



milton keynes



December  
2018



university of the third age

### Open Meeting

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.

### Adventures in Space – Dr Suzanne Imber

23 January

Have you ever met a planetary scientist who is also an elite rower, a high-altitude mountaineer, and the winner of the BBC series *Astronauts: Do You Have What it Takes?*

Oh, and who has been focusing on the upcoming mission to Mercury launched in October 2018?

Me neither but, this is our opportunity ...

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### New Members Induction Session

Next session – 14 January 2019

Please note - There will no Induction Session in December.

The next session will be on Monday 14 January, starting at 2pm, and will be held in the Great Linford Parish Office meeting room, next to the Co-op in the Great Linford local centre at 1 St Leger Court, MK14 5HA.

The session will outline the background to the U3A movement, explain how to get the best out of your membership with MKU3A, and show you how to use the website and join groups.

If you are a new member - just come along – any queries to Claire Naismith on [membersec@mku3a.org](mailto:membersec@mku3a.org) .



### Choir Update

**Just a final reminder about our up and coming concert “This Silent Night”, an evening of carols and readings on Friday 14<sup>th</sup> December at the United Reformed Church in Newport Pagnell at 7.30.**

This year all net proceeds will be split between our two nominated charities.

Little Lives was launched in 2007 to raise funds for more cots in the neonatal unit in MK hospital. The charity is now raising funds for two more ventilators costing £56,000 each, as well as for the refurbishment of the unit.

Hiekweni was a training centre founded by the Quakers in Zimbabwe in 1967 but was forced to close in 2014 through lack of funding. The charity Friends of Hiekweni continues to run a range of projects improving access to education and raising life standards.

Tickets costing £8 can be purchased from committee members or ordered by phone to Jennifer on 01908 613088

Please come and enjoy our carols and seasonal refreshments and help to support these worthwhile charities. Hope to see you there. Have a great Christmas and a Happy New Year when it comes

**Sheila Staincliffe, Joint group leader**

### **Talk by MK Humanists**

Interested in hearing what local Humanists have to say? If so, save the date, Wednesday 6th February at 2pm.

Please contact Linda Morris via [ewf@mku3a.org.uk](mailto:ewf@mku3a.org.uk) if you are interested in attending.



*Photo shows members at the Church of the Latter Day Saints, Two Mile Ash.*

**Hola!**

**You Want To Learn Spanish?**

**Then This Could Be The Course For You!**

Interested in learning Spanish? Here is your chance. Perhaps you are planning a holiday to a country, where they speak Spanish? Or, you might want to retire to Spain, leaving behind the cold winters? Perhaps you just want a challenge and decided to learn another language.

Some of the topics we will cover:

TRAVEL  
RESTAURANT  
FAMILY  
SHOPPING  
PEOPLE  
GREETINGS

We will be using an on-line course: [www.duolingo.com](http://www.duolingo.com). It is a course for beginners, free to use, but you will have to register.

Before we start the course, have a look on-line, and perhaps you might even start the on-line course on your own.

The group meetings would just be, like revision then, to reinforce what you already covered, and add the social aspect of learning and speaking Spanish together.

You can choose how much you want to do every day, 5 minutes, 10 minutes, 15 minutes a day. Some students choose to do more, but it is probably better to start slowly, as you are allowed to do more than the target you set yourself.

The group would meet every week, probably Mondays, either am or pm. Hope we will be able to use the Kingston former library.

**Proposer: Maria Bourne**

If you are interested in joining this group, please initially contact [groups@mku3a.org](mailto:groups@mku3a.org).

### **Spanish Intermediate**

The Intermediate Spanish Group, which meets on a Wednesday morning from 10.00 to 11.30 at Kingston, has room for new members.

If you are interested, please contact Penny Milner on [pmgmilner@gmail.com](mailto:pmgmilner@gmail.com).

We are sorry, but we cannot accommodate beginners.

