



milton keynes



May  
2018



university of the third age

### **Open Meeting**

**Wednesday 23<sup>rd</sup> May**

**Change your Thoughts Change your World**

Alan Wise may make you rethink your life.

As a Health Psychologist and motivational speaker for many years, he has some fascinating stories to share, from travel in Europe and US, and will show techniques of how to cope with stress in our time.

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### **New Members Induction Session**

Please note: There will not be an Induction Session in May.

The next one will be at 2pm on Monday 18<sup>th</sup> June and held at Great Linford Parish Council Offices, Great Linford.

More details will be in the June Newsletter.

### **GDPR General Data Protection Regulation**

On May 25<sup>th</sup> the new GDPR will come into force. This replaces the Data Protection Directive and has been introduced throughout Europe. It will still be in place after we have left the European Union.

This regulation has been introduced to ensure your data and privacy is more secure in this increasingly technological age.

The main change for you is that you must actively agree to your data being used for specific purposes.

Milton Keynes U3A now have updated Privacy and Data Protection Policies to comply with this regulation and you can find these documents in the Members Area of the website once you are logged in.

In the next few weeks you will receive notification by email asking for your consent for MK U3A to use your data for the purposes of membership management.

Please complete as requested because unless we receive your consent we will not be able to store or use your data after 25<sup>th</sup> May and you will no longer be able to be a member of MK U3A.

### News from the groups

#### TAP on stage at Shenley

The Third Age Players (TAP) is busy rehearsing their next drama presentation.

“Ten Little Thespians” will be performed at the Shenley Retirement Village on September 13<sup>th</sup> to 15<sup>th</sup>.

Tickets will be available soon but if you want to reserve your place now please contact Barbara Baker 01908 562738 or [tap@mku3a.org](mailto:tap@mku3a.org)

Due to a change of management at the Crysalis Theatre, they were not accepting bookings for 2018. So we are very grateful to the residents of the Village for allowing us to use their theatre.

“Ten Little Thespians” written by Tashika Cecchetti is especially suited to the membership of TAP and we are enjoying the challenges it is presenting.

We are always happy to welcome new members – not only actors but any willing to help with the many tasks necessary to producing a play.

Contact **Barbara** for more information.



#### Fancy a food group?

Purpose of the group: For anybody who enjoys food, trying new recipes, or maybe who needs inspiration in the kitchen!

An opportunity to chat about food related topics and exchange recipes and ideas. (This is not a cookery class and you don't have to be a fantastic cook to come along!)

Suggested topics include:

- Foods from around the world
- Cooking on a budget
- Healthy meals
- Favourite desserts

Group would meet once a month possibly 3<sup>rd</sup> Wednesday either 10-12 or 2 – 4pm (not sure where yet).

**Proposer:** Tina Griffith

If you are interested in this Group please initially contact [groups@mku3a.org](mailto:groups@mku3a.org) or telephone Shirley Dewar, Groups Co-ordinator on 01908 368813 or 07879 007513



#### More of a Stroller?

Having a job to keep up/keep going in the walking/Rambling groups, then the last resort is Strolling - at a leisurely pace of a mile in an hour with rests.

We meet in the morning of the third Wednesday of the month February - November.

Contact Mike on [strolling@mku3a.org](mailto:strolling@mku3a.org) or 01908 210310.

## U3A Public Speaking Group Proposal

### Outline by Charmaine Richardson

**Group size:** 10. **Possible day:** Thursday morning

**Members:** For those who have never done any public speaking before. Basic level.

#### **Aim:**

- To find out what it feels like to stand up and speak in front of people.
- To build confidence.

#### **The Talks:**

- Can be impromptu or prepared.
- Lasting 2-3 minutes.
- Constructive audience feedback on delivery, content etc.

**Structure:** Could operate on two levels:

- Informal
- formal.

Could also be progressive where improvement is monitored personally/individually. I probably wouldn't want it to become competitive.

#### **Outcome**

- to stand up and deliver a 5 minute presentation.

*I haven't done any public speaking as such and wouldn't want to run it on my own. The above are just ideas and if someone wants to take over the idea themselves that would be fine.*

*Charmaine Richardson*

If you are interested in this Group please initially contact [groups@mku3a.org](mailto:groups@mku3a.org) or telephone Shirley Dewar, Groups Co-ordinator on 01908 368813 or 07879 007513.

