

# u3a

# learn, laugh, live

## Rutland u3a newsletter

### July 2025

Hi All,

I hope you all have been enjoying the recent weather we have had..... or not, being too hot. With these hot periods one needs to look after oneself; however I am aware that some of the more elderly persons suffer more with the heat so I would ask that as good members we be aware of our older friends and neighbours' condition.

Regarding the hot weather, there was a time when as a child I remember it causing a problem with the TV reception, it would seem to go fuzzy. The internet/landline TV has stopped all that.

Finally, I hope we get some much-needed rain and then return to some nice warm weather.

All the best and stay well.

Stuart.



Keep in touch with your u3a:

<https://rutland.u3asite.uk/welcome/>

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

**The final date for submissions is 20 August.**

# Rutland u3a newsletter

## July 2025

Visit to The National Memorial Arboretum  
Saturday 21 June 2025

**“Thank you for organising the trip, I thoroughly enjoyed the day!! It means a lot to me”**

**“A&S Coaches and the NMA Staff and Volunteers did everything they could to ensure that we all had a really good day. We share the Rutland U3A Committee’s hopes that there will be more social events like this in the future”**

The comments above are typical of the many lovely messages Members emailed to me after our day out. The U3A exists to provide people like us with opportunities to learn together, make friends and have fun. And if the cheerful faces and lively chatter on the way home were anything to go by, that is exactly what we were doing.

Organising the day did not involve a huge amount of work but does require close working with the Treasurer who deals with all the finances. This is why we need a Social Secretary to sit on our Committee to work in partnership with the Treasurer and other Committee Members to provide more opportunities for social activities across all our interest groups. If you would like to find out more about this, please come over for a chat with me or any Committee Member at the next Meeting in Victoria Hall. You will recognise us by our blue lanyards.

To give you a flavour of the day, Members have kindly contributed some of their photographs. I hope you agree that they illustrate the richness of our experience; enjoying the peace and tranquility of the setting, appreciating the beauty of the memorial sculptures and for many, the sharing of family and personal memories. I am especially grateful to Barbara and David Hamston for sending the picture of David remembering his National Service (1957 to 1959) and recalling friendships which Barbara tells us, survive to this day.



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## July 2025

More images from the visit to the National Memorial Arboretum



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## July 2025

**Next monthly meeting - Thursday 7 August 2025**

**Doors open at 10am with tea or coffee available for purchase, priced by the Victoria Hall, and the talk starting at 10.30am**

### **Speaker: Alison Ciado-Perez**

Ali Criado-Perez is a registered nurse, with a background in Accident and Emergency. She worked in the field with Medecins sans Frontieres for 13 years, since 2007, providing medical care for many months at a time, in a range of emergency and conflict zones. These varied from managing a hospital for war-wounded in the capital of the Central African Republic, to providing healthcare to communities cut off by guerrilla warfare in Colombia, to tackling the Ebola epidemic in Sierra Leone. In 2015 she was Medical Team Leader on one of the first search-and-rescue missions for refugees crossing the central Mediterranean between Libya and Italy. She also provided healthcare for Syrian refugees both on the Turkish/Syrian and Jordanian/Syrian borders, as well as supervising aid inside Syria by "remote control" from Turkey.

She returned in March 2020 (just before lockdown) from five months in Yemen, setting up health care facilities for IDPs, who had fled from conflict zones to a more stable area. By then in her 70s, she decided this would be her last field mission, and now has more time for her family. Ali lives in Rutland and is a Member of Rutland U3A.

**The Talk: Life as a Nurse with MSF.**

Ali will describe what life was like during the 13 years she worked with Medecins sans Frontieres, in many different countries from sub-Saharan Africa to South America to the Middle East, countries suffering natural disasters, epidemics, conflict. Working for MSF assignments begin with nine month postings, so involves huge commitment and challenge.

Alison will not receive a fee but has requested that Members who wish to, make a donation to Medecins sans Frontieres as they leave the Hall. We stress that this is entirely voluntary.



### **Ad Hoc Dining**

The next Ad Hoc dining meeting will be on Wednesday 20th August at 6.30pm at the Buttercross.

Everyone is welcome to join us for a meal and drink with friends but you must contact Diane or Helen in advance.

We can then 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



# Rutland u3a newsletter

## July 2025



### Monthly Meetings

We hold a general monthly meeting open to **all** members on the first Thursday of each month. It is held in the Ballroom of the Victoria Hall, Oakham (39 High Street, LE15 6AH) and 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 at a small charge.

A ramp is provided for access by wheelchair users located at the rear entrance of Victoria Hall in Church Street. A lift within the property provides easy access to the Ballroom, located on the 1st floor.

At each meeting we announce the latest notices for members and also have an invited speaker. These talks cover a wide variety of subjects of interest and usually finish between 11.30 and noon.

