

## News & Views



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



### **Our Next Monthly Meeting:** **'Wearing Tights for the Queen'**



See page 2 for details.

## View from the Chair



Well everybody, I can't believe it's already September. What does this time of year mean to you: Keats's lovely 'season of mists and mellow fruitfulness' or the harbinger of long nights with nothing on the telly except *Strictly* and football? For me, September always triggers memories of 'back to school', especially that first day at secondary, with new shoes, embarrassingly shiny new satchel and a blazer two sizes too big, on the principle that 'you'll grow into it'. And of course you not only grew into it, but by the 4th year, even when

it was two sizes too small, you refused to countenance a new one for fear of looking like a first year again. Do you remember having to cover textbooks? My dad was a painter and decorator, so my covers were a lively mixture of wallpaper samples - immediately identifiable in the (unlikely) event that anybody would want to steal my books.

Do schools still have text books? It seems that today's students do much of their learning online. How do you feel about computers – best friend or technological torment? Phil Bass, our Web Manager, is organising a series of new IT Help sessions (*see page 8*). So whether you're a computer novice or want to improve your skills, before you kick the machine down the stairs or take it to Queens Park and launch it from the top of the Carillon, there is plenty of help on hand.

Most of our members now join online, but going to a first meeting can be daunting, whether it's a group activity or a monthly meeting at Emmanuel. If you're a new or recently joined member – or if you joined some time ago, but haven't yet got involved - do come to Emmanuel at 2 pm on September 11th, where there'll be space in the foyer to meet and chat before the meeting.

How did you feel about joining the u3a? It would be great to hear your experiences and any thoughts on how we could make Charnwood more welcoming and inclusive. Send them to me or, better still, come along to our next EDI (Equality, Diversity and Inclusion) meeting - *details are on page 8*.

Finally, I have to let you know that September 1st is Acne Positivity Day. Just thought I'd remind you of something you don't miss from your school days!

All the best

Pam  
[chair@charnwoodu3a.org.uk](mailto:chair@charnwoodu3a.org.uk)  
 07974 946007

### Our Website

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

## Our Monthly Meetings

Following our summer break, we will recommence our Monthly Meetings in **Emmanuel Church**, Forest Road, Loughborough on **Wednesday 11th September**, when we have a talk from Andrew Brown, former High Sheriff of Rutland, on 'Wearing Tights for the Queen' (*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](mailto:chair@charnwoodu3a.org.uk)

## Our Next Meeting Wednesday 11th September Wearing Tights for the Queen with Andrew Brown

Andrew Brown, a Rutland farmer, spent a year 'wearing tights for the Queen' as High Sheriff of Rutland.

High Sheriffs are appointed by the monarch to represent them in each county in matters relating to the judiciary and the maintenance of law and order.

In this talk, Andrew provides an insight into the role and history of the High Sheriff, along with a look into the future of British agriculture.

*Andrew Brown as High Sheriff of Rutland  
Photo: Alan Walters  
Stamford Mercury, 9 April 2015*



### 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:

At our **October** meeting, we will be embarking on a tasting journey through chocolate, with Butterflies Chocolates, a Yorkshire based chocolate manufacturer, run by a food scientist and his biochemist wife. Their chocolates are handmade with natural ingredients and unusual flavours, and we will learn how the cocoa plant grows, how chocolate is made and the many different factors affecting the end flavours. There will be samples to see, a demonstration of how to professionally taste chocolate using all the senses, and everyone is given 6 different chocolate samples to taste.



For information on upcoming meetings, see the **Monthly Meetings** page under the 'Events' menu on our website <https://www.charnwoodu3a.org.uk> (login needed to see details beyond title/speaker). Also see last month's issue of *News & Views* for the programme of meetings up to next February.

## Membership Renewal

During the first week in September, 90% of members will be receiving an email or letter asking you to renew your membership. (Members who joined on or after 1st January 2023 will be asked to renew on the anniversary of the day they joined).

