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Chairman's Welcome

Welcome to October. I wonder how many of you have spotted that the Community Award we received got Thrapston and District U3A a mention in the Autumn copy of Third Age Matters (page 82 if you missed it).

I would like to appeal to those of you who have yet to find a way of contributing to our U3A. Many of you will be aware that our New Members Representative, Maddie, had a bad fall not so long ago. She is now well on the road to recovery, but, understandably, feels unable to continue to serve on the committee.

Viv, our Vice Chair has also been our Publicity Officer and has worked hard to pick up the role and put everything in place. However it means that her main role has taken a back seat. It would be lovely if someone else could take up the Publicity aspect.

We are therefore now in need of two committee members: one to meet and greet new members and introduce them to the wealth of groups and activities that are on offer and one to help with the publicity. If you feel you could help, please chat to one of the committee and come along to one or two of our committee meetings. Most of the committee are new, so we are all feeling our way and really would like two more members to help share the load.

The committee is now busy planning our December meeting. We have looked at feedback from last year and a majority liked the tables and the refreshments. We have therefore decided to keep the tables this year and this means that the total number of people that can be seated in the Plaza is 130. (This is a Health and Safety Requirement). The meeting will, therefore, be for members only and admission will be by ticket only. This is because our membership has grown and we do not want to have to refuse people entry on the day. Please note that the doors will open at 9.50. The tickets will cost £2.00 and will be on sale on October 20th at the Plaza.

I hope that you all managed to spend your old pound coins before the deadline and now have all new ones to spend !

Sheila

October 2017

Rockingham Castle - Patricia Woods

The September meeting saw another great audience at the Plaza to hear Patricia Woods from Rockingham Castle. Patricia has been a passionate guide at the Castle for 11 years and introduced us to people who have had a major role in the fabric and survival of the Castle. The presentation was accompanied by pictures of the owners across the years.



William the Conqueror demanded the building of the Castle in 1072. This was one of the first motte and bailey castles in a series across the Midlands to link the capital to the remainder of England. The castle was originally made of wood from the Rockingham Forest that ran from Nottingham to Northampton and belonged to the Kings of England for the next 500 years.

Edward I was a major player in the development of Rockingham Castle and spent money and time preparing for his marriage to Eleanor of Spain. The castle was left to become derelict from 1545, until a young Edward Watson, who married Dorothy Montagu, became the 2nd major player with the renovation of the castle, using local Weldon Stone.

The castle was eventually purchased by Lewis Watson from James I. Lewis, the grandson of Edward, became the first Lord Rockingham. Lewis married Eleanor Manners in 1620, giving links to Belvoir Castle. Watson served the King during the Civil War and, when he returned to Rockingham in 1647, the village had been demolished.

More of the history of the owners followed. They were all well connected. Among their visitors was Charles Dickens who, it is believed, based Bleak House on part of the castle.

As a person less than interested in History at school, I was fascinated and took more than a passing interest in the presentation. I shall definitely be visiting and looking into history with more enthusiasm in the future.

Pauline Johnson



What's been happening this month

Group Leaders meeting



On 22nd September Group Leaders met at the St James' Church Hall to discuss a number of items including the Christmas Event.



New Members Lunch

Following the Group Leaders Meeting, new members were invited to come along to meet committee members. It was a good opportunity for them also to chat to some of the group leaders and other new members.



Publicity Workshop

On Wednesday 4th October, four members from Thrapston and District U3A, including Sheila and Viv, attended a workshop on Publicity organised by the Northants Network. As well as learning about publicity issues they also found it a good opportunity to chat to people from other U3As in the county and to swap ideas and experiences.



