

# 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.

## Welcome

...to the March edition of *News & Views*, the newsletter of Charnwood u3a. We hope you'll find it both entertaining and informative. The content is largely written by members; details for sending contributions can be found on the last page.



### Our Next Monthly Meeting: AGM + Groups Entertainment



See page 2  
for details

## View from the Chair



Hello Everybody,

This is my final View from the Chair as my term of office will finish on the 11th March. They say time flies, but I'm sure, the older you get, the faster it accelerates. It certainly doesn't seem five minutes since I stood quaking at the lectern in Emmanuel for the first time.

Being in the chair felt at first like sitting on those little wooden chairs at primary school – too small, with wobbly legs and unforgiving seat. It never quite became that comfy old armchair with saggy bottom - a good thing really, since falling asleep during a committee meeting wouldn't have gone down well! And sometimes it felt like the Nemesis ride at Alton Towers – flying by the seat of my pants. There's been the odd embarrassing moment, for instance when I asked members at one monthly meeting to turn off their phones and mine was the one that went off! But overall, I've had a great time. Whatever the seating arrangements, it's been brilliant to sit alongside so many lovely, kind and talented people.

I do hope you'll come and take your seat at the AGM. It's not too late to join our team of trustees who keep our u3a ticking over, or nudge someone else into standing. You'll have received the nomination form – just fill it in and send it back to me. And please do your best to come on March 11th. If you can't come, you can ask another member to be your proxy. That way you'll be counted in the attendance figures and we'll make sure that the meeting is quorate. After the AGM there'll be group presentations to entertain us and group displays in the foyer.

The u3a is a wonderful organisation. Its motto is Learn, Laugh and Live and I've certainly done a lot of all three. Now that cosy armchair beckons. But looking around the house, I see all the jobs that have taken a back seat: windows to clean, a pile of ironing the size of Everest and tins in the back of the kitchen cupboard that may well pre-date Covid. On the other hand,...I've checked out the Cu3a activity list and there's so much more that I haven't tried, so I might have to leave the housework for another three years!

All the best – and hope to see you on the 11th.

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

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

Last month we were treated to an excellent presentation by Dr Jack Matthews about Charnwood Forest Geopark, explaining the projects to conserve our heritage, educate the next generation, promote our region, and aim to gain UNESCO Global Geopark status. 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 9th February. Highly recommended.



## Our Next Meeting: Wednesday 11th March AGM plus Groups Showcase

You will already have received official **Notice of the 2026 Annual General meeting of Charnwood u3a**, along with the papers for the meeting. Please note the deadline of **March 4th** for return to the Chair of completed Committee Nomination Form and Proxy Voting Form (if you are unable to attend and wish another member to attend and vote in your place).

Following the AGM itself, some of our groups will be providing entertainment as follows:

- Architecture Appreciation Quiz: Can you recognise different styles of buildings? - Penny Bryce
- Demonstration of Line Dancing by the Line Dance 2 group, led by Jane North
- Short new comedy version of Cinderella, performed by the Drama Group, led by Graham North
- Displays in the concourse from various groups: Painting, Photography, Craft and others

We hope you'll come along and join us for what promises to be a very entertaining afternoon.

### 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. Please note: There will be no online voting, so if you are unable to attend in person, please complete and return the Proxy Voting form by **4th March**.

(This form was sent out by the Chair by email on 17th January and 23rd February) .

### Looking Ahead:

In **April** we welcome musician Andy Smith who will present '**Life in the Music**'. Bringing a mixture of instruments including several different guitars, ukulele and mandolin, Andy will sing a collection of songs, some self-penned, some well-known and some comedy. Then in **May**, Matthew O'Callaghan, a British food expert, cook, writer, and teacher known for his expertise in traditional Italian and British recipes, specifically Melton Mowbray pork pies, will guide us through 'Hidden Foods'.

More information on upcoming meetings will appear in future issues of *News & Views* and on the **Monthly Meetings** page under the 'Our Events' menu on our website <https://www.charnwoodu3a.org.uk> (login needed to see details beyond title/speaker).

