

# Kingston u3a News Bulletin July 2022 No 45

(Sent out Wednesday, 29 June 2022)

We hope you have been enjoying the good weather and have had the opportunity to attend the Queen's Platinum Jubilee celebrations both locally and nationally.

Although this is not a **u3a** matter, we thought we'd draw your attention to the fact that the Royal Mail is changing its stamps, adding barcodes to them. Check the details below to see the effect that this will have on your letters to Kingston **u3a**.

The Third Age Trust has its latest programme of online talks on a wide range of subjects in July. There are still tickets available for events at the London Region Summer School. They are also organising a Capital Ring and the LOOP walk which London and surrounding **u3as** are invited to join to cover a section of their choice. Booking has opened for Surrey Network's next four study dates. The network has also issued the dates for its proposed study days in 2023.

As usual we have listed below details of Kingston **u3a**'s next three monthly meetings, along with submission dates for our next news bulletin and newsletter. We look forward to receiving your contributions and photographs for the Autumn newsletter.

Please check our own website, [Kingston u3a](#), regularly. It has all the latest news, as well as information about our groups and copies of our past news bulletins and newsletters.

Until our newsletter in August, enjoy the company of your fellow **u3a** group members and the activities you share.

## New Postage Stamps

The Royal Mail is adding a barcode to all its regular 'everyday' stamps. You can see a picture of this on the [Royal Mail](#)'s website.

Any non-barcoded stamps you already have will remain valid until 31 January 2023 but please be aware that, if you aren't able to use all of your old stamps by that date, you can swap them out for new barcoded ones.

However, this isn't as easy as just handing them in at a post office. You have to fill in a [Stamp Swap Out Form](#) and submit it to the Royal Mail with your non-barcoded stamps. You can already submit any stamps you think you will be unable to use by the January 2023 deadline.

These arrangements do **not** apply to special stamps with pictures on them and Christmas stamps: these will remain valid even though they have no barcode.

You can find full details about all this on the [Royal Mail](#)'s website.

## Effect on your letters to Kingson u3a

From January 2023 we would ask you to be particularly careful when sending in post to Kingston **u3a**. If you use a non-barcoded stamp, Royal Mail will treat your letter as having insufficient postage and there will be a surcharge to be paid, at least £1.50 per item. We cannot undertake to pay or visit the Delivery Office in Villiers Road to retrieve your item.

## u3a Online Events

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

You can see them all listed on the national [u3a](#) website, along with dates and times. These events are free of charge.

- [Artificial Intelligence](#) – Fri 1 July, 10am
- [Derek Jarman's Garden](#) – Fri 8 Jul, 2pm
- [Secret History: Deciphering Information](#) – Thu 14 Jul, 2pm
- [Paulette Szklarz: Young Survivor](#) – Fri 15 Jul, 10am
- [Knights with Paint Brushes](#) – Tue 19 July, 10am
- [Live Cookery Demonstration: Summer Recipes](#) – Thu 21 Jul, 10.30am
- [Book Groups Discussion Forum](#) (a discussion on how to run a book club) – Second session, Fri 22 July, 2pm
- [u3a Science Network: 40th Anniversary Meeting](#) – Tue 26 July, 10.30am-3.30pm
- [Cryptic Crosswords Explained](#) – Thu 28 July, 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 new talks you are interested in. By the time we publish our bulletins and newsletters, these events are often sold out.

## London Region Summer School: 26-27 July

All the walks are now fully booked but if you'd like to join a waiting list, please email [talks.lru3a@gmail.com](mailto:talks.lru3a@gmail.com).

There are, however, still plenty of interesting talks and creative workshops to choose from including a new talk on:

London's Waste – Past, Present and Future: Wed 27 July, 10am

You can find details of this in the [Summer School Programme](#).

**Location:** This will be held at St. Bride's Institute, off Fleet Street. It is an in-person event for **u3a** members only.

**Cost:** £39 per day including refreshments and lunch. You can choose to attend for one or both days.

**Booking:** Application forms are available on the [Events](#) page of London Region website.

**Enquiries:** Contact Catherine Ware at [talks.lru3a@gmail.com](mailto:talks.lru3a@gmail.com).

## Outing: 9-23 September

To celebrate the **u3a**'s 40<sup>th</sup> anniversary, London Region **u3a** is organising a Walking Around London event. All the London **u3as** (and a few surrounding **u3as**) are collectively walking the 230 miles of the Capital Ring and the LOOP.

