

August 2024

Hello,

I hope you have enjoyed the last month's good weather. There's not much to report this month other than the committee is carrying on with the running of our u3a.

An idea was raised by the committee in relation to the need with Peter retiring from doing the audio set up at the monthly meetings. Rather than just one person doing it, it is if we can have several people to help in doing this, but taking it in turn, so one does not have to be at every meeting. So, if interested in helping this way please contact anyone on the committee.

One final point of note is that the Christmas lunch has been organised and all the details are later in the newsletter. Why not enjoy the build up to Christmas with a good meal along with friends old and new; there are limited places and it will be on a first come first served (literally!) basis.



Keep enjoying the weather while it lasts.

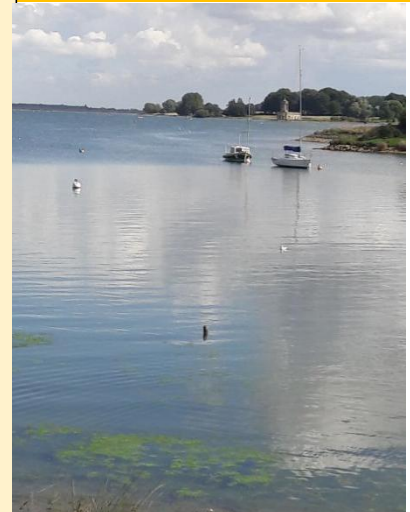
Stuart.

Keep in touch with your u3a:

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

Facebook

Rutland U3a is also on Facebook: for all the latest news, click [Facebook](#).



This is your newsletter, so if you want to publicise your group and its activities, 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 August to Jill at rutlandu3a.info@gmail.com or via the website

The final date for submissions is 20 September.

Rutland u3a newsletter

August 2024

Monthly Meeting at the Victoria Hall Thursday 5 September 10 for 10.30am

Speaker: Hannah Sylvester

Hannah has an honours degree in Science, is a member of the National Institute of Medical Herbalists and is a committed Nature Educator. This involves, teaching and leading on England's last remaining Herbal Medicine degree course; curating her nature podcast 'Edge of the Hedge' and taking groups of people on Herb Walks to share stories and to help them to see wild flowers with new eyes.



Talk: People and Plants: How the human body, and nature benefit from working with and having greater awareness of medicinal plants

In this talk Hannah will introduce us to the world of herbal medicine, its history and some of the plants based medicines that she uses in her work today. Hannah will also help us to understand how and why these plants are vital for the wellbeing of our environment and wildlife.

Coffee is available for purchase from 10am with the talk starting at 10.30am.

The talk is free for members with new members welcome.

Ad Hoc Dining

Ad Hoc dining continues at the Buttercross in Oakham with the next meeting being on Wednesday 18th September 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 newsletter

August 2024

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.

3 October:

Jim Stebbings: The Lusitania: the tragic loss of Cunard's great transatlantic ship in an act of war

7 November:

Geoff Harris: A toastmaster's tales.

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.



We are already looking forward to 2025 and have a further varied programme of exciting speakers to look forward to:

| | | |
|-------------|-----------------|--|
| 9 January | Sir Henry Every | The National Memorial Arboretum |
| 6 March | David Smith | The actor as dramatist: a view of the work of John Osborne |
| 3 April | Lucy Lewis | The first female bomb disposal expert |
| 1 May | Nigel Lowey | George Gilbert Scott |
| 5 June | Denis Kenyon | Leicestershire and Rutland 'at risk' war memorials project |
| 3 July | Paddy Lambert | Priors Hall Romano-Celtic Temple |
| 7 August | | TBC |
| 4 September | Julie Kinnear | Coco Chanel |
| 2 October | John Thomas | Rutland's Roman Mosaic and Villa - an update |
| 6 November | Susan Gossey | Policing and Financial Crime in Regency London |

Rutland u3a newsletter

August 2024

You are cordially invited to the Rutland u3a Christmas Lunch in The Barn Lounge at The Wisteria Hotel from 11:45 on Thursday, 5 December 2024