## Pilates Group looking for new members

This group currently has a couple of places available for new members.

The group has been running for several years, and so it is not suitable for complete beginners.

If you have some experience of Pilates, please email the group leader, Helen Richards, at [pilates@mku3a.org](mailto:pilates@mku3a.org)

## It's time to think about music, so ...

... join us, and make room in your day for some varied music styles for a couple of hours. There's a bit of music in all of us. us just want to come along, chill out and listen to other's choice of music – or maybe just meet new people!

So whether you are a jazz lover, an opera or classical buff or whether you just enjoy relaxing to different styles of music, we'd love to know you.

New folks are joining us each month, but we still have enough room for more.

Give us a call or email us and we can tell you all about our group. Contact: Sally Saunders 07948 366778 or email us at: [musicapprec@mku3a.org](mailto:musicapprec@mku3a.org)



## Choir's in fine vintage form

**Saturday 9<sup>th</sup> June 2018**

The U3A choir has been asked to contribute again at this year's vintage weekend fair in Newport Pagnell.

We will be singing in the United Reformed Church from 12.15 until 1pm.

There's lots going on in Newport, so do call in and listen to the music of Rogers and Hammerstein and join in with the songs from the forties.

We all meet twice a month (2nd and 4th Thursday morning) in Two Mile Ash. Some of us will take it in turns to create a playlist, some of us just want to come along, chill out and listen to other's choice of music – or maybe just meet new people!

So whether you are a jazz lover, an opera or classical buff or whether you just enjoy relaxing to different styles of music, we'd love to know you.

New folks are joining us each month, but we still have enough room for more.

Give us a call or email us and we can tell you all about our group. Contact: Sally Saunders 07948 366778 or email us at: [musicapprec@mku3a.org](mailto:musicapprec@mku3a.org)

**Sunday 24<sup>th</sup> June 2018**

This year we are combining our Summer concert with an afternoon cream tea at 2.30pm in the United Reformed Church, Newport Pagnell.

Tickets are £8 and can be ordered by phone from our committee members, Janice on 07762 178379 or Jennifer on 01908 613088.

All proceeds will go to the URC for the Mead Community Centre project, which is to be built on the site of the current URC hall.

The varied programme will include a medley of songs, commemorating 100 years since the end of WW1 and a happy 70<sup>th</sup> birthday tribute to Andrew Lloyd Webber!

We hope you'll be able to join us and are grateful for your continued support in helping local causes.

**Sheila Staincliffe**

### Report on Group Co-ordinator visit to Ukelele Group

On Monday 5<sup>th</sup> March I joined the Ukulele Group at the Canon Pub in Newport Pagnell where they now meet every other Monday in the month, having recently moved from Windmill Hill Golf Club in Bletchley.

They are a relatively new Group – only starting just over a year ago.

I had a delightful time and was extremely impressed with the level of expertise of the members, especially as the Group has only been in existence for such a short time.

Ron put them through their paces with some warm up exercises – to get those fingers working. I joined in singing a couple of numbers from their repertoire – When I'm 64 (which was quite appropriate as I am!), Lillie Marlene and On the banks of the Ohio.

As they now meet in a pub, liquid refreshment was available on hand.

I left them after about an hour or so, leaving Gordon teaching them a new tune.



If this year's AGM is a success (entertainment/displays provided by the Groups), perhaps next year it would be lovely to be entertained by the Group.

If new members "would like to try before they buy", Ron informed me that they would initially be able to borrow a Ukulele to try before going to the expense of purchasing one.

**Shirley Dewar, Groups Co-ordinator**

### The Story of Westbury

Several MK U3A members have been involved in a Heritage Lottery-funded project to investigate the history of Westbury Manor and village on the western edge of Shenley.

The Manor House is now a thriving Arts Centre, but the group's research has revealed a fascinating history going back to Saxon and earlier times.

The project has involved visits to the archives at Aylesbury, online archaeological research, interviews with previous owners as well as a visit by a vernacular buildings expert.

A booklet has been written showcasing their findings and a website will publish the findings of future investigations.



