

News & Views


 Newsletter

INSIDE THIS ISSUE

| | |
|----------------------|-----|
| View from the Chair | 1 |
| Monthly Meetings | 2 |
| Group News | 3-5 |
| History Visit | 3 |
| Scottish Dancing | 3 |
| Laughter Club | 4 |
| ETHEL | 4 |
| Days of Interest | 5 |
| Membership Renewal | 5 |
| Digital Challenges | 6 |
| EDI | 6 |
| Meetings Calendar | 7 |
| Member's Story | 8 |
| Local Events | 9 |
| Loughborough Mela | 9 |
| Gardeners' Fair | 9 |
| 1620s House | 9 |
| Church Monuments | 9 |
| National u3a News | 10 |
| Poetry Corner | 10 |
| Items for Newsletter | 11 |
| Contact Info | 11 |

Our Website

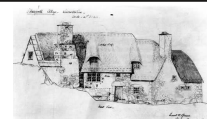
Check out our website at: www.charnwoodu3a.org.uk for lots of information about Charnwood u3a, including details of our meetings, trips, all our Groups and much more.

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 written by members, and details for sending contributions can be found on the last page.



Our Next Monthly Meeting: Stoneywell & the Gimson family



See page 2 for details.

View from the Chair



I hope you're all enjoying the summer, whether (safely) sweltering in Sardinia or shivering in Shepshed. (No disrespect to Shepshed members – I just needed the alliteration!) As for me, I'm off for my annual dose of Spanish sun in a couple of weeks. In the meantime I've been treated to a whistle-stop tour of Modern Architectural Wonders of the World, thanks to members of the Architecture Appreciation group. Among the places we stopped to admire were 'Paddy's Wigwam' (Liverpool's Metropolitan Cathedral), the TWA Terminal at JFK International Airport, and the Garden by the Bay in Singapore, each one a wonderful celebration of light, space and colour. Then we had fun choosing our favourites. Among mine were the Library at Alexandria and the Bexley Wing at St James's Hospital, Leeds – an unprepossessing urban structure from the outside, but inside, a wonderfully calm, uplifting space, so clearly designed around the needs of patients.

What I brought from that meeting was not just getting to know about some amazing buildings (and some lovely members of course!), but a real experience of what the u3a is about: sharing knowledge and interests in a friendly, welcoming atmosphere.

On the subject of sharing, a member came up with a brilliant idea: could some groups join forces for the occasional meeting – a kind of group buddy arrangement? I'm not suggesting that members play table tennis while listening to a presentation on local history, or practise their Spanish verbs while line-dancing, but I'm sure there's lots of potential overlap in our group activities. If it meant hiring a bigger room for an occasional get-together, I'm sure members wouldn't mind paying a bit extra. As an example, this edition of *News & Views* has an invitation from the History group (*page 3*) to join their trip to Grimsthorpe Castle, something of interest to Architecture buffs as well as members who just fancy a day out?

Finally, another 'ad' in this edition has reminded me again that being in the u3a is about having fun. I hope lots of people sign up for Anthony's new Laughter Yoga group (*page 4*). (Apparently it doesn't involve too much falling about!) Have a great summer and do get in touch if you have an idea for a new group or a suggestion for joint meetings.

Pam Upton
chair@charnwoodu3a.org.uk

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 in 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'. If you think you'll need any assistance at the meeting, please contact our Chair in advance on chair@charnwoodu3a.org.uk.

Following our summer break in July, we recommence our monthly meetings at Emmanuel on **Wednesday 9th August**, as detailed below.

Our Next Meeting Wednesday 9th August

'Stoneywell and the Gimson Family' with Mark Temple, Stoneywell, National Trust

Mark Temple from Stoneywell, National Trust will give us a fascinating talk on the life of Ernest Gimson and Stoneywell which is the only National Trust property in Charnwood.

Ernest William Gimson was an English furniture designer and architect. Gimson is considered one of the most influential designers of the English Arts and Crafts movement in the late nineteenth and early twentieth centuries. Stoneywell (*pictured right*) is one of five cottages designed by Ernest Gimson in Ulverscroft.

