

# Rutland u3a newsletter

July 2023

**u3a** learn,  
laugh,  
live

**u3a** learn, laugh, live

## A note from the Chairman

Thank you to all who voted for the committee and for various reports for the AGM. By doing an on-line vote it ensured we were compliant with our constitution.

I look forward to carrying on my duties as Chairman until a new one is appointed.

Our new committee met last week and we have filled most of the vacant roles.

We do need someone to take the minutes. This is not a committee role and, if you have experience of taking minutes, we would be very grateful if you could help us. You are very welcome to chat to either myself or Hedley if you want more details.

Another job that will be coming vacant is the setting up of Victoria Hall for our monthly meeting. A knowledge of audio visual equipment is needed. We have one team member staying on but really need at least 2 more. It also involves putting the noticeboards up. It does not involve putting chairs out as this is done by the Victoria Hall team. You will appreciate that this is vital to us having a speaker at the meeting.

Please email me if you are interested.

Next month's speaker on Thursday August 3rd is Philippa Massey, a Stamford Historian who will tell us "The History of Stamford High-life"

She is local to Stamford and it promises to be an excellent talk. We meet at the usual time of 10 for 10.30am

Tea and coffee are available for £1.

With good wishes to you all,

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 August 2023.

# Rutland u3a newsletter

## July 2023

**Monthly Meeting at the Victoria Hall  
Thursday 3 August 2023 10.00 for 10.30am**

### **Presentation: Philippa Massey**

Philippa is Stamford born and bred and Art and Design trained. While working in Stamford Museum (1992-2011) her remit was exhibitions, talks, education and activities. When the Museum closed, Philippa retired but decided to continue her research and share her findings through offering a range of talks on the history of her home town.

### **Stamford High Life - the pursuits and pleasures of the well-to-do.**

Philippa looks at how the 'nobs' of Stamford amused themselves, the sports and pastimes they indulged in and the ways in which they spent their disposable income.



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### HELP WITH MONTHLY MEETING AT VICTORIA HALL

Peter and Jane Hammond have done sterling work in helping to set up the notice boards at the monthly meeting, but more importantly organising the projector and sound system. They now wish 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**

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 July with 21 members present. As always the staff at the old Buttercross were very helpful & welcoming. We look forward to meeting again at 6.30pm on the 16<sup>th</sup> August. If you are new just let one of us know if you are coming so that we can look out for you.

Diane Case and Helen Shea.

Diane Case 07887 990906    Helen Shea 07919 273192



# Rutland u3a newsletter - July 2023

## New groups and those with vacancies

### GROUPS SEEKING ADDITIONAL MEMBERS:

CREATIVE WRITING GROUP 2 We currently have vacancies. If you are interested in joining this group, please contact Sharon Pratt or directly via 07796931818 (phone or text message). We meet in The Snug at The Wisteria Hotel in Oakham at 2.00pm on the 3rd Monday of each month. We welcome new members of all levels of ability to the group and we encourage members to work together in critiquing one another's contributions. Some of the areas that we have written about are:

- Childhood memories
- Something that makes our heart sing or we are passionate about
- Finding a missing child
- A character for creative writing
- A Private Investigator
- A day in which everything goes wrong and you have a deadline to meet
- A trip to the museum

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.

BRITISH HISTORY - We are a friendly group who meet once a month, on the second Tuesday of the month between 2pm and 3.30pm, in The Snug at The Wisteria Hotel in Oakham. There is an expectation that a tea or coffee is purchased. We are interested in the different aspects of British History and their impact on Society, ranging from the Stone Age to the last decade. Two or three members research a topic in detail and report back to the group on the aspects of the work that have interested them. Friendly and informal discussion then takes place. Topics recently considered include: The Romans, The Industrial Revolution and Bletchley Park. Interested? Please contact Sharon Pratt or text/phone 07796931818.

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 Lord Nelson pub, 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.



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## Prospective New Ru3a Groups to commence in the Autumn

Interested in forming a new Cookery Group with like minded folk ....



