

# Rutland u3a newsletter

April 2021

**u3a** learn,  
laugh,  
live

## A note from the Chairman

I'm ignoring the fact that there was a flurry of snow yesterday and I'm concentrating my mind on the beautiful sunny day today.

Our Speaker on Thursday May 6th is Paul Robbin who is an experienced presenter, historian and author. He will talk to us about the life of Winston Churchill.

You will all be aware that he was our Queen's first Prime Minister who greeted her on her return from Kenya with The Duke of Edinburgh, so quite poignant to hear about his history as we mourn the death of Prince Philip.

Our AGM will be held online at the start of the June meeting. Please look out for information about this which will be sent out by e mail in due course. This will include a voting form so that you can elect committee members.

Yes, here I go again!!

For those of you who haven't been a committee member yet, please consider this. Without a fully functioning committee we cannot provide you, our members, with all we would like to. Nomination forms are available on our u3a website.

If anyone is interested but unsure what it entails please contact me or any member of the committee for an informal conversation. We are only too happy to let you know what it entails. It is not a huge commitment but it is vital and we have great chats at committee meetings! The most important attribute of a committee member is being a team player.

I don't know when it will happen but it would be great to hear your feelings about meeting again at Victoria Hall. I know we won't be able to meet in the numbers we used to do but, by letting us know your thoughts (and ideas) we will be able to plan in a more concrete way.

We are hoping to celebrate u3a day, June 2nd by having some sort of presence in Oakham and in Uppingham on the Friday 4th. Any offers of help would be greatly appreciated.

Our Network are putting on a quiz via Zoom on the evening of Wednesday June 2nd to which you are all invited. Further information is in this Newsletter.

With all good wishes to you all,  
Ros



# Rutland u3a newsletter-April 2021

We need

YOU!



New Committee members wanted

Oakham u3a can only continue to run successfully with an active committee. Could you or one of your friends help? Members can propose new committee members before 10 May by completing the nomination form which can be found on our website: <https://u3asites.org.uk/rutland/page/26637> Votes will then take place at the AGM on 3 June.

## Zoom Meeting - Thursday 6<sup>th</sup> May

A warts and all look at the Political career and Personal life of the man voted the greatest Britain of all Time. Paul charts the long and unique life of the man who claimed that History would be kind to him as he intended to write it.

The talk begins with Churchill's early life where he desperately tried to live up to the high expectations placed on him by his Father, through the period of his first military career, and onto the First World War where he had the second most important job in Government and his second spell of active service in France.

The inter war years were a time of desperate struggle for Winston where he was a distrusted and often despised voice on the fringes of politics warning about the growing threat from Nazi Germany.

Paul talks about the unique circumstances that led up to Winston becoming Prime Minister, his fight against depression and how he led the nation to fight back. The later parts of his life and political career are recounted and the talk ends with examples of Winston's wonderful wit and incredible drinking capability.



Thank-you to everyone who contributed to this month's newsletter. If you have run or taken part in a U3A activity we would love to hear about it. Please send items for next month to:

[rutlandu3a.info@gmail.com](mailto:rutlandu3a.info@gmail.com) or via the website

The deadline for publication for the next edition of the newsletter is 20<sup>th</sup> May 2021

# Rutland u3a newsletter-April 2021

**u3a** learn, laugh, live

25 Years in Rutland

Wildlife

Languages

Topical Discussion

Board, Cards & Tiles

Movement

Social Events

Science & Tech

Visual Arts

History

Crafts

Literature

£12 per year!

75 Groups to suit all ages, interests & abilities

Find Out More About RutlandU3A

Email : [rutlandu3a.groups@gmail.com](mailto:rutlandu3a.groups@gmail.com) Visit <https://u3asites.org.uk/rutland>

Scan the Red Box to Apply Today!

## To All Group Coordinators and leaders

Rutland u3a is continuing to update and improve the website so that potential and existing members can see the range of groups and activities available.

If your group is either not included on the groups page

<https://u3asites.org.uk/rutland/groups> or the information is not up to date, please let Sharon, the groups coordinator know. [rutlandu3a.groups@gmail.com](mailto:rutlandu3a.groups@gmail.com)

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# Network <sup>u3a</sup> Zoom Quiz

**WEDNESDAY 2ND JUNE 2021**  
**STARTING AT 7:30PM FOR ABOUT 1½ HOURS**

Open to all u3a Members (& prospective members) in  
LEICESTERSHIRE, RUTLAND & NORTHAMPTONSHIRE

BOOK EARLY  
AS PLACES  
ARE LIMITED

To register:

Send an email with your name and the  
name of your u3a (actual or intended) to:

[coordinator@landru3a.org.uk](mailto:coordinator@landru3a.org.uk)

as soon as possible

If places are still available, you'll receive an email confirming  
your place in the quiz (normally within 24 hours)

Joining instructions will be emailed to you  
a few days before the Quiz

Part of the national  
u3aday celebrations



This will be a

## FUN QUIZ

*Not to be taken too seriously  
Specially created for  
Singles and Couples  
to take part by Zoom*

Organised for your enjoyment by:

**u3a** Leicestershire &  
Rutland  
Network of u3as

& **u3a** Northamptonshire  
Network of u3as

# Rutland u3a newsletter

## April 2021

We are delighted to announce that the second printing of the book 'u3a in the Time of Corona' is now available.

