

## News & Views

Newsletter

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### 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.

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

## 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:**  **A Tasting Journey through Chocolate** See page 2 for details

## View from the Chair



Hello Everybody and hello October. I promised myself I wouldn't mention the weather. However, I'm seriously concerned that I'll be marooned here in Burton on the Wolds. At the time of writing, what has come to be known as the Burton Puddle, on the Loughborough edge of the village, threatens to expand into a small lake. My bank account says 'No' to even the cheapest rowing boat I could find on eBay and my last encounter with a wetsuit was not a happy one. So I might have to revert to Zoom meetings till the flood subsides.

On a brighter note, October 1st is International Day for Older Persons. 'Older persons' is an interesting phrase. It's good to know that the United Nations no longer calls us 'The Aged', though I do quite look forward to being a 'Senior Citizen' when the title migrates permanently across the Atlantic (Sorry – water on the brain!). Language apart, it's estimated that by 2033 nearly a quarter of the UK population will be sixty-five and over. But of course, before we look forward to world domination, society has a lot of catching up to do to ensure that the later years are good ones.

The Open University's Faculty of Wellbeing, Education and Language Studies (our ETHEL group will approve of that title) suggests five strategies 'to keep us strong, sharp, independent and feeling good'. These are: healthy eating, staying hydrated, keeping moving, connecting with others and using our brains. If we count cups of tea at the monthly meeting, we can say that the u3a provides most of the above. As for 'healthy eating', I thought I might put that one on hold till after our October meeting, when the topic will be 'Chocolate'. Then I checked and found that the chocolate made by our presenters has no preservatives, artificial colourings or flavourings – so as far as I'm concerned, it's definitely healthy! We'll also be learning about its ancient origins and how to professionally taste it. So it will be good for the brain as well as the palate!

Hope to see you at the monthly meeting on October 9th. But in case I'm marooned and don't manage to flag down a passing catamaran, someone please save me some chocolate!

Pam  
[chair@charnwoodu3a.org.uk](mailto: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**, 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)

Last month, we were treated to an entertaining talk by Andrew Brown about his former role as High Sheriff of Rutland, including a picture of him in his tights (*see photo, right*).



## Our Next Meeting Wednesday 9th October

### A Tasting Journey Through Chocolate with Butterflies Chocolates

Bertie, a food scientist, and his wife, a biochemist, along with their two young children, are the brains behind this chocolate manufacturer based in Pocklington, Yorkshire. Their chocolates are handmade with natural ingredients and have unusual flavours. Our 'Tasting Journey Through Chocolate' talk and tasting involves them telling us about how the cocoa plant grows, how chocolate is made and the many different factors which affect the end flavours in chocolate.

Throughout the talk there are various samples to look at such as cocoa beans, cocoa nibs and shells and the individual components of chocolate. They then demonstrate how to professionally taste chocolate using all the senses and everyone is given six different chocolate samples to work through the tasting process!



For more information about Butterflies Chocolates, see <https://butterflieschocolates.co.uk/>

### 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 **November** meeting, we welcome historian Janet Spavold, who will tell us 'how to read a house' or how to discover lots of clues to the history of a building just by looking at it – if you know what to look for!

And in **December**, we will be treated to a concert by the Quorn Ukelele Orchestra.



For more 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 the August issue of *News & Views* for the programme of meetings up to next February.

## Group News

### Interested in Your Family History?



Has 'Who do you think you are?' taken your fancy? Have you been thinking of finding out about your ancestors? Got some clues from family members? Don't know who your parents or grandparents were? What happened to the rumoured family fortune? Not sure where to start?

Most family history research is easier now on the internet. There is a wealth of information to help you track your ancestors and find out about their families, employment, where they lived and much more. It is generally easy to get back to the early 1800s or about 5 generations – your great great great grandparents. Along the way you can discover other aspects of their histories and the social history of their times. Where they lived, how places and jobs have changed, who emigrated - whether voluntarily

or transported - who went up in the world and who went down. You are almost certain to find surprises and links to distant family members overseas. Sorry, but it is unlikely that you are closely related to royalty.

