u3a Glenfield
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NEWSLETTER
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Glenfield u3a is on Facebook

(to go straight there, type Glenfield u3a into the Facebook search box)

In March, I attended an East Midlands workshop in which we discussed ways of promoting our u3as and how growth can benefit our membership. The more members we have the more groups we can offer. One of the ways is to have a presence on social media and, in particular, Facebook.

Other than Whatsapp (79%), Facebook (73%) was, in 2023, the most popular social media platform by reach in the UK and Facebook is still the most dominant platform for the over 55s.

Glenfield u3a went live on Facebook on 6 May and since then I have posted 26 articles ranging from lists of groups we offer to reports and photos that coordinators have sent me from, amongst others, Petanque, Cardmaking, Ethnic Eating and Gardening and also links to videos posted by u3a UK.

Facebook is very flexible – I can post lots of different types of content and all this for free too! I am able to see how many people view the posts and which posts seem the most popular. I can see the gender and age of Facebook users who view the posts. For example, of the people who viewed the article about the trip to the Houses of Parliament, 86.5% were over 65, 9% were 35-44, 3% were 55-64 and the remainder were 45-54. This shows that the Glenfield u3a page is appealing to a range of Facebook users.

We currently have 32 Followers but I would like more! Some are Glenfield u3a members and the rest are Facebook users who have come across the page and chosen to follow it which means updates, photos and videos will appear in their news feed.

So, if you are on Facebook, could I ask you to have a look at the Glenfield u3a page by typing Glenfield u3a into the search bar. If you want to Follow the page, click on this image 

which you will find at the top of the page under the Cover Photo.

Thank you. **Gill Speechley**

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Pilates

There are two Pilates classes held on Tuesday mornings, one at 9.30am and the next at 10.30am each lasting 50mins. Our tutor Rachel Clarke is very good and explains each exercise carefully. We do a lot of stretching both standing and sitting.

Each class costs £6 payable by bank card. The only equipment necessary is a yoga type mat and comfortable clothing such as jogging bottoms and a t-shirt.

The classes are held at the sports centre on Gynsill Lane and are suitable for men and women, whatever the level of fitness, new members are very welcome.

Karen Herringshaw



Meetings

NOVEMBER 26 - Shetal Jetha - Fraud Protection Officer talking about fraud risks

DECEMBER 17 - Paul Lillie - Singing and Painting of Live Musicians

2027

JANUARY 28 - Peter Barrett - Punch and Judy

FEBRUARY 25 - Mike Burton - Albert the Great

MARCH 25 - AGM

APRIL 22 - Tom Ingall - The Great Central Railway

MAY 27 - Sandy Leong - A nice cup of tea

JUNE 24 - Braunstone Heritage Centre - Braunstone Park

JULY 22 - TBA

AUGUST 26 - Keith Burland - Physio

SEPTEMBER 23 - TBA

OCTOBER 28 - Sam Dobson - A talk on Holst and his music, particularly the Planets

NOVEMBER 25 - Jacque Inglesant - My life as a clown.

DECEMBER 16 - TBA

Glenfield u3a is on Facebook
Please have a look at it and Follow, Share and Comment!

Houses of Parliament



Glenfield u3as trip to the Houses of Parliament on Friday, 11 September saw us gather in Morrison's car park to meet the coach for our trip to London (a poignant date as it was the 25th anniversary of the 9/11 attack). We disembarked the coach in London around 12.30pm and some of us went for a walk and others went to find something to eat then we all met up back at Westminster Hall for our guided tours just before 4pm.

Our guide was, of course, very knowledgeable and took us through the central lobby where the giants of British politics had their statues and into the green benches of the House of Commons. He explained many of the artifacts, customs and procedures of the House. He also showed us where the door to the Commons is slammed shut in the face of the King and Black Rod hammers three times to allow the King entry.



Moving back through the Lobby, we went to the red benches of the Upper Chamber where the Lords sit, again with their own traditions. We ended the tour back in the fantastic medieval Westminster Hall, hung up our headsets and made for the café which, unfortunately, was now closed.