The book was created as part of a shared learning project led by Jo Livingston and Jennifer Simpson. It sold out quickly, but has been reprinted just one year on from the first lockdown.

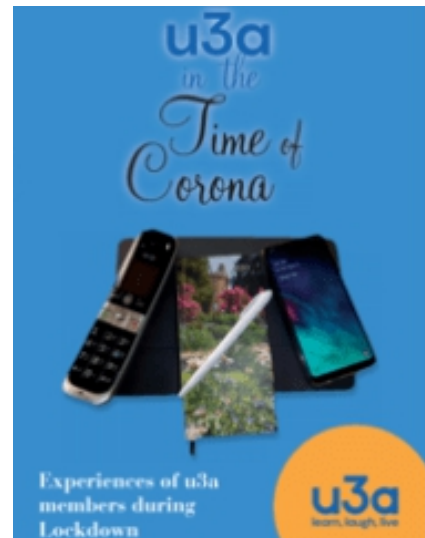
u3a members from all over the country contributed and the book chronicles our reactions to the virus and isolation, as well as how to get a supermarket delivery, how to cut your own hair and what to do with all that free time.

Some people sent drawings, photographs and poems which have been included.

It costs £10 including post and packing and the order form is at:

<https://u3auk.wufoo.com/forms/m1f42ml40rx4fdj/>

### U3a in the Time of Corona



### The High Street Re imagined - A free lecture

Rutland u3a was involved in the national u3a high street research project. The following National Geographical Society lecture has been brought to our attention as it looks at the impact of the internet, Covid and Brexit on our high streets.

“The death of the high street was a favourite media headline even before the pandemic – and now there's an urgent need for change. One in seven shops stands empty, retail giants like Debenhams have collapsed, and many jobs have been lost.

So what next? How to unleash hyperlocal movements of green, community-powered enterprise? How might we shift entrenched power bases like property and investment to support this?

Rebecca Trevalyan, high streets activist and Library of Things co-founder, will share her experiences in a talk and Q&A”

**6 May 2021 - 6.30pm-8.00pm**



To book a place see:

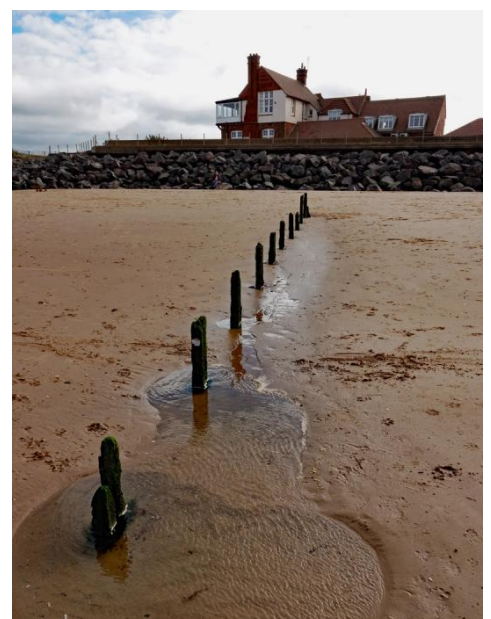
<https://www.rgs.org/events/summer-2021/the-high-street-reimagined/>



# Rutland u3a newsletter-April 2021

## News from the groups

The photographic group continues to be active, meeting on Zoom during lockdown and have produced another lovely collection of photographs.





# Rutland u3a newsletter-April 2021

## News from the groups



# Rutland u3a newsletter-April 2021

## News from the groups

### Intermediate Italian Group - New Members Wanted

The intermediate Italian group usually meets every other Tuesday afternoon at 2pm, taking turns to host. At present our numbers have reduced to just 4 and we would love to welcome new members to the group.

We are not fluent in Italian by any means but we have gone beyond the beginner stage. We have a good vocabulary of words and verbs. We do various activities, reading from short Italian books, play charades, Italian conversation on various topics or what we have each been doing recently. We do our very best to make it fun and interesting. We do not want people to think that they have to be an advanced Italian speaker.

If you have previously studied Italian and haven't used it for a while or are presently studying then we would absolutely love to hear from you.

During lockdown we have held our meetings on Zoom for those wishing to participate but we hope to begin meetings face to face again from Tuesday May 18th as the country enters stage 3 of the UK roadmap out of lockdown.



Please call or message me on 07929 347904 or email [garnerjulie9@btinternet.com](mailto:garnerjulie9@btinternet.com) if you would like to join the group or would like more information.

After an online vote, the Group is now the **Tuesday Half Day Walking Group** (2nd & 4th Tuesday mornings March - November). This is easier to manage and leaves the way open for a Wednesday Walking Group. We have 6 new members, who all walked with us on our first walk this year (allowed in Groups of 6 or less since April 12th).



