

# 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 September 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: Role of Herbs



See page 2 for details

## View from the Chair



This month I would like to introduce Julie Chapman. Julie moved to Loughborough from the North East about 3 years ago, and joined u3a as a way of getting to know people.

Julie was a maths teacher, and now still does some online maths tutoring, and exam marking, so she is currently 'semi-retired'!

Although she cannot attend as many groups as she would like, she does plan to put that right when she fully retires! At the moment she is a member of Current Affairs, Philosophy, and the Quiz group. Outside of the u3a she attends AquaFit classes, and enjoys walking around the local parks.

Her family lives locally. She has three children and two young grandchildren. Also, her parents moved down to Loughborough last year, so she spends a fair bit of time with them.

From September she is taking on responsibility for Safeguarding for our u3a - a role which she has held in a number of different capacities in the past.



Julie Chapman

## Membership Renewal:

For about 85% of members the renewal date is 01 October 2026. Emails and letters will be going out on 01 September with the details of how to renew or cancel your membership. The emails are automatically generated 30 days before the due date. If payment has not been made, a gentle reminder email is sent out on 01 October and a further one on 30 October. If you wish to cancel your membership please inform the Membership Secretary. Membership remains at £15 for Individual Members, £25 for Postal Members and £5 for Associate Members.

Your membership cards will come as an automated email, except for Postal Members.

**Help needed:** See bottom of page 2.

Garry Rigby, [chair@charnwoodu3a.org.uk](mailto:chair@charnwoodu3a.org.uk)

## Our Monthly Meetings

Following our summer break, we will recommence our Monthly Meetings in **Emmanuel Church**, Forest Road, Loughborough on **Wednesday 9th September** (see below). Thereafter there will be a meeting as usual every **second Wednesday afternoon of each month, all at 2.15 for 2.30 pm**. The main car park for the church is accessed via Ingle Pingle, to the west of the church.

Our monthly meetings are free to all, and we welcome prospective new members attending a meeting as a 'taster'. **New members are invited to arrive at 2 pm to meet other members before the main meeting.** If you think you'll need any assistance at the meeting, please contact our Chair in advance on [chair@charnwoodu3a.org.uk](mailto:chair@charnwoodu3a.org.uk)

## Our Next Meeting: Wednesday 9th September Role of Herbs with Ruth Austin

Our speaker this month is Ruth Austin, a Senior Medical Herbalist Practitioner at Hydes Herbal Clinic in Leicester. She is a member of the National Institute of Medical Herbalists and of The College of Practitioners of Phytotherapy and has spent the past 11 years studying and practising Herbal Medicine.

Ruth regularly consults on a variety of health concerns, including hormonal problems, digestive disorders, allergies and skin conditions. She appreciates the pressures of maintaining a work/life balance and the impact of stress and how it affects health. Ruth is passionate about education, and as a herbalist she has run information sessions to highlight how lifestyle choices affect our health and wellbeing. She champions a rainbow diet, and is currently investigating ways in which herbal medicine can help tackle issues of childhood obesity and the risk of Type II diabetes.

We look forward to learning more about how herbs can help us enjoy a long and healthy life.

*If you are unable to attend this meeting in person, you can follow proceedings online (via YouTube), live and for a month afterwards. 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:

Next month, on **14th October**, we welcome back **Kevin Reynolds** (remember his excellent previous talks on bats and dragon flies?), this time to talk to us about our garden birds.

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>. More details will be provided each month in future issues of *News & Views*.



## \*\*\* Help Needed \*\*\*

### New Members Liaison

The work involves the following:-

- Contacting new members to welcome them to Charnwood u3a.
- Checking with new members to see if they have joined any groups or need further information or assistance.
- Attending monthly meetings held at Emmanuel Church in order to be available to meet and greet new members.

### Programme Team

We need a team of 3 or 4 people together with a committee member who will feed back to the committee.

- To organise speakers events for monthly meetings of Charnwood u3a, 3-6 months in advance.
- To greet the speaker at the monthly meeting and ensure that they have what they need.

**Are you willing to help? If so, please email the chair – [chair@charnwoodu3a.org.uk](mailto:chair@charnwoodu3a.org.uk)**

## Group News

### English Parish Churches

Over the Summer months the EPC group has been busy visiting churches in the East Midlands and further afield, including a coach outing to Tewkesbury Abbey and Malvern Priory. Our August visit was much closer to home!

Like many, I have probably passed St Margaret's church hundreds of times travelling to Leicester by car or bus. Once surrounded by residential streets, the church now seems somewhat stranded, being cut off from the city by the inner ring road and redundant factories. Nevertheless, the importance of this fine church is emphasised by its sharing its name with one of Leicester's main roads, the main bus station and a sports centre.