If you need help, we will offer some separate hands-on sessions to explain how to get started, including how much information is available for free. We will also show how DNA testing can help in confirming your family tree or in tracking an elusive member.

If this arouses your interest, join the **Family History Discussion Group**. It meets at 2 pm on the third Wednesday of the month at Gorse Covert. The meetings are usually based on a topic to which everyone is encouraged to contribute with the intention of helping each other and learning new skills. For more information contact [FamilyHistory@charnwoodu3a.org.uk](mailto:FamilyHistory@charnwoodu3a.org.uk) or look for more on the web site.

Brian Waters

### Equality, Diversity and Inclusion (EDI)



At the EDI team meeting on 16th September at Gorse Covert, we continued discussions about ways of welcoming new and recently joined - or re-joined - members, and it was agreed that:

- 'Coffee & Chat' sessions would be held in the café in John Storer House, more accessible than Tesco - see page 4 for details of the first session
- Space would continue to be set aside in the foyer at Emmanuel so new members can meet and chat before the monthly meeting.
- The idea of reinstating the Groups Fair would be explored further.

The second half of the meeting was devoted to a discussion of dementia, and the various issues that can arise, particularly for days out and travel groups, and possible solutions. We discussed potential problems in different kinds of Cu3a groups, where a member might be showing symptoms of dementia, and it was noted that carers may also need support.

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

### Group Leaders Meeting, Monday 28 October

The next Group Leaders' meeting will be held at **Emmanuel Church on Monday 28th 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.

After lunch, it is hoped to have discussion groups to consider case studies which might include dementia, problems with increasing infirmity in physical activity groups and ways of welcoming and integrating new members.



Group Leaders should already be aware of this meeting, having received an invitation from our Groups Coordinator, Bev Gillman, and they should by now have replied to say if they plan to attend or not, or if unable to attend, whether another group member will stand in for them.

Bev also invited Group Leaders to send any items for the Agenda, so do email her at [groupscoordinator@charnwoodu3a.org.uk](mailto:groupscoordinator@charnwoodu3a.org.uk) **before 9th October** with any questions or suggestions for topics for discussion.

## Coffee & Chat

**Thursday 17th October 2 - 4 pm, John Storer House Café**

Are you a new member of Charnwood u3a who hasn't yet had the opportunity of meeting your fellow u3a members? Or are you a longstanding member who has become a little out of touch with other members? Or are you a member - old or new - who would just like to meet up with other members for a cup of tea or coffee and a chat in an informal setting?

If so, we'd love to see you at our first 'Coffee & Chat' session in the (ground floor) café at John Storer House in Wards End, Loughborough in the afternoon of Thursday 17th October. This will be a drop-in session where you'll be welcome to pop in anytime between 2 and 4 pm and stay for as long or short a time as you like. If this proves popular, we plan to have more of these get-togethers, varying the day of the week to allow a broader attendance of members.



Our Chair Pam and I will both be there on 17th - if you don't know us already, you should recognise us from our photos on the front and back pages of *News & Views*. Look forward to seeing you there!

Helen Reid

## Out and About

### *Days of Interest Group - Cannock Outlet Centre & Middleton Hall*

The September trip started with a morning of retail therapy at the Cannock Outlet Centre. The visit to the shopping Centre started well as we were all given a goody bag, containing a map, chocolates and a discount voucher on arrival. The site is fairly compact, so it was easy to visit lots of shops, although finding a coffee turned out to be a little trickier. Lots of purchases were made including pairs of shoes, lots of clothes, handbags, scarfs and even more chocolates.



Our second stop was at Middleton Hall – an interesting house with additions and alterations ranging from the medieval stone hunting lodge to the timber framed Tudor jettied building to a Georgian Wing with a Great Hall, surrounded by an unusual figure of eight moat. There is also a Tudor barn behind which is a courtyard of various craft shops. We were again warmly welcomed, this time with a hot drink and biscuits and a talk and video about the history of the house. It was interesting to hear that after falling into disrepair in the 1980s the house has been restored by the Middleton Hall Restoration Trust. They have made an excellent job of the restoration. After the film we were given a guided tour of the house.



