

## Kingston U3A News Bulletin - 12 March 2019 no 18

We have a bumper edition this month with lots of events to whet your cultural appetite. Researchers are looking for participants in their studies into Alzheimer's and into the links between diet/fasting on ageing/memory. There's a challenge from Cannock Chase U3A to build a 'robot' which can compete against others. The Get Creative Festival provides an opportunity for our U3A groups to show their skills to others, and our members to try out a new activity. London Region's summer school and the U3A in London Easter conference in April have an excellent range of talks on offer, while the Citizen 800 Project at Royal Holloway London has a series of research/shared learning days. One of our jazz groups would like to recruit more members and the Kingston U3A Orchestra is asking for your support. Kingston University is holding a series of Lent talks at All Saints Church and, as always, we finish with a reminder about our next monthly meetings.

### Research into Alzheimer's

A research team at University College London (UCL) is conducting a study funded by Alzheimer's Research UK. It aims to learn more about how people navigate and, specifically, how their ability to do so declines with age. The team is looking for older volunteers to participate in their study.

#### What you'll have to do

- Play a few levels of a mobile app game (Sea Hero Quest) at the Department of Psychology and Language Sciences, UCL.
- Walk round Covent Garden with an experimenter, where you will be asked to find various locations in a scavenger-hunt-like task.
- Use your best compass skills to point back to locations you have passed during the walk.

**Dates:** There are several time slots (9am-5pm) on the following Tuesdays – 19 March, 26 March, 2 April

**Place:** Meet at the Department of Psychology and Language Sciences (UCL), 26 Bedford Way, London, WC1H 0AP, followed by a walk to and around Covent Garden

**Duration:** 2-2.5 hours (20-30 minutes at Bedford Way, 40-50 minutes' walking, including 10 minutes' walk from Bedford Way to Covent Garden)

**Compensation:** £7.50 an hour. Refreshments will be provided.

**Further information:** If you are interested in taking part, please contact Sarah Goodroe at [sarah.goodroe.18@ucl.ac.uk](mailto:sarah.goodroe.18@ucl.ac.uk) or phone her on 07763 870717.

Please check U3A's [disclaimer](#) before you take part in any research.

## King's College London: recruitment of volunteers for clinical trials

We advertised this clinical trial in the September news bulletin last year but Curie Kim and the ChANgE study team at King's College London are still looking for volunteers to take part in a study investigating the effects of intermittent fasting (5:2 diet) and/or chewing on the production of new brain cells, ageing and memory.

### Requirements

You need to fulfil the following criteria:

- Be 60+ years old.
- Have a BMI 25-35kg/m<sup>2</sup>.
- Do not usually chew more than three pieces of gum in a week.
- Do not already follow an intermittent fasting regime.

### What you will have to do

- Answer questions about your health, initially via telephone or email (5-10 minutes).
- Attend the Metabolic Research Unit of the Department of Nutritional Sciences (Corridor A, 4th Floor Franklin-Wilkins Building, Waterloo campus, King's College London) for a screening visit (approximately 1 hour).
- If you fit the study criteria, make a further three study visits (1 hour) over a 12-week period. You will be asked to provide fasting blood samples, fill in questionnaires and complete a computer-based task.

**Compensation:** £75 for your time and up to £10 travel expenses per visit upon successful completion of the study.

**Further information:** If you are interested, please contact the ChANgE Study team at [change@kcl.ac.uk](mailto:change@kcl.ac.uk) or telephone 07927 054534.

Please check U3A's [disclaimer](#) before you take part in any research.

## U3A Robot Constructors Challenge

Are you an experienced or budding mechanical or electrical constructor, or a coder, who likes building small robots? Cannock Chase U3A has a new initiative: to pit your moving, controllable, programmable robot against others in a series of challenges.

The proposed venue for the first challenge is Conference Aston in Birmingham where the U3A Science Network is holding its 2019 meeting this August.

This is a call to register your interest in such an event to give time for participating teams to be formed and the robots to be built to meet the challenges.

Please note that the venue could change depending on the interest received.

