

May 2026

Hi All,

Just to let you all know that the move to the Baptist Church is going well. If you haven't been, you are missing some very good talks, wonderfully organised by Wanda our speaker secretary, including how a murder enquiry is organised and the Osprey project in the Belvoir Castle area. June's being "Indian Takeaway - one boy's take on 3 continents". The newsletter emailed to all gives a list of all the talks coming this year; check it out.

We are still requiring members' help with the initial setup of meetings in an Ad Hoc month by month availability. One only needs to put your name down on the sheet for the next month at the meeting if you can help.

Finally, as a final reminder from me, please update your GIFT AID declaration due to HMRC new requirements, as this will give Rutland u3a a cash return and so help keep running costs at a minimum.

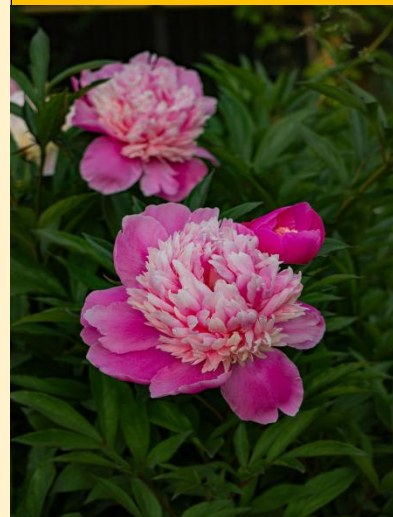
Stuart.

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 June.

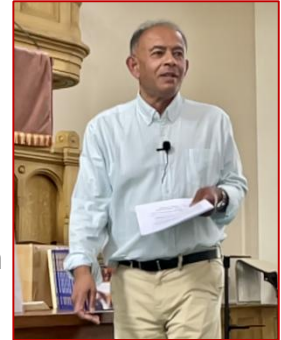
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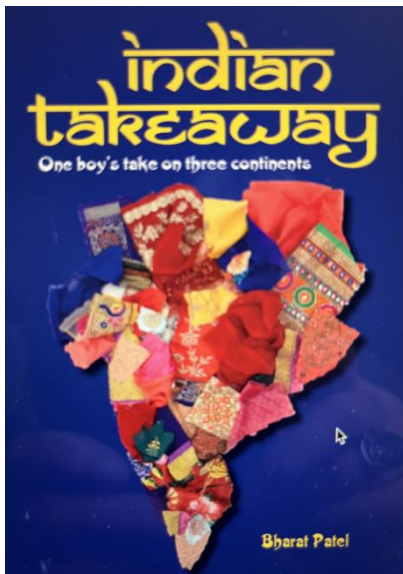
June Members Meeting
Wednesday 3 June
Venue: Oakham Baptist Church
Doors open at 10.00am for a 10.30 start.

Speaker: Bharat Patel

Bharat was one of the first Asian reporters on British Radio and TV. His family left India for Zambia and then migrated to England. He arrived in Leicester armed with just a few words of English, including the phrase, 'The dog barks at the fog' as well as the more familiar, 'the cat sat on the mat'. A teacher had told him that Indians always speak with their teeth clenched, whereas the English speak with their mouths open and enunciate. This advice helped him to get a job at the BBC at a time when accents of any sort - Indian, Brummie or Geordie - were frowned upon. Bharat has worked for BBC Radio Leicester, Radio 4, ITV and BBC TV and has covered events which have made headlines around the world.



Talk: Indian Takeaway - one boy's take on 3 continents



There was one story that Bharat had never covered and that was his own. His family left comfortable lifestyles in India and Zambia after a soothsayer had told his parents that his future lay in England. They exchanged warm, sunny climates for a tiny terraced house with an outside toilet and a leaking roof in an altogether colder greyer corner of the world. Their arrival was followed by a series of bizarre and comic incidents which were often odder than anything Bharat encountered as a reporter.

These are the subject of his talk and of a book of the same name. All proceeds from the talk and the publication go to the Hope Against Cancer Charity. Copies of the book will be on sale for £10 cash.

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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 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

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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

Diane Case

Many of you will know Diane who was a key member of Rutland u3a having served for many years as social secretary and latterly organising with Helen Shea the ad hoc dining sessions, as well as being an active member of a number of interest groups.

Sadly Diane passed away earlier this month and the committee wishes to extend their condolences to her friends and family for their loss.

Rutland u3a newsletter April 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](#).

