

u3a

learn, laugh, live

**Rutland u3a
newsletter**

February 2026

Hi All,

We had a successful Groups Meeting in February in our new location at the Oakham Baptist Church.

I would like to emphasise that our meetings will be at the Baptist Church and that they will be on the **FIRST WEDNESDAY** of the month, as there seems to be some members who still think our meeting date is a Thursday.

Teas and coffees are **FREE** when you come to the monthly meetings – just right for a catch up before and after the speaker.

A reminder that yearly subs will be due after the 1st March together with any gift Aid forms. Some people wonder why this date; it is so we do not pay double to National u3a. If people pay early they would be incorporated twice in one year under the National u3a requirement for submission of member numbers.

We can look forward to March as we get the extra hour (spring forward) and warmer days. Keep 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 the next newsletter to Jill at:

rutlandu3a.info@gmail.com or via the website

The final date for submissions is 20th March.

Rutland u3a newsletter

February 2026

March Members Meeting Wednesday 4 March

Doors open at 10.00am for a 10.30 start.

Speaker: Iain Betson



Apart from two years, when he built nuclear missiles at a secret research centre, which required him to be signed up to the Official Secrets Act, Iain has worked all his professional life in the TV and Radio Broadcasting industry, both in the UK and internationally. He is a BBC trained radio engineer and has in turn trained many of the journalists we see and hear on UK radio and television.

The Talk: The BBC and The Bomb - Cold War broadcasting from the bunkers

From the 1950s to the 1990s, should the Cold War turn 'hot', the Government had detailed plans for what to do in the event of a nuclear strike on Britain. Part of those plans was the implementation of the BBC produced, but Government-directed, Wartime Broadcasting Service: a single national radio station that would have replaced ALL radio and TV services in the UK.

Originally conceived to provide both information and boost the moral of survivors whilst they waited to be rescued, it morphed into a mouthpiece to tell the nation how they might survive after the H-Bomb had been dropped. But for many it could have been the last voice they heard.

Using his real-world knowledge and using a multi-media presentation of images, audio, video and some now declassified documents, Iain tells the story of this little-known piece of Cold War history: from where would it have been broadcast? What would you have heard (you'll be surprised)? And who, in the event of an attack, would have descended into the bunker to broadcast it?

And, does such a service exist today?



Rutland u3a newsletter

February 2026



Monthly Meetings

We hold a general monthly meeting open to **all** members on the first **Wednesday** of each month. These are now to be held at Oakham Baptist Church (Melton Road LE15 6AY) and doors open at 10.00am for a 10.30 start. There is no charge to members for attending the meeting.

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.

The speaker programme is below but in view of the change from Thursday to Wednesday for our meetings there may be changes.

1 April	Andrew Tennant	How to catch a killer.
6 May	Simon Curtin	Reintroducing Ospreys to Belvoir Castle Estate.
3 June	Bharat Patel	Indian Takeaway: one boy's take on three continents.
1 July	Philip Caine	Barrow to Baghdad and Back Again
5 August	Jim Stebbings	American cultural influences on post-war Britain.
9 September (2 nd Weds)	Mike Burton	The Bayeux Tapestry
7 October	Tony Perkins	Medieval Pilgrimage.
4 November	Jack Perks	Britain's rivers in crisis.
2 December	Tracey Akenhurst	Festive Feasting

Rutland u3a newsletter
February 2026

Ad hoc dining.



EVERYBODY WELCOME!

New to U3A?.....just arrived in the area?.....on your own?.....or simply would like to come and have a meal amongst friends then come and join us!

We meet on the third Wednesday of each month at 6.30pm, at The Old Buttercross pub on Panniers Way, Oakham, to enjoy a drink and a meal together in a friendly, social atmosphere.

If you would like find out more, or to join us at any of these meals, please contact.