*St Margaret's Church Leicester*  
Photo: NotFromUtrecht, CC BY-SA 3.0, via Wikimedia Commons



St Margaret's, described as 'late medieval', is one of Leicester's five medieval churches. It certainly has the wow factor regarding size and was once a contender for becoming Leicester Cathedral. It has Anglo Saxon origins and was once a Prebendal church. Features include an excavated 13th century well and a ring of 14 bells. A relatively modern stained glass window (1968) known as the 'Ernest Morris Window' (pictured left) depicts the bellringers of that time. The church is usually open from 10 am until 4 pm on Wednesdays if you wish to visit.

After lunch we walked to St Mary de Castro in Leicester's medieval quarter. Described as an 'eccentric medieval building' by Jenkins, the church has some excellent Norman features including arches, doorways and windows. Until recent times it had a spire but this has been removed for safety reasons. This Anglo-Catholic church and its environs are well worth a visit and open to the public most days but check the website <<https://stmarydecastro.org/>> for times.



*St Mary de Castro Church*



*St Mary de Castro sedilia. Photo: Richard Croft, CC BY-SA 2.0, via Wikimedia Commons*

L. Jackson

### Reading Group 2

A new reading group has just been set up and new members are welcome. The group is for those who enjoy reading for pleasure and would like to share their ideas/interpretations of what they read. Sometimes we'll probably read books we'd never have chosen ourselves.

Each member will have the opportunity to choose a book for the group to read, and the books should be easily available and not too expensive.

We meet on the 4th Wednesday of the month at 2 pm.

If you're interested please contact [reading2@charnwoodu3a.org.uk](mailto:reading2@charnwoodu3a.org.uk)



### Mahjong 2

A new mahjong group has just been set up and new members are welcome. The group is for beginners or those who already know the game.

We plan to meet on Thursday afternoons in Tesco Community Room.

If you're interested please contact [mahjong2@charnwoodu3a.org.uk](mailto:mahjong2@charnwoodu3a.org.uk)



## More Group News

### *Days of Interest Group Trip to Newby Hall*

For our August trip we made our way from Loughborough's full sun to Newby Hall in Yorkshire, with its mildly cool and breezy weather – and we were all delighted by the change. The Commercial Director of the Hall even thanked us for bringing along the cooler temperature. Some of us wore cardigans all day!

We had to congratulate the coach driver who managed to get us through the entry gates with only millimetres to spare. On entry we were not surprised to read that the following weekend's firework display had been cancelled, due to the weather conditions.

The Newby Hall estate has, besides the Hall itself, vast areas of garden, woodland and parkland, all of which were lovely, despite the obvious challenges of this year. We had a guided tour of some parts of the Hall, which is still privately owned and occupied by the family. The tour was most informative about both the history of the Hall and the two families who had lived in it.



*Group of members enjoying their visit to Newby Hall*



One of the highlights was the dining room where hang 18th century tapestries commissioned for the room, and where the only Chippendale suite with its original covers is still in its original setting. Each dining chair is individually worth around five hundred thousand pounds. From the dining room we moved into the Statue Gallery which holds one of the finest private collections of Roman statues in the UK. Remarkably, there are receipts for them all.

Besides our tour of the Hall, we all strolled through the gardens; some of us took a boat trip and some a train trip. There were also the Giles Brandreth Teddy Bear and the Dolls House collections to look at.

We do have some vacancies on our forthcoming trip to the Black Country Living Museum in October. A full description is available on the website but in brief: -

**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 Christmas trip has not yet been opened for bookings.

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

## IT Support

Our IT support continues, with weekly Fix IT clinics in JSH on Tuesday mornings and one-to-one support on demand. See last month's *News & Views* (page 4) for details.



## Travel Group visit to KYNREN August 2026

“KYNREN” – an Anglo Saxon term ‘cynren’ meaning generation, kin or family.

This 90-minute open-air spectacular in Bishop Auckland, County Durham (modelled after France's Puy du Fou) brings to life 2000 years of British history, performed by over 1000 local volunteers (aged from 2-90 years old), and over 150 animals, including jousting stallions in full military regalia, pit ponies pulling carts, with sheep, geese and goats being led in front of 8000 spectators. Factor in professional grade lighting, an original orchestral score, dialogue voiced by Kevin Whately, impressive athletic stunts, dancing water effects, and a splendid pyrotechnic finale, and this proved to be the perfect way to spend a sunny Saturday evening... even though we had arrived prepared for rain, with ponchos, waterproofs, and gloves!!!