We are also seeking a facilitator who is prepared to assist us with our learning.

### **Food4Thought Group**

Food4Thought held their 6<sup>th</sup> meeting on 21<sup>st</sup> November 2018, and our meetings continue to be well attended.

Our subject this month was Cooking for Christmas, and members shared recipes for Christmas Cake, Christmas pudding and American stuffing, made using cornmeal.

We were then given a short presentation by one of our members on the subject of rice, which was most interesting. We learnt, amongst other things, that rice takes between 3 – 6 months to grow, that there are over 40,000 varieties, that rice does not contain gluten, and that wild rice is not rice at all, but is a long grain aquatic grass. Also, did you know that raw rice can be used as an ant killer!



We then had an interesting discussion on what makes somebody a good cook? Whilst it seems easy to describe what makes somebody a bad cook, (somebody who burns the dinner, or who adds too much salt or seasoning to their cooking, or somebody who cannot judge quantities and does not cook enough food to feed everyone, or perhaps somebody who overcooks their vegetables, or undercooks their chicken), just because you don't do any of these things doesn't necessarily make you a good cook. So, what does?



One of the more obvious suggestions was somebody who cooks tasty food, but members also agreed that a good cook should have other qualities such as a love of food, the desire to cook for others, they should also be creative and able to conjure up a lovely meal without following a cookery book, cook plenty of food so no-one goes hungry, be able to multi task to ensure all the components of a meal are ready at the same time, know what ingredients complement each other, etc.

Although when somebody suggested a good cook should have good presentation skills, some members thought that good presentation did not necessarily make a good cook!

This month's quiz was photographs of 20 different types of chocolate bars sliced in half, including some that were easy to recognise, such as Peppermint Aero and Crunchie, and some that were a little more difficult, such as Reese's Nut Bar and Toffee Crisp!

A regular feature of our meetings includes members telling us about any restaurants/pubs they have visited recently, what they ordered, and whether they would recommend the restaurant/pub. This month, members had visited The Prince George at Tattenhoe, The New Inn at New Bradwell, and The Three Trees at Bletchley. All three received good reviews.

Please feel free to come along to our January meeting which will be held on Wednesday 16<sup>th</sup> January starting at 10am at Carpenter Court, Neath Hill, when we will be looking at recipes for favourite desserts & ice cream.

In the meantime, Keep Cooking!

**Tina – Group Leader**

### **Outings Group - 2018 Programme Summary**

Meetings are held on the SECOND Thursday of the month at 2.00 pm

**2018** – 13 December

**2019** – 10 January, 14 February, 14 March, 11 April, 9 May, 13 June, 11 July, 8 August, 12 September, 10 October, 14 November, 12 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, Anne Davis, 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.

### **Triumph Motorcycle Tour & Visitor Experience**

**Thursday 28 March 2019**

**Pick Up Point:** The Coachway, Coachway Road MK16 0AA **8.45am (08.45hrs)**

**Cost: £37** includes, coach travel, tour of factory, visitor experience, drivers tip  
(lunch and refreshments at own expense)

**Arrive: Triumph Factory 10.00am approx Depart: Triumph Factory 3.15pm (15.15hrs)**

**Arrive: The Coachway 4.30pm (16.30hrs) approx dependent on traffic**

**Booking contact: PAY by 14 February 2019**

**30 people is the maximum number able to book due to factory tour numbers**

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

### **The Royal Albert Hall & South Kensington**

**Thursday 7 March 2019**

**Pick up Point 08.30 am The Coachway,  
Coachway Road, MK16 0AA**

**Close to Bus Stop point 5 (near the  
entrance to the waiting room, café)  
Marshalls Coach**

**Arrive LONDON approx. 10.30am.  
Depart 16.00 hours Arrive Milton  
Keynes 18.00 hrs approx.**

**Cost: £35 (Includes coach, tour of Royal  
Albert Hall, refreshments on arrival and  
driver's tip.) All other food on the day at  
own cost.**