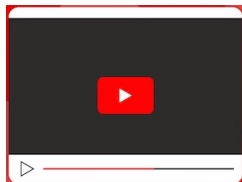
It was built between 1897 and 1899 for Ernest's brother Sydney Gimson as a summer residence, and along with much original furniture, it remained in the Gimson family for over a century before being acquired by the National Trust in 2013 and opened to the public in 2015.



Photo by Robin Leicester,
[CC BY-SA 4.0](https://commons.wikimedia.org/licenses/by-sa/4.0/), via Wikimedia Commons

To attend this meeting:

If you wish to attend the meeting in person, no prebooking is required - just turn up on the day, with your Cu3a membership card, if you have one. **Please do not arrive before 2 pm.**



If you are unable to attend in person and would like to follow the meeting online (via YouTube), again no prebooking is required. All members who have supplied an email address will be sent a link to the live stream a few days before the meeting in a reminder email from the Chair.

Looking Ahead:

The upcoming programme for the next 6 months is shown on page 2 of the July edition of *News & Views* (available on our website under the News menu). More details of each meeting can be found on our website at: <https://www.charnwoodu3a.org.uk/MonthlyMeetingsFuture.html>

Group News

History Group visit to Grimsthorpe Castle

There are spare places on the History group's visit to **Grimsthorpe Castle, near Bourne, Lincolnshire** - postcode PE10 0LY - on **Wednesday August 23rd 2023**. Participants - who must be u3a members - need to make their own way to the castle (*for car share arrangements, see below*), meeting there at 11:00. The cost is £14.00 per person (no concessions*), including a guided tour of the house at 11:30. The visit should be completed around 2 pm. **Places must be booked by 14th August at the latest.**

Grimsthorpe Castle, built of golden limestone quarried locally, rises majestically above its sweeping parkland. Some of the building dates from Tudor times, but the splendid main frontage was the last masterpiece of Sir John Vanbrugh, architect of Blenheim Palace, Castle Howard, Seaton Delaval Hall etc. The house contains a series of richly decorated and furnished rooms with many fine pictures, and also has one of the largest collections outside the Royal palaces of Royal thrones and furnishings, as the Willoughby family retain the hereditary office of Lord Great Chamberlain.



North facade of castle. Photo by Wehha, CC BY-SA 3.0, via Wikimedia Commons

Further information can be obtained from the castle web site – <https://www.grimsthorpe.co.uk> – which includes a section on accessibility issues.

Further details can be found on the History group page on our website where a **booking form** is available to download from: <https://www.charnwoodu3a.org.uk/History.html>. Payment by cheque will be required with the completed booking form, and you should also indicate if you are a wheelchair or rollator user.

For lunch, you can take your own picnic and use one of the numerous picnic tables in the castle park. There is also a catering facility near the entrance to the castle which you can use on a walk-up basis, but if you want to order food in advance you should indicate your choices by **August 9th** at the latest, indicating any food allergies, to **Pauline May, email: ppc.wat@ntlworld.com, tel: 01509 552834 or 07455 167929**, to whom any other queries about the trip should be addressed. Please also let Pauline know if you need a lift or are happy to give a lift, and we will do our very best to arrange a car share. The journey should take just over an hour, so to be on the safe side, we would recommend leaving by about 09:30.

**Note: Although the castle's web site says that English Heritage members get a £2 discount and Historic Houses members get free entry, those concessions do NOT apply to people paying £14 for the guided tour.*

Scottish Dancing

The Scottish Dancing Group will finish its fourth series on August 2nd. There will be no dancing on 16th August, but starting in September we will be meeting three times a month on the first, third and fourth Wednesday mornings to give members more opportunity to dance and to catch up should they miss a session or two.

Since starting in March last year, we have doubled in size and moved to a larger hall at the Loughborough Baptist Church in Baxter Gate. Our classes involve a lot of fun and laughter as well as dancing to inspiring Scottish jigs, reels and strathspeys (the slow ones!) If you want to see some of the dances we have covered so far take a look at <https://my.strathspey.org/dd/list/34895/#videos>.



Classes in September will be held on the 4th, 20th and 27th. Don't hesitate to come along for a free taster session to see whether it's something you would enjoy. For more information contact Sue at ScottishDancing@charnwoodu3a.org.uk.