All membership subscriptions need to be paid into the Unity Bank account. In the past we have had an HSBC account but this has now been closed, so please check that you are using the correct account. Payment by cheque is still an option but we would prefer a BACS transfer, if possible.

When you log in to the Charnwood u3a website, the My Membership menu allows you to check your membership details. The My Profile option shows you all the membership information that we hold. If you have changed your contact details then you are able to amend these. We are also encouraging members to add their emergency contact details. Once you have made any amendments, the Save Changes button needs to be pressed to ensure that the changes take place.

My Membership ▾  
My Profile  
My Calendar  
Renew Membership

Also under the My Membership menu is the Renew Membership option. At the moment, this will only give you your renewal date but we are hoping that in future you will be able to renew by credit card.

Garry Rigby  
Membership Secretary  
[memsec@charnwoodu3a.org.uk](mailto:memsec@charnwoodu3a.org.uk)

## Group News

### Opera Visits

The good news is that the Nottingham opera autumn/winter/spring season tickets are now on sale.

Opera North will perform at The Theatre Royal, Nottingham only in November:

- **A MIDSUMMER NIGHT'S DREAM** by Britten on Wednesday 20th November
- **RUDDIGORE** by Gilbert and Sullivan on Thursday 21st November
- **THE MAGIC FLUTE** by Mozart on Friday 22nd and Saturday 23rd November

For further details, see:

<https://trch.co.uk/whats-on/?dates=20-11-2024%7C22-11-2024>

Free car lifts for three people. Please contact me on 01509 232227 if you wish me to purchase tickets for us to sit together.

Diana Harvey



Theatre Royal Nott'm.  
Photo: mattbuck  
CC BY-SA 2.0 via  
Wikimedia Commons

### Tuesday Pilates Groups in September

Over the next few weeks we have a few available tryout spaces in Pilates. If anyone would like to join in just to see what it is like - now could be the time!

The cost is £7.50 for each class and if you did want to continue, your name can go on the waiting list for a space.

Our teacher is excellent. She is also a Physiotherapist as well as a Pilates teacher, so you are in safe hands and the class is suitable for anyone, whether you have done Pilates before or not.

If you are interested in coming to one of these tryout sessions, please email me: [Pilates4@charnwoodu3a.org.uk](mailto:Pilates4@charnwoodu3a.org.uk) or phone me on 07954 411363.

Lynne Peebles



## More Group News

### Drama Group



As announced in last month's *News & Views*, a new Charnwood u3a group looking at **drama and theatre** will have its inaugural meeting on **Wednesday September 4th at 10 am at the Tesco Community Room on Park Road, Loughborough.**

The first meeting will be to discuss what the members would like to do in the group. Read plays and discuss them, or maybe even perform them? It will be up to the members to steer the aims of the group.

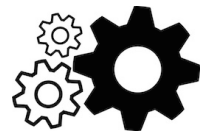
Initially the group will meet on the first Wednesday of the month at Tesco, 10 am to midday, but other meetings may be added.

Quite a few people have already expressed interest in the new group and if you'd like to find out more, then email the group leader Graham North on [drama@charnwoodu3a.org.uk](mailto:drama@charnwoodu3a.org.uk) or just turn up on the day.

### Science and Technology

The Science and Technology group will resume meetings after the summer break on **Thursday 5th September at 10 am** at the Brush Bowls Club, Watermead Lane, Loughborough, with a talk on the **History of Knitting and the Lace Industry** by Colin Moss.

The full programme of titles and speakers for forthcoming meetings up to May 2025, held each month on the first Thursday, can be found on the Science and Technology group page on our website.



Anyone interested in joining this group should email [SciTech@charnwoodu3a.org.uk](mailto:SciTech@charnwoodu3a.org.uk)

### Mahjong Group – It's not Mahjong Solitaire!

We have places in our Mahjong Group and some new faces would be made very welcome. Would you like to know what "Dragons Tail," a "Wriggling Snake" or "Dragonfly" are? These are some of the hands that can be played during a morning's session.

