

# Rutland u3a newsletter

August 2023

**u3a** learn,  
laugh,  
live

**u3a** learn, laugh, live

## A note from the Chairman

Two thirds of this year has already gone by. I suppose it won't be long before Christmas decorations appear in the shops but before that we have the glorious colours of autumn to look forward to, not to mention the sloes and brambles to liven up the gin!

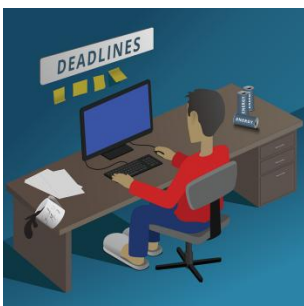
We still need help with the setting up of Victoria Hall for our monthly meeting. Please think about this. It is mainly the setting up of the noticeboard which is not onerous. We also need a minute taker for our committee meetings. If you think you can help please e-mail me.

Next month's speaker is Richard Blacklee who is going to tell us about The Infamous Gang of Northamptonshire who operated between 1760 and 1790. They were highwaymen and robbers.

As usual it is 10 for 10.30 and tea and coffee will be available for £1.

With all good wishes

Ros Kenny



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 August to Jill at [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 September 2023.

# Rutland u3a newsletter

## August 2023

**Monthly Meeting at the Victoria Hall  
Thursday 7 September 2023 10.00 for 10.30am**

### **Presentation: Richard Blacklee**

In 2016, the recently retired Richard inherited a box of family records. Reading through them and the accompanying notes taught him so much about his family that he started adding to them using memories of what he had been told by his parents. Before he knew it, he had been persuaded to publish the results, and his first book was released in 2018.

### **The Infamous Culworth Gang of Northamptonshire 1760 - 1780s**

The records Richard had inherited inferred the intriguing possibility of a family connection to William Bowers of the Culworth Gang. These eighteenth-century highwaymen and robbers terrorised South Northamptonshire and adjoining counties for an unprecedented period of around twenty years.

In his talk Richard will discuss the relevance of the location of Culworth village and show where many of the robberies took place. It will introduce the leading members of the gang and explain the circumstances of their downfall and the fates which befell them. It will also include something of the history of Northampton County Gaol and the Sessions House, fascinating listed buildings dating from the seventeenth century which can still be visited.



# Rutland u3a newsletter

## August 2023

### Was this you?

At last month's meeting a lady approached Philippa, our speaker, with a stone (see photograph right) that she believed may have come from Stamford Castle. Philippa omitted to take her details and would like to get in touch.

If this was you please could you contact Wanda, the speaker secretary at: [RutlandU3A.speakers@gmail.com](mailto:RutlandU3A.speakers@gmail.com) So that she can put you in touch with Philippa.



### YOUR HEALTH AND TECHNOLOGY

Most of us are probably aware of the increasing use of technology (typically smartphones or tablets) that GPs and hospitals are asking us to use in order to access NHS services. For example, we may be asked to take a photograph of a rash or injury and send this to our GP for diagnosis. Some people have been sent a test kit by their GP for them to use at home, and to inform the GP of the results. Also, patients are increasingly expected to book appointments online and many appointments are conducted by telephone (or sometimes by video link) rather than being held in person.



We wondered whether our members would benefit from some sessions where we could explore what is being asked and how we each can use our technology to get the best from the NHS. We are therefore planning to do the following:

- Conduct a survey to establish your experiences of using technology in this way and the extent to which you feel comfortable doing so;
- Contact a local GP practice and discuss with them their view of this approach, how we might be able to use it better and whether they have any plans to extend it in future;
- Design and deliver some workshops for interested members to help them to get the best out of their technology when accessing NHS services.

We plan to launch the survey next month (September) and hope you will complete it. It will be available online from our website and on paper at our monthly meetings. You will be able to complete the survey anonymously, but we would be glad if you would be prepared for us to contact you with any follow-up questions. All the information collected will be held and processed in accordance with our Data Protection policy, i.e. none of the survey results will be used for any other purpose and they will not be revealed to any other parties in a form that would enable any individual to be identified.

