

# Kingston u3a News Bulletin October 2024 No 63

(Sent out on 28 September 2024)

Dear Members

Although it's only the beginning of October, Christmas is already on the horizon and I notice we are already advertising several seasonal events.

We announced in our last bulletin that Lili Cook had kindly agreed to take on the role as Speaker Secretary for a six-month trial period. You'll be pleased to know that she is making great progress and has already organised speakers for many of our monthly meetings next year. We will publish details in our Winter Newsletter, out in early November.

The Third Age Trust has lots of online talks planned for the coming months and the London Region Network has announced its first three online talks as well as a Wellness Event you may be interested in.

Here are a few reminders for you. If you haven't done so already, please renew your subscriptions. Details and forms were in the Autumn Newsletter sent out in August. Please don't forget, too, that nominations for the Executive Committee need to be sent to the Secretary, Francesca Cura, by noon on Monday, 14 October. Again, you will find details and the nomination form in the Autumn Newsletter. On Monday, 4 November we'll be holding our annual AGM just before our usual monthly meeting. We are still looking for volunteers to become executive committee members and help with the administration of Kingston **u3a**.

Please note that unless we can find someone to help with our regular bulletins, this will be the penultimate edition. Although she will continue to produce our quarterly printed newsletter, Susan Hinchsliffe will not be compiling our electronic news bulletins next year so we are looking for a volunteer either to produce something similar or to help with regular email communications. Please let me know if think you would like to get involved.

Many thanks and take care!

Joy Garvey  
Chair

[chair@kingstonu3a.org.uk](mailto:chair@kingstonu3a.org.uk)

## Group News

An update to our group details:

## Cook Swap Shop

Following the death of Gill Pickup, Sue Roberts is taking over as group leader and future meetings will be held in Long Ditton.

The group would welcome one or two new members. If you are interested, please contact Sue for further details: 07931 357244 or [susanrobertssw19@gmail.com](mailto:susanrobertssw19@gmail.com).

## Kew Gardens: Free Visits

We have a number of free tickets remaining from our allocation that have be used before the end of October.

We're pleased to be able to make the following offer. If ...

- you missed one of the organised visits
- were unable to visit before or
- you have already visited and would like to go again

then you can apply for one or more tickets. This time, you may take a guest who is not a member of Kingston **u3a**.

Remember, this offer expires on the 30 October this year.

If you are interested, please contact:

Francesca Cura  
Tel: 020 8330 2484  
Mob: 07808 716224

## u3a Climate Change Summer School

**Date:** 9-12 May 2025

**Place:** Warwick University

**Programme:**

There will be a mixed programme with a choice of activities:

- Talks by knowledgeable speakers, walks and a visit to a solar farm
- Activities and environmental games: ideas to take back to your **u3a**
- Meeting to share ideas and strategies for groups and personal support
- Resource suggestion: online, books, quizzes and more
- Interactive learning with members interested in and concerned about all climate matters

## Facilities:

- First-class facilities and accommodation with en suite rooms, full board
- Free car park, wi-fi, swimming pool and gym. There is a bar but, sadly, not free!
- University facilities for our classroom-based workshops and talks

See the virtual [Warwick Conference Tour](#).

## Cost:

Includes accommodation, full board, climate matters programme.

- Single booking: £551 (3 days)
- Double booking: £955 (3 days)
- Day Booking: £185 (1 day)

## Further Information

This event is run by members of the **u3a** Climate Matters Interest Group Online.

If you're interested and would like more details and a booking form, please contact Eleanor Brooks at [eleanor.brooks1661@gmail.com](mailto:eleanor.brooks1661@gmail.com).

## Christmas Concerts

### Kingston u3a Singers

A date for your diaries. The Christmas concert will take place at 7.30pm on Saturday, 7 December at the Richard Mayo Centre in the United Reformed Church where the **monthly Kingston u3a meetings take place**.

Tickets (£10) will be available closer to the time or on the door. It will be nice to see you all again for our seasonal programme – again a varied selection of songs.

**Helga Randall**

### Singing for Fun

Another date for your diaries.

The Singing for Fun choir will hold its Christmas concert at 11am-12 noon on Friday, 6 December, also at the United Reform Church in Kingston. They'll be performing a programme of winter/seasonal songs.

Entrance is free.

**Irene Stephens**

## Christmas Lunch: Save the Date

This year's Kingston **u3a**'s Christmas lunch is booked for Friday, 29 November in Glenmore House in Surbiton.

Make a note of it in your diary: full details and the booking form will be in the Winter Newsletter, out in early November.

Thank you.

**Jacqui Hine**

## u3a Online Events

The Third Age Trust is hosting some online talks in October, November and October, 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.

