

News & Views

Newsletter

INSIDE THIS ISSUE

View from the Chair	1
Monthly Meetings	2
Group News	3-4
Groups Fair	3
Line Dance 2	3
Badminton	3
Eng Parish Churches	4
Meetings Calendar	5
Robert's Reads	6
University Research	7
IT Support	7
Migraine Pain	8
Potato Day	8
Local Events	9-10
Art Exhibition	9
Bandstand Concerts	9
Burton Symposia	9
Raising the Roof	9
Folk Dance Club	9
LU Lectures	10
NT Live	10
Red Arrows Talk	10
Shelthorpe 100 Talk	10
Finds Day	10
National u3a News	11
Obituary: Lucy Sinclair	11
Jack Lancashire	11
Items for Newsletter	12
Contact Info	12

Click on the item in the index above to take you straight to that page.

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 October 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: 'Love and War' How we created our garden birds



See page 2 for details

View from the Chair



This month I would like to introduce Caroline Nash to you.

Caroline was a teacher at Shelthorpe School for 23 years and thoroughly enjoyed her time there.

She discovered Charnwood u3a as far back as 1997 when a friend of hers was particularly enthusiastic about joining.

Caroline, however, did not join until last year and very soon volunteered to serve on the committee.

Caroline attends the Scottish Dancing Group, something which she always loves to do. She is also a keen knitter, gardener and walker.

After the Main Monthly Meeting you will usually find Caroline helping out in the kitchen.



Caroline Nash

Help Needed

1. We still need someone to act as a New Members' Liaison. It involves making contact with new members and encouraging them to join groups, etc.
2. We need a small team to assist our current team in finding speakers for our Main Meeting.
3. Charnwood u3a will be 30 next year and we are hoping to celebrate this by holding a picnic in Queen's Park and a few stalls to encourage others to join. We need a few members to help plan this.

If you can help in any of the above please contact the chair – chair@charnwoodu3a.org.uk

Garry Rigby



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

Unfortunately, last month's planned speaker, Ruth Austin, was unable to come and give her talk on 'The Role of Herbs' so we had a late substitution: your editor talking about 400 years of British Coins and how they provide a window into British history. If you missed the meeting and are interested in this topic, you can catch up with it for a few more days via the YouTube link sent by our Chair on 7th September.

Our Next Meeting: Wednesday 14th October

Love and War: How We Created Our Garden Birds with Kevin Reynolds

This month we welcome back Kevin Reynolds, a prominent British naturalist and wildlife enthusiast, who previously entertained and informed us with his fascinating talks about bats and dragonflies.

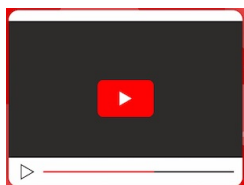
This time, Kevin will look at how and why our relationship with garden birds has changed over the last 150 years. When did we start to feed the birds, put up bird boxes and decide that some species were "garden birds"?

Those who attended Kevin's previous talks will know that this promises to be a very engaging and enlightening talk – one not to be missed.



To attend this meeting:

If you wish to attend the meeting, 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 pm for a prompt start at 2:30 pm.



If you are unable to attend in person, you can follow the meeting online (via YouTube), either live or via the recording. 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 **11th November**, we look forward to welcoming retired teacher **Phil Drabble** who will tell us about his trip along the Western Front – from the North Sea to Switzerland – riding a Triumph Tiger motorcycle, in his talk entitled '**Travels With a Tiger – Riding the Western Front**'.

Then in **December**, we welcome local folk group **Well Seasoned**, who will entertain us with a collection of seasonal songs and carols from all over the country and further afield.

For more information on each meeting, see the **Monthly Meetings** page under the 'Our Events' menu on our website <https://www.charnwoodu3a.org.uk>. Details will also be provided each month in future issues of *News & Views*.

Group News

Looking for a new interest? If so, then please come along to our

*** GROUPS FAIR ***

We have over 80 active groups and many of these will welcome new members.

Representatives from these groups will be on hand to:



Tell you about their group
Answer your questions
Sign you up should you decide to join.
What's not to like!



