



milton keynes

university of the third age



June
2018



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.

Modern Scams and How to Avoid them

Brad Ashton

27th June 2018

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

GDPR UPDATE

Many thanks to all of you who have 'clicked the links' in the GDPR email. We have been working hard to comply with the new regulation.

If you have been away and not yet registered your wishes we will resend the email at the end of next week so that you can let us know that you are happy for us to keep your data.

Lesley Sparks

Members Induction Session

Monday 18 June 2018

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 **18 June 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

News from the groups

It's going for a song at biology

At May's Biology Group meeting, Graham Stanley, an inaugural member, announced that he would have to give up membership and hosting for this group for family reasons.

We all thank Graham profoundly for his many contributions over the past six years and wish him and his family well.

The venue for the June meeting will now be: No 21 Cheriton, Furzton, MK4 1BU. We meet on the first Thursday of each month at 10.30am.

We shall be hosted by Pam Harvey, who will also be responsible for liaison and reporting of attendance with the U3A Committee.

We still have no nominated leader for this group, so meanwhile Christina will continue to maintain communications among members and welcome new applicants. Her email for U3A circulation is still biology@mku3a.org

Graham gave us his final contribution on **Toxicology**, a wide-ranging presentation that stimulated lively discussion, extending into history and futures, criminology, literature, genetics and cosmology.



On June 7th, Suzanne will be giving a presentation on **Humming Birds**.

On July 5th, Pam will introduce us to **Plant Remedies and Herbal Medicine**.

We traditionally omit a meeting in August while so many people are on holiday, but we shall be ready to begin a new Programme on 6th September.

Christina Lay, on behalf of the group.

Exploring World Faiths

We will be strolling around a few of Newport Pagnell's churches on July 4th. Please contact me if you wish to join us.

You need to arrive early at the parish church in the High Street if you would like to look round before a short talk at 2pm. I will be there from 1.30pm.

We will then walk to two more churches with a brief look around each one before finishing at the United Reformed church at 3pm.

We will hear about the church from their minister who recently appeared on BBC Songs of Praise.

Linda Morris, group leader Tel: 01908 617050, email: ewf@mku3a.org

Appeal for TAP Volunteers

Appeal for volunteers! The Third Age Players (TAP) are a healthily large drama group well into rehearsals for their next production: *Ten Little Thespians*, a black comedy written and directed by Tashika Cecchetti.

We are looking for people who would like to understudy parts and/or be involved in Front of House or backstage organisation.

To be involved in the acting side of the play would involve attending our meetings, which are on Tuesday mornings at Bradwell.

To be involved in Front of House on performance nights means a commitment to being available on 13th, 14th and 15th September.

To help backstage would mean attending the dress rehearsals on Fridays 31st August and 7th September and Monday 10th September.

If you are interested, please contact Barbara Baker, our Group Leader, on 01908 562738

Meanwhile, tickets will be on sale in the summer. Watch this space.

Clarinet Players Group

This group has been going since October 2016. It will suit people who want to play music in a small group. You may have played in the past or have recently taken up the instrument.

Currently the meetings are held on the last Friday of the month in the afternoon. We take it in turns to host the meeting in our homes.

We play music in the form of trios, quartets, quintets and even sextets from different periods and in many different genres – folk, jazz, classical, musicals and many more.

One of our members is a talented musician who is happy to compose short pieces for us. As this is a self-help group we often exchange tips on technique to help us improve.



Although this group is not suitable for complete beginners, if you are thinking of taking up the instrument you are welcome to come along to listen and to ask questions before going out and buying a clarinet and taking lessons from a professional teacher.

At the other end of the scale, if you are an experienced player any feedback would be welcome.

Our aim is to be able to play a few pieces of music well enough to give a short recital in a residential home.

Contact Sophia Clapham on clarinet@mku3a.org, phone 01525 405654.

You Deserve A Music Day

..... 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

U3A Choir activities

(a different group to the music appreciation society)

The U3A choir meet most Tuesdays at the Cross and Stable Church in Downs Barn from 2-4pm, with a break over the Summer holidays.