Love singing and want to join a .... "We are not a choir" choir .... Also anyone who can play the piano or keyboard to accompany this group ....

Have a bike and want more of a reason to use it ....  
Join the Short distance cycling group .....



Want to join a small group of folk for conversational Spanish (Intermediate level) ...

Please contact the Ru3a Groups' Coordinator via [ru3a.groups@gmail.com](mailto:ru3a.groups@gmail.com) and a list of prospective members will be created and a date/time/place for an initial meeting arranged to take each of these new groups forward.

# Rutland u3a newsletter - July 2023

## News from the groups

### Walk, talk and snack group

On their July outing The Walk, Talk and Snack Group were joined by some of the members of the British History group.

We were all treated to a guided tour of Manor Farm by Richard Harvey and then a delicious lunch provided by his wife Pat. Thanks so much to both of them and to their daughter for a most interesting and enjoyable day.



### New Sunday Lunch Group

This group is to meet on the 2<sup>nd</sup> Sunday each month at 13.00 starting from Sunday 13 August.

Interested? For more information please contact:

Madelaine at [baytreerutland@gmail.com](mailto:baytreerutland@gmail.com)



# Rutland u3a newsletter - July 2023

## News from the groups

### Church Visiting Group at South Luffenham Parish Church

In the middle of June on a lovely hot day around 20 members of the Church Visiting Group went to South Luffenham, a small peaceful village a couple of miles south of Rutland Water, and were welcomed by the church wardens and members.

We were told a bit about the history of the church which goes back to the days of the Norman conquest. From outside the tower is the most prominent feature as it has a tall thin hexagonal spire with crockets on its angles, said to have enabled a local man to climb to the top to remove the weather vane without the need for ropes or ladders. The original church was of the simplest design, a nave and chancel, but in the following 12th century the north aisle was added with some fine carved heads on the column capitals of the Norman arches, the south aisle in the C13th, while the C14th saw more 'updating' of the building with an extension to the south aisle and clerestory windows in the nave, the tower and south porch. Finally the C15th saw remodelling of the chancel with new windows and unusually, added a clerestory. Church buildings are often like detective work, trying to work out what came first and realising that desire to remain in the latest fashion is not limited to our own days.

We enjoyed having evidence of some rather amateur repair work pointed out to us, done when the end of the south aisle had been rebuilt but had not quite managed to fit against the rest of the stonework leaving a curious irregular corner around a column!

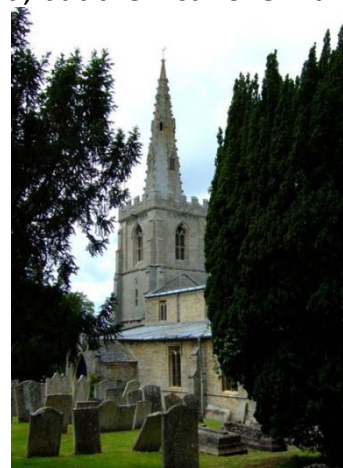
Sadly, and in common with many local churches, the C19th saw the building in a serious state of disrepair and the Victorian, G. E. Street 'came to the rescue', restoring the chancel and removing all the plaster from the walls. The Victorians were never ashamed to replace antiquity with the current style, always identifiable by the crispness of the stonework, but whatever we feel about their cavalier attitude, they did effect the rescue of these lovely buildings for us to use and worship in today.

Finally we were told of the sad death of the daughter, of the King of the gypsies Edward Boswell, 17 year old Rose, who died at the beginning of 1794 of tuberculosis after they had set up camp near South Luffenham for the winter months. The churchwardens were unwilling to let a 'non-Christian' be buried in their churchyard, but the vicar over-ruled them and she was buried in the south aisle where members of that big group still sometimes come to remember her.

Our very interesting visit finished with a delicious tea in the village hall just behind the pub which sits next door to the church.

Thank you South Luffenham for your welcome.