Meeting the coach again, we left London and with a comfort stop at a service area, had a good journey back to Glenfield, arriving home around 9.30pm.





Thank you to Michael and Angela for the photos.

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Knit, stitch and share

The Knit, Stitch and Share group is a small group of ladies that meets monthly to knit, stitch and share patterns, ideas and knowledge. In fact anything that can be done with a needle that can be done by hand. Members share their skills and help beginners. The first half hour is for learning for those that wish to try something different and then time to practise.





We always enjoy a slice of homemade cake with a cup of coffee or tea. The group is currently full but, if you would like to go on the waiting list, contact **Sarah Page, the Group coordinator, using the link on the website.**



Working in a bank can be a thankless job. A lady asked me to check her balance, so I pushed her over . . . They fired me!.

Strollers

Thanks go to Val Dayman who has decided to stand down from her role as group coordinator and the position has been taken over by myself Colleen Evans.

The aim of the strolling group is to arrange short strolls along hard surface paths wherever possible to enable people with limited walking ability to participate and also enable those who wish to leisurely observe and photograph local sites and scenes. Each meet is arranged to finish at a pub or café and allows for good conversation.

The group meets on the second Tuesday of the month at 11.00am unless notified otherwise.

We would like to encourage new members to the group, so if you would like to join or need further information please contact me, using the message link on the website.

Dogs are allowed on leads in this group.

Colleen Evans, Group coordinator

Photography



The Photography group continues to thrive with 26 members who enjoy photography as a hobby. The more experienced members are always happy to share their knowledge and enthusiasm with the group.

Our monthly photo project challenge gives us an opportunity to get out with our cameras to capture that interesting shot – no prizes just the kudos of winning!

Here are a few photos from our latest project *Nostalgia*. If you have a camera or a smartphone camera and an interest in photography you're most welcome to join our friendly and relaxed group.

Michael Barbour









I'm trying to arrange a hide-and-seek contest . . . but good players are hard to find!

Badminton

The Badminton group meets every Thursday from 2.30pm to 3.30pm at Beaumont Leys Leisure Centre and would welcome new members, including beginners, who would like to play for fun and gentle exercise but don't expect highly competitive games as in a proper club!

If you are interested in having a go contact Group coordinator Rob Arnett using the link on the website.



Walking through Time



Eleri led a walk around the Hinckley Road area talking about Gruesome Deaths.

In this photo we heard about Richard 111's death and the way he was carried back naked into Leicester.

Sue Hodkinson

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Yoga



Where: Jubilee Hall, Stadon Road, Anstey

When: Wednesday mornings, from 10.00-11.00

Fee: £4-£6 per session depending on attendance, payable on the door by contactless debit/credit card

The Yoga class continues to thrive since its formation in 2018 and numbers have remained steady throughout, despite a few ups and downs, under the tuition of Geoff O'Meara from the Space to Breathe Collective in Leicester. We are now well settled in at our venue in the Jubilee Hall, Anstey and the underfloor heating is a real bonus in the colder months!

Six of the group members (including myself) have been with the group since the beginning and we now have an average attendance of 15 members per session. The class is suitable for both beginners and the more experienced and Geoff can also offer adaptations for the less mobile who may require the support of a chair.

The class currently has capacity for new members, so why not take some time out with us once a week for a peaceful hour of calm and self-care. You will be guided through the class using the breath in harmony with Hatha Yoga postures to soothe the mind and energize the body. Your first class will be free of charge as a 'taster'.

