

Rutland u3a newsletter

November 2023

u3a learn,
laugh,
live

u3a learn, laugh, live

A note from the Chairman

Christmas is coming, as we can see from the preparation of the shops since October. We need to be prepared ourselves against scams, so be mindful of any unexpected calls, texts, emails and treat all with suspicion until you yourself have found it is genuine. If not sure what to do, ask a family member or a friend. I myself have received such sort of thing recently where they have obtained details from a friends contact list illegally; they stated that they could not speak because of laryngitis. To one of which I replied "thank you for your scam".

One thing to look forward to is the late night shopping in Oakham on Monday 11th December and our usual monthly venue, the Victoria Hall, is (with the bar open) a night festival of Christmas trees which is free to enter to see the sight or warm yourselves with a mulled wine.

I wish you all from myself and the committee,
a Merry Christmas and a Happy 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 December to Jill at rutlandu3a.info@gmail.com or via the website

The deadline for publication for the next edition of the newsletter is 19 December 2023.

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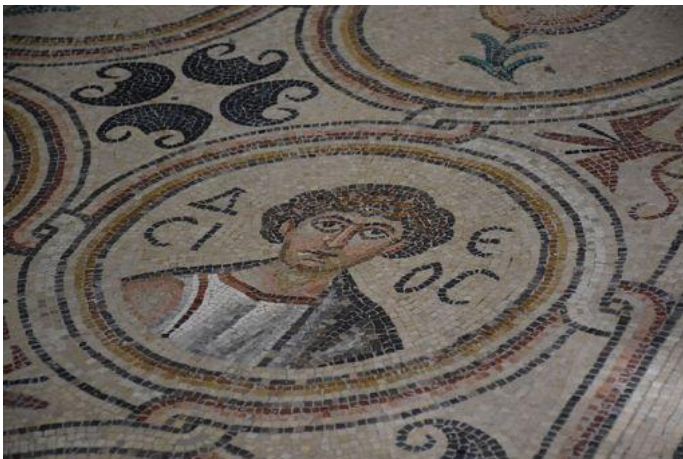
Monthly Meeting at the Victoria Hall Thursday 4 January 10 for 10.30am

Speaker - John Thomas

John is Project Manager for the Rutland Villa Project and has been working as a professional archaeologist since 1986. He has directed many large-scale excavation projects with a particular expertise on prehistoric sites and landscape approaches. He has published the results of his fieldwork and academic study widely, and to a range of audiences, through monographs, peer-reviewed articles in national and local journals, and popular archaeology publications. John is also actively involved in promoting archaeology to the general public, regularly providing talks to local societies such as ours.

The Talk - Encounters with Achilles: The Discovery of a Trojan War Mosaic in a Rutland Field.

In 2020 a Rutland landowners walk across fields during the pandemic lock-down led to the discovery of one of the most exciting Roman mosaics in over a century. The unique example of ancient art featured scenes of Achilles and his battle with Prince Hector of Troy as told by Homer in his epic Trojan War poem The Iliad which were the first of their kind from Roman Britain. John will describe the discovery of the mosaic and talk about its imagery and about further work by University of Leicester Archaeological Services and Historic England that has revealed the wider setting of the mosaic, within an extensive villa complex.



NOTE This is expected to be a very popular talk. Seats will be available on a first come, first served basis as usual and there will be an upper limit to the number of seats available, based on the capacity of Victoria Hall

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Ad Hoc Dining

25 members enjoyed a very convivial evening at the Buttercross at the monthly Ad Hoc evening last Wednesday.....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!

PLEASE NOTE THAT FOR DECEMBER ONLY.....as it is CHRISTMAS, if you are planning to join us at the Ad Hoc meal on Wednesday 20th December you MUST PREBOOK as there is a special Christmas menu.

You must let us know by 30th November as we have to confirm numbers and pay the deposit of £5 per person... ..so contact Diane or Helen right away!!

Diane Case 07887 990906

Helen Shea 07919 273192



RUTLAND u3a – HEALTH AND TECHNOLOGY PROJECT

SURVEY CLOSING SOON

This is just to remind you that we will be closing the survey at the end of this month. So if you haven't responded yet, we would encourage you to do so.

The QR code below will enable your smartphone or tablet to open the online survey. There is also a link to the survey on the website (see the Latest News page) and we have paper versions available if you would prefer one.



QR code for H&T survey

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

Sue Morecroft, Rutland u3a
Mike Shea, Rutland u3a

14th Nov. 2023

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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: [Ralph Carter](#). 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 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.