**WESTBURY  
MANOR  
EXHIBITION**

The group is holding an exhibition to display the story of Westbury village and the Manor Farm from **16th June** until **6th July** at Westbury Manor, and look forward to welcoming members of MK U3A who visit the display.

### OUTINGS GROUP - 2018 PROGRAMME SUMMARY

Meetings are held on the SECOND Thursday of the month at 2pm

**2018** –10 May, 14 June, 12 July, 9 August, 13 September, 11 October, 8 November, 13 December

**Venue:** Age UK Milton Keynes, Peartree Centre, 1 Chadds Lane, Milton Keynes MK6 3EB.

A committee comprising of Christine Behrendt, Hilary Beckett, Jackie Berry, Ray Cockram, Czesia Eales-Johnson, Shona Hall, Brian Munday, has been formed to run the Group. Ideas for future excursions from our members are always welcome.

A short description of outings is listed below, please ensure you see the full details given in the Information flyer included with the booking form so you are fully aware of any mobility or safety issues.

Once we have paid for the coach and venue (just after the booking date) we are sorry that we cannot refund you unless a replacement booking is made for the excursion in question.

#### **BURE VALLEY RAILWAY & NORFOLK BROADS CRUISE**

**Thursday 17<sup>th</sup> May 2018**

**All places booked, reserve listing only**

**Pick up Point:** Bletchley Bus Station **07.45 hours** or John Lewis Coach Park **08.00 hours**

**Arrive:** Aylsham approx 11.00am.

**Depart:** Wroxham 16.00 hrs **Arrive** Milton Keynes 19.00 hrs approx.

**All refreshments on the day at own cost**

**Cost £33.00** (includes driver's tip)

**Cheques for Outings to be payable to MKU3A**

**Jackie Berry 07954 588238 for contact on day of outing only**

## **BOURNEMOUTH**

**Thursday 7 June**

**Pick up Points:** Bletchley Bus Station **08.00** CMK Silbury Blvd Pick Up **08.15**

**Cost: £21** Includes coach travel & driver's tip

**Itinerary: 11.15** Approx arrival at Bournemouth

**16.00** Depart Bournemouth, Arrival MK approx 19.00

**Bookings By 10 May 2018**

**Contact on the day Ray Cockram 07899 841553**

## **HOLKHAM HALL AND ESTATE WELLS-NEXT-THE-SEA**

**Thursday 21 June**

**Cost: £31** (including free flow tour of hall, field to fork experience and the walled garden, plus coach cost and drivers tip)

**Bookings By 10 May 2018**

**Pick up Points** Bletchley Bus Station **08.00** CMK Silbury Blvd Pick Up **08.15**

**Arrive:** Holkham Hall Wells Next the Sea 10.45am (10.45hrs) *(Dependent on traffic)*

**Depart:** Holkham Hall 4.15pm (16.15hrs)

**Arrive:** CMK *(Dependent on traffic)* 6.45pm (18.45hrs)

**Contact on the Day: Chris Behrendt 07766 026357**

## **KENNET HORSE DRAWN BARGE AND MARLBOROUGH**

**Thursday 5 July**

**Bookings By 14 June 2018**

**Pick Up Point:** Bletchley Bus Station 8.15am

CMK Silbury Blvd Pick Up Point 1 or 3 8.30am

**Arrive:** Kintbury 10.30am (dependent on traffic)

**Depart:** Kintbury 1.15pm approx

**Arrive:** Marlborough 1.45pm approx

**Depart:** Marlborough 4.30pm

**Arrive:** Milton Keynes 6.30pm approx. (dependent on traffic)

**Cost: £33** includes coach, drivers tip, 2 hour canal boat trip with morning coffee/tea and cake, travel on to Marlborough. Lunch at own cost.

**Contact on the Day: Chris Behrendt 07766 026 357**

## **EAST RUSTON OLD VICARAGE GARDEN**

**Thursday 19<sup>th</sup> July**

**Bookings By 14 June 2018**

**Pick up Points:** Bletchley Bus Station 08.00 Silbury Blvd CMK Pick up Point 08.15

**Cost £29:** Includes coach travel to East Ruston Old Vicarage Garden, coach driver tip and Entrance fee to the Garden

**Itinerary:** It is intended that we will have a break in the journey by having a stop at Wroxham where you will have some free time.