Unfortunately the weather was not on our side for this trip. It started to rain whilst we were at Middleton Hall, which somewhat reduced our exploration of the walled gardens, the lake and the surrounding woodland. The drive home was very wet and the driver certainly deserved our thanks for getting us back to Tesco without incident.

We have places available for any Charnwood u3a members on our next two trips:-

**Saturday 19th October – Liverpool.** Price per person £20.00. We leave Park Road Tesco at 08:30.

**Saturday 30th November – Christmas at Chatsworth (House & Market).** Price per person £50.00. We leave Park Road Tesco at 09:30

Please note Tesco allow us to park our cars for the duration of these trips without payment. For more details please contact Pauline May – details as below.



**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 by telephone on 07455 167929 for details.**

## Travel Group: Kent and the South East Tour

An early start found 32 members boarding a coach for a 5 day tour of Kent and the South East. For my sister and me, it was our first experience travelling with the u3a Travel Group and we weren't sure what to expect, but the itinerary promised a packed and interesting time. Our first stop was the NT property of Chartwell, the former home of Sir Winston Churchill and his family. We explored the vast gardens and studio where Churchill painted many pictures in his spare time in the little house built for his youngest daughter Mary. The house itself is quite plain but stands on a hill with lovely views over the weald of Kent on three sides. Left just as it was when the Churchills lived there, the rooms looked comfortable and 'lived in' except the kitchen which was very antiquated even for the 1930s and 40s. In the afternoon we moved on to Tudeley where inside a very ordinary looking church we were amazed to see all the stained glass windows designed by the artist Marc Chagall. With bright sunlight streaming through, the modern designs in blues and yellows were seen at their best.

Day 2 and we were off to Canterbury. First stop was the 6th century church of St Martin, the oldest parish church in Britain still in regular use for worship. Off then to Canterbury Cathedral, a UNESCO World Heritage site and seat of the Archbishop of Canterbury - the highlight of the day for me. Our very affable



and knowledgeable guide showed us the crypt containing an Anthony Gormley sculpture, marvellous stained glass windows and Thomas Becket's tomb. Then off to Capel-le-Ferne to the Battle of Britain Memorial Visitor Centre dedicated to 'The Few' fighter pilots who kept this country free from invasion in 1940. A sculpture of a young airman looking out over the English Channel contemplating his fate (*pictured left*) is a poignant reminder of times past.

Day 3 saw us 'up and at em'. After breakfast we headed for Dover Castle for a guided tour of the secret wartime tunnels, then a self-guided tour of the medieval castle keep, with many stone steps to reach the living quarters. The large hall was decorated with rich red and gold tapestries and here my sister and I couldn't resist taking a 'cheesy' selfie sitting on the thrones (*see right*). Some of our party climbed to the top of the castle tower. There was also a very well researched reproduction of a medieval kitchen. On then for a lunch stop and a panoramic view of the Port of Dover and the famous white cliffs. Finally to the seaside town of Deal, which delighted us with its wooden pier and quaint buildings including the Time-Ball Tower which in 1853 gave ships accurate time for their sextant readings.



Day 4 began with a drive across Romney Marsh to Rye, a Cinque Port, visiting St Augustin's Church at Brookland on the way. Here a local 'character' explained all about the church's detached wooden bell tower, which apparently doubles up for a pub on certain evenings! Rye is a picturesque town with cobbled streets and lots of cosy cafes and antique shops. We had lunch here before travelling on to Winchelsea for a visit to St Thomas's Church (*see left*) to view a set of Arts and Crafts windows by Douglas Strachan. An additional perk was seeing the grave of the comedian Spike Milligan, with the tombstone stating in Irish "I told you I was ill." Lastly, the visit to Great Dixter House and Gardens, which I had been eagerly awaiting. The medieval manor house was home of the late celebrated gardener Christopher Lloyd. The garden is famous for its exuberant and colourful planting schemes and on a glorious day this spectacular garden did not disappoint.