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.



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News from the groups

Church Visits Group

St Andrews Glaston

Fourteen members of the Church Visit Group met at St Andrews Wednesday afternoon 9 August and enjoyed a most interesting talk from the Reverend Jane Baxter.

There has been a church in the village for 850 years, possibly as much as a 1000years. It is unusual as it has a central tower which suggests an early date, and houses 6 bells that are rung from the floor, the earliest is dated 1598. The original church was smaller than the present one. The nave and chancel were both enlarged around 1200 with a north aisle being added.

In the 14th century the chancel was again extended. It seems that there was an intention to move the central tower and enlarge the nave but for whatever reason that never happened so the tower remains in the centre of the church and is narrower than the chancel and also there is a substantial north-west pillar between the nave and aisle.

There are two cross beams in the roof clearly carved with the date of 1750 and 1744.

All the glass is Victorian. In the early 20th century an organ manufactured by Morton and Moody of Oakham was installed, although it hasn't been used now for more than 30 years. It has been replaced by a modern electric organ and electric piano.

There are memorials to local people and also World War Memorials, one to the memory of members of 4 Parachute Squadron Royal Engineers who left from this parish and were killed at Arnhem, September 1944.

In 2018 thieves stole the lead from the roofs putting the future of the church in jeopardy, but fortunately with hard work and fund raising by the community it has been repaired.



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Church Visits Group

St John the Baptist Harringworth - 13 September 2023

The village of Harringworth nestles in the shadow of the railway viaduct which is three quarters of a mile long and spans the Welland Valley from the Seaton Tunnel to Harringworth. On the 13 September sixteen members of the Church Visit Group enjoyed a very interesting visit to this unusual church.

The original church was built in 12th century. Since then, over the centuries many alterations have been made, and the porch which was originally 15th century. The north door 14th century and south doorway 15th century. The arches are 13th century, the outer one has dogtooth moulding. In the latter part of the 15th century the Chancel was rebuilt and the walls were raised, much of the old stone being re-used. Weather-worn sedilia suggest that the Chancel was roofless before this rebuilding.



The church has a 12th century tower with a 14th century spire, with carved heads on it. The top of the spire was renewed in 1892. The church was restored in Victorian times, and this was completed in 1892, the modern roof dates from that time. The plaster was removed from the side aisles but not replaced, and the box pews were also removed. In the tower and on the walls of the church are lists of benefactions to the Parish.

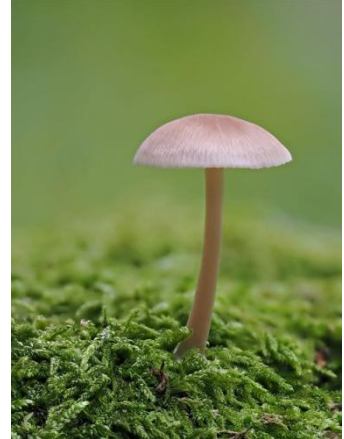
In the side windows of the Chancel are a few pieces of 15th Century coloured glass. Fragments of 14th and 15th century glass were also taken from the east window in 1919 and placed in windows in the North aisle where there was already some 14th century blue and red glass. Other fragments of coloured glass are probably no earlier than the end of the century.

The clock was given by Thomas Tryon in 1879. In the tower used as a Priest's bell, is the former Sanctus Bell, believed to have been brought from Lyddington. It is 15ins diameter and cast about 1410. The tower also houses a ring of six bells which were rehung in 1992 by the Rutland Church Bell Restoration Stewards. In more recent years much restoration work and improvements have been made such as electric rewiring and heating, modern kneelers, and altar frontals. Most of this work has been completed by the local parishioners.

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News from the groups

This month the photography group has produced another impressive selection of their work



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News from the groups



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News from the groups

Papercrafts Group

At their recent meeting the Papercrafts group used two techniques to make greetings cards. The first was using die cuts and mixing different coloured/patterned die cuts to create interesting effects. We also used some of our paper scraps to make an interesting range of base cards. Both designs can be decorated with additional toppers and sentiments.



On line Learning

u3a members can join a range of on-line learning events for free with their membership. In December the following events may be of interest:

- 5 December - When art and literature meet at Christmastide
- 6 December - The art of William Morris
- 7 December - Live cookery demonstration, Christmas special
- 11 December- Exploring world faiths, Christmas
- 13 December- Family history: where all is not as it seems
- 15 December - Climate Change and the Oceans

More information about timings and how to join in can be found:

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

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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 2nd December 2023**

'What's Love Got to Do With It?' (12A)

In London, an award-winning film-maker documents her best friend's journey into an assisted marriage in line with his family's Pakistani heritage.

