



milton keynes

university of the third age



April
2018



Open Meeting

Wednesday 25th April

Medieval to Mississippi Music Talk

Saffron Summerfield will get our toes tapping as she uses music and guitar to take us along this walk into the US's deep South.

The meeting will be held in the Oak Tree Centre, Wallinger Drive, Shenley Brook End, Milton Keynes, MK5 7GZ

Starting at 2.30pm.

£2 for members and £3 for guests.

Monday 16 April 2018 - New Members Induction Session

We run monthly meetings for new members aimed at outlining the background to the U3A movement, explaining how to get the best out of your membership with MKU3A, and showing you how to use the website and join groups.

The next meeting will be at **2.00pm** on 16 April 2018 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.

If you are a new member just come along – any queries to Claire Naismith on membersec@mku3a.org

AGM

Following the AGM you now have a new committee. Please see the end of this publication for the details.

The AGM this year was slightly different, a number of groups brought along displays of their work, all attendees were invited to an afternoon tea and the Playpals entertained us before and after the formal business with a varied repertoire.

25 Years with MK U3A

Celebrating 25 years with MK U3A are: Anita Harris, (pictured here collecting her certificate) Pamela Ashton, Susan Green, Valerie Holm, Gloria Isaacs, Jill Cotter. and husband and wife Stan and Monica Leach.

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.

Many thanks to all our Knitters

Thanks to all the knitters who have sent in Cannula Mitts and Bonding Squares for the hospitals. We now have a new pattern for premature baby hats (below).

I can still collect any mitts and squares if you have them ready as I have parcels ready to go. Please let me know on 07850 113449 and we can make mutually convenient arrangements.

Happy knitting Lesley

Ribbed Baby Hat for Premature Babies

4 ply yarn, 3.75mm (size 10) needles.

(1x50g ball will make about 4 hats)

Cast on 68 stitches, work in K2, P2 rib for 48 rows.

Shape crown, (K2 together, K2) to end of row.

Next and alternate rows, purl.

(K2 together, K1) to end of row.

(K2 together) to end of row.

Break off leaving about 14 inches of yarn to sew up hat. Thread yarn through stitches on needle and stitch up seam of hat. Do not press as this will flatten the ribbing and make it less easy for the hat to 'mould' to the babies' head and stay on.

News from the Groups

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.

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

Choir dates for your diary

Just to let you know what our U3A choir is getting up to in June.

On June 9th we will be singing at the United Reform Church in Newport Pagnell as part of the celebrations for this year's Vintage Weekend, in part, celebrating the end of WW1.

The programme will include a selection of music written in the 40s by Rogers and Hammerstein and many, well known "sing along" songs from that era and will start (for us, though there are lots of events happening around Newport Pagnell) at about 12.30.

On 24th June we have our summer concert which this year incorporates afternoon tea. It will also be held at the United Reform Church and will start at 2.30. Tickets will be available from May and more information will follow on how to obtain them.

All profits will be given to the URC for their refurbishment budget. Please come along and join us if you can for a cream scone tea. We look forward to seeing you there.

Upcoming Theatre Trips—Aide Memoire

Date	Show	Pay by
Wed 30 th May 18	Legally Blond	Passed
Wed 18 th July 18	Flashdance	Passed
Wed 3 rd Oct 18	War Horse	Passed
Wed 25 th Oct 18	Manon	23 rd August

Upcoming Outings

Date	Venue	Last B'king Date
Thurs 19th April	RAF Air Defence Radar Museum	Passed
Thurs 17th may	Bure Valley Railway and Norfolk Broads Cruise	6th April

Please refer to the website for further details or contact the organisers on 07867 978585 theatre@mku3a.org or 01908 506706 outings@mku3a.org as appropriate.

Booking Forms for both these groups can be found on the relevant pages of the website or on the individual postings in the Diary.

Other Item of News



Hilary Beckett would like to encourage you to join the North Crawley Bowls Club are holding a 'come and try - meet us' open day on Sunday 6th May at 2pm

This is a small friendly outdoor bowls club with only 30 members.

I have been a member for 1 year and can say they are very friendly and supportive if you are new to bowling? Come and have a try.

If you want any information, contact Hilary Beckett on 07867978585

Quiz and Concert

Quiz Night and Curry Dinner in Simpson Village Hall, MK6 3AD, on Saturday 7th

April at 7.00 pm. £12 per person. Max 8 people on a table.

Bring your own drink. Teas served at half-time.

Quiz Night & Fish & Chip Supper in St Thomas's Church, Simpson, on Saturday 21st

April at 7.00 pm. £12 per person. Max 8 people on a table. Bring your own drink. Teas served at half-time.

Suppers MUST be booked with Pat Hodges missquiz@sky.com Tel: 01908 644785

"Beautiful Britain" Concert on Saturday 28th April at 7.00 pm. in St Thomas's Church, Simpson MK6 3AD. FREE ENTRY. Bring & Share Supper. Collection taken – proceeds to St Thomas's Restricted Building Fund.