Our final morning saw us at the Historic Dockyard Chatham. After a coach tour around this enormous site, we visited the Ropery, where we learned about the ancient art of rope making and had a very exciting demonstration of the process. After lunch, our last port of call was the Medway town of Rochester. With its beautiful Cathedral, historic Norman Castle and connections to Charles Dickens, this town is a visitor's delight. Any Dickens fan could easily imagine encountering a Wilkins Micawber or David Copperfield. Then we finally began our long journey home. We had had a marvellous five days, if a little exhausting! And many thanks are due to our group leader, Roger Willson for sharing his great knowledge of the area with us. His preparation and attention to detail were superb. Last but not least, many thanks to our driver Paul who safely negotiated his way down some tricky lanes and miscellaneous road diversions.

## October 2024 Calendar

MON	TUE	WED	THU	FRI
<p><i>Please note: Whilst every effort has been made to show the dates/ times of meetings as accurately as possible, errors and changes may occur, so you should check with group leaders for confirmation.</i></p>	<p>1 Oct 09.30 Pilates 2 10.00 10+ Walks 10.00 Spanish 10.45 Fix I.T. Clinic 10.45 Pilates 3 11.00 Table Tennis 2 12.00 Pilates 4 14.00 Canasta 1 14.00 Canasta1Quorn 14.00 Sing4Pleasure 15.30 Pickleball</p>	<p>2 Oct 10.00 Classical Greek 10.00 Drama 10.00 German 10.00 Golf 10.00 JigsawBookEx 10.00 Mini Tennis 10.00 Scottish Dance 10.30 Papercraft 11.00 Table Tennis 3 14.00 Cribbage 2 14.00 French Improve 14.00 Reading Group 14.00 Scrabble 2 14.00 Sustain Planet</p>	<p>3 Oct 10.00 Sci &amp; Tech 10.00 Spanish Conv 11.00 Table Tennis 4 14.00 Bowls Indoor 14.00 French Conv 14.00 Line Dance 2 19.00 Canasta 3</p>	<p>4 Oct 09.00 Badminton 10.00 German: RTC 10.00 Knit &amp; 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 12.00 Table Tennis 6 13.30 Pilates 1</p>
<p>7 Oct 09.30 Yoga 10.00 Craft+Self Help 11.00 Table Tennis 1 13.30 Canasta 2 14.00 Current Affairs</p>	<p>8 Oct 09.30 Pilates 2 10.00 Scrabble 3 10.45 Fix I.T. Clinic 10.45 Pilates 3 11.00 Table Tennis 2 12.00 Pilates 4 14.00 Canasta 1 14.00 Eng Parish Ch 15.30 Pickleball</p>	<p>9 Oct 10.00 Committee 10.00 Golf 10.00 Mini Tennis 11.00 Table Tennis 3 14.30 Monthly Meet 19.00 Canasta2Quorn</p>	<p>10 Oct 10.00 Thurs 6 Milers 11.00 Table Tennis 4 14.00 Bowls Indoor 14.00 Line Dance 2</p>	<p>11 Oct 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>14 Oct 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 Quiz group</p>	<p>15 Oct 09.30 Pilates 2 10.00 6+ Walks 10.00 Needlecraft 2 10.00 Recorder Group 10.00 Spanish 10.45 Fix I.T. Clinic 10.45 Pilates 3 11.00 Table Tennis 2 12.00 Pilates 4 14.00 Canasta 1 14.00 Sing4Pleasure 15.30 Pickleball</p>	<p>16 Oct 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</p>	<p>17 Oct 09.45 CC Walks 11.00 Table Tennis 4 14.00 Bowls Indoor 14.00 Coffee &amp; Chat 14.00 French Conv 14.00 Line Dance 2 14.15 Scrabble 4 18.30 Supper Club 2</p>	<p>18 Oct 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</p>
<p>21 Oct 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>22 Oct 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</p>	<p>23 Oct 10.00 Golf 10.00 Mini Tennis 10.00 Scottish Dance 10.45 History 11.00 Table Tennis 3 14.00 Classical Music 18.30 Supper Club 1</p>	<p>24 Oct 10.00 Philosophy 2 10.00 Thurs 6 Milers 11.00 Table Tennis 4 14.00 Architecture 14.00 Bowls Indoor 14.00 Line Dance 2</p>	<p>25 Oct 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</p>
<p>28 Oct 09.30 Yoga 10.00 Craft+Self Help 11.00 Table Tennis 1 12.00 Group Leaders 14.00 Chess 14.00 Local History</p>	<p>29 Oct 09.30 Pilates 2 10.45 Pilates 3 11.00 Table Tennis 2 12.00 Pilates 4 14.00 Canasta 1 15.30 Pickleball</p>	<p>30 Oct 10.00 Golf 10.00 Mini Tennis 11.00 Table Tennis 3</p>	<p>31 Oct 11.00 Table Tennis 4 14.00 Bowls Indoor 14.00 Line Dance 2</p>	<p><i>Please send any amendments for future issues to: newsletter@ charnwoodu3a.org.uk</i></p>