**The all inclusive price includes:
Arrival drink of Bucks Fizz or orange juice**

Lunch to commence at 12:25

Two courses

Choice of Mains with a glass of wine or sparkling elderflower

Stuffed Ballotine of Turkey, pigs in blankets, roast potatoes, seasonal greens, glazed carrots and parsnips braised red cabbage and gravy (GFO)
Seabass with Bouillabaisse sauce, saffron potato, crispy kale
Risotto of wild mushroom and Parmesan

Choice of Desserts

Sticky toffee Christmas Pudding, brandy sauce, rum and raisin ice cream
Black Forest Pavlova, Kirsch cherries
Stilton or Red Leicester cheese plate

Followed by mince pies and tea or coffee

Cash bar available

Vegan menu available on request

Dietary requirements to be included on booking form

All place settings include a chance of winning a bottle of wine in the free raffle.

The booking form is included with this newsletter and is also available at the Monthly Meeting. Please return it online to sharonpratt10@btinternet.com,



Pay by bank transfer to Ru3a account number: 91196812 sort code: 40-35-21.

Please put: XM and initial and surname as reference.

Or you can complete a booking form and give it to Sharon or Caroline and pay at a Monthly Meeting in Victoria Hall using the card reader. Cost is £39.50 per person.



Rutland u3a newsletter

August 2024 - News from the Groups

Here is a list of Groups seeking new members. If you wish to join a group please send a message to the Group Leader by 'clicking' on the highlighted text below. Detailed Information about all our groups is available on the Groups page on the Rutland u3a website: <https://u3asites.org.uk/rutland/groups>

Book Group 4. Please contact the Group Leader, [Rosanne Greaves](#)

Church Visits Group. Please contact the Group Leader, [Mary Wright](#)

English Country Dancing. Please contact the Group Leader, [Pam Hornby](#)

Friday Scrabble Group. Please contact the Group Leader, [Debbie Rose](#)

Indoor Bowls. Please contact the Group Leader, [John Wilson](#)

Mah Jong. Please contact the Group Leader, [Alan Costello](#)

Mindfulness. Please contact the Group Leader, [Sushila Raja](#)

Ravens Walking Group. Please contact the Group Leader, [Helen Czasznicka](#)

Scrabble Group 3. Please contact the Group Leader, [Sue Powers](#)

Striders Walking Group. Please contact the Group Leader, [Stewart MacDonald](#)

Sunday Lunch 2. Please contact the Group Leader, [Madeleine Fenton](#)

Tai Chi. Please contact the Group Leader, [Julia Haynes](#)

Tuesday Morning Walks. Please contact the Group Leader, [Ros Kenny](#)

Requests have been received to set up the following new Groups: -

A third Bridge Group

A third Spanish Group

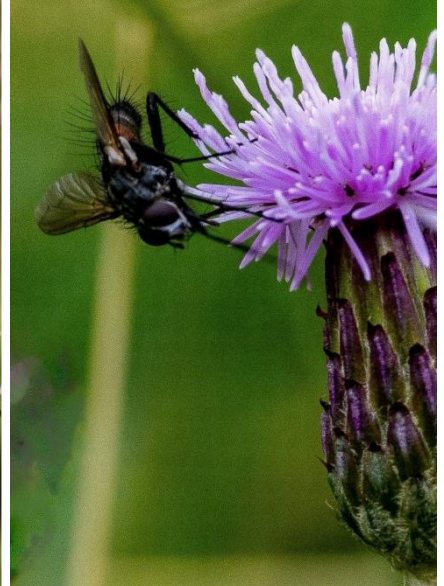
A second Photography Group

If you are interested in setting up one of these groups then please contact [Christopher Clark](#), the Groups Co-ordinator.