Talk on Homelessness at Bow Brickhill WI

Bow Brickhill Women's Institute meets on 26th April 2018 at 7.30 pm in the Pavilion in Rushmere Close.

Our speaker is Paul Griffiths who will talk about Homelessness in Milton Keynes.

This is an open meeting and we welcome friends, including men, to this meeting as guests. Visitors are requested to contribute £4 towards expenses of the speaker, hall hire and refreshments.

Please call Stephanie Warren on 01908 671394 for further details.

Day School on Modern Architects

On Saturday, 5 May 2018, the WEA presents a day school on 'Great Modern Architects'.

The tutor, Keith Hasted, will investigate the life and work of key architects of the modern era, from Frank Lloyd Wright to Zaha Hadid, picking out representative buildings to display their achievements.

Venue: Rectory Cottages, Church Green Road, Bletchley, Milton Keynes MK3 6BJ. 10.30am to 4.30pm. Bring your own lunch. Cost £27.50.

To enrol, call 0300 303 3464, quoting C37411553 or go to enrolonline.wea.org.uk

For further information, please contact Jeannine Golding on: 01908 567869 or email: jeannine.golding@btinternet.com

MK Thyroid reschedules meeting after snow

We have now got a new date for the March event that we had to cancel due to the heavy snowfall

Our next Information Event is on Saturday 19th May 2018 at the Pavilion, Open University, Milton Keynes.

Coffee and registration are at 10.30 followed by the guest speaker at 11am. We always aim to finish by 1pm.

For map and directions look at our website www.thyroidmk.co.uk or telephone Wilma 01908 330290/ Brenda 01908 210310.

The topic is Hypothyroid and our guest speaker is Asif Malik Humayun, Consultant Physician (Diabetes & Endocrinology) at Milton Keynes University Hospital, NHS Foundation Trust.

Qualifications: MRCP (London), FCPS (Medicine), MRCP (Diabetes & Endocrinology)

His primary areas of interest include thyroid disorders and reproductive endocrinology, but his clinical practice includes all aspects of diabetes and endocrinology, including pituitary and adrenal disorders, Addison's disease, bone and parathyroid disorders and the management of type 1 and type 2 diabetes.

Dr Humayun believes in evidence-based medicine but also believes that patient education, especially in chronic conditions like thyroid disorders and diabetes, is a very important component in the management of these long term conditions.

Woburn Flower Festival

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)

Shoobox Appeal (children in crises)

MK Community Fridge inspires new fridge locations

The Old Bath House, Wolverton, welcomed the Community Fridge Network to host their national gathering last week, welcoming 21 organisations from across the country to meet and discover the benefits of community fridges.

It demonstrated the city's very own community fridge in action as an example of the movement's success. The aim is to recycle food that would normally go to waste, and the fridge is open to anyone. The food is free, but people can give donations if they want to.

Organised by Hubbub Charity UK and hosted by MK Community Fridge, the group were treated to a lunchtime feast prepared by Oke of the Afro-Caribbean Lunch Club and the young people at Think Food, who rose to the challenge and created a delicious multi-course feast from food that would have otherwise been put in the bin.

During the event, the seed was planted for more than one new community fridge location to be set up by individual groups under the banner of MK Community Fridge in Milton Keynes this year.

MK Community Fridge has already shared more than seven tons of unwanted quality food and the benefits are being felt across the city.

New developments in supermarket operations will allow MK Community Fridge to evolve its opening hours from now on.

The doors to the foyer of The Old Bath House will be open for visitors to share unwanted food every weekday morning between 10-12.30pm and weekday evenings (staffed) 7-8pm.

Opening hours:

10-12.30pm Mon-Friday (unstaffed)

12.30-2pm Thursday – Pop-up café in The Main Hall

7-8pm Mon-Friday (staffed)

The Community Fridge Café pop-ups every Thursday at 12.30pm in the Main Hall of The Old Bath House and their team serves drinks, treats and sometimes a simple hot lunch from surplus food from the fridge. There is no charge and everyone is welcome.

Local artist Chrissie Williamson will be working in collaboration with the Café to share her craft skills on Thursday 29 March and you can see Anthony Youngs' exhibition On the Shoulders of Giants in the hallway of the community centre.

If you would like to know more about MK Community Fridge or The Old Bath House contact Helen Innes, Project Co-ordinator, at:

Helen Innes

mkcommunityfridge@gmail.com

01908 310 574 / 07813 780 125

www.mkcommunityfridge.org

Facebook: /MKCommunityFridge

Twitter: @MkFridge



ROTARY CLUBS OF MILTON KEYNES

LEND-A-HAND DAY 2018

On Saturday 12th May 2018, The Rotarians of Milton Keynes will help you in your home with tasks that require assistance because no one in your household can safely do so.

This day is part of our community service, so is free to those we help.

How it works - If you have a job that needs doing, return the completed registration form. We will check that we can do your job.

