

Rutland u3a newsletter

February 2024

u3a learn,
laugh,
live

u3a learn, laugh, live

A note from the Chairman

In regard to the February Groups meeting, we had a reasonable response from groups to advertise their various options and the work of the u3a in Rutland to new people. This resulted in people joining the u3a on that day and groups getting new members to join their group. I think in future, although Christopher had invited all groups to attend, we need all groups to show an interest, even if a group is full. This could encourage people to set up another group with the same sort of interest, ie walking, scrabble . There were 100 people who attended that day.

We still need volunteers for the committee, one being for the social secretary and another shortly for keeping us up to date with Data Protection, so if you think you can help please come forward, you won't be alone there's all us volunteers to help out. About volunteers , a thank you to Flic Brewster for volunteering to be the minute taker at committee meeting and preparation of its reports.

March's Thursday meeting speaker will be on the Rutland dragon; it shows how hot it was in Rutland all those years ago! Much like our weather now. Also for March, a gentle reminder that Subs are now due.

As the days get longer and the weather improves we can all get out and enjoy the countryside, so keep well .

Stuart

Groups Meeting

It was pleasing to see so many members attending the meeting on 1 February and I would like to thank all those group leaders who set up their 'stalls' that morning. There seemed to be quiet a buzz in the hall with leaders recruiting members to their groups or sharing information about the work of their groups and the successes that they have had. I would also like to thank the members of the Ukulele Players and the Acoustic Players for joining us and providing the music and for the staff at Victoria Hall for all their assistance that morning all. All this, I thought, added to the welcoming atmosphere that morning . As it was my first event as Group Co-ordinator following feedback from some of those who attended I will look to make changes next year.

Finally Spam / Junk boxes. You may, like me, being plagued with e-mails going into my 'junk' or 'spam' boxes which are neither junk nor spam! It's probably a good habit to get into to check your spam / junk boxes on a regular basis. This is especially true for group leaders see if members have been in touch and for members who have sent e-mails to group leaders to make sure that they see any reply.

Christopher Clark, Groups Coordinator



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

Please note: I will not have access to a computer between 3 -22 March. I will be producing a short newsletter between 23 - 26 March.

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**Monthly Meeting at the Victoria Hall
Thursday 7 March
10 for 10.30am**

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



Joe is The Conservation Team Leader for Leicestershire and Rutland Wildlife Trust. The Trust works to protect and enhance the wildlife and wild places of Leicestershire and Rutland and to engage local people with nature.

Joe will be talking about the Rutland Sea Dragon, one of the most significant paleontological finds ever made in the UK and about his own personal experience of finding the fossil of this 10 metre long marine reptile from the Jurassic Period.

Ad Hoc Dining

Ad Hoc dining continues into 2024 at the Buttercross in Oakham with the next meeting being on Wednesday 20th March at 6.30pm.....anyone is welcome to join us for a meal and a drink with friends so long as you let us know that you would like to come.

We confirm numbers with the Buttercross so then we can all be seated together!

Contact Diane or Helen if you would like to attend.

Diane Case 07887 990906

Helen Shea 07919 273192



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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 to purchase.

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

The speaker programme may be subject to change. Please check the latest information on the web site or in the monthly newsletter before travelling to hear a particular speaker.

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WANTED


Social Secretary

Would you be willing to join our committee and help organise events and outings that would be of interest to our members?

You would work with the committee to identify potential events and help with the publicity and administration.

