

Rutland u3a newsletter

May 2024

u3a learn,
laugh,
live

u3a learn, laugh, live

A note from the Chairman

It's nice that the weather is improving which we can get about better. I see that the Queen Elizabeth statue is now installed, and we have had a royal visit to it.

We still need a volunteer to help with the setting up the audio and video equipment at the monthly meeting in the Victoria Hall. Please someone come forward.

I believe most of you already are aware that Oakham is losing its only Sports Centre at the end of May. It has been noted that the Academy will not allow adult sports clubs to use the sports gym. This does not just apply to the u3a, but for the wider population of Rutland. This facility has been essential to several thousand people, young and old, to keep fit and for their mental health. Some may say that Active Rutland has facilities, they have not, as the gym is permanently leased out.

So, Rutland has no public sports centre.
I hope that the "flood money" stops the roads being swamped.

Stuart



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 June to Jill at rutlandu3a.info@gmail.com or via the website



The final date for submissions is 20 June.

"A plea from our new treasurer...."

As mentioned previously, please could you make sure when paying money to the RU3a by bank transfer or card reader, that you include a reference to your initials and name, plus what you are paying for. The vast majority do this, but a few forget from time to time, which throws a little spanner in the works, while I try to discover what to post and to where.

Thanks in advance.

Keith

RU3a Treasurer



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Monthly Meeting at the Victoria Hall Thursday 6 June 10 for 10.30am Bill Devitt - The Orient Express

Speaker: Bill Devitt

Bill has worked in the Rail Industry all his adult life including spells working on the production of locomotives and rolling stock in South Africa. In the UK he has been involved in many major projects including high-speed trains on the East Coast Mainline and the development of Pendolinos on the West Coast Line.

Talk: The Orient Express: reputation, renovation and a ride on the king of trains

The talk covers the history of luxury train travel, and how Bill was asked to acquire and renovate the numerous vintage coaches, all able to run at modern speeds, needed to form the train service from London to Venice. This renovated pair of trains was successfully launched in 1983, and has been running in the same format ever since. There are three different dining cars on the train, and 18 coaches on the European train; the heaviest passenger train in Europe.

Enough vehicles were acquired to form two authentic (circa 1928) trains, one running in the UK, the other running in mainland Europe.

The talk goes also into why there was a need for two trains, and some of the technical difficulties that had to be overcome. It also mentions some of the Royalty that used the original train over the years.



Ad Hoc Dining

Ad Hoc dining continues into 2024 at the Buttercross in Oakham with the next meeting being on Wednesday 19th June 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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New Website for Rutland U3a - your help needed

The Rutland U3a Website is an important tool to keep in touch with members and advertise the range of opportunities available through joining U3a

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

However, the current website is getting dated, and is based on old technology which doesn't reflect the multiple ways in which people now consume information. In particular, we need to make the website more adaptable for those who access the internet using mobile phones, and for anyone with accessibility issues.

The U3a management committee have therefore agreed that we should join many of the other U3a groups around the country in adopting a new website based on modern technology. Some 60 groups have already moved to the new website and another 60 are underway. And now it is Rutland's turn!

However, while information from the existing website can be carried across to the new website, the real benefit comes from exploring the new features which will become available. And that is where we would like your help!

If anyone has any experience of website design, and/or any prior experience of a product called Wordpress, we would really appreciate your help. Also, the website is for the benefit of our 700 members, so we would also like to hear from those who use the current website and would like to get involved in helping to design the future.

We expect this all to take place in the next few months, and a new website will be launched before the end of the year

If you can help, do please get in touch

Phil Grimley
Mike Shea

please reply to :- rutlandu3a.web@gmail.com



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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.

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:

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.

u3a On-line learning events

As well as the various groups available to members of Rutland u3a, the national body runs a range of on line learning events, most of which are free to u3a members.

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

A variety of events are available in June and include topics such as history, science, the arts and yoga.