11.45 am The coach will depart Wroxham for East Ruston

4.00 pm The coach will depart East Ruston for Milton Keynes

**Contact on the day Brian Munday 07743 374645**

#### **ALL Outings Bookings Contact:**

**Czesia Eales-Johnson, 2 Selby Grove, Shenley Church End, Milton Keynes MK5 6BW Tel 01908 506706 Email: [outings@mku3a.org](mailto:outings@mku3a.org)**

**Cheques for Outings to be made payable to: MKU3A**

### **Condolences**

It is with sadness that we must report the death of several of our members.

**Dorothy Frewin** who was very active with MK U3A until a few years ago has sadly passed away. Her funeral will be held at Crown Hill Crematorium on Thursday 10th May at 4.15pm. All welcome.

**Allan Monk** who passed away on the 9<sup>th</sup> April was a member of the Transport Topics Group and had been a member of our U3A for over 6 years.

**Marion Clarke** who passed away recently was a member of Keep Fit and Rambling and enjoyed Outings and Theatre Trips. Marion had been a member for 19 years.

We have recently been informed that **Patricia Page**, one of our Founder Members, passed away in February this year.

Our condolences and best wishes go to their family and friends.

### **Supplier recommendation**

John Gearing would like to recommend appliance repair company MK Dart. They deal with cookers, washing machines, tumble dryers and dishwashers.

I used them recently and found them to be refreshingly trust-able.

If your appliance is terminal they can also supply new items at a price that was for me better than a Currys and they fitted and then took the old machine away - after testing the new machine worked OK. All times and dates were met.

If you are interested their details are [MKDart.co.uk](http://MKDart.co.uk) 01908 616464.

### **Open Meeting - IT Help Desk**

There will be opportunities both before and after the Open Meetings to seek assistance with IT problems and using the MK U3A website, including setting up your login and password and updating your personal profile.

Help will be available before the meeting from 2pm and after the meeting until 4.15pm

Free Wi-Fi is available at the venue. Support is available for:

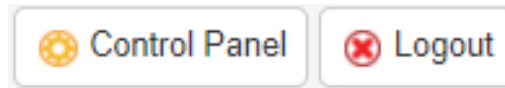
- Windows PCs
- Apple/Android tablets and phones.



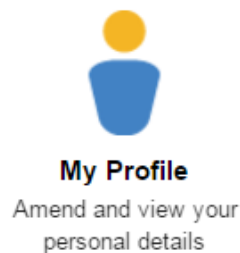
NOTE: Please ensure your device is fully charged or bring your charger with you.

## MK U3A - Making Changes to your Personal Details

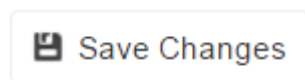
1. Open the MK U3A website (mku3a.org)
2. Login to the site. (If you haven't set your login password yet please see the instructions on the LOGIN page.)
3. Once you are logged in 'click' on the Control Panel icon top right of screen



4. This will open a page showing the following icon. 'Click' on the icon



5. You will now open a page showing your personal profile. This is where you can change your contact details and add an emergency contact. **This is extremely important in cases of accident or emergency.** Make any changes necessary and 'click' **Save Changes** top or bottom right of profile screen.



6. You now have two options – Returning to the Website or to Logout. Top right of screen. Select the appropriate icon.



### OPEN MEETINGS PROGRAMME FOR 2018

Meetings start at 2.30pm and are held at the Oak Tree Centre, Wallinger Drive, Shenley Brook End, Milton Keynes, MK5 7GZ. There is car parking on site, and bus routes 8, 24 & 25 stop on adjacent grid roads.

#### **27 JUNE – Modern Scams and How to Avoid them - Brad Ashton**

Based on a BBC Radio series he wrote during which he exposed 180 different scams.

#### **25 JULY – When Birds Sing - Saffron Summerfield**

Just why does a small bird (Marsh Warbler) 'collect' up to 250 other bird songs and calls on its migratory path from Africa to Northern Europe thereby creating an astonishing 'Song line' of its journey each year. Come and find out.

#### **26 SEPTEMBER – A Job of a Lifetime - Brad Ashton**



Brad tells lots of humorous backstage stories about the many star comedians he has written scripts for.