Rutland u3a newsletter

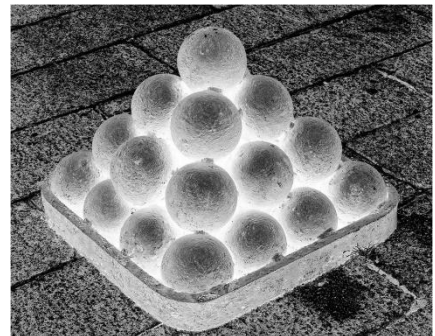
August 2024 - News from the Groups

This month we have some beautiful nature photographs from the photography group:



Rutland u3a newsletter

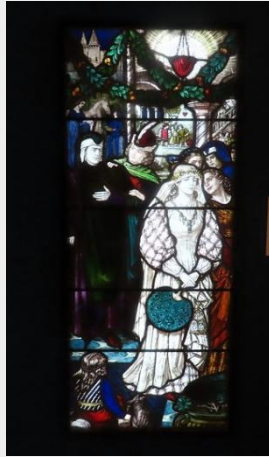
August 2024 - News from the Groups



Rutland u3a newsletter

August 2024 - News from the Groups

In August, a group of art-loving friends who met through u3a went on a visit to The Victorian Radicals exhibition in Birmingham. Birmingham art gallery closed for restoration in 2020 but this year a small section opened for this excellent exhibition. The exhibition which has just returned from a tour of the USA features items from the city of Birmingham's outstanding collection of vibrant paintings and exquisite drawings alongside jewellery, glass, textiles and metalwork to explore the radical vision of the Pre-Raphaelites, William Morris and his circle and the men and women of the Arts and Crafts movement.



Following our visit to the exhibition, we enjoyed lunch in Birmingham before returning by train to Oakham after a very enjoyable day.

Social History of the 20th Century

This group continues to meet monthly, having researched different aspects of a topic to discuss at the meeting.

At our recent meeting we discussed Wimbledon Tennis with members each taking a different decade to research. The discussion included the growth of women's tennis and of wheelchair tennis, the introduction of professionalism and of course some of the greats over the decades. Previous topics have included the Festival of Britain, the Jarrow march and the Suez crisis. We enjoy learning more about our (fairly) recent history.

Art Appreciation Group 2

We continue to enjoy looking at a wide variety of artists at our monthly meeting, anyone from Old Masters to Picasso. It is fascinating to look at the artwork in depth and to learn about the artist's life.

At our last meeting we studied Caravaggio, quite a contrast to Mary Cassatt, our artist in July.



One of our members has a special birthday soon, we wish him a very happy day.

Art Appreciation Group 1

In July we had a change from our usual format of looking at one artist in depth and instead each member introduced the rest of the group to a lesser-known artist. Artists we looked at included John Piper, Emil Node, Fernando Botero and Mary Cane-Honeysett. It proved to be an interesting meeting and we will repeat the format in our programme next year.



Pablo Escobar Dead, 2006:
Rita Willaert

Rutland u3a newsletter

August 2024 - News from the Groups

News from the Church Visits Group - Lyndon



U3A group wandering around Lyndon graveyard. Many of the tombstones were placed against the wall upright. Never seen that before. It was quirky if not strangely potent. A lovely little detail.

Wednesday 14th August 2024: Our small group of 13 came to Lyndon Church. Jill Mayhew hosted our visit. She is currently the churchwarden and showed us around the building, giving us all fascinating little insights into its character and history. Like most churches, it was overhauled by the Victorians, and yet it has retained its beauty. I would call this a hybrid church, remaining true to the Victorian style but with a hint of its origins in quirky little details such as the flying stairs in the wall. See picture! Surrounded by trees of great age and stature, the church was a delight to view.

According to Jill, the chancel was enhanced around 1850 to align itself with the High Church of the day. This means we had to watch our step just in case we fell off the platform and landed on a lower level. The entire chancel was raised by a foot or more. I could see the drop!

Jill's history was scattered with references to the modern day and that was as interesting to me for its rich insight into eternity.



Spooky flying staircase to nowhere. I love these details left over from another time era.



