

Kingston u3a News Bulletin September 2022 No 46

Our news bulletin begins with information about a research project in which you might like to participate: Kingston University design students are keen to involve us in their project to make life easier for our age group.

There's more detail, too, about the anniversary walks to celebrate **u3a**'s 40th anniversary and how you can join in.

The Third Age Trust has its latest programme of online talks on a wide range of subjects in the next three months. You can now register for Surrey Network's next four study dates. The network has also issued the dates for its proposed study days in 2023.

You'll find details below of Kingston **u3a**'s remaining four monthly meetings in 2022, along with submission dates for our next news bulletin and newsletter. We look forward to receiving your contributions and photographs for the Winter 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.

And finally, please remember to renew your membership: details of renewals and the necessary form were in the Autumn newsletter. It's also that time of year when you need to elect Committee members. We'd like some new people to join our Committee, so please consider standing for election. Again, you'll find details and the nomination form in the Autumn newsletter which was sent out at the beginning of August.

Many thanks and best wishes.

Sustainable Design: Research Project with Kingston University

Kingston **u3a** members have been invited to take part in an exciting new project with our local university.

The Senior Lecturer involved, Dr Jakob, has sent the following summary:

During this autumn term, students studying for a Masters in Sustainable Design at Kingston School of Art, Kingston University, will be asked to develop design projects with the older population in mind, generating solutions that have benefits for this particular age group.

Questions to raise include:

- How might we revolutionise the way homes and communities are designed so the needs of older people are considered?

- How might we enable the best possible quality of life when we grow older?
- How might we create more social opportunities for all, including those who are older?

To inform the development of the project, we are keen for students to engage directly with their target audience for primary research, to learn about lived experiences and gain insights about individual challenges in connection with growing older. We hope that relationships and collaborations will emerge between our students and members of Kingston **u3a** during the course of the project. This will include further meetings to provide feedback on the design development and opportunities for participation in the design process. For us it is immensely important that we don't design **for** but **with** the end user.

Further information

The researchers need about 10 volunteers who are able to attend the first meeting at the new Town House, Penrhyn Road, Kingston at 11am on Friday, 14 October. There will be about four further meetings, all on university premises, between then and Christmas, all on Fridays.

If you are interested, please email Linda Foreman at linda@foto.co.uk.

Anniversary Walks

As part of the **u3a**'s 40th Anniversary celebrations, Walking groups in the London **u3as** have shared out the map of the London Loop so that every section will be walked in early September.

Our Kingston Walking groups are taking part. They are happy for extra folk who can walk a few miles to accompany them.

If you are interested in a walk on 9 September from Banstead to Kingston Bridge, contact Julian Shute at julian.shute@gmail.com. If you cannot make that date, he will try to put you in touch with the other walk leaders involved.

If you take part, please send us some pictures for our newsletter.

u3a Online Events

The Third Age Trust is holding some online talks in September, October and November which may be of interest to you.

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

September

- [Exploring World Faiths: Holy Wars or Holy Peace](#) – Mon 5 Sep, 10am

- [Introduction to Cryptic Crosswords](#) – Thu 8 Sep, 10am
- [Subject Surgery and Networking: Climate Change](#) – Tue 13 Sep, 10am
- [Laughter Yoga Workshop](#) – Wednesdays 10am, 14 Sep; 12 Oct; 9 Nov; 14 Dec
- [The Story of Claudia Jones \(Mother of West Indian Carnival in London\)](#) – 14 Sep, 2pm
- [Yiddish Theatre](#) – Fri 16 Sep, 2pm
- [Mother and Baby Institutions, Magdalene Laundries and Workhouses: Investigation](#) – Thu 22 Sep, 10am
- [Subject Surgery: Science](#) – Thu 22 Sep, 2pm
- [Your Unique Creative Writing](#) – Thu 29 Sep, 10am
- [Maths Activities and Games Workshop](#) – Thu 29 Sep, 1.45pm

October

- [Mindfulness and Meditation: Autumn Series](#) – Tuesdays 10am, 4 Oct-8 Nov
- [Holocaust Survivor Stories: Eva Cato](#) – Thu 6 Oct, 10am
- [Tai Chi: Autumn Series](#) – Thursdays 10am, 20 Oct-24 Nov
- [Yiddish Theatre: Marc Chagall](#) – Fri 21 Oct, 2pm
- [The Arrow of Time](#) – Thu 27 Oct, 3pm

November

- [Cryptic Crosswords for Beginners](#) – Wednesdays 10am, 2 Nov-7 Dec
- [Seated Yoga for All](#) – Fridays 10am, 18 Nov-9 Dec

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.

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

Please note that some of our meetings will now be just on Zoom, others just in the hall at the United Reformed Church (URC) and others will be a combination of both (hybrid meetings). We've noted the type of meeting each one will be under the relevant paragraph below. When Zoom is involved, 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. You do not need to book in advance to come to a meeting at the URC.

Monday 5 September, 2pm

A History of the Medicine We Take – Tony Cartwright

URC hall only

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.

Monday 3 October, 2pm

Jazz Age Greats – Graham Harrison

Zoom only

Billie Holiday, Duke Ellington and Ella Fitzgerald are included: entertaining stories, the struggles they faced as Black musicians, the importance of Black musicians and Black music in the jazz tradition.

Monday 7 November, 1.30pm

URC hall and Zoom

1.30pm: Kingston u3a Annual AGM

2pm: Your Country Needs You ... – James Taylor

Dr Taylor, author, art expert and former curator of the National Maritime Museum, returns to give an illustrated talk on how propaganda and humour were used in art and design in World War 1.

Monday 5 December, 2pm

History of the Christmas Carol – Adrienne Hesketh

URC hall and Zoom

Adrienne's presentation describes the history of the Christmas carol, Christmas music and poetry.

Winter Newsletter

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

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 by Thursday, 13 October.

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The next Kingston **u3a** news bulletin will be emailed to you in early October. Please forward any contributions or suggestions to Susan Hinchliffe at communications@kingstonu3a.org.uk by Friday, 23 September.

In the meantime, please check the [Kingston u3a](http://Kingstonu3a.org.uk) 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. 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. He keeps a master copy of the spread sheet which contains all this information and passes it on to the newsletter editor, Susan Hinchliffe, and the webmaster, Diane Wilson. Thank you.