

# Rutland u3a newsletter

March 2024

**u3a** learn,  
laugh,  
live

**u3a** learn, laugh, live

## A note from the Chairman

With us now passing the vernal equinox, the days will become longer than the night and with the clocks going forward at the end of March we all should be soon celebrating Spring ( provided it stops raining). So we all should be out and about with luck to enjoy the springtime.

The next meeting will be on Thursday 4<sup>th</sup> April at Victoria Hall and I look forward to seeing you there.

Stuart



## 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](mailto:rutlandu3a@gmail.com) or [rutlandu3a.secretary@gmail.com](mailto:rutlandu3a.secretary@gmail.com)

Thank you.



This is your newsletter so if you want to publicise your group and what it is doing, please let me know. Even if you do not need new members it may give others ideas for groups they can set up.

Thank-you to everyone who contributed to this month's newsletter. Please send items for April to Jill at

[rutlandu3a.info@gmail.com](mailto:rutlandu3a.info@gmail.com) or via the website

The final date for submissions is 20 April.

# Rutland u3a newsletter

## March 2024

### Monthly Meeting at the Victoria Hall Thursday 4 April 10 for 10.30am

Rebecca Middleton - The work of Canine Partners

#### Speaker: Rebecca Middleton

Rebecca was introduced to the work of Canine Partners when she was only ten years old. It was then that her father acquired his first assistance dog and she experienced at first hand the difference that this made to the whole family. She went on to join the Organisation a year ago as a Community Fundraiser and covers an area which stretches from North of London to the Scottish Border.

#### Talk: Canine Partners

Rebecca will tell us about how the assistance dogs are trained; how they are matched with their partner; the sort of people who benefit from the help they can offer and the tasks that the dogs carry out. Her talk will also cover the ways in which an assistance dog can provide emotional support, increase their partners self confidence and reduce levels of depression and anxiety.

Leaflets and flyers with information on the work of the Charity will be available at the end of the meeting and there will be a collection point should any members wish to make an additional donation. This is of course entirely voluntary.

In aid of



# Canine Partners

Amazing dogs. Transforming lives.

### Ad Hoc Dining

Ad Hoc dining continues into 2024 at the Buttercross in Oakham with the next meeting being on Wednesday 17th April 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.

#### **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:**

To be confirmed

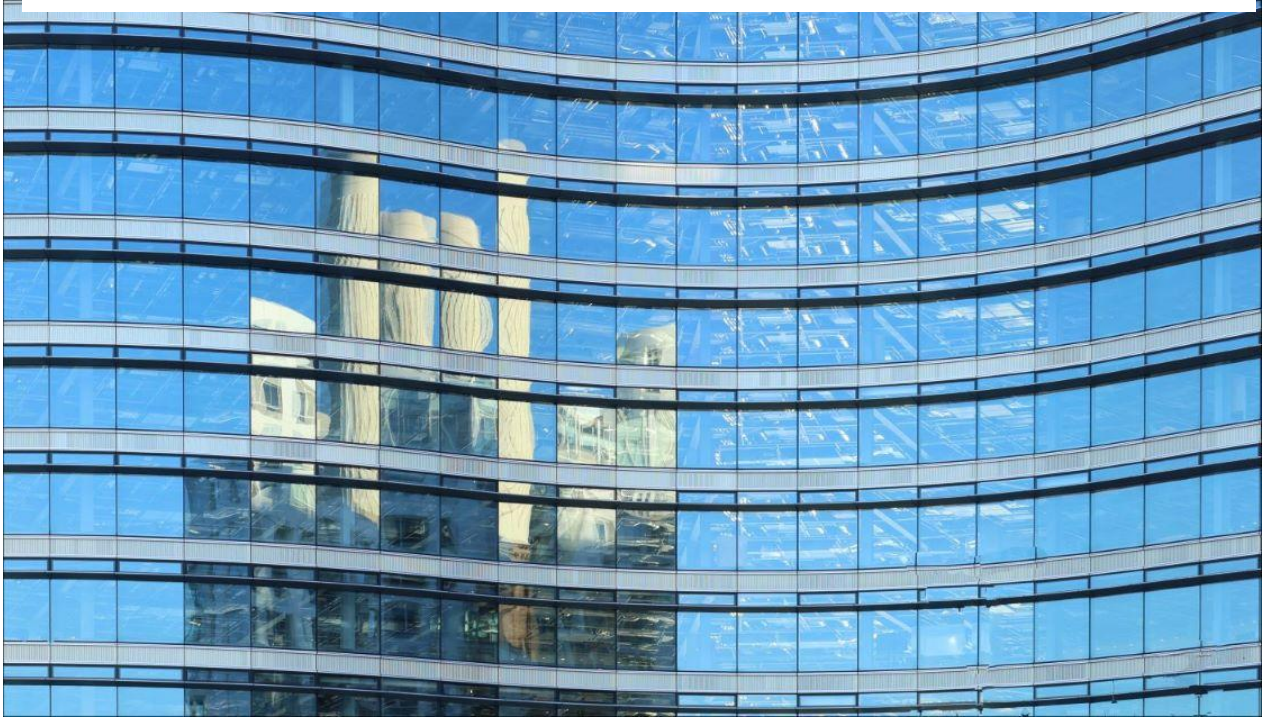
The speaker programme may be subject to change. Please check the latest information on the web site or in the monthly newsletter before travelling to hear a particular speaker.