[Astronomy](#) - please contact the Group Leader, Keith Townsend

[Book Club 4](#) - please contact the Group Leader, Rosanne Greaves

[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

[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

[Mindfulness](#) - please contact the Group Leader, Sushila Raja

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

[Shakespeare](#) please contact the Group Leader, Marilyn Oliver

[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

Rutland u3a newsletter April 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 May 2026 - News from the Groups

U3A birdwatching group 2

Our spring visit to Barnsdale Woods and Rutland Water on 20th April

The sun was shining but the air was still fresh as we slowly made our way down through the Bluebell filled woods. The birds were singing loudly and we gazed up into the tree canopy hoping to catch a glimpse or two. Several of us recognised the Nuthatch, the Blackcap, and the Chiffchaff calls but the birds did not show themselves this time.

We keep a record of the birds we see as a group and pretty soon we ticked off many of our old favourites, Blue Tit, Robin, Wood Pigeon and more. At last, we spot a Blackcap and a Chiffchaff flitting in the woods but sadly no actual sighting of any Nuthatch.

The maximum number of species we have ever recorded is 45 but today we only manage 27. You need to be in the right place at the right time for birdwatching. So, we left the woods and meandered down to the edge of Rutland Water to see, in full view, a beautiful male Blackcap. This was surely to be the highlight of our birdwatching outing today.

The view out over the water was stunning, but hardly a bird to be seen so we moved through the gate onto the wide grassy patch by the water's edge. It was satisfying to identify the large flock of Tufted Duck, Great Crested Grebe, and the water birds we usually see at this time of year.

So when we looked up to the sky to hopefully spot the ever present Red Kite before ending our outing, luck was truly on our side. High in the sky was a large raptor, "It's a White-tailed Eagle" someone said and all eyes looked skywards. Necks stiffened and some of us lay down on the grass.

Yes, today our group had been really lucky; we were in the perfect place at the perfect time.

Helen Jezequel

Note... The White-tailed Eagle has recently been reintroduced on the Isle of Wight and its offspring are exploring; although the bird we saw was an adult, as it had the white tail. A juvenile eagle was spotted in Rutland in August 2023. It's very rare to see one.

Rutland u3a newsletter May 2026 - News from the Groups

Church Visits Group: Visit to Whissendine Church, Wednesday 13th May 2026



Our guide pointed out all the different times in history that make up the interior of a complex church.

We had an excellent turnout for the first visit, with almost 20 joining us. A great start and a happy omen for the year. We are growing steadily. Martin our churchwarden introduced us to his speaker, Gary, who is married to the vicar. An excellent and entertaining talk although unfortunately it was cut short by the weather. We couldn't walk around the outside. But, nonetheless, I for one enjoyed it

Tea and cakes were served. The Victoria sponge was undoubtedly the favourite! We did do things other than drink and eat, but I was late to get around to photography, so this is how it looks.

Our next visit is on Wednesday June 10th at Preston. Here the vicar, the Reverend Peter Collins, rector of Rutland Water Benefice, will be giving us a niche talk on scurrilous and disgraced vicars from times past. It sounds rather good! Tea and biscuits are provided, so please put this in your diary. Have a great few weeks, and I'll see you at Preston in a while.

Very best wishes to you
Mary



Group Meeting Venue

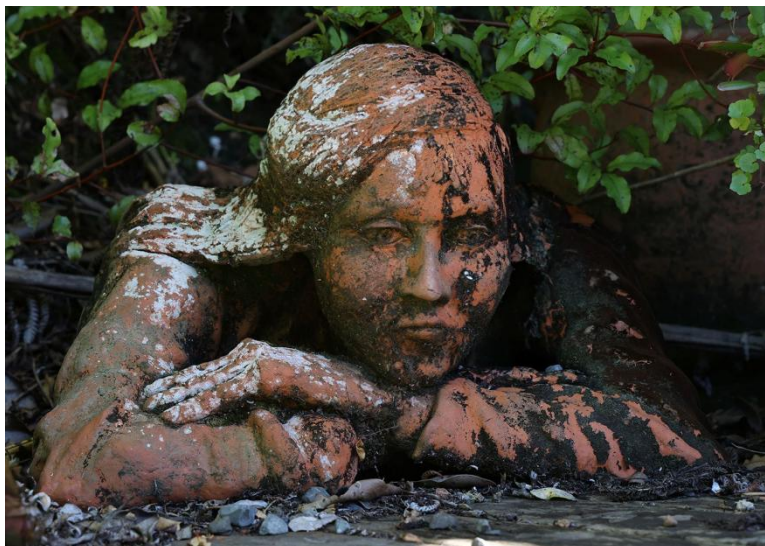
There is currently availability in the snug at the Wisteria, should any U3A interest groups be looking for a home for their monthly meetings.

It is appreciated that some of the booking terms previously put in place by Petros weren't always ideal for the success of certain groups. As you may already know, Petros and Xenia are no longer running the restaurant and bar at the Wisteria, as the operation was taken back in-house from January.