Mahjong as we know it today is a fairly modern game played since the 1800s with many variations and additions. It became very popular in the 1920s and settled into a format we recognise today. The winner on the day is the person who has accumulated the most points. The roots of mahjong are much older, derived from a draw and discard gambling game played in China with suit tiles more like dominoes. No gambling allowed in our group!!! The game is played with a set of 148 tiles (tactile, as they are the real deal, pun intended!) that chatter when shuffled, hence the name mahjong which means "sparrow". There are three suits and the winds and dragons plus some additional tiles.

So, if you have one or two Friday mornings free, come and join us. We play every Friday morning at 10 am till 12ish, but there is no obligation to come to each one. Give your brain an enjoyable workout; mahjong encourages the use of lots of cognitive skills:-

- Planning
- Decision making
- Memory
- Strategy and tactics
- Numeracy
- Observation

All this while thoroughly enjoying yourself. Luck plays a part too, so the beginner has every chance of scoring well.

Our newest recruit has kindly sent their comments:

*"I joined Charnwood u3a's Mahjong group knowing nothing about playing the game, but being fascinated by the lovely designs on the mahjong tiles. Eight months later, I'm still here and loving the game. I found the group to be friendly and inclusive. Everyone was very helpful in explaining the rules and very patient despite me getting confused between the pretty tiles (flowers and seasons) and the "one bamboo" tile on a regular basis (I've at last managed to tell the difference!) Do come and join us and give it a go. You'll find a warm welcome, a delicious cup of coffee, and friendly insults flying freely!"*



If you are interested in joining, email our group leader with your contact details and she will give you a call. [MahJong@charnwoodu3a.org.uk](mailto:MahJong@charnwoodu3a.org.uk)

## Are You Ready to Dance?

If so, we'd love to see you at our new weekly **Line Dance Group**, led by Jane North and Eileen Kearins.

- **Thursdays in September:** 12th, 19th and 26th, 10 am - 12 noon.
- **Thursdays from October 3rd till December 19th,** 2 pm - 4 pm.
- **Venue: Brush Bowls Club,** Nanpantan Road, Loughborough.

Cost to cover the hire of the hall: £2 per session (payable termly in advance).

We hope to see you there.

Jane and Eileen

For further information, email [danceline2@charnwoodu3a.org.uk](mailto:danceline2@charnwoodu3a.org.uk)



Photo by Tangopaso, CC BY-SA 3.0 via Wikimedia Commons

## Out and About

### Days of Interest - Harrogate & RHS Gardens Harlow Carr

With apologies for the pun, our August trip was a bit of a departure for the group. For the first time we didn't all go to the same destination.

Our first drop off point was in Harrogate, the once fashionable spa resort. Although no longer a spa resort, the town has many attractive buildings, along with the thriving Montpellier District, where there are art galleries, antique shops and many other independent shops to discover. The coach stopped not far from the famous Betty's tea room, but I understand that the queue was very long and most of the group found other, less crowded, coffee shops. Members also found time to visit the Royal Pump museum, Valley Gardens, and the Mercer Gallery, and do some more general shopping.



think any of us decided to take a turn. In addition to this there were plants for sale. As a bonus, there is also a branch of Betty's tea room – and luckily not very much of a queue and a great view of the garden. It's still special to be served tea in a silver teapot. Many of us re-joined the coach clutching plants or bags of goodies from Betty's.

Our second drop off point was at the RHS gardens at Harlow Carr, a very short coach journey away. Many of us had been to the gardens before; indeed one member had visited before there were even toilet facilities on site. It was very good weather to wander around the gardens, looking at the planting in different areas on site. Other than in the wild areas there was hardly a weed to be seen. There is a really good mix of formal and informal areas which makes it an interesting garden to wander through, although there were some very odd sheep around (*see photo, right*). There were also lots of children playing on the swings and slides – some of which looked most inviting, but I don't



The group met up again in Harrogate, and there was even more counting of heads on the coach than usual. Again the weather was good to us.