Calendar of Events 2017

- 17 October Rural Wellbeing bus in Thrapston - see article below
- 20 October Branch Meeting - The Plague Doctor by David Bell
- 3 November Peterborough Greyhounds - contact Irene Gandy
- 14 November Rural Wellbeing bus in Thrapston - see article below
- 17 November Branch Meeting - Day in the life of TV Licence enforcement officer by Mike Long
- 29 November Rockingham Castle tour
- 15 December U3A Yuletide Event (see Chairman's welcome)
- 2 December Eleanor Longshanks touring company - Geddington (see below)

National U3A Website

The website of the national organisation has recently been updated and is now easier to access. If you have registered with them in the past you will now need to re-register.

The website has a monthly newsletter – News At The Third Age (NATTA) - which you can sign up for at u3a.org.uk/email. You will find U3A stories, details of national events, advice, opportunities and more.

Eleanor Longshanks

We heard of the connection between Edward I and Rockingham Castle recently and now you can see the dramatic story of Queen Eleanor of Castille, his wife, as a touring company follow the route of the crosses erected by a distraught Edward as her body was taken back to London from Lincolnshire.

They will be in Stamford on 30th November, Geddington on 2nd December and Delapre Abbey on 3rd December.

www.facebook.com/eleanorshow has more information



Northamptonshire ACRE

Rural Wellbeing Service



Health and wellbeing transport energy efficiency

home improvements financial matters

Social activities in the area

This charity receives funding from the National Lottery to provide a Wellbeing Service for older people in rural Northamptonshire. It offers free advice and support on a wide range of topics.

An information bus will visit Thrapston (Co-op car park) on **Tuesday October 17th** and **Tuesday November 14th** from 10am to 2pm. When the bus is not in the area there are “Good Neighbours” (local volunteers) who are able to continue the support.

Call 01604 825883 or 07808 330549
or email wellbeing@northantsacre.org.uk
More information is available at their website
www.northantsacre.org.uk/ruralwellbeing



Focus — “let’s get physical” (part 1)

We all know exercise is good for us! We have had a look at cycling and here are a few more groups in operation at Thrapston USA.

Line Dancing

The group meet on the first two Tuesdays of every month at the St. John’s Hall, Thrapston from 1.30 to 2.30pm. We have a great group of ladies who always welcome new members (any men would be very welcome to join us) It is a great way to keep fit, being a non-impact exercise and is also good for brain training.

We mainly dance the older line dances to both old and new music. We dance for enjoyment and the group is fun based.



Sue Pringle Group Leader phone : 733 476

Tai Chi



This is a very gentle way of exercising that anyone can do. It helps to keep you supple and the joints flexible. The exercises can also make you more aware of your own balance, so everyone can benefit.

It is very popular ...so much so that there is a waiting list to join the group which meets every Thursday afternoon at the St John’s Hall in the Bullring.

Group Leader Linda Vickerman

Ten Pin Bowling

This is a great way to spend two hours once a month on a Friday morning.

We usually play two games and have time for coffee or tea. No experience is necessary. Some of us have the barriers up to stop the ball straying into the wrong lane and some own their own Ten Pin Bowling ball. It is not competitive, just fun.



If you would like to join us, then please do. We meet on the second Friday of the month at the Ten Pin Bowling Alley in Wellingborough .

Contact Irene Gandy Group Leader 01832732948 to book a place

Bowling

Meeting every Tuesday evening, between May and September, the group plays alongside the members at the Islip Bowls Club and are able to participate in competitions.

There are no costs involved, but members may choose to join Islip Club as their interest grows .

Peter Hales Group Leader phone 733 452



Volunteers wanted

Side by Side volunteering

Following a study in 2013, nearly two thirds (63%) of people with dementia said they felt anxious or depressed, whilst a third of people with dementia said they had lost friends and felt lonely.



Side by Side is a service which aims to combat loneliness and empower people with dementia to remain active and involved in their communities. We want people with dementia to live the lives they want and deserve, and Side by Side volunteers can help make this possible. By pairing volunteers to people with dementia they can continue to do the things they love; from joining a local club, going to the football, visiting a historic building or just going for a stroll in the park.