## Group News

### Days of Interest Group – Annual Meal at Longcliffe Golf Club



We began our Days of Interest Group year, in the usual manner, with a lunch together at Longcliffe Golf Club. As ever the company, food and staff were excellent. There was a lot of friendly chatting and laughing to be seen and heard around the group. It's a good way to start the year off, when it's too cold to travel far. That said, we didn't even have to get wet venturing into the carpark, as the sun was shining. The dry weather had also brought out the golfers, so the catering staff were busy.

At the meal we were also able to thank the members of the group that had helped to pull together the ideas for the 2026 trips. We couldn't do it without them. Please let us know if

you have any ideas for trips for 2027 – and beyond, and if you would like to join the team. There are always biscuits at our meetings.

All the 2026 trips are now arranged, and the destination and dates have been put onto the website. Except for the November trip, they are all scheduled for the 3rd Saturday of the month. Our November Christmas trip, which will be to Doddington Hall, is scheduled for Friday 13th November – as it is becoming increasingly difficult to find houses which will take coaches on a Saturday during the Christmas season.

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.



### Singing for Pleasure – New Leader Wanted

**CAN YOU HELP?** The Singing for Pleasure group is looking for a new leader. I have loved running this group but, sadly, in July I will have to give up.



We have lots of music, a wonderful pianist and a great bunch of amazingly enthusiastic singers. After an hour at The Good Shepherd on a Tuesday afternoon, we all go home uplifted!

If anybody is interested in taking over, or knows somebody we could approach, please contact Brenda on 0116 431 7731, 07766 203051 or [SingingforPleasure@charnwoodu3a.org.uk](mailto:SingingforPleasure@charnwoodu3a.org.uk). If you want to come along to one of our sessions and see what we get up to, you would be most welcome.

We would love to have someone take over the group. If we can't find a new leader, unfortunately the group will close in July, so if you know someone who can take over this lovely bunch of people, please get in touch.

Looking forward to hearing from you!

Brenda Cox



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## More Group News

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### ***Gardening Group Visit to Hardwick Hall and Gardens***

**Monday 15th June - open to all Charnwood u3a members**

The Gardening Group are going to visit Hardwick Hall and Gardens on Monday 15th June 2026. We are also visiting Matlock in the afternoon to complete the day. It is a self guided tour with admission to the Gardens and Hall. The trip is open to all Charnwood u3a members. The cost to non National Trust members is £42.15 for coach and entry. To Trust members the cost is £20.20.

We will meet at 8.50 am at Tesco car park, Park Road, ready for departure by Winson's coach at 9.00 am, and are scheduled to arrive at the Hall before 10.30 am. There is a café, NT shop and toilets. Mobility aids are available if needed, but these have to be booked in advance. We will leave Hardwick at 2.00 pm to drive to Matlock, where we will have time for refreshments and a look around the town. Departure for home is 4 pm – aiming to arrive back in Loughborough around 5.30 pm.

Home to one of the most influential women in the Elizabethan realm, Hardwick Hall is the culmination of the personality and ambition of its builder and patron Elizabeth, Countess of Shrewsbury, known as Bess of Hardwick. Connect with the Elizabethan world in which she lived, of global discovery and political change.

Positioned high on an escarpment dominating the skyline of Derbyshire, Hardwick Hall is a rare 16th century survival, built and resourced from the estate by local people. Near original interiors allow us a glimpse into this exceptional moment in English design. They hold an internationally significant collection of 16th century textiles, furniture and portraits, reflecting the quality of craftsmanship, cultural mix, and complex relationships of the Elizabethan age.

Enjoy the glorious gardens at Hardwick, discover the fragrant herb garden, ornamental and fruiting orchards and a spectacular border of herbaceous plants. In the parkland, take a walk in the historic grade I listed landscape. Follow way-marked walks and paths to discover woodland pasture, maintained by 'living lawnmowers' (cattle and sheep), or look for wildlife around the ponds in the Lower Park.



*Herb Garden at Hardwick Hall  
by Jeff Buck, CC BY-SA 2.0*

**If you would like to join us on the day trip, please email [gardening@charnwoodu3a.org.uk](mailto:gardening@charnwoodu3a.org.uk) and you will be sent a form to complete and return with payment. The closing date for booking is 25th May.**

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### ***Bowls Group Moves Outdoors***

From **Thursday 16th April**, the Outdoor Bowls Group will start again and run through the Summer months.