The monthly meetings provide an opportunity to talk to members of the Committee, group leaders and fellow members, as well as reviewing notices about groups and events on our notice boards.

Details of the next meeting appear earlier in this newsletter. Subsequent meetings are listed below but may be subject to change.

4 Sept.	Danny Wells	The English and Gardening : a Social History of an English Obsession
2 October	John Thomas	Rutland's Roman villa and mosaic- an update
6 Nov.	Susan Gossey	Policing and financial crime in Regency London

### 2026

8 Jan	Iain Betson	Cold War Broadcasting the Bunker
5 March	Ian Stebbings	American cultural influences on post war Britain
2 April	Andrew Tennant	How to catch a killer
7 May	Simon Curtin	Reintroducing Ospreys to Belvoir Castle Estate



# Rutland u3a newsletter July 2025 - News from the Groups

## Groups seeking more members & new 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 group's link below. You will then be shown the group's page, which will include a link for sending a message to the group leader.

Detailed information about all of our groups is available on the Groups page on the Rutland u3a website at [this link](#).

[Church Visits Group](#) - please contact the Group Leader, Mary Wright

[Current Affairs 1](#) - please contact the Group Leader, Marlene Branagh

[Current Affairs 2](#) - please contact the Group Leader, Diana Mothersole

[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

[Poetry Writing](#) - please contact the Group Leader, Karen Vallerius

[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

[Tuesday Morning Walks](#) - please contact the Group Leader, Ros Kenny

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

- ✓ Antiques
- ✓ Art Appreciation 4
- ✓ Bridge for Beginners
- ✓ Gardening
- ✓ German
- ✓ Music Appreciation
- ✓ A second Photography Group
- ✓ Spanish (advanced)

If you want to express an interest in joining one of these new groups please send an e-mail to Christopher Clark, the Groups Co-ordinator, via the [Contact](#) page on our website.

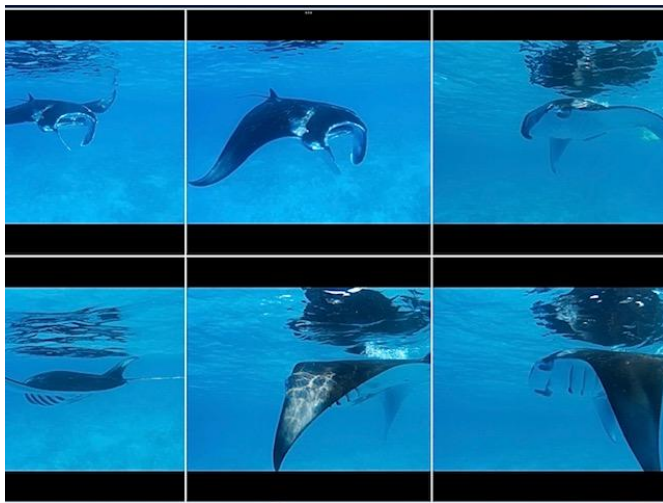
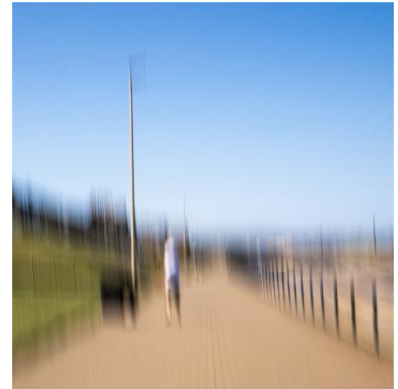
It could be that you may wish to start a group. This is relatively straight forward and full guidance / support is available for those wishing to do so. If you are interested then, again, send an e-mail to Christopher Clark, the Groups Co-ordinator, via the [Contact](#) page on our website.

# Rutland u3a newsletter July 2025 - News from the Groups

Some more interesting photographs from the monthly meeting of the photography group.



# Rutland u3a newsletter July 2025 - News from the Groups



# Rutland u3a newsletter July 2025 - News from the Groups

## Striders June Away Day Walk in Staffordshire

Once a year the Striders walking group has an "Away Day" walk usually somewhere in the Derbyshire Dales. This year 8 of us headed to the village of Longnor in Staffordshire setting off from Oakham at 8am on a lovely summers day. The weather was perfect - warm and dry with some breeze to keep us cool.

Longnor is a beautiful market town used in the filming of Peak Practice and Pride and Prejudice. After a quick coffee from the village store we headed out of the village to tackle a walk known as the Dragon's back, Parkhouse Hill (300m) and Chrome Hill (443m), so named because it is said to resemble the 'plates' along the spine of a stegosaurus dinosaur. Near the aptly named Glutton Dale we stopped for a coffee break in sight of our first challenge, Parkhouse Hill. Suitably re-energised we managed to reach the top and were rewarded with some amazing views. Next up was Chrome Hill which featured as a backdrop to Tommy Selby and his horse on Peaky Blinders. Once the Dragons back had been conquered we stopped for a well earned picnic lunch. We headed back to Longnor completing our 8 mile route and rewarding ourselves with some ice creams from a local farm shop.