Sue Ronald

More Group News

Laughter Club

I am inviting you to join a Laughter Club. Here in Loughborough, specially for our u3a. Yes, laughing for no reason, just laughing. You don't have to know or tell any jokes. It's like aerobic exercise for pleasure and health. Laughter Yoga combines playfulness and laughing with breathing. It's suitable for almost anyone; you can stand or sit.

Laughter Club will begin on **Wednesday 6th September, 11 o'clock at Gorse Covert Community Centre** and the next one will be on Wednesday 4th October. I am a trained Laughter Club leader and teacher and I'll tell you more when we get together. There'll be a small charge to cover the cost of hiring the room. After the laughing, we can enjoy tea and coffee or have lunch in the cafe.

If you would like to join do please send me an email or give me a ring (*contact details below*). There are a few caveats because we will be laughing heartily. So, if you have uncontrolled high blood pressure, or epilepsy or a hernia, severe backache or uncontrolled heart disease, maybe not, but you know your body best, what you can and can't do.

Anthony Gimpel, email agimpel@btinternet.com, tel: 01509 265277



Ay Up from Ethel

Well, Duks,

The folks in our ETHEL group had a right owd time last month, chewing the fat on English dialects. As you can see yourssen, Ethel is from round 'ere – Leicester born an' bred – and when she clocked on that folks join the u3a from all over the shop, she thought you'd like to have a gleg at how to speak proper Leicester.

To get the noggin working, she thought she'd tek a walk through the jitty and down the cut. It were black over Bill's mother's, and Ethel were allus a bit nesh, so she took her top coat and her broolly. There was a kiddie down theer, roaring fit to bust cos he wanted to yack stones in the watter. Now, Ethel is not one to stand gawping, but she was dead chuffed to hear the mother say, "Don't be such a mardy bum, or you'll not be getting any rocks." Anyroad, it were getting parky and she were feeling a bit giddy, so she went home, mashed a pot of tea, ate a cheese cob and went for a lie-down.

Ta ra!

Pam Upton

Translation available on request. Better still, why not send Ethel some of your own dialect memories to ETHEL@charnwoodu3a.org.uk

...or send them to Helen, our newsletter Editor at newsletter@charnwoodu3a.org.uk.

Don't be offended if somebody addresses you as 'Mi Duck'. This greeting may be related historically to the title 'Duke' and does not imply that you walk with a waddle.



Roving Reporters

Days of Interest Group – a Trip to Tewkesbury

Our July trip was to the Cotswolds historic town of Tewkesbury, with its medieval streets. Our trip was timed to coincide with the annual medieval festival, which is held on the site of the 1471 Battle of Tewkesbury, which was one of the most decisive battles of the War of the Roses.

The festival site had a large range of interesting stalls, selling some unusual items, ranging from medieval medications, food, swords, bows and arrows, armour, clothes – especially hats with plumes, and tools. In addition to the stalls there was a range of activities and entertainments. You could test your archery skills, listen to the musicians or watch the medieval jesters and the birds of prey displays. There were also stalls demonstrating how arrows were made and used, and a medieval blacksmith's - complete with a woman blacksmith. As there was a re-enactment of the battle later on in the day many of the visitors were in medieval dress. The event had also attracted quite a number of goths and steam punkers. Unfortunately it was a bit damp, so some of the costumes were complemented with umbrellas. You may be pleased to



know that some of the re-enactors were fellow u3a members.



One of the main attractions in the town is the glorious Abbey Church - with its spectacular stonework, ceilings and windows. The town has retained a range of Tudor buildings including one housing the interesting and quaint town museum, with displays covering the battle of Tewkesbury, polar exploration and a fairground model. Some of our members also had their "best ever" afternoon tea (see picture, right).



If you are interested in joining the Days of Interest Group, please contact Pauline May by email at ppc.wat@ntlworld.com or by telephone at 01509 552834 or 07455 167929 for details.

Changes to Membership Renewal

At the last AGM, the Committee was given approval to change from the Beacon Admin system to Simple Membership. At the moment the membership database is held on both but all renewals will be done via Simple Membership and Beacon will be phased out in the New Year.

Simple Membership allows members to renew on the anniversary of their joining date. For the vast majority of members, this will still be 30 September but for those who joined during 2023, it will be on their anniversary. Most membership cards will have a 'valid until' date of 30 September 2023 so during August I will be sending out new cards to those affected.

