

News & Views



INSIDE THIS ISSUE

View from the Chair	1
Monthly Meetings	2
Group News	3-5
Recorder Consort	3
Opera Visits	3
Singing for Pleasure	3
Local History	3
Painting Group	4
Pianist Wanted	5
Other Cu3a News	5
EDI meeting	5
Coffee & Chat	5
December Fix I.T.	5
Meetings Calendar	6
Scam Warning	6
Robert's Reads	7
Xmas Hosts Wanted	8
Aging & Muscle Health	8
Local Events	9-10
Lboro Memory Box	9
Christmas Tree Fest	9
Coffee & Carols	10
Lunchtime Concert	10
Lboro Uni Choir	10
Hathern Brass	10
National u3a News	11
Items for Newsletter	12
Contact Info	12

Welcome

...to the December 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: Quorn Ukulele Orchestra



See page 2
for details

View from the Chair

Greetings Everybody!



How disorientating was that November snowfall? Storm Bert had been and gone and we were all expecting the usual dank and drear December. The sparkly white stuff soon melted, but, according to the Met Office, we do have a reasonable chance of snow on Christmas Day. Apparently it only takes a single flake to be observed falling on the 25th in (among other designated locations) Coronation Street to qualify as a White Christmas. That's my excuse to watch Corrie while somebody else does the washing up!

Who called the storm 'Bert'? I don't know any Berts myself, but when I hear the name, I think of an affable, friendly fellow, much like Santa Claus. Apparently the name means 'bright', which would work if Storm Bert had brought us a winter wonderland, but is hardly appropriate when he came bearing hurricane winds and widespread flooding. Members of the public can suggest future storm names to the Met Office. At the risk of sounding 'Bah Humbug!', I think I'll suggest Voldemort and Maleficent.

Yes, snow is beautiful, but it's also COLD and SLIPPERY. And I am what is known hereabouts as 'nesh'. I'm the house goblin who sneaks downstairs to turn up the thermostat on a frosty morning and I'll only venture out into the snow if swathed in woolly layers and supported on both sides by burly paramedics. So a single flake is fine by me!

If you are wrapping up warm and heading out, there's lots of exciting Christmassy things to do in this month's newsletter, including our upcoming monthly meeting, when the festive entertainment will be led by the brilliant Quorn Ukulele Orchestra. A little bird (a robin, obviously) tells me there'll be mince pies as well!

Then, before we know it, Christmas will be over, 2025 will be upon us and it will be time to prepare for the Cu3a AGM. At the November Committee meeting we welcomed two new Trustees: Jennie Lock and Sam Hardwick. A big thankyou to both for volunteering their time. We will need more Committee members, though, so if you would like to help keep our wonderful organisation going, please get in touch.

On behalf of everyone on the Committee, whether you're "Rockin' around the Christmas Tree" or putting your feet up with a glass of something special, I wish you all a happy and peaceful Christmas.

Pam
chair@charnwoodu3a.org.uk, 07974 946007

Our Website

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

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, 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'. 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

Last month, we enjoyed a very interesting and well illustrated presentation on How to Read a House by historian Janet Spavold (*see picture, right*) who showed us what to look out for in old local buildings.

If you missed this meeting, you can catch up with it for a few more days via the YouTube link sent by our Chair on 7th October.



Our Next Meeting Wednesday 11th December

Concert by the Quorn Ukulele Orchestra



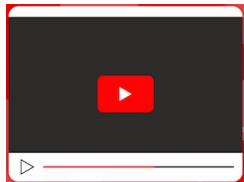
Formed in early 2018, the Quorn Ukulele Orchestra (QUO) meet weekly with the sole idea of having fun amongst like-minded strummers. In line with their charitable ambitions, the QUO plays for worthy events and good causes. Their December playlist includes many well-known Christmas songs, and they welcome people to sing along if they wish.

In September last year, the QUO received a Community Award from Radio Leicester, in recognition of the hard work, dedication and enthusiasm of the QUO members and their commitment to helping the community, providing a local group for people to join and supporting good causes.