KYNREN



Our short trip north began in Harrogate with its glorious parks and open spaces... and of course a cuppa in Betty's. Durham city was as majestic as ever with its impressive 11th century Castle and Cathedral (*pictured left*). NT Crook Hall was a short walk from our hotel along the River Wear and proved to be an unexpected delight in the sunshine, as we wandered through a series of interlinking gardens, set against the backdrop of a Grade 1 Medieval Hall; and once we'd found our way out of the maze, an ice cream from the café was very welcome.

From the 11th century the history of the town of Bishop Auckland was closely linked to the Bishops of Durham. Over the centuries various Bishops have lived in a manor house, which was enlarged, became a castle, was partly demolished, rebuilt and is now officially known as Auckland Palace. The multimillionaire philanthropist, Jonathan Ruffer, and his wife founded and funded Kynren, as part of a wider programme of cultural regeneration. Especially since the demise of coal mining in the area, it was aimed at establishing Bishop Auckland as an international tourist destination. The Palace is one of the attractions of The Auckland Project.



Crook Hall Gardens

Jonathan Ruffer's first interest in Bishop Auckland's castle was to save its important set of Spanish old master paintings which were about to be sold. Once he was able to buy these pictures, he bought the castle, then the project began to make the assets of the Palace itself, a vast walled garden, the Park, the Deer House, and the Clocktower a visitor attraction. Restoration of the Palace included the 12th century battlements, a two-storey chapel, and archaeological discoveries which are now displayed within the Faith Museum. In the town's Market place, he opened his first gallery of Mining Art and later a Spanish Art Gallery.



Sadly, our 5 hours at the Auckland Project were just not long enough to appreciate all that was on offer.

Before returning home, we were able to spend a delightful 4 hours at Raby Castle (*pictured left*)...billed as "one of the most impressive intact castles in the north of England", built by the Nevilles, one of the most powerful families in the country during the 14th century. The estate comprises 5 acres of Italian designed walled gardens and a 200 acre deer park. It certainly lived up to its claim.

A truly enjoyable Travel Group holiday which will stay for a long time in the memories of those lucky members who experienced it all.

