Charnwood u3a

September 2023

News & Views

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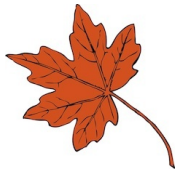
Our Website

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 September 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:

Discover South American Music

See page 2 for details.

View from the Chair

I wanted to call this month's bulletin "View from the Sun Lounger", but by the time it goes to press I'll be back in the cooler climes of Leicestershire. (Don't be too envious - it's been around 35 degrees most days in Spain!). Typing on an iPad on aforesaid lounger is not easy, especially when slathered in factor 50, but it did make me think about the wonders of modern technology and how we can connect with each other from practically any part of the world.

Like all organisations, the u3a has to be able to communicate with its members and we rely on up to date and effective systems to do it. This is why the Committee took the decision a few months ago to change how we manage things online. Up until now, we've had two systems: our website containing information for members and prospective members, and the Beacon system for managing member and group data. Over the next few months we'll be switching to a new system called Simple Membership (*See p.8*) which will bring everything together on a single website. It won't be an overnight revolution: there'll be plenty of time for us all to get used to it as it will be rolled out in stages and, in the meantime, we can still use both our current website and Beacon.

One important area of Committee work that will eventually transfer to the new system is Finance. A timely reminder that Bob Pyatt, our Treasurer, will finish his term of office in a few months and we'll need someone to take over. It's really important because under Charity Commission rules we can't continue without a Treasurer. So, please, if you think you might be interested and you want to find out what's involved, get in touch with Bob by phone on 01509 842624 or 07766 727791, or email treasurer@charnwoodu3a.org.uk.

A more immediate vacancy - and some might say of equal magnitude - is in the refreshment team for our monthly meetings. Holiday commitments mean that we need a couple of extra pairs of hands for the meeting on September 13th at Emmanuel church. If you can help, please give Patricia Drake a call on 07837 243122. Even better, if you have a couple of hours to spare to help out even occasionally please add your name to the refreshment rota.

I'm excited about the main feature at our September meeting (*details p.2*), but after Los Amigos have whisked us around South America to the joyous beats of the tango, rumba, mambo and samba, I'll need that cuppa!

Adiós for now
Pam
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.

Last month we were treated to an engaging and very well illustrated talk about the Gimson family of Stoneywell by Mark Temple from the National Trust, and any members who couldn't attend on the day *(like myself - Editor)* were able to catch up via the YouTube video.

Our Next Meeting
Wednesday 13th September

'Discover South American Music' with Los Amigos

Photo courtesy of Los Amigos

Playing guitar, percussion and clarinet, Neville Cooper, Harry Heppingstall and Verity Fielding take you on a foot tapping, scintillating and enlightening musical journey through the music of South America.

Including dances such as the tango, rumba, mambo and samba, you will experience live performances of many rhythmic and engaging dance styles.

Based in Hinckley, Los Amigos have performed to local groups to rave reviews. See: https://www.latitude.uk.com/general-4 and for a taster of their music, go to https://www.latitude.uk.com/listen.

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.

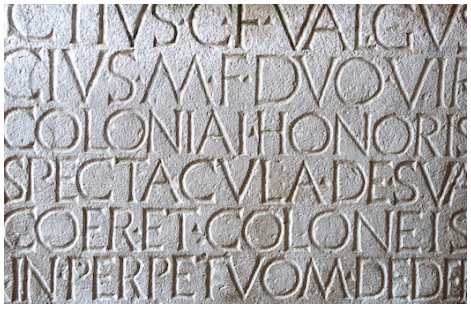
Looking Ahead:

For our **October** meeting, we welcome **Anand Mangal,** a group of female dancers from Loughborough who will perform traditional Indian dances, in what promises to be a hugely entertaining and colourful display.

The upcoming programme up to and including January 2024 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

Latin Group



Have you ever wished you could decipher the inscriptions when you are on holiday? Why not come to our small friendly group on **Monday 4th September 10 am - 12 noon at Emmanuel Church**, Forest Road, Loughborough? And first Monday of the following months.