We sing an eclectic mix of songs written usually for three or four part harmony, including some church music, songs from the shows, John Rutter and Don Besig music to name but a few.

We prepare for two concerts a year at Christmas and Summer time, and the proceeds go to either local or global charities.

If you would like to come and join us there is no auditioning and you are welcome to come for a couple of sessions to see if you like what you see and hear.

Choir's in fine vintage form

Saturday 9th June 2018

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

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

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



Sunday 24th 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 WWI and a happy 70th birthday tribute to Andrew Lloyd Webber!

We hope you'll be able to join us.

Sheila Staincliffe, Joint group leader

Disbanded Group

Chris and Dee Cole will no longer be group leaders for the short mat bowls 2 group and, as no other person has come forward to continue, it is with regret that this group has now disbanded and as from 1st June there will be no more meetings at Neath Hill on alternate Wednesdays until further notice from the Group Coordinator.

Davena Cole

Food for thought

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 3rd Wednesday, either 10-12 or 2-4pm (not sure where yet).

Proposer – Tina Griffiths

If you are interested in the above group, please initially contact groups@mku3a.org



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



BEFORE



AFTER

- 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 or telephone Shirley Dewar, Groups Co-ordinator on 01908 368813 or 07879 007513.

Driver request

A request from Shirley Beech who is partially sighted and would like a lift from Olney to the Open Meetings. She is happy for her phone number to be included in her request which is 01234 240876.

Report on a Demonstration of autonomous cars:

It was a privilege to represent PDSIC group at the demonstration of autonomous vehicles at the Catapult offices in Milton Keynes on Friday, 23 March 2018.

I expected to get a ride on one of the driverless pods that I had seen being tested around Central Milton Keynes station. How wrong I was!



Creating self-drive pods is one of the three projects that Catapult is involved in. The Transport Systems Catapult is one of a network of elite technology and innovation centres established by Innovate UK as a long-term investment in the UK's economic capability.

Applying business-led research, Catapult helps businesses transform great ideas into valuable products and services to compete in the global markets of tomorrow.

There are three projects developing autonomous cars involving a conglomerate of Transport Systems Catapult, several companies like Tata Jaguar, Ford and Coventry based RDM, Warwick University etc. The three projects are:

1. Connected car that is not driverless;
2. Driverless car that is a car driven by a computer programme;
3. Driverless pre-programmed autonomous pod for short journeys that can take a powered wheelchair.

We were introduced to some of the engineers who were involved in developing the technology. I was pleased to note that more than half of them were women.

1. Cllr. Vanessa Make, a member of the Bus User Group and myself were taken to a 4-wheel drive Tata car parked behind the Pinnacle building, office of Catapult. It was like any other 4-wheel drive Land Rover, the only difference being it's computerised dashboard. It was called a Connected Car because it has capability of communicating with other vehicles on the road at the time. A screen on the dashboard, like a Satnav screen, alerted the driver about an emergency blue-light vehicle approaching and directed the driver on how to give way to that emergency vehicle. The screen could alert the driver on distance between the car behind and in front thus avoiding possible collisions. There was a demonstration of how. Our driver was alerted when a speeding ambulance was behind us and was instructed on the safe route to take to give way. We were told that this technology is expected to be mandated within next 3 or 4 years.
2. Driverless car that is a 4-wheel drive car driven by a computer programme; The second vehicle we were taken was again a Tata 4-wheel drive car that did not need a driver. A software engineer sat in the passenger seat with her laptop to keep check if the vehicle was cruising as it was programmed to do. It was a bit scary for me to see that the driver was not touching the steering wheel at all even when the car was negotiating roundabouts, traffic lights and making its way through fairly heavy traffic. The vehicle we were in was a stage 4 vehicle demanding further refinement of the technology. I was disappointed to learn that they do not expect such driverless cars to be on public roads for at least 8 to 10 years.
3. Driverless pre-programmed autonomous pod for short journeys that can take a powered wheelchair. The third project was to develop self-drive electric pods that are going to be on Milton Keynes pavements within the next six months. Unfortunately, one such pod was not available for demonstration. I was told that we shall have an opportunity to test it when they can get it from Coventry. It may be a good idea if a user of electric wheelchair could test such a vehicle when available.