Ann Maddocks

## September Calendar

| MON                                                                                                                                                                                    | TUE                                                                                                                                                                                                                                                                 | WED                                                                                                                                                                                                                                        | THU                                                                                                                                                                                                                                                                                                                                             | FRI                                                                                                                                                                                                                                |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>PLUS Every Tuesday:</b> Fix IT Clinics in John Storer House café 10:30 - 12:00<br><b>PLUS at Weekends:</b> Days of Interest trip to Crich & Buxton (19th), Sunday Lunch Club (13th) | <b>1 Sep</b><br>09.30 Pilates 2<br>10.00 10+ Walks<br>10.00 Spanish<br>10.45 Pilates 3<br>11.00 Table Tennis 2<br>12.00 Pilates 4<br>13.30 Active Seated 1<br>14.00 Canasta 1<br>14.00 Canasta1Quorn<br>14.00 Sing4Pleasure<br>15.30 Pickleball                     | <b>2 Sep</b><br>10.00 Drama<br>10.00 German<br>10.00 Golf<br>10.00 JigsawBookEx<br>10.00 Mini Tennis<br>10.00 Scottish Dance<br>10.30 Papercraft<br>11.00 Table Tennis 3<br>14.00 Cribbage<br>14.00 French Improve<br>14.00 Sustain Planet | <b>3 Sep</b><br>10.00 Parish Walks<br>10.00 Sci+Tech<br>10.00 Spanish Conv<br>11.00 Table Tennis 4<br>13.30 Line Dance 2<br>14.00 Bowls Outdoor<br>14.30 French Conv<br>19.00 Canasta 3                                                                                                                                                         | <b>4 Sep</b><br>09.00 Badminton<br>10.00 Line Dance 1<br>10.00 Mahjong<br>10.00 Table Tennis 7<br>10.30 Tai Chi<br>11.00 Table Tennis 5<br>12.00 Lunch Club<br>12.00 Table Tennis 6<br>13.30 Pilates 1                             |
| <b>7 Sep</b><br>09.30 Yoga<br>10.00 Craft+Self Help<br>11.00 Table Tennis 1<br>14.00 Current Affairs                                                                                   | <b>8 Sep</b><br>09.30 Pilates 2<br>10.00 Scrabble 3<br>10.45 Pilates 3<br>11.00 Table Tennis 2<br>12.00 Pilates 4<br>13.30 Active Seated 1<br>14.00 Canasta 1<br>15.30 Pickleball                                                                                   | <b>9 Sep</b><br>10.00 Committee<br>10.00 Golf<br>10.00 Mini Tennis<br>11.00 Table Tennis 3<br>14.30 Monthly Meet<br>19.00 Canasta2Quorn                                                                                                    | <b>10 Sep</b><br>11.00 Table Tennis 4<br>13.30 Line Dance 2<br>14.00 Bowls Outdoor                                                                                                                                                                                                                                                              | <b>11 Sep</b><br>09.00 Badminton<br>10.00 Line Dance 1<br>10.00 Mahjong<br>10.00 Needlecraft 1<br>10.00 Scrabble 1<br>10.00 Table Tennis 7<br>10.30 Tai Chi<br>11.00 Table Tennis 5<br>12.00 Table Tennis 6                        |
| <b>14 Sep</b><br>09.30 Yoga<br>10.00 Craft+Self Help<br>10.00 Poetry 1<br>11.00 Table Tennis 1<br>14.00 Archaeology<br>14.00 Chess<br>14.00 Quiz group                                 | <b>15 Sep</b><br>09.30 Pilates 2<br>10.00 6+ Walks<br>10.00 Recorder<br>10.00 Spanish<br>10.45 Pilates 3<br>11.00 Table Tennis 2<br>11.30 Active Seated 2<br>12.00 Pilates 4<br>13.30 Active Seated 1<br>14.00 Canasta 1<br>14.00 Sing4Pleasure<br>15.30 Pickleball | <b>16 Sep</b><br>10.00 German<br>10.00 Golf<br>10.00 Mini Tennis<br>10.00 Poetry 2<br>10.00 Scottish Dance<br>11.00 Table Tennis 3<br>14.00 Cribbage<br>14.00 Family History<br>14.00 French Improve<br>14.00 Italian Conv                 | <b>17 Sep</b><br>09.45 CC Walks<br>11.00 Table Tennis 4<br>13.30 Line Dance 2<br>14.00 Bowls Outdoor<br>14.00 Contemp Music<br>14.15 Scrabble 4<br>14.30 French Conv                                                                                                                                                                            | <b>18 Sep</b><br>09.00 Badminton<br>10.00 Line Dance 1<br>10.00 Mahjong<br>10.00 Table Tennis 7<br>10.30 Photography<br>10.30 Tai Chi<br>11.00 Table Tennis 5<br>12.00 Table Tennis 6<br>13.30 Pilates 1<br>14.00 Art Apprec'n     |
| <b>21 Sep</b><br>09.30 Yoga<br>10.00 Craft+Self Help<br>11.00 Table Tennis 1<br>13.30 Canasta 2<br>14.00 Gardening<br>14.00 Painting                                                   | <b>22 Sep</b><br>09.30 Pilates 2<br>10.00 ETHEL<br>10.00 Scrabble 3<br>10.45 Pilates 3<br>11.00 Table Tennis 2<br>11.30 Active Seated 2<br>12.00 Pilates 4<br>13.30 Active Seated 1<br>14.00 Canasta 1<br>14.00 Philosophy 1<br>15.30 Pickleball                    | <b>23 Sep</b><br>10.00 Golf<br>10.00 History<br>10.00 Mini Tennis<br>11.00 Table Tennis 3<br>14.00 Classical Music<br>14.00 Humanness<br>14.00 Reading 1<br>14.00 Reading 2<br>14.00 Travel Group                                          | <b>24 Sep</b><br>10.00 Philosophy 2<br>10.00 Thurs 6 Milers<br>11.00 Table Tennis 4<br>13.30 Line Dance 2<br>14.00 Architecture<br>14.00 Bowls Indoor<br>14.00 WomensHistory                                                                                                                                                                    | <b>25 Sep</b><br>09.00 Badminton<br>10.00 Line Dance 1<br>10.00 Mahjong<br>10.00 Needlecraft 1<br>10.00 Scrabble 1<br>10.00 Table Tennis 7<br>10.30 Tai Chi<br>11.00 Table Tennis 5<br>12.00 Table Tennis 6<br>19.30 Wine Apprec'n |
| <b>28 Sep</b><br>09.30 Yoga<br>10.00 Craft+Self Help<br>11.00 Table Tennis 1<br>14.00 Chess<br>14.00 Local History                                                                     | <b>29 Sep</b><br>09.30 Pilates 2<br>10.45 Pilates 3<br>11.00 Table Tennis 2<br>11.30 Active Seated 2<br>12.00 Pilates 4<br>13.30 Active Seated 1<br>14.00 Canasta 1<br>15.30 Pickleball                                                                             | <b>30 Sep</b><br>10.00 Golf<br>10.00 Mini Tennis<br>11.00 Table Tennis 3                                                                                                                                                                   | <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: <a href="mailto:newsletter@charnwoodu3a.org.uk">newsletter@charnwoodu3a.org.uk</a></i> |                                                                                                                                                                                                                                    |