Helen Shea

07919 273192

chezshea54@icloud.com

(Please do not contact Diane as she is currently indisposed)

Rutland u3a newsletter February 2026 - 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](#) - please contact the Group Leader, Mary Wright

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

[Discover the World](#) - please contact the Group Leader, Jill Stacey

[Dog Walking](#) - Please contact the Group Leader, David Richardson

[English Country Dancing](#) - please contact the Group Leader, Kathy Andrews

[French Conversation 2](#) - please contact the Group Leader, Mary Parkin

[Friday Scrabble](#) - please contact the Group Leader, Debbie Rose

[Indoor Bowls](#) - please contact the Group Leader, John Wilson

[Italian Conversation](#) - please contact the Group Leader - Melanie Cortese

[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 Valleriu

[Scrabble Group 3](#) - please contact the Group Leader, Sue Powers

[Striders Walking Group](#) - please contact the Group Leader, Charlie Massey

[Tai Chi group](#) - please contact the Group Leader, Julia Haynes

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

[Walking \(Half day - Thursday\)](#) - please contact the Group Leader, Judi Sheahan

Rutland u3a newsletter February 2026 - News from the Groups

As you know, we have sheets at our monthly meetings inviting members to sign up to join existing groups and to make suggestions for new groups. Members would normally join existing groups via our website; however, they are able to fill in the forms at our meeting and I pass this information onto the leader of the chosen group.

This is not the case for groups being set up. My dilemma is that, whilst individuals do sign up to join groups being set up, each group does need a group leader. Leading a group is not an onerous task but it is a role that somebody has to take on. So, if you do sign the sheets to join such a group could you also indicate whether you're prepared, initially at least, to lead the group,
Thank you.

Christopher Clark
Groups Co-ordinator

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

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

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 straightforward 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 February 2026 - News from the Groups

English Country Dancing

The Ru3a English Country Dancing group meets for 2 hours from 2pm on the first and third Wednesdays of the month in Langham Village Hall.

We are a friendly group of active folk who enjoy dancing (think Jane Austen style balls) and laughing together.

There is a small charge of £2 a session. Tea, coffee and biscuits are served in the interval.

Why not give it a try? Contact our group leader, Kathy, via the group page on the Ru3a website.

You will be most welcome. No prior experience necessary as there is a caller who tells you what moves to make.



Rutland and Oakham Bridge Club



The aim of ROBC is to let people really enjoy playing Bridge. If you want to learn the game with a friendly group, we offer daytime and evening courses. If you already know the game and want to play socially, you can three times a week. If you want to play competitively, you can twice a week.and there is always time for tea and coffee.

Prospective members who can make cake are especially welcome, as are those who know where to source reasonably priced red wine. Although these attributes are not essential, they are nevertheless highly valued. If you are interested, contact our Secretary Tony Lochery on tonylochery@yahoo.co.uk, search Rutland and Oakham Bridge club or see our website for details: <https://www.bridgewebs.com/rutland/>.

There have been requests for a second bridge group, as the existing group is full. However until such time as someone comes forward who is willing to act as a group leader, members might want to play at ROBC and in time hopefully a second u3a bridge group can be formed.

Rutland u3a newsletter February 2026 - News from the Groups

Some interesting photographs from the January meeting of the photography group.



Rutland u3a newsletter February 2026 - News from the Groups

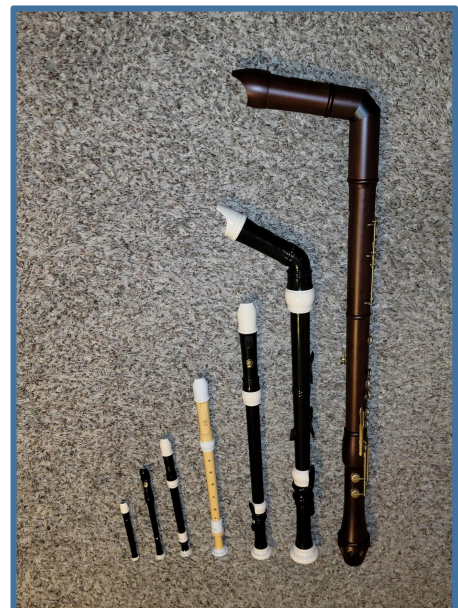


Rutland u3a newsletter February 2026 - News from the Groups

Recorder Group

In January, the Rutland U3A recorder group was asked to perform a short programme for the residents of Hampton Vale Care home near Peterborough . We played a selection of British folk songs, including Skye Boat Song, English Country Garden, Scarborough Fair and A Roving. Our recorders are (right to left in the photo) two descants (also called sopranos), two trebles (also called altos), three tenors and one bass.

