

Kingston u3a News Bulletin January 2024 No 57

(Sent out on 29 December 2023)

A Happy New Year to you all and welcome to our first news bulletin of 2024.

There's an updated list of all the online talks and study days organised by the Third Age Trust, the London Region Network and the Surrey Network. You'll find details of our first three monthly meetings and speakers for 2024. The first will be our annual quiz, so do come along and see if you can be part of the winning team. If you come with friends, please make sure they are members of Kingston **u3a**. If they aren't, they can join on the day: membership forms will be available. The cost is £15 per person or £24 for two people living at the same address (cash or cheque acceptable).

July 2024 brings the first national **u3a** festival which will be held at York University. You can't reserve a place at individual sessions as yet but booking for accommodation is now open. For full details of the event, please see the feature below.

In the meantime we hope you continue to enjoy being part of our various groups in the year ahead.

And, remember, **u3a**'s motto is **learn, laugh, live**.

u3a Festival 2024: 18-20 July

u3a's first national festival will run over three days at the University of York.

There'll be a wide variety of activities, talks, sporting events, musical entertainment and workshops.

The organisers are keen to strengthen their musical offering so, if any of Kingston **u3a**'s singers or musicians would like to participate, please email festival@u3a.org.uk.

You can find more details about events, accommodation (for which booking is now open), costs and receiving regular updates about this on the [national festival](#)'s website.

u3a Online Events

The Third Age Trust is hosting 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.

- [How to Better Insulate your Home](#) – 2pm Thu, 4 Jan
- [Exploring World Faiths: Common Themes in Faith](#) – 10am Mon, 8 Jan
- [Laughter Yoga with Judith \(Jan-Jun\)](#) – 10am Wednesdays (10 Jan, 14 Feb, 13 Mar, 10 Apr, 8 May, 12 Jun)
- [Chinese Wand Exercises for Mobility, Fitness and Fun](#) – 10am Fri, 12 + 19 Jan
- [Blue Monday Bollywood Laughter Yoga Dance](#) – 10am Mon, 15 Jan
- [Fun Mathematics with Platonic Solids](#) – 10am Wed, 17 Jan
- [Toulouse-Lautrec and the Music Halls of Paris](#) – 2pm Thu, 18 Jan
- [Secrets of the Human Brain: Talk One](#) – 2pm Wed, 24 Jan
- [Holocaust Memorial Day: The Story of Major Leonard Berney \(1920-2016\)](#) – 2pm Fri, 26 Jan
- [Laughter Yoga with Merrie Maggie \(Jan-Apr\)](#) – 3.30pm Tuesdays, 30 Jan, 27 Feb, 26 Mar + 30 Apr
- [Mosaic Art](#) – 10am Thu, 1 Feb
- [Introduction to the Air Fryer with Simple Recipes](#) – 11.30am Thu, 8 Feb

London Region Network: Online Talks

Online talks have been arranged in the coming months and you can now register. Click on the links below to access the programme and the booking forms for the individual talks. You can log in for these talks from 5pm on the day.

- [Food for Thought: Neville Lyons](#) – 5.30pm Mon, 8 Jan
- [Louis Moreau Gottschalk \(1829–1869\): Herbie Goldberg](#) – 5.30pm Mon, 5 Feb
- [The Shaping of Eastern Europe: Terry Lloyd](#) – 5.30pm Mon, 4 Mar

This information is also available on the [London Region](#) website.

Surrey Network: Study Days

Study days have been arranged in the coming months.

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 Day on the Train: A Railway Journey, Railway Adventures and Cultural History of Railways](#) – Fri, 16 Feb
- [Europe at War: Putin's War in Ukraine and the British Commitment](#) – Fri, 15 Mar
- [Earth's Atmosphere: Our Life Support System](#) – Fri, 19 Apr
- [The Jazz Age and Beyond with Talks, Film, Demonstrations and Musical Finale](#) – Fri, 17 May

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. Please arrive promptly for the start of the meeting. Entrance fee is £1. Tea/Coffee and biscuits are available at the end of the meeting.

At each meeting we have a book-swap stall where you can leave any good books you've read and would now like to dispose of and/or pick up one or two that someone else has brought in.

Monday 8 January, 2pm

Annual Quiz

Come along and pit your wits against other members of Kingston **u3a**.

Monday 5 February, 2pm

Where Do Novelists Get Their Ideas From? – Bobbie Derbyshire

Author Bobbie will explain how the complex world of character, location, plot and sub-plot arrives in a writer's mind.

Monday 4 March, 2pm

Walking Nelson Mandela: The Triumph of Warmth, Humanity, Generosity – Andrew Barker

Following the centenary of his birth in 1918 and drawing on his writings, his years in prison and his leadership, this is a portrait of one of the most remarkable men of our times.

Spring 2024 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
- outings and visits
- 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 by Wednesday, 17 January at newsletter@kingstonu3a.org.uk .

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The next Kingston **u3a** news bulletin will be emailed to you in early March. Please forward any contributions or suggestions by Friday, 26 February to Susan Hinchsliffe at communications@kingstonu3a.org.uk .

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 Hinchsliffe, and the webmaster, Diane Wilson. Thank you.