

News & Views

Newsletter

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Our Website

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

Welcome

...to the August 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 in September: Role of Herbs



See page 2 for details

View from the Chair



As part of the continuing series of short profiles of Committee members, this month I would like to introduce our Treasurer, Pam Towers.

Pam is now in her 3rd year as a Cu3a member and as the Treasurer – as she says "time goes so fast!" She currently belongs to the Get Active Stay Seated group, which has been so supportive both before and after her recent hip replacement. Once she is back to full fitness, she will be rejoining the 6 mile walking group, and the Scottish dancing group.

Originally an accountant in the NHS, Pam moved to Severn Trent Water as privatisation approached in 1989. After several roles, she eventually worked on the team installing new financial systems into STW. Then she met her (future) husband on a singles trip to Thailand in 1998, and 4 years later with twin girls, she retired from STW. Pam then took a few years off to look after the girls, before returning to work as a GCSE Maths teacher.

As a family, they have had many years of caravanning, and Pam and her husband continue with their holidays now that the girls have gone off into the big wide world. She loves planning holidays – as well as embarking on them. Next year will be a camper-van tour through Belgium, Germany and the Netherlands.

In between holidays, Pam enjoys her garden, reading and jigsaws. She is also an independent examiner of the accounts of several local charities.

Garry Rigby
chair@charnwoodu3a.org.uk



Pam Towers,
Cu3a Treasurer

Our Monthly Meetings

Last month's interesting meeting at Emmanuel featured a very well presented and informative talk by Mike Burton on Abraham Lincoln's America. If you missed this, you can catch up with it via the YouTube link sent by our Chair on 6th July. We are now taking our summer break which means there is

NO MONTHLY MEETING OF CHARNWOOD U3A IN AUGUST

We will recommence these meetings in **Emmanuel Church**, Forest Road, Loughborough on **Wednesday 9th September**, when we will have a talk about the Role of Herbs by Ruth Austin, a medical herbalist practitioner based in Leicester.

Thereafter there will be a meeting every **second Wednesday afternoon of each month, all at 2.15 for 2.30 pm.**

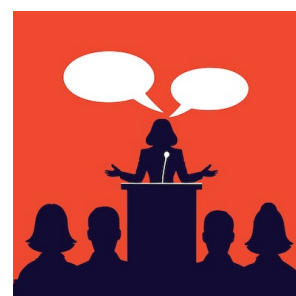
A summary of our programme up to the end of 2026 can be found on page 2 of the July issue of *News & Views*. For more information on each meeting, see the **Monthly Meetings** page under the 'Our Events' menu on our website <https://www.charnwoodu3a.org.uk> (login needed to see details beyond title/speaker). More details will be provided each month in future issues of *News & Views*.



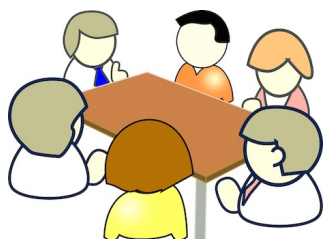
Important Notices for Members

Speaker Team

At the end of the year our current speaker team will be almost non-existent. We need a team of people willing to arrange the speaker programme. The programme is normally created at least 4-6 months in advance. The sooner we can get a new team together the easier it will be to hand over the reins. **Can you help?** If so please contact the chair: chair@charnwoodu3a.org.uk



Committee Membership

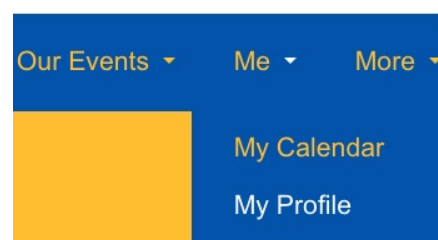


I would like to co-opt more members onto the committee. We may be losing our Vice Chair and Secretary as they seek to move out of the area within the next year and I have only until March 2028 until I have to step down as Chair. Charnwood u3a cannot run without the 4 officers: Chair, Vice Chair, Treasurer and Secretary. **Your committee needs you!**

There is an open invitation for any member to come and join the committee as a taster session. We meet on the second Wednesday of the month at John Storer House at 10 am. We are not meeting in August. Please email the secretary (secretary@charnwoodu3a.org.uk) a few days before so that we can send you the agenda.