## Robert's Recommended Reads

For September, Robert recommends novels by Kazuo Ishiguro and Beryl Bainbridge

### *An Artist of the Floating World* by Kazuo Ishiguro

published in 1986

When announcing the winner of the 2017 Nobel Prize in Literature, the Nobel spokesperson said:

*"Kazuo Ishiguro who, in novels of great emotional force, has uncovered the abyss beneath our illusory sense of connection with the world."*

This most gifted and perceptive of writers was knighted for services to literature in 2018. He won the Booker Prize in 1989 with *The Remains of the Day* and has been shortlisted for the Booker Prize on three other occasions\*. Having read and thoroughly enjoyed all eight of Ishiguro's full length novels, I have a clear favourite: *An Artist of the Floating World*.

In post war Japan, celebrated painter Masuji Ono, a widower, fills his days gardening, attending to household repairs and spending time with his two grown daughters and grandson. In the evenings he drinks and reminisces with old acquaintances in the local bars. His should be a tranquil retirement but as his memories continually return to the past, a dark shadow creeps relentlessly into his mind. Reflecting on his involvement during WWII, with the creation of artwork for pro-war nationalist propaganda, Ono becomes increasingly disturbed by the implications of his past actions.

Compelling and superbly constructed, *An Artist of the Floating World* is the perfect exemplar of Ishiguro's beautiful, clear prose, his outstanding character development and above all else, his inherent ability to create masterpieces of contemporary literature.

\**An Artist of the Floating World* (1986), *When We Were Orphans* (2000), *Never Let Me Go* (2005).

Kazuo Ishiguro  
in Stockholm in 2017  
Photo: Frankie Fouganthin,  
CC BY-SA 4.0, via  
Wikimedia Commons



### *The Bottle Factory Outing* by Beryl Bainbridge

published in 1974

Summarised by Graham Greene as "*Both outrageously funny and horrifying*", *The Bottle Factory Outing* is one of five novels for which Dame Beryl Bainbridge was shortlisted for the Booker Prize\*\*, although she never won the prize. A year after her death in 2010 a special award 'The Man Booker Best of Beryl Prize' was created in recognition of her achievements. Beryl Bainbridge was made a Dame of the British Empire in 2000.

In *The Bottle Factory Outing* we meet Brenda and Freda who work together in an Italian run wine bottling factory. At nights, they share a double bed in their cramped London bed-sit, prudently separated by a row of books. A works outing, involving a picnic in the park and a visit to a stately home, promises fun and release for Freda but terror for Brenda. Passions run high on their chilly day out and life after the outing never returns to normal!

A typically uplifting but at the same time thought provokingly unsettling story, *The Bottle Factory Outing* is Beryl Bainbridge at her best. The fluency of her plot construction and her flawed but memorable characters combine to deliver a comprehensively rewarding experience.

\*\**The Dressmaker* (1973), *The Bottle Factory Outing* (1974), *An Awfully Big Adventure* (1990), *Every Man for Himself* (1996), *Master Georgie* (1998).

Beryl Bainbridge in  
Paris in 1981.

Pictured in  
*The Guardian*,  
31 Aug 2016.  
Photo: Ulf Andersen/  
Getty Images



Above reviews written by Robert Jackson.

**Next month:**

*Kingsley Amis and Salman Rushdie.*

## A Member's Ramble

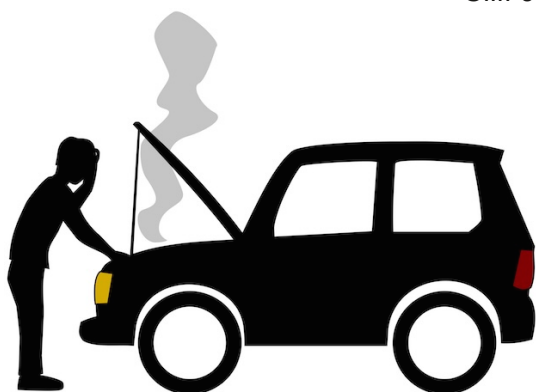
Thanks to Cliff Jones for the following article, picking up on the theme of Peter Reid's car story in last month's *News & Views*:

My two 'disaster' cars were foreign.

