

MILTON KEYNES U3A

u3a THE THIRD WAY

Message from our Chair Lesley Sparks



Date :23rd September

Time: 09:00 – 15:00

Venue: The Stables

Stockwell Lane,

Wavendon

Milton Keynes,

MK17 8LU

Dear members,

What a summer! I hope you have managed to keep cool but still continue with your u3a group activities. With that in mind I wish to remind you about our upcoming U3A Day on Wednesday 23rd September. Many of our groups will either be performing on the iconic Stables stage, displaying items and paintings they have produced or demonstrating how to play games such as Mahjong.

We hope you will find time to come along and support all our participating members. Family, friends & neighbours will be welcome to come too, & hopefully they will consider joining us once they see the variety of groups on offer. If a particular interest is not covered, we may be able to start a new group if there is sufficient interest.

The event runs from 9.00 to 3.00 & the stage will be used throughout these times showcasing the enviable talent of our members, whether acting singing, playing or keeping fit.

Coffee tea & biscuits will be provided but if you plan to stay all day, please bring lunch as there will be no food available.

There will be representatives from local government, the Third Age Trust, & our local u3a networks in attendance so it should prove to be an exciting & uplifting day. You may find another activity group to join or meet up with friends who you have not seen recently or make new ones.

Please register your interest by signing in to the event on the diary page of our website – this will help us organise the helpers & ensure they are in the right places. I look forward to seeing you on the day, whether performing, enjoying the entertainment, or just for a chat. With very best wishes
Lesley



[Read more on our website](#)

Third Age Players

Written By: Greta Langdale

The first night of this year's Third Age Players' production "Triple Trouble" (Three comedies) is almost here [Click here for full details](#)

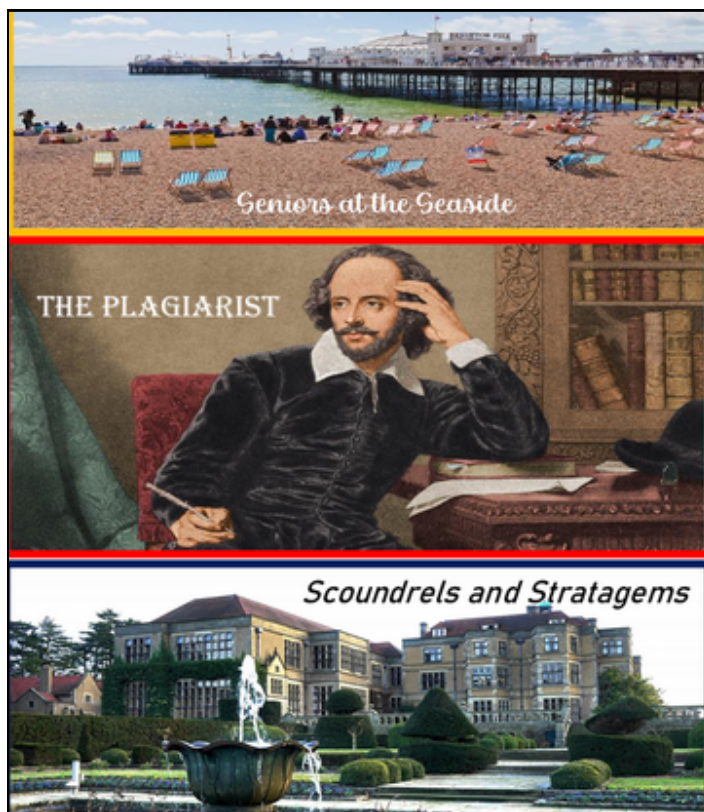
We would like to thank everyone who has supported us over the last few years. We have made a change this year, and are putting on four performances instead of our usual three. This gives more capacity for the audience and more performances for us!

As valued members of our audience, we would like to offer a 50% discount on a limited number of tickets, to MKu3a members only.

To book, Ticketsource.co.uk choose the 'Special Members Release' price option. It will ask you for a password: enter MKU3AMSR. (Not case sensitive) We will ask for your membership number when you arrive.

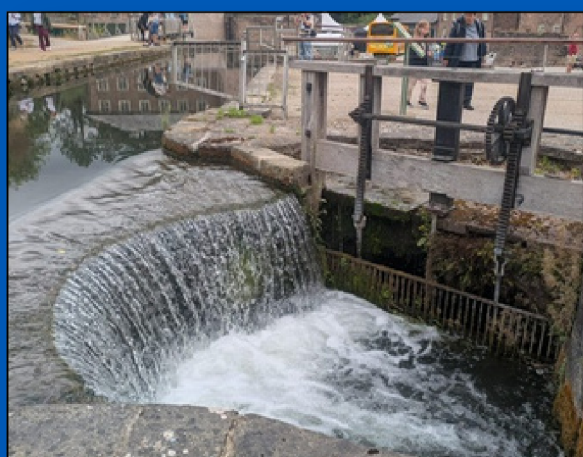
If you are a member and have booked at full price, we would offer you to bring a guest at no extra cost, subject to availability, we would do our best to seat you together.

