

Rutland u3a newsletter

December 2023

u3a learn,
laugh,
live

u3a learn, laugh, live

A note from the Chairman

Another year gone and a new one is upon us, a time to think things over. What one did and what one wants to do. There could be a group in the U3A you might want to try, if so, it needs you to be proactive in joining. This action is echoed by the National committee in wanting the U3A to be more active in promoting our activities to increase membership in 2024, remember the U3A is a organisation for everyone, not in full time employment,irrespective of age. I want to thank all who are group leaders in their efforts for keeping their respective groups salient.

I would like to express mine and the committee's thanks and admiration to Jill Stacey, who although not a committee member has provided our u3a with the monthly newsletter. We should all be aware of the great work she does. One point to contributors, please get your items in early so there's no extra work and hassle for Jill in chasing you.

At the u3a's Christmas lunch I found that only 30 plus members attended, which I felt was disappointing; to this end I will be having a survey organised as to why there were such low numbers. I hope members will readily reply to the queries so we get a better response in the future.

That's for the new year, and on that note I'll wish you all a MERRY CHRISTMAS and A HAPPY AND HEALTHY NEW YEAR.

Stuart



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 January to Jill at rutlandu3a.info@gmail.com or via the website

The deadline for publication for the next edition of the newsletter is 20 January 2023.

Rutland u3a newsletter

December 2023



Coming up in 2024

An interesting programme of talks to look forward to.

The monthly meeting for all members is held on the first Thursday of each month. It is held in the Ballroom of the Victoria Hall, Oakham. Doors open at 10.00am for a 10.30 start. There is no charge to members for attending the meeting, and coffee and tea are available.

4 January:

John Thomas: Encounters with Achilles: the discovery of a Trojan war mosaic in a Rutland field

7 March:

Joe Davis: The discovery of the Rutland Sea Dragon (ichthyosaur)

4 April:

Glynis Mall Canine Partners - trained assistant dogs for people who have physical disabilities

2 May:

Barbara Meyer: Big Cats around the world

6 June:

Bill Devitt: The Orient Express: reputation, renovation and a ride on the king of trains

4 July:

Chris Lewis: The Tale of Tom Otter: a tale of murder dating back to 1805 - but how much is history and how much is folk law?

1 August:

Julie Kinnear: Wonderful, Wicked Wallis (Simpson)

5 September:

Hannah Sylvester People and Plants: how the human body, and nature benefit from working with and having greater awareness of medicinal plants

3 October:

Jim Stebbings: The Lusitania: the tragic loss of Cunard's great transatlantic ship in an act of war

7 November:

Paul Smith: Thomas Cook: making travel easier, cheaper and safer for millions of Britons in the Victorian era

Rutland u3a newsletter - December 2023

HELP WITH MONTHLY MEETING AT VICTORIA HALL

Peter and Jane Hammond have done sterling work in setting up the projector and sound system at the monthly meeting, They have for some time wished to step down from this role so a replacement is needed.

CAN YOU HELP?

This is a relatively simple system so if you are tech minded, please contact the Chairman or Secretary to ensure our lectures can continue.



Enter the u3a 2023-4 Poetry Competition

The u3a national poetry competition is back for its fourth year, and the judges are looking forward to seeing what talents members have to offer.

How it works:

In summary, your story must be your own, individual, original work, in English, a maximum of 16 lines, and not submitted anywhere else.

- Your submission must be on the theme of: **What If.**
- You must read the rules of the competition before entering. The link for these can be found at the bottom of this page.
- Any submission which does not meet these rules will not be considered.
- All submissions will be judged by group judging panels and the best story from each group will be compared to decide on an overall winner.

The deadline for submission
is 12pm on Friday 26 January 2024.

To enter see:

<https://www.u3a.org.uk/learning/poetry-competition>



SURVEY PARTICIPATION REQUEST

Coexisting Dementia and Hearing Conditions



The following message has been received with a request to circulate it to as many members as possible. Will you please include it in your Newsletters and on your websites. Thank you.