This event will take place from **10 am – 11.15 am on Friday 30th October**, in the Emmanuel Church Hall. (This is the building on the left as you drive down to the Church car park.)

Charnwood u3a



Line Dance Group 2

WINTER TERM 2026

Brush Bowls Club,
Nanpantan Road, Loughborough

THURSDAY AFTERNOONS
1.30pm - 3.30pm

October 1st	November 12th
October 8th	November 19th
October 15th	November 26th
October 22nd	December 3rd
October 29th	December 10th
November 5th	December 17th
NO sessions December 24th and 31st	

12 Sessions. Payment £24.00 in advance

Contact Jane at northstar2@tiscali.co.uk



Backgammon Anyone?



Fancy learning a new game, dusting off an old skill, or simply rolling some dice and seeing what happens?

I'm thinking of starting a friendly group to play and learn backgammon. No previous experience is needed — complete beginners are very welcome. If you already know your gammon from your gammons, even better!

At the moment, I'm just gauging interest to see whether there are enough people who fancy getting together for some games, a bit of friendly competition and, hopefully, plenty of laughs.

There is just one small problem...
I don't own any backgammon boards!

So, if you have a board tucked away in a cupboard or gathering dust somewhere, please bring it along. Otherwise, we may have to spend the evening discussing how good backgammon is without actually playing it!

If you're interested, please get in touch with me by email at paul.fingerhut@ntlworld.com or by phone on 07802 701662



Beginners, experienced players and anyone in between — all welcome!

Paul Fingerhut

More Group News

English Parish Churches September Visit

Our last EPC 'church crawl' took place on Tuesday 8th September. The day started with a rather damp meet up outside St James' church, Normanton on Soar (*pictured right*), sometimes referred to as the 'boatmen's church'. Dating back to the 12th century, this medieval Grade 1 church is cruciform in plan with a broach spire. The architecture features examples of Early English, English Decorated and Perpendicular styles. The church was restored in 1889 and again in 1986. It has a 14th century font and a magnificent plaster Charles II Coat of Arms dated 1683 (*pictured left*). St James' is well worth a visit to experience its lovely tranquil atmosphere and riverside setting; it is usually open between 10 and 4 Monday to Saturday.



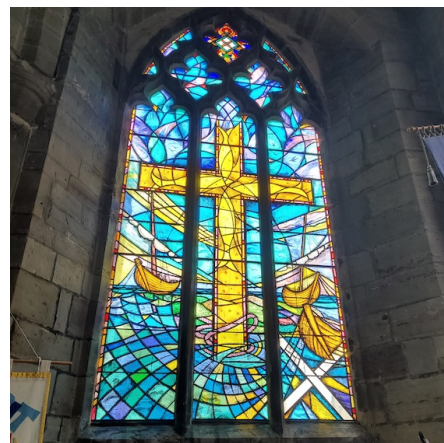
St James', Normanton on Soar

Our next stop was St Andrew's church in Kegworth. Another medieval church, although somewhat austere, its sheer size was certainly impressive. St Andrew's has a beautiful Michael Stokes' window (*shown on right*) – the boats representing St Andrew, patron saint of fishermen.



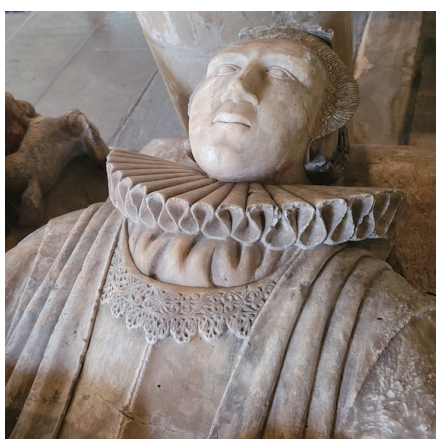
Alabaster memorials at Holy Trinity, Ratcliffe on Soar

After a lunch stop at The Star in West Leake, our next Soar Valley church was Holy Trinity at Ratcliffe on Soar. This medieval church, with possible Saxon origins, has fine 16th century alabaster memorials (*see photos on left*). We were given a potted history by a very knowledgeable church warden.



