

All articles are colour-coded as follows:

For Committee/Specific Roles

For Members

Diary Dates

Special Events/Features

THE NEXT L&R NETWORK GROUP MEETING WILL BE ON  
THURSDAY 19th OCTOBER 2023 – 10:00am to 1:30pm (ish!)  
Glenfield Sports Pavilion, Gynsill Lane, Glenfield, Leicester LE7 7AG

**BUT**

SEVERAL u3as have not yet responded saying who will be representing them at the meeting  
If that applies to you, PLEASE respond by email to our Secretary, Helen at:  
[helensalisburyslu3a@gmail.com](mailto:helensalisburyslu3a@gmail.com) or click [HERE](#)

Thank you

Now here's a new act for your Speaker Secretary to book!



Discover South American music with Los Amigos, a Classical Guitar, Clarinet and Percussion trio, 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. The story behind each dance style is explained with many humorous anecdotes.

Further details and how to book are in the enclosed PDF.

## → MEMBER WORKSHOPS – OCT/NOV 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**

Friday 27th October 10:00–12:15

Thursday 9th November 10:00–12:15

### **KEEPING IT LEGAL**

Monday 30th October 10:00–12:30

### **RUNNING DISCUSSION GROUPS**

Wednesday 4th October 10:00–11:00

### **RECRUITING AND VALUING VOLUNTEERS**

Tuesday 10th October 10:00–12:15

### **PART 1 – INFLUENCING AND SOCIAL CHANGE ONLINE**

Monday 23rd October 2:00–4:30

### **CONTINGENCY PLANNING**

Tuesday 7th November 10:00–11:30

### **EQUALITY, DIVERSITY & INCLUSION**

Wednesday 8th November 10:00–12:30

### **RECRUITING COMMITTEE MEMBERS**

Friday 10th November 10:00–11:30

For more information about each workshop and how to book [CLICK HERE](#)

The next *Network News* will (hopefully) be in late October  
Any items for inclusion should be submitted by 24th October please

Document attached to this *Network News* is:

**Los Amigos**

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

# LOS AMIGOS

Neville Cooper, Verity Morris and  
Harry Heppingstall

## Discover South American music



Los Amigos, a Classical Guitar, Clarinet and Percussion trio, 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. The story behind each dance style is explained with many humorous anecdotes. Not to be missed.

Neville Cooper, [neville.cooper@btinternet.com](mailto:neville.cooper@btinternet.com) Tel 07968279675

Foot tapping melodies and the scintillating combination of guitar and percussion