'Disaster' car no.1 was a Citroen DS saloon, bought '74 at Measham auction, a true disaster of a conveyance: air-cooled engine that bellowed, a steering wheel with no centre-pivot, a handbrake that pulled out of the dashboard, a lever where the handbrake usually resides and which operated a pneumatic suspension system – apparently. Son Gary, 14, suddenly pulled this lever up as I was mid-lane driving at 55ish on the M69. The car went into 'Kangaroo' mode and I, all lights flashing, had to streak leftwards to safety on the hard shoulder where unsurprisingly I found that I had wet myself. 2 years later I was driving it on the same stretch of M69 with 2 chaps aboard and hoping to sell it to them, when suddenly the car was filled with the acrid smell of very hot rubber. A slow crawl back to Burbage, next to Hinckley, and the 2 chaps piled out and headed off without a word.

'Disaster' car no. 2 was a shoebox of a 2-seater Smart car courtesy of M. Benz & Chrysler, USA. This was 2016. Should have known with a 3-cyl motorbike of an engine and an auto change that used a clutch. I bought it from a chap in a flat above me. He must have seen the word 'Sucker' on my forehead. "Pleasure doing business with you," he said as I handed him £1,700 in good British banknotes. Over the next 15 months I spent a further £1,900 with Smart of Nottingham on its miserable carcase. I gave it away to a Loughborough garage owner that I knew. He had no more luck with it. It spent a year on his selling pitch with its exposed chassis in one place and its upper body sat alongside it. All it needed, and deserved, was an irate Basil Fawlty with his whip of twigs. What, dear readers, is the French for 'Yor havin' a laff'?

Cliff Jones



## Putting your favourite books on the map

I'm in a u3a Interest Groups Online group that looks at maps of all sorts. It's fascinating the huge range of maps that members bring to our Zoom meetings. Recently we had a superb presentation on the changing shape of Doggerland – the land-bridge that joined us to the rest of Europe for so long. I had no idea that Doggerland had been so extensive – reaching from France almost all the way to Norway... so more a large country in its own right, rather than a narrow bridge across the Channel which is what I'd envisaged.

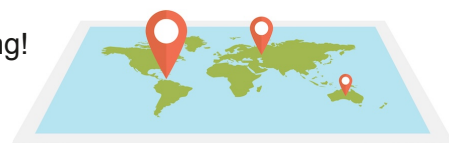
Do check out the Interest Groups On-line (IGO) website: <https://www.u3a.org.uk/what-we-do/learning/interest-groups-online> (I also highly recommend the IGO Armchair Archaeology group.)

Anyway, I thought, given we have excellent book reviews by Robert Jackson in every newsletter issue, some of you might be interested to follow your favourite books on maps. I just found this wonderful website called **PlotLines** which has several classic novels and they have been meticulously plotted on gorgeous old maps to show where your favourite characters went. There are currently 43 novels on the site – from *Pride & Prejudice* to *War of the Worlds*; *Riddle of the Sands* to *Don Quixote*. They are a joy to explore with lovely sound effects, and full of beautiful maps and interesting historical details. Do give them a look:

[https://peter-guillam123.github.io/plotlines/index.html?mc\\_cid=8a40242f53&mc\\_eid=4f6f533e58](https://peter-guillam123.github.io/plotlines/index.html?mc_cid=8a40242f53&mc_eid=4f6f533e58)

Happy map-crawling!

Char March



## Fun Photo Corner

Thanks also to Char who spotted this unusual gate in Thornton... I think the owner must be a fan of jigsaw puzzles!



## New Short Circular Walks in The Leicestershire Wolds and Vale of Belvoir

Many of you will have heard of the Leicestershire Round (LR) and I'm sure quite a few of you will have completed it! The 100-mile Round was created in 1987 to celebrate the 100th birthday of the Leicestershire Footpath Association (LFA). To celebrate our 140th in 2027, we've created a 40-mile extension to the Round that explores the Leicestershire Wolds and Vale of Belvoir. We've named it the LR+40 – or simply the +40.

The original Round has 32 short circular walks dotted along its 100 miles. I've written seven short circular walks along the +40. Now I need as many people as possible to test my walk instructions before we can upload the new walks to the LFA website. For example, do the written instructions work on their own without the aid of a map or other navigation device?

**WANTED – WALK TESTERS!** If you'd like to be part of this project and discover some new walks at the same time, please email: [lfa.members2021@gmail.com](mailto:lfa.members2021@gmail.com) and write "LR+40 Circulars" in the subject line. I will then email you the chosen draft(s) for testing.

### There are seven walks to choose from:

Villages in **bold** are actually on the +40 route. The suggested starting point(s) are underlined. If they are not on the +40, they have been chosen for their facilities – parking, pubs, shops etc. (The intention is to promote local businesses wherever possible.)