**If you are interested in joining the Days of Interest Group, please contact Pauline May by email at [DaysofInterest@charnwoodu3a.org.uk](mailto:DaysofInterest@charnwoodu3a.org.uk) or phone 01509 552834 or 07455 167929 for details.**

## 10+ Walking Group

Chris R. guided the group on this annual 11 mile pilgrimage from Monyash through Bagshaw Dale, Ricklow Quarry, Lathkill Dale to Conksbury Bridge, before ascending to the Lathkill Hotel at Over Haddon, where we had a well deserved lunch with beautiful views.

Before returning to our cars, we passed along the Limestone Way and then through Ferndale Way. Thanks to John and Phil for the great photos.

Mike Hill



## A Linear Walk For A Change

Whilst the Thursday 6 Milers usually, as their name suggests, do a circular 6 mile-ish walk on a Thursday morning, in August they did something a little different. Rather than meeting and returning to the same spot, the group did a linear walk from Cossington back to Loughborough, using the local bus to get from one end to the other.

The walk itself took the group through Cossington Meadows, then following the River Soar and the canal back into Loughborough. Along the way there was less boating activity to be seen than expected but various birds were on the Cossington lakes, ponies were in the fields as they started to amass for the Mountsorrel Horse Fair and an Alpaca was in a field alongside the canal in Barrow. So, as well as much chatter between the group, there was a variety of things seen and a nice pub lunch at the Navigation in Barrow on the way.



In September the group returns to its regular (2nd and 4th Thursday morning) circular walks in and around our local Charnwood area, many of which end with a pub lunch. If you would like to know more about the group please contact Martyn on [Thurs6milers@charnwoodu3a.org.uk](mailto:Thurs6milers@charnwoodu3a.org.uk)

*The pictures show the group at Sileby Lock and a pony with newly born foal seen on the walk.*

## September 2024 Calendar

MON	TUE	WED	THU	FRI
2 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	3 Sep 09.30 Pilates 2 10.00 10+ Walks 10.00 Spanish 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	4 Sep 10.00 Classical Greek 10.00 German 10.00 Golf 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	5 Sep 10.00 Parish Walks 10.00 Sci & Tech 10.00 Spanish Conv 11.00 Table Tennis 4 14.00 Bowls Outdoor 14.00 French Conv 19.00 Canasta 3	6 Sep 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 Tai Chi 11.00 Table Tennis 5 12.00 Lunch Club 12.00 Table Tennis 6 13.30 Pilates 1
9 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 Quiz group	10 Sep 09.30 Pilates 2 10.00 Scrabble 3 10.45 Pilates 3 11.00 Table Tennis 2 12.00 Pilates 4 14.00 Canasta 1 <i>visit</i> Eng Parish Ch 15.30 Pickleball	11 Sep 10.00 Committee 10.00 Golf 10.00 Mini Tennis 11.00 Table Tennis 3 14.30 Monthly Meet 19.00 Canasta2Quorn	12 Sep 10.00 Line Dance 2 10.00 Thurs 6 Milers 11.00 Table Tennis 4 14.00 Bowls Outdoor	13 Sep 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
16 Sep 09.30 Yoga 10.00 Craft+Self Help 11.00 Table Tennis 1 13.30 Canasta 2 14.00 Chess 14.00 EDI Meeting 14.00 Gardening 14.00 Painting	17 Sep 09.30 Pilates 2 10.00 6+ Walks 10.00 Needlecraft 2 10.00 Recorder Group 10.00 Spanish 10.45 Pilates 3 11.00 Table Tennis 2 12.00 Pilates 4 14.00 Canasta 1 14.00 Sing4Pleasure 15.30 Pickleball	18 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 14.00 Scrabble 2	19 Sep 09.45 CC Walks 10.00 Line Dance 2 11.00 Table Tennis 4 14.00 Bowls Indoor 14.00 French Conv 14.15 Scrabble 4 18.30 Supper Club 2	20 Sep 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
23 Sep 09.30 Yoga 10.00 Craft+Self Help 11.00 Table Tennis 1 14.00 Local History	24 Sep 09.30 Pilates 2 10.00 ETHEL 10.00 Scrabble 3 10.45 Pilates 3 11.00 Table Tennis 2 12.00 Pilates 4 14.00 Canasta 1 14.00 Philosophy 1 15.30 Pickleball	25 Sep 10.00 Golf 10.00 History 10.00 Mini Tennis 10.00 Scottish Dance 10.00 Stitch & Sew 11.00 Table Tennis 3 14.00 Classical Music 14.00 Travel Group 18.30 Supper Club 1	26 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	27 Sep 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 19.30 Wine Apprec'n
30 Sep 09.30 Yoga 10.00 Craft+Self Help 11.00 Table Tennis 1 14.00 Chess	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: <a href="mailto:newsletter@charnwoodu3a.org.uk">newsletter@charnwoodu3a.org.uk</a>			