Email Greta directly [here](#)



Outings Visit to Cromford Mill

written by Sue Lee



This is a fascinating place, full of history. In 1771, this was the dream of Sir Richard Arkwright to build a water powered mill to process and manufacture cotton.

The first mill was so successful that further ones were added to the site. An astute businessman, he quickly realised that to get the best out of his workers, he needed to look after them – for example, initiating sick pay, holidays and regular wages – thank you very much.

There were also shops and a café on site to explore and the local church a short walk away.

All in all, an interesting day and well worth a visit. Thank you to Jenni and our driver, Brian, for taking such good care of us all.

Exploring World Faiths



Written By: Linda Morris

If you'd like to find out about the history and restoration of the farm house of Bradwell Abbey please join our September group visit.

In **October** we will hear from the Muslim lady who was High Sheriff of Buckinghamshire.

You are most welcome to join us for any or all of our monthly Exploring World Faiths group meetings.

Wednesday 2nd **September** – we meet in the Sun Room at the 12th century Bradwell Abbey.

Wednesday 7th **October** – Kurshida Murza will speak to us about her time in office. Our venue is the Church of the Latter Day Saints, Two Mile Ash.

Wednesday 4th **November** – the Director of the Panacea museum is our guest speaker at the Bath House, Wolverton.




**BLETCHLEY EVENING
WOMEN'S INSTITUTE**

Meetings at
St Andrew's Church Hall, Buckingham Road,
Bletchley, MK3 5DR
7.30 pm to 9.30 pm

**EVERY 1st THURSDAY OF THE
MONTH**

Knit & Natter	Coffee Mornings
Outings	Lunch Group
Monthly Speakers	Gardening Group

NEW MEMBERS WELCOME

China-The Red Dragon Awakes

Thames Valley Network – Video talk

Wednesday 16th September on Zoom

Andrew Baker, a specialist in contemporary history, politics world affairs and cultural change, will be giving TVN a talk on the rise of China – global, political and how it affects us in the West.

Book [here](#) scroll down the page. Fee £2



Walk for Parkinson's Sunday
20th Sept

Wendover, Aylesbury
HP22 5NQ

£12 under 18's free

Routes – 1.1 mls or 5.1 mls
Registration closes 13 Sept
Sign up [here](#)

Creative Crochet and Knitting

written by Judith Rowntree



This is just one of the things that have been keeping the creative crochet and knitting group busy. From one of our members:

Judith joined the U3A in November 2025, after having retired from working at Milton Keynes Hospital for about 27 years. She happened to mention that the maternity unit are always looking for people to knit or crochet baby hats in various shapes and sizes, and the ladies at U3A kindly made these for her to donate.

Still Green Cohousing for the over 50s

After a long wait, construction of Still Green's 29 apartments for over 50s in the heart of Wolverton is underway as part of the Agora Redevelopment project. We are excited! Our new neighbourhood will offer everything we wish for as we look to our later years.

[Read the full piece here](#)



Our Summer Party

The summer Party was held on the 1st July and was a sell out. Entertainment was provided by [The Sherrington Folk Band](#) and Magician [Edward Hilsum](#).

A feast of sandwiches, cakes, strawberries and cream were served and washed down with Prosecco or non-alcoholic Pimms.

Everyone seems to have fun and enjoyed the afternoon.

Thanks to our social committee for all their hard work.



The Open University Choir



This is a workplace choir with approximately 55 members, drawn largely from OU staff, former staff and students, but also includes singers from the local community. The choir rehearses at lunchtimes on the OU campus and presents three main concerts each year, usually two on campus which are free for audiences to attend and the third at another local venue.

The Choir's next concert includes music by Mozart and his contemporary and sometime piano-duet partner Marianna Martines and takes place on **Thursday 19 November** in the Hub Theatre on The Open University campus. The concert is free and open to all. The venue is accessible and free parking is available on the campus.

If you would like to receive information about the choir and its activities please contact the OU Choir Publicity Officer, Gill Smith at openuniversitychoir@gmail.com. You can also find information about the choir's activities on its [website](#).