# Rutland u3a newsletter - March 2024

## News from the Groups

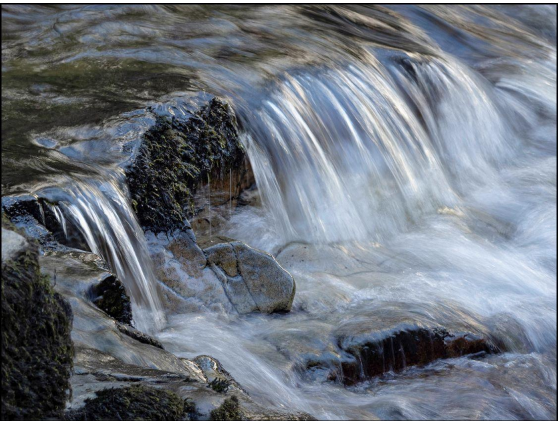
Another impressive range of photographs from this month's meeting of the photography group:





# Rutland u3a newsletter - March 2024

## News from the Groups





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## News from the Groups

### Papercraft Group



The Papercraft Group continues to meet and explore different techniques. On the left are paper roses made using book pages, below that, a selection of cards made with Iris Folded inserts and below we sewed bugle and seed beads to card to make flowers which we then used to decorate greetings cards.



### Art Appreciation Group 3



Interested in looking at and discussing art?

Art appreciation group 3 would welcome one or two new members. Go along to a taster session and see if it is for you.

They meet from 10am to noon in the bar at The Wisteria Hotel on fourth Monday of the month. There is an expectation that a tea or coffee is purchased. Any prospective members can contact Sharon via the group page which also has information.

<https://u3asites.org.uk/rutland/page/121548>

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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.

**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 starting the following new groups:

- Fluent French 2: As the existing 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 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

### Oakham looks to breathe new life into German twinning

A working party in Oakham is looking to reinvigorate the town's long-standing twinning with Barmstedt in the German Federal State of Schleswig-Holstein north of Hamburg. Oakham has been twinned with Barmstedt since 1985. In that time there have been many enjoyable visits in both directions, but with changing times membership has diminished. Now, with renewed enthusiasm, the group is keen to build itself up again and is looking to a bright future with new members and fresh ideas as the twinning moves towards its 40th anniversary. Angie Humphreys, who co-founded the association with her husband Francis, says, 'In Barmstedt our contacts would be pleased to revitalise this successful link following many previous exchange visits by families, school sports groups, concert bands, scouts, footballers and cyclists. Many benefits of twinning include travel, language, culture and the experience of living with families and trying new foods: a true way to meet people in their own environment.'