Thank you for your interest in and help with this project.

Sue Morecroft, Rutland u3a  
Mike Shea, Rutland u3a

# Rutland u3a newsletter - August 2023

## Ad Hoc Dining

The Old Buttercross continues to be the venue for our monthly social 'get-together' over a meal and a drink. We had an enjoyable evening in August and as always the staff at the old Buttercross were very helpful & welcoming. We look forward to meeting again at 6.30pm on the 20<sup>th</sup> September

People who would like to join us MUST let either Helen or Diane know that they would like to come.....this is simply because we reserve the correct number of seats at the Buttercross so that we can all sit together and so that we can welcome people as they arrive.

Diane Case and Helen Shea.

Diane Case 07887 990906

Helen Shea 07919 273192



## Rutland u3a Visit to Tolphorpe Hall

On Saturday 12th August 24 members of Ru3a attended a brilliant performance of 'Lady in the Van' by Alan Bennett.

This used to be an annual event pre COVID and was our first visit since then. The technical workings of such a small stage were amazing and the quality of acting from the principal players, could easily measure up to any London production.

I think I can honestly say everybody thoroughly enjoyed the play and the day out. As the weather was also good, some members remained to picnic in the beautiful grounds.

On a personal note I would like to thank those members who have spoken to me in to voice their appreciation of the work myself and fellow Social Team workers have done, to provide many various and enjoyable events over the past 10 years ( minus COVID of course). Let us hope the social programme will soon rise from the ashes.

Lynne Costello

## Rutland u3a newsletter - August 2023

### New groups and those with vacancies

#### GROUPS SEEKING ADDITIONAL MEMBERS:

**TUESDAY MORNING WALKS** (2nd and 4th Tuesday mornings each month). Leaders for each walk are volunteers from within the group, they choose the length of walk which is usually between 4-5.5 (with, as far as is possible, a maximum of 6 miles), they will survey a route prior to the walk and will provide a suitable description of the walk in terms of length and difficulty (terrain, stiles etc.) plus ensuring suitable arrangements for lunch. These arrangements will be e-mailed to members. We meet up annually to review the walks we have done and discuss changes we want to make in light of our experiences.

We now have some vacancies in this group. Please contact the Group Leader, [Judy Phillips](#) if you are interested.

**RAVENS WALKING GROUP** Raven's (3rd Thursday) walking group, can accept another 10 or so new members. Please contact Helen Czasznicka via the group page if you are interested.

**ASTRONOMY GROUP** Currently have three vacancies. GROUP LEADER: [Keith Townsend](#). Please contact him via this email hyperlink. We meet from 13:30 to 15:30 on the first Wednesday of every month in The Snug at The Wisteria Hotel, Oakham. There is an expectation that those attending will purchase a tea or coffee. This group is led by Keith Townsend who is a Fellow of the Royal Astronomical Society. The group is open to folk who are interested in the sky and what's going on at the minute - whether they are amateurs or experienced astronomers; all will be welcome as prospective group members.

**BOOK GROUP 4** We currently have 2 vacancies. For more information please contact [Rosanne Greaves](#) via the link.

Book Group 4 meets on the third Tuesday of the month at 10:30 in members' houses.

**INDOOR BOWLS** - We meet at Melton Indoor Bowls Club on Thursdays' at 1.45pm for a 2.00pm start, with a refreshment break at 3.00 ish. We have vacancies at all levels and experience, but play mainly for social pleasure. Please contact the Group Leader, John Wilson, via the hyperlink on the group page.

**Mah Jong** - We meet in the Library room at The Admiral Hornblower on Wednesdays' from 9:30 to 11:30. We have three vacancies. Please contact the Group Convenor, Alan Costello, via the group page.