The Group will meet on a Thursday at 2 o'clock for a two hour session at the Brush Bowls Club green on Watermead Lane (off Nanpantan Road).

**New members will be very welcome** to come along and join us for a fun afternoon of gentle exercise with tuition and guidance provided. No previous experience is necessary.

All equipment can be made available; just bring a pair of flat soled shoes.

Please contact Dave Saunders on 07767 672341 or email [BowlsOutdoor@charnwoodu3a.org.uk](mailto:BowlsOutdoor@charnwoodu3a.org.uk) for further information.

If any u3Aa member has or knows of bowls that they no longer need and would like to lend or donate them to the Group, please let Dave know using the same contact details.

## Notices for Members

### Our London Marathon Runner – Please Donate

As you may have seen on page 23 of the latest (Feb 2026) issue of u3a Matters magazine, **Charnwood u3a member Clive Anderson** is one of two runners taking part in the **London Marathon on Sunday 26 April** to raise money for the u3a movement. The other is Sheryl Kenny, whose mother is a member of West Bridgford u3a.

Clive says:

*"Since I retired last year, I have been an active member of u3a. I have enjoyed meeting others in the monthly talks on a wide variety of topics. I have also joined active groups such as badminton and pickleball, which are sports I never really had time to engage in whilst working, and I am enjoying the challenges of learning new skills from the group organisers and members as well as keeping active and healthy.*

*u3a means to me a new chapter in my life, which involves embracing new challenges and opening up to new opportunities. Giving something back to the community and service to the local town is important to me. I believe in promoting the values of u3a and emphasising the benefits and advantages of making new friends, learning new skills and keeping active in retirement.*

*I am running for u3a because I believe in the values of helping older people to network, keep active and prevent isolation and loneliness. As an active member for the last six months, I can see the immense benefits of joining a wide variety of groups and interests. It allows opportunities to pick up new skills and knowledge and create a sense of wellbeing and purpose in later life."*

By running for Team u3a, Clive and Sheryl will be raising money to help the Third Age Trust create more opportunities for u3a members to learn, find connection and live life to the full. Supporting the u3a with a donation of any size secures our future. Together, we can combat loneliness and make sure everyone has a positive experience of later life.

For more information, see <https://www.u3a.org.uk/latest-news/marathon-team-u3a>

And please visit Clive's funding page at <https://2026tcs londonmarathon.enthuse.com/pf/clive-anderson> to make a donation.



### Equality, Diversity and Inclusion (EDI)

Our next EDI team meeting will be held at **Gorse Covert Community Centre on Monday 9th March, 2 - 4 pm**. As well as continuing with items we discussed at the last meeting, we plan to look at Safeguarding.

Any Charnwood u3a member is very welcome to come along to any of our meetings and join in the discussion. We normally meet once every 2-3 months at Gorse Covert. Or if you can't come to the meetings but have any comments or ideas relating to EDI issues that you'd like us to discuss, we'd love to hear your views.

Helen Reid  
[newsletter@charnwoodu3a.org.uk](mailto:newsletter@charnwoodu3a.org.uk)



### IT Support for u3a members from u3a members

#### Fix IT Clinics

Drop in sessions where you can get help using your laptop, tablet or phone. Bring them along to:

**John Storer House café**  
**Tuesdays, 10.30 - 12.00**

#### One to One Support

Get help with using your laptop, tablet or phone for a particular task. Just contact us:

**email** [helpdesk@charnwoodu3a.org.uk](mailto:helpdesk@charnwoodu3a.org.uk)  
**phone** Phil/Mary 07855 702302  
Garry 01509 213655

If you have a problem with logging into, or using, the u3a website, contact Martyn, our Web Manager, by emailing [webmanager@charnwoodu3a.org.uk](mailto:webmanager@charnwoodu3a.org.uk)