**PAY BY 10<sup>th</sup> January 2019**



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

**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**

**2019 Outings – Please note that these excursions are in the process of being arranged and will be confirmed nearer the date. (Dates are Thursdays unless stated otherwise)**

4 April Cotswold Farm Park

23 May Museum of Childhood & Sudbury Hall

27 June British Ironworks and Cruise

5 July (Friday) Bedford River trip & lunch

**MKU3A – Holidays and short Breaks - Kynren 2019**

**4 night, 5 days from £499**

**Including Durham, Alnwick Garden and Bowes Museum**

**Departs Friday 12th July 2019**

Step back in time with young Arthur as you travel back over 2000 years through British history - a journey of myth, legend and factual events, staged by a cast of over 1500 local actors in the shadow of the majestic chapel of Auckland Castle.

Superb props, a unique location, fireworks and music make this a magical event not to be missed.

Itinerary:-

Day 1: 8am pick-up at Milton Keynes Coachway. Travel to York for visit and lunch (not included). Continue north to County Durham. Arrive at hotel approximately 5pm for tea/coffee on arrival. Free time before dinner.

Day 2: Barnard Castle (EH) /Bowes Museum/Kynren: Depart hotel at

11am for our visit to the pretty market town of Barnard Castle where we have some leisure time followed by a visit to Bowes Museum, home to a renowned collection of European art and ceramics. From here we return to the hotel for free time before an early dinner at 5pm. Depart hotel again at 7pm to travel the short distance to the show which commences at 9.30pm. Re-join coach immediately after the show and return to hotel

Day 3: Alnwick Gardens – departing after breakfast we travel to Alnwick, where entrance to the famous gardens is included.



Day 4: Holy Island & Secret Kingdom. A full day to explore this unique landscape, rich in natural Beauty and tranquility. NB: Crossing time subject to tide times; Lindisfarne Castle free to NT members; Entry to gardens free of charge; Lindisfarne Priory free to EH members; Optional coach shuttle from coach park approximately £2 return

Day 5: Durham/Home - Depart hotel at 9am and travel to Durham where we will have time to visit the cathedral and castle quarter. We will leave after lunch to commence our journey home to Milton Keynes, making a suitable refreshment stop mid-way. ETA back in Milton Keynes from 6.30pm.

### **Redworth Hall Hotel**

### **Bishop Auckland (4\*)**

This stunning 17th century Jacobean manor house sits in 26 acres of landscaped grounds and is well situated for the Kynren event, on the outskirts of Newton Aycliffe.

. 143 en-suite bedrooms with tea/coffee making facilities, flat screen TV and wi-fi.

- Tea/coffee on arrival
- Porterage
- Restaurant and bar
- Health Club with swimming pool and beauty facilities.
- Star rating \*\*\*\*

What's included:

- 4 nights' stay with 4 choice, 3 course dinner and full English breakfast
- Return executive coach travel
- Gold tickets to Kynren event
- Entrance fee to Alnwick Gardens & Bowes Museum
- \*Sole occupancy supplement £100
- Optional insurance £15
- Deposit £60per person due 31/1/19
- Balance 8 weeks prior to departure

\*Price based strictly on minimum 35 paying passengers and 2 persons sharing a twin/double room.

Booking conditions apply

For further details contact: Ms Chris Behrendt Tel. 07766 026357.

Email: [h.and.sb@mku3a.org](mailto:h.and.sb@mku3a.org)



Tour details are subject to change and have been arranged in conjunction with *just for groups!*

The Old Bakery, Queens Road, Norwich NR1 3PL  
01603 886740 [www.justforgroups.co.uk](http://www.justforgroups.co.uk)



ABTA No. V6237



Kent ARA  
ASSOCIATE MEMBER



CTA  
COACH TOURISM  
ASSOCIATION

## **Fabric Choice**

I would like to recommend Mary at Sinclair Fabrics and Designs at Bozeat.