On 1 September, emails will go out to all members with email addresses to inform them that they can start renewing. On 30 September a gentle reminder may be issued. If a member does not respond, on 30 October an overdue reminder will be sent and on 29 November a final email will inform them that their membership has lapsed. For those without email, I will send out a letter at the beginning of September.

Associate Members

We are changing the way Associate Membership works this year. Associate Members will be asked to pay £5 but will not be limited to one group. They will be regarded as full members, so will receive the newsletter notification and be able to attend any group (provided there is room). It will be assumed that their affiliation fee and the Third Age Magazine will be done via their Primary u3a rather than Charnwood u3a.

There is nothing to do at the moment; this is for your information only.

Garry Rigby, Membership Secretary

Research into Digital Challenges Among Older Adults - Can You Help? Do You Need Help?



As reported in [May's edition of News & Views \(page 8\)](#), Jikun Yin, a PhD student in Loughborough University's Design School, is exploring how inclusive design can help older adults gain digital competence.

Jikun's first study is aimed at knowing what confuses older adults when they are using their digital devices and online services, and she would be very grateful if you can spare 5 -10 minutes to complete her questionnaire at:

<https://lboro.onlinesurveys.ac.uk/learn-what-older-peoples-experiences-with-digital-devices-2>

Jikun is also offering free practical help on a one-to-one basis or via meetings with groups of people. She has recently held some successful sessions at John Storer House in Loughborough, with older people sharing their stories and feelings about mobile phones, tablets and computers. If you are interested in meeting Jikun and discussing - and hopefully resolving - any issues you have with your technology, she would love to hear from you by email at J.Yin@lboro.ac.uk, or by telephone on 07840 302911.

Further information can be found at:

<https://www.lboro.ac.uk/schools/design-creative-arts/people/doctoral-researchers/jikun-yin/>



Equality, Diversity and Inclusion (EDI)

The EDI team met on 10th July at Gorse Covert. The discussion was wide-ranging and included the following ideas and actions to take forward:

- Take steps to ensure that the new Simple Membership website is as accessible as possible.
- Try to increase the diversity of subject matter covered by Cu3a groups.
- Increase member familiarity with IT by encouraging those having problems to come forward for help.
- Ensure members are fully aware that email is the preferred method of communication within Cu3a.
- Share best practice: what groups are already doing/considering and what other u3as are doing.
- Build on a more inclusive outlook so that this then spills over into recruiting a more diverse membership.
- Waiting lists: how can groups expand? Look into difficulties in finding new leaders and venues.
- Share presentation/organisational tasks within a group to build members' skill base and confidence.
- Have mini group presentations at the AGM about their activities and successes.
- Update the accessibility audit of current venues, to also include hearing and sound systems.
- Review current Charnwood groups and identify areas that could address EDI or are already doing so.
- Look into diversity of membership of other u3as in the region.
- Keep EDI on the agenda of the next Group Leaders meeting.
- Add a specific section for EDI to *News & Views* (and here it is!)

The next meeting will be held at Gorse Covert on **Monday 11th September at 2 pm**. If you have any comments on the points raised above or if you might be interested in joining the EDI team, please email newsletter@charnwoodu3a.org.uk.