**Further information, rules and registration:** See the [Cannock Chase U3A website](#).

## **Get Creative Festival, Saturday, 11 May-Sunday, 19 May**

This BBC-backed Festival aims to highlight the regular cultural activity that takes place across the UK and to encourage people to try out new things and/or get actively involved in a creative event in their area.

Get Creative will be a good opportunity to promote our U3A and showcase some of our activities. Every U3A event needs to be locally organised and registered with both [Get Creative](#) and the [U3A National Office](#). Grants may be available from the National Office to assist with any additional costs.

**Further information:** See the [Get Creative](#) website and download the planning toolkit. Check the website periodically to see if there is a hub event being planned in our area to which we can contribute.

## **London Region summer school**

A reminder that booking is now open for this annual, non-residential event. You can attend for one, two or three days, and can choose from 28 different talks, four workshops, and six guided walks around the City of London.

There is a wide range of subjects: Art, Current Affairs, History, Literature, Music, Science and Travel. This year the general theme is 'Celebration of the Sea'.

**Dates:** 23-25 July

**Place:** St Bride Foundation, Bride Lane, Fleet Street, London, EC4Y 8EQ (five minutes from Blackfriars station)

**Further information and booking:**

- [London Region summer school](#): programme, cost, booking procedures
- [Application form](#) for postal submission
- [Online application](#)

Sessions fill up quickly so please book as soon as possible to secure your place.

## **U3A in London: Easter conference – April**

The theme of this year's conference is 'Upsetting the Apple Cart: controversial figures'.

Topics include:

### **Tuesday, 23 April**

- Trouble and Strife: the role of revolutions and revolutionaries – Mao, Lenin and Robespierre
- Charles Darwin's Theory of Evolution by Natural Selection

### **Wednesday, 24 April**

- Climate Change and Hothouse Earth: are we reaching the tipping point?
- The Gift of a Lifetime: writers and artists who have challenged perceptions of ageing
- Summer of Blood: harsh laws and corruption – when injustice becomes intolerable, are popular uprisings the answer?
- Artists from Caravaggio to Tracey Emin and their viewers

### **Thursday, 25 April**

- The Great Stink and the Great Evasion: Chadwick, Hall, Accum and Wakley versus the parish pump
- A Troublemaker in 1740 with Effects through to the 20th Century: how Frederick II's invasion of Silesia was an important hinge around which much European political history of the 18th century revolved
- Gaudi and Controversy: responsible for the unfinished, surrealistic Sagrada Familia in Barcelona, Gaudi still attracts controversy and debate
- Wagner: the making of a revolutionary

**Place:** Main Hall, Hampstead Old Town Hall, Belsize Park, NW3 4QP

**Cost:** £45

**Further information and booking:** Please see the [Easter Conference](#) website.

### **Third Age Trust event: Citizen 800 Project research days**

U3A members are welcome to join the rolling programme of shared learning projects.

Royal Holloway is hosting a series of research retreats where members of the U3A can help the leaders delve into the archives to examine key milestones in the history of liberty, protest, rebellion and reform. Most retreats will be held at Royal Holloway's campus in London and more dates will be added, so please check the website from time to time for updates.

**Further information:** please see the [Citizens 800 Project](#) website.

Here are some of the subjects on offer:

#### **Chartism 180**

Examine online newspaper archives to discover the reaction to the first mass Chartist petition of 1839.

**Date:** Wednesday, 10 April

**Time:** 12 noon-4.30pm

**Place:** Royal Holloway, Arts Building F001, Egham Hill, Egham, TW20 0EX

**Cost:** Free

**Further information and booking:** See the [Eventbrite](#) website.

### **Discovering the Strike Wave 1910-14**

Examine online newspaper archives to discover the extent of the Strike Wave of 1910-14, mapping examples of the industrial unrest which troubled Asquith's Liberal government in the lead up to the First World War.

**Date:** Wednesday, 8 May

**Time:** 12 noon-4.30pm

**Place:** Royal Holloway, Moore Building 0-02, Egham Hill, Egham, TW20 0EX

**Cost:** Free

**Further information and booking:** See the [Eventbrite](#) website.

### **Peers vs the People**

Examine online newspaper archives to discover the press reaction to the 'Peers vs People' debate following attempts by the House of Lords to frustrate Chancellor of the Exchequer Lloyd George's 'People's Budget' of 1909, prompting a constitutional crisis.