See <https://www.thequo.org/> for more information about the Orchestra.

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.

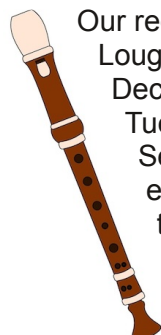
Looking Ahead:

In **January**, we have a presentation by the **Active Charnwood** team. They deliver sport and physical activities throughout Charnwood borough, offering residents a wide range of opportunities to get out, get active and improve their health.

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

Group News

Recorder Consort



Our recorder consort met at my home in Loughborough for the first time last December and has met on the third Tuesday of every month since (except September when my wife and I were engaged in a house move) at 10 am for two hours. Although we are seven strong in theory, the maximum meeting at any one time has been five and sometimes we are reduced to three.

Illness, caring responsibilities and holidays usually prevent a full gathering. It was, however, never intended that we should be a large group.

Recorders lend themselves to small groups and anyway, meeting in someone's lounge puts a limit on numbers. However, it would be good to have a couple more names on the list, as this way we might reach regular meetings of, say, six.

If you are interested in giving it a go, let me know. You can't be a beginner (and a professional might feel out of place). Although most of us can play all of the four main instruments, we each tend to concentrate on one. At a full count, we would probably boast 2 descants, 1 treble, 2 tenors and 2 basses.



We have a repertoire of over 20 short pieces including baroque composers (Bach, Handel, Surato) and traditional tunes (All Through the Night, Green-sleeves) and get through about 6 when we meet.

If you are interested contact me, Arthur Gould, on recorder@charnwoodu3a.org.uk, or 07973 333 735.

Arthur Gould

Opera Visits

In November, the Opera Visits group enjoyed The Magic Flute by Mozart at The Theatre Royal Nottingham, performed by Opera North. There will be no more from that company for a year, but other groups are to appear in Leicester.

There are two Opera Visits planned for two Tuesday evenings in December. These are at Loughborough Odeon, transmitted from The Royal Opera House:

- **Cinderella ballet, 10 December**, 7 for 7:15 pm
- **Nutcracker ballet, 17 December**, 6:45 for 7 pm

Cost £16.50. Please book now. See <https://www.odeon.co.uk/cinemas/loughborough/>

January visits will be the Tales of Hoffman at the Loughborough Odeon cinema and The Flying Dutchman at Nottingham Theatre Royal.

If you are interested in going to any of these, please email dianaharvey2002@yahoo.co.uk or telephone 01509 232227.

Singing For Pleasure

The Singing for Pleasure group is carol singing for a Loughborough Dementia Group, which meets at Gorse Covert, on Monday, 16th December at 11 am. This will be the third time we have sung for the group and we love doing it as they are such a warm, friendly crowd, always keen to join in. It is quite amazing the way music affects dementia sufferers.



Brenda Cox

SingingforPleasure@charnwoodu3a.org.uk

Local History

At our November meeting we enjoyed an interesting presentation from member Anne Speight, who told us all about Suffragettes in Loughborough, with some of our members taking on the roles of the Suffragettes and reading their stories. As well as local women these included many national figures who visited Loughborough in their campaign to achieve Votes for Women. Some participants entered into the spirit of things by dressing up (*as pictured, right*).

Following this, another member, Brenda Feeney, told us the fascinating story of the discovery of a war memorial plaque at Rosebery School and what this told us of the sacrifices of former pupils in World War I, many of whom died at a young age.

Helen Reid



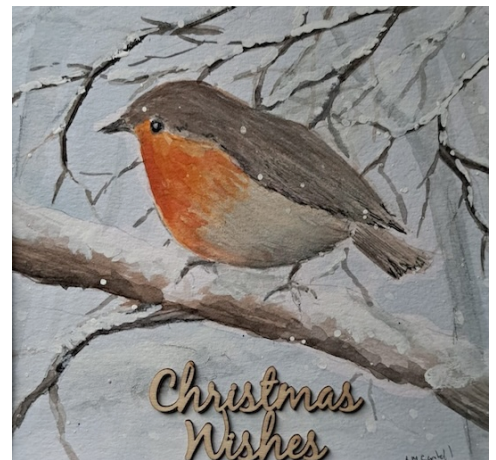
Seasons Greetings from the Painting Group

Our Painting Group had a Christmas Card Challenge this year, and here are some of their impressive creations.