**PLUS at Weekends:** Sunday Lunch Club (13th October), Days of Interest trip to Liverpool (19th October)

## Robert's Recommended Reads

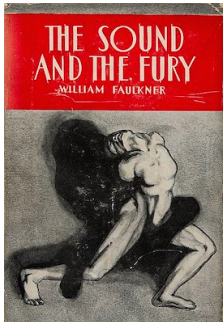
In this new regular feature, Cu3a member **Robert Jackson** hopes to share, each month, brief comments about two novels which he has recently read and enjoyed.

By way of introduction, Robert tells us:

*My appetite for fiction is, to say the least, wide ranging! Accordingly, there will be examples from many and varied authors and genres over the coming months. I do hope that you will enjoy my articles and perhaps be encouraged to pick up a few of these novels and enjoy them for yourselves. My first two recommendations are from, firstly, an icon of twentieth century American literature and secondly from a largely overlooked, but exceptional British writer from the middle years of the last century.*

### **The Sound and the Fury** by William Faulkner

published in 1929



One of the great American novels of the early twentieth century, *The Sound and the Fury* is a challenging and difficult book. Set mostly across three days in April 1928, the book comprises four chapters, each written in a different style, including first and third person narratives and a

'stream of consciousness' technique. The location of the story is Jefferson, Mississippi.

The opening chapter is narrated by Benjy, a severely retarded thirty three year old man with the mental facility of a baby. This entire chapter, representing nearly a quarter of the book, has an unmoored feel to it. Time and place shift frequently and one simply cannot get hold of anything approaching a plot. Only as the second, third and final chapters reveal the family structure and the personal connections between the characters, does one start to appreciate the genius of Faulkner's achievement.

The Compsons, once wealthy and influential, are struggling to cope with the dissolution of the family and its reputation. One grasps the structure of the extended servant family, led by Dilsey, struggling to keep up her role as domestic anchor of the unravelling Compson family. One realises that there are two Jasons - father and son. The earlier, confusing references to Quentin as both 'he' and 'she' are cleared up, as is the intriguing use of the two spellings of Caddy and Caddie, highly significant to poor Benjy.

Should you decide to tackle this extraordinary novel, don't (as I suspect many, many readers have done) discard it in abject frustration part way through chapter one! Persevere and you will be hugely rewarded by this outstanding book.

### **Lolly Willowes** by Sylvia Townsend Warner

published in 1926

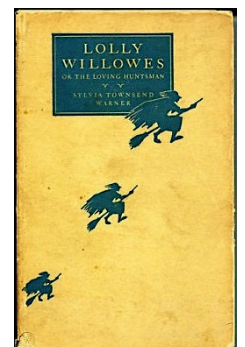
Laura Willows – 'Lolly' – is a gentle, accommodating soul. On the death of her father, Lolly moves from her family home in the West country to live in London with her brother and his young family. Soon adjusting to her new life, Lolly becomes indispensable to her sister in law, both as housekeeper and childminder/nanny.