**Date:** Wednesday, 26 June

**Time:** 12 noon-4.30pm

**Place:** Royal Holloway, International Building Boardroom, Egham Hill, Egham, TW20 0EX

**Cost:** Free

**Further information and booking:** See the [Eventbrite](#) website.

### **Home Rule Crisis**

On 11 April 1912 the Third Home Rule Bill was introduced, promising to create devolved government for Ireland. A crisis followed, with opposition from the Lords and unionists. Come along and examine how the crisis unfolded.

**Dates:** July – exact details and other information to follow soon. Keep your eye on the [Citizens 800 Project](#) website.

## **The Place to Eat ...**

...while helping the K3A orchestra.

If you have lunch in The Place to Eat, the restaurant in John Lewis (it's on the mezzanine floor, just beyond the computer/TV department), you'll get a green token at the till to put into one of the Community Matters boxes. Until the end of April, the K3A Orchestra has one of the boxes and would be grateful to receive your green token, as it will be translated into a financial donation. The more green tokens they get, the bigger their share of the funding.

The orchestra encourages retired amateur musicians to enjoy playing. It became a fully independent organisation in 2014 and adopted a new name, the Kingston Third Age Orchestra.

**Further information:** See [The Kingston Third Age Orchestra website](#).

## **Jazz Group**

Evelyn Donaldson would like to recruit some new members to her group. They meet at 2-4pm on the last Friday of each month in the Teddington area.

If you are interested in coming along, please contact Evelyn Donaldson at [edonaldson47@gmail.com](mailto:edonaldson47@gmail.com) or telephone her on 020 8973 0901.

## **Kingston University events**

Here are some of the events in March and April which may be of interest to you. For a full list, see [Kingston University website](#).

### **'In Conflict?' Lent Talks**

Why do we disagree? Why do some disagreements hurt us so much whereas others don't? What exactly is a disagreement and how does it affect us? How can we learn to disagree well, perhaps even productively, even when the disagreement is within our families, religious community or political sphere?

This is a series of talks that explore from a psychological point of view what it is to disagree and how to do it well. The talks will use case studies drawn from the religious and legal sphere and within families.

All talks take place on a Wednesday.

**13 March: [Why do we disagree? Why does it hurt when we do?](#)** – Professor Adrian Coyle, Department of Psychology, Kingston University

**20 March: [Conflict in Religion?](#)** – Bishop Tim Thornton, Anglican Bishop at Lambeth and former Diocesan Bishop of Truro

**27 March: [Conflict in Law?](#)** – the Hon Richard Hawkins QC, retired Judge at the Old Bailey

**3 April: [Conflict in the Family?](#)** – Suzanna Stein, accredited family mediator and counsellor

[10 April: How to disagree productively](#) an open discussion – led by Louise Walton, Faith Advisor, Kingston University

**Place:** All Saints Church, Marketplace, Kingston

**Cost:** Free, non-ticketed – please just come on the day(s).

**Further details:** See [Kingston University](#) website.

## **U3A monthly meetings**

**1 April: London's East End** Howard Slater's talk takes us on a tour of some of the area's streets, giving us a flavour of the local history and culture.

**13 May: Forty years catching smugglers** After Malcolm Nelson's talk, you'll know how to negotiate the Green Channel at customs.

These meetings are for **members** only:

**Time:** 2pm (doors open at 1.30pm)

**Place:** United Reformed Church, Eden Street, Kingston

**Cost:** £1

Coffee and biscuits are available after the talk.

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The next Kingston U3A news bulletin will be emailed to you around the middle of April. Please forward any contributions or suggestions to Susan Hinchsliffe at [communications@kingstonu3a.org.uk](mailto:communications@kingstonu3a.org.uk) by Friday, 12 April.

In the meantime, please check the [Kingston U3A](#) website regularly. Many thanks.

Please note: If you wish your name to be removed from Kingston U3A's email list, please notify [Linda Foreman](#) or [Susan Hinchsliffe](#).