She was very helpful when we were choosing our curtain fabric and came out with some excellent suggestions.

Her telephone number is 01933 663533 and the address is 76 London Road, Bozeat NN29 7JR.

## **The Drama of Dunkirk Study Day**

**The River and Rowing Museum, Henley-on-Thames RG9 1BF**

**Tuesday 5th March 2019**

**Fee £15 for TVN Members, £17 for non TBN U3A**

This event takes place in the stunning setting of the Thames Room of the River and Rowing Museum, looking out across the river. The study day is to further our understanding of one of the most important operations of the 2nd World War—the evacuation of the British Expeditionary Force under the constant bombardment of the German guns. We are very fortunate in our panel of knowledgeable and enthusiastic speakers who will lead us through the day.

Programme:

10.00	Registration and Refreshments
10.30	Introduction—Patsy Thornton
10.40	The Dunkirk Fleet— John Tough
11.30	Break
11.45	Dunkirk—Defeat, Debacle, Decision, or Defiance? - Paul Evans
12.25	“The Devon Belle” - Tim Deaton
12.45	Panel
13.00	Lunch Break
14.45	“Forgotten Voices of Dunkirk” - WU3A Military History Group
16.00	Close

### **Speakers and Subjects**

**John Tough** is the archivist of the Association of Dunkirk Little Ships. He will describe for us the assembly of vessels which took part in the evacuation—Royal Navy, Merchant Navy and the Little Ships— and how their movement was coordinated in Operation Dynamo.

**Paul Evans** project historian has had a distinguished career which includes being the MoD Head of the library and archives at Firepower, The Royal Artillery Museum. He was also chosen as the BBC’s artillery expert for their 2014 roadshow, commemorating the First World War. He will look at the overall importance on the conduct of the war, of the evacuation of the BEF, and how this was achieved.

**Tim Deaton** of Thames River Cruise will tell us of the part played by the Devon Belle, a river steamer, in the evacuation, and how his company still employs her on the Thames today.

**Forgotten Voices of Dunkirk**—Eight members of the military history group of Wokingham U3A will give dramatic readings from the book of this title. Following the close of the Second World War, the Imperial War Museum recorded the spoken memories of members of the armed forces, merchant seamen, volunteers and nurses who were involved. These readings will take us from the arrival of the BEF in France in the autumn of 1939 to the rescue of those forces from the beaches of Dunkirk in the summer of 1940.

For further information please contact Patsy Thornton [patsy@thorntac.co.uk](mailto:patsy@thorntac.co.uk) Tel: 01344 774812

THAMES VALLEY NETWORK



**THE DRAMA OF DUNKIRK STUDY DAY**

**THE RIVER & ROWING MUSEUM, HENLEY-ON-THAMES, RG9 1BF**

**TUESDAY, 5<sup>th</sup> MARCH 2019**

**APPLICATION FORM**

(Please complete in block capitals – one form per person)

I would like to attend the study day on Tuesday 5<sup>th</sup> March, 2019

**Full Name** .....

**Email** .....

**Telephone Number** .....

**Fee £15:00 to TVN members, £17:00 for non TVN members**

The fee includes the use of the Thames Room all day for a full programme of talks; free parking on site; free entry to the Museum (normal entry fee £10) and refreshments on arrival. It does NOT include lunch. A long lunch hour is built in to the programme to enable participants to explore the Museum, enjoy a picnic lunch by the river or take a meal in the Museum restaurant or in one of the local pubs.

I enclose a cheque for £.....made payable to: U3A Thames Valley Network

I certify that I belong to .....U3A

I would like to receive details of future TVN events by email YES / NO

(New data protection regulations require you to consent to your email address being held by TVN. Without it we cannot retain it or send you information for any event other than this one.)

Signed.....