After being driven around in the technology marvels of cars, we were shown around the Transport Systems Catapult laboratory. The engineers there showed us how on a massive screen they not only design transport technology, but also new layouts of roads. They are keen to help PDSIC Group in producing road layouts to meet the needs of people with disabilities.

Padma Cheriyan

Representing people with dual sensory disabilities

Member, Physical Disabilities & Sensory Impairment Consultation Group

Terracotta Warriors a Success

Twenty-seven sets of toes have been dipped in the waters of Liverpool and Southport and I think we can say that the Terracotta Warriors short break was a success.

SUNDAY

On the way to Liverpool we stopped at Speke Hall - a cherished Tudor mansion – an oasis of beauty, atmosphere and surprise.

Built by the Catholic Norris family during the unsettled Tudor period, the house has several hidden security features, including a priest's hole and eavesdrop (a hole above the entrance, for listening to visitors conversation before letting them in).

The last owner of the house was Adelaide Watts who came of age in 1878 and moved to Spek, taking a keen interest in the estate and her tenants.

She never married and in her will three descendants of the Norris family were named as trustees who could enjoy the house for 21 years with a second proviso that the house passed to the National Trust. This happened in 1943.

MONDAY

China's First Emperor and the Terracotta Warriors was one of the main reasons for the short break and it did not disappoint.

The exhibition spans almost 1000 years of Chinese history from the conflicts and chaos of the Warring State period to the achievements and legacy of the Qin and Han dynasties.

A number of exhibits that have never been shown in the UK before, excavated over the last forty years from the Imperial Museum and selected tomb, were on show.

The afternoon, a Blue Badge Guide took us on a coach tour of Liverpool, giving much information about the buildings, docks, the Beatles, including the statue to them on the waterfront (photos taken). We even got to see Falkner Street where the BBC Series 'A House through Time' was filmed.

With free time left people went their own way to visit the various museums, churches, exhibitions and similar - most of which a free entry.

TUESDAY

Antony Gormley statues 'Another Place' beckoned 100 spectacular cast iron figures facing towards the sea along a 3.2km stretch of the beach. The figures are based on the artist's naked body and caused some controversy when first installed but are now considered a great tourist attraction – many photos's taken!!!

Southport was next on the list to wander Lord Street, go down to the beach, see if the tide was in – it was, quite an event at Southport as the tide goes out such a long way - or take a ride on the train to end of the second longest pier in England.

Back to Liverpool with some taking the 'Ferry across the Mersey', other visiting the Museum of Liverpool, Museum of Slavery, Albert Docks and the Cavern Club or the many art galleries.

WEDNESDAY

With so much to see and do the last day arrived far too quickly, but we weren't finished yet.

A trip to Port Sunlight village awaited with films about the history of the village including the fact that the Beatles, Gerry and the Pacemakers, Joe Brown, Frankie Vaughan and Cliff Richard had all played the village hall at some stage in their career.

The weather was good for the four days although cold at times. Yes, there were a few 'niggles' but nothing that isn't a lesson learnt should MKU3A consider another short break in the future.

Pip's work goes from strength to strength

Just some correspondence Christina Lay of Third Age Players would like to share with those interested in the work of the late, talented Pip Parry, which she now has the privilege of granting performance permission.

Christine, I thought you might like to know that we performed *The New Member* at our General Meeting on Wednesday and it went down really well.

We have already received a lot of feedback from people saying how much they enjoyed it and our Chairman and Membership Secretary were in stitches of laughter by the end.

We have been booked to put something on for Christmas and are currently looking for something suitable. The Chairman has asked for something lasting 20-25 minutes.

Thanks for agreeing to us performing this play. Our group was really nervous beforehand but now they are raring to go for Christmas.

Helen Grant, Amateur Dramatic Group, Wellingborough and District U3A

Helen, thank you so much for letting me know. I am not in the least surprised. *The New Member* was one of the first of Pip's pieces we performed for MKU3A and it went down just as well. Your performers must have done it justice, however.

