

# Kingston u3a News March 2023 No 50

(Sent out 28 February 2023)

We have a packed issue this month with both administrative requests as well as our usual round-up of talks, study days and events.

We start with an important reminder to change our bank details in readiness for the increase in subscriptions this coming autumn.

We're looking for one or two volunteers to represent Kingston **u3a** at the South West London Network: you'll find details below of what this involves.

There's information about the Third Age Trust's, London Region's and Surrey Network's programme of talks and study days, along with some events organised by Kingston University. Our Climate Emergency group has also organised an online talk about the climate crisis and some possible solutions.

To finish there are details of our next batch of monthly meetings and reminders of deadlines for our next bulletins and newsletter. We look forward to receiving your contributions.

In the meantime, enjoy reading this bulletin and take care!

## Membership Fees: Notice of Changes for October 2023

Kingston **u3a** membership fees will be increasing from October 2023 to £15 for individual membership and £24 for joint membership (two members living at the same address).

If you currently pay by standing order, you'll need to change the amount and also the bank account details, as we'll soon stop using the account into which standing orders are paid. You'll need to change your existing standing order or set up your new one to start on 1 October 2023 and then annually thereafter. We'll remind you about this again in our bulletins and newsletters.

New bank details for those who already pay by standing order or online transfer, or would like to do so, are:

HSBC, Clarence St, Kingston

Account name: Kingston u3a

Sort code: 40 26 12

Account number: 11441027 (Please note: this is the new account number.)

Please ask your bank to use your **u3a** membership number\* and your surname (in that order) as the reference, otherwise it's difficult to identify who has made the payment.

We'll still accept subscriptions in cash payments at the monthly meetings, and cheques but we would prefer standing orders or online transfers, as the bank charges us for each cheque we pay into our account.

Thank you.

\* If you are not sure of your membership number, please email the database team: Chris Cheek at [database@kingstonu3.org.uk](mailto:database@kingstonu3.org.uk) or [marciamayeda2022@kingstonu3a.org](mailto:marciamayeda2022@kingstonu3a.org).

## **u3a South West London Region Network**

The network is looking for one or two volunteers to represent Kingston **u3a** at their meetings. Until recently Elinor Parker was our representative but we are now looking for someone to replace her. Our thanks to Elinor for all the work she has done over the past few years.

### **What does the SW London Network do?**

The network covers the **u3as** of Kingston, Merton, Richmond, Hammersmith & Fulham and Wandsworth. Their committee consists of at least one person from each area and organises:

- shared learning projects (such as the Cary Ellison project with Kingston University)
- study days, usually based around a theme with a local interest
- group meetings to exchange ideas between our local **u3as**.

### **What would I be expected to do as a representative of Kingston u3a?**

You would:

- attend the committee meetings (about four a year), usually at the United Reformed Church in Kingston, and we'd be grateful if you could also be responsible for booking the room there for us
- get involved in the discussions on plans for future events
- publicise planned events to the Kingston **u3a** membership and to the other local **u3as**.

If you are interested in becoming our representative, please contact Susan Hinchsliffe at [communications@kingstonu3a.org.uk](mailto:communications@kingstonu3a.org.uk).

## The Climate Crisis and Some Solutions: Online Talk

The Climate Emergency group has organised this online talk for Kingston [u3a](#) members at 2pm on Monday, 22 May.

You no doubt heard about the cyclone which recently hit New Zealand. Their Minister for Climate Change, James Shaw, said:

'I don't think I've ever felt as sad or as angry about the lost decades that we spent bickering and arguing about whether climate change was real or not, whether it was caused by humans or not, whether it was bad or not, whether we should do something about it or not, because it is clearly here now, and if we do not act, it will get worse.'

The talk will be given by Brenda Ainsley, who'll explain the science behind the climate crisis and then go on to explore some possible solutions. There will be time for questions at the end. Brenda Ainsley, a [u3a](#) member, has led various eco and climate groups for the [u3a](#) and jointly leads its [Countdown to COP](#) online.

## u3a Online Events

The Third Age Trust is holding some online talks in March 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.