August 2023 Meetings

| MON | TUE | WED | THU | FRI |
|---|---|---|--|--|
| | 1 Aug 10.00 10+ Walks 10.00 Spanish 11.00 Table Tennis 2 14.00 Canasta 1 14.00 Canasta1Quorn | 2 Aug 09.30 Golf 10.00 German 10.00 Mini Tennis 10.00 Scottish Dance 10.30 Papercraft 11.00 Table Tennis 3 14.00 Cribbage 2 14.00 Reading 14.00 Scrabble 2 | 3 Aug 10.00 Spanish Conv 11.00 Table Tennis 4 14.00 Bowls Outdoor 19.00 Canasta 3 | 4 Aug 09.00 Badminton 10.00 Knit & Natter 10.00 Line Dance 10.00 Mah Jong 10.00 Table Tennis 7 10.30 Tai Chi 11.00 Table Tennis 5 12.00 Lunch Club 1 12.00 Table Tennis 6 |
| 7 Aug 09.30 Yoga 10.00 Craft+Self Help 11.00 Table Tennis 1 13.30 Canasta 2 15.00 Current Affairs | 8 Aug 09.00 Eng Parish Ch 10.00 Scrabble 3 11.00 Table Tennis 2 14.00 Canasta 1 | 9 Aug 09.30 Golf 10.00 Committee 10.00 Mini Tennis 11.00 Table Tennis 3 14.30 Monthly Meet 19.00 Canasta2Quorn | 10 Aug 10.00 Beading 2 10.00 Thurs 6 Milers 11.00 Table Tennis 4 14.00 Bowls Outdoor 14.00 Making Music | 11 Aug 09.00 Badminton 10.00 Line Dance 10.00 Mah Jong 10.00 Needlecraft 1 10.00 Table Tennis 7 10.30 Tai Chi 11.00 Table Tennis 5 12.00 Table Tennis 6 |
| 14 Aug 09.30 Yoga 10.00 Craft+Self Help 11.00 Table Tennis 1 14.00 Chess 14.00 Quiz group | 15 Aug 10.00 6+ Walks 10.00 Spanish 11.00 Table Tennis 2 14.00 Canasta 1 | 16 Aug 09.30 Golf 10.00 German 10.00 Mini Tennis 11.00 Table Tennis 3 14.00 Cribbage 2 14.00 Italian Conv 14.00 Scrabble 2 | 17 Aug 10.00 CC Walks 11.00 Table Tennis 4 14.00 Bowls Outdoor 14.15 Scrabble 4 18.30 Supper Club 2 | 18 Aug 09.00 Badminton 10.00 Line Dance 10.00 Mah Jong 10.00 Table Tennis 7 10.30 Photography 10.30 Tai Chi 11.00 Table Tennis 5 12.00 Table Tennis 6 14.00 Art Apprec'n 15.00 Mac Users |
| 21 Aug 09.30 Yoga 10.00 Craft+Self Help 11.00 Table Tennis 1 13.30 Canasta 2 14.00 Gardening 14.00 Painting | 22 Aug 10.00 ETHEL 10.00 Needlecraft 2 10.00 Scrabble 3 11.00 Table Tennis 2 14.00 Canasta 1 14.00 Philosophy 1 | 23 Aug 09.30 Golf 10.00 History 10.00 Mini Tennis 10.00 Stitch & Sew 11.00 Table Tennis 3 14.00 Classical Music | 24 Aug 10.00 Beading 1 10.00 Thurs 6 Milers 11.00 Table Tennis 4 14.00 Architecture 14.00 Bowls Outdoor 14.00 Making Music | 25 Aug 09.00 Badminton 10.00 Line Dance 10.00 Mah Jong 10.00 Needlecraft 1 10.00 Table Tennis 7 10.30 Tai Chi 11.00 Table Tennis 5 12.00 Table Tennis 6 |
| 28 Aug 09.30 Yoga 10.00 Craft+Self Help 11.00 Table Tennis 1 14.00 Chess | 29 Aug 11.00 Table Tennis 2 14.00 Canasta 1 | 30 Aug 09.30 Golf 10.00 Mini Tennis 11.00 Table Tennis 3 | 31 Aug 11.00 Table Tennis 4 14.00 Bowls Outdoor | |

PLUS at Weekends: Days of Interest trip to Chester & Dagfields Antiques Centre (19th August);
Sunday Lunch Club (13th August)

For more information, visit our **website** (<https://www.charnwoodu3a.org.uk>) for the interactive calendar, with direct links to the group pages for more details, including names and contact emails of group leaders.. Please send any amendments or additions to the Editor at newsletter@charnwoodu3a.org.uk for inclusion in future months' calendars.

Member's Story

When I was a Guinea Pig in 1951 and '52

I was just finishing the first year of my three-year teacher training course at Leicester Domestic Science College when I and two friends heard about The Cold Research Station near Salisbury.

They were looking for guinea pigs to possibly catch a cold.

We were interested because we would have an all-expenses paid 10-day sojourn near Salisbury, an ideal opportunity to get all our vacation homework done - or so we thought - AND get paid ten shillings (50p) a day.

Harvard Hospital was left behind at the end of the war by the Americans. The unit was funded with US money as a 600 bed centre for infectious diseases and shipped over in prefabricated sections during Britain's dark early days of the war before Pearl Harbor (sic).