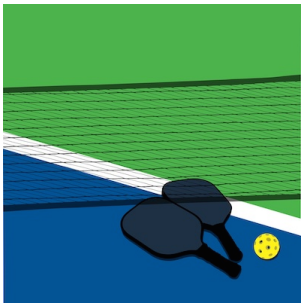
Taster lesson free. Refreshments available. Absolutely no examinations required or to be attempted. We look at great Roman writings and ask questions. Any mental activity may delay dementia.

For more information, email Latin@charnwoodu3a.org.uk.

Diana Harvey

Anyone for Pickleball?

Pickleball is a mix of tennis, badminton and table tennis and can be played by pairs, or singles, on a badminton sized court. Like the games on which it is based, there are various rules and the aim is to get the ball over the net and prevent your opponent from hitting it back. Players use hard paddles, which are a bit bigger than table tennis bats, and a light plastic ball to play.



At the start of the summer, Sileby Tennis and Pickleball Club extended an offer for anyone interested in Pickleball to attend their taster sessions. A few of us have been and enjoyed playing and are wondering whether there is sufficient interest to start a Charnwood u3a group. Especially as Pickleball, after a slow start in the UK, is being taken up by other u3as and is said to foster mobility, fitness and good health. Quoting from the Third Age Trust: *"It can be competitive and is always fun".*

If you are interested in finding out more about the possibilities for a Charnwood u3a Pickleball Group then please contact Martyn Speight (using his walking group address) on Thurs6milers@charnwoodu3a.org.uk.

Sustaining the Planet

Meetings of the Sustaining the Planet group resume in September after a summer break. The topics are loosely based on the UN Sustainable Development Goals. We next meet at **2 pm on Wednesday 6th September at Gorse Covert** when the topic will be "Reflections on record hot summers". What is happening? What causes it? What does it mean for us? How to adapt?

Future topics include a look at what happens to our waste, with a speaker from the company that deals with recycling, and how humans may be responsible for a new geological era known as the Anthropocene.

Anyone is welcome to join us. Further information is available on the group's page on our web site and/or by contacting SustainPlanet@charnwoodu3a.org.uk.

Brian Waters

Gardening Group Visit to Ashwood Nurseries

This has proved to be a very popular trip, which is now full - with a waiting list. If you are on the waiting list you will have received a message from Sharon Davison explaining the situation.

The Gardening Group would like to thank everyone for their interest in this trip and support.

More Group News

Family History Discussion

Our next meeting is on **Wednesday 20th September at 2 pm at Gorse Covert**. The topic will be: ***"The ancestor I would like to have met"***. Someone famous or infamous; rich or poor; ended up successful; or one of life's rogues; adventurous? They can't all have been boring!

The following meeting on 18th October will be on ***"My brick walls".*** If you are wondering what a brick wall is or would like to find out more about how to start researching your own family history and building a family tree, then do get in touch via FamilyHistory@charnwoodu3a.org.uk and/or check out our group's page on the website for more information. From time to time we offer a short introduction to family history to help you get started or to pick up from your parents' work that nowadays doesn't start with prowling round graveyards!

Brian Waters

Equality, Diversity and Inclusion (EDI)

The EDI team would like to reiterate that Charnwood u3a's preferred method of communication with members is via email. So if you have provided an email address, do remember to check your email regularly so you don't miss out on any important messages that are sent to you.

The next meeting of the EDI team will be held at Gorse Covert on **Monday 11th September at 2 pm.** Topics for discussion include**:**

- Featuring our groups' activities in our general meetings. As well as group presentations and displays at our monthly meetings at Emmanuel, it has been suggested that there could be some presentations at the AGM about group activities and successes in relation to EDI, particularly smaller groups or those who do not use community venues.
- The possibility of offering subsidised membership to asylum seekers through the 'Loughborough Town of Sanctuary' organisation.

If you have any comments on the above or on any other EDI matters, or if you might be interested in joining the EDI team, please email newsletter@charnwoodu3a.org.uk.

Helen Reid

Letters to the Editor

After reading Ethel's account of her walk down the jitty in last month's *News & Views*, 'Geordie Ethel' sent in this version:

Wor lass Ethel thowt that she'd gan fur a wark, doon the lonnen, past the netty, and alang the back o' the hooses. It wez propa tippin' it doon, but neebody cud say she wez soft as clarts, as she 'ad 'er gansey on so she'd be alreet.

