



milton keynes



July  
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.

#### When Birds Sing

26 July 2018 - 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 as astonishing ‘Song line’ of its journey each year? Come and find out.

..... \*\*\*\*\* .....

### New Members Induction Session

Next session – 13th August 2018

Unfortunately, we have had to **cancel the July Induction Session**, which was due to be held on Monday 16th July.

The next session will be on **Monday 13th August**, starting at 2pm, and be held in the Great Linford Parish Office meeting room, next to the Co-op in 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)  
Tel: 07425 620167.

## Visit to Yoga Group



On Tuesday 5 June, I joined the Yoga group meeting at Windmill Hill Golf Centre. The group commenced in May 2012 at the Buszy C.M.K

Chris Behrendt, the Group Leader, introduced me to the Group and to the Tutor, Pippa Fenton who explained the importance of keeping the body fit and as supple as possible and that all the exercises are tailored to the “older body”.

Luckily for me I had joined the Group when they had returned after half term so the session was a gentle return to exercise.

The session was an hour and a half long and I certainly used muscles I haven't used in quite some time!!! I thoroughly enjoyed the session – it was very relaxing although I certainly felt that I had had a “work out” when it finished.

Thank you Chris, the members of the group and Pippa for letting me attend your session and perhaps I could return to see some more intensive moves – maybe just to watch this time!

**Shirley Dewar**  
**Groups Co-ordinator**

## Alcoholic parents and the rest!

The Biography Group continues its exploration of worldwide subjects on a monthly basis.

Our last ten subjects, chosen by our members, have been extremely varied, being Peter Ustinov (irreverently philosophical) Freddie Trueman (more gentle than his bowling) Dame Judi Dench (giggly) Sir Jackie Stewart (fast but not furious) Dame Shirley Williams (thoughtful liberal) Daniel Kahneman (quietly influential) Archbishop Justin Welby (product of alcoholic parents) Dame Moura Lympany (tuneful wine maker) Monty Don (depressive gardener) and Ken Dodd (concealer of cash).

What is interesting to us is the difference that each subject is willing to say in radio interview as opposed to what can be found in biographical survey.

We meet each fourth Thursday in the morning and would welcome more participants in our gentle, social, exploration of people who affect us. Contact us on [di-archive@mku3a.org](mailto:di-archive@mku3a.org)

Please see our MK U3A web site page for a review of the June presentation about Ken Dodd.

**PS** Our more regular name is the Desert Island Disc Archive Group. A programme from the series archive forms about half of each meeting.

**Nigel Wright**



### Healing through the ages

At the June meeting, the members of this group were treated to a fascinating and well researched presentation on Humming Birds.

These little creatures have been little studied, yet possess a range of species, sizes, specialisms and different behaviours that kept the Group discussing them well beyond the opening talk.

We meet on the **first Thursday of each month at 10.30 am** at an address in Furzton.

If you do not know it and would like to join us, please telephone Pam on 01908 521743 or email [palharvey@ymail.com](mailto:palharvey@ymail.com).

Pam Harvey is also responsible for liaison and reporting of attendance with the U3A Committee. 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. The Autumn Programme will open on 6th September. Among the intriguing presentations promised are:

- The BlueWhale
- Connective tissue Disorder
- Woodlice

With the proliferation of different species on earth there is huge scope for choosing one to study and bring the results of your discoveries to the Group.

We are always pleased to encourage members to offer a topic of their own. You may already have knowledge of a medical or biological area, or indeed any related science, or you may simply be happy to explore the internet and compile information to present to the Members.

We still have no nominated leader for this group, so meanwhile I shall continue to act as scribe, maintain communications among members and welcome new applicants.



But this is an opportunity to try your hand at Group leadership, and anyone doing so will continue to have the support of Pam and myself in whatever we can offer. MKU3A offers an excellent training course for new potential Leaders.

Attendances at our meetings are steady, though if we have many more we shall need to find a more public venue. Therefore please try to let Pam or myself know whether you intend to come.

We look forward to welcoming a lively Group in July.

Contact us at [Biology@mku3a.org](mailto:Biology@mku3a.org)

**Christina Lay**, on behalf of the Biology group

### Sprechen Sie Deutsch?

Are you interested in learning to speak German? Or to brush up on your German conversation that you perhaps learned when you were at school but have not been able to practice?

Are you going to visit a German speaking country and would like to learn a few German phrases???

We are looking to start a friendly new group which will meet once a month possibly on a Thursday 10am to 12 noon at maybe the Central Milton Keynes Library.

We look forward to hearing from you.

Wir freuen uns, von Ihnen zu hoeren.