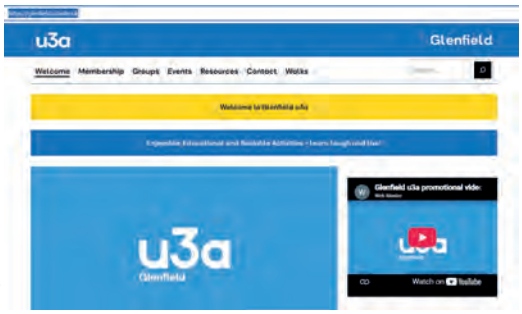
For further information please contact Margaret Ford, Yoga Group coordinator at marg.ford@virginmedia.com

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Glenfield u3a website

Do you know we have our very own website **https://glenfield.u3asite.uk**? It's a simple to use magazine style layout with all the latest information about groups, events, meetings and of course photos and videos of what's going on. It's often the way new members find out about us, but have you looked at it recently?

The Resources page has links to all our key documents and space for you, the members, to promote any non-u3a activities.



Please let me know what you think about the website.

Michael Barbour, Webmaster

Pétanque





Our Pétanque group meets at 10.45 every Friday at the Plough in Ratby, whatever the weather. In the last 10 years, it has only been called off twice, they are a hardy bunch, unlike Bradgate u3a Pétanque who only play in the summer.

We play for an hour with teams drawn by cards to ensure mixing. As the pub does not charge us, all players are encouraged to stay for a drink after the game when we spend another half hour sorting out the worlds problems.

Numbers fluctuate depending on weather and other commitments so we always welcome new members, equipment is provided. If you are interested, please contact David Thompson at david_s_ thompson@hotmail.com.

David Thompson

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Leicestershire Orienteering Club are holding an event at The Outwoods on Sunday 6 December at 10.30

Do you fancy trying out reading the map and finding check points in the woods?

Anyone interested or wanting to learn more, please contact member Sue Bicknell 07729885713 or suebicknell@talktalk.net.

This is a special invite for u3a members but family including young relatives are welcome. Help will be given.

Sue Bicknell

Folk Dancing in Glenfield

You are invited to come and try folk dancing! We meet at the Memorial Hall on a Monday night at 7.30pm. A caller will guide you through the dances. It is good exercise, good for your brain (as you try to remember the steps!) and good socially! We are a small friendly group looking for more members.

The cost is £3 per session, which includes refreshments.

Please email me for any more details: susan.hodkinson50@gmail.com



From the Chair

Since the last newsletter in April, a new Tai Chi group has started and meets on Monday afternoons. If anyone wants to attend, contact Dawn Cox, the Group coordinator. There has been a suggestion that we should start some kind of seated exercise classes and I have asked if there is any interest in this in an update email. If anyone has ideas for a new group, you can contact one of our Groups Secretaries - Andrew Thomas for an activity group, or Kim Thorogood for a hobby group.

Recently Garden Group trips have included Lord Leycester Hospital Garden and Hill Close Gardens in Warwick, and John's Garden in Staffordshire. Thanks to Judith Harriman for arranging the garden trips. In September Carol Knill organised a trip to the Houses of Parliament. It was a very enjoyable and informative day, thanks Carol. She has also arranged a trip to Blenheim Palace which is taking place in November.

Our u3a now has its own Facebook page and our thanks go to Gill Speechley for setting this up and updating it. If you haven't read about it already, further details can be found in the article on the front page of this newsletter.

Talks at the monthly meetings have included the Royal Yacht Britannia, Victoria Park and Racecourse, the Hope against Cancer Charity and Chocolate Making. Future talks include Punch and Judy, Albert the Great, and the Great Central Railway. I would like to thank Paul Marriott for arranging such interesting and diverse speakers.

In November there will be a get together for Group coordinators to thank them for all the work they have done over the past year.

In January we will be having a meeting for new members to welcome them and give them information about our u3a.

I would like to wish all members a Merry Christmas and a Happy New Year.

Paul Linnett - Chair



I've started a ship-building business out of my garage . . . sales have gone through the roof!

Contact with any member of the Committee can be made through our website, which also carries lots of current news and information:

www.glenfield.u3asite.uk

It's updated continuously, so please check it regularly.

You may prefer to send an email. If you have anything to say, or any items of interest or events you wish to publicise, please let us know:

glenfieldu3a@gmail.com