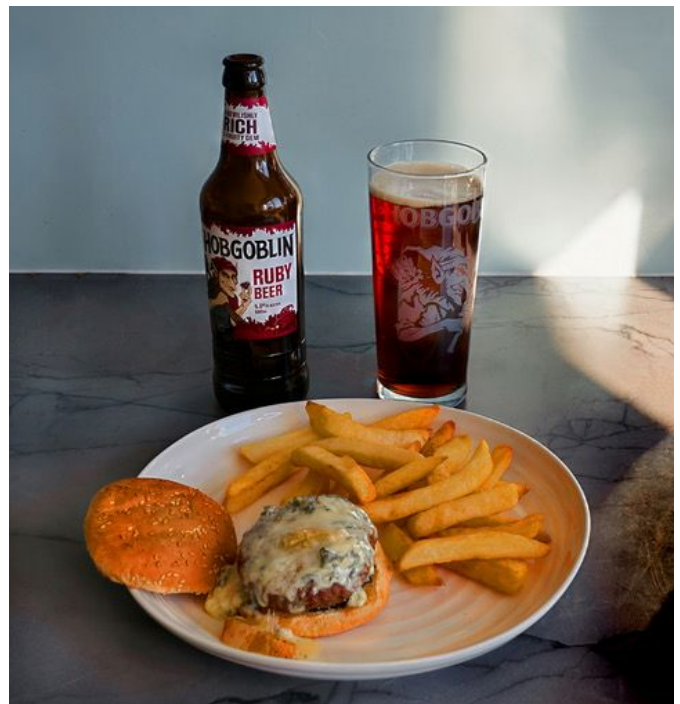
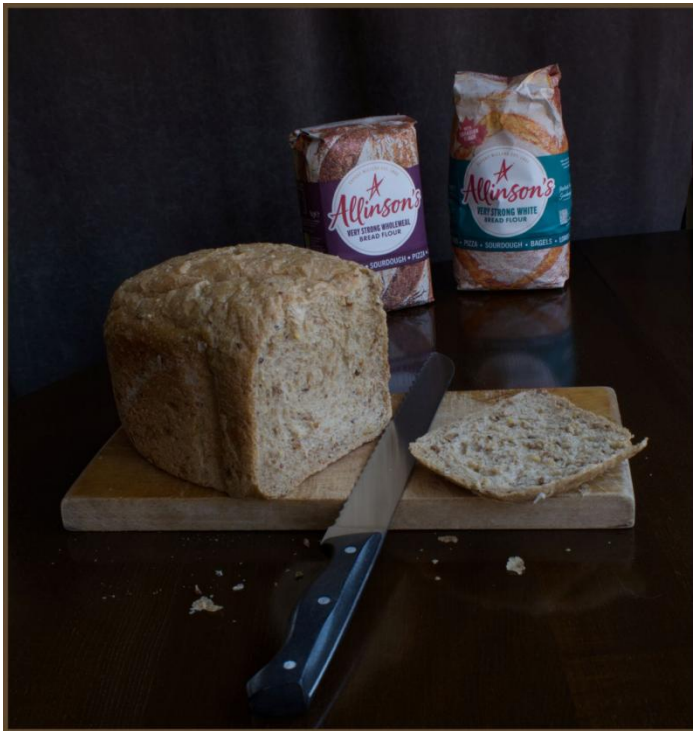
So, it's very much back to business as usual!

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Some impressive photographs that showcase the work of the photography group:



Rutland u3a newsletter May 2026 - News from the Groups



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News from the Groups

“TO BE OR NOT TO BE.....?”

Will there be a Shakespeare Group in Oakham u3a?

I am trying to start such a group.

There is already some information on the website, but this has yielded only one response so far!

If you are interested, don't be put off by thinking it might be “high-brow”..... it certainly won't be. I'm not an expert on the Bard, and simply want to have a go at “learning together” in a fun and friendly way, which is of course the u3a approach.

Perhaps the suggested meeting time doesn't suit you. Well, I can now offer Monday afternoons or Friday afternoons, twice a month.

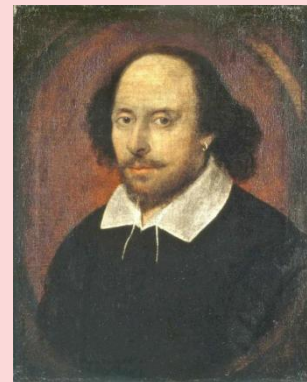
Perhaps taking it in turns to meet in members' homes, rather than always in my home, as suggested on the website, would be more suitable.

Therefore, it might be a good idea for anyone interested, to join me in a little get-together for a friendly coffee and chat, at a venue in Oakham, to discuss options. I would like to arrange this for the beginning of September, once the summer holiday period is over, with a view to starting the group as soon as possible afterwards. We would need 6-8 people altogether, in order to make the group viable.

Please contact me via the Rutland u3a website if you feel this is something you'd like to try!