There wez anover bairn there, plodgin' thru the puddles, about te hoy his plenka into the watter. But 'is mam hollered "Divvent dee that pet, an' stop yer blubbin' or yul not get any bullets".

Nivvor mind, it wez gettin' card, so she went hyem to 'ave a stottie cyek fur her tea.

Anon - but a proud Mackem.

Roving Reporters

Walking 10+

Our August 1st walk, with 15 members, enjoyed a great 12 mile hike in the Derbyshire Peak District. Thanks to our walk leader Mike Pearson.

We started from the National Trust car park at Ilam Hall. Our route included Dove Dale, Jacobs Ladder, Reynards Cave, Ilam Rock and Wetton. Due to flooding, a diversion of around 1.5 miles was needed over the River Manifold.

Please contact Mike Hill if you would like to join this group at Walk10plus@charnwoodu3a.org.uk.

Mike Hill

Days of Interest Trip to Chester

Firstly, who would have thought that a simple trip to a city could turn out to be quite so “interesting”? We started off well, with a fairly speedy trip to Chester, but unfortunately our driver was not quite sure where to drop us off. We eventually made our way to the bus station. Unfortunately they weren’t too happy to see a coach in a bus station, so when it came to picking us up I think we did the quickest ever coach loading in history. Jill and I can safely say that on our watch, this has never happened before and we will do our utmost to ensure it doesn’t again!

Despite these trials, our members managed to find lots to do in sunny Chester. Activities included hopping on and off the open top tourist bus, visiting the cathedral (finding the way in was quite a challenge), discovering the Roman amphitheatre, taking a boat trip, walking the walls, shopping in the Rows, admiring the architecture and visiting the odd tea shop. As this was their Gay Pride weekend we were also able to enjoy the parade – some great costumes.

We then made our way to the Dagfields antique centre – rather more slowly than we had hoped, due to road closures. Going around we were repeatedly saying “I had one of those in the 1980s” or more worryingly “I still have one of those”.

On a serious note, Jill and I would like to thank members for their forbearance during what was, at some points, a somewhat trying day. For potential new members, such issues are most rare.

Also, sadly three of our members - Lyn Dutton, Gwen Moon and Janet Ruddy - have recently passed away. They have all participated in our trips regularly in the past, and we will miss their company. Our thoughts are with their friends and families.

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.

Roving Reporters Continued

English Parish Churches Group's Newark Area Coach Outing

The day was organised by Roger Willson. To make up numbers we were able to welcome other u3a buddies. This was a day of contrasts, showing how churches can be so very different depending on their history, location and fabric. Several of the churches could boast some very wealthy patrons, whereas others were more modest.

The day started in Hawton just outside Newark. A medieval church with an outstanding chancel, containing a founder's tomb, Easter sepulchre *(pictured right)*, piscina and sedilia which were all beautifully decorated in the most wonderful medieval sculpture. A delight to any eye.

We then visited St Mary Magdalene, Newark. A vast church built on the profits from the wool trade. It would have once been full of guild chapels. Here we had time to stroll around Newark and have lunch. Newark town centre was doing a 'by-the-sea week', where brave parents sat in the cold whilst children built sandcastles.

Fortunately, the weather improved by the time we reached St Giles, Holme by Newark *(pictured left)*. This was another church built on the profits from wool. Now off the beaten track, the visitor is rewarded with a delightful little church full of history including a surviving chantry chapel complete with John Barton's cadaver tomb *(pictured below)*.

Our fourth church was in Brant Broughton, another medieval church which had had a Victorian 'restoration', showing us how the Victorians viewed the middle-ages. Church crawling is fun and fascinating but thirsty work. So, we were very grateful for the tea and biscuits provided here.

Our final church was for me the highlight of the day. Stragglethorpe *(pictured below)* is a tiny church in a farmyard, which still has occasional services. The simplicity of this little church, full of box pews, was a refreshing contrast to the grand and decorated churches we had visited.