**Tai Chi** - We meet weekly on Thursdays at 2.30pm. Please contact Janet Bilby via the hyperlink on the group page.

**Scrabble Group 3** - GROUP LEADER: [Ralph Carter](#). We currently have vacancies - new members are most welcome to come along and join us. No experience necessary. Currently meeting at The Wisteria Hotel, Oakham at 2.00pm on 2nd and 4th Wednesday of each month. There is an expectation that a tea or coffee is purchased at The Lord Nelson.

**English Country Dancing** - We are a friendly group who meet on the first and third Wednesday of the month at 2pm at Langham Village Hall. No prior experience necessary. Members are required to wear flat, soft soled shoes and there is currently a charge of £2 per session to meet the cost of the hall; paid in advance as part of a bank transfer prepayment scheme. Interested? Please contact [Pam Hornby](#) via the hyperlink on the group page.

**Evening Book Group** - We have one vacancy. If you are interested please contact [Anna Oliver](#) via the Ru3a Message Page. The Evening Book Group meets about every 6 weeks, usually on a Thursday. Members take turns to choose a book and host a meeting. We can sometimes obtain copies of books from the library if we order in advance depending on what we choose.

New suggestions for groups are always welcome! You do not have to be an expert to run a group - all that is needed is interest and enthusiasm.

Please remember that you must be a member of Rutland u3a before you can join any group.

See our website: <https://u3asites.org.uk/rutland/home> if you would like to join us, or if you would like more information.



# Rutland u3a newsletter - August 2023

## News from the groups

### Papercraft Group

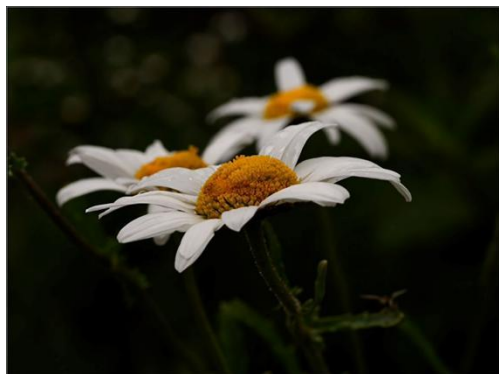


The Papercraft Group have been active and productive over the last few months. We've made greetings cards with decoupage toppers and with decorated CDs, used painting techniques to create a background for greetings cards. We've used papercutting skills to make pictures which can be framed or used on greetings cards. We've also cut and decorated cards to give the appearance of a garden fence. Finally we've used card folding ideas to make a zig-zag folded card and a latch fold card.

# Rutland u3a newsletter - August 2023

## News from the groups

Some stunning images from the talented photography group:





# Rutland u3a newsletter - August 2023

## News from the groups



# Rutland u3a newsletter - August 2023

## Community News

### COMMUNITY TRANSPORT SCHEME

#### Our Services



Hospital, Doctor's and all medical appointments, Social & Group trips from your village to a town or market, and more....

We have 2 minibuses (with wheelchair access) for groups, a WAV car and a voluntary drivers scheme for single person trips.



#### How can I book?

Call 01572 724705 or email:  
[enquiries@varutland.org.uk](mailto:enquiries@varutland.org.uk)

#### Can I use the Service?

If you are frail, or elderly, finding it difficult to use or find public transport, geographically isolated, are a social group or friendly group, have a disability, then you will qualify.



#### Is it free?

No, we're not free, but we are much cheaper than private hire, offer discounts for bus pass holders and are flexible to meet your needs.\*

*\*There are T&Cs/eligibility requirements that may affect the cost of travel.*



Call Voluntary Action Rutland on 01572 724705  
or email [enquiries@varutland.org.uk](mailto:enquiries@varutland.org.uk)

[WWW.VARUTLAND.ORG.UK](http://WWW.VARUTLAND.ORG.UK)

VAR, Suite 10, Unit 16a, Oakham Enterprise Park, LE15 7TU

REGISTERED CHARITY 1123653



/VARutland

# Rutland u3a newsletter - August 2023

## Community News

### WHY YOU SHOULD BECOME A VOLUNTEER DRIVER

By Voluntary Action Rutland



#### Helps your Community

Rutland is a rural community with a growing older population. We are not well served by buses, trains or transport systems. Joining our Volunteer Drivers and helping people get about and having more independence is a crucial role.



