



[www.u3arugby.org.uk](http://www.u3arugby.org.uk)

Charity Number 1094479

**'Sharing Knowledge to Learn from Each Other'**

## **New Members**

We would like to welcome the following new members: Marlene Binns, Jillian Cooper, Tricia Davis, Andrew Jones, Rebecca Morris and David Waring.

Please look out for them in your Groups and Monthly Meetings and help them to quickly feel part of our organisation.

## **Dates for your diary**

### **Coffee Morning Drop-Ins**

Monday 10<sup>th</sup> March at the Kanko Coffee Lounge, 41 Clifton Road, Rugby, CV21 3PY (corner of Bath Street)

### **Monthly Meetings**

#### **13<sup>th</sup> March 2025 2:00 pm–4:00 pm**

Jules O' Brian - Becoming a standup comedian at 50. Bonkers or brave?

#### **10<sup>th</sup> April 2025 2:00 pm–4:00 pm**

Roger Browne "Not father O' Malley", Roger's childhood in wartime and post war Salford

#### **8<sup>th</sup> May 2025 2:00 pm–4:00 pm**

Andrew Lound, Carpathia - "The midnight dash" The Titanic rescue.

#### **12<sup>th</sup> June 2025 2:00 pm-4:00 pm**

Barrow to Baghdad – Philip Caine. Philip's experiences during his working life.

## **Last Monthly Meeting**

### **Recycling With a Difference**

Sue and her husband Richard gave us a talk about recycling "household rubbish". The talks started 12years ago -although she has been recycling for many years.

Sue's talk was interesting as so much "rubbish" can be recycled in many ways. She had an extensive display of items that were made from plastic bags, bottles and coke cans. Plastic bags can be knitted to become sturdy shopping and handbags. Bottles pushed into one another and glued together amazingly turned into useful tables and chairs, even a greenhouse. Coke cans cut into shapes, painted and decorated, made beautiful necklaces, earrings, bracelets and rings.

Sue has had a few short moments of fame as she was chosen from millions of British housewives to knit a spacesuit for a rubber chicken that was going off into the beyond. She has been interviewed on Radio, BBC television and for the newspapers.



*Fran Marchant*

## Group News

### Knitting and Crochet Group



An embroidery ready for mounting stitched by Pam Matthews.

### New Knitting Group

"I belong to a sewing group in Coventry and sometimes we donate quilts for people in the community.

They have recently asked for baby clothes and knitted blankets. I thought that I could start a group and while knitting and chatting we could be making something useful. Do you think that this is a good idea? Please get in touch if you're interested in joining the group"

Group name: "Knitting for Charity"

Day & time: 3rd Thursday of the month, 2.00 - 4.00 pm

Venue: Member's home

Maximum of 6 people.

Contact details: 07804977881 or email: [marysandwell@hotmail.co.uk](mailto:marysandwell@hotmail.co.uk)

## First Lunch Club of the Year

The lunch club enjoyed their first get together since Christmas. The food was excellent and the amount of laughter and talking which filled the room made one wonder how time to eat was made!

A very successful start to 2025.

*Kathleen Thomas*



*Keith Day*

## Carry on Cruising

On February 7<sup>th</sup>, a group of travellers and cruisers met at our usual venue, The United Reform Church and listened as Dave and Marie Daniel shared their experiences of travelling in Southern India. They had visited various locations over a number of years, so we were able to see how the various areas had developed and to compare the various regions. The talk demonstrated just how much they enjoy the country, and we were given some valuable information as to the pros and cons of areas, booking processes and accommodation types. The display of souvenirs, books and pictures formed the basis for discussion.

Next month Steve and Penny Woodford are sharing their experiences "Yachting across Greece," feel free to join us on Friday 7<sup>th</sup> March at 2.00pm.

## Antiques for Fun

Ann Bessey stepped down as group leader for this popular group at the end of last year and no one stepped up to the plate to take on the responsibility for this year.

If you are interested in the group continuing and would be willing to attend a planning meeting to set a calendar for 2025 please indicate / comment on the u3a website using the link [Antiques for Fun | Rugby U3A](#)

*Dawn Fassam*

## **Samba Band**

The Samba Band is back in action and will be performing at The Bull Inn, Clifton, on Thursday 6th March. This will be the first live performance for twelve months and members of the band would appreciate some friendly support on the night. There will be other acts performing during the evening, but the Samba Band will be the first on at 7.30 pm so please arrive in good time and give us your support. The bar will be open, of course, and food will be available to order if you want some.

*Steve Woodford*

## **Research into Views on Aging**

I am Ellie Johnson, a PhD researcher at Coventry University. I am doing a study about how views around ageing (i.e., "My age *prevents* me from doing the things I would like to do" vs. "My age presents me with an *opportunity* to do the things I would like to do") relate to fear of falling in older adults. I am asking people aged 60-90 years to take a short online survey (it only takes about 20 minutes). The answers will help us better understand how to prevent and treat people with a fear of falling.

Here is a link to the survey:

<https://app.onlinesurveys.jisc.ac.uk/s/coventry/survey-fearoffalling>

Thank you so much for considering this, I really appreciate your help!

Best regards,

Ellie Johnson

PhD Candidate, Human Movement Sciences, Coventry University.