

Rutland u3a newsletter

January 2024

u3a learn,
laugh,
live

u3a learn, laugh, live

A note from the Chairman

Happy New Year to you all. Hope you are all well and had a good Christmas. Now the February's Thursday meeting on the 1st is a chance for you to come and see what new groups YOU could try out or even start a new one, ever to increase opportunities of new or additional groups.

We need to keep our u3a vigorous and not become insular in one little group. As most of us have Internet connection we can read the news letter and learn about what's happening. We can encourage non members to visit our main Website to see what OUR organisation can offer.

One other matter is that we need a volunteer to become the Members committee member as Janet, who has been great, is retiring at the AGM. So speak up and be active for our u3a (training will be given).

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 February 2024.

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Monthly Meeting at the Victoria Hall Thursday 1 February 10 for 10.30am Groups Meeting

Further to the item in the last newsletter I wanted to let you know a little bit more about the meeting on the 1 February.

I have now heard from over 40 group leaders many of whom will be attending the meeting in February. Some will be telling others about what their group have been doing whilst others will be looking to recruit new members to their group. I've also had suggestions for new groups, and I'll be following those requests up at the meeting in February as well.



Tables and flags will be given to those group leaders who have asked for them so you will be able to identify the various group leaders and find out about their group.

As I also said in the previous newsletter item refreshments will be provided so I look forward to seeing you at our meeting next month.

Thank you.
Christopher Clark
Groups Coordinator



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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.

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

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RUTLAND u3a – COMPUTER AND DATA SECURITY

HOW SECURE IS YOUR INFORMATION?

Recently, several members of our Committee received a spam email purporting to come from another Committee member. This means that one of our official email accounts had been hacked and used to send out the spam emails. We have since taken steps to recover and strengthen the security on the affected account.

Please rest assured that this event does not threaten or compromise your personal data, which are held in a secure database within the Beacon membership system. However, it is a salutary reminder that we all need to remain vigilant and ensure that our computer systems and data are as secure as we can make them.

Key things that help to maintain security include:

- having strong, unique passwords on all your accounts
- making sure that all the software on your devices is kept up to date (older computers especially can reach a point where updates can no longer be applied)
- making sure that you regularly run antivirus software on your laptops and computers
- not clicking on links in unexpected emails or text messages (and similarly, take care with QR codes)
- not using public Wi-Fi networks, e.g. in cafes/libraries/village halls, for anything sensitive (that would include u3a business).

One other measure that is strongly recommended is for group leaders/coordinators to use Blind Copy (BCC) when sending emails to the members of their group, so that we don't breach privacy rules and so that hackers can't so easily steal email addresses.

Please see the following links for some official advice in these areas:

[National Cyber Security Centre \(NCSC\)](#)

[Information Commissioner's Office \(ICO\).](#)

I have included the equivalent QR codes below.

Many thanks,

Mike Shea, IT Support
20th Jan. 2024

NCSC



ICO



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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.



Ad Hoc Dining

Ad Hoc dining continues into 2024 at the Buttercross in Oakham with the next meeting being on Wednesday 21st February 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



RUTLAND u3a – HEALTH AND TECHNOLOGY PROJECT SURVEY

ANALYSIS AND NEXT STEPS

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.

We will have a stall at the open meeting on 1st February and will be happy to answer any questions or to receive further views you may have about the project. We will also start compiling a list of people who would be interested in attending the workshop sessions that we'll be running. Thank you for your interest in and help with this work.

Sue Morecroft & Mike Shea, Rutland u3a

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On line talks and workshops

u3a members can join a wide range of online talks, workshops and courses for free with their membership!

Most of these opportunities are presented by members themselves; sharing their knowledge or skills with others across the movement. There is also a wide range of talks on offer from well-known speakers and organisations.