Renewal of Membership

Emails and letters will be going out on 1st September 2026 inviting about 85% of the membership to renew their membership. So that emails don't go astray, I would ask members to check and amend their details, where necessary. To do this you will need to log in to the website and then choose the **Me** tab and then choose **My Profile**. Your record is then displayed. Please check that we have your correct details and, whilst you are here, if you want to add an emergency contact, please do so. Please ensure you click on **Save Details** before exiting.



Group News

Cu3a Travel Group is 20 years old this year

Thursday 22nd June 2006 saw the first official meeting establishing a Charnwood U3A Travel Group.

A Working Party of 7 (Tony Weller, Sylvia Betts, Gwyn Jones, Jimmy Hassett, Mavis Hasnip, Gillian Smart and Ann Davis) set down the guidelines to ensure the smooth running of the new group, which have obviously guaranteed a long and healthy life of the group, as we're still going strong today.

It was agreed at this original meeting that they "should aim for 2 holidays a year, one in Britain and one abroad"; however within two years that number had gone up to 4 per year, which the current Working Party has tried to maintain ever since (unfortunately COVID scuppered our plans for a while).

In 2006 the membership fee was agreed at £5 a year, and there has never been an increase we've even had some "free" years! It was agreed that "the number of members allowed to join the group should not be restricted" and this is still adhered to; we currently have well over 100 members.

In 2006 it was expected that the budget for each holiday should be about £600. One of the first trips was to the Dolomites, "8 days, half board, including excursions, cost £582, with a single supplement of £35!" How prices have changed!!



Members celebrated the 20th birthday of the Travel Group at Longcliffe Golf Club



Doreen Thacker....our longest-standing member of the Travel group... still young at heart.

Sylvia's favourite holiday type was cruising, therefore she organised several cruises, including within Germany, to Iceland and to the Med. Gwyn organised holidays to her beloved Wales, as well as to many parts of Europe.

When Roger Willson joined the Working Party, he was keen to share his extensive knowledge of WW1 battlefields, of Sussex, and of his native Kent of course, and it was very disappointing when he announced his final trip in 2015....and then again in 2019....and then again in 2024. Thankfully, he's not given up completely yet!

Sadly, too many of the 'early' Travel Group members are no longer with us, but it is because of their loyalty and devotion that the group has survived for this long, providing safe and enjoyable holidays, especially for 'singles'.

We have tentative plans to present, in the future, some of the exciting places that have been visited over the years, along with names and faces of many influential past members.

How many current members have happy memories of holidaying with the Travel Group.....where was your favourite destination?.....which characters do you remember?.....any mishaps along the way?.....who provided the 'entertainment'??? Please pass your thoughts on to me - I look forward to reading your stories.

Ann Maddocks



More Group News

Singing for Pleasure *Good news – definitely!*

I am absolutely delighted to say that the Singing for Pleasure group will carry on in September. Susan Heggie will see to the musical side of things but initially, Anthony Gimpel will take over being group leader.



Susan will be a huge asset to the group. She is great fun and full of enthusiasm and I am sure she will take the group from strength to strength. So if you are wondering

what to do with your Tuesday afternoons, head to the Good Shepherd and sing. It is well documented that singing is so good for everyone, physically and mentally so I am thrilled that the group will continue.

We will take our usual break in August but Singing for Pleasure will be back as usual and with great enthusiasm in September.



Brenda Cox

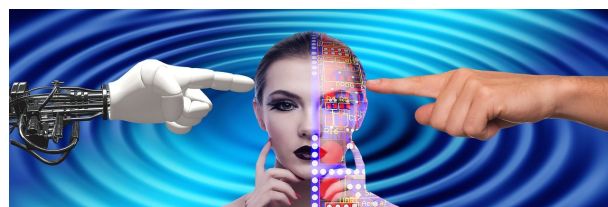
AI - Anyone Interested?