Thanks to Nick for leading a great walk.



# Rutland u3a newsletter July 2025 - News from the Groups

## U3a Church Visit Group

### July visit to Market Overton Church

Market Overton was full of surprises. For a start, it was our largest number this year. Nineteen came. A record-breaking twenty-one is the most recorded by me.

Our enthusiastic churchwarden, Martin, was delightful. We gained much insight into the church building and its graveyard. We donated £80.50 in total, and he was exceptionally grateful. It will go to the church roof fund, he told me.

The cakes were brilliant, and the chancel was colourful.



The lych gate is in memory of the Great War, and has recently been restored, Martin told us. The whole afternoon was perfect. The sun came out, and the skies were very blue. Our next visit is to Teigh, Wednesday, 13th August, and hopefully, we will have another great turnout for that.

Please let me know if you will be coming via the link below.

[Mary Wright](#)

Right: Mary in the chancel next to the beautiful flower display around the pulpit, and a splendid Victorian stained glass window behind.



# Rutland u3a newsletter

## July 2025 - Community News

### Oakham Twinning encourages French connection



For 38 years Oakham has been twinned with the German town of Barmstedt north of Hamburg. Barmstedt has itself also been twinned with the French town of Roissy-en-Brie, near Paris, for 45 years.

In May members of the Oakham and District Twinning Association travelled to Barmstedt to attend the celebrations of that milestone in Germany.

Now the committee in Roissy-en-Brie have invited the Oakham group to join in marking the anniversary in France over an official twinning weekend between 1 and 5 October.

Roissy can be reached by train from Paris's Gare du Nord, the station at which the Eurostar from London St Pancras arrives.



Chabe01, CC BY-SA 4.0 via Wikimedia

You do not already have to be a member of the Oakham and District Twinning Association in order to come on the trip. It is very much open to any local residents in or around Oakham.

To register an interest and to receive further details, please contact Julia Watson at [juliawatso@aol.com](mailto:juliawatso@aol.com) (note, no 'n').

Com77680, CC BY-SA 4.0 via Wikimedia Commons



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# RUTLAND INVITATION QUIZ LEAGUE

**Teams and single players wanted!**

General knowledge trivia quizzes taking place at venues in Rutland and Melton

- Set by a professional question setter
- Less than **£1** per player per game
- **Free** online taster quizzes

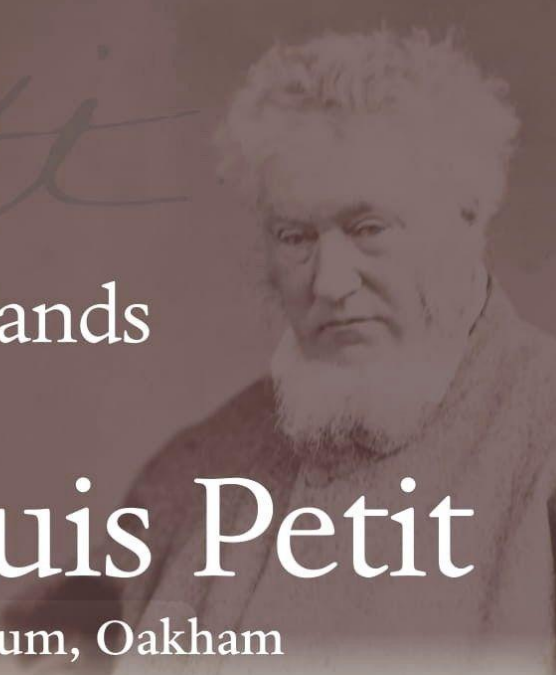
**Tuesdays @ 8PM  
September to March**

Contact  
[camra@riql.co.uk](mailto:camra@riql.co.uk)  
for more details

In association with  
**Rutland CAMRA**



Rutland u3a newsletter  
July 2025 - Community News



The East Midlands  
paintings of  
**John Louis Petit**

Rutland County Museum, Oakham

August 23<sup>rd</sup> to October 4<sup>th</sup> 2025

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“The greatest discovery  
in British art for a  
generation...”