**24 OCTOBER – Biography The Talk – Alan Wise**

**28 NOVEMBER – Critical Information – Mike Flood**

### **Go on ... give that strawberry a squeeze**

This Spring, Florence Nightingale Hospice Charity is launching a fun new way to help supporters looking to raise money for the Hospice.

Based around the nation's favourite summer fruit, we're challenging people to organise their own fundraiser using strawberries. Anything goes, from afternoon tea with friends, a stall at the local fete, or evening cocktails.

Our Strawberry Squeeze pack, which is full of ideas, recipes and advice for both new and seasoned fundraisers, is available by calling 01296 429975 or email

[strawberrysqueeze@fnhospice.org.uk](mailto:strawberrysqueeze@fnhospice.org.uk).



Raising £56 will pay for Afternoon Tea for the hospice patients for a week; £74 covers the cost of a session at the Day Hospice. Any funds raised will be used to help local families relying on our Hospice services.

### **Resolutions at Bow Brickhill WI**

Bow Brickhill Women's Institute meet on 24th May 2018 at the Pavilion, Rushmere Close, Bow Brickhill at 7.30pm.

Our May meeting is Resolutions, which is about mental health. This matters as much as physical health. The NFWI urges all WI members to recognise the importance of parity between mental health and physical health and take action to make it as acceptable to talk about mental health issues as much as physical health issues, and to lobby government for better support for mental illness.

Guests are welcome and requested to contribute £4 towards the expenses of refreshments (cheese and wine), hire of hall and speaker.

Please contact Stephanie Warren Tel 01908 671394 for further details.

### **Quiz and Pizza**

Quiz Night with Pizza Supper on Saturday 5th May at 7pm in Simpson Village Hall (MK6 3AD)

Proceeds to GREYHOUND COMPASSION

Maximum of 8 people on a table

£12.00 per person – Seats must be booked

Raffle prizes gratefully accepted

Bring your own drink – teas served at half-time

To book: [missquiz@sky.com](mailto:missquiz@sky.com) or Tel: 01908 644785



### **Fun for the family to launch Dementia Action Week**

Dementia Action Week is 21st-25th May and to promote this Age UK is having a launch day on Friday 18th May at their Peartree Centre, 1 Chadds Lane, Peartree Bridge MK6 3EB.

There will be traditional Fun Fair stalls, such as Coconut Shy, Hook the ducks, Hoopla etc.

Music throughout the afternoon from opening the event with bagpipes to a group playing 50& 60's music....

The Parks Trust are doing a guided walk around Ouzel Valley Park, which is behind AgeUK at the Peartree Centre.

### **Table Tennis Starts at Bletchley Leisure Centre**

Bletchley Leisure Centre, in partnership with Bletchley Table Tennis Club, is looking to offer weekly table tennis sessions for members of the immediate local community, starting Tuesday (1<sup>st</sup> May) at the leisure centre.

The programme will run on a Tuesday morning from 10am to 11.30am and will take place in the sports hall (court 5).

All sessions will be coached and facilitated by Stephen Baggaley, and will cost £5 to attend on a weekly basis (pay as you play).

Total beginners are welcome.

For more information about the sessions, please feel free to contact Stephen directly on [baggaley1@hotmail.com](mailto:baggaley1@hotmail.com) or 07815 123225.

### **Small is big at MK Library**

Milton Keynes Bonsai Society (in collaboration with the bonsai societies of Bedfordshire, Mid Herts and Middlesex) are hosting a Bonsai and Ikebana Show at the MK Central Library on Saturday, June 30.

The work on display will show various styles and species of bonsai, many of which originated from within the UK.

Also on display will be Ikebana floral arrangements by the Sogetsu London Branch (Bedford group). The latter will showcase different expressions found within one of Ikebana's most contemporary schools, depicting lines, colours and mass.



The show is hoping to increase awareness of both Bonsai and Ikebana, art forms which have been practiced in Japan for many centuries and have made their way into our homes and other spaces.

We welcome visitors to see the show and meet members of the Bonsai and Ikebana groups.

We also welcome anyone who has an interest in bonsai to come along to our regular group meetings.