" We are pleased to share with you that we have launched a short 10-minute survey to collect priority questions for future research about the connection between dementia and hearing.

This work is led by the NIHR (National Institute for Health and Care Research) Nottingham Hearing Biomedical Research Centre (BRC) and the University of Nottingham in a collaboration with Alzheimer's Research UK (ARUK) and the RNID (Royal National Institute for Deaf People) and supported by the James Lind Alliance.

We would like to share the survey widely to help ensure that future research focuses on the questions that matter most to those it will impact.

The survey can be completed via the link and can be made available in different formats: <https://www.jla.nihr.ac.uk/priority-setting-partnerships/coexisting-dementia-and-hearing-conditions/>

and click on "Complete the survey" near the top of the page.

Rutland u3a newsletter - December 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: Sue Powers. 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 Wisteria. Contact via the website: <https://u3asites.org.uk/rutland/contact>

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.

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.

The paper-crafts group



At their last get together the paper-crafts group spent a fun afternoon making mini Christmas cards and gift tags. We used a selection of buttons, paper shapes and other embellishments to decorate the cards and tags.

Rutland u3a newsletter - December 2023

News from the groups

Firstly, allow me to introduce myself my name is Christopher Clark and I currently run the U3A history group and have been a member of U3A for 8 years.

I was elected as the Groups Coordinator at the AGM taking over from the brilliant work done by Sharon Pratt. For me it's been a steep learning curve! I'm gradually getting the hang of all the IT systems which we run for the groups!

Through the newsletter, I wanted to make a couple of points.

Firstly, it would be wonderful if group leaders could submit items about their groups, perhaps with photographs, for inclusion in the newsletter so that others may read about the exciting activities that take place within the Rutland U3A.

Secondly, I wanted to give you advance warning about our February meeting, which takes place on 1 February. As it has been our practise in the past, we have used the February meeting as a chance to meet group leaders and find out what's happening in their part of U3A and perhaps enjoy a cake and a cup of coffee. A number of group leaders will be present to chat about their groups and their plans for 2024. This meeting is also a chance for you to drop in and catch up with U3A friends.

