opportunities to meet with staff of the Third Age Trust and ask questions:

Wednesday 8 November, 3 pm - Conversations with the CEO, <https://tinyurl.com/5x8w978u>

Wednesday 15 November, 2 pm - Conversations with the Policy and Communications team, <https://tinyurl.com/mr3skvax>

Free On-Line Events:

- **The Curious History of Labyrinths & Mazes** with Dr Julie E Boundford, Fri 10 Nov at 10 am.
- **Mathematical Games: Winning Strategies** with James Grime, Tue 14 Nov at 10 am.
- **Cryptic Crosswords for Beginners: 6 session course** with Henry Howarth, u3a Subject Adviser for Cryptic Crosswords, Tuesdays at 10 am starting 2 Dec - booking closes 17 Nov.

For details and booking links for 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>.

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 **December** issue of **News & Views** will be **Wednesday, 29th November (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, Support Teams and Group Leaders' Details

Names, photos and generic email addresses ending @charnwoodu3a.org.uk of all the current Committee members can be found on our website under 'Contact', along with details of our Support Teams. In the case of our Membership Secretary and Site Administrator, 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>

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