Meetings are held at 7.30pm for 7.40pm on the second Monday of each month (except January and August) at Milton Keynes Reform Synagogue Hall, 1 Hainault Drive, Giffard Park, MK14 5PQ. We have a tea break and sometimes a raffle.

We try to ensure that each meeting is devoted to various practical and horticultural aspects of bonsai. These include root pruning, air layering, repotting, carving, feeding, watering or various other techniques. On occasions we host a summer barbecue or picnic and a Christmas social.

### **Walk for Parkinsons**

**Sunday 20<sup>th</sup> May 2018**

**Forest of Marston Vale, Bedfordshire**

A 2.5 or five-mile walk starting at 11am. Registration is £10 for adults and £5 for children under 16 before the day.

Before walk a free Parkinsons UK T-shirt, walk number and fundraising pack is sent. It is suggested that all walkers aim to raise at least £50 in sponsorship from family and friends.

More info at [parkinsons.org.uk/walkmarstonvale](http://parkinsons.org.uk/walkmarstonvale), email: [fundraising@parkinsons.org.uk](mailto:fundraising@parkinsons.org.uk) or Tel: 020 7963 3912.

## Flowers at Woburn

Woburn Church is holding a flower festival after ten years and is celebrating 150 years of worship.

The Community Flower Festival and Craft Exhibition will be held on Saturday 30th June and Sunday 1st July 2018 at St Mary's Church, Woburn.

There will be a variety of stalls and sideshows.

Saturday 10am – 5pm

Sunday 12.00 – 5pm

Entrance £4.00 per adult (accompanied children free)

Refreshments - Morning Coffee, Lunch, Afternoon Teas.

Proceeds to:

- St Marys Church (new internal lighting)
- Willen Hospice (Palliative Care)
- Shoebox Appeal (children in crisis)



## Fraud and scams

The Metropolitan Police Service FALCON unit (Fraud and Linked Crime Online) have created resources which are freely available to the public to assist in raising awareness about Scams and Fraud.

Available for download for free are:

- [Little Book of Big Scams](#)
- [Little Book of Cyber Scams](#)
- [Little Leaflet of Cyber Mistakes](#)

There are also 5 short animated videos to help raise awareness with regards to defending yourself against online crime:

- [Passwords](#)
- [Phishing](#)
- [Wifi](#)
- [Online ID](#)
- [Updates](#)

## Key Contact details – more on the website

**Chair:** Lesley Sparks [chair@mku3a.org](mailto:chair@mku3a.org)

**Vice Chair:** Tina Two [vicechair@mku3a.org](mailto:vicechair@mku3a.org)

**Secretary:** Neill Dewar [secretary@mku3a.org](mailto:secretary@mku3a.org)

**Treasurer:** Diana Sears [treasurer@mku3a.org](mailto:treasurer@mku3a.org)

**Groups Coordinator:** Shirley Dewar [groups@mku3a.org](mailto:groups@mku3a.org)

**Webmaster:** Dave Barratt [webmaster@mku3a.org](mailto:webmaster@mku3a.org)

**Membership Secretary:** Claire Naismith [membersec@mku3a.org](mailto:membersec@mku3a.org)

**Communications Coordinator:** Simon Wong [comms@mku3a.org](mailto:comms@mku3a.org)

**Datum Project:** Dave Barratt [datum@mku3a.org](mailto:datum@mku3a.org)

**Thames Valley Network:** Fred Bass [tvn@mku3a.org](mailto:tvn@mku3a.org)

**Members Liaison:** Dennis Revell [membersliaison@mku3a.org](mailto:membersliaison@mku3a.org)

**Assistant Webmaster:** Len Barrows [assntwebmaster@mku3a.org](mailto:assntwebmaster@mku3a.org)

**Groups Finance Admin:** Geraldine Cannell [groupsadmin@mku3a.org](mailto:groupsadmin@mku3a.org)

**Halls Admin:** Sue Giordano [hallsadmin@mku3a.org](mailto:hallsadmin@mku3a.org)

**Open Meetings/Volunteers:** Currently vacant [volunteers@mku3a.org](mailto:volunteers@mku3a.org)

Please refer to the website [www.mku3a.org](http://www.mku3a.org) for statements concerning **MKU3A Policies and Guidance** on all aspects of our **admission including Data Privacy, Disclaimers and Copyright**

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