So far, an orthodox story, beautifully written in Warner's lovely, pure style. But Warner gives early indications of hidden, potentially troubling depths to Lolly's personality. Further background to Lolly's family history, easily skipped over when reading the book for the first time, yields subtle pointers to Lolly's character and nature.

After a number of years in London, Lolly suddenly announces that she intends to leave her brother's home and move to Great Mop, a small village in the Chilterns. This Lolly does and so begins the remarkable second part of this eerie and compelling story.

Lolly's 'vocation' gradually emerges. The reader is teased and then steered through several episodes, to an appreciation of just what has drawn Lolly to Great Mop.

*Lolly Willowes* is a sharply observed, multi layered and deceptively complex book. It is deserving of a second, even a third reading in order to fully grasp the magnitude of Warner's brilliant achievement.



*Above reviews written by Robert Jackson.*

**Next month:** *Graham Greene and Len Deighton.*



## Research Study: Participants Wanted

### *Designing Better Ways to Support Future Healthcare*

Doctoral Researcher Ning Fu of Loughborough University's School of Design and Creative Arts is conducting research, in collaboration with 3 senior academic researchers, entitled ***Exploring How Older Adults with Chronic Health Conditions Wish to Manage Their Health***, aiming to design health management tools that better support older people in managing their long-term conditions.

#### Criteria for participation in the study:

- adults aged 65 or older (born 1959 or earlier)
- have more than one physical chronic condition
- living independently at home alone or with another older adult

You would be invited for a friendly interview (approx. 1 hour), conducted one-to-one, in person, at a time convenient for you, normally in the Design School Building (but adjustments can be made on demand). During the interview, you will be asked about your thoughts and experiences of how you manage your health conditions in your daily life. There are no right or wrong answers; the researchers are simply interested in understanding what works or doesn't work for you.

You are welcome to ask any questions before deciding whether to participate, and can withdraw at any time (even during the interview), for any reason, without needing to provide an explanation.

After interview, each participant will receive a £13 gift card from a local supermarket as a token of appreciation.

Interested? Contact Ning Fu on [Z.Fu@lboro.ac.uk](mailto:Z.Fu@lboro.ac.uk) or 0789 9543 065.

## WE NEED YOU

to help us to design better ways to support future healthcare.

Your participation will help researchers understand health management challenges and design better tools, potentially benefiting you and your peers.



### Give your time, make a difference!

If you are interested in participating or would like more information, please contact Doctoral Researcher,

Ning Fu  
Z.FU@LBORO.AC.UK  
0789 9543 065 (Tel & WhatsApp)

## Upcoming Local Events



### Loughborough Bell Festival

**Friday 25th October - Sunday 27th October**  
**Charnwood Arts Hub, Rectory Road, Loughborough**



Loughborough has a long history of associations with bells. Since 1859, the Loughborough Bell foundry has cast more than 25,000 bells that are hung in over 100 countries around the world. This year's Bell Festival celebrates the diversity of the town's people and their connection with bells through their collective culture.

Spread over 3 days, the festival features:

- 25th October, 5:50 pm: address from the Mayor; 6 pm peal of bells from All Saints Church, then...
- film projection on to the side of Charnwood Arts building (27 Rectory Place) including community art and vintage footage from Taylors Bell Foundry.
- Mobile Belfry for people to try
- Rectory museum open to the public
- Dressing of the willow bell (sculpture by Nina Rao)
- Pop up creative spaces,
- Stalls hosted by local groups

Charnwood Arts will be hosting an exhibition in their building, including artifacts from Taylors Bell Foundry, and community art created throughout the build-up to the Bell Festival weekend. More information as to how you can join in this will be available on their website and social media in the run up.

This year's festival is staged with support from Arts Council England, Charnwood Borough Council, and organisations involved in the Bell Festival include All Saints with Holy Trinity Church, and John Taylor's Bell Foundry.

