

All articles are colour-coded as follows:

For Committee/Specific Roles

For Members

Diary Dates

Special Events/Features

In This Issue

Tribute to David Kyle

Network Meeting

Diabetes UK

Member Workshops

80s Bash Live

Farmer Barnes Farm

The following message is from Ian Webb

Chair of Harborough Welland u3a.

"It is with great sadness that we must announce the death of David Kyle on 08 June 2023. He was a founder member of South Leicestershire u3a and acted as Treasurer for 18 years and Membership Secretary for at least 16 years.

He was a very popular member of HWu3a and will be sadly missed."

David was also "Money Keeper" for the Leicestershire & Rutland Network of u3as for many years and an active member of the committee from its inception.

On a personal note, I had a several contacts with David both at Network meetings and events, and when Chairman of West Leicestershire u3a when his support and advice proved invaluable. RIP David.

THE NEXT L&R NETWORK GROUP MEETING WILL BE ON
THURSDAY 19th OCTOBER 2023 – 10:00am to 1:30pm (approx.)

PUT THE DATE IN YOUR DIARY - NOW!

DIABETES UK
KNOW DIABETES. FIGHT DIABETES.

Diabetes UK have produced a poster giving details of useful contacts within the Midlands and East of England Region.

This is aimed at anyone with Type 1 or Type 2 Diabetes

Anyone looking for information about Diabetes

How members can get involved in fund-raising for the charity, and more...

Steve Paxton is the Support Worker for Midlands and East

He can be contacted on 07464 917861 or steve.paxton@diabetes.org.uk

Steve would be happy to attend any u3a meeting of members to talk about the work of Diabetes UK

A PDF copy of the poster is attached

➔ MEMBER WORKSHOPS – JULY/AUGUST 2023 ←

The Third Age Trust has developed workshops in partnership with u3a members to provide support, information and advice for all u3a members. The workshops are delivered online using Zoom, by Trust volunteers who bring their experience as Trustees, u3a Chairs and Committee members. The workshops are informal and informative and provide a great opportunity to meet and exchange ideas with u3a members, share best practice and experiences and learn with others from across the UK.

RUNNING YOUR u3a – INFORMATION FOR TRUSTEES

Wednesday 12th July 10:00–12:15

Wednesday 2nd August 10:00–12:15

RECRUITING & VALUING VOLUNTEERS

Wednesday 19th July 10:00–12:15

INTEREST GROUPS MATTER

Monday 10th July 10:00–12:15

Monday 14th August 10:00–12:15

KEEPING IT LEGAL

Thursday 17th August 10:00–12:30

CONTINGENCY PLANNING

Wednesday 26th July 10:00–11:00

RUNNING DISCUSSION GROUPS

Monday 21st August 10:00–11:00

There is a more limited programme during the summer months
For more information about each workshop and how to book [CLICK HERE](#)



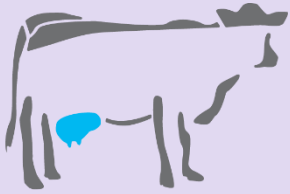
Leicestershire County Cricket Club

Friday 1st September 2023

Led by an incredible West End band and singers

this will be a hit-filled concert of classics celebrating the golden decade of music.

See PDF enclosed.



FARMER
BARNES
DAIRY

u3a DAY ON THE FARM

Wednesday 20th September 2023

2:30–4:30pm

Alma Bank Farm, Owston Road, Somerby,
Melton Mowbray, Leics LE14 2PN

Aimed at individuals and small groups only

£20 per person inc tea & cakes

Limited number of places available

Full details & booking link on PDF enclosed

The next *Network News* will (hopefully) be in late July/early August
Any items for inclusion should be submitted by 27th July please

Documents attached to this *Network News* are:

Diabetes UK Poster
80's Bash Live
u3a Day On The Farm

Find out more about your u3a Network at <https://u3asites.org.uk/landr>
To contact your Network email coordinator@landru3a.org.uk

USEFUL CONTACTS

MIDLANDS AND EAST OF ENGLAND

Diabetes UK Helpline

Get information and advice on all aspects of living with diabetes, we can help with answering your questions on a range of diabetes topics.