I agree - success builds confidence and more success. I trust you will grow and progress just as we did.

Meanwhile, all the pieces in the Sketches section of Pip's book will give you plenty of material for Christmas. We have presented several of them for the MK Drama Festival in the past

If they don't run quite long enough for your slot you could always add a couple of solos or build a choral speaking group. *Don't put your Granny on the Stage*, *Mrs Worthington* always goes down well with U3A audiences. Pip himself loved the 'naughty' ones - *Twelve Widow Women*, and *Guinevere*.

The Company will always be pleased to give free permission for performance, on the one condition that you give adequate credit, as before, and offer the book for sale, or information on where it can be bought.

I look forward to hearing of your further success next January.

Christina Lay, Third Age Players

Liverpool Short Break

This first short break was to be an experiment and I think most of the participants would agree with me that it was a great success. Chris Behrendt was the group leader and she and driver Malc seemed to co-operate with one another pretty well and we had plenty of interesting things offered for us to do.

For me the highlights were the tour of the city with the official city guide, whose knowledge was encyclopaedic, and he made the city so interesting. I loved the modern Cathedral and would love to go there again. Liverpool is a lovely city with lovely friendly people who were always willing to help with directions and information.

Grateful thanks to Chris for her company and quiet organisation. **MORE SHORT BREAKS PLEASE.**

Doreen Griffin



An Ode to Retirement

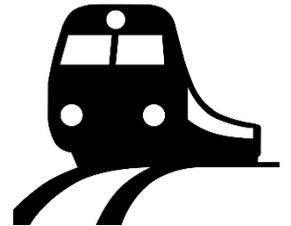
No more work- a new life ahead
Should I be lazy, stay late in bed?
No, I must try to fill my day
A friend suggested U3A
Alright I thought I'll have a go
Which group to join I didn't know
There was rambling - no, too much walking
Discussion group - that's too much talking
Groups that teach one how to draw
Or how to paint and many more.
Then I saw "Reading for pleasure"
Just perfect for my new-found leisure.
So I joined and on the day
Was asked to read "Suite Francaise"
A *French* novel on the occupation
But to my relief it's in translation.
Since then too many to recall
But I have tried to read them all
Some were funny some were sad
But none of them were really bad.
Val's our wise and patient leader
I must admit we really need her
To make sure each one has her say
And to keep on topic when we stray.
She tries to make us talk in turn
But I'm afraid we'll never learn.
Eleven o'clock we have a break
So then we have the tea to make

We eat the biscuits Joan brings
And start to chat on other things
'Cos we really are a friendly crew
There's Wendy, Judy, Joan times two
Odette, Sheila, Moira, Pat, and Penny
Barbara, Pam, Val, and then me Jenny
There's really nothing more to say
Let's hope we carry on for many a day.

Jenny Alexander

Disabled train card

Anna Ardley would like to pass on a tip. If you use hearing aids you qualify for a disabled train card - it's cheaper than the senior rail card (£20 instead of £30 per annum) and you can use Tesco clubcard points to purchase it.



In addition to receiving your own 1/3 off train travel, you can get the same for a travelling companion. You can also use it any time of day - you are not limited to off peak.

What for for gooseberry sawfly

Gooseberry sawfly
You're nowt but a bore.
Your larvae are munching
And staying for more.
If I do not find them,
And give them 'what for'
Bald gooseberry bushes
Will soon be the score.
So it's war I am waging.
(S'not against the law.)
I'm squashing and squishing,
And squashing some more.
Whilst I'm enduring
This tedious chore,
Their bodies I'm counting.
Need I say more?
How many? You ask me.

What is my score?

One, two, three hundred,

- And maybe some more –

4 hundred, 5 hundred,

And sixty four!

Gooseberry sawflies lay their eggs on gooseberry bushes. This was the actual number picked off 3 bushes from 9-11 May 2018!

Jan Taylor (a keen gardener who doesn't use chemicals)

The Gift of Sight

U3A member Kerrigan Pring shares his memories of a wonderful woman.

The Spring seemed to flash by, heralded by so much blackthorn blossom in the rural hedgerows.