The Church survives, but financially it struggles. On the positive, Jill made the point there are plenty of heritage grants about. Clerics need admin skills and not just prayer books it would appear. Lyndon is one of nine churches in a benefice now. It can't survive alone. We had a fabulous time, ending up outside Jill's home with tea and cake. And great weather to boot. We were all well pleased and delighted to have come. Those scones were delicious.

Thank you to Jill and we wonder how the next churchwarden at Somerby will cope with us all next month. He is also offering us tea and cake at home. This is a competition hard to beat, for Jill's service was excellent. We all gave a donation to the church funds and thanked her profusely for giving us such a wonderful memory of Lyndon.

Mary Wright

Rutland u3a newsletter

August 2024 - News from the Groups

One of the two Rutland u3a pétanque groups enjoying some wonderful weather at the Wheatsheaf pub in Oakham recently. The friendly competition and weather were hot, the beer was cold and much fun was had by all.

Thanks are due to the Landlady and staff of the Wheatsheaf for hosting us on their excellent 'Pistes' - the technical term for the pitches.



Tuesday Walking Group



After a rather shaky start to our walking year where it seemed to choose to pour with rain on our walking day, we have enjoyed some lovely walks and pub lunches. Our most recent walk on 13th was from Brooke Rd to Egleton and back. The closure of the level crossing meant that I discovered a part of Oakham that I hadn't seen before on my journey to the start point which was interesting. It was a beautiful day, warm but with a very pleasant breeze. Lunch was at The Old Buttercross. Thanks go to Roy and Caroline for organising it.

If you would like to join our group we meet on the second and fourth Tuesday of the month and walk about 5-6 miles. We take it in turns to organise the walk. You can contact me via the groups page on the website. Ros Kenny

Rutland u3a newsletter

August 2024 - Community News



Free taster sessions

Discover how to be a better driver
with Corby and District Group

If you've ever wondered what advanced driving skills look like and whether you'd like to develop your own, our free taster sessions are a fun way to find out.

These sessions bring advanced driving to life. They last around an hour and may be on a one-to-one format or held during a friendly, group event day.

Our volunteers will provide an inspirational demonstration of what we're all about - for free.

**“Thank you for inspiring me
to develop my driving skills ”**

Who's it for?

Our tasters are for anyone who wants to improve their driving skills but would rather try before they buy. It doesn't matter what vehicle you drive, what age you are (as long as you have a current driving licence) or your level of experience.

You could be a professional driver who wants to add a qualification to your CV, a seasoned driver keen to stay safe, a new driver who doesn't want to stop at the driving test, or someone who has wanted to improve their driving but has never got around to it.



Benefits in a nutshell

- ✓ *Simple format - no commitment*
- ✓ *Help and advice to be the best you can be*
- ✓ *Free sessions with qualified volunteers*
- ✓ *10% off an Advanced Driver Course*

Rutland u3a newsletter

August 2024 - Community News

How can I benefit?

Book a place on our website, turn up and have a drive with one of our friendly Observers. Your mentor will give you verbal feedback on your skills so you can consider whether to take your development on to advanced level.

You'll learn more about your skills – good and bad, how you compare to an advanced driver and what advanced skills can do for you.

.....

Why are they good?

For a start, it's free! Our sessions are also an experience in their own right, in relaxing, informal locations near you, where you can bring along friends and family.

Our sessions are easy to get to, subject to availability, and no one will pressure you into signing up for a course. You'll discover how to develop your skills from our mentors who just want to improve the safety of Britain's roads.

We want to give everyone the chance to be a better driver

Free taster sessions are subject to availability and may not be available in all areas at all times. There may occasionally be a period of weeks or months between your application and the next available dates. Your data is used solely in conjunction with processing your booking and related communications about your experience of your free taster session.

You'll learn a lot even if you decide not to do anything more. But if you're keen, our mentor may suggest you do our Advanced Course, and we'll give you 10% off the price.

As well as gaining recognition for your skills, once you've passed your Advanced test you'll become a full IAM RoadSmart member and can often receive insurance benefits as a result – 90% of our quotes from IAM Surety beat what members can find elsewhere in the market.