For most people the word recorder instantly conjures up an image (and the sound!) of a young child struggling through Three Blind Mice on a rather high-pitched descant recorder, and they are unaware that there is a whole family of recorders. A recorder ensemble often consists of the four instruments played by our group, but we were able to show the folks a recorder that is smaller than the descant, the sopranino (second from the left in the photo on the right), which is often used to suggest bird song in music. The tiniest in the family is the garklein, seen on the extreme left in the photo. At the other end of the size scale, larger and deeper than the bass (as played by Julie in our group), there is the great bass, on the extreme right in the photo. We don't yet have a great bass player!



Rutland u3a newsletter
February 2026

New **u3a**

**ADULT
DISCO**

60s, 70s, 80s and so much more music!

**Saturday, 25 April 2025
2-5pm**

Polish Club, Sandy Lane, Melton Mowbray LE13 0AW

£10pp
"in advance only"

Please contact:
disco@u3ameltonmowbray.org.uk
or

For more information you can also contact Chris Clark, the groups coordinator: rutlandu3a.groups@gmail.com

Rutland u3a newsletter

February 2026 - Community News

Celebrating five years, Growers Row was once an empty field, and today a productive garden, educational venue and welcoming outdoor space for the whole community.

Spring is a magical time in every garden. Take a look around this acre-garden as everything awakens and the garden is full of promise.

Growers Row is a delightful, extensive garden with a variety of garden beds and a polytunnel here food is grown year-round. Twisting through the centre is a wildflower river and an orchard of rescued trees. The garden also includes a loose-parts play area for children, a yoga lawn, a greenhouse and seating areas where you can relax and enjoy the garden atmosphere.

Growers Row is open to volunteers and visitors every Wednesday (10am - 3pm).

Upcoming educational workshops can be found at www.rootandbranchout.co.uk/bookings

Growers Row is situated at Rutland Showground, Oakham LE15 7TW



Growers Row

SHARED GARDEN • OAKHAM RUTLAND

Take a look around your local shared garden. A productive organic food garden and venue for outdoor education. Located at Rutland Showground on the outskirts of Oakham, Growers Row is a place to learn new skills, meet new people and enjoy the outdoors.

OPEN DAY

SATURDAY **28TH MARCH** 10AM-1PM

Family activities, garden tours, and refreshments

**This is your garden, to grow food,
learn new skills, share and connect.**

FREE PARKING
Find us at Rutland Showground
Oakham LE15 7TW
www.rootandbranchout.co.uk



Rutland u3a newsletter

February 2026 - Community News

SO YOU THINK YOU KNOW



ROTARY is just for men? NO!

ROTARY has many women members.

ROTARY is just a dining club? NO!

RUTLAND ROTARY members do meet twice monthly to hear invited speakers and to organise their fundraising and charity donations.

ROTARY fundraises for local, national and international charities? YES!

RUTLAND ROTARY locally supports Sailability at Rutland Water, Air Ambulance, the Ukrainian Impact Club and many other initiatives including polio eradication worldwide.

ROTARY is just for older people? NO!

RUTLAND ROTARY runs the Young Chef, Young Writer and Young Musician Awards with Oakham schools and Kids Out day trips for disadvantaged children and their carers.

RUTLAND ROTARY enjoys numerous social events too!

RUTLAND ROTARY would welcome new members? YES!

Interested in making a difference? Contact - rutrotary.sec@gmail.com

Rutland u3a newsletter

February 2026 - Community News



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.



For Rutland is a fundraising group of Citizens Advice Rutland

The For Rutland Good and New Clothes Sale 2026

Make sure you put this date into your 2026 diary - the For Rutland Good and New Clothes Sale on Friday the 27th and Saturday the 28th March. The annual sale of pre-loved clothing and accessories, one of the biggest of its kind in the country never mind Rutland, hosted once again at the prestigious Rutland Hall Hotel overlooking Rutland Water, just outside Oakham.

The volunteers at For Rutland are looking forward to shoppers coming along in their droves, the venue has plenty of free parking making it easy to pop along. Details of the sale are available on the For Rutland website: www.forrutland.org.uk including ticket prices and sale times and directions for the Rutland Hall Hotel can be found here: www.rutlandhall.co.uk. The Friday night sale is ticket only, tickets are £30 each but the sale on Saturday morning costs just £5, is open to everyone and most items will be half price!