If your Walking group hasn't signed up already or if you wish to participate, please email Derek at [ViceChairNorth](mailto:ViceChairNorth).

## Surrey Network: Study Days

More study days have been arranged in the coming months and you can now register.

**Time:** 10am-4pm, (registration and login begin at 9.30am)

**Dates:** See programme details below.

**Place:** You can attend in person at the Menuhin Hall, Stoke d'Abernon or join online via Zoom.

**Cost (including tea/coffee biscuits):** £12 for members and £15 for guests attending in person. £5 for those attending via Zoom. Attendees should bring their own packed lunch.

### Programme

- [Voices from Ancient Mesopotamia](#) – Fri 16 Sep
- [Eureka: A Brief History of Maths from 3000 BC to 2000 AD](#) – Fri 21 Oct
- [Industrial Archaeology at Fifty](#) – Fri 18 Nov

## Additional Study Day

The topic for this day is Attaining and Maintaining Health in the Third Age and it will be presented by Professor Norman Lazarus, Centre for Human Applied and Physiological Sciences, Guy's Hospital & Kings College London.

**Time:** 2pm

**Date:** Thu, 8 Sep.

**Cost:** Open to all, free of charge

**Place:** Please note that this study day will be held at St Mary's Church Hall, Fetcham.

**More information:** Please see [Attaining and Maintaining Health in the Third Age](#) for full details and how to register.

## **Future Study Days: 2023**

- Fri 17 Feb (subject to be announced)
- Fri 17 Mar (subject to be announced)
- The Story of Polar Exploration and the Recent Impact of Security Considerations and Climate Change – Fri 21 Apr
- Study day on the Dead Sea Scrolls to be arranged – Fri 19 May
- Vikings and their Influence in the World – Fri 16 Jun

Places will be available in the hall or for online viewing. Booking opens in November, so keep an eye on [Surrey Network](#)'s website.

## **Kingston u3a: 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 100 people can participate in an online meeting. For these meetings you are also welcome to come along to the United Reformed Church in person. You do not need to book in advance.

### **Monday 4 July, 2pm**

#### **Prosthetic Perils – Andy Smith**

Andy is a double-amputee who suggests that life with a disability, whilst often challenging, can have its lighter side. Since losing his lower right arm and leg in an accident three decades ago, he has had many adventures at home and abroad, though some adventures are best avoided. During this presentation of pithy, entertaining poetry and commentary, Andy talks about childhood years when, in an extraordinary way, wartime recollections of a WW1 soldier and a WW2 fighter pilot helped to prepare him for the personal trials to come.

### **Monday 1 August, 2pm**

#### **"What Time is the Midnight Buffet?" – Vince Eager**

Vince tells of the 14 years he spent as a cruise director working for an American cruise line. There'll be stories from onboard and on shore. It will all be very light-hearted – cruises that didn't exactly go right, passengers falling out and ships running out of fuel. And he'll go behind the scenes, looking at what some passengers get up to and how the crew get their own back.

## Monday 5 September, 2pm

### A History of the Medicine We Take – Tony Cartwright

An account of the development of medicines, from Neanderthal-man times to prescriptions from Mesopotamia, pure drugs extracted from plants and to the latest technology.

## Autumn Newsletter

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

We're always happy to receive articles on topics such as:

- 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 at [newsletter@kingstonu3a.org.uk](mailto:newsletter@kingstonu3a.org.uk) by Wednesday, 13 July.

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The next Kingston **u3a** news bulletin will be emailed to you in early September. Please forward any contributions or suggestions to Susan Hinchsliffe at [communications@kingstonu3a.org.uk](mailto:communications@kingstonu3a.org.uk) by Wednesday, 24 August.

In the meantime, please check the [Kingston u3a](http://Kingston u3a) website regularly. Many thanks.

## Changing your Membership Details

If you change your address, email or telephone/mobile number, please let Chris Cheek know at [database@kingstonu3a.org.uk](mailto:database@kingstonu3a.org.uk). Chris is also able to change your preferences for receiving post or emails or the *Third Age Matters* magazine.

## Changing Group Details

If you spot any mistakes or need to make any of the following changes to the Groups & Contacts list which is published in the quarterly newsletter:

- a group's name
- meeting times and locations
- a group leader's contact details

please let Keith Maund know at [keithmaund@outlook.com](mailto:keithmaund@outlook.com). He keeps a master copy of the spread sheet which contains all this information and passes it on to the newsletter editor, Susan Hinchsliffe, and the webmaster, Diane Wilson. Thank you.