How do I book?

Get in touch with your local group using the details below and they'll book you into their next available free taster session.

Website: corby-advancedmotorists.org

Phone: 07443 482615

Email: corby7192@hotmail.com



Rutland u3a newsletter

August 2024 - Community News

Target the right support for healthy weight and food.

Health professionals are asking for your help to develop more targeted support around weight loss and healthy eating.

Adults living in Rutland are being asked to take part in a county-wide survey that will help health professionals offer targeted support around weight loss and healthy eating.

More than 60% Rutland adults are currently classed as being overweight or obese. For children in their last year of primary school, the number is around 30%.



A person's weight can be affected by a range of complex factors, including their genetics, social pressures, environmental considerations, psychology and behavioural traits. A more detailed understanding of what lies behind obesity rates in Rutland is therefore needed to help design support services that can tackle the root cause.

Rutland's Healthy Weight and Food Survey can be carried out online and takes around 10 minutes to complete.

*The survey will close at 4.00pm on Friday 27 September and all the responses will be anonymous. Anyone without internet access can take part by calling us on: **01572 722 577**.*

The internet link can be found:

<https://www.rutland.gov.uk/council-news/2024/08/help-target-right-support-healthy-weight-food>

Rutland u3a newsletter

August 2024 - Community News



Walk Together Oakham

Walk Together Oakham is a beginner friendly walking group, led by insured and trained walk leaders. It is a free local short walk to help you be active at a pace that works for you. Walking is great for your physical and mental health, a great way to stretch your legs, explore what's on your doorstep and meet likeminded people. No booking needed, just turn up on the day. Walks will take approximately 1 hour followed by a social element with refreshments available afterwards.

Contact

activerutland@rutland.gov.uk
07765 770930
www.activerutland.org.uk

When

Mondays at 11am
Starting Monday 8th July

Where

St John & St Anne's Common Room
South Street
Oakham
Rutland
LE15 6BG



Rutland u3a newsletter August 2024 - Community News



Cinema for Rutland

All films are shown at Rutland County Museum with free parking and a licenced bar. Doors open at 7pm for a 7:30pm showing unless otherwise stated.

Tickets – priced £7.50 – are available in advance from Oakham Wines or online via [WeGotTickets.com](https://www.wegotickets.com) (Booking Fee). Wine and other refreshments are available before the film showing.

September 5th 2024 7.30pm – Wicked Little Letters (PG) – Crime, Drama, Comedy

The story of two neighbours, Edith Swan and Rose Gooding, who receive anonymous letters full of profanities, causing a national uproar.

Director : Thea Sharrock – Starring : Olivia Coleman, Jessie Buckley, Timothy Spall and Gemma Jones.

1 hour 42 minutes.

Rutland u3a newsletter
August 2024 - Community News



Save
the Date!
September 14th 2024



Rutland Day

Join us at Oakham Castle
for a day of non-stop fun,
challenges and excitement
at this year's spectacular
Rutland Day!

Free entry

10am - 4pm

- Live entertainment**
with The Ferrers Household
A 15th century living history re-enactment society
Rutland Choral Society
- Fun-filled attractions**
- Creative workshops**

Plus much more!



