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Network Group Meeting Reminder

You should all have received details of the next Network Group Meeting on Thursday 13th October (if you haven't let me know asap). Thank you to those who've replied with details of delegates – I'd like to hear from the remainder as soon as possible please, even if you're not able to attend. The meeting will be held at the Glenfield Sports Pavilion, which is on Gynsill Lane, Glenfield LE7 7AG and is now better signposted. The start time is slightly earlier than previous meetings at 9:45am. We hope to finish the meeting by 12:15pm, including a break for refreshments (provided).

The programme of Workshops continues with details for the next 2 months provided below:

OCTOBER

Finance Matters – Monday 10th, 10:00–12:30 [REGISTER HERE](#)

Growth Matters – Monday 17th, 10:00–12:15 [REGISTER HERE](#)

Running Your u3a – Tuesday 18th, 10:00–12:15 [REGISTER HERE](#)

Interest Groups Matter – Monday 24th, 10:00–12:15 [REGISTER HERE](#)

Recruiting & Valuing Volunteers – Wednesday 26th, 10:00–12:15 [REGISTER HERE](#)

NOVEMBER

Keeping It Legal – Friday 4th, 10:00–12:30 [REGISTER HERE](#)

Running Your u3s: Information for Trustees – Monday 7th, 10:00–12:15 [REGISTER HERE](#)

Interest Groups Matter – Wednesday 16th, 10:00–12:15 [REGISTER HERE](#)

Growth Matters – Monday 21st, 10:00–12:15 [REGISTER HERE](#)

Equality, Diversity & Inclusion Awareness – Thursday 24th, 10:00–12:30 [REGISTER HERE](#)

Recruiting & Valuing Volunteers – Monday 28th, 10:00–12:15 [REGISTER HERE](#)

➔ ➔ For further details go to: www.u3a.org.uk/advice/workshops ⬅ ⬅

Diary Dates – Reminder

Here are some dates of future activities to help with your forward planning:

- ❖ Monday 19th September 19:00–21:00 East Mids Late Summer Quiz by Zoom (see over)
- ❖ Thursday 13th October 09:45–12:15 Network Group Meeting (see above)
- ❖ Monday 12th December 19:00–21:00 East Mids Christmas Quiz by Zoom (details to follow)
- ❖ Thursday 16th March 2023 Times TBA Network Group Meeting & AGM

THE LATE-SUMMER QUIZ

MONDAY 19th SEPTEMBER 2022

Starting at 7:00pm Finishing around 9:00pm

2 DAYS LEFT TO REGISTER

u3a

By Zoom



BOSWORTH
BATTLEFIELD HERITAGE CENTRE
1485 TITHE BARN
AND COUNTRY PARK

Survey about Bosworth Battlefield Heritage Centre & Country Park (see PFD enclosed)

The Culture department at Leics County Council would like to hear from anyone in Leicestershire and Rutland who has NOT visited the above venue within the last 3 years. The survey is quite short with mainly multi-choice answers and should take no more than about 5 minutes. Share your views and be in with a chance of winning a £25 supermarket voucher.



Potential New Speaker – Fran Sandham

The only reason I've said potential is because some u3as in our area have already discovered this very experienced speaker at U3As, author, journalist and lecturer Fran Sandham has given well over 200 talks to U3As. He was the first person in history to walk across Africa solo from Namibia's Skeleton Coast to the Indian Ocean at Zanzibar. Full details of the range of Fran's talks are in the enclosed PDF.

u3a Explores Science at the Ri – A Welcome Return!

This fantastic series of lectures are about to return with the first one on Monday 31st October. They are well worth the trip to London, I've attended several (before Covid) and have never been disappointed (sadly I'm not able to attend this one). Full details are in the PDF enclosed with this *Network News*. Booking is through Eventbrite – [CLICK HERE](#). Tickets are £20 or £8.50 if you view online, but if you've never been to the Royal Institution it's well worth a visit, if only for the atmosphere in the auditorium when Dan Plane does his "demonstrations".

Regional Trustee Newsletter

Attached is the final Newsletter from Jean Hogg as she completes her term of 4 years as Regional Trustee for the East Midlands. At the time of writing, no-one has come forward to replace Jean, so could that be you! If it could, why not contact Jean to see just what the role entails – contact details are in her Newsletter. Jean has been a very enthusiastic Regional Trustee and has helped define the identity of the East Midlands Region of u3a. She'll be greatly missed and leaves a vacuum that needs to be filled.

The Next *Network News* will be around 4th October, unless we get a sudden burst of urgent information, in which case it will be sooner! Any items for inclusion should be submitted by 30th September please..