For more information, visit:

<https://www.charnwoodarts.com/information/bell-festival?rq=Bell%20Festival>



## More Upcoming Local Events

### Woodhouse Eaves Art Group 2024 Exhibition

Sat 26th - Sun 27th October  
10:30 am - 4:30 pm  
Woodhouse Eaves  
Village Hall

Cu3a member Paul Goodman has alerted us to this annual event taking place on the last weekend in October.

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

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

**The Woodhouse Eaves  
Art Group  
invites you to the  
2024  
Annual Exhibition**

at  
**Woodhouse Eaves Village Hall**  
Main Street, Woodhouse Eaves

**Sat 26<sup>th</sup> and Sun 27<sup>th</sup> October**  
10.30am – 4.30pm

**Free admission**      Coffee, tea, biscuits and cake will be on sale



### Raising the Roof

You will probably know some of the u3a members performing in the popular annual musical extravaganza known as "Raising the Roof" which is back again in November.



Featuring Charnwood Community Choir, led by Caroline Sharpe, along with Loughborough Concert Band, conducted by Dave Coble, and organised by Loughborough Beacon Rotary in aid of various charities including Marie Curie and Cancer Research, they will provide music for all ages.

President of Beacon Rotary Ian Sharpe said "Both the choir and the band always delight us with their individual varied and interesting programmes but we find it particularly impressive when they are in action together".

There is only one opportunity to see and hear this – **Saturday 30th November at 7.00 pm in the Hodson Hall at Loughborough Grammar School.** Tickets are £10 and £5 and the best way to ensure you get one is via [www.beaconrotary.org](http://www.beaconrotary.org)

Neil Rowbotham



### Friends of Charnwood Museum

**Partners in Protest  
Talk by Jess Jenkins  
Thursday 24th October, 7 - 9 pm**

Jess trained as an archivist and worked at the Record Office in Leicester from 1990 to 2002. She has a particular interest in the history of protest. Her talk is about local women and their struggles for freedom, peace or equal rights. Partners in Protest is the story of some of the men behind Leicester's suffragettes.

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.

For more information see:

<https://www.charnwoodmuseum.co.uk/events/2024/10/partners-in-protest-by-jess-jenkins>

### Queen's Park Bandstand Concert

**LSU Classical Concert Band  
Sunday 13th October, 2 - 3:30 pm  
Queen's Park, Loughborough**

The final bandstand concert of the 2024 series features the Loughborough Students' Classical Concert Band making a welcome return to the park. The concert starts at 2 pm and is free to attend.

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



**Public Lecture:**  
**Professor Dame Angela McLean:**  
**60 years of the Government Chief**  
**Science Adviser**

**Tuesday 8th October, 6 pm in the**  
**Edward Herbert Building**

Professor Dame Angela McLean DBE FRS, the Government Chief Scientific Adviser (GCSA) and Honorary Distinguished Professor at Loughborough University, will be giving a public lecture at the campus on Tuesday October 8.

In her role as GCSA she is responsible for providing scientific advice to the Prime Minister and members of cabinet, advising the government on aspects of policy on science and technology, and ensuring and improving the quality and use of scientific evidence and advice in government.

Expert, timely, and trustworthy science advice is vital for developing strategy and taking policy decisions that build a country fit for the future. In her talk, '60 years of the Government Chief Science Adviser: Putting excellent science advice at the heart of decision making', Dame Angela will set out her priorities for ensuring science advice is central to decision making.

To book a free place at the lecture, go to:  
<https://app.geckoform.com/public/#/modern/21FO00noshl36v00ji18flo3vi>



**Inaugural Lectures:**

**30th October, 5 pm**  
**Edward Herbert Building, 110b**

**Easy as 1, 2, 3? Uncovering the**  
**challenges of early mathematics**

**Professor Camilla Gilmore,**  
**Mathematics Education Centre**

**Can children and young people change**  
**(future) societies through their sociality?**

**Professor Louise Holt,**  
**School of Social Sciences and Humanities**

For details & booking form, see:  
<https://www.lboro.ac.uk/inaugural-lectures>  
 and follow the links.