### Walking Group (Half Day)



Some group members were walking for the first time since 2019 because of Covid shielding. 27 of us were lucky with beautiful weather – perfect for views across the Welland valley to the Harringworth/Seaton viaduct.



# Rutland u3a newsletter-April 2021

## Community News



Pepper's- A Safe Place is a mental health organisation based in Oakham. We provide 1-2-1 and peer support to adults across Rutland and Melton Mowbray.

Join us during Mental Health Awareness Week (10<sup>th</sup>-16<sup>th</sup> May 2021), get involved and help us raise vital funds and awareness of this important local source of support for people with mental health difficulties.

Sign up to our virtual, sponsored Miles for Mental Health and help us raise funds by walking, running, cycling, hopping, skipping or jumping!

Get creative and enter our Photography Competition with some amazing prizes on offer.

If you're feeling lucky, enter our raffle for a chance to win some incredible local prizes, such as a bottle of local Gin, a goodie bag from Hambleton Bakery, vouchers for Rutland Cakeaway, gifts from Rutland Wax Melts and so much more. Get your tickets at Oakham Market on Wednesday 12<sup>th</sup> or Saturday 15<sup>th</sup> May, (why not treat yourself to some of our delicious cakes on sale as well!)

All the details for our Mental Health Awareness Week activities can be found on our website or social media pages (peppersoakham).

We need you, our community, to help us end the stigma around mental health, spread awareness for the services we provide and raise vital funds so that we can continue supporting those in need.

Our premises provide a safe and welcoming place for anyone to come and chat, share their experiences over a cup of tea, escape potential loneliness and relax, away from daily stresses. We offer regular drop-in sessions for adults twice weekly on Tuesday mornings and Thursday afternoons, as well as providing support to parents and babies on Thursday mornings.

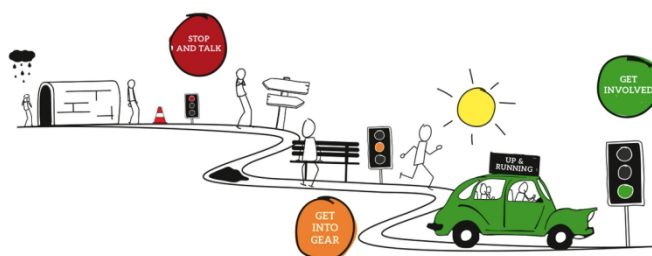
In addition, we have a Friendship support line. Just call our Reception on 07714 503 556 and they will put you in touch with one of our wonderful volunteers for a chat.

If you, or anyone you know, is struggling with their mental health, please speak up and reach out. We are here for you.

<https://peppersrutland.co.uk>

07714 503 556

info@peppersrutland.co.uk



# Rutland u3a newsletter-April 2021

## Community News

### Rapid Lateral Flow Testing

Around one in three people with COVID-19 do not have any symptoms and could spread the virus without knowing it.

Rapid tests are available to help find people who are asymptomatic, to help us to stop the spread of the virus in Rutland. People are being encouraged to take tests before seeing relatives or loved ones.

**Even if you have had your Covid-19 vaccination, the advice is to carry on testing**

Tests are free and can easily be done at home. They can be ordered on line <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests> or can be collected from:

Uppingham Library	Tuesday	12.30pm to 5pm
Ketton Library	Tuesday	12.30pm to 5pm
Ryhall Library	Thursday	12.30pm to 5pm
Oakham Library	Mon,Weds, Fri, Sat.	10am to 1pm
Unit 18a Oakham	Monday	8am to 6pm
Enterprise Park	Wednesday	10am to 7pm
	Friday	8am to 4pm

### Future Rutland Conversation

Rutland Council states that following the pandemic it needs a new plan for the future...

So, they want to start a conversation with us to understand:

- What you value most about your life here in Rutland
- What your expectations are for yourself and your family
- What your expectations are for future generations

By having conversations, they hope to build a shared vision for Rutland's future – one that's shaped by you.

For more information see their web site:

<https://future.rutland.gov.uk/future-rutland-conversation>



# Rutland u3a newsletter-April 2021

2021/21

## Committee Members

### Chairman

Ros Kenny

### Secretary

Hedley Greaves

### Treasurer

Bob Bennett

### Data Protection

Bryan Howard

### Digital Inclusion

Sue Morecroft

### Groups coordinator

Sharon Pratt

### Membership Secretary

Lucy Marsland

### Speakers Secretary

Tony Dunne

### Social Secretary

Diane Case

## Committee advisors and helpers

### Publicity

Jill Stacey

### Minutes

Diane Case

### Website

Phil Grimley

### Hall set up and AV

Peter and Jane Hammond

Michael Seccombe

### Beacon

Vic Newland

### IT

Mike Shea

### Events

Lynne Costello

Joy Kelly

### Noticeboard

Lynne Costello

### New Member Support

Kath Rolison

Janet Bilby

Jenny Wilce

Jane Gillon

### Printing

Margaret Macpherson