MON	TUE	WED	THU	FRI
<p>2 Mar</p> <p>09.30 Yoga 10.00 Craft+Self Help 11.00 Table Tennis 1 13.30 Canasta 2 14.00 Current Affairs</p>	<p>3 Mar</p> <p>09.30 Pilates 2 10.00 10+ Walks 10.00 Spanish 10.30 Fix I.T. Clinic 10.45 Pilates 3 11.00 Table Tennis 2 11.30 Active Seated 2 12.00 Pilates 4 13.30 Active Seated 1 14.00 Canasta 1 14.00 Canasta1Quorn 14.00 Sing4Pleasure 15.30 Pickleball</p>	<p>4 Mar</p> <p>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 14.00 French Improve 14.00 Sustain Planet</p>	<p>5 Mar</p> <p>10.00 Parish Walks 10.00 Sci+Tech 10.00 Spanish Conv 11.00 Table Tennis 4 14.00 Bowls Indoor 14.00 Line Dance 2 14.30 French Conv 19.00 Canasta 3</p>	<p>6 Mar</p> <p>09.00 Badminton 10.00 German RTC 10.00 Line Dance 10.00 Mahjong 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>9 Mar</p> <p>09.30 Yoga 10.00 Craft+Self Help 10.00 Poetry 1 11.00 Table Tennis 1 14.00 Archaeology 14.00 Chess 14.00 EDI meeting 14.00 Quiz group</p>	<p>10 Mar</p> <p>09.30 Pilates 2 10.00 Scrabble 3 10.30 Fix I.T. Clinic 10.45 Pilates 3 11.00 Table Tennis 2 11.30 Active Seated 2 12.00 Pilates 4 13.30 Active Seated 1 14.00 Canasta 1 14.00 Eng Parish Ch 15.30 Pickleball</p>	<p>11 Mar</p> <p>10.00 Committee 10.00 Golf 10.00 Mini Tennis 11.00 Table Tennis 3 14.30 Monthly Meet 19.00 Canasta2Quorn</p>	<p>12 Mar</p> <p>11.00 Table Tennis 4 14.00 Bowls Indoor 14.00 Line Dance 2</p>	<p>13 Mar</p> <p>09.00 Badminton 10.00 Line Dance 10.00 Mahjong 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>16 Mar</p> <p>09.30 Yoga 10.00 Craft+Self Help 11.00 Table Tennis 1 13.30 Canasta 2 14.00 Gardening 14.00 Painting</p>	<p>17 Mar</p> <p>09.30 Pilates 2 10.00 6+ Walks 10.00 Recorder 10.00 Spanish 10.30 Fix I.T. Clinic 10.45 Pilates 3 11.00 Table Tennis 2 11.30 Active Seated 2 12.00 Pilates 4 13.30 Active Seated 1 14.00 Canasta 1 14.00 Sing4Pleasure 15.30 Pickleball</p>	<p>18 Mar</p> <p>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 14.00 Family History 14.00 French Improve 14.00 Italian Conv</p>	<p>19 Mar</p> <p>09.45 CC Walks 11.00 Table Tennis 4 14.00 Bowls Indoor 14.00 Line Dance 2 14.15 Scrabble 4 14.30 French Conv</p>	<p>20 Mar</p> <p>09.00 Badminton 10.00 German RTC 10.00 Line Dance 10.00 Mahjong 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>23 Mar</p> <p>09.30 Yoga 10.00 Craft+Self Help 11.00 Table Tennis 1 14.00 Chess 14.00 Local History</p>	<p>24 Mar</p> <p>09.30 Pilates 2 10.00 ETHEL 10.00 Scrabble 3 10.30 Fix I.T. Clinic 10.45 Pilates 3 11.00 Table Tennis 2 11.30 Active Seated 2 12.00 Pilates 4 13.30 Active Seated 1 14.00 Canasta 1 14.00 Philosophy 1 15.30 Pickleball</p>	<p>25 Mar</p> <p>10.00 Golf 10.00 History 10.00 Mini Tennis 11.00 Table Tennis 3 14.00 Classical Music 14.00 Reading Group 14.00 Travel Group 18.30 Supper Club</p>	<p>26 Mar</p> <p>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>27 Mar</p> <p>09.00 Badminton 10.00 Line Dance 10.00 Mahjong 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 19.30 Wine Apprec'n</p>
<p>30 Mar</p> <p>09.30 Yoga 10.00 Craft+Self Help 11.00 Table Tennis 1</p>	<p>31 Mar</p> <p>09.30 Pilates 2 10.30 Fix I.T. Clinic 10.45 Pilates 3 11.00 Table Tennis 2 11.30 Active Seated 2 12.00 Pilates 4 13.30 Active Seated 1 14.00 Canasta 1 15.30 Pickleball</p>	<p><b>PLUS at Weekends:</b> Days of Interest trip to Burley House &amp; Stamford (21st March), Sunday Lunch Club (8th March)</p> <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. Please send any amendments for future issues to:</i></p> <p><a href="mailto:newsletter@charnwoodu3a.org.uk">newsletter@charnwoodu3a.org.uk</a></p>		