Oakham
Castle

England's Most Complete Norman Great Hall

Oakham Castle, Castle Grounds,
Market Place, Oakham LE15 6DR



www.oakhamcastle.org



Rutland u3a newsletter

August 2024 - Community News

September 2024



What's On in Rutland

Your Guide to Activities from Age UK and Other Local Providers

| DATES | EVENT DETAILS (Drop In) = drop in / no booking required (Book) = booking required |
|--------------|--|
| Sun Sep 1st | <ul style="list-style-type: none"> RutlandBus trip to Bressingham Gdns & Steam: 0800-1900: £41.00 various pick-up spots (Book) |
| Mon Sep 2nd | <ul style="list-style-type: none"> Walk Together Oakham: 1100-1200 St John & St Anne Centre, South St, Oakham (Drop In) Age UK Memory Cafe: 1330-1500 Taylor House, Johnson Rd, Uppingham (Book) Bereavement Help Point: 1400-1600 Oakham Library, Catmose St, Oakham (Drop In) |
| Tue Sep 3rd | <ul style="list-style-type: none"> Age UK Coffee & Chat: 1030-1200 Lands End Kitchen, Oakham (Drop In) Age UK Dementia (MCST) Group 1030-1200 St John & St Anne, Westgate, Oakham (Book) Wellbeing Garden (free gardening club): 1230-1430 Peppers Cafe, 2A High St, Oakham (Drop In) Age UK Dementia (MCST) Group 1330-1500 All Saints Church Hall, Church St, Oakham (Book) |
| Wed Sep 4th | <ul style="list-style-type: none"> Rural Coffee Connect (free drink & info): 1000-1500 Market Overton Village Hall (Drop In) Musical Memory Box: 1030-1200 Oakham Baptist Church, Melton Rd, Oakham (Drop In) Craft Cafe (free craftwork session): 1500-1700 Peppers Cafe, 2A High St, Oakham (Drop In) |
| Thu Sep 5th | <ul style="list-style-type: none"> RutlandBus trip to Cambridge: 0820-1820: £26.00 various pick-up spots (Book) Age UK Digital Help: 1000-1200 Oakham Library, Catmose St, Oakham (Drop In) U3A Talk "People & Plants (Medicinal Botany)": 1000-1200 Victoria Hall, Church St, Oakham (Book) Age UK Coffee & Chat: 1030-1200 Welland Vale Garden Centre, Uppingham (Drop In) Bereavement Help Point: 1500-1700 Falcon Hotel, High St East, Uppingham (Drop In) Mindfulness & Meditation (free session): 1510-1610 Peppers Cafe, 2A High St, Oakham (Drop In) |
| Fri Sep 6th | <ul style="list-style-type: none"> Chater Lodge Coffee Morning: 1015-1200 Chater Lodge, High St, Ketton (Drop In) |
| Sat Sep 7th | <ul style="list-style-type: none"> Veterans Club Breakfast: 0930-1130 Grainstore Brewery, Station Approach, Oakham (Drop In) |
| Mon Sep 8th | <ul style="list-style-type: none"> Walk Together Oakham: 1100-1200 St John & St Anne Centre, South St, Oakham (Drop In) Bereavement Help Point: 1400-1600 Oakham Library, Catmose St, Oakham (Drop In) |
| Tue Sep 9th | <ul style="list-style-type: none"> Age UK Coffee & Chat: 1030-1200 Lands End Kitchen, Oakham (Drop In) Age UK Dementia (MCST) Group 1030-1200 St John & St Anne, Westgate, Oakham (Book) Cancer Research Benefit Lunch: 1200-1400 Greetham Valley Golf Club, Wood La, Greetham (Book) Age UK Dementia (MCST) Group 1330-1500 All Saints Church Hall, Church St, Oakham (Book) |
| Wed Sep 10th | <ul style="list-style-type: none"> Veterans Club Coffee Morning: 1000-1200 Tesco Community Room, South St, Oakham (Drop In) Lived Experience Carers/Dementia forum: 1300-1500 Rutland CC Chambers, Oakham (Book) Craft Cafe (free craftwork session): 1500-1700 Peppers Cafe, 2A High St, Oakham (Drop In) |
| Thu Sep 11th | <ul style="list-style-type: none"> Age UK Digital Help: 1000-1200 Oakham Library, Catmose St, Oakham (Drop In) Age UK Coffee & Chat: 1030-1200 St John & St Anne Centre, South St, Oakham (Drop In) Mindful Tai Chi / Qi Gong (free class): 1100-1200 Peppers Cafe, 2A High St, Oakham (Drop In) Thursday Lunch Group: The Wheatsheaf, Northgate, Oakham (Book) Bereavement Help Point: 1500-1700 Falcon Hotel, High St East, Uppingham (Drop In) |
| Fri Sep 12th | <ul style="list-style-type: none"> Chater Lodge Coffee Morning: 1015-1200 Chater Lodge, High St, Ketton (Drop In) |
| Sat Sep 13th | <ul style="list-style-type: none"> Rutland Memorial Hospital Centenary Party: Cold Overton Rd, Oakham 1100-1600 (Drop In) Music in Lyddington (classical concert - info on website): 1930-2200 Lyddington Church (Book) |
| Mon Sep 15th | <ul style="list-style-type: none"> Walk Together Oakham: 1100-1200 St John & St Anne Centre, South St, Oakham (Drop In) Bereavement Help Point: 1400-1600 Oakham Library, Catmose St, Oakham (Drop In) |
| Tue Sep 16th | <ul style="list-style-type: none"> Age UK Coffee & Chat: 1030-1200 Lands End Kitchen, Oakham (Drop In) Age UK Dementia (MCST) Group 1030-1200 St John & St Anne, Westgate, Oakham (Book) Wellbeing Garden (free gardening club): 1230-1430 Peppers Cafe, 2A High St, Oakham (Drop In) Age UK Dementia (MCST) Group 1330-1500 All Saints Church Hall, Church St, Oakham (Book) |
| Wed Sep 17th | <ul style="list-style-type: none"> Musical Memory Box: 1030-1200 The Old Buttercross, Panniers Way, Oakham (Drop In) Veterans Wellbeing Hub: 1030-1230 Baptist Church, Melton Rd, Oakham (Drop In) Craft Cafe (free craftwork session): 1500-1700 Peppers Cafe, 2A High St, Oakham (Drop In) |