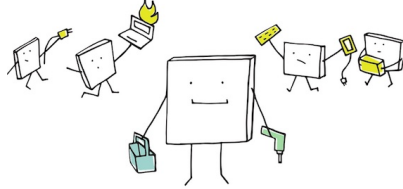
### PLUS at Weekends:

Sunday Lunch Club (8th Sept), Days of Interest trip to Cannock & Middleton Hall (21st Sept)

## Expanding the I.T. Helpdesk

Here in Charnwood u3a, we set up an I.T. Helpdesk in September 2020. Since then, our knowledgeable helpdesk volunteers have always been ready to help with any problems our members may be having with their computers or mobile devices.

At first, we just published the phone numbers and email addresses of the helpdesk team on the website and we do get a trickle of enquiries through those channels. More recently, we have also set up a Helpdesk table where we have the tea and biscuits after the talk at the Monthly Meeting.



But we don't seem to be reaching everyone who needs help. Many of our members feel that their problems are too trivial to bother the experts with. And others don't have contact details for the Helpdesk team because they rarely visit the website. With that in mind, we are setting up an *I.T. for Everyone* group which will build on and extend the Helpdesk service.

Weekly drop-in *Fix I.T. Clinics* will replace the Helpdesk table at the monthly meetings. *Master I.T. Workshops* will be held approximately once a month to help you to get a better understanding of your favourite apps. And *Enjoy I.T. Talks* will take a more in-depth look at a topic chosen by members of the group.

The *Fix I.T. Clinics* and *Master I.T. Workshops* are open to all members of Charnwood u3a; you don't have to be a member of the group to attend these.

For more information, please visit the groups list page on the website and click on the *I.T. for Everyone* group or contact Phil Bass:  
Email: [helpdesk@charnwoodu3a.org.uk](mailto:helpdesk@charnwoodu3a.org.uk)  
Phone: 01509 889338.



## EDI Meeting 16th September

The next EDI (Equality, Diversity & Inclusion) meeting will be on **Monday 16th September at 2 pm at Gorse Covert**. We will continue discussions following our last meeting in July on ideas for making new members feel welcome, plus any other topics members wish to raise.



Some practical suggestions from the July meeting have already been implemented and others will be discussed at the next Group Leaders meeting.

If you have any comments or suggestions on EDI matters, or if you might be interested in joining the EDI team (who normally meet once every 2 months at Gorse Covert) please email [newsletter@charnwoodu3a.org.uk](mailto:newsletter@charnwoodu3a.org.uk)

## Short Story

Our thanks go to member Dr Duncan McNeil, who has written and sent in this short story:

### *Will for Bill*

“Daddy, what are you doing?”  
 “I’m sorting out my will.”  
 “What’s a will?”  
 “It’s what to do with my things when I’m gone.”  
 “Gone to work?”  
 “No, gone to heaven.”  
 “When will you be coming back from heaven?”  
 “I won’t.”  
 “Why not?”  
 “Because God won’t let me... at least, not until Judgement Day.”  
 “Is that next Christmas?”  
 “No. We mortals haven’t been told when Judgement Day will be. It’s all in the Bible. On that day we’ll be judged for all our sins and will be punished accordingly.”  
 “Will our bottoms be smacked?”  
 “Worse than that!”  
 “What’s worse than that?”  
 “We will be sent to Hell.”  
 “Where’s Hell?”  
 “Under the earth.”  
 “Like a coal mine?”  
 “Yes, but the coal will be on fire.”  
 “How long will we be there?”  
 “For all eternity.”  
 “How long’s that?”  
 “A very, very, very long time.”  
 “Will the fire go out at night?”  
 “No, there will be no days and nights. Just fire.”  
 “I don’t like that. When will I go to bed?”  
 “You won’t.”  
 “But I’ll get tired.”  
 “Yes, and no. You will be burnt.”  
 “I don’t like that...and I don’t like God! He shouldn’t keep me awake all the time! He’s nasty!”  
 “It won’t be God keeping you awake. It will be the Devil.”  
 “I don’t like him either!”  
 “Well, it’s time you were in bed. Say night night to your mother.”  
 “I’m not tired!”  
 “Oh yea you are.....”





## New NHS Strategy for End of Life Care: Share Your Views by 22 September

NHS Leicester, Leicestershire and Rutland Integrated Care Board (LLR ICB) is asking for people's views on the care people can expect to receive towards the end of their life. The LLR ICB has developed '**Our All-Age Palliative and End of Life Care Strategy**' and is seeking the views of patients, family carers, staff, the public and wider stakeholders, to ensure that the strategy reflects the needs of local people.

The strategy will inform the development of local services in the future, and its purpose is to make sure that people who are in the last stages of their lives receive the care they need to keep them independent for as long as possible, to be comfortable, that their dignity and wellbeing is maintained and that they can die in a place of their choosing and with proper support for families and carers.

In developing the strategy, the LLR ICB worked closely with local organisations involved in providing palliative and end of life care, their staff, local voluntary organisations and other partners. They also spoke to people receiving end of life care and to their relatives, and their experiences have been invaluable in helping to develop the strategy. Key priorities have been identified for the next five years, to improve the equity, access, quality, personalisation and responsiveness of services for people at the end of their lives and for their loved ones.

You have until **Sunday 22 September 2024** to share your views in the following ways:

- Visit <https://bit.ly/LLREOLSurvey> and complete a questionnaire. Click on 'Key Documents' in the 'Take me to' panel on that page to access lots of further information about the strategy.
- Email your views to: [llricb-llr.beinvolved@nhs.net](mailto:llricb-llr.beinvolved@nhs.net)
- Telephone: 0116 295 7572 to ask for a paper copy of the questionnaire or to receive information in a different format
- Write to: Freepost Plus RUEE-ZAUY-BXEG, End of Life Engagement, Leicestershire and Rutland Integrated Care Board, Room G30, Pen Lloyd Building, Leicestershire County Council, Leicester Road, Glenfield, Leicester LE3 8TB

## Upcoming Local Events

### Loughborough Heritage Open Weekend

**Saturday 14th - Sunday 15th September**

At twelve venues across Loughborough, visitors will be able to explore places that give an insight into and experience of Loughborough's history and heritage. Local enthusiasts and volunteers will be on hand to guide and inform at each of the sites. The venues are:

- All Saints with Holy Trinity Parish Church
- Fearon Hall
- Carillon Museum, Military Memorabilia Roadshow
- Charnwood Museum
- Garendon Park
- Generator Loughborough
- Loughborough Central Station (Great Central Railway)
- Loughborough Grammar School
- Loughborough Library Local Studies Volunteer Group (guided walks - *see panel on right for details*)
- Old Rectory Museum
- Taylor's Bellfoundry
- Unity House