Age UK Milton Keynes may telephone you to check the details a few days before 12th May. We will usually work in teams of at least two people. We will supply the labour and the tools for the job. **We do not supply any materials.**

Because we want to help as many people as we can on the day we can only do the work that you have requested on the form and the **maximum time allowed is usually one hour**. We cannot work in your home if anyone is smoking during our visit.

Please see below the sort of jobs we may be able to undertake.

THIS IS WHAT WE CAN DO.....

Tasks might include

Cleaning difficult to clean areas - Simple DIY jobs - Spring cleaning cupboards - Minor repairs - Moving furniture - Changing light bulbs - Dusting lampshades - Cleaning inside windows - Writing letters - Running errands - Local shopping trips - Small gardening jobs - Or just listening

Lend-a-Hand Day Examples

It's really helpful if you can be as precise as possible about the jobs you want doing. Here are some examples of jobs we've been asked to do that were very clear:

- Mrs PB: "Please can you clean windows, inside and out. It's a bungalow – only two windows."
- Miss KW: "Change two light bulbs (one has become very stuck). Could you also take a small load of rubbish to the tip (small TV, washing roundabout folded, old mixer/blender, vegetable rack)?"
- Mrs JC: "Clean (wash or dust) light shades. Dismantle metal bird table."
- Mr MC: "Trim hedges in front and back garden please (only top of hedge needs to be cut)."

- Mrs JB: “Spring clean cupboard under the sink. Clean table-top cooker oven. I have cleaning materials.”
- Mrs BC: “Put up plain white tiles behind door in bathroom.”
- Miss BC: “Painting the fence that the Council replaced. I have a 5 litre tin of Fence Life.”
- Mrs PH: “Tidy flower pots in garden and remove unwanted goods from shed to take to rubbish dump.”
- Mrs JP: “Turn and reverse mattress (single). Hoover carpet under bed. Clean inside windows. Dust lampshades.”
- Mr PP: “Digging a garden plot ready for planting runner beans (2 areas each 14 ft by 3 ft). One hour of digging would be a great help. I can finish off.”
- Mr EL: “Small area of grass to be cut (needs mower and strimmer).”

And here are some examples of requests we’ve received that are so vague that we can’t judge how long they’re going to take or what equipment we may need:

- Mr AF: “Simple DIY jobs.”
- Mrs PR: “Cut back trees please.”
- Mr AR: “Clean windows.”
- Mrs LO: “Tidying garden. Hedge trimming.”

ROTARY LEND-A-HAND DAY: Saturday 12th May 2018 -

Registration Form

Name

Address (including postcode)

Phone

Tasks to be done and comments (As much details as possible please)

This form MUST be returned to Michelle Turnbull, Age UK Milton Keynes, The Peartree Centre, 1 Chadds Lane, Peartree Bridge, Milton Keynes, MK6 3EB by 20th April 2018

Recommendations

Keeping fit

Enthusiast Phil Michael would like to recommend the gym Happy Bodies as suitable for older keep fit enthusiasts. They have a good selection of equipment as well as good staff supervisors.

They are situated in Further Court, Old Stratford MK19 6AN Tel: 01908 477066. or info@happybodies.co.uk.



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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.

23 MAY – Change your Thoughts Change your World - Alan Wise

Health Psychologist Alan 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.

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

Learn a language



with CLMK
Summer term 2018

For full course details please consult our website:
www.milton-keynes.gov.uk/clmk

For more information or guidance on which course would suit you best, please contact:

Philip Allsop on (01908) 556705
Email: Philip.Allsop@milton-keynes.gov.uk

Rivers Centre
Trent Road
Bletchley
MK3 7BB

The car park is on Humber Way,
MK3 7PH

To enrol on the courses listed
please contact our Enrolments team on (01908) 556727



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For full course details please consult our website:
www.milton-keynes.gov.uk/clmk

For more information or guidance on which course would suit you best, please contact:

Philip Allsop on (01908) 556705
Email: Philip.Allsop@milton-keynes.gov.uk

Rivers Centre
Trent Road
Bletchley
MK3 7BB

The car park is on Humber Way,
MK3 7PH

To enrol on the courses listed
please contact our Enrolments team on (01908) 556760



Professional training and personal development



with CLMK
Summer term 2018

Key Contact details – more on the website

Chair:	Lesley Sparks	chair@mku3a.org
Vice Chair:	Tina Two	vicechair@mku3a.org
Secretary:	Neill Dewar	secretary@mku3a.org
Treasurer:	Diana Sears	treasurer@mku3a.org
Groups Coordinator:	Shirley Dewar	groups@mku3a.org
Webmaster:	Dave Barratt	webmaster@mku3a.org
Membership Secretary:	Claire Naismith	membersec@mku3a.org
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Groups Finance Admin:	Geraldine Cannell	groupsadmin@mku3a.org
Halls Admin	Sue Giordano	hallsadmin@mku3a.org
Open Meetings/Volunteers	Currently vacant	volunteers@mku3a.org

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

Office: 11 Winchester Circle, Kingston, Milton Keynes MK10 0BA