If you love painting please come and join us or join our online painting community.

For any further information please contact the cu3a painting group at painting@charnwoodu3a.org.uk

Angela Cantrill



Can you play the piano?

After several years of playing the piano for the Singing for Pleasure group, our lovely pianist Jackie is giving up to concentrate on other commitments. Is there anybody out there who could play the keyboard for us either regularly or occasionally? You don't have to be concert pianist standard! When Jackie is not available the alternative is me bashing out the tune with 2 fingers. Anything better than that would be wonderful. We meet on the first and third Tuesday of the month from 2 pm to about 3 pm at the Good Shepherd Hall in Loughborough.

We have lots of sheet music and sing almost anything provided it is fairly easy - 40s and 50s music, the Beatles and ABBA, with occasional gospel music and sacred songs.

If you can help or would like more information please contact me on 0116 431 7731 or coxes2008@coxnet.co.uk

Many thanks
Brenda Cox
Singing for Pleasure



Other Charnwood u3a News

Equality, Diversity and Inclusion (EDI)



At the EDI team meeting on 18th November, we had a lively discussion covering the following topics:

- **Coffee & Chat** sessions will continue each month in John Storer House café (*see panel on right*)
- **Gender balance:** our membership is two-thirds female; are there ways to address this imbalance?
- **Monthly meetings:** encourage social interaction at meetings so everyone feels included.
- **New member retention:** Why do 25% of new members not renew after the first year?
- **Notice Boards at monthly meetings:** Info on groups is welcoming and promotes conversation.
- **Group Leaders Meeting:** Case studies feedback: important to talk, consider other group members, and ensure we are as inclusive as possible.
- **New Members' Welcome Letter:** being redrafted in consultation with the Membership Secretary.
- **EDI Policy:** Annual review is now due; updates to be discussed at the next EDI meeting.

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 at Gorse Covert every 2 months) please email newsletter@charnwoodu3a.org.uk

Helen Reid

Coffee & Chat

Tuesday 17th December
10 am - 12 noon, John Storer House

Our next Coffee & Chat session will be in the (ground floor) café at John Storer House in Wards End, Loughborough on the morning of Tuesday 17th December, from 10 am to midday.

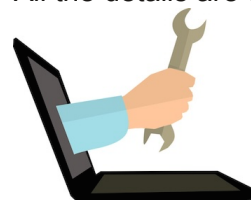
These drop-in sessions are for any member - old or new - who would like to meet up with other members for a cup of tea or coffee and a chat in an informal setting. All welcome!



December Fix I.T. Clinics

If all you want for Christmas is a computer that works, there are just three Fix I.T. Clinics left. They will be held as usual from **10:45 am to 12:15 pm on 3rd, 10th and 17th December in the café at John Storer House**. There will be no clinic on 24th or 31st December; the normal weekly schedule will resume on 7th January.

All the details are on the Charnwood u3a website.



Yours, merrily,
Santa
(on behalf of the I.T. for Everyone group).