All of these events, which are hosted on Zoom, can be booked via Eventbrite. At the time of booking, please ensure that you can attend and if you later find that you're unable to, please cancel your place through Eventbrite to avoid others missing out unnecessarily. All events are for u3a members only.

Examples of upcoming talks are:

Mosaic Art: A brief history of mosaic making and the real experience of a modern day mosaicist. From Ancient Greek to Byzantium mosaics through to current British and American mosaic artworks.

Apollo 11 & 13: The significance of the first manned mission to the surface of the moon, which realized President Kennedy's goal to put a man on the moon and return him safely to earth by the end of the decade.

Introduction to the air fryer: With simple recipes.

Locks and Keys: From Sumer to Silicon Valley, this talk ranges over history, lockpicking challenges, crime, personalities, and some stories about locks

For information about dates, times and how to sign up see:

<https://www.u3a.org.uk/events/educational-events>



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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, [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.



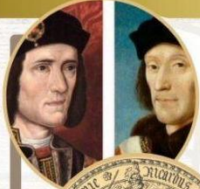
The walk, talk and snack group on a recent walk.

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BOSWORTH

BATTLEFIELD HERITAGE CENTRE
1485 TITHE BARN
AND COUNTRY PARK



Guide Talks Sundays at 1.30pm

21 January

The Road to Bosworth

Join us for a fascinating and thrilling tour de force on the story of the Wars of the Roses.

28 January

The Yorkist Battle for the throne after Bosworth: The de la Poles and the Poles

The Battle of Bosworth saw the last Plantagenet King killed in battle and ushered in the Tudor dynasty, but was this really the end of the Wars of the Roses?

4 February

The Medieval Horse

Much is known about the lives of men and women in Medieval Britain, but have you ever wondered about the life of the humble horse at this time?

11 February

The Archaeology of Bosworth

Discover how the archaeological finds have help shaped the story we tell about this famous historic battle.

£6 per person, Pre Booking Advised

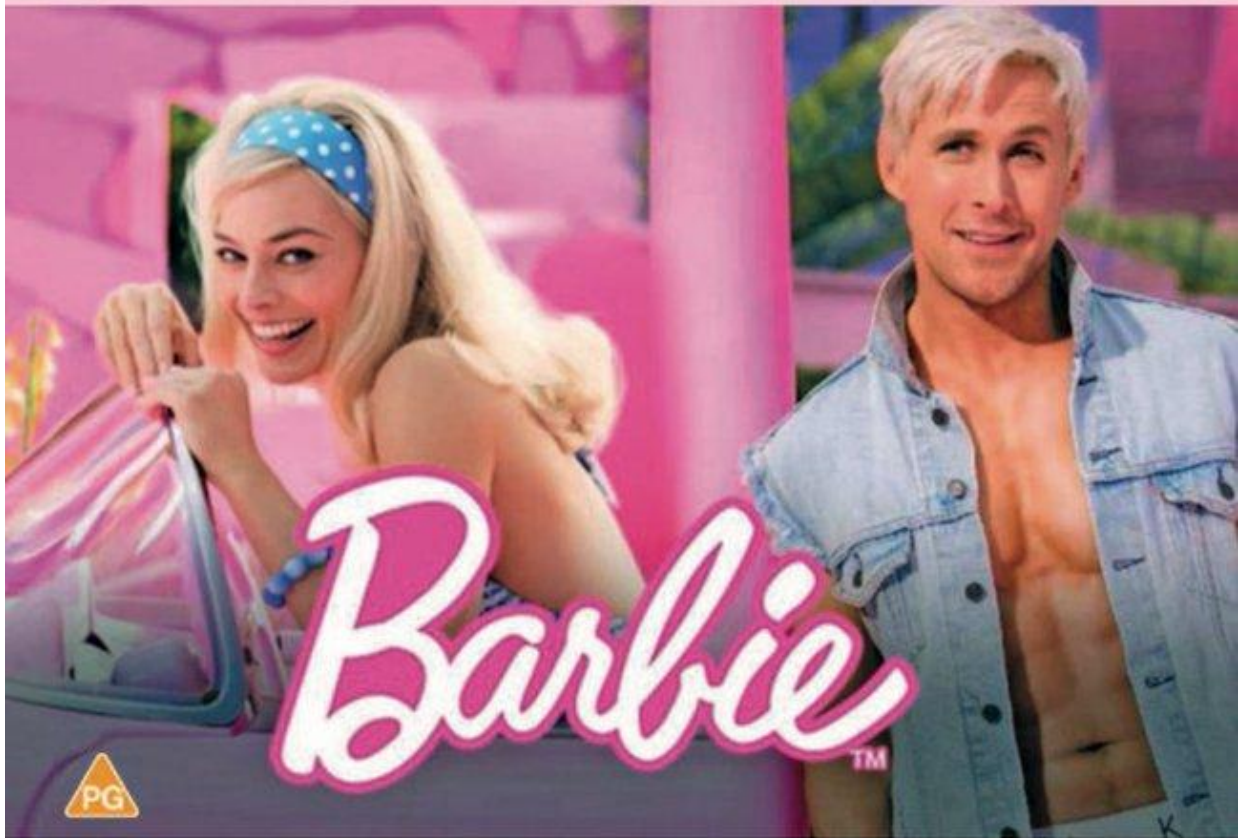
For further information about forthcoming events call