Former Mayor of Oakham Cllr Adam Lowe, also a member of the working party, added: 'When Angie approached me and I became involved in 2018, which included exchange visits, it opened my eyes to what is a very easy and relaxed friendship between our two towns: no expectations or demands.'

The activities of Brexit seem to have only strengthened the resolve of people involved to remain friends. The twinning offers an opportunity to maintain ties and friendships with a great country, mixing with great people who have shared values and vision. I would love for like-minded people to join us in taking what Angie and Francis started to another level.'

The group, which will go under the new name of the Oakham and District Twinning Association so that interested parties living outside Oakham know that they are also very welcome, will be holding a drop-in evening of drinks and light bites in Oakham Castle between 6 and 8pm on Thursday 30 May. Local residents will be able to find out more about the history of the relationship between the two towns, view pictures of Barmstedt and articles from over the years and express an interest in the future of the group, as visits become more regular.

Susanne Schmidt, Chair of the Barmstedt Twinning Association, and the Mayor of Barmstedt, Frau Heike Döpke, will be travelling from Germany for the occasion and are looking forward to introducing themselves and the town. Susanne has already extended an invitation to visit Oakham in September. 'For us, town twinning means international understanding. It's good to know about each other, talk to each other, understand each other's concerns and also share ideas on the challenges of climate change, for example. Current events in the world show that we must work together to protect our peace. In Barmstedt, we are very pleased about the friendship and partnership with Oakham and District as well as with Roissy-en-Brie in France and Middelfart in Denmark. Guests from all three twin towns meet in Barmstedt on various occasions. Anyone interested in attending in September is very welcome.'



One of the association's main aims is to promote pen pal correspondence between pupils here and in Barmstedt. There are so many benefits to learning a foreign language and the association would be delighted to meet families and local school representatives who would like to give young people the opportunity to develop friendships with pupils in Barmstedt. This does not require the pupils in Oakham to be learning German at school, as the Barmstedt pupils would be keen to respond in English.

To register your attendance at the event, please email Cllr Adam Lowe at [adamfromoakham@gmail.com](mailto:adamfromoakham@gmail.com) or telephone Adam on 07801 541389 by Thursday 16 May.



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## Community News

 **Oakham in Bloom's** 

# Quiz Night

**SAT 18TH  
MAY  
7PM**

**£12.50  
PP**

**CHIP SHOP DINNER INCLUDED IN THE TICKET PRICE**

Our annual quiz night is back! Join us at All Saint's Church Hall for a fun night for friends and family.

**PRIZES - DRINKS - FUN**

[www.oakhaminbloom.org/quiz](http://www.oakhaminbloom.org/quiz) [pbuxton44@outlook.com](mailto:pbuxton44@outlook.com)

Registered Char

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## Community News

### Therapeutic Gardening Course

FREE



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. 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

For more information visit [www.rootandbranchout.co.uk](http://www.rootandbranchout.co.uk)

**Growers Row**  
SHARED GARDEN • OAKHAM RUTLAND





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Community News

**ARTS FOR RUTLAND**

**YOUTH OPEN  
ART  
EXHIBITION**

Rutland  
County Museum  
Catmos Street, Oakham, Rutland LE15 6HW

**Sat 23<sup>rd</sup> March to  
Sat 27<sup>th</sup> April 2024**

**Open: 10am - 4pm Mon, Wed, Fri & Sat**

Private View: 5-7pm Fri 22nd March  
With prizes awarded in several categories  
during the evening

**OPEN TO YOUNG  
ARTISTS AGED 11-18**

Supported by:



Promoted by:



Entry forms available from:  
**[www.a4r.org.uk](http://www.a4r.org.uk)**

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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

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