It was a camp of many wooden, centrally heated, lino floored, 3 bedroom huts with showers, telephone etc. - quite luxurious after our wartime restrictions.



TAKING A HOLIDAY TO CATCH A COLD:
HUMAN "GUINEA-PIGS" IN ISOLATION.



Lunch-time for the human "guinea-pigs": Meals are left outside the flats. From The London Illustrated News, 14 Feb 1948.

On arrival, volunteers were given a medical and X ray and the following day drops up our nostrils of possible common cold infested virus. During our voluntary incarceration we were visited once a day by medical staff but otherwise left to do whatever we wished, so long as we kept to the 30 feet isolation space between ourselves and other volunteers. Each day three meals were delivered to the door in 3 tier wide vacuum flasks which were left by a masked worker.

Being on the edge of Salisbury plain, it was idyllic for lovely walks and there were deck chairs, books, table tennis and an inter-hut telephone service.

We soon became acquainted with our neighbours – three fellows! A most interesting trio: Conrad, whose parents were White Russian refugees from communist Russia; the great/great? grandson of Anthony Trollope; and Paddy, a jeweller who played a French horn.

We soon built up a rapport and went on lovely walks and had long conversations over the fence as well as over the phone; we quickly realised that if we were still chatting when the telephonist went off duty at 5 pm we had the connection overnight.

We kept to the isolation rule until the 10 days were up, then we went into Salisbury to explore the wonderful cathedral and its environs and to say our eventual goodbyes.

I believe that the medics visited boarding schools and similar institutions in the middle of a cold epidemic and took swabs which were then inoculated into hen's eggs which were stored until ready to be investigated. However, before that, to check whether the virus was alive, we the guinea pigs were used. If we got a cold that batch was worth investigating; if we didn't get a cold then that batch was disposed of, thus saving a lot of needless experiments. My memory is a bit vague, but I am pretty sure that was basically what happened.

We three went the following year as did the lads and none of us got a cold either time. Quite a few hard up honeymoon couples went as guinea pigs I am told, and one volunteer clocked up 17 years of visits!

Kate Hutchinson

Upcoming Local Events

Loughborough Mela 2023

The vibrant **Loughborough Mela** is back on

Sunday 13th August, 10 am - 5 pm
in **Loughborough Town Centre**

- celebrating diversity and culture in the most FUN way possible.

**Food - Music - Dance - Arts & Crafts -
Stalls - Children's Rides**



For more information, including a programme, see:

<https://www.discovercharnwood.co.uk/events/2023/08/loughborough-mela>

Loughborough's First 'Gardeners' Fair'

Sunday 6th August 10 am - 4 pm in **Loughborough Town Centre:**
Devonshire Square and Cattle Market.

... brings the joy of visiting a Garden Centre, Nursery or Country Fair into the heart of town. You can browse and buy plants, flowers, shrubs and gardening paraphernalia. 'Artisan Makers' will add to the 'Summer Fair' atmosphere.

For details, see <https://gardenersfair.co.uk/>



1620s House & Garden

Amongst the August events at 1620s House & Garden at Donington le Heath are:



Pride and Prejudice Open Air Theatre: Sunday 6th August, 7 - 9:30 pm
Illyria's production of Jane Austen's glorious social comedy. Tickets: £14 Seniors. Bring your own seating - blankets or chairs - and dress appropriately for weather. See <https://1620shouse.org.uk/events/pride-and-prejudice-open-air-theatre/> for details and booking link or call 01455 290429.



Lute Recital: Saturday 12th August, 1:30 pm - 4:00 pm

Nick Gravestock will be playing a combination of a replica 1583 lute and a renaissance guitar dressed in authentic reproduction costume of the late Elizabethan period, in the Great Chamber at the 1620s House & Garden. **Included in the normal admission price.**



Details of other events at the 1620s House and Garden are at: <https://1620shouse.org.uk/whats-on/>

Best Laid Plans of Plotters & Madmen: The Monuments of a Group of Rural Churches with Rebel Leanings

A reminder that this study day, organised by the Church Monuments Society, is on **Saturday 12th August** starting at **Holy Trinity Church, Ratcliffe on Soar**. A day exploring the monuments in five local churches. Lunch included. £30 non-members.