**Asfordby** Kirby Bellars **Frisby on the Wreake** 5.5 miles. Choice of start. Two shorter options of 3 miles each are also available. Joins up the beginning and end sections of the +40 at Frisby.

**Grimston** **Saxelbye** **Wartnaby** 5.5 miles. The Saxelbye to Wartnaby stretch is part of the +40 route.

**Harby** **Hose** 6.75 miles.

Up and down the Wolds escarpment, returning on the +40 from Hose to Harby. Joins the Eastwell circular walk on a short stretch of the Cross Britain Way, so these two walks could be combined to make a longer walk of around 11 miles.

**Redmile** **Barkestone Le Vale** Total 7 miles. A flat, easy to navigate 'Figure of eight' walk with two 3.5 mile loop options, going in opposite directions from Redmile. One of the short walks has NO STILES. The full walk incorporates 3.5 miles of the +40 (on footpath and Grantham Canal towpath).

**Muston** Woolsthorpe (optional) 6 miles. Incorporates a short section of +40 in and out of Muston plus sections of Grantham Canal/disused

railway. VIRTUALLY NO STILES. And, shock horror, some of the walk is in Lincolnshire!

Eastwell **Eaton** 6 miles.

From Eastwell to the edge of Eaton, then back round to Eastwell, partly on the +40.

Can be combined with the Harby walk to make a longer circular of around 11 miles.

**Ab Kettleby** **Holwell** 4.5 miles.

From Ab Kettleby south to Holwell, joining the +40 near the Holwell nature reserves (can be added on as an extra loop). Return to Ab Kettleby on the +40. A shorter option of 2.5 miles is also available.

**I look forward to hearing from you – and getting your feedback!**

Janina Holubecki



*On the Frisby-Asfordby circular walk, which follows the River Wreake.*

## Want to grow a bit of veg? Join in Potato Day!

Starting 1st October, you can buy potato tubers at or near cost from *Transition Loughborough*, who run various green projects locally and sell a wide range of high-quality Scottish seed potatoes, plus onion sets, shallots, garlic, pea and bean seeds, and organic potato fertiliser – all at great prices.

Details of how to order will appear in next month's newsletter.

Char March



## Upcoming Local Events



### Garendon Park Heritage Open Days

This September, 'Garendon Park' is taking part in a National event, known as HOD (Heritage Open Days). 'The Friends of Garendon Park' are organising guided walks and an exhibition. Come and discover the Park's history and learn about the Phillipps family, who later adopted the De Lisle surname. For full details of the events, search 'Garendon' on the Heritage Open Days website: <https://www.heritageopendays.org.uk/>

- The exhibition includes a chance to see the Phillipps family memorials at St Botolph's Church, Shepshed. Open all day on Saturday 12th and in the afternoon of Sunday 20th. The church, which has parking, is on Church Gate in Shepshed, LE12 9RJ.
- There are several guided walks to explore the wonderful parkland and admire the various follies. The HOD site has full details.
  - The walk at 2 pm on Sat 12th Sept includes access to areas not normally open to the public.
  - The walks at 10.30 am on Sat 19th and on Sun 20th Sept are slightly longer but give a general history of the Park, Hall and Monastery
 For the guided walks, please book in advance by email to Martyn at [fwcmartyn@outlook.com](mailto:fwcmartyn@outlook.com)
- New for this year, there is an opportunity to take a self-guided walk, with an overview of the area's history. Details available from 20th September at <https://sites.google.com/view/garendon/activities/heritage/walks>



### Charnwood Community Health and Wellbeing Event

**Tuesday 8th September 2 – 6 pm**  
**Charnwood Borough Council Offices and Southfields Park, Loughborough**

Residents are invited to the first Charnwood Community Health and Wellbeing event. This free event will bring together a range of organisations offering advice, information and support. Visitors will be able to access support on topics including health checks, vaccinations, dementia, mental health and healthy living.

For lots of other local events, see:  
<https://www.discovercharnwood.co.uk/events>  
<https://allevents.in/loughborough/september>  
<https://www.lboro.ac.uk/news-events/events/>



## National u3a News

### Online Learning Events this month

A wide variety of free online Zoom events are on offer this month, including talks on: **wild edible autumn seeds, drones, history of personal hygiene, punk in the 1970s, journey through the Galapagos**, and lots more. For details of these, and how to book, go to: <https://www.u3a.org.uk/events/educational-events>

**More from National u3a:** See last month's News & Views (page 11) for details

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## Obituary

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### Sue Unsworth

We were very sad to learn of Sue's passing on 17th August, some months after a cancer diagnosis. A very active member and group leader, she will be sorely missed by her many friends in Charnwood u3a.

