

## Kingston U3A News Bulletin – 21 September 2018 – No 14

In this bumper edition, there's an invitation to a study day at Roehampton University as well as two opportunities to take part in research studies at King's College London. The Third Age Trust has arranged several events on a wide range of topics; textiles, science, music, art, archaeology, drama, and there are Christmas carol concerts, too. There's a reminder about London Region's music study day and Kingston University invites aspiring singers to join a local choir and, in a special event, author Gail Honeyman will answer questions on her book *Eleanor Oliphant is Fine*. Finally a reminder of our next Kingston U3A monthly meeting. It will take place on Monday, 1 October and not on the 2<sup>nd</sup> as mistakenly advertised in the printed newsletter.

### Study day at Roehampton University: the Mysteries of Memory

A wide range of themes covering different aspects of memory includes:

- Memories of reading and memories of fiction
- Smart phone photojournalism and the reporting of war
- Dance, memory and ageing
- Duality of amnesia and memory

**Time:** 10.30am (registration)-4pm

**Date:** Wednesday, 24 October

**Place:** Roehampton University, Roehampton Lane, SW15 5PU

**Cost:** £10 (includes tea and coffee and a light lunch) Numbers are limited and the event is open to all London U3As so early application is advised.

**Further information:** See the [Kingston U3A](#) website, from where you can also download an application form.

### Research project 1: King's College London - recruitment of volunteers for clinical trials

Curie Kim, a PhD student at the Institute of Psychiatry, Psychology and Neuroscience is looking for volunteers to help with research into the impact of intermittent fasting and/or chewing on the production of brain cells, memory and ageing.

#### Volunteers

You may be interested in taking part if you are 60+ years old, have a BMI of 25-35, are healthy, don't smoke and don't usually chew more than three pieces of gum a week.

## **What you will have to do**

You will need to answer some questions about your health, initially via telephone or email (5-10 minutes). Following that, you will need to 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, you will need to 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**

Participants will be paid £75 for their 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: [change@kcl.ac.uk](mailto:change@kcl.ac.uk) or telephone 07927 054534.

## **Research project 2: King's College London/University of Reading - recruitment of volunteers for clinical trials**

Members of the Department of Nutritional Sciences, King's College London and the School of Psychology and Clinical Language Sciences, University of Reading, are looking for volunteers to take part in their research into the effects of blueberry supplementation on cognitive performance and vascular function.

Blueberries contain high amounts of natural compounds called polyphenols that are found in a number of foods including tea and cocoa. Recent research has shown that blueberries improve executive functioning and memory in both healthy adults and children. In this study researchers aim to link blueberry consumption directly with increased vascular and cerebral blood flow and positive cognitive outcomes in healthy older adults.

## **Volunteers**

You may be interested in taking part if you are 65-80 years old.

## **What you will have to do**

You will have to visit King's College near Waterloo Station five times. On two study occasions, you will be given breakfast and a blueberry juice drink. You will then be asked to perform some cognitive tasks taking approximately 45 minutes. Your cerebral blood flow will be measured using a quick and non-invasive ultrasound device. The study visits will last around five hours.

Finally you will be asked to collect 24 urine samples from the start of each study day until the next morning and to drop them off the following day. Equipment will be provided.

## Further information

If you are interested taking part, or would like more detailed information, please email [blulifestudy@kcl.ac.uk](mailto:blulifestudy@kcl.ac.uk), giving your phone number and a time at which it would be convenient to call you. A member of the research team will contact you to arrange a visit and answer any further questions.

## Third Age Trust events

There are several events on offer throughout the autumn, covering a range of subjects:

### Unravelling the Whitworth

The Whitworth holds one of the largest collections of textiles and wallpapers in the world dating from the 1st century AD to the present day. Curators and experts will discuss creative processes, methods and ideas behind some of the work.

**Place:** The Whitworth, Oxford Road, Manchester, M15 6ER

**Date/Time:** Thursday, 4 October – 10am-4pm

**Cost:** £27.50

**Further information and tickets:** Please see the [Eventbrite](#) website.

### Music, Art and History Session

An afternoon of talks, local music, history and art with a very special performance from some of the Welsh National Opera singers.

**Place:** National Museum Cardiff, Cathays Park, Cardiff, CF10 3NP

**Date/Time:** Tuesday, 9 October 1.30-4.30pm

**Cost:** £15

**Further information and tickets:** Please see the [Eventbrite](#) website.

### U3A explores Science at the Ri

A day of talks on a variety of subjects: Exploring the Solar System; Twins, Microbiomes and Personalised Health; and Rise of the Mutants.