With sustainability, recycling and reusing high on most people's agendas, if you haven't already got into the habit of *not* buying new clothes, the For Rutland Good and New Clothes Sale is the best place to start! The sale has something for everyone: there are loads of pre-loved women's, men's and children's clothes and shoes, bags and accessories with items ranging from designer to high street. The organisers want everything to go, so items such as suits, coats, dresses, jeans and separates are priced at amazingly affordable prices, even for things that have never been worn.

All of the money raised goes to fund the vital advice service at Citizens Advice Rutland, supporting people in Rutland dealing with the effects of long-term health conditions like dementia, cancer and MS when and where it is needed, from the Citizens Advice Rutland office in Oakham's High Street.

Ends

For more information, contact Alison Taylor: alison.taylor3gp@gmail.com

Rutland u3a newsletter
February 2026 - Community News



VOLUNTEERING IN RUTLAND

***ARE YOU LOOKING TO MAKE AN IMPACT VOLUNTEERING IN
THE COMMUNITY?***

***DO YOU WORK FOR AN ORGANISATION THAT NEEDS
VOLUNTEERS TO DELIVER YOUR AIMS?***

**VOLUNTEER PLUS RUTLAND IS A ONE-STOP SHOP THAT
CONNECTS PEOPLE WITH VOLUNTEERING OPPORTUNITIES**

THERE IS NO CHARGE FOR THIS SERVICE

**ORGANISATIONS: ADVERTISE YOUR VACANCY ON OUR
WEBSITE**

**INDIVIDUALS: FIND YOUR NEXT OPPORTUNITY ON OUR
WEBSITE**

***TO REGISTER VISIT
VOLUNTEERPLUSRUTLAND.ORG.UK OR
SCAN THE QR CODE***



Funded by Rutland County Council



Rutland u3a newsletter
February 2026 - Community News

Sing Out Rutland

Simply! SING!

***Your Invitation to
enjoy a Good Sing
and have some fun!***

Informal Group of very sociable people of all ages
spending regular time to sing and have fun.

Open to all - Everybody can sing
Great for Wellbeing and exercising voices.