Andrew Graham-Dixon (2022)

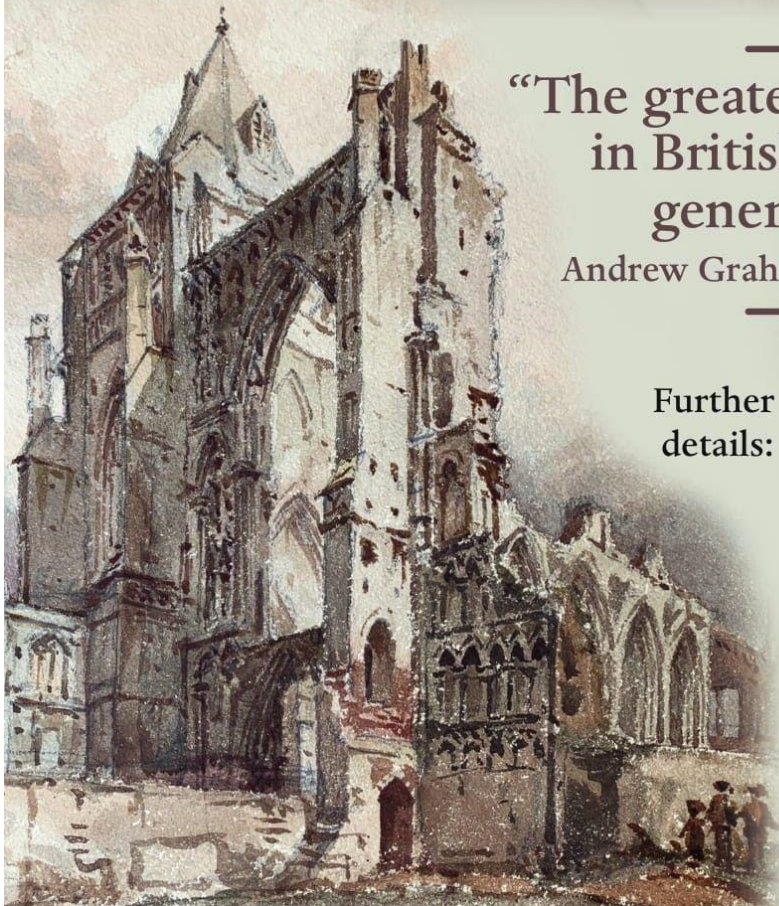
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Further  
details:



Petit exhibition

Left:  
Detail from *Crowland Abbey*



# Rutland u3a newsletter

## July 2025 - Community News



### Festival of Archaeology

Hallaton Museum and Hallaton Church Restoration Trust will be running events in Hallaton between Saturday 19th July and Sunday 3rd August. We will be showing how the discoveries by community archaeologists and local historians have uncovered our history. In addition, we will be exhibiting the work in progress on the "St Morrell Tapestry" that tells his legend through this novel media.

On weekends "Café in the Church" will offer lunch, cakes and cream teas from 12 noon to 4pm.

Hallaton Museum will be open on weekends from 12pm to 5pm, proudly exhibiting its new replica of the Roman helmet found as part of the Hallaton Treasure, alongside the Hallaton Treasure and the renewed Bottle Kicking displays. This year's museum exhibition is Ale Tales - the origins and history of Hallaton's pubs

In addition, we will be organising the following Guided walks and Talks.

Saturday 19th July at 7pm: Medieval Church Painting by Miriam Gill.

Sunday 20th July at 1pm and 3pm: Hallaton Castle Guided Walk.

Wednesday 23rd July at 6pm: Hallaton Ale Trail.

Saturday 26th July at 7pm: Villas and Peasant Farms by Peter Liddle.

Saturday 26th & Sunday 27th July: St Morrell's Round.

Sunday 27th July at 1pm and 3pm: Hallaton Castle Guided Walk.

Wednesday 30th July at 6pm: Hallaton Ale Trail.

Saturday 2nd August at 7pm: Early history of south Leicestershire by Vicki Score.

Sunday 3rd August at 1pm and 3pm: Hallaton Castle Guided Walk.

Further information and Tickets sales can be found are on the museum website [www.hallaton-museum.co.uk](http://www.hallaton-museum.co.uk)



# Rutland u3a newsletter July 2025 - Community News



## Free IT help!

Free “drop in” sessions from Age UK to help you use a smartphone, tablet, I-Pad or laptop computer.

Never used a computer?  
No problem!  
We can lend one to get you started!

Drop in for a chat with our friendly experts.

**10am to 12 noon**  
**the first 3 Thursdays each month**  
**At Oakham Library**  
**Catmose St, Oakham LE15 6HW**  
**NO NEED TO BOOK – JUST DROP IN!**

Age UK Leicester Shire & Rutland is a charitable company limited by guarantee and registered in England and Wales (registered charity number 1146649 and registered company number 7844309)

# Rutland u3a newsletter - July 2025

2025/26

## Committee Members

### Chairman

Stuart Mason

### Company Secretary

Caroline Spark

### Treasurer

Keith Townsend

### Data Protection

Vacancy

### Groups Coordinator

Christopher Clark

### Membership Secretary

Janice Ferguson

### Speaker Secretary

Wanda Allen

### 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