**Place:** The Royal Institution of Great Britain, 21 Albemarle Street, London, W1S 4BS

**Date/Time:** Monday, 15 October 1.30-5pm

**Cost:** £21.50

**Further information and tickets:** Please see the [Eventbrite](#) website.

### **Makers not Muses: Women Artists**

Unfortunately this event is already **sold out** but we are including it here in case you wish to join the waiting list. Follow the link below to register your interest.

A day of talks exploring the status of women artists, the purpose of their paintings and traditional obstacles to success.

**Place:** The Sainsbury Wing Theatre, National Gallery, Trafalgar Square, London, WC2N 5DN

**Date/Time:** Thursday, 1 November 11am-3.45pm

**Cost:** £25

**Further information and tickets:** Please see the [Eventbrite](#) website.

### **From Page to Stage**

A chance to try your hand at directing a scene from a play, putting into practice lessons you'll have learned earlier in the day and culminating in a performance in which professional actors will bring your scene to life.

**Place:** The Lyceum Theatre, 21 Wellington Street, London, WC2E 7RQ

**Date/Time:** Monday, 12 November 10.30am-4.30pm

**Cost:** £37.50

**Further information and tickets:** Please see the [Eventbrite](#) website.

### **Beneath Your Feet - Hidden Depths of Roman London**

Delve into the hidden archaeological world that lies buried beneath the City of London with a day inspired by the Romans. Explore London's Roman Amphitheatre and handle some genuine Roman artefacts with a trained archaeologist. You'll have the rare opportunity to view a Guildhall painting not on public display (David Roberts's oil on canvas, *The Forum, Rome* 1859) to explore why the Forum was so important in the Roman world.

**Place:** Guildhall Art Gallery, Guildhall Yard, London, EC2V 5AE

**Date/Time:** Wednesday, 28 November. Begins at 11am but the gallery opens at 10am if you wish to look around before the event.

**Cost:** £22

**Further information and tickets:** Please see the [Eventbrite](#) website.

### **U3A Christmas concerts**

Join the Brandenburg Singers at one of these concerts, introduced and conducted by Bob Porter, the Brandenburg Choral Festival of London's Artistic Director.

There'll be mulled wine and mince pies, too.

**Place:** The Queen's Chapel of the Savoy, Savoy Hill, London, WC2R 0DA

**Date/Time:** There are three concerts: 3 December 2pm and 5.30pm, and 18 December 2pm

**Cost:** £19.50

**Further information and tickets:** Please see the [Eventbrite](#) website.

## **London Region music study day - tickets still available**

Tickets are still available for this musical event. [CHECK BEFORE PUBLICATION]

### **Topics:**

- Broadway and the American songbook 1920-1950
- Verdi's parental connections
- The intertwined lives of Robert Schumann, Clara Schumann and Johannes Brahms
- A short history of jazz

**Time:** 10.15am-4pm (registration 10am)

**Date:** Saturday, 20 October

**Place:** St Pancras Room, Kings Place, 90 York Way, London, N1 9AG

**Cost:** £20 per person

**Further information and the application form:** See the [London Region](#) website.

## **Kingston University events in October**

Here are a couple of next month's events which may be of interest to you. For a full list, see [Kingston University](#) website:

### **Join the Kingston Singers and end your Mondays on a high note**

An invitation to join your local community choir, the Kingston Singers, to sing pop, rock and show songs. You don't have to have a fantastic voice or be able to read music and there are no auditions. There will be an end-of-season performance at 7.30pm on 14 December at 7.30pm in St John's, Hampton Wick.

**Time:** 6-7.15pm

**Dates:** Monday, 1 October-Monday, 10 December

**Place:** David Jacobs room, Rose Theatre, Kingston upon Thames, KT1 1HL

**Cost:** £5/£2 NUS and concessions. Full amount (£45/£18) is payable at the Rose Theatre box office.

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

### **The KU Big Read - an Audience with Gail Honeyman**

Author of the KU Big Read 2018 Gail Honeyman will talk about her book *Eleanor Oliphant is Completely Fine* and answer questions.

**Time:** 4-6pm

**Date:** Wednesday, 24 October

**Place:** Clattern Lecture Theatre, Penrhyn Road campus, Penrhyn Road, Kingston, Surrey KT1 2EE

**Cost:** Free but booking is essential.

**Further information:** See the [Kingston University](#) website. From this page there is a link to a registration form.

### **U3A monthly meetings**

**1 October:** Arthur Wakefield: Lawrence of Arabia and the Capture of Damascus

(Please note the date: it was incorrectly advertised as 2 October in the Autumn Newsletter)

**5 November:** The Tomb of the Unknown Warrior in Westminster Abbey – the story of how an unidentified soldier came to be buried there.

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 posted out to you towards end of October. Please forward any contributions or suggestions to Susan Hinchsliffe at [communications@kingstonu3a.org.uk](mailto:communications@kingstonu3a.org.uk) by the middle of October.

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](#).