

Kingston U3A News Bulletin – 14 December 2017

This month's edition alerts you to a couple of research projects Goldsmiths is running which you might like to take part in. There's an interesting talk at the Francis Crick Institute looking at how the fruit fly's wing may one day help improve human health. And there is an invitation to join Play Reading Group 2, as well as information about three Kingston University events that might interest gardeners, music lovers and bird watchers.

Until the next news bulletin in January, we wish all our readers a happy Christmas and extend our best wishes to you and your families for a healthy and peaceful New Year.

Research project: Autism across adulthood

Dr Rebecca Charlton (Goldsmiths, University of London), her colleagues from the Autism Diagnostic Research Centre (Southampton) and George Washington University (USA) are starting a research study about autism across adulthood. They aim to find out more about changes in autism traits, cognitive abilities and well-being across the lifespan.

They are inviting people with and without autism to take part. They will ask you to complete some questionnaires (20 minutes) and meet with a researcher to complete some pencil and paper tasks (about 2 hours).

All information will be kept strictly confidential and all data collected made anonymous. If the results of this research study are published and presented at meetings, your name will not be shown. You can also ask to have your information withdrawn at any point. Please note, that you can change your mind about taking part in the research at any time.

The results of this study will be used to help understand more about ageing with Autism Spectrum Disorders. If you would like a copy of the results for the study, please let the researcher know.

The meeting with a researcher can take place at Goldsmiths University (New Cross, London, SE14 6NW), at your home, or at another location where you feel comfortable. Unfortunately the researchers cannot pay you for taking part but will reimburse any travel expenses to Goldsmiths (up to £10).

Further information

If you are interested in finding out more about this study or in taking part, please contact one of the following with details of the best time and method to contact you:

- goldage@gold.ac.uk
- Emily McCarthy, emcca006@gold.ac.uk, 07584146765

Research project: Brain stimulation in older adults - can it improve mood?

Goldsmiths is conducting a study to see if brain stimulation can improve mood and the ability to identify positive and negative emotions in healthy older adults. Some older adults have problems with low mood that persists but is not severe enough to be classified as depression. It may be possible to improve mood by stimulating the brain with a technique called transcranial electrical stimulation (tES). In younger adults tES has improved mood but studies have not yet been performed in older adults. Researchers want to see if tES can improve mood in typical healthy older adults, before applying this technique to older adults with depression.

If you would like further information or want to take part in this research project, please contact one of the following people:

- Adam Claessens on 020 7896 2798 or aclae001@gold.ac.uk
- Dr Carys Evans on 020 7896 2798 or c.evans@gold.ac.uk
- Dr Rebecca Charlton on 020 7919 7222 or r.charlton@gold.ac.uk

U3A talk: Blue Skies and Fruit Flies - patterns in biology

At the new Francis Crick Institute in Kings Cross, scientists are working at the cutting edge of research.

Crick scientists Jean-Paul Vincent and Sophie Herszterg are studying the complexity of the fruit fly wing to uncover patterns in biology to see if such insights could affect the future of human health.

You will have the chance to view the Crick's new exhibition, Deconstructing, Patterns, and there will be an opportunity for questions.

Time: 2-4pm (doors open 1.30pm)

Date: Tuesday, 13 February

Place: Francis Crick Institute, 1 Midland Road, London, NW1 1AT

Cost: Free (please note, this is open to U3A members only)

Further information and registration: please see the [Eventbrite](#) website.

Play reading group 2

Kingston U3A's second play group is struggling to find new members to make it truly viable.

Members meet on the fourth Tuesday of each month in the afternoon. Recently they have read plays by Tom Stoppard, Neil Simmons, Joe Orton, Agatha Christie, Alan Ayckbourn and J B Priestly.

They hire the play texts (£1 per person) from the Surrey Performing Arts library, one of only two such libraries in England. It has over 3,000 plays.

If you are interested in joining them in the New Year, please contact Mary Borrows at maborrows@aol.com.

Monthly meetings

Don't forget to come along to Kingston U3A's monthly meetings. They are usually held on the first Monday of the month at the United Reformed Church, Eden Street, Kingston at 2pm. These meetings are for members only.

The next few meetings are:

8 January: Quiz

5 February: One thing led to another (Deirdre Sanders, *The Sun's* agony aunt)

5 March: Social and political satire in Gilbert & Sullivan (Bernard Lockett)

U3A email sign-up

If you would like to receive updates from the U3A national office, you can now sign up to get regular emails.

Please see the [U3A website](#).

Kingston University events in January 2018

You can find a full list of events on the university's [website](#).

Here are a few that you might be interested in:

Rhodo bashing

Help rid the university's woodland of invasive *Rhododendron ponticum* under the experienced guidance of the Environment Trust. A good workout guaranteed!

Time: 10am-4.30pm

Date: Saturday, 13 January

Place: Kingston Hill campus, Kingston Hill, Kingston upon Thames, Surrey, KT2 7LB

Price: free

Further information: See Kingston University's [website](#).

Variety Café

One of a series of free lunchtime concerts supported by Kingston University. Come along for an exciting mix of emerging artists and alumni performances.

Time: 1.15-2pm

Date: Wednesday, 24 January

Place: Rose Theatre, 24-26 High Street, Kingston upon Thames, Surrey, KT1 1HL

Price: free

Further information: See Kingston University's [website](#).

RSPB big garden bird watch

Will the sparrow stay in top spot? Join staff and students to count the regular visitors to Kingston University's campuses or join in from your own garden.

Date: Friday, 26 January-Monday, 29 January

Price: free

Further information: See Kingston University's [website](#).

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The next email news bulletin will be posted out to you towards the end of January. Please forward any contributions or suggestions to Susan Hinchsliffe at communications@kingstonu3a.co.uk by the middle of January.

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