Michael Stokes' window, St Andrew's, Kegworth

Our final church visit was to St Winifred's, Kingston on Soar (*pictured below*). In 1900 the nave and tower were largely rebuilt whilst a 16th century chancel houses the amazing Babington memorial (1540) (*see photo below right, showing members of the group admiring this*).



Both Ratcliffe on Soar and Kingston on Soar churches are usually kept open and are well worth visiting.

October Calendar

MON	TUE	WED	THU	FRI
PLUS Every Tuesday Fix IT Clinics in John Storer House café 10:30 - 12:00 PLUS at Weekends: Days of Interest trip to the Black Country Living Museum (17 Oct), Sunday Lunch Club (11 Oct) <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: newsletter@charnwoodu3a.org.uk</i>			1 Oct 10.00 Parish Walks 10.00 Sci+Tech 10.00 Spanish Conv 11.00 Table Tennis 4 13.30 Line Dance 2 14.00 Bowls Indoor 14.30 French Conv 19.00 Canasta 3	2 Oct 09.00 Badminton 10.00 German RTC 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 Lunch Club 12.00 Table Tennis 6 13.30 Pilates 1
5 Oct 09.30 Yoga 10.00 Craft+Self Help 11.00 Table Tennis 1 13.30 Canasta 2 14.00 Current Affairs	6 Oct 09.30 Pilates 2 10.00 10+ Walks 10.00 Spanish 10.45 Pilates 3 11.00 Table Tennis 2 12.00 Pilates 4 13.30 Active Seated 1 14.00 Canasta 1 14.00 Canasta1Quorn 14.00 Sing4Pleasure 15.30 Pickleball	7 Oct 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	8 Oct 11.00 Table Tennis 4 13.30 Line Dance 2 14.00 Bowls Indoor 14.00 Contemp Music	9 Oct 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
12 Oct 09.30 Yoga 10.00 Craft+Self Help 10.00 Poetry 1 11.00 Table Tennis 1 14.00 Archaeology 14.00 Chess 14.00 Quiz group	13 Oct 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 14.00 Eng Parish Ch 15.30 Pickleball	14 Oct 10.00 Committee 10.00 Golf 10.00 Mini Tennis 11.00 Table Tennis 3 14.30 Monthly Meet 19.00 Canasta2Quorn	15 Oct 09.45 CC Walks 11.00 Table Tennis 4 13.30 Line Dance 2 14.00 Bowls Indoor 14.15 Scrabble 4 14.30 French Conv	16 Oct 09.00 Badminton 10.00 German RTC 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
19 Oct 09.30 Yoga 10.00 Craft+Self Help 11.00 Table Tennis 1 13.30 Canasta 2 14.00 Gardening 14.00 Painting	20 Oct 10.00 6+ Walks 10.00 Recorder 10.00 Spanish 11.00 Table Tennis 2 11.30 Active Seated 2 14.00 Canasta 1 14.00 Sing4Pleasure 15.30 Pickleball	21 Oct 10.00 German 10.00 Golf 10.00 Mini Tennis 10.00 Poetry 2 10.00 Scottish Dance 11.00 Table Tennis 3 14.00 Cribbage 14.00 Family History 14.00 French Improve 14.00 Italian Conv	22 Oct 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 Indoor	23 Oct 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
26 Oct 09.30 Yoga 10.00 Craft+Self Help 11.00 Table Tennis 1 14.00 Chess 14.00 Local History	27 Oct 09.30 Pilates 2 10.00 ETHEL 10.00 Scrabble 3 10.45 Pilates 3 11.00 Table Tennis 2 12.00 Pilates 4 13.30 Active Seated 1 14.00 Canasta 1 14.00 Philosophy 1 15.30 Pickleball	28 Oct 10.00 Golf 10.00 Mini Tennis 10.45 History 11.00 Table Tennis 3 14.00 Classical Music 14.00 Humanness 14.00 Reading 1 14.00 Reading 2	29 Oct 11.00 Table Tennis 4 13.30 Line Dance 2 14.00 Bowls Indoor	30 Oct 09.00 Badminton 10.00 Groups Fair 10.00 Line Dance 1 10.00 Mahjong 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

Robert's Recommended Reads

For October, Robert recommends novels by two 'greats' of modern literature – Kingsley Amis and Salman Rushdie.