### October

- [Flight Inspirations Aviation Meeting: RAF Special Duties Service](#) – 10am Tue, 1 Oct
- [The Unification of the British Isles: A Lesson in Geology](#) – 2pm Thu, 3 Oct
- [Vincent van Gogh: A Personal Journey through the Places he Painted](#) – 2pm Fri, 4 Oct
- [u3a Yoga Network: A Workshop for Yoga Group Coordinators](#) – 10am Mon, 7 Oct
- [Visualising Statistical Concepts](#) – 2pm Thu, 10 Oct
- [The Vital Role Chemistry has to Play in Saving our Planet](#) – 2pm Fri, 11 Oct
- [My Work at the Bletchley Park 'Code-breaking Factory'](#) – 2pm Mon, 14 Oct
- [Food, Foresight and the Future of Farming](#) – 11am Fri, 18 Oct
- [Science Network Event](#) – 9.30am Thu, 24 Oct
- [A Life in Expeditions](#) – 2pm Thu, 24 Oct
- ['Hoodies': Folk Devils and a Moral Panic for the New Millenium](#) – 2pm Fri, 25 Oct

### November

- [Cryptic Crosswords for Beginners: Six-Session Course](#) – 10am, Thursdays: 7 Nov-12 Dec
- [Summing up the 19th Century](#) – 2pm Thu, 7 Nov
- [The Drifting Continents: A Lesson in Geology](#) – 2pm Fri, 15 Nov

## December

- [Exploring the Universe with the James Webb Space Telescope](#) – 11am Wed, 4 Dec

## London Region Network

### Online Talks

The Network has published details of its first three online talks from its October 2024-March 2025 programme.

As usual, the hour-long talks will be delivered online via Zoom on the first Monday of each month at 5.30pm, with login from 5pm. There is no charge but you will need to register.

You can see the full details with links to the booking forms in [Online Talks Oct 2024-Jan 2025](#).

The first three talks are:

- The New Scramble for Africa – 7 Oct
- Secrets of the Human Brain – 4 Nov
- Women Travelling Alone – 2 Dec

Please register early as bookings will close 48 hours before each talk.

For assistance, please email [talks.lru3a@gmail.com](mailto:talks.lru3a@gmail.com).

### Events

- [Wellness Event](#) – Wed, 9 Oct

A day of talks and practical taster sessions led by qualified instructors in Yoga, Pranayama, Tai Chi, Qi Gong and Pilates.

You will have the opportunity to gain a better understanding of the different aspects of Yoga – with an outline of its brief history, Yoga philosophy and a brief description of the different styles of Yoga in the present day.

Pilates exercises will be presented as a contrast to Yoga, including its basic principles and a brief history of its development.

Introduction to Tai Chi and Qi Gong will be presented, before moving on to the practical movements and forms.

For details of the programme, the cost and to find a link to the booking form, please go to [Wellness Event](#).

## Study Day: Treasures of the Wallace Collection – Tue, 12 Nov

A day of talks by experts on different topics relating to this prestigious national art gallery. It includes an opportunity to visit the collection. You can find more details along with the booking form on the [London Region](#)'s website.

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

## u3a Christmas Concert 2024

... a concert of traditional carols with the Brandenburg Camino Singers, plus mulled wine and mince pies in the interval.

**Time:** 4pm

**Date:** Monday, 9 December

**Place:** St Margaret Pattens Church, Rood Lane, Eastcheap, London EC3M 1HS. Nearest Underground station: Monument. Exit via Eastcheap or Fish Street Hill. The church is a five-minute walk from there.

**Cost:** £27 per person (includes programme, mulled wine/soft drinks and mince pies served during the interval)

**Booking:** To book for this event, go the [London Region](#) website. Tickets will be issued on a first-come, first-served basis. Maximum 130. Seating is unreserved.

**Please note:** Should you be unable to attend, we cannot refund tickets.

**Enquiries:** [lru3a@gmail.com](mailto:lru3a@gmail.com)

## 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. £12 for those attending via Zoom.

## Programme

- [History of Photography and Modern Developments](#) – Fri, 18 Oct
- [Understanding Lowry: The Man, his Life and his Work](#) – Fri, 15 Nov
- [Pioneering the 'NewSpace' Revolution](#) – Fri, 21 Feb
- [Exploring Johann Sebastian Bach's St Matthew Passion](#) – Fri, 21 Mar

Some dates are already listed on the website for other planned study days throughout 2025. Study days are always on a Friday:

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 7 October, 2pm

#### The Anti-Vaxxers – Tony Cartwright

Kingston **u3a** member Tony looks at the history of the anti-vaccination movement, which dates back to 1860 when smallpox vaccination for children was made compulsory and failure to comply could lead to a jail sentence. The National Anti-Vaccination League was formed, had widespread support and remained active for around 100 years.

Tony's latest book, *A History of Vaccines and Antivaxxers: Myth vs Reality*, will be published in November.

### Monday 4 November

#### 1.30pm: Kingston u3a Annual General Meeting

#### 2pm: To Journey's End: The Life of R C Sherriff – Pete Allen

Director of the R C Sherriff Trust, Pete Allen, returns to tell the story of how a shy insurance salesman from Hampton Wick wrote *Journey's End*, one of the most moving and true accounts of life in the trenches of WW1. He went on to become one of the most highly paid screenwriters in Hollywood.

## Monday 2 December, 2pm

### Great Ormond Street Hospital – Alan Doig

Alan is an ambassador for Great Ormond Street Children's Hospital Charity. His talk describes the past and present role of the hospital, one of the top three children's hospitals in the world.

## Monday 6 January, 2pm

### Annual Quiz

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

## Winter 2024 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 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 Thursday, 10 October at [newsletter@kingstonu3a.org.uk](mailto:newsletter@kingstonu3a.org.uk).

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The next Kingston **u3a** news bulletin will be emailed to you in early December. Please forward any contributions or suggestions by Thursday, 21 November to Susan Hinchcliffe at [communications@kingstonu3a.org.uk](mailto:communications@kingstonu3a.org.uk).

In the meantime, please check the [Kingston u3a](http://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.