Date .....

Application should be sent to:

Mrs PA Thornton, 6 Highway, Crowthorne, Berks, RG45 6HE (Tel: 01344 774812)

Acknowledgement will be sent by email, unless a stamped self-addressed envelope is provided.

### **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 - Open Meetings 2019**

**27 February – Marx Brothers** – Warren Ashton

February needs some fun and merriment! So, Warren is back to provide just that. This time he will give us an illustrated biography of The Marx Brothers during which he uses very rarely seen video clips of them in performance.

**27 March – Annual General Meeting**

Showcase of MK U3A Talents

**24 April – Thames Valley Air Ambulance saved my life** – Ross Dilnot

Talk summary TBC

**22 May – Anonymous Heroes** – John Timmins

John Timmins' enquiring mind wanted to know what his father did during WWII – from the time that he enlisted in March 1941 until the time he was de-mobbed in July 1945 and arrived back to his native Canada.

During his research John was to discover that his father had surreptitiously become one of the original members of a special band of brothers who were paramount to the success of Operation Overlord.

The author will be available to sign copies of his book after his talk.

**26 June – Dogs for Good** – name of speaker to be confirmed

This month we will gain an insight into the fascinating work of the charity *Dogs for Good*.

These dogs are trained to help people with disabilities to make their life easier, including:

- Opening and closing doors
- Helping with dressing and undressing
- Retrieving items such as mobile telephones or dropped articles like keys or a bag
- Loading and emptying the washing machine
- Pressing a pedestrian crossing button
- Reaching up to shop-counters with items such as a wallet

The exact structure of the talk will be confirmed once we know if there are dogs available to visit us.

**24 July – Photography as Art** - Karen Thurmanovich

Karen will explore how movements in the photographic world mirrored movements in the art world in general, especially starting in the 1920s.

This will be followed by a discussion about photography as art and the role that photographic art plays in social change.

**25 September – The Amber Room** – Mike Bartlett

Dubbed the “Eighth Wonder of the World,” the Amber Room was one of the great treasures of Russian culture, Russian history and Russian heritage – until Hitler decided he wanted it for himself – and stole it, stone by stone.

When, in late 1943, it was decided to dismantle the Amber Room and crate it away, it vanished, never to be found again... or did it?

**23 October – James Gillray: First Ever Political Cartoonist** - Ian Keable

Who doesn't love a spot of political satire? But did you know that James Gillray succeeded William Hogarth as the primary satirist of the 18th century, not only taking caricaturing to new heights but also refining the format of the cartoon to one that we are now familiar with?

He is now generally accepted as the first, and the greatest, political cartoonist, still revered today by modern cartoonists.

**27 November – Moments, Memories and Magic** - Vic Bottrill

Do you forget other people's names? Find yourself in one part of the house and wonder why you are there. Put it down to age. Forget it. It happens to young and old alike – but not to everyone. Some mysteries of the brain are revealed. It's truly magic.

## **IT Buddies**

We have amazing volunteers we call IT Buddies who are just waiting to help you!

If you're a beginner and would like some guidance using your computer, tablet or phone ... or you'd just like to ask someone that burning question ... we can help!

Appointments are available at Central Library and Bletchley Library.

Ask staff at any library or contact us at [central.library@milton-keynes.gov.uk](mailto:central.library@milton-keynes.gov.uk) or phone 01908 254040.



## **Grand New Year's Eve Charity Party**

31 December 2018, 7.30 – 1pm at  
Windmill Hill Golf Club, Tattenhoe Lane, MK3 7RB

Entry by Ticket only

Tickets (£30 per person) available for John Kembery,

Tel: 07941 693173

Dress to impress in Black Tie and Sparkles.

Live entertainment, buffet supper and amazing raffle prizes.