Haroun and the Sea of Stories by Salman Rushdie

published in 1990

Born in India in 1947, Sir Salman Rushdie, Companion of Honour, is in the top handful of truly outstanding contemporary novelists. Despite enduring the constant threat of 'Fatwa' and surviving a recent, shocking physical attack, Rushdie has written some of the most memorable fiction of modern times. Shortlisted for the Booker Prize on five occasions* Rushdie won the prize in 1981 for his masterpiece, *Midnight's Children*.

I recently came across Rushdie's enchanting and captivating children's novel, *Haroun and the Sea of Stories*, which appears, deservedly in my opinion, in the Guardian's 2013 compilation of the 100 best novels of all time.

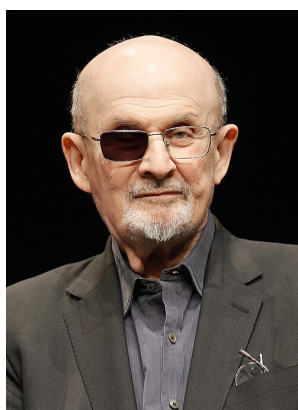
Haroun's father Rashid is the greatest of all storytellers, the 'Shah of Blah' conjuring up magical worlds, bringing joy and laughter to the city of Alifbay. But, one awful day, things go wrong. Haroun's mother leaves home and Rashid runs out of stories to tell. Determined to return the storyteller's gift to his father, Haroun journeys to the Sea of Stories.

So begins a fabulous quest across strange lands full of bizarre creatures, a world as dazzling as any of Rashid's stories. Haroun discovers the real cause of the loss of the storyteller's art and embarks on a thrilling and dangerous challenge to restore the priceless gift.

This glorious, joyful adventure story is a treat for all readers, young and old.

**Midnight's Children* (1981), *Shame* (1983), *The Satanic Verses* (1988), *The Moor's Last Sigh* (1995), *Quichotte* (2019)

Salman Rushdie in 2024
Photo: Elena Ternovaja
CC BY-SA 3.0
via Wikimedia Commons



The Old Devils by Kingsley Amis

published in 1986

In this hugely enjoyable book Kingsley Amis has turned grumpiness into an art form. This classic of cerebral comedic farce is regarded by many critics as Kingsley Amis's most enduring work, eclipsing the perhaps better known *Lucky Jim*.

Aging friends Malcolm, Peter and Charlie, together with their wine sodden wives, have one ambition left in life – to drink Wales dry. But their routine is badly shaken up when 'professional Welshman' Alun Weaver and his wife Rhiannon, also inveterate boozers, decide to return from London to their Celtic roots. A minor TV presenter, Alun has become well known for programmes about the famous Welsh poet Bryden (probably modelled on Dylan Thomas).

Rapidly inserting themselves into their old associates' circle, Alun and Rhiannon begin to cause friction and arguments and Alun is soon engaging in his second most favoured pastime, infidelity, with predictable results. Amis structures the story around each of the four men, treating them individually and severally to chapters throughout the book, in a growing turmoil of revelation and admission.

The Old Devils won the Booker Prize in 1986 and Kingsley Amis was shortlisted for the prize on two other occasions: in 1974 for *Ending Up* and in 1978 for *Jake's Thing*.



Kingsley Amis in 1985,
from *The Guardian*, 6 March 2015.
Photo: Bryn Colton/Getty Images

Above reviews written by Robert Jackson.
Next month: Keri Hulme and Peter Carey.

University Research Studies: Participants Wanted



Healthy Volunteers Needed for Kidney Disease Study

Researchers at Loughborough University are seeking **healthy volunteers (aged 35 - 85)** to take part in a research study looking at differences in muscle and nerve function between people with chronic kidney disease and healthy individuals. Your participation will help advance understanding of chronic kidney disease and contribute to ongoing research working to improve quality of life for those on haemodialysis.