**Janet Butlin** has sent the following **Memories of Dear Sue**:



After retiring in 2008, I joined Charnwood u3a 'Les Sportives' walking group alongside an ex colleague Josie who also lived in East Leake. I met Sue when she joined the u3a and this same walking group, together with **History, Science and Technology, Cribbage, Sunday Lunch**. She also became a committee member for '**Days of Interest**' and supported most of their outings. She led the **Theatre** group for a number of years until it ceased to operate. Sue then agreed to co-ordinate the **Canasta** group which is now thriving. Most of you will know her from being on the committee for the **Travel** group and she usually was responsible for organising the January / spring holiday such as Morocco. So she was a long standing member of Charnwood u3a and our paths ran together in most of these groups.

Sue was a very keen bowls player in East Leake so I was introduced to some other friends and went along with them to Potters resort, Norfolk, where UK National bowling competitions are held. She was a very sociable person and each evening she would buy her bingo cards hoping for a win before the evening entertainment. Sue also played with Charnwood bowls and went on their overseas holidays too.

One of my earliest holidays with her was a rail trip to Scotland where we travelled on the Jacobite steam railway from Fort William which was used in the Harry Potter movies. Other numerous holidays were to Spain, Majorca, twice to Turkey, Lanzarote, a few cruises which she enjoyed as she could 'dress to the nines' but insisted on removing her glasses before any photographs could be taken. I'd share rooms with her and often she would fall asleep in bed whilst on her tablet so had to carefully remove it and switch it off.

Sue was always keen to have a discussion on most topics with anyone. A big quizzier on a weekly basis in East Leake, she liked a flutter on the lottery – hoping for that big win.

I went to London with her and another u3a member for three theatre shows over two days. Many thanks to her niece for housing us all overnight and plying us with drinks. Eating out was important to Sue, who would enjoy her favourite tippie. On any holiday / trip she was always on the look out for a new variety of gin as a present for family members.

Always one for a party, Sue enjoyed her 75th birthday celebration at East Leake bowls club. Her best friends (+ nieces) all worked very hard to provide catering, bar service, quizzes, and games. She loved to get up and 'strut her stuff' to the one and only ELVIS music. We were always concerned about where she'd put her keys and phone. Yes, someone did help her home after the 75th party evening!!

An exceptional kind soul with a zest for life, who was only too willing to be taxi for any of her friends who had a medical appointment or needed to catch a train. A great character, who lived life to the full and will be missed by many, many friends and family members. Will certainly raise a glass to you. Rest in peace.

***Sue's funeral will be at Loughborough Crematorium at 3.30 pm on Monday 7th September.***

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### Claire Walker

Claire Walker sadly passed away in mid-August. A member of Charnwood u3a since 1998, though not recently active due to infirmity, she had been a keen golfer and lady captain at Longcliffe golf club.

### Jack Lancaster

Jack Lancaster died in June, just 6 months away from his 100th birthday. A u3a member for 20 years until last year, he was a keen sailor and was in the **Spanish** and **Cribbage** groups.

*Our thoughts and condolences go out to the families and friends of Sue, Claire, Jack and Elaine (see p.12)*

## Elaine Mitchell

**From Sue Palmer:** Sadly Elaine Mitchell passed away this summer after a relatively short illness. She had been a member of Charnwood u3a for many years and an enthusiastic member of the **Art Appreciation** Group and of **Singing for Pleasure**. A founder member of Art Appreciation, she contributed many interesting talks to the group in the early years. When the group first started we met at Elaine's home, where she cheerfully moved furniture around to make room for the portable screen and slide projector we had to use. A few years ago Elaine moved to live with her daughter but having returned to her old home she re-joined our group, attending as often as she could. Elaine was a true art lover and even failing health in her 90s didn't prevent her from studying paintings as carefully and fully as she could and sharing her extensive knowledge of both the practice and history of Art.

## Items for News & Views

Do you have an announcement, story, poem – or even a short comment – to share with your fellow Cu3a members? All contributions are very welcome, and we can preserve your anonymity if you prefer that your name does not appear in the newsletter.

There is a limit of around 500 words per item, and photos are very welcome – but please ensure you have permission of anyone identifiable in the photos.

To enable the newsletter to be compiled in time for delivery to members at the start of each month, the deadline for receiving items will normally be the last day but one of the previous month. The deadline for the **October** issue of **News & Views** will be **Tuesday 29th September (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> 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 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 Secretary on [secretary@charnwoodu3a.org.uk](mailto:secretary@charnwoodu3a.org.uk)

## Some other useful u3a web addresses:

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

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