As AI is fast becoming part of all our everyday lives, it seems a good moment to find out more about it.

You may remember John Bell's article on the topic in January's edition of *News & Views* (page 7).

Would you be interested in joining a new Cu3a group to explore AI?

If this idea sparks your interest, please contact 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**



Our Website:

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

One to One Support:

Get help with using your laptop, tablet or phone for a particular task:

email helpdesk@charnwoodu3a.org.uk

phone Phil/Mary 07855 702302
Garry 01509 213655

There is a useful Login guide at:

https://charnwoodu3a.org.uk/Log_Gde

and our IT Support page at:

https://charnwoodu3a.org.uk/IT_Support



Are You on a Group Waiting List?

More than 20 of our groups are currently full with waiting lists. Are you frustrated at not being able to join a group because you are waiting for a vacancy to arise?

If so, have you ever thought of starting another group, along with others on the waiting list and perhaps more who have been put off by the apparent lack of vacancies? (The new group can be advertised to the general membership in *News & Views*).

Starting a group is not as hard as you may think. You don't have to be an expert in the topic and, as well as advice from current Group Leaders, you will get plenty of support from our Groups Support team, who can be contacted on groups-support@charnwoodu3a.org.uk

Out and About

Days of Interest Group Trip to Cambridge

In July we made our way to Cambridge which, unusually for this summer, was pleasantly cool and breezy. We had thought that there may be fewer people around as it was the students summer vacation. It turns out that although there were few students apparent, other than those encouraging you to “take a punt” on the Cam, there were lots of other tourists including many younger language students enjoying the city.

Our members did lots of different things, including: enjoying a punt down the Cam, complete with commentary; visiting and taking a tour at one or more of the colleges; looking at some of the smaller churches; and shopping in the market or



the many quirky shops that Cambridge has to offer. Some of our group had arranged to meet family and friends. Quite a few of us also made our way to the Botanic Gardens, which are suffering a little from the summer weather, Kings College Chapel, which is truly awe inspiring (even though the ticketing admin needs serious attention) and the Fitzwilliam Museum, which hides its excellent coffee shop.

Towards the end of the afternoon many of us heard a loudspeaker asking us to make way for the annual nude bike ride through the city. I must admit I thought I had misheard. Turns out not, it was indeed a naked bike ride aimed at promoting biking safety and body freedom.

Clothing is entirely optional – not much clothing on show – and expected to be flamboyant. Interestingly the riders were almost all of a typical u3a member's age and predominantly male – with no tan lines.

We do have some vacancies on our forthcoming trips to: Newby Hall in August, Crich Tramway Museum and Buxton in September and the Black Country Living Museum in October. A full description is available on the website but in brief: -

Saturday 15th August – Newby Hall: one of Britain's finest Adam Houses with RHS winning gardens, and the possibility of spotting a kingfisher. Price: £44.00 per person – including admission. Depart Tesco Extra, Park Road, Loughborough car park at 8.30 am. **The deadline for booking this trip is Thursday 6th August as we need to provide car registration details to Tesco in advance of the trip.**

Saturday 19th September – Crich Tramway Village & Buxton: In the morning explore the Tramway museum and take a trip on the tram and in the afternoon visit the spa town of Buxton with its stunning architecture, lovely gardens and lots of interesting shops. Price: £35.00 per person including Tramway entry. Depart Tesco Extra, Park Road, Loughborough car park at 09:00 am.

Saturday 17th October – Black Country Living Museum: Experience the Black Country of over 250 years, with over 80 reconstructed shops, pubs, houses and workshops. Spot the Peaky Blinders locations. Price: £35.00 per person including Museum entry. Depart Tesco Extra, Park Road, Loughborough car park at 09:00 am.

All our 2026 trips are now on the Charnwood u3a website. Our August, September and October trips are now open to all u3a members. The remaining Christmas trip has not yet been opened for bookings.

