

Kingston u3a News Bulletin April 2021 No 35

Our April edition begins with an invitation to take part in a research project looking into the role of psychological factors in maintaining good balance. There'll be a lot of online talks on offer throughout the month with the New Scientist, London Region Network and the Third Age Trust offering a varied programme. Our national office has produced a new leaflet – Members Link – which summarises all the help available for the running of our **u3a** and for both individual members and group leaders. We're currently looking for volunteers to help us with the website, the marketing and PR of Kingston **u3a**, and the potential use of social media. You can see details below.

We end with a list of our next few monthly meeting, the next one on Monday, 12 April. Please don't forget this will be preceded by a Special General Meeting to vote on changes to our constitution outlined in your Spring newsletter which we sent out in February. Please attend from the beginning as your vote is important. The business will take only a few minutes before the talk on the House of Romanov starts.

The national office has recently published advice about the easing of Covid lockdown restrictions which group leaders should read. You will find this advice on the national [u3a](#) website.

And even though restrictions are easing, please continue to take care and keep safe!

Research Project: Balance and Psychological Factors

Dr Toby Ellmers of Brunel University in Uxbridge, is looking for volunteers to help him with his online research project which explores how psychological factors such as anxiety influence balance. The results will inform new NHS strategies to reduce the risk of falls.

If you'd like to participate in this project, it will take approximately 10-15 minutes to complete a series of questions regarding health, balance and anxiety. Your responses will be completely anonymous.

Further information

For more details and to participate, please go to the [Balance Vigilance and Awareness](#) survey.

You can also email Toby at toby.ellmers@brunel.ac.uk.

Please check **u3a**'s [disclaimer](#) before you take part in any research.

New Scientist: Online event – A Rescue Plan for Nature

What do we need to do to restore the planet's biodiversity and prevent the next pandemic?

Join a top-level panel of scientists, conservationists and policymakers as they discuss how our disregard for nature caused Covid-19, and how we can seize a unique opportunity to 'build back better'. A Q&A session will follow.

Time: 6-7.30pm

Date: Thursday, 15 April

Cost: Free

Registration: Go to the [New Scientist](#) website.

London Region: April online talks

There are two online talks:

- Literary Highgate: Monday, 12 April, 5.30-6.30pm (log in from 5pm)
- The Horse: Monday, 26 April, 5.30-6.30pm (log in from 5pm)

Further information and registration: Please see the [April Talks](#) flyer where you will see links to sign up for the appropriate talk.

Information about London Region's summer programme will be available soon.

London Region keeps a [Talks Archive](#), where you can find recordings of some of their previous online events.

u3a Online Events

The Third Age Trust is holding some online talks in April and May which may be of interest to you.

You can see all of them listed on the national [u3a](#) website, along with dates and times. These events are free of charge. Subjects for which there are still tickets include:

- [The Garrett Sisters: Millicent Fawcett and Elizabeth Garrett Anderson](#) – 1 April, 10am
- [Exploring Roman Worcester](#) – 7 April, 10am
- [Grinling Gibbons, the Michelangelo of Wood Carving](#) – 8 April, 10am
- [Staying Safe Online](#) – 8 April, 2pm (I have attended this course already and found it very useful - editor.)
- [Egyptology: Gods and Goddesses](#) – 12 April, 2pm
- [The Story of Motown](#) – a four-week series: 13, 20, 27 April 4 May, 10am
- [A Taste of Japan](#) (repeat event) – 13 April, 2pm
- [Discovering Japan](#) – 22 April, 10.30am
- [Maths Activities and Games](#) (repeat event) – 29 April, 2.30pm

- [The Geology of Britain in the Palaeozoic, the Era of Early Life](#) – 6 May, 2pm
- [Everything and Anything you would like to know about Yoga in the Third Age](#) – 14 May, 10am

It's a good idea to make a note of the national [u3a Events](#) page and check it regularly to make sure you are in time to book any talks you are interested in. By the time we publish our bulletins and newsletters, these events are often sold out.

u3a Member Link

The national office has produced a leaflet called Member Link. It has advice, links, tips and resources to keep us all connected, active and learning together. Whether you connect online or face to face (rules permitting) when the lockdown eases, or a blend of the two, the ideas in the leaflet can help support your activities.