### Loughborough Library Local Studies Group Walks

**Saturday September 14<sup>th</sup>**

**10.00am Suffragette Walk**

**2.00pm Zeppelin Walk**

**Sunday 15<sup>th</sup> September**

**10.00am Art Deco Walk**

**2.00pm Heritage Sites Walk**

Booking is essential at Loughborough Library main counter or [llsv@gmx.co.uk](mailto:llsv@gmx.co.uk)

Meet at Charnwood Museum Steps Queens Park

To find out more, visit <https://www.heritageopendays.org.uk> and search for Loughborough Heritage Open Weekend. Note that some of the sites need to be pre-booked.



## Vice-Chancellor's Community Cricket Day

**Friday 6th September 2:30 - 6:30 pm**  
at the National Cricket Performance Centre,  
Loughborough University Campus

The Bishop of Loughborough and Vice-Chancellor of Loughborough University will play host to an afternoon of cricket on Friday 6th September.

The match will be 20/20 format and involve guests from across the community. Spectators will have the opportunity to watch some cricket and grab a bite to eat.

This event is a great opportunity to bring the community together. LU Arts are also arranging a range of activities and performances to complement the event.



All students, staff and community are invited to attend this free event; no booking is required.

**More Loughborough University events are at:**  
<https://www.lboro.ac.uk/news-events/events/>

## Incredible Edible Open Morning

**Saturday 7th September, 10 am - 12 pm,**  
Fearon Hall, Loughborough

*Want to grow your own food but can't get started?*  
Come and find out how Incredible Edible teach food growing, from sowing seeds to picking fresh, healthy food to take home. There will be tours around the gardens and greenhouse and talks showcasing their work across Loughborough's urban spaces.

If you're interested in becoming part of Incredible Edible Loughborough but can't make the date, email [edibleboro@gmail.com](mailto:edibleboro@gmail.com) for a tour and a chat.

For more information, go to:  
<https://www.facebook.com/groups/368547475219206>



Charnwood Sustainability Fair 29 Sept, 10am - 3pm, in Queens Park. For more information, go to:  
<https://charnwoodecohub.org>

## Friends of Charnwood Museum

**Peter Le Marchant Trust talk by  
Tim Marrens**  
**Wednesday 11th September, 7 - 9 pm**

Come along and discover the history of this canal based charity we have in Loughborough. Tim Marrens will give an overview of their aims and day to day activities, making canal boating and our local waterways accessible to all communities.

Friends of the Museum £2 and non-members £4. Booking essential. Please call 01509 233754 to book a place or pop in to the museum.

Doors open at 7 pm for a 7.30 pm start. Please use the evening entrance on Granby Street.

For more information see:  
<https://www.charnwoodmuseum.co.uk/events>

## Swithland Flower & Vegetable Show

**Saturday 7th September 12:30 - 4 pm**  
The Griffin Inn & Swithland School

Opened at 1.45 pm by 'The Great British Bake Off' finalist Josh Smalley, this traditional village show is a family fun day out including, from 12.30 pm, the Tombola and Plant Sales in the Griffin Inn courtyard and music by the Quorn Ukulele Orchestra and others. At 2 pm, following the judging, all the exhibits can be viewed in the marquee and school classrooms, with prizes presented at 4 pm in the Griffin Inn courtyard. Auction at 3.30 pm and Raffle.

Various Classes including Photography, Cookery, Arts and Crafts, Flower Arranging and Gardening, with cash prizes and trophies.

Full Show Schedule can be picked up from the Griffin Inn, Main Street, Swithland, several shops around the area or by emailing Rob McDonagh: [rob.mcdonagh.rm@googlemail.com](mailto:rob.mcdonagh.rm@googlemail.com)  
Further details: [www.facebook.com/SwithlandShow](https://www.facebook.com/SwithlandShow)



**Other local events at Discover Charnwood:**  
<https://www.discovercharnwood.co.uk/events>

## Charnwood Orchestra

A reminder of Charnwood Orchestra's next concert 'Late Summer Classics': **Saturday 28 September, 7:30 pm at Holy Trinity, Barrow on Soar.**

See August's *News & Views* for the programme.