Other members of the group will no doubt have their own favourites. This is why a day out in a group is so pleasurable. Sharing opinions and seeing the buildings through other people's eyes. There are so many different aspects to be enjoyed in a church, not just the centuries of history. English parish churches are the biggest repositories of medieval and early modern sculpture. They are tributes to the crafts people working over many centuries and the storehouses of so many human stories.

I would like to thank Roger for organising yet another wonderful day out and do hope the friends who shared our day enjoyed it as much as us committed church crawlers. Thanks also to the people at each church prepared to welcome us and offer both insight but also sustenance and to our heroic coach driver who managed to drive a coach up some very tight tracks.

Moira Ackers

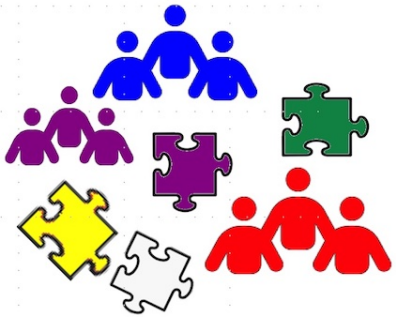
September 2023 Meetings

MON	TUE	WED	THU	FRI
				1 Sep 09.00 Badminton 10.00 German: RTC 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 13.30 Pilates 1
4 Sep 09.30 Yoga 10.00 Craft+Self Help 10.00 Latin 11.00 Table Tennis 1 13.30 Canasta 2 15.00 Current Affairs	5 Sep 09.30 Pilates 2 10.00 10+ Walks 10.00 Spanish 11.00 Table Tennis 2 11.15 Pilates 3 14.00 Canasta 1 14.00 Canasta1Quorn 14.00 Sing4Pleasure	6 Sep 09.30 Golf 10.00 Classical Greek 10.00 German 10.00 JigsawBookEx 10.00 Mini Tennis 10.00 Scottish Dance 10.30 Papercraft 11.00 Table Tennis 3 14.00 Cribbage 2 14.00 French Improve 14.00 Scrabble 2 14.00 Sustain Planet	7 Sep 10.00 Sci & Tech 10.00 Spanish Conv 11.00 Table Tennis 4 14.00 Bowls Outdoor 19.00 Canasta 3	8 Sep 09.00 Badminton 10.00 Classical Civ 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 13.30 Pilates 1
11 Sep 09.30 Yoga 10.00 Craft+Self Help 10.00 Poetry 1 11.00 Table Tennis 1 14.00 Archaeology 14.00 Chess 14.00 EDI meeting 14.00 Quiz group	12 Sep 09.00 Eng Parish Ch 09.30 Pilates 2 10.00 Scrabble 3 11.00 Table Tennis 2 11.15 Pilates 3 14.00 Canasta 1 14.00 Social Dance	13 Sep 09.30 Golf 10.00 Committee 10.00 Mini Tennis 11.00 Table Tennis 3 14.30 Monthly Meet 19.00 Canasta2Quorn	14 Sep 10.00 Beading 2 10.00 Thurs 6 Milers 11.00 Table Tennis 4 14.00 Bowls Indoor	15 Sep 09.00 Badminton 10.00 German: RTC 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 13.30 Pilates 1 14.00 Art Apprec'n 15.00 Mac Users
18 Sep 09.30 Yoga 10.00 Craft+Self Help 11.00 Table Tennis 1 13.30 Canasta 2 14.00 Gardening 14.00 Painting	19 Sep 09.30 Pilates 2 10.00 6+ Walks 10.00 Spanish 11.00 Table Tennis 2 11.15 Pilates 3 14.00 Canasta 1 14.00 Philosophy 2 14.00 Sing4Pleasure	20 Sep 09.30 Golf 10.00 German 10.00 Mini Tennis 10.00 Poetry 2 10.00 Scottish Dance 11.00 Table Tennis 3 14.00 Cribbage 2 14.00 Family History 14.00 French Improve 14.00 Italian Conv 14.00 Scrabble 2	21 Sep 10.00 CC Walks 10.00 Parish Walks 11.00 Table Tennis 4 14.00 Bowls Indoor 14.00 French Conv 14.15 Scrabble 4 18.30 Supper Club 2	22 Sep 09.00 Badminton 10.00 Line Dance 10.00 Mah Jong 10.00 Table Tennis 7 10.30 Tai Chi 11.00 Table Tennis 5 12.00 Table Tennis 6 13.30 Pilates 1
25 Sep 09.30 Yoga 10.00 Craft+Self Help 11.00 Table Tennis 1 14.00 Chess 14.00 Local History	26 Sep 09.30 Pilates 2 10.00 ETHEL 10.00 Needlecraft 2 10.00 Scrabble 3 11.00 Table Tennis 2 11.15 Pilates 3 14.00 Canasta 1 14.00 Philosophy 1 14.00 Social Dance	27 Sep 09.30 Golf 10.00 Mini Tennis 10.00 Scottish Dance 10.00 Stitch & Sew 10.30 History 11.00 Table Tennis 3 14.00 Classical Music 14.00 Travel Group	28 Sep 10.00 Beading 10.00 Thurs 6 Milers 11.00 Table Tennis 4 14.00 Architecture 14.00 Bowls Indoor	29 Sep 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 13.30 Pilates 1