Support for members includes advice on:

- Connecting offline (telephone trees, WhatsApp, penfriends, round robin letters)
- Connecting online (national learning programme, subject advisers, events and talks, digital eagles, national newsletter, sources)
- Time on your hands (social media, keeping in touch forums, [u3a](#) podcasts, giving a talk)

Support for your local u3a includes advice on:

- Keeping going (Covid advice, diversity and inclusion, networks)
- Engaging with members (branded resources, [u3a](#) Day)
- Sharing skills (buddy [u3as](#), sharing tips with new members)

Further information: Go to [Member Link](#) to see the leaflet in full.

Help! Help!

Kingston [u3a](#) relies on volunteers to run our local organisation, maintain the database and website, oversee the groups, organise the trips and holidays, hire the monthly speakers and handle communications. To help us with the new challenges we face, we are looking for volunteers with experience in the following fields:

Website Maintenance

Are there any members out there with technical experience and/or expertise in website maintenance who are willing to help us?

If so, website manager Diane Wilson would appreciate your advice and help. It would be particularly helpful if you had worked with the website software Wordpress.

Sometimes national office asks Diane to update Kingston [u3a](#)'s website with the latest functionality or information. Recently the [u3a](#) logo had to be replaced. To have technical help at hand would be very useful.

If you can help, please contact Diane at website@kingstonu3a.org.uk.

Marketing and Public Relations

Are there any members out there with a background in marketing or public relations who would be willing to help us advertise Kingston [u3a](#)?

As well as writing copy, volunteers would be asked to research and contact local newspapers, magazines and websites where we could advertise Kingston [u3a](#) and its activities to help recruit more members. You would also liaise with PR representatives at head office and at London Region Network.

If you are interested in helping, please contact Linda Foreman at chair@kingstonu3a.org.uk.

Social Media

Kingston [u3a](#) doesn't currently communicate with members via social media but we would like to investigate the possibility of doing so, evaluating the advantages and disadvantages of doing so.

If you are familiar with social media – Facebook, Twitter, WhatsApp etc – and would like to offer your advice and/or services, please contact Linda Foreman at chair@kingstonu3a.org.uk.

Monthly Meetings

The meetings listed below will be online via Zoom. We'll send out invitations to all those members for whom we have email addresses. Up to 500 people can participate in an online meeting. The speakers below have all agreed to give their talks via Zoom.

Monday, 12 April, 1.30pm

Please note the earlier start which will begin with a Special General Meeting to discuss and vote on the proposed changes to Kingston [u3a](#)'s constitution which were outlined in our Spring newsletter sent out in February.

The talk will follow at 2pm.

The House of Romanov – Siobhan E Clarke

Monday, 10 May, 2pm

Footsteps in Summer: John o'Groats to Land's End – Russell George

Monday, 7 June, 2pm

Baked Alaska or Mexican Chilly?: Climate change explained – Nick Cook

May Newsletter

We are still looking for contributions to our next quarterly newsletter which will be out in May.

With things beginning to look more hopeful for the easing of the lockdown, we'd like to know how you have coped during the past year:

- Did you manage to achieve anything during that time – decorating, DIY, gardening?
- Did you start taking more exercise than usual? Where did you go? What did you notice?
- Did you take up any new hobbies? Start learning a new language?
- Have your IT skills improved with the use of Zoom and WhatsApp?

And, of course, we'd be happy to receive articles on the usual topics:

- reports from your groups
- poems
- stories
- recommendations for books, programmes on TV, radio or online, box sets

Photos (with captions) are always welcome and brighten up our pages.

Please send any contributions to Susan Hinchsliffe at newsletter@kingstonu3a.org.uk by Wednesday, 14 April.

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The next Kingston **u3a** news bulletin will be emailed to you in early June. Please forward any contributions or suggestions to Susan Hinchsliffe at communications@kingstonu3a.org.uk by Wednesday, 24 May.

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 [Chris Cheek](#) or [Susan Hinchsliffe](#).