Marilyn

https://rutland.u3asite.uk/u3a_groups/shakespeare/



There is a possibility of starting a new Rummikub group, and I'm putting together a list of people who might enjoy joining. If it takes shape, we'll make sure the new group has all the help it needs to get going confidently.

If you are interested, please contact me via the [Rummikub 1 group](#)

Jenny

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OAKHAM ART GROUP



SPRING EXHIBITION

AT RUTLAND COUNTY MUSEUM

Catmos Street, Oakham LE15 6HW

Saturday 16th May – Saturday 13th

June 2026

10.00-16.00 Mon, Wed, Fri, Sat, only

*Free entry. 30 mins free ticket parking by museum via South
Street car park*

Paintings for sale including local scenes



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April 2026 - Community News



For Rutland Grand Bottle Tombola

Sunday 31st May 2026 at The Rutland Showground

For Rutland is preparing for this year's much-loved **Grand Bottle Tombola** - and they need your support and your bottles!

For Rutland volunteers are asking for **donations of bottles** — anything unopened and in date, from everyday essentials to something a little special. From lemonade to Lambrini, shampoo to champagne, or beer to bubble bath — every bottle makes a difference.

Last year, the Grand Bottle Tombola raised over £8,100, a fantastic amount. The For Rutland volunteers hope to raise even more this year, but it can only be done with lots of generous donations of bottles.

The team of around 70 volunteers will be in touch with details of where bottles and donations can be made, or you can drop them off at the locations below **before Tuesday 26th May**:

Barrowden Community Shop	Edith Weston Village Store
Cottesmore Post Office & Shop	Barbera's Store Empingham
Ketton Post Office & Shop	Market Overton Store
The Fox at North Luffenham	Co-op Travel Shop Oakham
John Porters Dry Cleaning Oakham	Nelsons Butchers Shop in Uppingham

For Rutland Chair Jeannette Warner said: "The more bottles donated, the more money raised. And the more bottles we have, the more fun there is – please give bottles generously!"

You can also help by making a cash donation, BACS transfers can be made to Rutland Citizens Advice Bureau, sort code:40-52-40, Acct No.00032813 Ref FR/BT; or cheques can be made payable to For Rutland, see the website for more details: www.forrutland.org.uk.

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

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How seeing or hearing about others falling affects older adults' worries about falling.

You are being invited to take part in a research project. The study is looking at how seeing or hearing about other people falling might influence worries about falling in older adults. To take part, you need to be aged 60 or over, living independently in the community, able to read and understand English, and able to walk at least 10 metres on your own (with or without a walking aid). If you agree to take part, you will be asked to complete an online survey that will take about 15–20 minutes. The survey asks about your experiences with falls, any concerns you may have about falling, and your everyday activities. You will also be asked whether you would like to take part in a 6-month and 12-month follow-up survey to track changes over time.

The study explores whether seeing or hearing about other people falling (for example, friends, family members, or others) influences an individual's own worries or concerns about falling. We hope the findings will help improve understanding of fear of falling and contribute to future falls prevention approaches.

Participation is entirely voluntary, anonymous, and confidential. The survey can be completed online at a time convenient to participants, and there are no right or wrong answers, we are simply interested in people's experiences and perspectives.

[How seeing or hearing about others falling affects older adults' worries about falling](#)

Contact for further information:

If you have any questions about this study or would like more information before deciding to take part, you can contact:

Principal Researcher: Dr Matt Hill

Department: School of Psychology and Vision Sciences

Email: mwh20@le.ac.uk



Participants Needed for NHS Study

We are seeking volunteers over the age of 55 years old to take part in a research study, looking at visual function and eye health.

The purpose of the research is to develop visual assessments that monitor changes in eye health associated with age-related macular degeneration (AMD).

What's involved?

Testing will take place at Leicester Royal Infirmary.

Testing involves one 40-minute testing session, which includes:

- An optical coherence tomography (OCT) scan of the retina in one eye.
- Completing four visual assessments.

Optional: You can volunteer to complete one 15-minute visual assessment, on a separate date, completed online and from home.

Who can take part?

- Adults over the age of 55 years old
- with no history of eye disease (e.g., AMD, cataract, glaucoma)

Compensation

You will be compensated for your time and any travel costs you may incur.

Contact

If interested, please contact **Michael Hisaund** at mh486@le.ac.uk or **0116 252 5855** for more information or to sign up.

Participation is voluntary and you are free to withdraw at any time.

Thank you for supporting clinical vision research!

SPONSOR REFERENCE: 1076

Visual assessments for the enhanced monitoring of macular disease

Recruitment Text_v1.1_22/07/2025

IRAS: 352853

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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

Noticeboard

Caroline Stark

Printing

Margaret Macpherson

Publicity

Jill Stacey

Website

Phil Grimley