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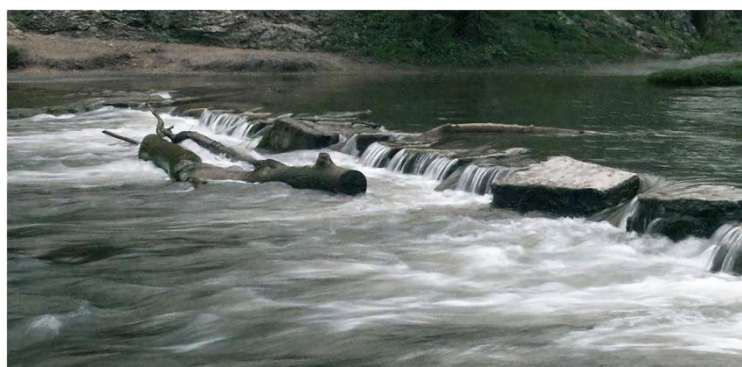
News from the Groups

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



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News from the Groups



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News from the Groups

Golf Group May 2024 Group Leader Mike Churchill

From its beginning with a small membership of around six, the Group has grown from strength to strength and currently stands at 27.

The original idea of people interested in golf who wished to meet for exercise and enjoyment still stands, coupled with the choice of playing the Rutland Water Golf Club 9 hole par 3 course offering delightful views over Rutland Water and some challenging holes to boot.



As membership grew, the need for organisation in our playing arrangements developed, with minimal change to the original ethos of playing for exercise and enjoyment.

Currently we have a 'Captain' who organises competitions, a group member who organises and books our tee times, another who sorts out member handicaps (necessary for a play format known as Stableford and maintains level play between the best and not so good players). We also have a member who maintains our confidential Whats App communication system.

We normally have a Winter competition, which ended recently (see winner pics below) and a Summer competition which has just started. Entry to competitions is entirely voluntary and free. The only cost is the green fee payable to the RWGC by non members of the Club.



Mike Pearson (Knockout)
Left- Captain John Testa



Keith Whitehead (Eclectic)
Right- Group Leader Mike Churchill



Right- Group Leader Mike Churchill

For further information please contact [Mike Churchill](#) via the Ru3a Message Page

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News from the Groups

Church Visit Group: St Mary's Church, Ashwell 8th May 2024

The turnout was excellent, and we all had a very pleasant afternoon. Here is our group standing by the font, which itself has an interesting story. Churchwarden Sally Farr stands on the left of the picture. She is a great raconteur.

Our first visit of the season featured St Mary's Church, Ashwell. We are a small group and exceptionally friendly, so if there are others wishing to join, please do.

This visit attracted roughly ten members out of our twenty+ group. As you can see from the pictures, there is plenty of room for a few more enthusiasts to join us. We discovered, thanks to Sally, ancient monuments, the history of the bell tower, weird and wonderful tombstones, and other historical facts. The interior was completely renovated in the Victorian era, changing its design significantly.

After a brief talk about the history of Ashwell church, Sally allowed us all to wander around, take some photos and generally enjoy the building. She made us all a cup of tea too, together with a few biscuits. The weather was amazing, given the dire forecast just a few short days before.

If you feel inspired to join us, please go to the u3a website message page and contact [Mary Wright](#), group leader. You will be welcomed with open arms. The group meets monthly, always on a Wednesday afternoon. All the churches on the programme are either within Rutland or close by.



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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.

Mah Jong - We meet in the Wisteria Hotel on Wednesdays from 9:45 to 11:45. We have two 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.

Church Visits Group - We have vacancies. If you are interested then please contact [Mary Wright](#) via the hyperlink on the group page The Group's main focus is to enjoy a church in Rutland. The fabric, the windows, the chancel, every last bit of these ancient churches is fun to view. Even the graveyard has its fascinating aspects. We have crossed the border on occasion, such as our visit to Launde Abbey. The outing is the enjoyment.