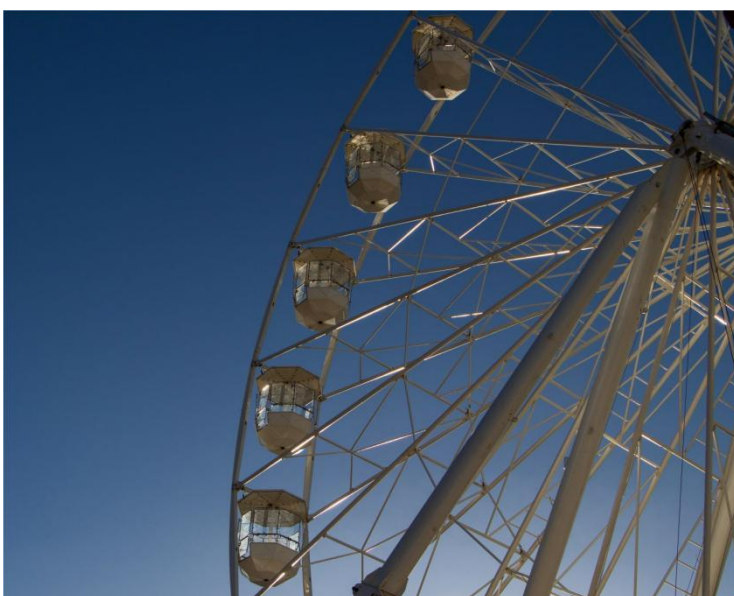
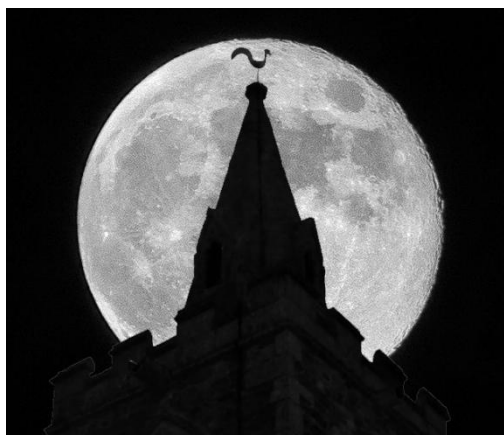
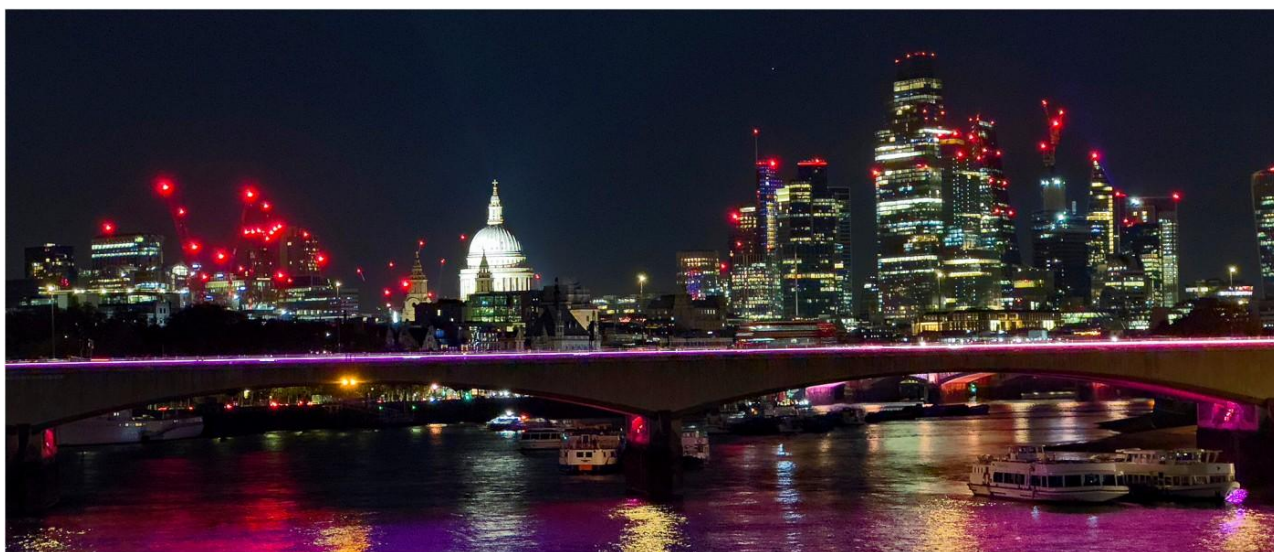


There will be more details about this meeting in the January newsletter.
Thank you.

Rutland u3a newsletter - December 2023

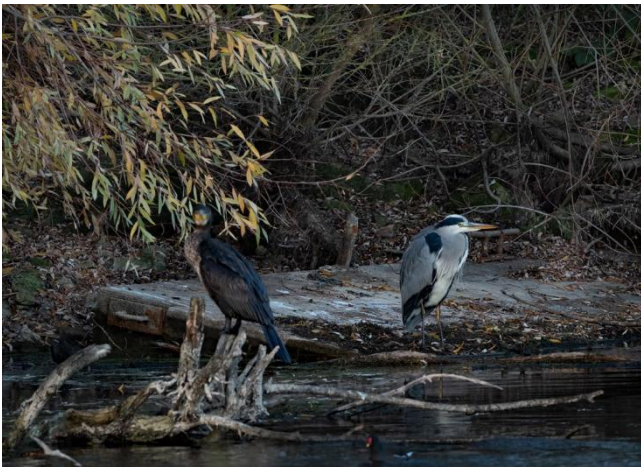
News from the groups

This month we have more interesting photographs from the talented photography group:



Rutland u3a newsletter - December 2023

News from the groups



Rutland u3a newsletter - December 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 4th January 2024**

The Unlikely Pilgrimage of Harold Fry' (12A)

Harold is an ordinary man who has passed through life, living on the side lines, until he goes to post a letter one day...and just keeps walking.