PLUS at Weekends: **Days of Interest trip to Packwood House & Baddesley Clinton** (23rd Sept); **Sunday Lunch Club** (10th Sept)

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.

Our New Way of Connecting Goes Live



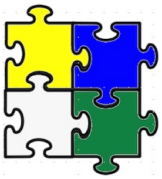
Our u3a has over 1000 members and close to 100 groups. To manage all this we need a system where members and potential members can find all the information they need and where group leaders can manage our varied and diverse range of activities.

For the past few years we have had to rely on two online systems: our website for content and Beacon for handling membership data.

Our new system, called Simple Membership, will bring everything together, so that we can manage it all through a website. This will give members, and potential members, all the information they need, and provide group leaders with access to the functions necessary for managing their groups.

Simple Membership is already used by over 20 u3as who have given positive feedback about what it offers and how it works. Additionally, we are already benefiting from a support network of u3a groups using the system to get the most out of Simple Membership.

Through Simple Membership we will be able to:-



- Hold membership records (with the information we require on all our members)
- Create activity group membership lists
- Email all members and group members (complying with GDPR)
- Keep our website up to date
- Manage events (organised centrally or by our groups)
- Support the financial side of what we do.

Over time we will get many benefits from the Simple Membership system, which we have decided to implement in stages. The first stage, which covers new member applications and membership renewals which become due at the end of September, is now live. The system will send out all the information that renewing and new members need (with letters sent out to those without email addresses).

Our next stage is to hold workshops for all group leaders who wish to attend, whether or not they have previously used Beacon. After these workshops, group leaders will be able to use the new system to manage their membership lists and email their members. We will also be using it to send updates to all our members.

Note - Simple Membership sends emails from different addresses to those used by the Beacon system. So you may initially need to check that our emails (both bulk mailings and messages from group leaders) are not going to your Junk folder.

We therefore go into Autumn with our new way of connecting, through Simple Membership, installed and starting to be used. Over the coming months its use will be developed, in stages, to support more of what Charnwood u3a does.

To help everyone become familiar with the new system and how we are using it, we will be sharing tips and advice here in our monthly Newsletter. Additionally, any questions you have can be sent to Martyn Speight, a member of our implementation team, on martyn.sm@charnwoodu3a.org.uk or by phone to 01509 213137.

Festival of Archaeology

Leicestershire is sooooo lucky!

I lived for decades in post-industrial West Yorkshire where any archaeology seemed to be almost exclusively Industrial - mills, mills and more mills. Interesting up to a point, but since we moved to Loughborough, we've been truly delighted to find a thriving archaeology community - nurtured and led by the excellent Peter Liddle, all the local fieldwalking groups he's set up, and the world-famous University of Leicester.

Peter Liddle's walk round the Bronze Age hillfort on Beacon Hill

Throughout the UK, there's just been a Festival of Archaeology - everywhere else it was just one week... In Leicestershire it was the entire month of July because our county is so rich and varied in its archaeology, and so full of knowledgeable people keen to take us on walks, give talks, show artefacts, and organise discussions, exhibitions and visits.