If you are interested in joining any of the trips above or the Days of Interest Group, for details please contact Pauline May by email at DaysofInterest@charnwoodu3a.org.uk or by telephone on 07455 167929.

August Calendar

MON	TUE	WED	THU	FRI
3 Aug 09.30 Yoga 10.00 Craft+Self Help 11.00 Table Tennis 1 14.00 Current Affairs	4 Aug 09.30 Pilates 2 10.00 10+ Walks 10.00 Spanish 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 15.30 Pickleball	5 Aug 10.00 Drama 10.00 German 10.00 Golf 10.00 JigsawBookEx 10.00 Mini Tennis 10.30 Papercraft 11.00 Table Tennis 3 14.00 Cribbage 14.00 French Improve	6 Aug 10.00 Parish Walks 10.00 Spanish Conv 11.00 Table Tennis 4 13.30 Line Dance 2 14.00 Bowls Outdoor 19.00 Canasta 3	7 Aug 09.00 Badminton 10.00 Line Dance 1 10.00 Mahjong 10.00 Table Tennis 7 10.30 Tai Chi 11.00 Table Tennis 5 12.00 Lunch Club 12.00 Table Tennis 6 13.30 Pilates 1
10 Aug 09.30 Yoga 10.00 Craft+Self Help 10.00 Poetry 1 11.00 Table Tennis 1 14.00 Quiz group	11 Aug 09.30 Pilates 2 10.00 Scrabble 3 10.45 Pilates 3 11.00 Table Tennis 2 12.00 Pilates 4 13.30 Active Seated 1 14.00 Canasta 1 15.30 Pickleball	12 Aug 10.00 Golf 10.00 Mini Tennis 11.00 Table Tennis 3 19.00 Canasta2Quorn	13 Aug 11.00 Table Tennis 4 13.30 Line Dance 2 14.00 Bowls Outdoor	14 Aug 09.00 Badminton 10.00 Line Dance 1 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
17 Aug 09.30 Yoga 10.00 Craft+Self Help 11.00 Table Tennis 1 13.30 Canasta 2 14.00 Gardening 14.00 Painting	18 Aug 10.00 6+ Walks 10.00 Recorder 10.00 Spanish 11.00 Table Tennis 2 11.30 Active Seated 2 14.00 Canasta 1 15.30 Pickleball	19 Aug 10.00 German 10.00 Golf 10.00 Mini Tennis 10.00 Poetry 2 11.00 Table Tennis 3 14.00 Cribbage 14.00 French Improve 14.00 Italian Conv	20 Aug 09.45 CC Walks 11.00 Table Tennis 4 13.30 Line Dance 2 14.00 Bowls Outdoor 14.00 Contemp Music 14.15 Scrabble 4	21 Aug 09.00 Badminton 10.00 Line Dance 1 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
24 Aug 09.30 Yoga 10.00 Craft+Self Help 11.00 Table Tennis 1 14.00 Local History	25 Aug 09.30 Pilates 2 10.00 ETHEL 10.00 Scrabble 3 10.45 Pilates 3 11.00 Table Tennis 2 12.00 Pilates 4 13.30 Active Seated 1 14.00 Canasta 1 14.00 Philosophy 1 15.30 Pickleball	26 Aug 10.00 Golf 10.00 History 10.00 Mini Tennis 11.00 Table Tennis 3 14.00 Classical Music 14.00 Humanness 14.00 Reading Group	27 Aug 10.00 Philosophy 2 10.00 Thurs 6 Milers 11.00 Table Tennis 4 13.30 Line Dance 2 14.00 Architecture 14.00 Bowls Outdoor 14.00 WomensHistory	28 Aug 09.00 Badminton 10.00 Line Dance 1 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 19.30 Wine Apprec'n
31 Aug 09.30 Yoga 10.00 Craft+Self Help 11.00 Table Tennis 1				

PLUS Every Tuesday: Fix IT Clinics in John Storer House café 10:30 - 12:00

PLUS at Weekends: Days of Interest trip to Newby Hall (15th), Sunday Lunch Club (9th)

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

Robert's Recommended Reads

For August, Robert recommends novels by Stella Gibbons and Alasdair Gray

Cold Comfort Farm **by Stella Gibbons**

published in 1932

Cold Comfort Farm is an exquisitely observed and finely crafted comic novel, a classic of the genre. Gibbons' crisp and refined comic prose ranges from gentle and smilingly nuanced observations to explosive and brilliantly original laugh out loud comedic episodes.