If you think that this might interest you and you would like more information as to what is involved then contact the chairman via:

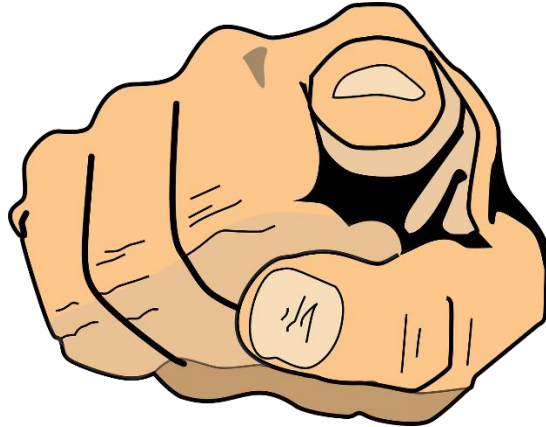
<https://u3asites.org.uk/rutland/contact>



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u3a
Rutland

YOUR U3A NEEDS YOU NOW!!



On many occasions the Committee has appealed for members to come forward and help fill some of their positions.

Two members will retire at the next AGM which will leave only five remaining. This is rapidly becoming unsustainable which is amazing considering we have nearly 700 members.

Being a Committee member is not a great commitment as we only meet every 6-8 weeks. It is imperative that we have new members otherwise the club may be in jeopardy.

If you believe you can help, please contact the Chairman or the Secretary for more information on rutlandu3a@gmail.com or rutlandu3a.secretary@gmail.com

Thank you.

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RUTLAND u3a – HEALTH AND TECHNOLOGY PROJECT

SURVEY ANALYSIS

Thank you for your interest in this project. The results of the survey are detailed below for all those who missed them in the January newsletter.

The survey closed at the end of November. We received 170 responses: many thanks to all of you who took part. We have now analysed the response and some of the salient points are below.

Key points from the survey:

- 144 of the 170 respondents had been asked to use personal technology to access NHS services;
- The most common reasons for using technology were to book vaccinations, make appointments, take photos of problems, and to order prescriptions;
- Most people found the process easy or very easy, but a quarter felt they would have found the process easier if they had a trusted ‘buddy’ to help them;
- The majority of contacts were with a GP surgery and most people were registered at the surgery in Oakham, Empingham or Uppingham;
- Just under half of respondents would be interested in attending workshop sessions;

We had a number of comments that will be helpful to feed back to the GP surgeries.

NEXT STEPS

Seventy seven of the survey respondents said that they were interested in the workshop sessions. Of those seventy seven members, forty five gave their contact details and a further twelve have expressed an interest in the workshops. The survey was conducted on an anonymous basis and those respondents who expressed an interest in the workshops but did not provide contact details can do so now as detailed in the next paragraph.

Mike and I are hoping to be able to put further details about the workshops in the March newsletter but in the meantime please feel free to email Mike or I with your contact details, using the links below if you are interested in putting your name forward for the workshop sessions.

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

[Sue Morecroft](#) & [Mike Shea](#)

RUTLAND U3a

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News from the Groups

U3A Dog walking Group – new members welcome

We are a friendly group of dog owners who meet up every other Friday morning at 9.30 am for a walk and chat.

We meet at various locations and walk for 60-90 minutes.

Recent walks have been at Exton; Barnsdale Woods; Yaxley; Greetham; Lyndon. We are always very happy to try new walks.

There are large dogs, small dogs, loud dogs and more nervous dogs. Some of the dogs walk off lead but others are on lead for the walks.

Where possible we incorporate a coffee stop either during or at the end of the walk.

A list of diary dates and locations is emailed out in advance.

If you are interested in joining us on a walk, please contact Sheila Rodgers through [hyperlink](#) on the Group page – we would love to see you!



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News from the Groups

Creative Writing group 2.

We are a small and enthusiastic group of writers who meet on the third Monday of the month from 2pm to 4pm in The Snug at The Wisteria Hotel in Oakham. Our meetings are informative, relaxed and fun. We read out our prepared work to others in the group. This written work (up to 1500 words maximum) has often been prompted by the ideas covered in the previous meeting. We endeavour to inspire and support one another. We are open to anyone who enjoys writing in any form: short stories (fiction and non fiction), poetry, letters, script writing, monologues....