Then came carpets of primroses followed by swathes of daffodils on the road-side banks across MK.

In our village, three magnolias gave great delight, untouched this year by frost. Next came the May blossom dripping on abundant boughs along hedge-lined country roads in the Borough.

Now the bluebells have gone over but sweeps of colourful clematis are in evidence and the lilacs at their best.

The gift of sight to enjoy all this is something for which to be daily thankful.

But let me tell you of a feisty woman blind from birth, never to experience such delights, other than by scent and feel.

I was privileged to know Jesse Lucas in the East End of London, where I began my ministry in St. Anne's, Limehouse, in 1959.



The lovely Irish Rector, who had undertaken to train me, drummed into us curates the importance of connecting regularly with those folk in the community we identified as isolated and lonely, especially those members who couldn't get to church because of disability or illness.

That's how I got to meet Jesse. All the houses in her street were boarded up awaiting demolition for high-rise development. So, she was the only resident, her home the former grocer's, the shop-front also boarded up.

Her parents had refused to send her to an institution, educating her at home and eventually training her to share in the family business. Thus, every item for sale had its permanent allotted space, so whatever was asked for, Jesse could find her way to the appropriate shelf and bring the product to the counter.

She learned to weigh vegetables and fruit, calculating the price accurately, and also feeling each item of currency to be able to give the right change. It was clear no-one could have deceived her!

Now all that was gone, her parents dead, no family to care about her. She lived in the back room, with an outside loo, fiercely independent in her 80s and determined to live out her days in the home in which she had spent her whole life since birth, uncomplaining and ever cheerful.

Her Christian faith meant everything to her, so the main purpose of my regular visits was to share in a Communion Service with her, she joining in every prayer known to her by heart.

Each visit followed the same pattern. I'd bang loudly on her door and wait patiently for her to shuffle from her back room to the front. Having identified myself, about four or five bolts were pulled back and she'd let me step in and wait for all those bolts to be replaced.

Then she would start shuffling back across the old shop floor saying "This way, this way." Every time it happened! "Jesse, I can't see!" In the pitch dark, the one with sight was helplessly blind, whilst the blind one knew every inch of her lightless world!

She'd cackle at my predicament, and shuffle away across to her back room to switch on the light for me to join her.

After our Communion together, she'd make tea, and we would chat, with me updating her on any local news, and maybe discuss any world news, because her life-line was the radio connecting her beyond her four walls to the world outside.

I still have a page of her Braille Radio Times from 1961 which I scrounged off her not just as a keep-sake, but to show children in particular so they could for a moment with eyes shut feel the page and appreciate something of the limitations experienced by those with no sight.

Jesse always has a special place in my remembrance, and though physically sightless she had great insight into life and remains an inspiration as one who handled her disability with great courage and determination.

Any more for Turkey and Tinsel?

Bob Coleman has room for some more people on the trip Tinsel & Turkey.

It is a long weekend including a visit to the Thursford Show, which he has been told is a wonderful show with a cast of over 100 people.

If anyone is interested could they contact Bob Coleman on 07895 842689.

Plea

When you telephone a friend you immediately identify yourself.

Maybe because we are all ageing we cannot identify the dear friend saying "it's me" when we pick up the phone.

It is embarrassing to say "I am sorry who are you"?!!!! Spare a thought for our tender, ageing feelings!

Ann Price

Open Meeting - IT Help Desk

At most Open Meetings there will be an opportunity to seek assistance with IT problems and using the MK U3A website, including setting up your login and password and updating your personal profile. Notification that the help desk will be available will be included in the reminder email

Assistance 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.

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.

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

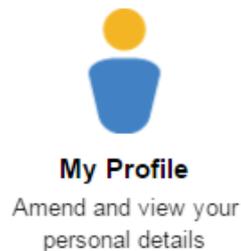
28 NOVEMBER – Critical Information – Mike Flood

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.