Book early to avoid disappointment

All proceeds will be donated to the Friends of Willen Hospice (charity no. 282883)

## **Jazz it up!**

Do you enjoy seeing live jazz and swing played by world-class bands and musicians? Stars of the UK jazz scene regularly perform at the Walnut Tree Jazz Club between October and the following April.

Entrance is £10 per person and good food and real ales are available.

If you are interested come to the Walnut Tree Inn, Station Road, Blisworth, Northants, NN7 3DS (less than 30 minutes from Milton Keynes). Sessions are held on Sunday lunchtimes between 12 and 2.30pm.

Contact Julie Ralph on 01908 671960 or alternatively contact Tad Newton on 01604 858549 or email [tadjazzfriends@gmail.com](mailto:tadjazzfriends@gmail.com).

PS Tad Newton's own jazz band was recently voted second most popular band at an international jazz festival held in France this year.

## Volunteer Help Needed

Milton Keynes Multiple Sclerosis Therapy Group urgently needs help for its Oxygen Therapy programme  
***Do you have a few hours to spare, even just a couple of hours a week?***

The MK Multiple Sclerosis (MS) Therapy Centre, based in Stacey Bushes, has launched an urgent appeal for volunteers to help with its Hyperbaric Oxygenation (oxygen under pressure) Therapy programme.

The Centre, which is totally independent and self-funding, is reliant on the generosity and goodwill of Milton Keynes and surrounding areas. To date it has relied heavily on a small group of very dedicated volunteers (most of whom have MS and other conditions).

However, it now finds itself running short of vital volunteer help.

The Centre offers a range of alternative therapies for people who have been diagnosed with Multiple Sclerosis and a variety of other conditions. It aims to be a place where people can come to receive support, make friends and receive therapies in a non-clinical environment.

Some of the therapies offered are reflexology, reiki, massage and shiatsu. It is the only service in Milton Keynes with a Hyperbaric Oxygen Chamber.



Hyperbaric Oxygen Therapy (HBOT), which is very safe, involves breathing pure oxygen under pressure, through a mask or mouthpiece. HBOT is not a cure for MS, but many clients get at least temporary relief of some of their symptoms which improves their quality of life. There is also evidence that HBOT benefits acute injuries, diabetic non-healing wounds and some facial cancers. It may also be useful in cerebral palsy and fibromyalgia.

***So can you help? The MK MS Therapy Centre is looking for volunteers who would be willing to help with this service to allow this vital work to continue.***

Lisa Weatherhead, volunteer HBO Manager explains; "HBO offers vital treatment for our clients and without more volunteers, we may find ourselves in the position to have to reduce services.

"No previous health related experience is needed. We offer full training and support and there are always two people running each session. I can't stress enough how important this service is for our continued client care and wellbeing. We would be very grateful to receive some more help for the Centre."

The Centre also needs more volunteers for reception, administration, fundraising and general duties. If you wish to find out more about HBOT and volunteering with us please contact the Centre on 01908 225907 <http://mkmstherapygroup.btck.co.uk/>

### **St Thomas's Church, Simpson**

Nine Lessons + Carols

Sunday 9th December 2018—4pm

Followed by Refreshments

Collection taken for St Thomas's Church Restricted Building Fund



### **Salvation Army Carol Concert**



Friday 14th December 2018—7pm

Bring and Share Buffet—please put some food on the table to be shared.

Collection to be taken to be shared between the Salvation Army and St Thomas's Church

More details contact Pat Hodges tel 01908 644785 or email [missquiz@sky.com](mailto:missquiz@sky.com)

### **Christmas with MK Chorale**

**Saturday 8th December—5pm**

**St Mary and St Giles**

**Stony Stratford MK11 1BD**

Join us for our regular festive family concert of traditional and modern carols and readings

Tickets Adults £12, under 18s £2. Including seasonal refreshments

Visit [www.mkchorale.org.uk](http://www.mkchorale.org.uk) or call Clare at Box Office on 01525 210030



## Come and sing Mozart Requiem

Saturday 26th January 9.30am to 4pm



Informal performance at 3pm

**Christ the Cornerstone, Central  
Milton Keynes MK9 2ES**

With Mark Jordan (Musical Director)  
and Alex Aitken (Assistant Musical  
Director)

Cost: £16 (£10 Students) including  
score hire, refreshments and cake.  
Audience £5 (suggested donation).