A walk round Hallaton Castle (a very rare opportunity to walk round it as it's on private land).

Janina and I went to at least three Festival events each week throughout July! And it's been a brilliant way of getting to know our new home county throughout the ages.

We've fought the civil war through the tangled medieval backstreets of Leicester; we've climbed to the Norman castle at Hallaton; we've heard stories of Roman luxury and Iron Age treachery; we've begun to understand The Enclosures and why our county has so many Deserted Medieval Villages; we've handled Neolithic hunters' arrow points, Roman jewellery, and had pot shards from our garden identified as early 14th C.

Peter Liddle - who was Leicestershire's County Archaeologist and now he's retired is even busier spreading the word about how fascinating our county's past is - has worn himself to a frazzle organising and running this feast of a Festival. And a huge thank you to all the other volunteers and enthusiasts and experts involved!

So, do check out the Festival of Archaeology next year, and book yourself in on some adventures with the past!

If you'd like to see what was available this year, the website is still showing all the events:
https://leicsfieldworkers.org/festival-of-archaeology/

On there, you can access a huge range of talks in their Digital Talks Archive:
https://leicsfieldworkers.org/festival-of-archaeology/digital-talk-archive/

And, from there, I particularly recommend Jim Butler's excellent Hidden Histories of Leicester:
https://www.youtube.com/c/HiddenHistoriesofLeicester/videos

Char March

Photos courtesy of Janina Holubecki

Upcoming Local Events

Friends of Charnwood Museum - Autumn Talks

Wednesday 20th September: Rebecca Hale on 'Leicester Cathedral'
A short history of the Cathedral revisiting the reinterment of Richard III and exploring the archaeological discoveries made during the recent Leicester Cathedral Revealed excavation.
This talk may now be booked via
https://charnwoodcouncil.bookinglive.com/friends-of-charnwood-museum/leicester-cathedral

Wednesday 18th October: Mark Temple on 'Mountsorrel Railway and Quarry'
This talk will cover the development of the railway and quarry in Mountsorrel, its impact on the local area and the ecological and historical legacy that exists for visitors to see at the heritage centre. Book via
https://charnwoodcouncil.bookinglive.com/friends-of-charnwood-museum/mountsorrel-railway-and-quarry

Doors will be open from 7.00pm for a 7.30pm start; please use the evening entrance on Granby Street.
Cost: Members £2. Non-members £4. Booking Essential.

Loughborough University Public Lecture: Nature's Olympians

Wednesday 20th September 5:30- 6:30 pm, Online

This public lecture will be delivered by Dr Mark Burnley, Senior Lecturer and Exercise Physiologist in the School of Sport, Exercise and Health Sciences at LU.

In this talk, Dr Mark Burnley will take you on an academic safari through the animal kingdom, touching on a wide variety of movement patterns including: terrestrial locomotion (from the peristaltic movement of worms to pentapedal and hopping locomotion in kangaroos), swimming, jet propulsion in squid, and flying in insects, birds and mammals, and how these movements are essential elements of feeding and mating behaviours, as well as to escape predation.

Dr Burnley's presentation will use investigations of the speed-duration relationship to detail how this problem has been studied in mammals, lizards, crustaceans, fish and birds, in an attempt to identify nature's champion athletes.

See: https://www.ncsem-em.org.uk/events/public-lecture-natures-olympians-and-human-performance-health-disease for further details and booking information.

1620s House & Garden, Donington le Heath

Hello Heritage Open Day: ***FREE ENTRY***
Sunday 10th September, 10:30 am - 4:00 pm
The 1620s House and Garden invites you to attend their Hello Heritage Open Day, running as part of a wider, Northwest Leicestershire campaign. Discover this Heritage gem located in the heart of Leicestershire. Explore the 17th Century house to learn about its rich history and wander through the gardens. The Friends of 1620s are celebrating their 25th anniversary and to mark this occasion they have a range of activities and displays to showcase their passion for the 1620s House and Garden. This will include "Sheep to Woolly Jumper", mystery objects, have-a-go weaving, adults' and children's craft, and pole lathe demonstration.
See https://1620shouse.org.uk/events/hello-heritage-open-day-2/ for more details.
Details of other events at the 1620s House and Garden are at: https://1620shouse.org.uk/whats-on/