### March

- [Climate Change: A Narrow Path away from the Brink](#) – 10am Wed, 1 Mar
- [An Introduction to Pilates](#) – 10am Thu, 2 Mar
- [Brain, Pain and Anaesthetics](#) – 2pm Mon, 6 Mar
- [Genetic Genealogy: Making it Work for You](#) – 2pm Wed, 8 Mar
- [Meditation and Mindfulness Series](#) – (two sessions left of six-week course) 10am Tuesdays, 7 and 14 Mar
- [For the Love of a Woman](#) (Pre-Raphaelite Art) – 10am Thu, 9 Mar
- [The Climate Crisis and Some Solutions](#) – 10am Fri, 10 Mar
- [Laughter Yoga 2023](#) – 10am second Tuesday of every month, 8 Feb-14 Jun
- [Gently Active Yoga](#) – (three-session course) 2pm Mondays 13-27 Mar
- [Cryptic Crosswords for Beginners](#) – (six-session course) 10am, Thursdays 16 Mar-20 Apr
- [Life on the Edge: The Dawn of Quantum Biology](#) – 12 noon Fri, 12 Mar
- [Setting Up and Running Local Exploring World Faiths Groups](#) – 10am Mon, 20 Mar
- [The Joe Lyons Story: Food for Thought](#) – 2pm Thu, 23 Mar
- [The Future of Ageing](#) – 2pm Fri, 24 Mar

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

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

A talk, Changing London, will take place on Monday, 20 March:

### 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](mailto: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 and we can now give you more details.

**Place:** St Bride Foundation Institute, 14 Bride Lane (off Fleet Street), EC4Y 8EQ

**Cost:** £41 per day including refreshments and buffet lunch with a choice of healthy salads and fruit.

**Programme:** Activities include 17 talks, four workshops and eight guided walks. The wide range of subjects includes: Art, Current Affairs, History, Literature, Performing Arts, Music, Sciences, Social Studies.

**Booking:** This opens at the end of March. To receive further information, sign up to join the [mailing list](#).

## 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.

## Programme

- [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 (booking opens in May)
- Quarks, the Universe and Everything – Fri, 20 Oct (booking opens in May)
- Rembrandt – Fri, 17 Nov (booking opens in May)

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

## Kingston University Events

You may be interested in a couple of free events being organised by the university:

- [Moving Muybridge: Transatlantic Dialogues](#) – Tue, 4-Fri, 5 March
- [Jazz First Tuesday: Julian Costello Quartet](#) – 1-2pm Tue, 7 Mar

Follow the links above for more details and any booking arrangements. You can see all the events on [Kingston University'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 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.

## **Monday 3 April, 2pm**

### **Great British Eccentrics and Rogues – Paul Robbins**

Paul's talk looks at some of the world's great eccentrics and rogues who just happened to be British – like the lord who spent many hours floating in a large indoor glass water tank writing rude letters to the Prime Minister; a comically UFO-obsessed peer; and some more modern world-famous characters whom you will recognise.

(Please note that this talk replaces the one previously advertised – John Naylor's session, The Rainbow in Science and Art.)

## **Monday 15 May, 2pm**

### **The Sunbury Embroidery Gallery – Robert Shaw**

Robert, architect and chairman of Sunbury Gallery, will talk about the creation of the Sunbury Millennium Embroidery, from its inception in 1995 to the opening in 2006, including its ethos, a royal visit, outreach and exhibitions, the Diane Springhall collection and plans for the future.

(Please note the date of this talk, which is later in the month than usual. The previous two Mondays are both bank holidays.)

## **Summer 2023 Newsletter**

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

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](mailto:newsletter@kingstonu3a.org.uk) by Wednesday, 12 April.

## New Postage Stamps: An Extended Deadline

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.

Last month's bulletin warned that any non-barcoded stamps you already had would remain valid until 31 January 2023. This deadline has now been extended to 31 July 2023. But be aware that, if you aren't able to use all of your 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 still submit any stamps you think you will be unable to use by the July 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.

\* \* \* \* \*

The next Kingston **u3a** news bulletin will be emailed to you in early April. Please forward any contributions or suggestions to Susan Hinchsliffe at [communications@kingstonu3a.org.uk](mailto:communications@kingstonu3a.org.uk) by Friday, 25 March.

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](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.