In the process, she challenges her own attitude towards relationships.

Director : Shekhar Kapur – Starring : Mim Shaikh, Imam Boujelouah and Lily James.

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.



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Doors Open 5:30pm
Show Starts at 6pm.

Jim lives in the Admiral Benbow Inn with Grandma, but she's desperate for a real adventure. One night Billy Bones comes to stay, leading a gang of very silly pirates with a big secret to Jim's door. Before she knows it Jim is sailing to Treasure Island, befriending one legged cooks, dodging mutinies and searching for buried treasure.

This Treasure Island as you've never seen it before, in celebration of Lamphouse Theatre's 10th anniversary.

With a slew of silly-singalong-sea-shanties, plenty of preposterous pirates, and dozens of doubloons, you won't want to miss Treasure Island this Christmas.

Suitable for ages 6-106

Book your tickets now...

Family tickets £35.00 (2 adults & 2 children aged 6 to 16 inclusive)

All other tickets £10.00

To book please visit Rutland County Museum or Oakham Castle. Payment on booking.

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THE BEREAVEMENT HELP POINT



A friendly, welcoming and supportive group based in Rutland, offering free drop-in sessions and a safe environment to anyone in our local community that is experiencing grief, loss or bereavement.

- We offer access to information
- A place to talk to trained volunteers
- An opportunity to share emotions
- A place to just be.

UPPINGHAM

Every Thursday, 3-5 pm
The Falcon Hotel
7 High St East
Uppingham
LE15 9PY

KETTON


1st and 3rd Wednesday, 10-12 noon
Ketton Library, 67 High Street,
Ketton PE9 3TE
Please come to the
Old Consulting Room


OAKHAM

Every Monday 2-4pm
excluding bank holidays
Fire station
South street
Oakham LE15 6HD

For more information

call 01733 225900 or email taylor.royal1@sueryder.org

www.bhprutland.com  Bereavement Help Point - Rutland

 @thebereavementhelpoint



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VOLUNTARY ACTION RUTLAND CHRISTMAS APPEAL 2023



CAN YOU HELP US MAKE CHRISTMAS A LITTLE MERRIER
FOR THOSE WHO MIGHT NOT HAVE MUCH UNDER THE
TREE THIS YEAR...

WE'RE LOOKING FOR DONATIONS OF NEW ITEMS FOR ALL
AGES. ALTERNATIVELY OUR JUST-GIVING LINK IS ON THIS PAGE

FOR MORE INFORMATION PLEASE CALL: 01572 723300

EMAIL: ENQUIRIES@VARUTLAND.ORG.UK



Christmas Appeal 2023

The VAR Christmas Appeal will ensure that as many of the vulnerable, elderly, and young people in need in our rural community get a gift, assistance, or help this Christmas. With a cost of living, fuel, and inflation crisis ongoing, it has never been more important to help the most vulnerable in our communities. This year, the Christmas pinch will be felt very hard indeed for some families. The VAR Christmas Appeal is looking to raise funds to ensure that families with the least, be they young or old have gifts, food, and warmth for themselves/families. We will fundraise and take donations of: Food, clothing, vouchers, and toys for those in need. We will ensure that those most in need receive the donations in the run-up to Christmas 2023.11.24

Click the Just Giving link to donate:

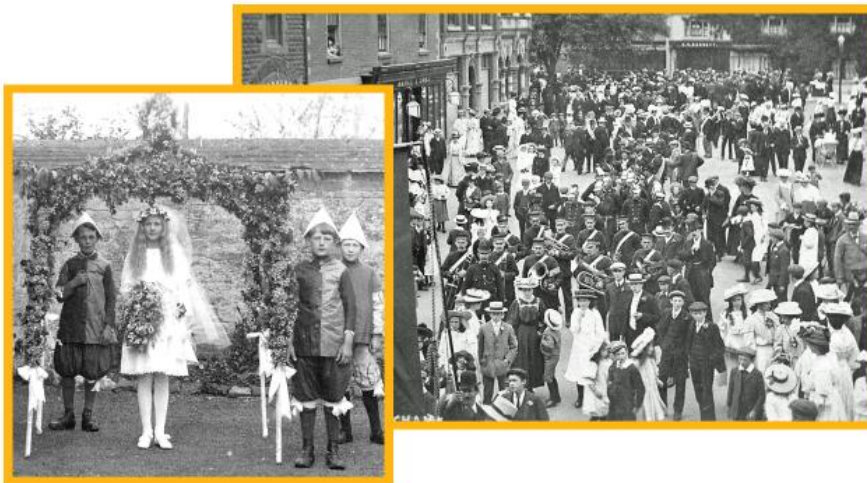
<https://checkout.square.site/merchant/ML8QG05AKCD1Z/checkout/PFS4HCF7IJX6B363IK473KYT>