Striders Walking Group The group has recently added a new shorter walk programme (up to 8 miles) alongside its established programme of longer walks (up to 10 miles). The shorter walks are running on the first Tuesday of the month between May and October and all start within a 30 minute travelling distance of Oakham. The longer walks continue to run on the third Tuesday of the month. All walks are circular and the group stop for a coffee break and a picnic lunch en route. Members are free to access any of the groups' walks. Interested? Please contact the group coordinator [Stewart MacDonald](#).

Mindfulness The group encourages members to learn mindfulness techniques to deal with anxiety, stress and tension. It also enables participants to deal with symptoms and reach a state of harmony. Please contact [Sushila Raja](#) for more information.

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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Community News

Of course you are a safe driver!

But how often do you think about your driving skills?

Had a near-miss lately? Been caught on a speed camera? Or do you avoid motorways or city driving because you've lost confidence? Do you avoid reversing into parking spaces? Not sure what to do at a mini-roundabout? Are you worried by the escalating cost of insurance? Would you like to get better fuel economy? And have you looked at the Highway Code recently?

Britain's roads are some of the safest in the world, yet in 2022 (most recent figures) over *1,700 people were killed* in collisions involving motor vehicles – that's *more than 4 people every day*. In the same year over 28,000 sustained serious, life-changing injuries. In the vast majority of these incidents, human error was a large contributing factor.

IAMRoadSmart is UK's largest independent road safety charity, dedicated to improving standards and safety in driving, motorcycle riding and cycling. It has over 100,000 members, and over 200 regional volunteer groups.

Our fully qualified volunteers at Corby and District Advanced Motorists Group are happy to give you a **free, no-obligation**, assessment drive (in your own car), and provide feedback on any areas where "unhelpful" habits might have crept in. You will have the opportunity to ask about any aspects of driving about which you are less-than-clear, and also to find out about the various routes to enhancing your skills offered by IAMRoadSmart.

Do get in touch!

www.corby-advancedmotorists.org

www.iamroadsmart.com

email: info@corby-advancedmotorists.org

tel: 07443 482615
07718 703140



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There will be a treat in store for G&S fans on Friday 12 July when 'The Wandering Minstrels' (www.wanderingminstrels.org.uk) will visit Grimsthorpe Castle, near Bourne in Lincolnshire.

They will sing, act and dance their way through many of the Savoy Operas including 'The Gondoliers', 'HMS Pinafore', 'Iolanthe', 'Princess Ida', 'The Sorcerer' and 'The Mikado'. Artistes appearing in this concert are Alexandra Ferrari, Emma Stratton, Charles Mills and Tim Hurst-Brown, with Peter Hewitt at the piano.

The concert will form part of the annual Summer party given by Lady Willoughby de Eresby and the Trustees of the Lincolnshire Churches Trust. The gardens of Grimsthorpe castle will be open from 6.00pm, there will be a sparkling wine reception at 6.30pm, the first part of the concert will take place in the Vanburgh Hall at 7.00pm, there will be a fork supper from 7.45pm-8.15pm, followed by the second half of the concert.

Tickets are £30 per person. More information about the event can be obtained from leadenhamhouse@googlemail.com or 07889 540605. No tickets will be issued, but a list of acceptances will be checked at the door.



Belton in Rutland Open Gardens

Sunday 9th June 2024 11.00am to 5.00pm

Come and enjoy our beautiful village and the peace and beauty of the gardens open for you today, with the backdrop of the surrounding Rutland countryside. Starting at the church, enjoy different garden designs - something for plant lovers, unique gardens with original ideas - a place to relax or chat. No matter what you look for in a garden, large or smaller - there will be something for everyone and plus the chance to enjoy a Ploughman's Lunch and/or Cream Tea in the village hall.

Proceeds

All proceeds to the 'Belton Triple Group' - Playschool, Village Hall, and St. Peter's Church.

Plant sales

There will be plants for sale.