December 2024 Calendar

MON	TUE	WED	THU	FRI
2 Dec 09.30 Yoga 10.00 Craft+Self Help 11.00 Table Tennis 1 13.30 Canasta 2 14.00 Current Affairs	3 Dec 09.30 Pilates 2 10.00 10+ Walks 10.00 Master I.T. 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	4 Dec 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	5 Dec 10.00 Spanish Conv 10.30 Latin 11.00 Table Tennis 4 13.30 Sci & Tech 14.00 Bowls Indoor 14.00 French Conv 14.00 Line Dance 2 19.00 Canasta 3	6 Dec 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 12.00 Table Tennis 6
9 Dec 09.30 Yoga 10.00 Craft+Self Help 10.00 Poetry 1 11.00 Table Tennis 1 13.00 Quiz group 14.00 Archaeology 14.00 Chess 14.00 Digital Imaging	10 Dec 09.30 Pilates 2 10.00 Master I.T. 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 19.00 Opera Visits	11 Dec 10.00 Committee 10.00 Golf 10.00 Mini Tennis 11.00 Table Tennis 3 14.30 Monthly Meet 19.00 Canasta2Quorn	12 Dec 10.00 Thurs 6 Milers 11.00 Table Tennis 4 14.00 Bowls Indoor 14.00 Line Dance 2	13 Dec 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 Dec 09.30 Yoga 10.00 Craft+Self Help 11.00 Table Tennis 1 13.30 Canasta 2	17 Dec 09.30 Pilates 2 10.00 6+ Walks 10.00 Coffee & Chat 10.00 Recorder 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	18 Dec 10.00 Golf 10.00 Mini Tennis 10.00 Poetry 2 10.00 Scottish Dance 10.30 History 11.00 Table Tennis 3 12.00 Scrabble 2 14.00 Classical Music 14.00 Cribbage 2 14.00 French Improve 14.00 Italian Conv	19 Dec 09.45 CC Walks 11.00 Table Tennis 4 14.00 Bowls Indoor 14.00 French Conv 14.00 Line Dance 2 14.15 Scrabble 4	20 Dec 09.00 Badminton 10.00 German: RTC 10.00 Line Dance 10.00 Mah Jong 10.00 Table Tennis 7 10.30 Photography 11.00 Table Tennis 5 12.00 Table Tennis 6 13.15 Art Apprec'n
23 Dec 09.30 Yoga	24 Dec	25 Dec	26 Dec	27 Dec 10.00 Mah Jong?
30 Dec 09.30 Yoga	31 Dec	PLUS at Weekends: Sunday Lunch Club (8th Dec)		

Please note: Whilst every effort has been made to show the dates/times of meetings as accurately as possible, errors and changes may occur, so you should check with group leaders for confirmation. Please send any amendments for future issues to: newsletter@charnwoodu3a.org.uk

Scam Warning!

...from Cu3a member Brenda Feeney:
"I apologise to all the u3a members who received a scam supposedly from me saying I had laryngitis. Fortunately most recipients deleted it. I appreciate all the phone calls I had informing me of the scam and advising me to change my password without delay."

Always stop and think before responding to an email supposedly sent by someone you know. Does the message look genuine? Most of the time it's clearly a fake, but others may look more plausible, so do be on your guard and let the person know that fake messages are going out in their name. In practice, there's little that we can do to stop such fake emails, other than staying vigilant and deleting them.

Robert's Recommended Reads

Cu3a member **Robert Jackson's** book recommendations for December are novels from two outstanding British writers: Daphne du Maurier and Sarah Waters.

Rebecca **by Daphne du Maurier**

published in 1938

Daphne du Maurier's fifth novel became an immediate best seller and has never been out of print. Despite an indifferent reception by the pre-war critics, Rebecca is now recognised as her masterpiece. It has one of the most famous opening lines of any novel of the twentieth century:

"Last night I dreamt I went to Manderley again."

Narrated by the un-named protagonist, the story revolves around Manderley, a beautiful mansion and estate in Cornwall. A short prologue leads us to Monte Carlo where Maxim de Winter, recently widowed owner of Manderley, meets our narrator, a young, naive and rather timid lady's companion, staying with her employer in the same hotel as de Winter. The young woman is swept off her feet by the dashing de Winter. Within two weeks, she has accepted his proposal and they marry. Following a short honeymoon in Europe, the couple arrive at Manderley.

The new Mrs de Winter is awestruck by the splendour of Manderley. Very quickly, however, she develops a deep sense of foreboding, realising that the entire house, with its day to day rituals and habits, is still dominated by the 'presence' of Rebecca de Winter, who drowned in a sailing accident a year earlier. Mrs. Danvers, the sinister and gloomy housekeeper, was besotted with Rebecca. Danvers cannot hide her contempt for Rebecca's 'replacement', who shrinks from Danvers' intimidating behaviour.

