

Welcome to our March Bulletin.

A couple of updates and reminders to begin with. Our first section gives some group updates which we were unable to include in the Spring Newsletter.

Please check these items carefully as there is a potential Badminton group; the names of new group leaders; and vacancies in some groups.

There are still places available on the GAS trip to Eltham Palace on 16 May if you would like to join the group. There's a reminder to let Hazel Burr know if you already have a place on the 22 April free visit to Kew Gardens but now find you are unable to go. In the May newsletter we'll be giving you more opportunities to go to Kew Gardens for free. In the meantime, could we please ask you to apply for only **one** visit so that as many members as possible can take advantage of the limited tickets we have.

There's the latest list of all the online talks and study days organised by the Third Age Trust, the London Region Network and the Surrey Network. If you missed Brenda Ainsley's talk on *The Climate Crisis – and Some Solutions* last year, you have another chance to join the online event on Friday, 19 April.

You'll find the link in the **u3a** Online Events section below.

As usual, you'll find details of our next three monthly meetings and speakers along with deadlines for contributions to the next newsletter and bulletin.

Until our next bulletin in April, take care and enjoy your classes and outings.

Group News

Please find below some updates to groups.

Badminton: New Group

Badminton is an easy sport for those of an older age, though fitness levels need to be reasonable. So, if you want to get some exercise in an enjoyable way and to play a sport in a friendly, 'competitive' environment, with like-minded people, you might be interested in joining Graeme Campbell's proposed new Kingston **u3a** Badminton group.

If the interest is there, then the proposal would be to hire a court or two, depending on numbers (and also court availability), at Tolworth Recreation Centre in Fullers Way North, KT6 7LQ. A suggested day and time would be Wednesday or Thursday at 10.30am or 11.30am for an hour. The cost of court hire is £21.50 an hour. This would be split on a weekly basis between those playing. As an example, if 11 said they were playing, two courts would then be booked for the hour and the cost of £43 would be split between 11 players – approximately £4 each.

Depending on numbers, we would play either singles, doubles or mixed doubles and, to keep rotating (so there isn't too much sitting around!) would play games to either 11 or 15 points. You would not necessarily be playing all the time, depending on numbers. Availability for the following week would be ascertained on a weekly basis via a WhatsApp group set up for that purpose and courts booked for the following week accordingly.

You would need to provide your own racquet and wear suitable trainers with non-marking, non-slip soles.

If you are interested or want to find out more, please contact Graeme Campbell by WhatsApp on 07798 858 455.

Drawing and Painting 1

This group has moved base and now meets weekly in Ham. The group offers a relaxed environment, coupled with constructive and individual guidance for

those of all abilities, using their own choice of medium. The group currently has vacancies for new members. The venue is at ground-floor level and offers parking, ease of access and disabled toilet facilities.

If you are interested, please contact Linda Furnell: 020 8892 5936, lmfurnell22@gmail.com.

Drawing and Painting 2

Please note that Rich Cook will be taking over from Lynn Wolstenholme as group leader.

Contact: 07960 300459, richcook49@gmail.com

French for Beginners

This group meets every Thursday at 10am on Zoom.

Stress is on good pronunciation as well as on a good understanding of grammar and the learning of new vocabulary.

Contact Laila Eietre: 01932 232287, eletrelaila@gmail.com

French Conversation 1

The class meets at 10.30am every Thursday in Tolworth and has vacancies.

If you are interested in joining the class, please contact group leader, Robin Clarke:

020 8390 1649, robin345@live.co.uk.

Pilates

Diana Lawson has now taken over from Shirley Miller as contact for this group.

Contact: 020 8940 8317, dianalawson2403@gmail.com

Visits and Outings

GAS Visit to Eltham Palace

There are still places available on this visit on Thursday, 16 May. You can find full details of this trip and the application form in the February newsletter, which we sent out at the beginning of the month. If you are interested, please fill in the form in the newsletter and send it off to Jacqui Hine as soon as you can.

Please note: There is a risk of the trip being cancelled if we do not have enough members to fill the coach.

Jacqui Hine: 020 8549 1924, jacqui@hine.org.uk

Visits to Kew Gardens

GAS Visit: Monday, 22 April

Booking for this trip is now closed.