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
Communications Coordinator:	Simon Wong	comms@mku3a.org
Datum Project:	Dave Barratt	datum@mku3a.org
Thames Valley Network	Fred Bass	tvn@mku3a.org
Members Liaison	Dennis Revell	membersliaison@mku3a.org
Assistant Webmaster:	Len Barrows	assntwebmaster@mku3a.org
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

The Hidden Jewel that is Westbury Manor

Westbury Manor, Milton Keynes' hidden jewel, was hundreds of years old at the time of the Norman Conquest. It became a 14th century moated manor, then a farm and sporting estate, and is now a thriving local arts centre.

You can discover its rich and fascinating history by visiting the Exhibition between Saturday 16th June to Friday 6th July 2018.

Entry is free and the display is open at Weekends 11am-4pm or on Wednesdays and Fridays 10am-2pm.

If you would like to bring a group on any other day, please contact Westbury Arts Centre, Foxcovert Road, Shenley Wood, Milton Keynes, MK5 6AA (near Nifty Lift) Tel: 01908 501214 or email history@westburyartscentre.co.uk to make an appointment.

Ballroom—Sighted or Not

BucksVision, a visual impairment charity, is looking for people both visually impaired and sighted, to join in the fun and get some exercise.

It has an experienced teacher who can teach dances suitable for both visually impaired and sighted.

The dances are held on the last Thursday in the month at Centrecom, 602 North Row, Secklow Gate West, Milton Keynes MK9 3BJ.

Cost is £5 and transport can be arranged.

BOOKING IS ESSENTIAL so call 01908 377058 or email pscheriyan@gmail.com



Open day for Languages

The Open University is showcasing its language work on Saturday 30th June.

Events at the Rivers Centre, Humber Way, Bletchley MK3 7PH, will include taster sessions in a wide variety of languages including Chinese, Arabic, Italian, French, German, British Sign Language and Lip Reading.

There will also be more info on professional development sessions, finding out more about translating and interpreting and a whole host of other opportunities.

Register for your free ticket at: www.open.ac.uk/languages-mk or contact languages-MK@open.ac.uk or philip.allsoy@milton-keynes.gov.uk

Great Linford Women's Institute

Great Linford WI meets monthly on the 2nd Wednesday at 7.30 pm. Our meetings are held at Fulwell Court, St Leger Drive, Great Linford, Milton Keynes, MK14 5HB.

Our annual programme involves a selection of speakers covering a wide range of subjects, together with social evenings and outings. There is also the opportunity to attend events organised by the Bucks Federation.

We are a friendly group and are always keen to welcome new people. You are welcome to come along and visit before you decide if you would like to join. Visitors are requested to pay £3 to cover expenses.

Please contact Mary Horne on 07940 299504 if you would like more information.

Race for Life

The local events manager for Cancer Research UK wants your support for their local Race for Life event in Milton Keynes, but you'll have to be quick as the first one is on Sunday, June 10.



They have lots of roles to offer, including handing out medals at the finish line, admin and enquiries support, and marshalling on the course to cheer participants on!

The event dates are **Sunday 10th June**, and **Saturday 8th September**, and you would be needed between the hours of 9.30am- 2pm approximately, but can leave earlier if needed.

If you like any more information, please visit their website: www.raceforlife.org/volunteer

IF looking for volunteers

We are looking for a team of 200 volunteers to help us deliver IF: Milton Keynes International Festival 2018.

This year's Festival will take place in Milton Keynes from **Friday 20 - Sunday 29 July**.

Festival Central will be in Campbell Park and will again host The Spiegel tent, Acoustic Stage, bars, food outlets, plus free and family events. We will also have an amazing circus hub in Middleton Hall with acts from across the globe.

You can see the exciting things we have planned on the Festival's website: <http://ifmiltonkeynes.org/home.html> - you can also see the film showing highlights of the 2016 Festival there.

The Volunteers are the friendly face of the Festival and are of all ages, backgrounds and abilities. Roles are available both in front-of-house, bar and backstage.

Why not sign up and be part of something extraordinary, meet new friends, get some experience that may count toward your career - and most importantly have some fun!

Volunteer registration is now open! If you would like to be involved, please register your interest online [Here](#)

I hope you can join us in July for another 10 amazing days.

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