The book begins with Flora Poste, our sophisticated protagonist, having just become an orphan at nineteen. Despite her father having always been referred to as a wealthy man, after death duties and creditors have been paid, Flora finds herself with an income of just one hundred pounds a year and no property. Although expensively and 'athletically' educated, Flora 'was found to possess every art and grace save that of earning her own living.'

Weighing up her limited options, Flora decides to travel to Sussex where her cousin, Judith Starkadder and her husband Amos live, along with their sons Reuben and Seth, at the aptly named Cold Comfort Farm. On her arrival, Flora discovers a fifth resident, the reclusive and crazed old Aunt Ada Doom, whose life is forever defined by her once having seen 'something nasty in the woodshed.'

So begins Flora's determined project to organize and take in hand each of the five members of her adopted, dysfunctional family. A glorious and deeply insightful parody of rural melodramas, *Cold Comfort Farm* is a delicious feast.



Stella Gibbons at home in 1988,
pictured in *The Guardian* 27 Dec 2013.
Photo: John Hedgecoe/TopFoto

Lanark **by Alasdair Gray**

published in 1981

Where to begin summarising this surreal and startling novel? *Lanark* is set in the collapsing cities of Unthank and Glasgow and tells the interwoven stories of the two principal characters, Lanark and Duncan Thaw.

Subtitled 'A Life in Four Books' the structure of the whole novel is non-sequential. First is book three, followed by the prologue, then books one and two, ending with book four and an epilogue. In later editions there is a 'tailpiece' added by Gray in 2001. Although this layout looks odd, as one progresses with *Lanark*, a sense of order and logic begins to emerge.

Book three sees the eponymous Lanark arriving by train in a strange city with no recollection of his past or even his name. When asked his name, he recalls a tourist poster from the train promoting Lanark and gives this as his name. Complicated, offering little if any continuity thus somewhat frustrating, this first part of *Lanark* is very challenging. However, in books one and two, the whole geomorphology of *Lanark* changes and becomes almost straightforward.

Books one and two comprise an "Oracle's" narration of Lanark's life story, starting early in WWII when Lanark (who we discover is actually Duncan Thaw) is a small boy. This middle section of *Lanark* is partially autobiographical and is, in many respects, a stand-alone coming of age story.

In the final book, we return to the setting and period of book three, having learned from the "Oracle" the key connections between Lanark's world and that of his prior self, Duncan Thaw.

Lanark is an astonishing achievement. It is a partly autobiographical fusion of sci-fi, fantasy and political satire written in beautiful, lucid prose, shot through with dark humour. It is a deeply perceptive and elemental commentary on human society.



Alasdair Gray in 2011,
pictured in *The Guardian*
29 Dec 2019 (with his
Obituary). Photo: Murdo
Macleod/The Guardian

Above reviews written by Robert Jackson. **Next month:** Kazuo Ishiguro and Beryl Bainbridge

Member's Story

Cars and Me

Some say that one of the key events that shape the development of a young person's life is the acquisition of their own car. Indeed it is a truth universally acknowledged that a young person in possession of a Driving Licence must be in want of a car. (with apologies to Jane Austen).

Of course there are many benefits of your car ownership; e.g. no more chores in return for borrowing Dad's car - such as cleaning, shopping, etc. - and having more freedom to be out late.

Plus the ownership of your own car puts you higher up the mate desirability scale - girlfriends / boyfriends (See *News & Views*, June 2023, p.12).