Rutland u3a newsletter

August 2024 - Community News



September 2024

| DATES | EVENT DETAILS (Drop In) = drop in / no booking required (Book) = booking required |
|---------------------|---|
| Thu Sep 18th | <ul style="list-style-type: none"> • Age UK Coffee & Chat: 1030-1200 Welland Vale Garden Centre, Uppingham (Drop In) • Age UK Time in Nature (Dementia Support): 1330-1530 Lyndon Visitor Centre (Book) • Bereavement Help Point: 1500-1700 Falcon Hotel, High St East, Uppingham (Drop In) • Mindfulness & Meditation (free session): 1510-1610 Peppers Cafe, 2A High St, Oakham (Drop In) |
| Fri Sep 19th | <ul style="list-style-type: none"> • Chater Lodge Coffee Morning: 1015-1200 Chater Lodge, High St, Ketton (Drop In) • Bereavement Help Point: 1400-1600 Oakham Library, Catmose St, Oakham (Drop In) |
| Mon Sep 22nd | <ul style="list-style-type: none"> • Sepust Bank Holiday |
| Tue Sep 23rd | <ul style="list-style-type: none"> • Age UK Coffee & Chat: 1030-1200 Lands End Kitchen, Oakham (Drop In) • Age UK Dementia (MCST) Group 1030-1200 St John & St Anne, Westgate, Oakham (Book) • Wellbeing Garden (free gardening club): 1230-1430 Peppers Cafe, 2A High St, Oakham (Drop In) • Age UK Dementia (MCST) Group 1330-1500 All Saints Church Hall, Church St, Oakham (Book) |
| Wed Sep 24th | <ul style="list-style-type: none"> • Age UK Carers Group: 1030-1200 St John & St Anne Centre, South St, Oakham (Book) • Craft Cafe (free craftwork session): 1500-1700 Peppers Cafe, 2A High St, Oakham (Drop In) |
| Thu Sep 26th | <ul style="list-style-type: none"> • Age UK Coffee & Chat: 1030-1200 Dairy Tea Room, Launde Abbey, East Norton (Drop In) • Mindful Tai Chi / Qi Gong (free class): 1100-1200 Peppers Cafe, 2A High St, Oakham (Drop In) • Bereavement Help Point: 1500-1700 Falcon Hotel, High St East, Uppingham (Drop In) |
| Fri Sep 27th | <ul style="list-style-type: none"> • Chater Lodge Coffee Morning: 1015-1200 Chater Lodge, High St, Ketton (Drop In) |