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

**Creative Family Workshop**

**Saturday 12th October, 11 am - 1 pm**  
**Modern Painters, New Decorators**

This free creative family workshop is led by artists and explores creative making inspired by their exhibitions, based in their gallery at Modern Painters, New Decorators in Carillon Court Shopping Centre.



All are welcome but sessions are most suitable for 4+. The workshops are drop-in; however, you are invited to book a space for your session as spaces are limited. Please book a ticket for all members of your group, including adults and children.

If you're having difficulties or would like support in completing your booking, please email [mpnpevents@gmail.com](mailto:mpnpevents@gmail.com)

This workshop is funded by Charnwood Borough Council, Leicestershire County Council and Arts Council England.

For more information and booking link, see:  
<https://www.eventbrite.co.uk/e/creative-family-workshop-tickets-996240170167?aff=oddttdcreator>

**Lunchtime Concert**  
**at Emmanuel Church**

**Thursday 17th October, 12:45 pm - 1:30 pm**

**The first concert of the 2024-25 season**

Following the performance of Brahms' F major Cello Sonata last year, there was a request from the audience for a performance of the Rachmaninov Sonata for Cello and Piano. The season therefore opens with what is probably the most heroic and large-scale of all sonatas for this combination of instruments.

**Tori Norman** - cello and  
**Jeremy Kimber** - piano.



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

**This is a free event, but donations are most welcome to cover expenses.**

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

## Patience by Gilbert & Sullivan

A production by Christchurch  
Gilbert & Sullivan Society, Shepshed

30th October - 2nd November  
Wed-Fri 7:30 pm, Sat 2:30 pm  
Iveshead School Theatre, Shepshed

A satire on fads and hero-worshipping. How quickly we can change our ways to follow a trend or movement and then look back afterwards and wonder what we were thinking!

Tickets:  
£16 adults  
£10 children

Box Office:  
07790 891380  
or email  
[ShepshedGandSTickets@gmail.com](mailto:ShepshedGandSTickets@gmail.com)

For more details, see:  
<https://www.discovercharnwood.co.uk/events/2024/10/patience> and <https://www.whatnever.co.uk>



## Travel Group trip to SICILY April 2025

Date: 1st - 8th April 2025. Cost:  
£1695 pp. (single supplement £196)

There are a few spare places on the Travel Group's exciting holiday to Sicily in April next year and we'd now like to offer it to all Cu3a members.

We will be flying to Catania and spending 8 days touring the east coast of the island, visiting many interesting sites spanning Sicily's history, including Taormina, Syracuse, the Valley of the Temples and of course, Mount Etna. Many places may seem familiar having been featured in The Godfather films and well as the BBC drama Inspector Montalbano.

If you would like full details, please contact the Group Leader asap by emailing [TravelGroup@charnwoodu3a.org.uk](mailto:TravelGroup@charnwoodu3a.org.uk)  
Tel: 01509 842377.



## News from the National u3a



### AGM 16th October

The 41st Annual General Meeting (AGM) of the Third Age Trust will take place on **Wednesday 16 October 2024** at Kents Hill Park, Milton Keynes. It will be a hybrid meeting allowing delegates to attend in person or online. The in-person event will commence at 11.15 am.

See <https://www.u3a.org.uk/events/agm-2024> for details.

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

- **The Vital Role Chemistry has to play in Saving our Planet** with Jon Edwards, Fri 11 Oct at 2 pm
- **My work at the Bletchley Park 'code breaking' factory** with Ruth Bourne, Mon 14 Oct at 2 pm
- **A Life in Expeditions** with Alistair Newton, seasoned Expedition Leader, Thu 24 Oct 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/learning-activities> 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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### Ellen Fowler

We were recently informed by Ellen Fowler's daughter Jane that her mother had sadly passed away earlier this year, aged 101.

It seems that Ellen enjoyed many happy years with the u3a, especially the Craft and Self Help group, and made many good friends, all of whom have been a wonderful support to Jane.

Our condolences go to Jane and all of Ellen's other family and friends.

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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 **November issue of News & Views** will be **Wednesday, 30th October (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.*




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## 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](mailto:chair@charnwoodu3a.org.uk)