Du Maurier creates suspense and mystery in a slow burning, darkly psychological build up to two shocking events which steer the rest of this compelling story to its masterful conclusion.

Rebecca is a complex, unsettling and sometimes disturbing but supremely rewarding novel. Don't miss it!



Young Daphne du Maurier (c.1930)

Fingersmith **by Sarah Waters**

published in 2002



Sarah Waters at a 2006 book signing
Photo: Annie_C_2,
CC BY 2.0

Probably best known for her debut novel 'Tipping the Velvet' which was televised, enjoying great popularity a few years ago, Sarah Waters is one of our most gifted contemporary writers. Her body of work is diverse and, to say the least, colourful. Three of Waters' novels have been shortlisted for the Booker Prize for Fiction, including Fingersmith in 2002.

In a cunningly structured, impeccably paced Victorian tale, Sue Trinder, orphaned at birth, grows up in the bosom of Mrs Suckerby's 'family', amongst pickpockets and cutpurses, the 'Fingersmiths.' As Sue grows up, curious events and the occasional offhand remark from one of the many characters who visit Mrs Suckerby, create a germ of suspicion.

All may not be as it seems in Sue's background. As the tale progresses, this germ grows and develops in the reader's mind. The book now becomes, using that most hackneyed of phrases, unputdownable!

Reminiscent of both Dickens and Hardy, Fingersmith delivers a thrilling, evocative experience. A long novel, at well over 500 pages, it is a wonderful examination of the seedier, backstreet life in Victorian London. The excellent conclusion is hugely satisfying. One of those endings where you sit with the finished book closed on your lap and smile for several minutes.

Above reviews written by Robert Jackson.
Next month: Robert Harris and Ali Smith.

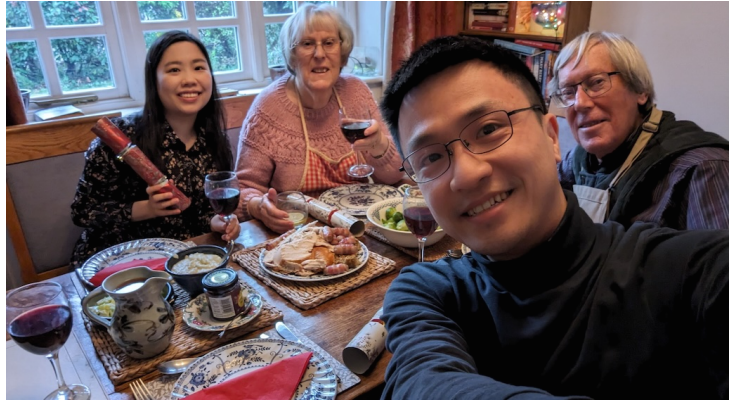
Could you lay an extra place at your table this Christmas?

UK charity seeks hosts in Leicestershire to share Christmas or New Year with an international university student far from home

Festive Stays 2024:

Each year the charity Experiment in International Living UK (EIL UK) receives hundreds of applications from international students studying at British universities hoping to experience Christmas or New Year in a British home.

Calvin Hewitt, EIL's Volunteers Manager says "Volunteer hosts tell us how much international students add to their Christmas and New Year festivities. Hosts enjoy sharing their festive traditions and the students are so appreciative and grateful for the friendship and fun at a time of year when everyone who's far away from their family hopes to find a home from home."



Would you like to welcome an overseas student into your home this year? If you live in Leicestershire and could offer friendship and host an overseas university student for a **3-night stay between 20th December 2024 and 5th January 2025**, email host@eiluk.org to find out more about this rich and rewarding experience, or call Calvin on 01684 562577.



Experiment in International Living UK

Host International Students

- ✓ Enjoy learning about other cultures and sharing your way of life?
- ✓ Have a spare bedroom and a welcoming home?