#### Gives You Purpose

If you have a little extra time on your hands, becoming a volunteer driver is a great way to meet people, help your community and really make a difference.

#### Makes you feel Good!

Volunteering gives you a great sense of achievement, community spirit and a real glow on the inside, knowing you're making a real difference.

#### Are you ready to start volunteering?

Call Voluntary Action Rutland on 01572 724705 or email [enquiries@varutland.org.uk](mailto:enquiries@varutland.org.uk)



VAR, Suite 10, Unit 16a, Oakham Enterprise Park, LE15 7TU

REGISTERED CHARITY 1123653

[WWW.VARUTLAND.ORG.UK](http://WWW.VARUTLAND.ORG.UK)



# Rutland u3a newsletter - August 2023

## Community News



# RUTLAND COMMUNITY FRIDGE

### What is a Community Fridge?

A fridge full of food that comes from supermarket surplus or local retailers/cafes/pubs/gardens. The Community Fridge is open to everyone. Food is free, we do ask for a pay-as-you-feel donation to help keep this project going. Together we are reducing food waste that would have otherwise been put in landfill!



### Opening Times

#### Oakham

Friday 10am - 11.30am  
Oakham Station building,  
Station Approach, LE15 6RE

#### Uppingham

Friday 1.30pm -3pm  
Uppingham Town Hall,  
North St East, LE15 9PY



Donate  
Help keep this  
project going!

Follow us on Facebook regular surplus food posts  
[www.facebook.com/rutlandcommunityfridges](https://www.facebook.com/rutlandcommunityfridges)

Rutland Community Fridge is run by volunteers.  
If you would like to volunteer with us please or any  
questions about taking or donating food please  
get in touch, [info@rootandbranchout.co.uk](mailto:info@rootandbranchout.co.uk)

Or for more information visit  
[www.rootandbranchout.co.uk/community-fridge](https://www.rootandbranchout.co.uk/community-fridge)

A simple solution to wasting less through the  
sharing of good quality food.



# Rutland u3a newsletter - August 2023

## Community News



Adult  
Learning  
& Skills  
Service



SKILLS  
FOR LIFE  
MULTIPLY

# Learn something new this summer

Join our free\* courses in:

Polymer Clay Earrings

Cooking on a Budget

Sewing and Appliqué

Digital Skills

Floristry

Paper Crafts



\*free for adults aged 19+ without maths GCSE at grade C/4 or equivalent.

call 01572 758122 or visit [www.ralss.org.uk](http://www.ralss.org.uk) to find out more

# Rutland u3a newsletter - August 2023

## Community News

FREE

# Therapeutic Gardening Course



*Learn*

*Connect*

*Notice*

*Be Active*

*Give*

***Join us at Growers Row Shared Garden on the outskirts of Oakham for a pleasant and relaxing free gardening course.***

*Growers Row offers a range of horticultural opportunities with raised beds, key-hole gardens, fruit trees, wildflower meadow, and polytunnel. There are also peaceful places to sit, chat, and enjoy refreshments which are provided.*

*This 6 week course covers how to prepare the soil, sow seeds, identify weeds and perform garden maintenance.*

*Morning or afternoon on Wednesdays, running throughout 2023. Open to adults of all ages and abilities. Transport can be arranged.*

*Contact us to book a space, [info@rootandbranchout.co.uk](mailto:info@rootandbranchout.co.uk) or telephone Alex 07929 989 432*

**Growers Row**  
SHARED GARDEN • OAKHAM RUTLAND



# Rutland u3a newsletter - August 2023

## Community News

The Museum hosts Cinema for Rutland, an initiative by Arts for Rutland.

Cinema showings take place on the first Thursday of the month at the Rutland County Museum.