Corinna Woods





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## News from the groups

### Church Visiting Group at North Luffenham

On Wednesday 12<sup>th</sup> July 2023 the u3a Church Visiting Group went to St. John the Baptist Church in North Luffenham. Our speaker was Janet Whittaker, one of the Churchwardens.

The church stands on the slopes of the river Chater, with wonderful views over the valley. Externally the building dates from the late 13<sup>th</sup> century. It has a chancel, with a high arch, clerestoried nave, north and south aisles, north and south porches and west tower.

NADFAS (National Association of Decorative and Fine Arts) now known as The Arts Society recorded information about the church and its contents in 2008. It is in the County of Rutland and in the Dioceses of Peterborough. There was a lever arch file on display written by NADFAS.

There is a 14<sup>th</sup> century Sedilia, (a series of seats), recessed into the south chancel wall situated in the south wall of the chancel which has been placed in front of an earlier recess. The font has a plain octagonal bowl, moulded on the lower edge; it is probably of 14th-century date, but is mounted on a modern stem. The organ dates back to 1865 with beautifully decorated pipes. The 17th-century oak pulpit stands on a modern stone base; it forms six sides of an octagon and has two tiers of arched panels.

We were shown a communion silver cup, flagon, and a small plate from the late 1600's.

There are considerable remains of decorative red painting on the arches. In the chancel there is a brass chandelier, a gift from the wife of John Digby (d. 1758) and at the back of the church there is a wooden chest with three locks, used for storing church records by the order of Henry the V111.

There are two stained medieval glass windows on the north side. The east window has glass by C E Kempe, given by the Rector in 1892. There is a memorial brass plaque to Archdeacon Johnson, Rector of North Luffenham and founder of Oakham and Uppingham Schools. There is also a memorial bust to Mrs Susanna Noel d.1640 and to fourteen men of the parish who fell in the war of 1914–19. There is a small stained-glass window for those who served in the Royal Air Force, The Canadian Air Force and the Allied Air Force who served at RAF North Luffenham between the years 1940 and 1998. The inscription on the window reads:

*"Dedicated to the glory of God, and in memory of those who served in the Royal Air Force, the Canadian Air Force and the Allied Air Forces, all from RAF North Luffenham. 1940 - 1998. In recognition of the close links between them, the Village, and the county of Rutland"*

The churchyard contains war graves. These include Canadian servicemen who died while North Luffenham was a Royal Canadian Air Force base in the 1950s.

We finished the afternoon with a cup of tea/coffee and a wonderful selection of cakes made by Janet and served by her helper Pam.

The church is full of character with some fine items of interest and worth a visit.

**Right:** Church roof showing original timbers and carved angels, the organ and the nave

Jenny Seccombe



# Rutland u3a newsletter - July 2023

## Community News

### USEFUL CONTACTS

#### MIDLANDS AND EAST OF ENGLAND

##### Diabetes UK Helpline

Get information and advice on all aspects of living with diabetes, we can help with answering your questions on a range of diabetes topics.

Call: 0345 123 2399 (Monday-Friday, 9am to 6pm) Email: [helpline@diabetes.org.uk](mailto:helpline@diabetes.org.uk)

##### Diabetes UK Midlands and East of England

For information on local events, groups, volunteering opportunities and services in the East Midlands, West Midlands, and the East of England:

Call: 01902 916444 Email: [midlands@diabetes.org.uk](mailto:midlands@diabetes.org.uk) or [eastern@diabetes.org.uk](mailto:eastern@diabetes.org.uk)

##### Diabetes UK Website, Online Shop and Learning Zone

For all information on living with diabetes and diabetes risk: Web: [www.diabetes.org.uk](http://www.diabetes.org.uk)

To order printed resources and a wide range of other products:

Web: <https://shop.diabetes.org.uk/> Call: 0800 585 088 Email: [shop@diabetes.org.uk](mailto:shop@diabetes.org.uk)

Join our Learning Zone for advice and tips on managing your diabetes:

Web: <https://learningzone.diabetes.org.uk/>

##### Our Lives, Our Choices, Our Voices - Midlands and East of England

For more information on our youth programme for 11-25's living with type 1 diabetes and how you can get involved: Email: [lilly.allen@diabetes.org.uk](mailto:lilly.allen@diabetes.org.uk) or [adam.mayze@diabetes.org.uk](mailto:adam.mayze@diabetes.org.uk)

##### Fundraising in the Midlands and East of England

To find out how you can get involved in fundraising in your local area:

Email: [fundraising@diabetes.org.uk](mailto:fundraising@diabetes.org.uk) Call: 07885557009

##### Diabetes UK Online Forum

A moderated online community for people living with diabetes. Ask questions and learn from others' lived experience: Web: [www.diabetes.org.uk/forum](http://www.diabetes.org.uk/forum)

Find us on social media: Twitter: @DiabetesUKMidsE | Instagram: @midlandsandeast.diabetesuk | Facebook: [www.facebook.com/DiabetesUKMidlandsandEast](http://www.facebook.com/DiabetesUKMidlandsandEast)

**DIABETES UK**  
KNOW DIABETES. FIGHT DIABETES.

# Rutland u3a newsletter - July 2023

## Community News

### A new Adult Social Care Portal is being piloted in Rutland

Rutland County Council is piloting a new and convenient, web-based portal that provides customers with a single point of access to Rutland County Council's Adult Social Care Services.

The portal can be found on the Council's own website and can now be used by customers to make adult social care referrals in their own time and at their own convenience. It enables customers to view their submitted records all in one place and eliminates waiting times over the phone.

The portal accepts all Adult Social Care referrals, these include:

- Reporting concerns about the safety or well-being of a vulnerable adult.
- Applying for a vulnerable adult's needs to be assessed.
- Applying to be assessed as a carer
- Applying for occupational therapy support.

Rutland County Council's Portfolio Holder for Adult Care and Health, Cllr Diane Ellison, said:

'We want to improve the options available for Rutland residents making referrals into adult social care. The new portal will enable a more efficient and streamlined process, ensuring that important information is captured accurately and securely.'

'The portal allows our customers and family members to make referrals at any time that is convenient to them, day or night, and to write more detailed responses in their own time, in their own words. It also allows customers to go on to the system at any time and view all of their submitted records in one single place.'

'With this system in place, we can better support the needs of those in our care, and ultimately improve the quality of service we provide. We therefore want to encourage residents to try out the portal and contact our Adult Social Care team should they need any help or guidance.'

The link to the portal can be found at [www.rutland.gov.uk/adultsocialcare/assessing-your-care-support-needs](http://www.rutland.gov.uk/adultsocialcare/assessing-your-care-support-needs) . Users will need to register an account using a verified email address. This email address will be used when accessing the account.

Anyone that does not have access to the internet or needs further guidance can continue to speak to our Adult Social Services Team over the phone on 01572 758 341 or out of hours adult social care services on 0116 305 0005.

For any further information or enquiries about the portal please contact the Contact and Response Team on 01572 758341 and our team will be able to guide you.

# Rutland u3a newsletter - July 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 3<sup>rd</sup> August 2023 –

Roald Dahl's *Matilda the Musical* (12)

Matilda is an extraordinary girl who, armed with a sharp mind and a vivid imagination, dares to take a stand, with miraculous results.

The film received positive reviews from critics and was nominated for Outstanding British Film and Best Makeup and Hair at the 76th British Academy Film Awards.

### *Cinema for Rutland*

### *Rutland County Museum*

### *Thursday 3 August 2023*



Emma Thompson, Alisha Weir, Lashana Lynch, Stephen Graham, Andrea Riseborough

1 hr 57 mins

Doors and Bar open at 7 for 7.30 pm  
Tickets £5 from Oakham Wines,



[www.wegotickets.com](http://www.wegotickets.com)

and on the door if available.



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# Rutland u3a newsletter - July 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