Join us in creating lasting memories and friendships by offering a home away from home.



Find out more at:

- www.eiluk.org
- host@eiluk.org
- 01684 562577

EIL UK is a Registered Charity no. 1070440

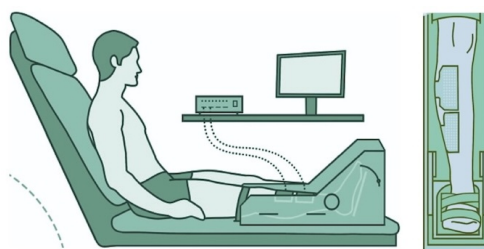


Aging and Muscle Health Research

Doctoral researcher Chris Connelly is still looking for a few more volunteers for his study concerning age and muscle health, as advertised in last month's *News & Views* (p.8)

Just one visit to the campus of 1hr 30 min is required to measure muscle activity.

If you are a male aged 65+ and are interested in participating, please contact Chris on c.connelly@lboro.ac.uk



Eligibility

- Males ages 65+
- Individuals of any activity level

Upcoming Local Events

Building Loughborough's Memory Box

Interested in the heritage of Loughborough? Then join a session on either **6th or 11th December at John Storer House** for a fun morning sharing stories that celebrate the town's diverse heritage.

Using storytelling and simple drawing activities, you'll help to create a collective digital story that reflects our community's unique past, present and future.

And as a thank you for adding your story to the collection, you are offered a free lunch afterwards at John Storer café.

The same activity is being held on **two different dates**, so if you can't make one date, join in on the other!

Click the links below to book directly on Eventbrite:

Friday 6th Dec – 10.30 am to 12.30 pm – [Book here](#)

Weds 11th Dec – 10.30 am to 12.30 pm – [Book here](#)

Or email Alison at a.s.mott@lboro.ac.uk to reserve your place.

Christmas Tree Festival

**All Saints with Holy Trinity Church
Steeple Row, Loughborough**

General Opening:

Saturdays & Thursdays, 10 am to 4 pm, from now until 21st December. Free entry.

Lunchtime Concert:

Tuesday 3rd December, 1:30 pm. Free entry.
Loughborough Schools Foundation Orchestra.

Christmas Tree Festival Concert:

Thursday 12th December, 7:30 pm.
All Saints Handbell Ringers, Loughborough Singers, Loughborough Male Voice Choir.
Tickets £10*, light refreshments included.

Mayor's Community Carol Service:

Thursday 19th December, 7 pm.

Music for Midwinter, A Strings Concert:

Monday 23rd December, 7 pm.
Tickets £10*, light refreshments included.

*Tickets available on the door or in advance at:
<https://www.allsaintsloughborough.org.uk>

More Seasonal Musical Events

Coffee and Carols

Saturday, 21st December, 10:00 - 12:30
Loughborough Baptist Church

On Saturday, December 21st "Coffee and Carols" will once more be open to all between 10.00 and 12.30 at Loughborough Baptist Church, Baxter Gate.

This is a popular "Drop-In" event with short musical items from a variety of different groups of singers and musicians bringing their own styles of Festive Celebrations.

Tasty refreshments and hot drinks are available, with voluntary donations for the Rainbows Hospice.



You are assured of a warm welcome!

Gillian Butcher

Loughborough University Choir Christmas Concert

Wednesday 4th December, 7.30 - 9 pm
Cope Auditorium

For this year's Christmas concert, the University Choir are wrapping up a musical treat for you. The programme is packed with traditional carols, lesser-known pieces, new versions of familiar carols and light-hearted Christmas music. There's also the opportunity for some audience participation!

Included in the programme are the beautiful and much-loved Nativity Carol by John Rutter and the less familiar Carolling Nowell by Richard Roddis – a former conductor of the University Choir.

The Choir will be accompanied by a small ensemble of LSU Classical members.

The University Choir is made up of students, staff, alumni and members of the local community. They rehearse on Monday evenings during term time and welcome new members.

Tickets: £7 / Students and U16s £5.