Past titles include:

- ✓ Childhood Memories
- ✓ A Day in the Life of a Puppy
- ✓ Finding a Missing Child
- ✓ No Questions Asked
- ✓ A Trip to the Museum
- ✓ A Private Investigator on the Job
- ✓ An Overheard Conversation



From time to time we also follow a creative writing workbook which includes exercises such as setting a scene and building intrigue in just two paragraphs.

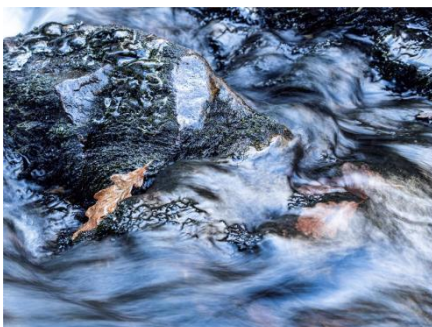
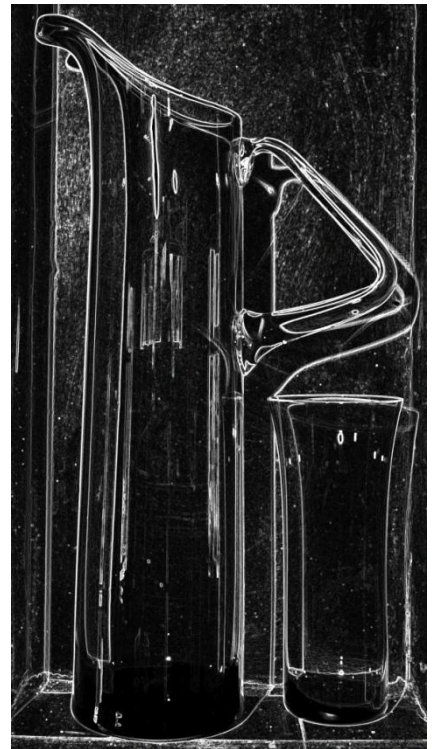
Why not come along for a taster session? Our next piece of work is on the theme of Scandal (fiction or non fiction) and we next meet at 2pm on Monday 18 March.

There is an expectation that a cup of tea or coffee is purchased during the meeting. For more information please contact Sharon Pratt via the group page.

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News from the Groups

The new year has started with some impressive works from the photography group:



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News from the Groups



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News from the Groups

Visit to Derby Art Gallery



In December members of Art Appreciation group 1 decided to restart our programme of visits which had stopped due to Covid. We settled on a date in February and invited some of those who had previously taken part in our visits. The speaker at the gallery and the all important lunch restaurant were booked when our plans were thrown into disarray due to a train strike.

We liaised with the gallery and the restaurant to rearrange and everything seemed to be going well until the day before our visit when we were advised that our return train had been cancelled. Hurriedly we once again amended our plans so that we could travel home on an earlier train.

On the day nine of us met at Oakham station and lo and behold our train arrived on time and enabled us to get our connection at Leicester. We duly arrived at the gallery in time for coffee before our booked talk.

Our speaker was Lucy Bamford, the senior curator of art for Derby Museums whose main interest is the work of Joseph Wright of Derby of which Derby Museums holds the largest and most comprehensive collection in the world.

Lucy gave us a fascinating talk about Joseph Wright, the people he painted and his works of art including the wonderful "A Philosopher Giving that Lecture on an Orrery". We moved around the gallery with her, looking at the works through an expert's eye. However 55 minutes into our talk the fire alarm went off and we had to be evacuated. What else could go wrong! Luckily after 10 minutes we were allowed to re-enter the gallery and Lucy finished her talk.

We then briefly looked at the works independently before adjourning to Bistro Pierre where we enjoyed lunch and a drink although there was not time for deserts before we had to leave for the station to catch our earlier train. Thankfully the trains ran smoothly and we arrived home virtually on time.