## Robert's Recommended Reads

This month, Robert recommends Kiran Desai's latest novel and takes a look at the outstanding work of the American author Elmore Leonard.

### *The Loneliness of Sonia and Sunny* by Kiran Desai

published in 2025

Kiran Desai's third novel was published 19 years after her second; *The Inheritance of Loss* won the Booker Prize in 2006. Essentially a love story, *The Loneliness of Sonia and Sunny* is a moving and enchanting exploration of human emotion and family relationships.

Sonia and Sunny are both from North India and are studying at different colleges in the United States. Although their respective families know each other, Sonia and Sunny have never met. Sonia, desperate to acquire her resident's permit in the U.S., is in a tempestuous relationship with Ilan de Toorjen Foss, a wealthy but manipulative and sometimes violent artist. Following a particularly troubling event, Sonia flees the artist's home and returns to India, leaving behind her precious talisman 'Badal Baba', an amulet which had belonged to Sonia's grandfather.

Meanwhile, Sunny has also returned to India to visit his mother and glimpses Sonia for the first time during an overnight train journey. The two subsequently meet and become romantically involved. Sunny, who is in the final stages of getting his 'Green Card', returns to America, whilst Sonia is devastated to learn that she is unable to get a visa to return to the U.S.

Moving between India, Mexico, the U.S.A. and Europe, the narrative follows the two separated lovers until they meet up on holiday in Venice. A further separation follows, until a reunion in India following Sunny's confrontation with de Toorjen Foss. The story then reaches an unexpected but supremely satisfying conclusion.

*The Loneliness of Sonia and Sunny* is a long book (approaching 700 pages) but such is Desai's skill that one is gripped by the complexities of the unfolding story and held in thrall by such richly developed characters.



*The Loneliness of Sonia and Sunny* was shortlisted for the Booker Prize in 2025.

Kiran Desai  
pictured in *The Guardian*  
20 Sep 2025.  
Photo: Benedict Evans

### *Elmore Leonard*

(1925 - 2013)

Elmore Leonard wrote dozens of short stories and more than 40 novels in a career spanning 50 years. He found success writing western fiction in the 1950s and 1960s, before moving on to crime thrillers. Probably better known by many for the films and TV series of his stories, Elmore Leonard created steely, no-nonsense characters and sparkling narrative with sharp, punchy dialogue.

Movies based on his crime novels include *Get Shorty* with John Travolta and Danny Devito, *Out of Sight* which launched the film career of George Clooney and *Jackie Brown* (adapted from Leonard's *Rum Punch*), with Samuel L. Jackson's memorable performance as hapless gangster Ordell Robbie.

Regarding westerns, the actor Paul Newman's compelling interpretation of the central character in *Hombre* is a stand out example of the written word translated to film.

Leonard's books are classics of the two genres. *Valdez is Coming*, published in 1969, is my personal favourite amongst his many western novels. If you have yet to read Elmore Leonard, start here!



*Elmore Leonard* pictured in  
*The Guardian*, 27 Jan 2012.  
Photo: Vince Bucci/Getty Images



## Research Studies: Participants Wanted

### ***Osteoporosis Research: Can Brief Home Exercise Reduce the Risk?***

A new study at Loughborough University is examining whether the effects of exercise on bone health are different in postmenopausal women taking osteoporosis medication. The study is called **BEAT-OP** (Bone health: Exercise with or without Antiresorptive Therapy for Osteoporosis).