Call: 0345 123 2399 (Monday-Friday, 9am to 6pm) Email: helpline@diabetes.org.uk

Diabetes UK Midlands and East of England

For information on local events, groups, volunteering opportunities and services in the East Midlands, West Midlands, and the East of England:

Call: 01902 916444 Email: midlands@diabetes.org.uk or eastern@diabetes.org.uk

Diabetes UK Website, Online Shop and Learning Zone

For all information on living with diabetes and diabetes risk: Web: www.diabetes.org.uk

To order printed resources and a wide range of other products:

Web: <https://shop.diabetes.org.uk/> Call: 0800 585 088 Email: shop@diabetes.org.uk

Join our Learning Zone for advice and tips on managing your diabetes:

Web: <https://learningzone.diabetes.org.uk/>

Our Lives, Our Choices, Our Voices - Midlands and East of England

For more information on our youth programme for 11-25's living with type 1 diabetes and how you can get involved: Email: lilly.allen@diabetes.org.uk or adam.mayze@diabetes.org.uk

Fundraising in the Midlands and East of England

To find out how you can get involved in fundraising in your local area:

Email: fundraising@diabetes.org.uk Call: 07885557009

Diabetes UK Online Forum

A moderated online community for people living with diabetes. Ask questions and learn from others' lived experience: Web: www.diabetes.org.uk/forum

Find us on social media: Twitter: @DiabetesUKMidSE | Instagram: @midlandsandeast.diabetesuk | Facebook: www.facebook.com/DiabetesUKMidlandsandEast

DIABETES UK
KNOW DIABETES. FIGHT DIABETES.

80'S BASH LIVE

Leicestershire County Cricket Club

Friday 1st September 2023

Dust off your leg warmers, grab your neon outfit and prepare to dance, as we step back in time to the electrifying era of the 1980s!

From the epic anthems of ABBA and Queen to the iconic sounds of Prince, Bon Jovi, Duran Duran, and Eurythmics, The 80's Bash is a hit-filled concert of classics celebrating the golden decade of music!

Led by an incredible West End band and singers, whether you're a child of the 80s or simply a lover of timeless tunes, this sensational party of pop & rock will have you – singing and dancing all night long!

This will be a great gig for groups, Dancing Queens and lovers of all 80's music, book your tickets with us now!



For booking details click on the picture [↑](#)

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Groups

0800 358 0058

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OUR PAYMENT PARTNER



BOOK WITH CONFIDENCE





We are delighted to announce our first special

u3a DAY ON THE FARM

Wednesday 20 Sept 2023

Starts 2.30 – 4.30pm

Alma Bank Farm, Owston Road, Somerby, Melton Mowbray, Leics LE14 2PN



We cordially invite members of U3A to join us for a Special Day on the Farm to see for yourselves, where milk is made, how we milk the cows in a modern newly built dairy farm and enjoy taste testing our cheese whilst the cows are being milked.

This day is aimed at smaller groups and individuals, who wish to visit the farm and are not already booked on a U3A Group visit. Please share with your membership and ask them to email me directly to book and pay for their places.

During your visit to our Dairy Farm

We are delighted to show you what goes on behind the scenes on our family run working dairy farm at Somerby near Melton Mowbray.

- * Watch & learn how the Cows are milked
- * Help feed all the baby calves some milk
- * Tractor & Trailer Ride around the fields
- * Afternoon Tea & Cakes refreshments included
- * Taste and buy Blue Stilton, Shropshire Blue and Rutland Red cheese

Learn about how we produce milk from our 300 herd of Ayrshire & Friesian cows who spend their days grazing our fields. Watch and learn about how we milk 48 cows at a time through the milking parlour and help feed our week old baby calves. As Sept is the height of our block calving season, there may well be a chance to watch a cow calving if you're lucky! And you don't have to wear wellies!

You won't get dirty at all.

Cost: £20 per person inc tea & cakes

Click on the button below to book your places.

Individuals & small groups welcome.

Limited places so book early. First come first served.

All places must be paid for at time of booking. Online payment preferred.

Please state any dietary requirements at time of booking.

[BOOK NOW](#)