Cost

£5.00 adults, accompanied under 16s free, cash only please.

How to get tickets / programmes

Please buy your ticket and map from the church.

Directions / Parking

Postcode for Sat Nav: LE15 9LA. Please drive to the church in the middle of the village where available parking will be signposted.



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'For Rutland' is a Fundraising Group of Citizens Advice Rutland



tombola
FOR RUTLAND GRAND BOTTLE TOMBOLA

at the
Rutland County Show

Sunday 2nd June 2024

BOTTLES of any kind or
DONATIONS very gratefully accepted.

Please drop off at:
John Porter Dry Cleaning in Oakham
or Nelsons Butchers in Uppingham

info@forrutland.org.uk
forrutland.org.uk

 ForRutland  @ForRutland  @forrutland

'For Rutland' raises funds for Citizens Advice Rutland (Reg Charity No 1107907) to pay for Specialist Advisers who provide non-medical advice to people of all ages living with long-term health conditions in Rutland and the Surrounding Community.



www.forrutland.org.uk • info@forrutland.org.uk

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A Summer's Evening Entertainment

in aid of
Clipsham Yew Tree Avenue

Featuring

Village Voices & Friends

performing music & sketches
inspired by nature

Clipsham Church

7pm Saturday 1st June

Tickets: £10

from:

info@yewtreeavenue.co.uk

07885 046449

Castle Bytham Community Shop

www.yewtreeavenue.co.uk

Light refreshments will be available in the interval

All proceeds will go towards supporting Clipsham Yew Tree Avenue

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Cinema for Rutland

Cinema for Rutland
Rutland County Museum
Thursday 6 June 2024

ANTHONY HOPKINS JOHN FLYNN HELENA BONHAM CARTER
ONE LIFE
SAVE ONE LIFE, SAVE THE WORLD.
1 hr 49 minutes

Doors and bar open at 7 for 7.30 pm
Tickets £7.50 from Oakham Wines,
www.wegotickets.com
and on the door if available.

Printed by The Quoin Print Co Ltd, Oakham, 01572 770044, sales@quoinprint.co.uk

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 unless otherwise stated.**

All are welcome – tickets are available in advance from Oakham Wines or online via WeGotTickets.com (Booking Fee).

Tickets cost **£7.50** and can usually be purchased on the door, however we have occasionally sold out.

Wine and other refreshments are available before the film showing.

Thursday 6th June 2024 – ‘One Life’ (PG) Biography, Drama

The story of a young London broker, Nicholas Winton, and his time in Czechoslovakia prior to World War II.

Director : James Hawes – Starring : Anthony Hopkins, Lena Olin, Johnny Flynn and Helena Bonham Carter.

1 hour 49 minutes.

Lecture Series

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

The upcoming dates are:

Thursday 13th June 2024 – 7:30pm – *The Romans in the Nene Valley* – Dr. Stephen Upex

Thursday 11th July 2024 – 7:30pm – *Heritage Open Evening* – An opportunity to discover the Heritage groups of Rutland

Thursday 10th October 2024 – 7:30pm – *‘I Never Was So Totally Without Amusement of Any Kind’ Lady Margaret Heathcote (1733-1769)* – Dr Jemima Hubberstey

Thursday 14th November 2024 – 7:30pm – *The Private Life of Oliver Cromwell* – Stuart Orme

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A CALL FOR ARTISTS AND ART LOVERS
RUTLAND OPEN
ART exhibition

An exhibition of artwork
by artists from Rutland
& surrounding counties

**Rutland
County
Museum**

Catmos Street, Oakham, Rutland LE15 6HW

11th May - 8th June 2024

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

Private View: Fri 10th May 2024 Time: 6-8pm

With prizes awarded during the evening

**Artwork
available
for sale**

Promoted by:



Supported by:



For details on how to take part
& for entry forms; please go to:

www.a4r.org.uk

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2023/24

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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

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Minutes

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Michael Seccombe

IT

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