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'Fairs, Feasts and Frolics' Exhibition

Explore customs, celebrations and events enjoyed by local people in the past through the museum's photographic collection



Rutland County Museum
4 November - 2 December 2023

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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Pepper's- A Safe Place



Our days start with a cup of tea and a friendly chat, what could be better? At Pepper's we believe everyone should have access to a welcoming, safe space where they are free to be themselves, to share experiences and connect with others.

Our centres welcome many locals each week who are looking to improve their mental health and to combat isolation and loneliness. We run three drop-ins each week, with volunteers on hand to welcome you, chat and listen. We also offer a range of activities from gardening to crafts, Tai Chi to meditation.

Did you see our poppy display earlier in November? Wonderful knitters from around Rutland made hundreds of bright poppies that we planted out and displayed at the community garden surrounding Oakham Fire Station. It was a beautiful display to remember those who have sacrificed so much for our freedom.



Our craft sessions have also been a hive of activity recently with preparations for Christmas under way. We are making decorations, cards, ornaments and table displays for loved ones.

To support locals, we need your help. We all struggle with our mental health from time to time and need a listening ear and connection with others. However, when it comes to mental health it's so easy to hide away and put up a mask. If you, a neighbour or loved one is struggling, please pass on our details.

For our opening hours please visit our website www.peppersasafeplace.co.uk or call 07714503556. On Thursday and Sunday evenings if you need additional 1:2:1 support the wonderful team at the Neighbourhood Mental Health Café are there for you. Call them on 07955 344126, free transport is available.

We have a wonderful team of volunteers, listen to locals, fundraise, man promotional stalls, support with marketing, help with handywork and much more- we wouldn't be able to run without their incredible support. If you are able to donate any of your time please do get in touch (info@peppersasafeplace.co.uk).

“A safe space to be and a safe space to laugh”- Mary Pepper

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Rutland Local Plan

"Important to read and respond

The new Local Plan is the keystone to future development in Rutland until 2041. The process started when we asked for your opinions in the "Issues and Options" consultation last year. We have learned a great deal from those responses. We are also very aware that the final version will be tested by Ministry Inspectors and they will look for the Plan to be evidence based (those evidence bases are shown on our website). This document therefore represents the first draft of a combination of those two factors.

However, though this is only the next stage, it is the only stage where you can effectively make a difference to the Preferred Option proposals, within that Plan. We want to hear your views, on the whole or any part of it. We want you to provide the reasons for your views. This is a real opportunity now extended to you to make a valued contribution, and I urge you to respond".

Paul Browne. RCC Portfolio Holder for Planning and Property

For more information see:

<https://www.rutland.gov.uk/planning-building-control/local-plan/new-local-plan>

VIOLENCE REDUCTION NETWORK

Do you live in Leicester, Leicestershire or Rutland?

Share your views on crime and anti-social behaviour in your area to improve local responses:

The survey will close on Sunday 17th December 2023

@VR_Network www.violencereductionnetwork.co.uk #PreventionThroughConnection

Rutland Council has asked that you share your views on crime and anti-social behaviour in your local area by completing this short survey. The information collected will be used to improve the work undertaken to protect our community.

Lick on the link below to complete the survey:

<https://www.surveymonkey.co.uk/r/7Z5C3DV>

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Are you supporting a partner, family member, child or friend who couldn't manage without your help due to their disability, illness, frailty or addiction?

When you're caring for someone it can be hard to find the time to look after yourself and stay well.

If you need support with your mental health and wellbeing, we are here for you.

Caring for Carers

Carers Mental Health & Wellbeing Project

We can offer 1-2-1 and/or small group support to any unpaid carer who is living in Leicester City or Rutland, and needs additional support with their mental health and wellbeing.

Get in touch to find out how we can help.

✉ enquiries@thecarerscentre.org.uk

🌐 www.claspthecarerscentre.org.uk

☎ 0116 2510999

Charity number 1043956
Company number 2994093

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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

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

Caroline Stark

New Member Support

Jane Gillon

Printing

Margaret Macpherson