Director : Hettie Macdonald –

Starring : Jim Broadbent, Penelope Wilton and Earl Cave.

All are welcome – tickets are available in advance from Oakham Wines or online via [WeGotTickets.com](https://www.wegotickets.com) (Booking Fee).

Tickets can usually be purchased on the door, however they have occasionally sold out.

Wine and other refreshments are available before the film showing.



Rutland u3a newsletter - December 2023

Community News

Free upgrades available to give Rutland warmer homes



Rutland residents can now get free upgrades to make their homes more energy efficient. These upgrades are up to £38,000 per household.

If your home is not very energy efficient and lacks gas central heating, you can apply for this programme. You may be eligible for free upgrades for your home that could save you money on your energy bills. These upgrades include things like better insulation, air source heat pumps, and solar panels.

By applying to Warmer Homes, you can have these improvements installed in your home for free. For example, solar panels usually cost £6,000 to install, but you won't have to pay anything for them through this funding. They can save you over £500 per year. Solid wall insulation, which can cost up to £10,000, can also be installed for free and save you up to £500 a year. Air source heat pumps, which are worth £14,000, can be installed for free and save you up to £1,000 a year. So, by taking part in this programme, you get these installations at no cost, and they will help you save money on your energy bills.

This scheme is available now and will be open until 2025. This scheme is first come, first served so apply now.

For more information see:

<https://www.rutland.gov.uk/council-news/2023/12/free-upgrades-available-give-rutland-warmer-homes>

Rutland u3a newsletter - December 2023

Community News



Local Plan consultation

www.rutland.gov.uk/localplan



Rutland Council wants to hear from you! We're developing a new Local Plan and need help from residents and businesses. To learn more about the draft Plan and sites recommended for future growth in Rutland, visit:

www.rutland.gov.uk/localplan

CHRISTMAS BIN COLLECTIONS 2023/24



Normal collection day	Christmas collection day
Monday 25 December	Saturday 23 December
Tuesday 26 December	Wednesday 27 December
Wednesday 27 December	Thursday 28 December
Thursday 28 December	Friday 29 December
Friday 29 December	Saturday 30 December
Monday 1 January	Tuesday 2 January
Tuesday 2 January	Wednesday 3 January
Wednesday 3 January	Thursday 4 January
Thursday 4 January	Friday 5 January
Friday 5 January	Saturday 6 January

Rutland u3a newsletter - December 2023

Community News



Schoolreaders
Improving literacy • Increasing life chances

1 in 4 children leave primary school unable to read well. This means they cannot fully access their secondary education.

Can you help change their story?

Schoolreaders is looking for volunteers in your community to listen to children read in primary schools. No qualifications are required, just a love of reading, some spare time each week in term time and a willingness to go where children need you the most.

To apply, please visit [Schoolreaders.org](https://www.schoolreaders.org)

Scan Here

Registered Charity Number: 1139137
Registered in England and Wales
© 2023 Schoolreaders CIO

Rutland u3a newsletter - December 2023

Community News



We need volunteers! Leicester's Life Skills Charity helps children make safer choices, join us and help make a difference in your community.

At Warning Zone children hear real life stories and experience learning through interactive zones led by our volunteer guides. The centre is split into two. There is a general safety zone –fire, arson, railways, personal safety, water, electricity, road safety to name a few! And E-Safety - topics include online phishing, cyber bullying, sharing and use of inappropriate images, online grooming and more. Both areas explore themes such as peer pressure, criminal responsibility and consequences, the importance of talking to a trusted adult, being a good friend, and mental health and wellbeing.

Warning Zone wouldn't function without the generosity of our wonderful team of volunteers who deliver lessons and experiences to the children from Monday to Friday throughout the academic year. Each day is split into a morning and afternoon session. This equates to 10 sessions a week that we require volunteers. Each session needs approximately 10 volunteers, so that is around 100 volunteers a week! Some of the volunteers stay for the day, while others just come for a morning or afternoon session. The minimum requirement is just 5 hours per month (2 sessions).