As it was oversubscribed, it is important that you let Hazel Burr know if you cannot go so that your ticket can be offered to someone on the waiting list.

Thank you.

Contact Hazel Burr: 07817 264959, hazelbee46@yahoo.co.uk

Group Visits

As we mentioned in the February newsletter, there will be some tickets available for Kew Gardens which we shall offer to groups. The full details and the application form will be in May's newsletter.

Please note that this offer is limited to one ticket/visit per person. If you have already been allocated a place on the GAS visit to Kew Gardens on 22 April,

then please do **not** apply for a second ticket to go with a group, so that as many members as possible have a chance to go. Thank you.

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 (Airbnb, guest houses and hotels), costs and regular updates about this on the [national festival](#)'s website.

u3a Online Events

The Third Age Trust is hosting some online talks in March and April 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

- [Aviation Network Meeting: Time is Money, Concorde was Prestige](#) – 10am Tue, 5 Mar
- [Artificial Intelligence News](#) – 3.30pm Thu, 7 Mar
- [Exploring World Faiths: Women in Faith](#) – 10am Mon, 11 Mar
- [An Introduction to Influencing and Social Change \(Online\)](#) – 10am Wed, 13 Mar
- [Using AI to Fight Climate Change](#) – 10am Tue, 19 Mar
- [John Snow and the Hunt for the Source of Cholera in Victorian London](#) – 10am Wed, 20 Mar
- [Secrets of the Human Brain Talk Three: Brain and Behaviour](#) – 2pm Wed, 27 Mar
- [Introduction to Cryptic Crosswords](#) – 10am Thu, 28 Mar
- [Suffering and Hope in Tolstoy's *Anna Karenina*](#) – 2pm Thu, 28 Mar

April

- [From Pleasure Gardens to Theme Parks](#) – 2pm Fri, 5 Apr
- [Electing the President in 2024: an Update](#) – 2pm Tue, 9 Apr
- [Live Cookery Demonstration: Spring Recipes](#) – 10.30am Thu, 11 Apr
- [Live Cookery Demonstration: More Spring Recipes](#) – 10.30am Thu, 18 Apr
- [The Climate Crisis – and Some Solutions](#) – 10am Fri, 19 Apr

London Region Network: Online Talks

Online talks have been arranged in the coming months. Click on the link below to access the programme and the booking form for the talk. You can

log in for these talks from 5pm on the day.

- [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

- [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.

The Big Plastic Count

In March Everyday Plastic and Greenpeace UK are organising the Big Plastic Count to investigate household plastic waste. Their goal is to highlight the urgency and scale of the plastic problem and empower individuals to play a part in helping solve the plastic crisis.

The Big Plastic Count brief is simple: count your plastic waste for one week (11-17 March) and submit your results to Everyday Plastic online. This will automatically generate your personalised household plastic footprint and will help to show how much plastic we're throwing away as a nation and what happens to it afterwards. We'll use the results to convince UK ministers to lead the way at global talks that could finally phase out plastic pollution for good.

If you would like to participate, please register at thebigplasticcount.com/sign-up.

If you have any questions or would like more information, please contact Julia Bell at julia@everydayplastic.org or visit the website at thebigplasticcount.com/.

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 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.

Monday 8 April, 2pm

A Solo Walk across Africa – Fran Sandham

Fran recounts his coast-to-coast walk across Africa, from the Atlantic on Namibia's Skeleton Coast to the Indian Ocean near Zanzibar. This was the first time on record anyone had crossed Africa solo, entirely on foot, by this route – or at least solo apart from a disastrous donkey.

Monday 13 May, 2pm

Aviation's Greatest Pioneers – Andy Richardson

Former RAF pilot Andy will give a brief outline of some aviation pioneers, then invite the audience to choose six, about whom he will then talk in greater detail.

Summer 2024 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
- 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, 10 April at newsletter@kingstonu3a.org.uk.

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The next Kingston **u3a** news bulletin will be emailed to you in early April. Please forward any contributions or suggestions by Friday, 22 March to Susan Hinchsliffe at communications@kingstonu3a.org.uk.

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.