Despite the reorganisations we enjoyed our day out and learned a lot. We are already planning our next art visits to Sheffield and Cambridge.



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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, [Ros Kenny](#) 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.

Possible New groups

Following the recent groups meeting there is interest in stating the following new groups:

- Fluent French 2: As the exiting group is full there is a suggestion for a second group.
- Italian
- Mindfulness
- Photography 2
- Striders 2: a new group which will do a 7-8 mile walk rather than the 10 miles of the original group.

More details will follow in the March newsletter but meantime if you are interested in any of these new groups and want to know more, contact Christopher Clark the groups co-ordinator via the website

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Community News

A great night out with
Totally Elton

Cottesmore Community Centre
Saturday 13th April
Doors open from 6:30pm



Tickets available from
Tel 03336663366 or

[TicketSource.co.uk/cottesmore-
village-hall-trust](https://www.ticketsource.co.uk/cottesmore-village-hall-trust)

£12:50 each (plus booking fee)

McNeill's bar open



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Community News

'For Rutland' is a Fundraising Group of Citizens Advice Rutland

Good New
CLOTHES SALE

The Rutland Showground, Showground Way,
Oakham LE15 7TW

Friday 22nd March 2024 - 5.00pm - 8.00pm

A glass of Champagne and Canapés
kindly provided by Hambleton Hall

Tickets £25
Apply to: info@fornrutland.org.uk

Saturday 23rd March 2024 - 8.30am - 1.00pm

Admission £5 on the door

 ForRutland  @ForRutland  @goodandnewclothesale

'For Rutland' raises funds for Citizens Advice Rutland (Reg Charity No 1107907) to pay for Specialist Advisers who provide non-medical advice to people of all ages living with long-term health conditions in Rutland and the Surrounding Community.



www.fornrutland.org.uk • info@fornrutland.org.uk

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Community News



The High Sheriff of Rutland's
Charity Concert Series



Movies & Musicals!

Saturday 9th March
2024 7.00pm
Oakham School Chapel

David Calow - Conductor
Katherine Collison - Violin

Star Wars
The Sound of Music
How to Train Your Dragon
Evita
Schindler's List
Send in the Clowns
Harry Potter
Star Trek
Out of Africa
James Bond *and more!*

follow us on   

www.rutlandsinfonia.org.uk

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Rutland Sinfonia

Honorary President
Sir Laurence Howard KCVO OBE

Musical Patrons
Eduardo Vassallo Robert Markham

Music Director Paul Hilliam
Associate Conductor David Calow
Leader Katherine Collison



Conductor David Calow



Violin Katherine Collison

Tickets on the door: £15
(£14 in advance)
Concessions on the door: £13
(£12 in advance)
Children & Students under 18: £5
Students in full time education: £5

Buy your tickets in advance from:
www.ticketsource.co.uk
0333 666 3366

£1.00 fee applies to telephone bookings

Or in person from:

Oakham Wines
3 High Street,
Oakham,
Rutland,
LE15 6AH

The Oundle Bookshop
13, Market Place,
Oundle,
Peterborough.
PE8 4BA

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Community News

Cinema for Rutland

Rutland County Museum

Thursday 7th March 2024

MICHAEL CAINE GLENDA JACKSON



Doors and cash-only bar open at 7 for 7.30 pm



***Tickets £7.50 from Oakham Wines,
www.wegotickets.com
and on the door if available.***

Printed by **The Quoin Print Co Ltd**, Oakham. 01572 770044 sales@quoinprint.net

AN ADDED EXTRA!

William Ivory, writer of the screenplay, has very kindly agreed to do an in person short Q&A after the film

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2024/24

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

Flic Brewster

Website

Phil Grimley

Hall set up and AV

Michael Seccombe

IT

Mike Shea

Mike Pearson

Ted Philips

Noticeboard

Caroline Stark

New Member Support

Jane Gillon

Printing

Margaret Macpherson