WHERE? National Centre for Sport and Exercise Medicine (NCSEM), Loughborough University, LE11 3TU

WHO? Healthy adults aged 35-85 years old

WHAT? 2 visits (2 hours each) involving tests of strength, muscle and nervous system function

You will receive a £30 Amazon voucher as a thank you for your time!

If you are interested in taking part or have any questions, please email or call Meghan Tanel, Doctoral Researcher, on m.tanel@lboro.ac.uk or 01509 225996.
Or scan the QR code on the right for more information.



PERFORMS Research Study at Diabetes Centre

Psychometric Evaluation of the Reliability of Functional Outcome MeasureS in people with obesity

Researchers at the Leicester Diabetes Centre are inviting **adults aged 60 or over who are living with overweight or obesity** to join a study that aims to improve how physical function is assessed. By taking part, you will help us understand which simple movement tests are most reliable and safe for older adults.

You will receive:

- A full review of your strength, mobility, and body composition (muscle and fat)
- Travel and parking reimbursement
- £30 shopping voucher for each visit you complete

The researchers invite you to discover your strength and support future health research to enable healthier living for older adults.

If you are interested, the team will ask you a few short questions by phone to check eligibility.

To find out more, and to register interest, contact: **0116 373 6378** or PERFORMSstudy@leicester.ac.uk
Or visit <https://www.leicesterlifestyleresearch.org.uk/studies-blog/performs-study>

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:

email: helpdesk@charnwoodu3a.org.uk

phone: Phil/Mary 07855 702302
Garry 01509 213655

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

There is a useful Login guide at:
https://charnwoodu3a.org.uk/Log_Gde

and our IT Support page at:
https://charnwoodu3a.org.uk/IT_Supt



Migraines and Pain Management

I've had very frequent, severe migraines since I was 20 (i.e. for 45 years) and have had every treatment under the sun, none of which have worked. I've gone through those 45 years having to cancel sooooo many planned activities because I was in bed in terrible pain. So, in desperation, the hospital's Migraine Clinic asked Leicester Royal's 'Pain Management Programme' (PMP) if they could add me to their waiting list.



The PMP had never had someone with migraines before – they usually deal only with people in constant severe pain, e.g. with fibromyalgia. I waited a couple of years for a place on the PMP and then committed to going to the Royal all day on Mondays for 6 weeks. We were taught by a physio, a psychologist, and an occupational therapist about how our minds and bodies perceive pain, all sorts of ways to calm this response down, the importance of gentle exercise and strength-building, being kind to yourself, and how to prepare for flare-ups. It was practical, based on extensive research, and we had homework to do between each session.

I was sceptical about whether it would work, but I am amazed – and delighted – to report that I have not had a severe migraine since the programme ended in July 2026. I feel so much more confident that I can control the severity of my migraines, and that I can live a life where I don't have to cancel planned activities because I'm rolling about in pain. Amazing!

If you suffer from migraines, do ask your GP or Migraine Clinic if they could refer you to the PMP at Leicester Royal. It's a lot of commitment – with homework every week. As usual, the more you put into the programme, the more you get out – so if you get a place, make sure you actively participate in all they offer. It's a huge commitment in resources by the NHS to try to help people in severe pain, so make sure you are committed to following it through.

The other participants on the course – all with fibromyalgia – had definitely benefited too.

Char March

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

Transition Loughborough 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.

You can buy as few or as many potato tubers as you like, making it perfect for small gardens and container growing.

Everything is sold at cost or just above, helping you save money while supporting their other community projects. (Transition Loughborough runs Repair Cafes, and other 'green' projects.)

Ordering and Collection

Ordering online is the easiest way to take part – and pre-orders get a small discount compared to 'on the day' prices. When you place your order, simply select your preferred **collection point** as Loughborough.

Potato Day's online store opens from 1st October (it closes on 12th Nov), but you can see a list of varieties that were for sale in 2026 at :

<https://tinyurl.com/5n8cce9k>

Here's the website to order from – but remember, ordering starts from 1st October:

<https://transitionloughborough.wordpress.com/potato-day-2027/>

You'll collect your order on Saturday 30th Jan 2027 from John Storer House, Loughborough. Then, it's Happy Veg Growing!

