

Kingston u3a News Bulletin January 2023 No 49

(Sent out 30 December 2022)

A Happy New Year to you all!

We begin with a reminder to get all your old postage stamps used up before the end of January, or at least apply for a refund.

The London Region and Surrey networks are now up and running again, so you can see details of the talks they are offering in the next few months. You can make note, too, of the dates of London Region's summer school. And, as ever, the Third Age Trust has a variety of online talks for you to enjoy.

Don't forget to let us have your contributions for the next newsletter and news bulletin. Deadline for copy and publication dates are detailed below.

And finally, why not get 2023 off to a good start and come along to the United Reformed Church on Monday, 9 January for the first of our monthly meetings. This will be our annual quiz with questions set by Mary Hodgson and her team.

We look forward to seeing you there!

New Postage Stamps: A Reminder

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-barcode 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 stamps by that date, you can swap them out for new barcode 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-barcode stamps. You can still 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.

u3a Online Events

The Third Age Trust is holding some online talks in January and February 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 usually free of charge.

January

- [Learn Digital Life Skills: iPhone and iPad Week](#) – 2pm Fri, 6 Jan
- [Sleep and Dreams](#) – 2pm Mon, 9 Jan
- [The Story of Motown Records](#) – (four-week course) 2pm Tuesdays, 10-31 Jan
- [Getting Started With Your Family History](#) – 2pm Wed, 11 Jan
- [Learn Digital Life Skills: Social Media Week](#) – 2pm Fri, 13 Jan
- [Relativity: Numerical Illustrations](#) – 10am Wed, 18 Jan
- [Climate Change and Biodiversity](#) – 10am Thu, 19 Jan
- [Yoga at Home: Standing or Seated Yoga](#) – 10am Fri, 20 and 27 Jan
- [Learn Digital Life Skills: WhatsApp Week](#) – 2pm Fri, 20 Jan
- [Our Homes for Our Future](#) – 4pm Tue, 24 Jan
- [Staying Safe Online: A u3a Presentation with Q&A](#) – 10am Wed, 25 Jan
- [Holocaust Memorial Day: The Stories of George and Renee Morton](#) – 2pm Fri, 27 Jan
- [Learn Digital Life Skills: Q&A Week](#) – 2pm Fri, 27 Jan
- [Exploring World Faiths: Faith in Relation to the Holocaust](#) – 10am Mon, 30 Jan
- [Introduction to Cryptic Crosswords](#) – 10am Tue, 31 Jan

February

- [The Geology of Oil and Gas in Britain and around the World \(part 3\)](#) – 2pm Thu, 2 Feb
- [Fashion and Sustainability](#) – 2pm Fri, 3 Feb
- [Brain and Behaviour](#) – 2pm Mon, 6 Feb
- [Meditation and Mindfulness Series](#) – (six-week course) 10am Tuesdays, 6 Feb-14 Mar
- [Highlights of the Royal Collection: Coins and Medals](#) – 10am Tue, 7 Feb
- [Before the Lindisfarne Gospels](#) – 10am Wed, 8 Feb
- [Laughter Yoga 2023](#) – 10am second Tuesday of every month, 8 Feb-14 Jun
- [The Swan: Its Life, Its Nature and Its Future](#) – (repeat event) 12 noon Fri, 10 Feb
- [Yiddish Theatre Abroad in Eastern Europe, London and New York](#) – 2pm Fri, 17 Feb

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.

London Region: Winter Talks

Programme

- London's Waste: Past, Present and Future – Mon, 16 Jan

- Cézanne – Mon, 20 Feb
- Changing London – Mon, 20 Feb

All talks begin at 5.30pm (login from 5pm) and last an hour.

Further Information and Registration

See the [January-March Talks Programme](#) for 2023 events and registration forms.

If you have any questions, please contact London Region at talks.lru3a@gmail.com.

You can also find this information on the [London Region](#) website.

London Region: Summer School

2023's summer school will be held Tue 25-Wed 26 July. There are no details of the syllabus yet but we'll keep you updated when they are released. You can always keep your eye on the [London Region](#) website, too.

Surrey Network: Study Days

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. Attendees should bring their own packed lunch. £5 for those attending via Zoom.

Study Days: 2023

- [Amelia B. Edwards: Victorian Writer and Accidental Egyptologist](#) – Fri 17 Feb
- [A Study Day on Poetry](#) – Fri 17 Mar
- [The Story of Polar Exploration and Arctic Frontiers in a Changing Climate](#) – Fri 21 Apr
- [The Dead Sea Scrolls](#) – Fri 19 May
- [Vikings and their Influence in the World](#) – Fri 16 Jun
- Study Day on Music to be arranged – Fri 15 Sep
- Study Day to be arranged – Fri 20 Oct
- Study Day on Rembrandt to be arranged – Fri 17 Nov

Places will be available in the hall or for online viewing. Booking is already open. This information is also available on [Surrey Network's](#) website.

Kingston u3a: Monthly Meetings

Meetings are held at the United Reformed Church (URC) in Kingston on the first Monday of each month unless it is a bank holiday. Doors open at 1.30pm for a 2pm start. Entrance fee is £1. Tea/Coffee and biscuits are available at the end of the meeting.

There is room for 150 people and you do not need to book in advance.

Please note: From January 2023 all meetings will be held at the URC and there will be no online access via Zoom.

Monday 9 January, 2pm

Annual Quiz

Start the **u3a** new year with a fun afternoon. Team up with friends or make new friends while challenging your general knowledge, memory and puzzle-solving skills. Prizes for the winners.

Monday 6 February, 2pm

Watching the Detectives: A History of British TV Crime Fighters – Pete Allen

Murder! It's not big and it's not clever. But without it our little grey cells would have missed some of the most popular television programmes ever. Via St Mary Mead, Oxford, Broadchurch and Midsomer, this talk reveals clues to our fascination with the law.

Monday 6 March, 2pm

Odd Corners of London – Joanne Livingston

Jo will give an illustrated talk looking at some of the odder bits of London, including the Trinity Buoy Wharf, the Bridewell Centre, the Oxo Tower, Guild gardens around some of the Halls of the Livery Companies, roof gardens and pedways.

Spring 2023 Newsletter

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

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

- reports from your group
- 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, 12 January.

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The next Kingston **u3a** news bulletin will be emailed to you in early March. Please forward any contributions or suggestions to Susan Hinchsliffe at communications@kingstonu3a.org.uk by Thursday, 23 February.

In the meantime, please check the 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. 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 Hinchsliffe, and the webmaster, Diane Wilson.

Thank you.