Researchers – led by Katherine Brooke-Wavell, Professor of Skeletal Physiology, Exercise and Ageing – are looking for **postmenopausal women aged 55 to 75 years** with average to low bone density (confirmed at an initial visit) to take part. The study will evaluate the effects of a 12-month brief home hopping exercise programme on bone structure, both in women who are taking osteoporosis medication and in those who are not.

Participants will be asked to attend Loughborough University for bone and body composition scans, blood tests, hop performance tests, and questionnaires.



They will also attend Glenfield Hospital, Leicester at the beginning and end of the study for bone scans using computed tomography (CT). The home exercises involve brief hopping on one leg only, so that the other leg can act as a control. The exercises will be increased gradually over the first few months according to how each participant is managing.

While similar exercise programmes have been shown to improve bone strength in various populations, this research is the first to specifically examine whether exercise could enhance the effects of medications. The findings aim to provide valuable insights into managing osteoporosis and reducing the risk of related fractures.

Further information is available at <https://tinyurl.com/3wnktn7d> or by contacting Nora Alohalo on [beatop@mailbox.lboro.ac.uk](mailto:beatop@mailbox.lboro.ac.uk) or 01509 226207.

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

PhD researcher Ning Fu, of Loughborough University's School of Design and Creative Arts, is still looking for more participants for her research study, aiming to design health management tools that better support older people in managing their long-term conditions.

As reported in last month's *News & Views*, Ning is entering the final stage of her PhD research, which involves validating the research insights with participants meeting the same **criteria**, which are:

- **Over the age of 65**
- **Have more than one physical chronic condition** e.g. arthritis, diabetes, hypertension, COPD, asthma, high cholesterol, chronic kidney disease, heart condition, hearing or vision impairment
- **living independently at home alone or with another older adult**



To take care of your wellbeing, this study may not be suitable if you are currently finding your mental health challenging.

Participants will complete a short questionnaire, followed by a friendly, one to one, in person interview, to answer questions about your own experiences. You will look at some example health stories and share your thoughts and preferences. The interview will take about two hours – with breaks whenever you need them – at the University or another convenient public location agreed with you, at a time that suits you.



Sharing your experiences will help researchers better understand people's needs and support the design of future digital health services that are more practical, supportive and easier to use.

As a thank you for your time, you will receive a £25 supermarket gift voucher.

If you are interested in participating in this study, or would like to know more, please contact the researcher by email at [Z.Fu@lboro.ac.uk](mailto:Z.Fu@lboro.ac.uk) or phone or text 0789 9543 065

## Upcoming Local Events



### Prestwold Wildflower Walks

Too late now for 'Snowdrops Sunday' but you can still enjoy the March and April Wildflower Walks from Prestwold Church (see left). If you haven't been before, the church itself is full of interest, so these are good opportunities to visit a local church which is not usually unlocked. And it's a good place for a short walk - plus tea and cake!!

### LSU Classical Presents: Tales as Old as Time

**Sunday 8th March 2:30 for 3 pm start  
Cope Auditorium, Loughborough University**

A musical journey through the world of fantasy and folklore with LSU Classical's Concert Band and Orchestra. Highlights include Grieg's Peer Gynt, Dvořák's Water Goblin, and the iconic soundtracks from Lord of the Rings, Hunger Games, and Wicked.

Tickets: £5 public, £3 students. More information at: <https://lsu.co.uk/events/id/3808-lsu-classical-presents-tales-as-old-as-time>

### Lunchtime Concert at Emmanuel Church

**Thursday 19th March, 12:45 - 1:30 pm**

**A concert by musicians from  
Loughborough Schools Foundation**

Talented musicians from Loughborough Schools Foundation return with a varied programme of solos, duos and chamber music.

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>

### Charnwood Orchestra

A reminder of Charnwood Orchestra's next concert 'Scottish Fantasy' on **28th March at Emmanuel Church at 7:30 pm**, featuring music by Dvorak, Mendelssohn and Bruch, with violin soloist Fenella Humphreys.