Also: **Every Mon-Thu 0930-1530:** Age UK Men & Women in Sheds: Oakham Enterprise Park, Ashwell Rd (Drop In)
Every Mon (term time) 1330-1400: Free Live Music from Oakham School: All Saints Church, Oakham (Drop In)
Every Mon 1730-1930; Tue 1030-1230; Thu 1300-1500: Peppers cafe free drop in session, 2A High St, Oakham
Active Rutland: Exercise programmes for all ages: www.activerutland.org.uk 01572 720936 / 07966 535760
Growers Row: Free 6 week Gardening Courses: info@rootandbranchout.co.uk 07929 989432 (Book)

CONTACT INFORMATION

(Event details may change over time - check with organisers if in doubt)

- Age UK Carers / Dementia / Memory Cafe / Time in Nature: yvonne.rawlings@ageukleics.org.uk 07738 820910
- Age UK Coffee & Chat / Befriending: rutlandbefriending@ageukleics.org.uk 0116 2045117 / 07734 963028
- Age UK Digital Help: digitalchampiongeorge@gmail.com
- Age UK Men & Women in Sheds: john.whittington@ageukleics.org.uk 01572 720319 / 07540 413805
- Bereavement Help Point: www.bhprutland.com 01733 225900
- Cancer Research Benefit Lunch: susan.jarron@gmail.com 07525 726537
- Chater Lodge: chater.activities@barchester.com 01780 720376
- Friendship Lunch at the Old Buttercross: 01572 494623
- Growers Row: info@rootandbranchout.co.uk 07929 989432
- Lived Experience Carers/Dementia forum: qassurance@rutland.gov.uk
- Music in Lyddington: book via mil-tickets@outlook.com/01572 335133; details on www.musicinlyddington.co.uk
- Musical Memory Box: Immbox2018@gmail.com 07752 826228
- Peppers Cafe: info@peppersasafeplace.co.uk 07714 503556
- Rural Coffee Connect: www.citizensadvicerrutland.org.uk cdo@citizensadvicerrutland.org.uk 01572 725809
- Rutland County Council (Carers): www.rutland.gov.uk/adult-social-care/carers 01572 722577
- RutlandBus: bookings@rutlandbus.co.uk 07873 901243
- Thursday Lunch Group: 01572 722318
- U3A (University of the 3rd Age): rutlandu3a.info@gmail.com www.u3asites.org.uk/rutland/home
- Veterans Club (armed forces veterans & families incl Natl Service) oakhamafvbc@gmail.com 07548 902756
- Veterans Wellbeing Hub: admin@loughboroughwellbeing.com 01509 606370
- Walk Together Oakham activerutland@rutland.gov.uk 07765 770930

(List compiled by Age UK Rutland Befriending: rutlandbefriending@ageukleics.org.uk)

Rutland u3a newsletter

August 2024 - Community News

Join with us to sing, activate and create musical memories at

RUTLAND MUSICAL MEMORY BOX

**@ OAKHAM BAPTIST CHURCH,
MELTON ROAD, OAKHAM LE15 6AY**

**on the first Wednesday of each
month 10.30am - 12 noon**

Contact Christina for more information on
07752826228

Lmmbox2018@gmail.com

www.leicestermusicalmemorybox.co.uk

Suggested donation £5
Refreshments included

"Making a difference with music"



Leicester Musical Memory Box is registered as a Community Interest Company Reg 11468520

Rutland u3a newsletter - July 2024

2023/24

Committee Members

Chairman

Stuart Mason

Company Secretary

Hedley Greaves

Treasurer

Keith Townsend

Data Protection

Caroline Henry

Groups Coordinator

Christopher Clark

Membership Secretary

Janice Ferguson

Speaker Secretary

Wanda Allen

Shadow Speaker Secretary

Caroline Henry

Social Secretary

Vacancy

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