Document attached to this *Network News* is:

Bosworth Battlefield Heritage Site Survey

Potential New Speaker – Fran Sandham

U3a Explores Science at the Ri

Regional Trustee Newsletter



BOSWORTH
BATTLEFIELD HERITAGE CENTRE
1485 TITHE BARN
AND COUNTRY PARK



Share your views!

on Bosworth Battlefield
Heritage Centre and
Country Park

If you haven't
visited in the
last 3 years, just
scan the QR code
and take part in
our survey.*



Share your views and be in
with a chance of winning a

£25 SUPERMARKET
VOUCHER

www.bosworthbattlefield.org.uk

*Closing date 30th September 2022

Culture
Leicestershire
Heritage, Libraries, Collections and Learning

 **Leicestershire
County Council**

FRAN SANDHAM



A very experienced speaker at u3as, author, journalist and lecturer Fran Sandham has given well over 200 talks to u3as. He was the first person in history to walk across Africa solo from Namibia's Skeleton Coast to the Indian Ocean at Zanzibar, as described in his critically acclaimed book *Traversa*.

U3A Talks:

1. A SOLO WALK ACROSS AFRICA – The account of Fran's remarkable journey across Africa, when he took on the challenge of a lifetime by walking from Namibia's Atlantic Coast to the Indian Ocean near Zanzibar. This one-year, 3,500-mile journey was completed entirely on foot, with no backup, no support team, no one to carry his gear, no sponsors, no film crew, no cheering crowds, and no strings attached – undertaken solo, apart from a disastrous donkey ...
2. "DR LIVINGSTONE, I PRESUME?" – The story behind the legendary meeting in Africa in 1871 between the missing explorer Dr David Livingstone and the ambitious news reporter Henry Morton Stanley. How their meeting proved to be the newspaper scoop of the century, bringing Stanley world fame and notoriety; the controversy, hostility and ridicule Stanley faced on his return after finding Livingstone; why the meeting was such a sensational news story – and why Stanley's four words became the most famous greeting in history.
3. THE SEA ROUTE TO INDIA – The extraordinary story of how the fifteenth-century Portuguese explorers braved everything from natural obstacles to superstitious dread in order to discover a sea route around Africa to reach the rich spice markets of the East, and how their journeys were originally inspired not so much by commerce but by the quest to find the mythical Christian emperor Prester John.
4. AFRICAN ANIMAL ENCOUNTERS – Some alarming and amusing encounters of the non-human variety from the expeditions of the great African explorers (accompanied by a few of Fran's own experiences during his solo walk across Africa).

Some comments from u3as in our area that Fran has visited (2020–2022)

'A huge thank you on behalf of all our members for such a superb talk.' *MARKET HARBOROUGH u3a*

'What an amazing story and inspirational talk.' *ASHBY DE LA ZOUCH u3a*

'Such an interesting and well-presented account of Fran's truly epic and at times difficult journey across Africa.' *CHARNWOOD u3a*

For a full list of testimonials from U3A talks, please visit www.traversa.co.uk



u3a Explores Science at the Ri

u3a at the Ri: Space, chemistry and powering our future

Monday, 31 October 2022 at 13:45

21 Albemarle Street - London W1S 4BS - United Kingdom

Join us at the Ri for an afternoon of talks on subjects ranging from twin science to space exploration! (Tea and coffee included if you attend in person).

Mark Sumner: Electric motors and the future of our energy

On 3 September 1821, Michael Faraday invented the electric motor at the Royal Institution. It revolutionised the world and 200 years later, they are still in use today. Discover how the electric motor helped us develop technology and where will it lead when it comes to much-needed renewable energy.

Rebecca Smethurst: Supermassive blackholes

When we think of black holes, we often think of them as endless hoovers, sucking up anything around them. The reality is, it's very difficult to grow a black hole and to get matter close enough to that point of no return. Most matter will happily orbit a black hole. Just like the Earth orbits the Sun, the Sun orbits a supermassive black hole at the centre of the Milky Way over 4 million times more massive than the Sun itself.

Dan Plane: Dazzling demonstrations

We'll end the day by celebrating 40 years of u3a events, and the first event at the Ri in 3 years, the only way we know how. Join our Head of Demonstrations for 30 minutes of spectacular science demonstrations covering the world of chemistry. Expect lots of colours, chemicals and the occasional bang.

Biographies

Rebecca Smethurst is an astrophysicist at the University of Oxford and star of astronomy-themed YouTube channel Dr Becky. Her current research is trying to answer the question 'how do galaxies and black holes evolve together?'. Her YouTube channel, Dr Becky, where each week she explains either an unsolved mystery, a weird object found in space or general space news with an unnatural level of enthusiasm, has over 200,000 subscribers (and counting!). Her debut public science book 'Space: 10 things you should know' was named one of Sky at Night Magazine's top 20 books of 2019.

Mark Sumner received his degree in Electrical and Electronic Engineering from Leeds University in 1986 and then worked for Rolls Royce Ltd in Ansty, UK. Moving to the University of Nottingham, he completed his PhD in induction motor drives in 1990, and after working as a research assistant, was appointed Lecturer in October 1992. He is now Professor of Electrical Energy Systems. His research interests cover control of power electronic systems including sensorless motor drives, diagnostics and prognostics for drive systems, power electronics for enhanced power quality and novel power system fault location strategies. Mark is a member of the Power Electronics, Machines and Control research group.