Renewing your membership

To renew your membership please read the details in the link below and scroll to the part that is titled 'Checking Your Membership Details and Renewing Your Membership

[Click here for the instruction sheet](#)

Board Games Group

There is interest in setting up a Board Games Group.

Please contact groups@mku3a.org if you are would like to join this group.

Take learning on tour



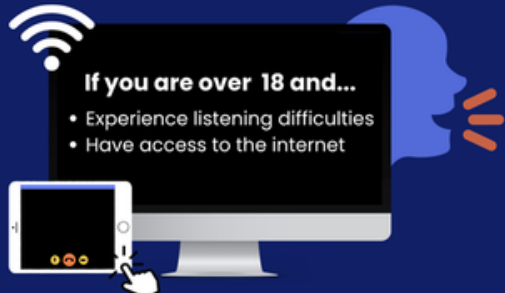
Make learning and laughter the centre of your next trip with u3a getaways. Each trip offers opportunities to learn about specific topics while meeting other u3a members. Join us from 12-15 October for Appreciating Shakespeare and explore the life and legacy of history's most famous playwright in the town he was born, Stratford-upon-Avon.

In November, you can discover the festive treats of Yorkshire, learn about aviation heritage in March 2027, explore Dartmoor Zoo in April and experience expert-led wine tasting in May.

Find out more [here](#).



Do you find it hard to follow speech in noisy settings or take part in conversations?



If you are over 18 and...

- Experience listening difficulties
- Have access to the internet

We invite you to be part of an online study. The study aims to improve two new listening and thinking games for people with hearing loss.

To take part 🖱️ <https://tinyurl.com/PLUS-Optimal1>
Or email: Natalie.Lerigo-Smith1@Nottingham.ac.uk

Download the information



UNIVERSITY OF LEICESTER RESEARCH PARTICIPANTS NEEDED

Are you aged 65 or over? Have you experienced fraud by someone you know or trust?

We want to hear your story.

I am conducting doctoral research at the University of Leicester to understand how older adults experience and respond to fraud by people they know or trust. This research aims to move beyond simple narratives to understand the complexity of your experiences.

What's Involved

- A confidential interview lasting up to 75 minutes
- Choose between in-person (East Midlands), online via Microsoft Teams, or by email
- Share your experiences in a safe, supportive environment
- Your identity will be protected, with all identifiable information removed

Can You Take Part?

- You are aged 65 or over
- You have experienced fraud or deception by someone you know or knew (partner, family, friend, or professional)
- Any investigation into the fraud has been completed
- You can speak and understand English fluently
- You are willing to share your experience

Why Your Voice Matters

- Improve understanding of how fraud affects older adults
- Inform psychological theory and clinical practice
- Support service development & safeguarding strategies

Interested in Participating?
Contact: Shannon Edwards
Trainee Clinical Psychologist
DCLinPsy Programme - University of Leicester
se220@leicester.ac.uk

As a thank you for your time, you will receive a £20 Love2Shop voucher!

This research has been reviewed and approved by the University of Leicester Research Ethics Committee: 5268

UNIVERSITY OF LEICESTER • DCLINPSY PROGRAMME • DOCTORAL RESEARCH

Download the information



United Nations International Day of Older Persons.

1pm – Thursday 1 October 2026 MK Rose, MK9 4AJ

Mayor of Milton Keynes, Councillor Paul Trendall and Older Persons' Champion, Councillor David Hopkins invite you to join them to celebrate the International Day of Older Persons.

The event recognises the opportunities and challenges of ageing populations, while promoting the development of a society that works for people of all ages.

Hear from Older Persons' Champion Councillor David Hopkins about this year's UN IDOP theme of **the Age of Longevity: Rethinking Systems for Longer Lives**.

Organisations and individuals with an interest in social connection or wellbeing for older people are encouraged to attend. Light refreshments available afterwards at MK Gallery.

There are a range of parking options a short walk away: [CMK parking](#)



Older
Persons'
Board

MK Milton Keynes
City Council

Download the information

MKu3a Open meetings

28th October 2026

RNLI – The Inside Story with Jan Wyglendacz

5th November 2026

Places Together – A ceramics-based workshop exploring cross-generational working together.

Book here (login first)

Expand your horizons with u3a week

Monday 21 September

Secrets of the human brain: Sleep and dreams

Tuesday 22 September

The Enchanted Archipelago - a journey through the Galapagos with HX

Thursday 24 September

Promoting brain health: from evidence to action

Friday 25 September

Live cookery demonstration - try something new

Free via Zoom - book [here](#)

Want to expand your Interests?