Having clearly won the argument (it's remarkable how long parents can hold out before the inevitable happens and your car is sat outside your home), I needed to consider the following:

- What car did I want?
- What about car tax & insurance?
- What is an "MoT" test certificate?

Luckily, having passed my test, I was able to buy my Dad's 1966 Austin A40 using an unexpected modest inheritance, and I somehow found the money to run it from the proceeds of Saturday and holiday jobs and take it with me to university. (See photo taken on my 21st birthday).

Gathering my thoughts recently, I realised that many poor experiences in my youth involved cars. Some memorable examples...

1973 CAR CRASH Austin A40 (my fault): At traffic-lights where the right-of-way was unclear, I crashed into an oncoming car. Fortunately nobody was injured. The other driver was just keen to get his two racing greyhounds to the local dog track. As a result, we didn't spend long exchanging details!

1974 LEMON* CAR PROBLEMS Skoda: The Favorit was a new car for a new job. Pity it came with far too many faults - problems with ignition, bodywork, leakages, driveability, etc.

1975 CAR CRASH Skoda (my fault): On the way to my brother's wedding, the car in front of me stopped at a roundabout even though it was clear to proceed. Unfortunately I failed to stop and ran into the back of the car in front. Again no injuries.



1976 CAR CRASH Cherry (other driver's fault): An RAC Service mini van suddenly crossed the central reservation as I was passing and crashed into the offside rear of my two-week old Nissan Cherry. Again, luckily nobody was injured.

1982 CAR CRASH Princess (other's fault): I was driving my Austin Princess one morning when I was rear-ended by a local GP. Nobody was injured. My main concern was the state of a £3,000 computer in the boot. Luckily the computer survived intact!

1987 CAR THEFT Fiat: On driving my Fiat Uno from a car park in Glasgow, I found the car could be driven straight ahead only. I then discovered the rear window was missing. An attempt to break the steering lock had wrecked the steering column. Only minor items were stolen but the car was undriveable.

1985-88 BODY ROT Fiat: the Uno was a nice runabout, but it's a pity Fiat's 6-year anti-rust treatment was effective for less than 2 years! Parts of the framework had to be patched and through-holes filled in.

1988 LEAKY LUBRICATION Fiat: A rubber suspension assembly developed a leak and emptied its contents onto my driveway - just as I was about to sell the Fiat and someone had arrived to view it. It was as if the car knew I was trying to get rid of it! Needless to say the sale failed even when I offered to have the problem fixed in a local garage. The car was fixed and sold a few days later.

FROM FIRST TO LAST: from A40 to Fabia After moving to Loughborough in 1990, I had a succession of reliable cars (Astra, Passat, Octavia, Fabia), accident-free until giving up driving for health reasons in 2021.

FROM LEMON FAVORIT TO OCTAVIA: The Skoda Octavia Estate was my favourite car until, due to my Parkinson's, I had to change to something smaller and automatic, a surprisingly driveable Skoda Fabia (pictured right), which turned out to be my last car.



It really was The End of The Road!

Peter Reid

* Lemon car: one rushed at end of week so workers can get home early

Upcoming Local Events

Loughborough WW1 Zeppelin Raid Heritage Walk

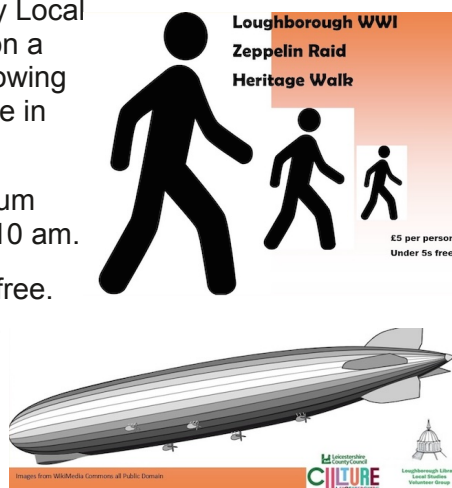
Saturday 8th August, 10 am

Join Loughborough Library Local Studies Volunteer Group on a walk in Loughborough following the Zeppelin bombing route in WW1.