For more information see: <https://tinyurl.com/ymb85rb6>

(or click on the event at <https://churchmonumentsociety.org/event/>)

or contact Moira Ackers at moira.ackers@ntlworld.com

Monument to Henry
Sacheverell 3rd
© J.Hannan-Briggs
(cc-by-sa/2.0)



For details of other local events see 'Discover Charnwood':

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

News from the National u3a



What does learning within u3a mean to you?

The u3a learning team are conducting a series of focus groups to help develop the national learning offering to best meet members' needs.

They will be asking: What does learning within u3a mean to you? What activities do you enjoy most and what would you like to see more of? Do you feel comfortable taking the lead or do you prefer to learn from others? If you would like to get involved in a focus group, please contact learning@u3a.org.uk.

Check your Hearing

National Charity RNID has asked to share their hearing test, to ensure that people with hearing loss get the support they need. The test will help you find out how your hearing is and give you advice about what to do next. It takes less time than making a cup of tea and all you need is a laptop or phone, headphones and a quiet spot to sit in. Take the test on the RNID website: <https://tinyurl.com/3z6rbf6z> (Editor's note: I've just done this test and 'passed' though I couldn't hear some of the numbers spoken!)



Free On-Line Events this Month:

- **Science Network Event** - talks on Quasars, CRISPR Genome Editing and how handwashing can save lives, Wed 9 Aug, 10:15 am - 3:30 pm.
- **Expedition Cruising: The Story of the Aleutian Islands** with Neil Stevenson, Upholland & District u3a, Thu 10 Aug at 2 pm.
- **The Story of Lela Black (1918-2008)**, a Greek Jewish woman and Auschwitz survivor - told by Lela's granddaughter Jacqueline Luck, Thu 24 Aug at 2 pm.

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

National u3a Newsletter and More:

To register to receive the National u3a newsletter regularly, go to: <https://www.u3a.org.uk/newsletter> where you will also find a link to recent issues.

The u3a National programmes page at: <https://www.u3a.org.uk/learning/national-programmes> has more learning initiatives, including new programmes, as well as ongoing themes like mathematical challenges, sharing photos and artwork - and the monthly radio podcast. Also, the u3a learning blog **Sources** includes a large collection of articles, posted by u3a members, covering a wide range of topics. This can be found at: <https://sources.u3a.org.uk>.

Poetry Corner:

Dying Light Sonnet 2

Continuing the series series of sonnets in which Cu3a member Martin Litherland has imagined what the subject might have experienced at his or her moment of death, when one's life is meant to 'flash before one's eyes' - what Dylan Thomas called 'the dying of the light'.

This month, King Richard III...

Dying Light Sonnet – King Richard III (1452 – 1485)

The steel! The wet! The clay! Now all is black!
 Sweet Jesus, am I really on my way?
 Forgive my sins O Lord and take me back
 To battle on and fight another day.....
 Pain is no more, but stabbed am I with fears
 That I may linger on the farthest shore,
 And made to wait at least five hundred years
 To hear whatever fate you have in store.....
 But lo! The sky is bright and I can see
 A marble tomb set in the morning sky;
 And people round the world are watching me,
 And flocking to the place where now I lie.....
 Jesu, please now love me like no other:
 Love me like I used to love my brother.



Portrait by Barthel ii,
Public domain, via
Wikimedia Commons

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.

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 **Wednesday, 30th August (12 noon)**.



Please send your contributions to the Newsletter Editor at: newsletter@charnwoodu3a.org.uk

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

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

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

Thank You!

Helen Reid
Newsletter Editor
Charnwood u3a



Committee and Group Leaders' Details

Names, photos and generic email addresses ending @charnwoodu3a.org.uk of all the current Committee members - along with links to their role descriptions - can be found on our website at: <https://www.charnwoodu3a.org.uk/CommitteeContactsNew.html> and those of other members of our Support Team are at: <https://www.charnwoodu3a.org.uk/SupportTeamContacts.html>



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

Telephone numbers of Group Leaders can be accessed from the Members area of the website, using login details previously supplied.

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), by prior arrangement, as observers. If you would like to attend one of these meetings and see what we do, please contact our Chair on chair@charnwoodu3a.org.uk

Some other useful u3a web addresses:

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

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

Leicestershire and Rutland Network: <https://u3asites.org.uk/landr/>

Beacon: <https://www.u3a.org.uk/beacon>