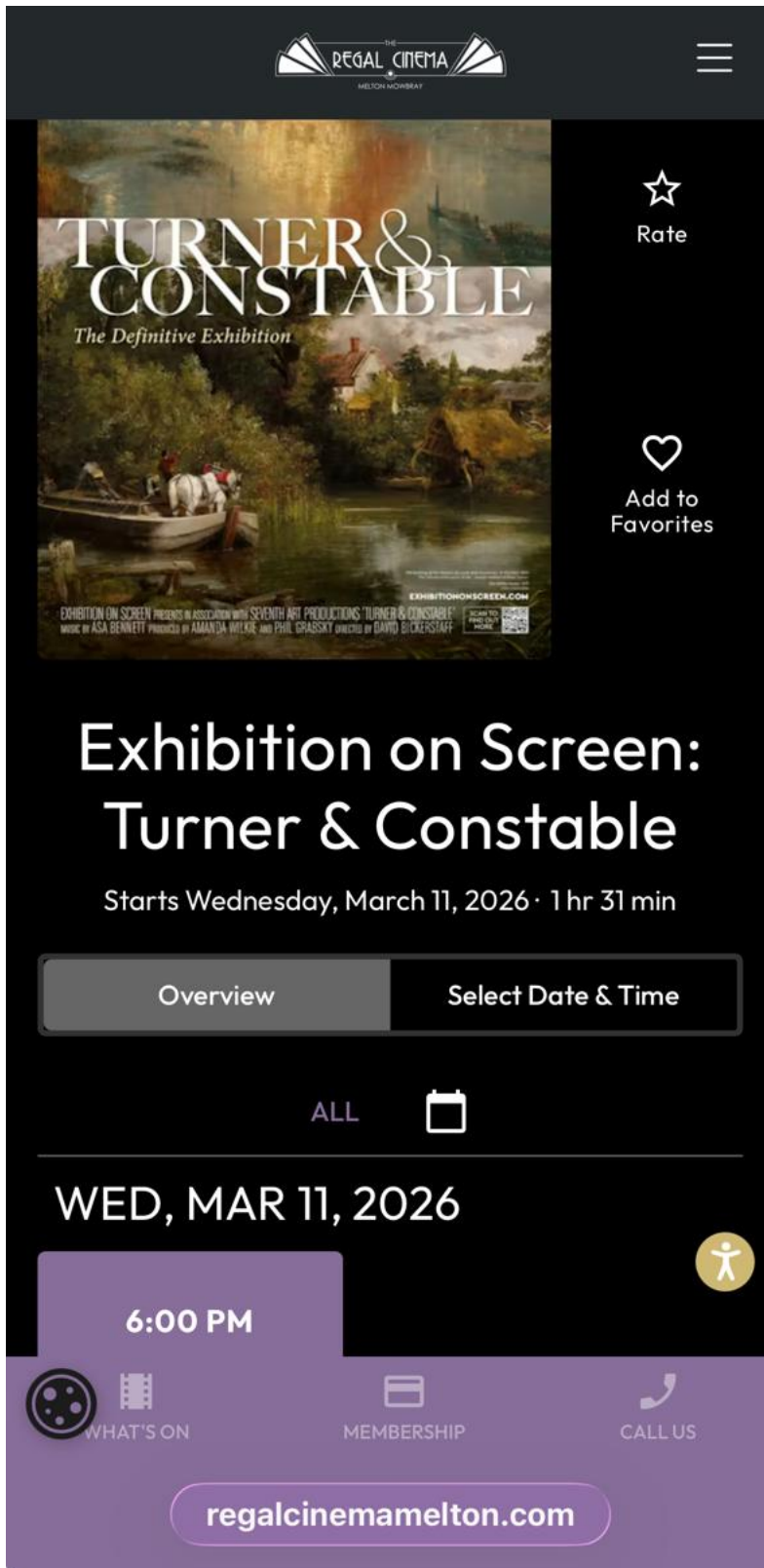


Contact Information:

Sing Out Rutland!
Venue: Oakham Baptist Church
Time: Mondays 7pm to 9pm
Please come along for a free taster session!
Call Diana : 07756 002966

Rutland u3a newsletter

February 2026 - Community News



THE REGAL CINEMA
MELTON MOWBRAY

TURNER & CONSTABLE
The Definitive Exhibition

Rate

Add to Favorites

Exhibition on Screen: Turner & Constable

Starts Wednesday, March 11, 2026 · 1 hr 31 min

Overview Select Date & Time

ALL

WED, MAR 11, 2026

6:00 PM

WHAT'S ON MEMBERSHIP CALL US

regalcinemamelton.com

Celebrating the 250th anniversary of their births, this unmissable new documentary explores Turner and Constable's intertwined lives and legacies alongside the groundbreaking Tate exhibition.

Two of Britain's greatest painters, J.M.W. Turner and John Constable were also the greatest of rivals. Born within a year of each other, both used landscape painting to reflect the changing world around them. Now, these two greats are reuniting. Tate Britain is bringing these two greats together for a groundbreaking exhibition, in London from November 2025 to April 2026, and Exhibition on Screen once again has exclusive and privileged access to bring their extraordinary art and remarkable stories to the big screen in March so that you can enjoy both film and exhibition together. Discover unexpected sides to both artists with intimate views of sketchbooks and personal items and insights from leading experts.

Turner's blazing sunsets and sublime scenes from his travels and Constable's idealised depictions of beloved places from home whipped the public of the time into a frenzy of enthusiasm. Constable represents the very best of the old school of realism and pastoral nostalgia; Turner, an exciting new way of depicting emotion and dreamlike impressions. Critics compared their starkly different styles to a clash of 'fire and water'. Don't miss this opportunity to see these greats side-by-side, as they so often were in life, on the big screen for the first time.

10 March - Stamford Arts Centre
11 March - Regal Cinema Melton Mowbray

Rutland u3a newsletter

February 2026

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

Hall set up and AV

Michael Seccombe

IT

Mike Shea

Ted Philips

Minutes

Flic Brewster

New Member Support

Jane Gillon

Noticeboard

Caroline Stark

Printing

Margaret Macpherson

Publicity

Jill Stacey

Website

Phil Grimley