Nearly 2,000 people with dementia are waiting for volunteers across the UK. So whether you're a social butterfly, shopaholic or nature lover, we need volunteers like you. You can volunteer on a day that suits you, either in person or over the phone - so it's a flexible way to give your time and really make a huge difference to someone's life. We also match you on your shared interests, so you can enjoy the activities together.

To register your interest or for more information, please contact Jess.Scott@alzheimers.org.uk or call 01832 736670

**Could you help someone with dementia
do the things they love?**

Volunteer for our Side by Side service

01832 736670

northamptonshire@alzheimers.org.uk



News from the Groups

Theatre Trips



Blood Brothers — A good outing to a humorous and emotional play about fraternal twins separated at birth and how their lives were intertwined, despite one being raised in a wealthy family and the other in a poor family. The tragic end, however, produced a few tears from the audience!

Our next trip is to **Mamma Mia**, 1st February, at the Royal and Derngate theatre, Northampton.

Just a few places left to secure your chance to experience a warm, uplifting, feel-good ABBA musical set on the Greek Isles.

For those who have already signed up, the total cost payable will be in the region of £50 each. The actual amount will be confirmed at our next branch meeting on Friday 20th October, cheques preferred please.

And lastly, suggestions for future theatre trips are always welcome. For instance, the acclaimed War Horse production is coming to Milton Keynes next year. Any interest?

Contact Moira Newton email: moira.newton@icloud.com

Outings

On September 14th, seven of us had a very interesting guided tour of **Lampport Hall**. In between the shows we visited the gardens, including the “Bog House”, which was just as it sounded and was the outside toilets! We completed the tour with much anticipated refreshments in the tea room. A welcome end to a good afternoon of history. *Jenni*

Rockingham Castle 29th November 2017

This trip has proved extremely popular and is now full. However, if you would like to add your name to a waiting list, in case of any cancellations, please contact Jenni. Due to the large number in the party, we have decided to hire a coach for this event. For those who have already booked a place on this trip and paid a £5 deposit, please note the following;

1. the cost per person for the coach will be £5.35 including a tip for the driver
2. the balance of the guided tour is £7.50
3. the cost of the refreshments depends on the option you have selected.



Rockingham Castle have asked for the cost of the tour to be paid upfront.

The total balance for the above needs to be paid at the next branch meeting on October 20th. If you are not going to be at the meeting, please ensure you get your money to Jenni (1 Hall Court, Sackville St., Thrapston—at the far end of the Co-op car park) by October 20th.

We aim to arrive at Rockingham Castle by 10.10. All refreshments will be served in the tea room. We will split into 2 groups, with one guided tour at 11.00 and the second at 11.15

Final details of time of departure etc will be in the November newsletter and announced at the November branch meeting

Contact Jenni Hall email: jennihall207@gmail.com phone: 01832 358721

Places 2 Go

On September 17th, a group of intrepid travellers journeyed by minibus to join Crusader Community Boating for a lovely trip from Gayton Junction to The Wharf, Bugbrooke. This was followed by a meal at the Wharf, which was very good.



An excellent day, enjoyed by all.

Maddie Godden Group leader

Thrapston and District U3A Committee

Chair: Sheila Underwood

Vice Chair: Viv Tunstall

Treasurer: Tricia James

Secretary: Pauline Johnson

Groups Co-ordinator: Roger Davies

Membership: Pauline Dennison

Publicity: Viv Tunstall

Speaker Seeker: Paul Ollett

Newsletter Editor: Wendy Davies

Equipment Manager: Ian Byrnes

A note from the Editor

This newsletter is published on behalf of the committee of the Thrapston and District U3A.

The opinions expressed are not necessarily those of the Editor, or of the committee of the Thrapston and District U3A or of the U3A Trust.

Please note that items for inclusion in the next newsletter should reach the Editor by the first Friday in the month.

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