Doors open at 7pm for a 7:30pm showing

Thursday 7<sup>th</sup> September 2023

### 'Tár' (15)

Set in the world of classical music, the film centres on Lydia Tár, a renowned composer-conductor and the first female director of a major German orchestra, who is accused of sexual misconduct.

Director : Todd Field – Starring : Cate Blanchett, Nina Hoss, Noemie Merlant, Sophie Kauer and Mark Strong.



# Rutland u3a newsletter - August 2023

## Community News

OPEN  
SEPTEMBER

# POP UP ART GALLERY

POP IN, EXPLORE AND BUY  
ORIGINAL ART PRODUCED BY  
LOCAL ARTISTS AND CREATIVES



## PLAN YOUR VISIT

**THROUGHOUT SEPTEMBER**  
16 CHURCH STREET  
OAKHAM

FOLLOW US ON FACEBOOK  
**@RUTLAND POP UP ART  
EXHIBITION**  
FOR MORE INFORMATION



**Rutland u3a newsletter - August 2023**  
**Community News**

**BIG  
BOOK  
SALE**

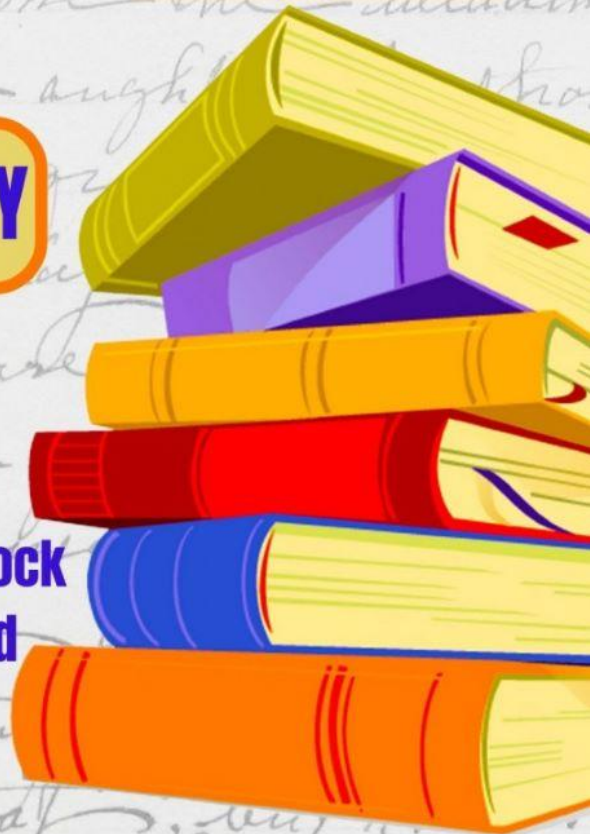
**Saturday  
August 26th**

**9am - 1pm**

**OAKHAM LIBRARY**

**Last Saturday  
of Every Month**

**Ex-library withdrawn stock  
Items individually priced  
Cash only**



[www.rutland.gov.uk/libraries](http://www.rutland.gov.uk/libraries)  
email: [libraries@rutland.gov.uk](mailto:libraries@rutland.gov.uk)

# Rutland u3a newsletter - August 2023

2023/24

## Committee Members

### Chairman

Ros Kenny

### Assistant Chairman

Stuart Mason

### Company Secretary

Hedley Greaves

### Treasurer

Keith Townsend

### Data Protection

Bryan Howard

### Groups coordinator

Christopher Clark

### Membership Secretary

Janet Bilby

### Speakers Secretary

Wanda Allen

### Social Secretary

Vacancy

### Committee Members

Tony Bianchi

David Leary

## Committee advisers and helpers

### Publicity

Jill Stacey

### Minutes

Vacancy

### Website

Phil Grimley

### Hall set up and AV

Peter and Jane Hammond

Michael Seccombe

### IT

Mike Shea

Mike Pearson

Ted Philips

### Noticeboard

Anne Trigg

### New Member Support

Jane Gillon

### Printing

Margaret Macpherson