For details of other local events see 'Discover Charnwood':
https://www.discovercharnwood.co.uk/events

More Upcoming Local Events

Loughborough Bell Festival

Sunday 10th September 2 pm - 5.30 pm, Queen's Park, Granby Street

Loughborough's first ever Bell Festival features the 7-foot willow bell - representing the town's bell foundry and their 1882 commission for Great Paul, the largest bell ever cast in Britain - paraded from **All Saints Church to Queen's Park.**

You can see the bell blessed to the peal of bells at the door of the 14th century parish church at **1.30 pm** and watch as it leaves on the back of a heritage steam engine, to be welcomed in Queen's Park by music from the hundred-year-old Carillon Tower.

You are invited to bring a picnic and listen to brass band music and singing, have a go at hand bells and art activities, watch local Morris sides dance and find out about the history of John Taylor & Co, Loughborough's world-famous bell foundry - all in the glorious surroundings of the park donated to the town by local benefactors to mark Queen Victoria's diamond jubilee.

Heritage Open Days

Fancy seeing inside somewhere you've never been?

Well that's exactly what the annual **Heritage Open Days** are all about - getting you into places that are usually closed to the public. It's a great thing to do locally, as well as if you're planning to be away somewhere between **8th - 17th September** this year.

Everything is FREE, and there are hundreds and hundreds of places to explore. If you're not feeling up to going in person, there are on-line talks and virtual tours too. Search on their much-improved website for where you fancy having an adventure!
https://www.heritageopendays.org.uk/

Char March

Poetry Corner: Dying Light Sonnet 3

Continuing the 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, Horatio Nelson...

Dying Light Sonnet – Horatio Nelson (1758 – 1805)

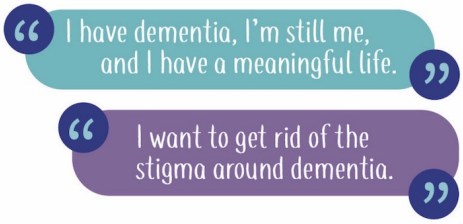
Fan! fan! fan! and more! Oh that gentle breeze
To fill my sails again: a little squall;
I see their faces now, they are at ease
And smiling round the deck, my captains all...
My body feels aware: both eyes now see
The hills, the sails, the buntings of Port Royal;
Stiffly it moves, my arm is getting free,
With needled feeling as it doth uncoil……..
And lo! I see it now, a distant smoke
Which heralds forth the bay of Napoli;
Its fiery ardour now begins to stoke
My lustful passion for eternity……
Be ready now, my love: this time I'm whole:
To hold you evermore while ages roll.

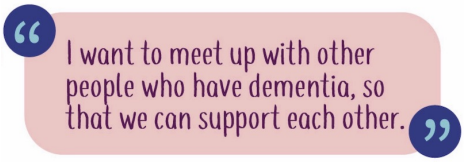
Portrait by Lemuel Francis Adams (1799) Public domain, via Wikimedia Commons

New Dementia Support Group

The new **Soar Valley Dementia Group** will meet on **Tuesday 26th September, from 11 am - 12.30 pm** at **Rothley Community Library**. This group will be run by people with dementia, for people with dementia.

Carers and others will be welcome, but the focus is on peer support for people with dementia. It's based on the DEEP Network, https://www.dementiavoices.org.uk/, which has around 100 groups meeting across the UK. The groups can be enabling and empowering, and helpful for everyone affected. The group will make decisions about what they want to do together, and some people may become involved in raising awareness about dementia locally.





The group now has the support of the Social Prescribing Team at the NHS, and several volunteers have offered to help.

There will be a small stall at the library during the Scarecrow Festival, 23rd and 24th September, to talk about dementia and about the group. This is part of Reimagining Dementia's international launch of Taking it to the Streets (see https://www.reimaginingdementia.com/blog/prtakingstreets), a campaign which aims to change the ways we think about dementia, and begin to talk more openly about it.