Dan Plane repeatedly fell in and out of love with science across his education but realised the importance of inspiring and engaging science education for young people. After gaining experience working in primary schools, particularly with children with additional learning needs, he cut his science communication teeth at the Science Museum in London and is now Head of Demonstrations at the Royal Institution. He hopes to inspire children to follow science paths, families to try science demos at home, teachers to engage their pupils with exciting demos and investigations, and help adults enjoy science as entertainment.

Photo credit: Paul Clarke

September 2022



There are some wonderful events planned across the East Midlands, to celebrate u3as 40th Anniversary in u3a week, including three big Network events. An enormous amount of work has gone into organising these events. I am looking forward to attending and I hope u3a members from across the region are too!

Derbyshire Network

Photography Competition - there are two topics: ['The Spirit of Derbyshire'](#) and ['The Spirit of the u3a'](#)

Following the closing date on August 31st all photographs will be available to view on the Derbyshire [u3a Network website](#) and [FaceBook page](#)

Derbyshire u3a Network's Walking Baton Relay

Groups from 16 of Derbyshire's u3as will be walking to pass on a baton, finishing in Alvaston park at 1.30pm on **Friday 23rd September**. Derby u3a begin this event on 7th September, accompanied by well known walker, John Merrill. The Baton will continue on its journey around Derbyshire being passed on by each of the 16 other u3as. The final section will be covered by Melbourne Area Derby u3a to complete the circuit.

Northamptonshire Network of u3as in association with Chester House Estate

Wednesday 21st September 12.00 – 4.00

Official Opening 12.00 - 12.45pm

Threshing Barn open to visitors with displays from all participating u3as

Wellingborough Tai Chi 1.00 pm – 2.00 pm

Wellingborough Ukulele Groups 2.00 pm – 2.45 pm

Completion of Mile-a-Member Challenge in front of Chester House 2.45 pm – 3.30 pm

Thrapston Making Music Group 3.30 – 4.00 pm

Higham & Rushden Singing for Fun Group

Throughout the Day Tours of Chester House site and Archaeological Resource Centre.

Nottinghamshire Network

24th September, Highfield's Park, University Boulevard, Lenton, Nottingham, NG7 2RD

Itinerary

12:00- 1:00	Arrive to set up, bring your own chairs etc.
1:00	Workshop u3a Steel Band
1:30	Welcome from the Lord Mayor of Nottingham. Beacons arrive from three routes after their journey round the county Speeches
2:00	Surprise event
2:30	Workshop u3a Steel Band
3:00	End

Workshops

A reminder about a new programme of Online Workshops. Details are, of course, on the national website.

The next online workshops taking place in September and are open for any u3a members to book are as follows:

- **9 September:** Running your u3a – information for Trustees to help them understand their role and responsibilities
- **20 September:** Recruiting and Valuing Volunteers – how to recruit, retain and support volunteers across a u3a
- **21 September:** Interest Groups Matter – for Committee Members, Group Leaders, Group Coordinators or anyone thinking of taking on one of these roles
- **29 September:** Keeping It Legal – information about the key areas all u3as need to be aware of and understand, including data protection, equity and inclusion and safeguarding

The workshops are a great way to learn and to meet other members from across the u3a movement. For further details, timings, and links to book please visit: www.u3a.org.uk/advice/workshops

u3a events

As well as the Network events outlined above, I know that many u3as are planning special occasions to celebrate with their members and to raise the profile of u3a, attracting new members. Bingham u3a, in Notts, held a successful event in June.

On the 2nd June, Bingham u3a had a Picnic in the Park to celebrate the Queen's Platinum Jubilee. Picnickers were entertained to two full-on sets by the fabulous local Toot Hill Swing Band and its young vocalists plus 12 enchanting solos by local pupils of singing coach Beccy Burgess. The picnics went down, the wine flowed, and yes - the sun shone all afternoon! Chairman John commented: "This is a celebration not just for u3a members, but also for the Band and the singers, because this is the first time they've been able to perform in front of a live audience for two and a half years and many of the young singers had never sung in public before, let alone to 200 people. It's important to remember that events like this don't just happen overnight - they're the result of hundreds of hours of work by many people."

I hope all the events are as successful as Bingham's!

Third Age Trust AGM

As you know, the Trust will hold its AGM on October 6th. I do hope all u3as have registered to vote. Some important issues have been proposed, and many amendments received, so it is very important that you use your vote.

Trustee for the East Midlands

This is the last Newsletter I will send out as your Trustee. The last four years have been extremely worthwhile and interesting and I am sad that no-one has come forward to succeed me. I do hope that, when the next opportunity arises, some members will give it consideration. I am happy to discuss what is involved with anyone interested.

I want to thank everyone who has supported and encouraged me during my time as your Trustee. It has been an honour to meet so many members who give up their time, enthusiasm and commitment to our inspirational u3a movement.

I can be contacted on: jean.hogg@u3a.org.uk or phone: 0744 322 1688

Jean Hogg Trustee East Midlands

The Third Age Trust

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