More details and ticket information can be found at <https://www.charnwoodorchestra.org.uk>

## Music In The Park

**Saturday 14th & Sunday 15th September, 12 - 6 pm, Southfields Park, Loughborough**

An event filled with live performances, activities and stalls, promising music, fun and memories for all ages.

For details, see:

<https://www.charnwood.gov.uk/pages/music>



## Nottinghamshire Network Conference

**Saturday 21<sup>st</sup> September**

Open to all East Midlands u3a members

To be held at the Girls High School, Squire Performing Arts Centre  
Arboretum Street, Nottingham, NG1 4JB

9:30am – 3:30pm

9:30am – 10:00am refreshments and registration

### Keynote Speaker

Chris French, Professor Emeritus of Psychology at Goldsmiths College, University of London specialising in the psychology of paranormal beliefs and anomalous experiences.  
The talk will be entitled:

### The Science of Weird Sh\*\*

Why our Minds Conjure the Paranormal

### Admission £30

plus booking fee

Includes refreshments during the day and buffet lunch supplied by Delilah's  
Use link below to register and choose workshops

<https://www.trybooking.com/uk/DOTV>

### Break Out Workshops

- Guided walk around the Arboretum
- Line Dancing
- Chair Yoga
- Safe Driving
- Creative writing
- Scamming and Fraud

There will be break out workshops in the morning and afternoon enabling members to attend two groups. More detailed descriptions of each workshop will be available when you register where we ask you to choose three options.

## News from the National u3a



### New CEO and Chair for the Third Age Trust

Iain Cassidy has been appointed new CEO of the Third Age Trust, replacing Sam Mauger who has been in post for the last 8 years, and Allan Walmsley has been elected as the new Chair of the Board of Trustees, replacing Liz Thackray after completion of her 3-year term. See <https://www.u3a.org.uk/news> for details.

### New u3a Quiz Library

The u3a Subject Adviser for Quizzes has set up a u3a Quiz Library. Submit a quiz round to share with other members and receive one in return. This collaborative activity aims to share members' knowledge and skills. Access the u3a Quiz Library at <https://www.u3a.org.uk/learning/learning-activities/u3a-quiz-library>

### Free On-Line Events this Month include:

- **Mods Versus Rockers: A 1960s 'Moral Panic'?** Thu 12 Sep at 2 pm
- **Upgrade Your Brain: Dementia-proof your diet & lifestyle** with Patrick Holford, Wed 25 Sep at 2 pm
- **The Secret Lives of Garden Bees** with Jean Vernon, Thu 26 Sep at 2 pm.

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>

### Friends Newsletter and More:

Register to receive the National u3a 'Friends' newsletter regularly at <https://www.u3a.org.uk/newsletter> where you will also find a link to recent issues. There are more learning initiatives on the u3a National programmes page at: <https://www.u3a.org.uk/learning/national-programmes> and 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>

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## Obituary

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### Billie Cadwallader

I have just heard from Billie Cadwallader's daughter Helen that Billie has passed. Billie was a founder member of the u3a and from the very beginning taught many u3a members to dance at the Dance Club held in the Polish Club and run by Shirley and Jack Sandover. Billie was a professional dance teacher in Loughborough and therefore very well qualified.

Helen would like to invite anyone who knew Billie to her funeral at **St Mary's Catholic Church at 12.45 pm and at the Crematorium at 2 pm on Thursday 12th September**. There will also be a wake afterwards to which u3a members will be welcome but Helen would like to be informed if anyone would like to come by ringing her on 07749 031761.

Billie was a lovely lady and will be much missed by all who knew her.

Frances Mill

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## 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 **Sunday, 29th September (12 noon)**.



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




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## 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 'Contacts', 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.*