For more information, email soarvalleydementiagroup@gmail.com.

Maxine Linnell

News from the National u3a

u3a Week Online Events Programme

u3a week is taking place 16 - 24 September and is an annual celebration of the learning and fun within the u3a movement, including events to raise awareness of the benefits of being a u3a member. Alongside this, the Third Age Trust will be running a programme of online events that any u3a member can attend:

- **Future Lives** with Heléna Horklots, Older People's Commissioner for Wales, Tue 19 Sep at 3 pm: working towards a Wales where older people are valued, rights are upheld and no-one is left behind.
- ***Trees, Woods, Climate & Nature*** with John Tucker, Woodland Trust, Wed 20 Sep at 10 am: a discussion on how u3a members can get involved in supporting wildlife and the environment.
- ***Bolder - How to Age Better and Feel Better About Ageing*** with Carl Honoré, Thu 21 Sep at 10 am: this award-winning writer, activist on ageing and TED speaker will give a talk about how to embrace ageing as a privilege and adventure.

Some Other Free On-Line Events this Month:

- ***Platonic Activities: Maths Activities Day for All*** with Subject Adviser David Martin, Thu 14 Sep,10 am
- ***Climate Modelling*** with Ian Hawker, East Suffolk u3a, Tue 19 Sep at 10 am.

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.

Obituary

In Memory of Lynn Dutton 1948 – 2023

Generous, fun, knowledgeable, enthusiastic and friendly are just some of the ways members of the Cu3a Gardening group remember Lynn, a longstanding and popular member of the Group, who sadly died in early August, following a sudden and severe downturn in her health.

Lynn passing on her seed-sowing expertise to youngsters at Loughborough Library. Photo courtesy of the Loughborough Echo.

Lynn was well known to many other Cu3a members, as she belonged to - and had helped to run - several groups, including Days of Interest, Theatre and Archaeology, but this tribute is specifically from her friends in the Gardening Group, who had plenty of memories to share at our recent summer garden party.

Leader Lili Robinson perfectly summed up Lynn's quirky sense of humour: "I will long remember her showing what was left of her partner's underpants after she composted them!" This was after Lynn qualified as a Master Composter with Leicestershire County Council, following which she attended many promotional events around the county with three other MCs in the group. The big pants reveal of the Y-front elastic minus any cotton in-between was always a show-stopper!

Back at the garden party, many people said they would recall Lynn every time they went into their gardens. She was always generous with plants grown in her own large garden and greenhouses and keen to share them with others. As one member said: "I shall always remember Lynn when I look around my garden. She gave me a great many hellebores many years ago, which are a splendid display every spring. Thank you, Lynn." A sentiment shared by all who knew her.

Gwen Moon 1927 - 2023

Following news of the recent passing of longstanding member Gwen Moon, in addition to words from the Days of Interest group (see page 5), the following tributes have been provided by the leaders of the other groups she belonged to:

From Canasta 1 and 3:
Gwen was a senior member of our Canasta family. She was very competitive, extremely sharp and in her own words "skilfully lucky" with the cards. She was a lovely lady, always had a smile and beautifully dressed. It was a privilege to have known her. She will be sadly missed.

From Mini Tennis:
Sadly I knew her only briefly as she gave up tennis soon after I joined. She was always smiling and a joy to be with.

Janet Ruddy

Janet, who passed away in early August, was a member of the Archaeology, Days of Interest, English Parish Churches, Parish Walks, Tai Chi and Theatre groups of Charnwood u3a. The group leader of Tai Chi sent the following tribute:

Janet joined our Tai Chi group some six months ago and soon settled in to become a valued member. She had previously studied the Long Form with our tutor and was a skilled practitioner.

Once I was leading a session and revising a shorter Form. It soon became apparent that Janet and I had been taught it with a slight difference. This led to much joking about the 'Janet and Jon' variant!

All the members of our group, along with our tutor Pamela, wish to offer our sincere condolences to Janet's family and many friends.

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 **October** issue of **News & Views** will be **Friday, 29th September (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 under 'Contact' along with those of other members of our Support Team.

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.

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/