Meet at Charnwood Museum Steps in Queen's Park at 10 am.

£5 per person; under 10s free.
Cash Only pay on the day.

Booking essential via
llsv@gmx.co.uk or at
Loughborough Library
main counter.



Queen's Park Sunday Bandstand Concerts

The Sunday Bandstand concerts in Queen's Park in August are:

- **2 August: Melton Band** - one of the oldest brass bands in the world dating back to around 1814 and still thriving today in Melton Mowbray
- **16 August: New Orleans Hotshots Jazz Band** - a lively combo who've entertained in the bandstand for a number of years
- **23 August: Syston Town Band** - a community brass band that can trace its history back more than 150 years

All the concerts start at 2 pm and are FREE to attend. There is limited seating around the bandstand so visitors are encouraged to bring along a picnic chair and/or blanket.

Charnwood Eco Hub Workshops

7-8 Baxtergate, Loughborough, Saturdays at 11 am – 1 pm

Bunting Workshop: 15th August

A fun and creative workshop, to design and sew your own unique bunting using reclaimed and repurposed fabrics. This relaxed, beginner-friendly workshop is all about creativity and sustainability, giving new life to fabric that might otherwise go to waste. You'll leave with a finished set of handmade bunting and skills to keep making your own at home. Cost: £10 students / low income, £15 full rate.

For more information and a booking link, go to:

<https://www.eventbookings.com/b/event/bunting-making-workshop>

Clothing Alterations Workshop: 22nd August

Refresh your wardrobe sustainably by learning essential clothing alteration techniques to extend the life of your favourite garments. Learn simple clothing alterations and repair skills in this practical beginner-friendly workshop. Discover how to hem trousers, adjust fit, replace buttons, and carry out basic mending techniques. Bring a garment to work on. Cost: £5 students / low income, £10 full rate.

For more information and a booking link, go to:

<https://www.eventbookings.com/b/event/simple-clothing-alterations-workshop>



1620s House & Garden, Donington le Heath

**Colonel Robert Overton's Regiment of Foote –
Living History Weekend**

Sat 8th – Sun 9th August, 10:30 am – 4:30 pm

Travel back in time to a fascinating period of British history with this 17th Century re-enactment group at the 1620s House, where you can witness military demonstrations (including musket fire!) and meet members of the company to discover what life was like during the Civil Wars. You can even test your aim with the kiddie cannon! £3 per person. Normal Admission applies. Under 3s Free. To discuss the accessibility of this event, please phone 01455 290429 or email 1620s@leics.gov.uk. Also see: <https://1620shouse.org.uk/whats-on/>



More Upcoming Local Events

Loughborough Pride - Picnic in the Park

Saturday 22nd August 11 am - 7 pm
Queen's Park, Loughborough

Picnic in the Park 2026 will feature a lively, inclusive atmosphere that allows attendees to express their pride and solidarity.

It will be hosted by a fabulous drag host, incorporating local drag acts. There will also be a variety of engaging activities, including live tribute acts, talented dancers, singers, community choirs, and dance groups.

There will be arts-and-crafts stations and a bouncing castle, providing entertainment for all.

Loughborough Pride is set to be an exciting and inclusive event, celebrating the LGBTQ+ community of Charnwood. It aims to promote a sense of belonging and acceptance for all, regardless of background or identity, creating a vibrant celebration of love, acceptance, and community spirit.