Volunteers range from 16 to 80+ years old, from all walks of life. The day at Warning Zone is ideal for people that have retired and are looking for a way to use their extensive, valuable skills and experience. It really is a rewarding volunteering opportunity and a great way to give back to the community. There is a dedicated space for volunteers where appreciation is shown from biscuits to days out and achievements are celebrated with certificates at various stages.

We warmly invite you to visit us to find out more about what we do and to shadow an experienced volunteer. **To book a visit or request more information email volunteer@warningzone.org.uk visit www.warningzone.org.uk or call 0116 262 9739. We would love to meet you and show you the fabulous work of our charity.**

"I like being able to use my existing skills and love the enthusiasm and interest of the children. Volunteering at Warning Zone is very flexible and allows me to give my time while still being able to engage in other activities." A Warning Zone Volunteer explains why they got involved with the charity.

Rutland u3a newsletter - December 2023

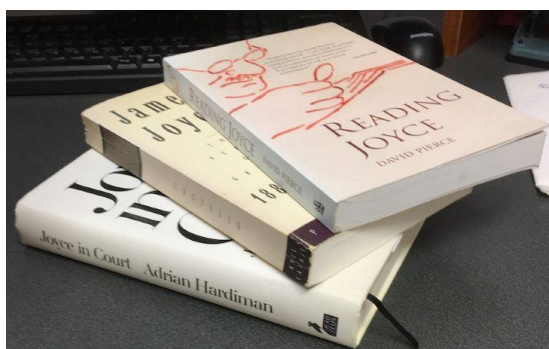
Community News

Be sure to visit Oakham's Charity Bookshop!

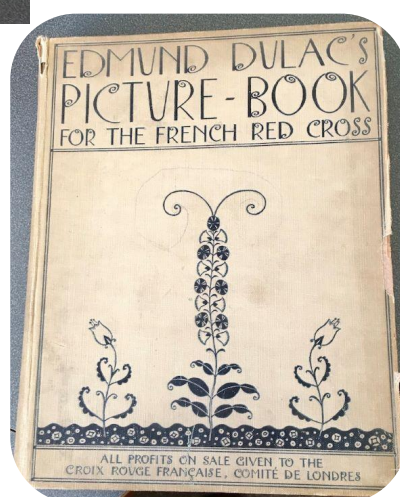
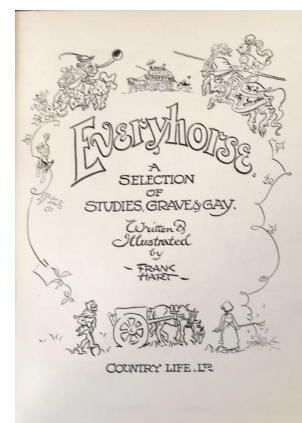
Many U3A readers may already know that the Vista Charity Bookshop in Oakham High Street is always worth a visit. Its well-organised shelves are stocked with second-hand fiction and non-fiction, in good, sometimes as-new, condition.

The books donated to the shop range from thrillers to children's stories, beautiful art books, biographies of all kinds, travel writing, nature, history and specialist, academic studies.

Unusual older books come in too. *Everyhorse* (1935) includes 43 sketches of horses "in all aspects of life, history, working, sport and fun". And KING ALBERT'S BOOK is an illustrated gift book produced during the First World War to raise funds for the relief of the Belgian people after the German invasion. It is a collection of writing, artwork and music, contributed by "everyone" from Thomas Hardy to the Aga Khan.



Please ask at the shop if you are looking for books by a favourite author or on a particular subject. There is more in stock than there is room to display.



Vista is a local charity for Leicestershire and Rutland, and has been supporting people with sight loss and their families, for over 160 years.

Rutland u3a newsletter - December 2023

2023/24

Committee Members

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

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

Caroline Stark

New Member Support

Jane Gillon

Printing