Char March



Upcoming Local Events

The Woodhouse Eaves Art Group

invites you to the

2026 Annual Exhibition

at

Woodhouse Eaves Village Hall
Main Street, Woodhouse Eaves

**Saturday 31st October and
Sunday 1st November**

10.00am – 4.00pm

FREE admission Coffee, tea, biscuits and cake will be on sale



Emmanuel Church Lunchtime Concert

Thursday 15th October

12:45 - 1:30 pm

The opening concert of the season will be given by the Meridian Wind Quintet (flute, oboe, clarinet, French horn, bassoon). These 2nd and 3rd year students from the Royal Academy of Music, London, will perform a programme including the Wind Quintet by William Mathias and Gade's Tango Fantasia.

Soup and roll lunches are served from 12:00. Admission is free but donations are welcome to cover costs.

Invitation to the Burton Symposia

Monday 12th October, 5 – 6 pm
Loughborough Grammar School
Drama Studio

Loughborough Grammar School have invited members of Charnwood u3 to join them for the next talk in their Burton Symposia series:

'Humanitarianism on Trial: How a global system of aid emerged from the end of the empire'

with Professor Andrew Thompson (LGS 1986), a leading academic and adviser on international humanitarian policy who has worked at the highest levels of government.

To book a place, go to:

<https://lsf.org/events/the-burton-symposia-professor-andrew-thompson-lgs-1986/>

Loughborough Folk Dance Club

Every 2nd & 4th Monday, 7:30 – 10 pm
Woodhouse Community Hall,
207 Forest Rd, Woodhouse, LE12 8EZ

Everyone is welcome, all levels of ability from total beginners to experienced dancers. All dances are walked through first and the steps explained. With a live band playing and an experienced caller, it is an evening of good fun, exercise, meeting old friends and making new ones.

The cost is £8 an evening or £49 for the term, cash only at the door. See www.lfdc.org.uk for further details.



Saturday 28th
November, 7 pm
Hodson Hall
Burton Walks



BBC Radio Leicester star, Sara Palmer, will be compère again at the "Raising the Roof" concert in November in Loughborough.

The popular annual musical extravaganza is back and, once again, features Charnwood Community Choir, led by Caroline Sharpe, along with Loughborough Concert Band, conducted by Dave Coble, and organised by Loughborough Beacon Rotary in aid of various charities but primarily the Rainbows children's hospice. You may recognise fellow u3a members amongst the performers.

There is only one opportunity to see and hear this – Saturday 28th November at 7.00 pm in the Hodson Hall by kind permission of Loughborough Grammar School. Tickets are £12 and £6 and the best way to ensure you get one is via www.beaconrotary.org

Neil Rowbotham



Loughborough University Inaugural Lectures:

Wednesday 28th October, 5 pm, Edward Herbert Building, 110b

Why Is Our Politics So “Disgusting”?

Professor Ali Bilgiç
School of Social Sciences & Humanities

These lectures are free events, open to all members of the local community, but note that **booking is required**. For details and a booking form, see: <https://www.lboro.ac.uk/inaugural-lectures/>

National Theatre Live: The Misanthrope

Thursday 8th October, 7 pm
Cope Auditorium

Filmed live on stage at the National Theatre, London. Certificate: PG.

Running time: 106 mins (no interval).

Award-winner Sandra Oh (Killing Eve) plays the title role in this razor-sharp reimagining by Martin Crimp of Molière’s classic dark comedy.

Tickets: £12; £6 for LU students

See: <https://www.lboro.ac.uk/arts/whats-on/nt-live-the-misanthrope/> for more details and a booking link.

The listening brain: Why leadership begins when employees speak and organisations learn to HEAR

Professor Alexandros Psychogios
Business School

Royal Aeronautical Society Loughborough Branch The Red Arrows: Maintaining Legacy

**Lecture by Wing Cdr A J King, MRAeS,
Red Arrows Senior Engineer**
**Tuesday 6th October, 7:30 – 9 pm,
Brockington Building**

How the Red Arrows are operated and supported behind the scenes by maintaining aircraft to >95% availability and the team’s reputation through agility ‘today’ and relevance for ‘tomorrow’.