Loughborough Library Local Studies Volunteer Group present

BARBARA BAGLEY ART FIVE VILLAGES

6 AUGUST - 26 SEPTEMBER 2026

LOUGHBOROUGH LIBRARY

Local and Family History Centre

Summer Exhibition - Free Entry

LIBRARY
leicestershire.gov.uk/libraries

CULTURE
LEICESTERSHIRE

THE HEART OF THE MIDLANDS

LOUGHBOROUGH

MODEL RAILWAY EXHIBITION

22nd & 23rd AUGUST 2026

10.00am - 5.00pm (4.00pm on Sunday)

Loughborough Grammar School, Leicester Road, Loughborough, LE11 2DU

Adults £12 • Children £5 (under 16) Family £25 (2 Adults & up to 3 Children)

Free Show Guide • Refreshments • Disabled Access • Free Parking

SVMRC

Soar Valley Model Railway Club
www.svmrc.co.uk

Over 50 Exhibits and Traders

Photograph courtesy of Mike Wild

HORNBY **TTCDIECAST.COM** **GRAHAM FARISH** **RAILWAY MODELLER**

Loughborough Mela

Sunday, 9th August
Market Place, Loughborough

A vibrant day of culture, community and celebration in Loughborough Town Centre. With music, dance and entertainment, plus stalls of artistic creations, handcrafted goods and cultural cuisine. Details at:

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



Summer Organ Recitals

Sundays in August at 6 pm – 6:40 pm
All Saints Church, Loughborough

Free entry, refreshments, collection box on exit.
For details, see: <https://www.organrecitals.uk/venue/all-saints-with-holy-trinity-loughborough>

For other local events, see:

<https://www.discovercharnwood.co.uk/events>
<https://allevents.in/loughborough/august>
<https://www.lboro.ac.uk/news-events/events/>

Poetry Corner

Many thanks to member Francis Maccabee for this short poem he's written in limerick style:

Learn, Laugh, Live

The University of the Third Age
Allows folks to join in and engage
In groups erudite and quizzical,
Go rambling, get physical,
To give pleasure to life at this stage.

© Francis Maccabee, 2026



Love the Outdoors Annual Photo Competition

This competition celebrates Charnwood borough's stunning country parks, nature reserves and ancient woodlands. Residents are encouraged to grab their phones or cameras and snap their favourite green spaces or local wildlife in the borough.

The categories are:

- Open category (age 16 and above)
- Young photographer (under 16s)
- Wonderful wildlife (open to all ages)

Shopping voucher prizes: Winners £50 voucher, Runners-up £25 voucher. A selection of photos will be shared across the council's social media channels after the winners have been announced.

To enter, visit [chnwood.gov.uk/photo](https://www.chnwood.gov.uk/photo), choose your category, complete your details, upload one photo.

Entries close at **5 pm on Friday, 4th September** and winners and runners-up will be contacted directly.

National u3a News



Looking back on u3a Festival 26

Watch some of the highlights from the u3a Festival at <https://www.youtube.com/watch?v=qlwkEs19bJE>

u3a Week: 19-27 September 2026

u3a Week is an annual event to showcase the activity, learning and fun across the movement - a celebration of positive ageing, highlighting members' lived experience. This year's theme is **expanding horizons**. For details, see: <https://www.u3a.org.uk/what-we-do/events/u3a-week>

Online Learning Events this month

A wide variety of free online Zoom events are on offer this month, including talks on: **building the world's most advanced airliners, digital hobbies for the third age, deepfakes demystified, cryptic crosswords in context, Scottish colorists on Iona**, 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, can be found at: <https://sources.u3a.org.uk>

Obituary

Peter Bradley

We were sad to learn of the death, on 22nd June, of Peter Bradley. Peter had been a member of Charnwood u3a since November 2013 and was a member of the Canasta 2 and Cribbage groups.

David Flatters

David Flatters sadly passed away on 10th June. He had only been a member of Charnwood u3a since February this year and it appears that he had not joined any groups.

Our thoughts and condolences go out to the families and friends of both Peter and David.

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. (Just make sure you make your wishes clear in that respect when you submit your item).

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 **September** issue of **News & Views** will be **Sunday 30th August (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 state if you are happy for me to publish your phone number and/or personal email address if appropriate. Try not to leave your submission 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> with a link from the Home page.

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 web page, accessed via the Groups Lists.

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



Some other useful u3a web addresses:

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

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



Previous issues of *News & Views* are available on our website at https://www.charnwoodu3a.org.uk/Cu3a_News