01455 290429 or visit

www.bosworthbattlefield.org.uk

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Cinema for Rutland
Rutland County Museum
Thursday 1st February 2024



Starring Margot Robbie and Ryan Gosling

Doors and bar open at 7 for 7.30 pm

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



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'Out of this World!' An Exhibition of Space Race Toys

Rutland County Museum
27 January - 9 March 2024



From Dan Dare to Thunderbirds! A wonderful selection of toys and games inspired by the Space Race and TV programmes of the 1950s-1970s.

Rutland County Museum, Catmose Street,
Oakham, Rutland LE15 6HW Tel: 01572 758440
www.rutlandcountymuseum.org.uk
Open: Mon, Weds, Fri & Sat, 10am - 4pm



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Listening to children reading really does make a difference to those needing extra practice. If you have a bit of spare time and are interested in this worthwhile scheme please contact Schoolreaders; you should be able to express a wish to volunteer in a school near you. Jane Gillan



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: 1159157
Registered in England and Wales
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Lecture Series

Rutland County Museum hosts monthly lectures organised by The Friends of Rutland County Museum and the Rutland Local History & Record Society. Admission is free.

The 2024 calendar is :

Thursday 8th February 2024 – 7:30pm

The East Midlands Oral History Archive – Colin Hyde.

Thursday 21st March 2024 – 7:30pm

In Search of Daniel Lambert – Philippa Massey.

Thursday 11th April 2024 – 7:30pm

Roman Riddles & Saxon Secrets – Phil Harding

Thursday 9th May 2024 – 7:30pm

The “Rutland Mosaic” – Jennifer Browning

Thursday 13th June 2024 – 7:30pm –

The Romans in the Nene Valley – Dr. Stephen Upex

Thursday 11th July 2024 – 7:30pm

Heritage Open Evening – An opportunity to discover the Heritage groups of Rutland

Thursday 10th October 2024 – 7:30pm

‘I Never Was So Totally Without Amusement of Any Kind’ Lady Margaret Heathcote (1733-1769) – Dr Jemima Hubberstey

Thursday 14th November 2024 – 7:30pm

The Private Life of Oliver Cromwell – Stuart Orme

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Walk Together Oakham

Walk Together Oakham are seeking volunteers to help lead regular walks in and around Oakham. Full training is provided. Interested in getting involved or fancy joining in with a group walk? Get in touch to register your interest to hear more.

Contact

activerutland@rutland.gov.uk

01572 720936



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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

Vacancy

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