See <https://tinyurl.com/29xnedma> for more details and a booking link.

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

EMMANUEL Loughborough Lunchtime Concert



THURSDAY 19 DECEMBER 2024 AT 12:45

LOUGHBOROUGH MALE VOICE CHOIR

GEORGIE LORIMER | CONDUCTOR

A seasonal programme for the
 Christmas Celebration Concert

Admission Free

Lunches served from
 11:30

donations to cover
 expenses

for more information call
 01509 261773

[facebook.com/
 emmanuelconcerts](https://facebook.com/emmanuelconcerts)

Hathern Youth & Concert Brass Christmas Concert

Thursday 12th December, 7.30 - 8.30 pm
Shepshed Baptist Church
Charnwood Road, Shepshed

Third year return for this (1 hour) Christmas concert.

All welcome.

For more information, go to:

<http://www.hathernband.co.uk/concert-brass/>

Other local events are at Discover Charnwood:

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



News from the National u3a



u3a Friends and Friends Extra

u3a Friends is a new initiative to bring together stories and interests from across the u3a movement; to use our collective voice to change lives, and to share exclusive member offers with our exclusive **Friends Extra benefits program**. All of these come together under the banner of **u3a Friends**. By signing up to the newsletter, you are up to date and in touch with all that's happening across the movement as it happens.

The scheme includes:

- Regular and special issues of the online national u3a Friends Newsletter, filled with news from u3as across the country, plus offers and services.
- Information about nationwide u3a events and national initiatives.
- Access to learning opportunities via Interest Groups Online for a low fee.
- Exclusive access to the u3a Friends Extra benefits program, featuring discounts, offers, and additional services across a range of areas:
 - Health and wellbeing
 - Shopping savings on major brands and retail discounts
 - Travel and holidays
 - Leisure offers, like family days out, trips to the cinema and theatre
 - Insurance offers on car, travel and medical insurance
 - Access to financial advice and a legal helpline.



See <https://www.u3a.org.uk/get-involved/u3a-friends> for more information - including a video on how to use the u3a Friends Extra website* - and how to sign up to receive the u3a Friends newsletter which automatically gives you access to Friends Extra.

* https://u3afriends-extra.org.uk/a_/

Ventriloquy, adventure and butterflies in the latest u3a radio podcast

The new episode of the u3a Radio Podcast features member interviews about butterfly conservation, an adventurous autobiography, and stories from ventriloquist Ken of Kidderminster u3a. To listen, go to: <https://www.u3a.org.uk/learning/u3a-radio-podcast> which also has a link to access all previous podcasts.

Free On-Line Events this Month include:

- **Exploring the Universe with James Webb Space Telescope** with Prof Steve Wilkins, Wed 4 Dec, 2 pm
- **Live Cookery Demonstration - Christmas Special** with vegetarian chef Alex, Thu 5 Dec at 10.30 am
- **Artificial Intelligence: Present and Future** with Dr Ian Hawker, Fri 6 Dec at 10 am
- **The Hard Science of Herbal Medicine** with Dr Rian Manville, Tue 17 Dec at 11 am
- **Illuminating Hope: Transformative Power of Christmas** with Catherine Stevenson, Fri 20 Dec, 10 am

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

More from the National u3a:

In addition to the u3a Friends newsletter (see above), you can access the latest u3a news at <https://www.u3a.org.uk/news>

You can find more learning initiatives covering a wide range of interests from challenges and projects to competitions at <https://www.u3a.org.uk/learning/learning-activities>

The u3a learning blog **Sources**, containing posts by u3a members covering a wide range of topics, 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 - 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 **January** issue of **News & Views** will be **Monday 30th December (12 noon)**.



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

Please make sure you include your contact details with your item, and try not to leave it until the last minute if at all possible.

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

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

Thank You!

Helen Reid
Newsletter Editor
Charnwood u3a



Committee, Support Teams and Group Leaders' Details

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

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

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



Committee Meetings

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

Some other useful u3a web addresses:

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

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

u3a