Visit [www.mchorale.org.uk](http://www.mchorale.org.uk) to reserve  
your place or call Ruth on 07894  
665025.

## Lesbian and Gay Forum

Following an article in the Winter 2017 edition of the National TAM Magazine we have been asked by a member to circulate the following information from Maggie Jones a member of Wandsworth U3A

Hi

I started a nationwide database (gdpr compliant) to link up isolated LGBT members of U3A's around the country about a year ago. This followed on from an article that was printed last year in The Third Age Magazine about the charity I volunteer with here in London and about the homophobia some members experience (myself included) from fellow members within the U3A.

Following the publication of the article last year over 90 U3A members contacted me to say they felt alone and isolated in their local communities because of their sexuality. Of the 90 people 87 were still in the closet and had heard homophobic comments from fellow U3A members.

I have now managed to link up five groups of people around the country who meet regularly for coffee and chats. In London we now have a U3A LGBT group of 35 members who meet up every month. All the members love being able to meet in a safe environment without judgement from other U3A members.

I have discussed this problem with the Chair and other members of the NEC of the U3A in meetings and they agree that the U3A has a diversity problem. This is one small way of addressing this. Friends of mine will not join the U3A because they tell me that they've heard it's homophobic. This is a shame as I personally think the U3A is a great organisation, by the way I'm on the Committee of my local U3A here in Wandsworth.

I just also need to say that the NEC has been extremely supportive of me and my setting up of local LGBT groups. I have also been invited to give diversity talks to various U3A's.

If you would like more information about this group, please contact Maggie Jones directly [maggielondon@gmail.com](mailto:maggielondon@gmail.com) or visit <http://openingdoorslondon.org.uk> for further information.

### **Key Contact details – more on the website**

Chair:	Lesley Sparks	<a href="mailto:chair@mku3a.org">chair@mku3a.org</a>
Vice Chair:	Tina Two	<a href="mailto:vicechair@mku3a.org">vicechair@mku3a.org</a>
Secretary:	Neill Dewar	<a href="mailto:secretary@mku3a.org">secretary@mku3a.org</a>
Treasurer:	Diana Sears	<a href="mailto:treasurer@mku3a.org">treasurer@mku3a.org</a>
Groups Coordinator:	Shirley Dewar	<a href="mailto:groups@mku3a.org">groups@mku3a.org</a>
Webmaster:	Dave Barratt	<a href="mailto:webmaster@mku3a.org">webmaster@mku3a.org</a>
Membership Secretary:	Claire Naismith	<a href="mailto:membersec@mku3a.org">membersec@mku3a.org</a>
Communications Coordinator:	Simon Wong	<a href="mailto:comms@mku3a.org">comms@mku3a.org</a>
Datum Project:	Dave Barratt	<a href="mailto:datum@mku3a.org">datum@mku3a.org</a>
Thames Valley Network	Fred Bass	<a href="mailto:tvn@mku3a.org">tvn@mku3a.org</a>
Members Liaison	Dennis Revell	<a href="mailto:membersliaison@mku3a.org">membersliaison@mku3a.org</a>
Assistant Webmaster:	Len Barrows	<a href="mailto:assntwebmaster@mku3a.org">assntwebmaster@mku3a.org</a>
Halls Admin	Sue Giordano	<a href="mailto:hallsadmin@mku3a.org">hallsadmin@mku3a.org</a>
Open Meetings/Volunteers	Tian Two	<a href="mailto:volunteers@mku3a.org">volunteers@mku3a.org</a>

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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