RAeS members, branch associate members and students have free entry. Anyone else is asked to make a £3 donation.

Further details: <https://loughborough-raes.org.uk/>

October Events at Charnwood Museum, Granby St, Loughborough

Shelthorpe 100

Talk by David Kirkby
Thursday 15th October, 7 – 9 pm

In 2026 the Shelthorpe Estate in Loughborough celebrates its Centenary. The estate gained national and European interest at the time of its development in 1926, especially for its layout and architectural quality of the buildings. Learn how and why from David Kirkby’s talk.

Members £3 and guests £5 - all welcome.
Booking essential on 01509 233754 or by calling into the museum.

Doors open at 7pm for light refreshments and the talk commences at 7.30pm. Please use the evening entrance opposite the library. More at: <https://www.charnwoodmuseum.co.uk/events/2026/10/shelthorpe-100-by-david-kirkby>

For other local events, see:

<https://www.discovercharnwood.co.uk/events>
<https://allevents.in/loughborough/october>

Finds Day

Saturday 10th October, 10 am – 3 pm

Have you found any small archaeological objects?

Whether you are a seasoned metal detectorist, or you have made a chance find in your garden, you are invited to bring your archaeological finds to the Charnwood Museum for identification and recording with the Portable Antiquities Scheme.

Our local Finds Liaison Officer will be more than happy to take a look and give you more information, as well as explain how finds are recorded with the Scheme to help advance knowledge of the history and archaeology of England and Wales.

You can find out more about the Scheme at <https://finds.org.uk/> and you can also contact Megan, your Finds Liaison Officer for Leics and Rutland, at mgard@rutland.gov.uk



This event is FREE and no booking is required.

National u3a News



u3a and me: new report from the Trust

A survey of more than 10,000 u3a members showed 95% of respondents say u3a has improved their life in some way, while 90% say u3a gives them opportunities to keep learning and stay curious. Read more at:

<https://tinyurl.com/2f33kvvu>

2026 AGM: 14 October – all members welcome

The 43rd Annual General Meeting of the Third Age Trust will be held on **Wednesday 14 October 2026 at 11 am**, as a hybrid meeting allowing delegates to attend in person or online. The in-person event is at the Midland Hotel in Manchester. Details at: <https://www.u3a.org.uk/what-we-do/events/agm-2026#ATTEND>

Online Learning Events this month

A wide variety of free online Zoom events are on offer this month, including talks on: **how sheep and the wool trade shaped history; music, imagination and the late 60s-early 70s; cutting energy bills; David Hockney; parcel delivery; history of pirate radio**, 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

Lucy Sinclair

Many members will be sorry to hear that Lucy Sinclair, a long time u3a member, died peacefully on 21st September, at the age of 97.

Lucy, of German origin, found herself, as a 16 year old, in the Russian sector of eastern Germany at the end of the second world war. She escaped and walked 400 miles at night, hiding in ditches during the day, until she was found by a British patrol and reunited with her family. A post war opportunity to move to England was welcomed and there she trained as a nurse, rising to Senior Sister, and married a GP. A family followed but she lost her husband through illness and as a widow in Loughborough met the late Derek Burgess. As u3a members they were very active, joining many of the travel groups and organising holidays in Germany. She was an enthusiastic member of the writing group and published her own book "80 Years an Alien".*

A ukulele player, she was a member of the Barrow Ukulele band, and as a keen walker she walked with many of our walking groups right up to her death.

She led a full life and will be long remembered by her many friends.

Mike Gyles

* If you want to read more of Lucy's amazing life story you can do so at:

<https://www.barrowvoice.co.uk/index.php?page=the-long-walk-west>

Correction – Jack Lancashire: In last month's newsletter, in the Obituary section on page 11, Jack Lancashire's name was misreported as Jack Lancaster and it was stated that he had died in June, whereas in fact he passed away peacefully on 11th July. The Editor would like to apologise for these errors. Thanks for the name correction go to Martin Allen, who also tells us that Jack was a friendly, affable and popular man, who was a lecturer at Loughborough College in the Department of General Studies from the 1960s and after retirement attended the u3a Life Story Writing group.

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



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

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