See last month's News & Views (page 9) and <https://www.charnwoodorchestra.org.uk> for further details.

### Friends of Charnwood Museum

#### The Lost Windmills of Leicestershire

**a talk by Mark Temple  
Thursday 19th March, 7:30 – 9 pm**

Mark Temple will look at the development of windmills in the UK, how mills work and the mills that once existed around the county. He will also touch on social history with stories of millers and families who lived at local windmills.

Doors open from 7 pm for light refreshments with the talk at 7.30 pm. Please use the evening entrance on Granby Street.

Members £3 and guests £5 - all welcome. Booking essential: Please visit the museum or call 01509 233754. More information at: <https://www.charnwoodmuseum.co.uk/events>



*{Note that Mark is also due to give this talk at our u3a Local History group meeting in November}*

## More Upcoming Local Events

**LIVE**  
&LOCAL

### *The Hippy Years with Vo Fletcher*

**Friday 13th March, 7 pm – 9:30 pm**  
**Quorn Village Hall**

Travel back in time to the era of peace, love and revolutionary music with Vo Fletcher, a true original hippy, bringing the unforgettable tunes of Woodstock's golden age to life.

Vo Fletcher wasn't just a spectator; he was part of the story. From spinning the records to performing with the bands, Vo immersed himself in the pulse of the sixties, and decades later, he's still keeping the spirit alive.

With countless gigs under his belt and collaborations with musical giants like The Applejacks, Fairport Convention, Rick Wakeman, Ray Jackson (Lindisfarne), Nigel Kennedy, Donovan, Brent Ford & The Nylons, Vo Fletcher embodies professionalism and passion.

Suitable for adults and older children (13+). Tickets £15.

For more information and a booking link, go to:

<https://www.liveandlocal.org.uk/event/?id=9539&title=the-hippy-years>

### *National Theatre Live: The Audience*

**Thursday 5th March, 7 pm**  
**Cope Auditorium**

Academy Award winner Helen Mirren plays Queen Elizabeth II in the Olivier Award-winning hit production that inspired Netflix's *The Crown*.

- Written by Peter Morgan
- Directed by Stephen Daldry
- Filmed live from London's West End in 2013
- Certificate 12A
- Running time 149 mins (inc 15 mins interval)

Tickets are £10 for staff and public and £5 for students. Book in advance online or pay by card on the door (subject to availability).

Parking: Visitors must register their vehicle and pay the flat evening rate of £1 after 6pm.

For more details and a booking link, go to:

<https://www.lboro.ac.uk/arts/whats-on/nt-live-the-audience/>



*Photo: The Guardian  
5 Mar 2013*

### *Two Art Exhibitions*

**at Modern Painters, New Decorators,  
Aumbery Gap, Loughborough:**

#### *Phil Root: Flat Earth*

**14th March – 13th June**

**Thursdays, Fridays and Saturdays**

Flat Earth is a solo exhibition by Bristol-based artist Phil Root, presenting new ceramic works. Working with foraged and industrial materials – unprocessed clay, wood ash, and brick dust – Root explores the limits of traditional ceramics through experimental casting, glazing and firing. For more details, see:

<https://modernpaintersnewdecorators.co.uk/Flat-Earth>

#### *Jamie Seymour: The Sick Rose*

**14th March – 9th May**

**Thursdays, Fridays and Saturdays**

A solo exhibition by artist Jamie Seymour. Taking its title from William Blake's dark and mythic poem, the exhibition brings together new paintings, drawings and sculptures. For more details, see:

<https://modernpaintersnewdecorators.co.uk/The-Sick-Rose>

### *Covid-19 Day of Reflection event*

**Sunday 8th March, 1 pm – 1:30 pm**  
**Hope Bell, Queen's Park, Loughborough**

A short service will be held in Queen's Park to mark the national Covid-19 Day of Reflection. The event takes place at the Hope Bell which is a lasting tribute to the NHS, key workers and serves as a reminder of how communities came together to support each other during the pandemic. It is also a place for reflection to remember lost loved ones and be a beacon of hope for the future.