We have over one hundred interest groups to choose from.

Arts to sports, current affairs to food and so much more.

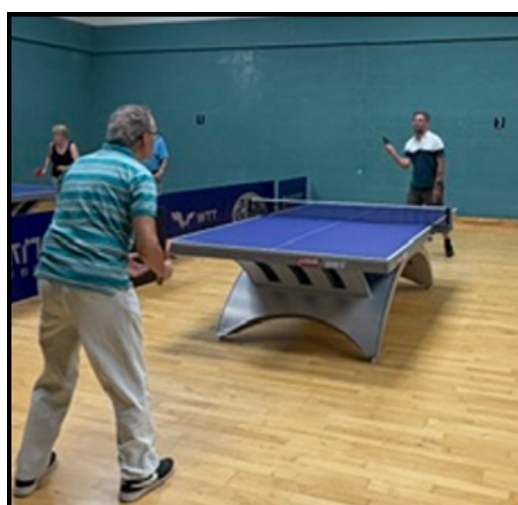
Check out the groups [here](#), new ones are listed regularly

New Table Tennis Group

written by Ann Dixon

Starting in July we have had a lot of fun! Many of us haven't played for years but it's amazing how those moves come back to you but a table tennis expert demystified the rules to us. The biggest challenge has been playing doubles which has both tested our reaction times and our brains!

Our group is pretty relaxed and we have mixed it up with general knocking about in singles and trying out both singles and doubles. We have a very good venue which has capacity for a fair number. We are always looking for new members to join our group. If anyone would like to try the group just email me at tabletennis@mkcu3a.org for more details



Board Games afternoon

written by Sue Lee

Organised by the social committee, this was a fun afternoon with a bit of competitive spirit to keep it interesting. We had lots of different games on offer and a few personal contributions, so a chance to revisit old favourites or try something new.

Plenty of refreshments on hand to keep those little grey cells sharp and take a break and socialise. We had lots of positive feedback and it was good to see so many join in.



Keep an eye on your email for the next event in October

Tech and IT Support Available to Members

Are you having trouble navigating our website?

Are you having trouble logging in to our website and registering for events?

Our support technicians are available at all OPEN MEETINGS. See [diary](#) for the next one



MK Multiple Sclerosis Therapy Group



We invite you to join William French (our volunteer) hosting a talk sharing his stories and experiences serving royalty and celebrities, including the late Queen Elizabeth II.

This event will help raise funds for the MK MS Therapy Centre with a £10 donation per person (includes refreshments)

Date : Friday 11 September 1:30pm – 3:30pm

Venue: Elizabeth Gardens Care Home, Hadden, Great Holm, MK8 9AL

Please contact 01908 225907 or email:

info@mkmstherapygroup.co.uk to book

Founded in 1926 with just eleven boys meeting behind Spurgeon Memorial Baptist Church, the Company has since welcomed thousands through its doors, offering everything from camps & sport to music, drama and Duke of Edinburgh's Award. 100 years serving young people in the local community.

As part of the centenary celebrations, plans are underway for a weekend of events including an exhibition of photographs & memorabilia, alongside a special church service & we, hope, a past members' band. But above all, this is about reconnecting.

If you were ever part of 1st Bletchley, or its sister Girls' Brigade company, the Company would love to hear from you. Whether your memories are recent or from decades ago, this is a chance to reconnect with old friends & be part of a once-in-a-century occasion.

100 Not Out 1st Bletchley

written by Sue Putman



Date: 26th–27th September

Venue: Water Eaton Church Centre
Drayton Rd,
Bletchley
MK2 3RR

Register your interest [here](#)

Electra Volunteers

Volunteer with Electra, make new friends and enjoy the Grand Union Canal!

Electra is part of the Bedford and Milton Keynes Waterway Trust, which is a charity acting as an advocate and promoter to create a nationally recognised navigable Waterway Park linking Bedford and Milton Keynes for social, economic and environmental benefit.

We are looking to strengthen our volunteer team with enthusiastic volunteers. If you are interested in the Business Lead role [attached](#) please send a short email to: denise.taylor@bmkwaterway.org



Can you help?

We are looking for volunteers to:

- help run our office systems
- join our marketing team
- become cabin crew
- skipper the boat

Our guests tell us Electra cruises are peaceful and relaxing. We serve great food. Our volunteers are friendly and welcoming. We're accessible for all. We run great cruises. We're very popular.

Great volunteering opportunities for your skills and abilities

Find out more

  @ElectraBoatMK

www.bmkwaterway.org/electra/volunteering



[Find out more about volunteering](#)