The Mayor of Charnwood, Cllr David Northage, will attend the service, after which a moment of reflection will be held followed by chiming of the bell.

The Covid-19 Day of Reflection, led by the Government, aims to be an opportunity to come together to remember those who lost their lives in the pandemic and to honour the tireless work and acts of kindness shown during this time.



## Geopark in the Dark

Friday 13th March - Sunday 15th March  
Bradgate House in Bradgate Park  
6:30 pm, 7:30 pm and 8:30 pm

Join Charnwood Forest Geopark for an illuminated fossil spectacular within the ruins of Bradgate House in Bradgate Park, when the half-a-billion-year long story of Charnwood Forest will be brought to life, with a free exhibition and illuminated show. The event will feature over 3,000 models of the Geopark's fossils, alongside an immersive projection and light show, and never-before-seen animations of what Charnwood Forest looked like more than 560 million years ago.



Charnwood Forest is home to some of the oldest animal fossils in the world. Our ancient Precambrian fossil community will be recreated with thousands of illuminated models.

This event is accessible by pre-booked tickets only. Tickets are free of charge, thanks to the support of the National Lottery Heritage Fund.

You can book into one of nine showings of Geopark In The Dark (3 sessions per night), each expected to last around 45 minutes, by going to:

<https://www.charnwoodforest.org/event/geopark-in-the-dark/>



Loughborough  
University

## Public Lecture

Thursday 5th March, 3 pm – 5 pm  
Sir Richard Morris building BE0.53

### *Power to the people? Citizen action in a digital era*

**Dr Danny Sriskandarajah,  
Chief Executive of the  
New Economics Foundation**

The speaker will share his expertise in an exploration of the state of democracy and participation in our era of big tech, AI and wider digitality.

In our modern era we have never been more connected or technically "empowered," yet many people feel more powerless than ever in the face of local and global crises. Drawing from his recent book, *Power to the People*, Danny investigates the new potential for people power in our digital era, helping individuals and societies to make meaningful Progress with Purpose.

This public lecture is free, but note that booking is required. For details, see:

<https://tinyurl.com/36keeu7c>

## National u3a News



### *u3a Festival 26, University of York, 1 – 3 July:*

Tickets are now on sale for u3a Festival 26, for a celebration of fun, learning and the community that makes u3a so special. Explore an existing interest or take the leap and try something completely new in member-led workshops and sessions. The University of York has a beautiful campus with green spaces and a lake, fantastic sports facilities, lecture halls, and workshop rooms – the perfect backdrop for three days of inspiration and learning. There's on-site accommodation available too so you can go straight from breakfast to your first workshop. Tickets cost £18 a day, or £50 for a three-day ticket. The festival starts at 11 am on Wednesday 1 July and ends at 3 pm on Friday 3 July.

Go to <https://www.u3a.org.uk/what-we-do/events/festival-2026> for more information and booking links.

### *Online Learning Events this month:*

A wide variety of free online Zoom events are on offer this month, including a special set of talks for u3a Women's History Day on 12th March, on the Match Girls' Strike, the Lancashire Witches, Katherine Swynford and Empress Matilda. Other topics on offer during March include measuring your carbon footprint, lasers, novel writing, qigong, tidal wave power, AI, cancer research, deafness and lots more. For details of all these, including how to book, go to: <https://www.u3a.org.uk/events/educational-events>

### *More from National u3a:*

Register to receive the National u3a **Friends** newsletter regularly at: <https://www.u3a.org.uk/newsletter>. Also access the latest u3a news at: <https://www.u3a.org.uk/news> and find more learning initiatives at: <https://www.u3a.org.uk/learning/learning-activities>. The u3a learning blog **Sources**, with posts by u3a members covering a wide range of topics, is 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 **April** issue of **News & Views** will be **Monday 30th March (12 noon)**.



Please send your contributions to the Newsletter Editor at: [newsletter@charnwoodu3a.org.uk](mailto: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 More 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 Home → Our Committee, along with details of our Support Teams under 'Help and Support'. Our Membership Secretary's phone number is shown, as are those of our IT Support team when you log in.

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](mailto: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>

Charnwood u3a: <https://www.charnwoodu3a.org.uk>