**Sabine Brooks**

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

### 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](mailto:musicapprec@mku3a.org)

## Choir meets to enthusiastic response

On Sunday 24th June we held our Summer Concert in the United Reformed Church at 2.30pm. It was our first foray into an event which included an afternoon cream and scone tea during an interval in the programme.

The hall was full to capacity, which made serving everyone not easy for the helpers, but this did not detract from the overall event which proved to be a great success.

We raised £850 for the renovation fund for the URC, and the feedback from the audience was that it was one of our best concerts; smiling choir members and enthusiastic performances all round.



It could not have happened without your support and the help of the following people, Peter and Jan Green who set up the hall for us after the morning service, Geoff Morris who once again produced lovely overhead displays, the hard-working volunteers in the kitchen and of course our pianist Jennifer who had even rushed back from a medical appointment to be with us on the day.

Last, but not least our musical director Pat who puts an enormous effort into the selection of the programme and keeps us on our toes every week in rehearsals.

We now have a few vacancies in the choir, so if you like singing, do come and try us out.

We return from our Summer break on September 4th so that's a good time to come for a taster session. There is no auditioning so don't be nervous! Make contact via [choir@mku3a.org](mailto:choir@mku3a.org)

Lastly a note for your diaries: our Christmas concert will be held in the URC on Friday 14th December. I hope you can join us for a night of Christmas music and seasonal refreshments.

**Sheila Staincliffe**, Joint group leader

## Go on ... open the box

In June, the Exploring World Faiths Group visited the Panacea Society Museum in Bedford.

After a welcome by the Curator and an introductory film, we were shown around the Victorian house and buildings forming part of the unique religious community's headquarters and gardens.

Mabel Barltrop, a 53-year-old widow of an Anglican curate, who lived in Bedford, formed the Panacea Society in 1919. She believed that she was the eighth prophet of a religious movement, the reincarnated daughter of 18th century prophetess, Joanna Southcott and so renamed herself Octavia.

We were shown a replica of Joanna Southcott's Wooden Box of prophecies in the Chapel, where 24 chairs were arranged for the Bishops to sit on when they opened the box.

The Museum contains the newspaper adverts and pamphlets, which explain that opening the Box would cure all the evils of the world. The slogan was: "War, disease, crime and banditry, distress of nations and perplexity will increase until the Bishops open Joanna Southcott's box."

The rooms in the museum are all furnished and decorated with original items, showing how the 70 residents from all over the world lived and followed the rules of Olivia.

One of the most fascinating rooms showed the Shiloh crib and exquisitely embroidered baby clothes made for the pregnant Joanna Southcott who at 69 had declared that she was pregnant with the Son of God.

The baby was taken straight to Heaven and Joanna Southcott, mentioned by Dickens in 'A tale of Two Cities', died soon afterwards.

We were taken into the Wireless Room and the gardens said to have been built on the original Garden of Eden and on a sunny afternoon were a haven of peace and a place of inspiration for the artists sketching among the well-cared for lawns and flowerbeds.

'Panacea' means to heal and as part of the exhibition we were shown the small squares of white linen, which were sent to over 130,000 people worldwide.

Dipped in water blessed by Olivia, they were considered to cure a variety of ailments including cancer, epilepsy and nervous debility. We saw letters from all over the world requesting these squares and testifying to the efficacy of the cure.

In 2013 the Society closed with only two members remaining who expressed their disappointment that they would not now live to see the Coming of Christ.

The Museum, opposite the Higgins Art Gallery on Newnham Road, Bedford was founded with the Panacea Society's charitable funds and is well worth a visit. For more information on the Society visit [www.panaceamuseum.org](http://www.panaceamuseum.org)

**Pauline Wright**

### **Visit to St Mary Magdalene Church, Willen**

On 1st August, the Exploring World Faiths group will be visiting St Mary Magdalene Church, Willen.

The architect was Robert Hooke who was Chief Assistant to Christopher Wren in rebuilding London after the Great Fire.

We will also visit St Michael's Priory which you may know by the previous name of "The Well". If you would like to join us, please contact the group leader Linda Morris [ewf@mku3a.org](mailto:ewf@mku3a.org)

### **Yee Haw Dance it Up**

Dance Group will take its Summer break from 24th July until 18th September.

We cannot continue in our present venue, Willen Pavilion, as the Management has terminated our contract to accommodate a Playgroup.

Happily we have found a new venue at The Old Bath House, Wolverton. We will be using the main Hall and will have use of the kitchen for our essential Tea Break.



Our Meetings will be at our usual time, from 1.45pm to 3.45pm.

We always welcome new Members and if they are new to Line Dancing we make sure that we have Beginner Dances with plenty of help given for the first hour.

This is a really convenient venue for local buses and Tesco!

Contacts are 07900 241663, email: [linedancing2@mku3a.org](mailto:linedancing2@mku3a.org)

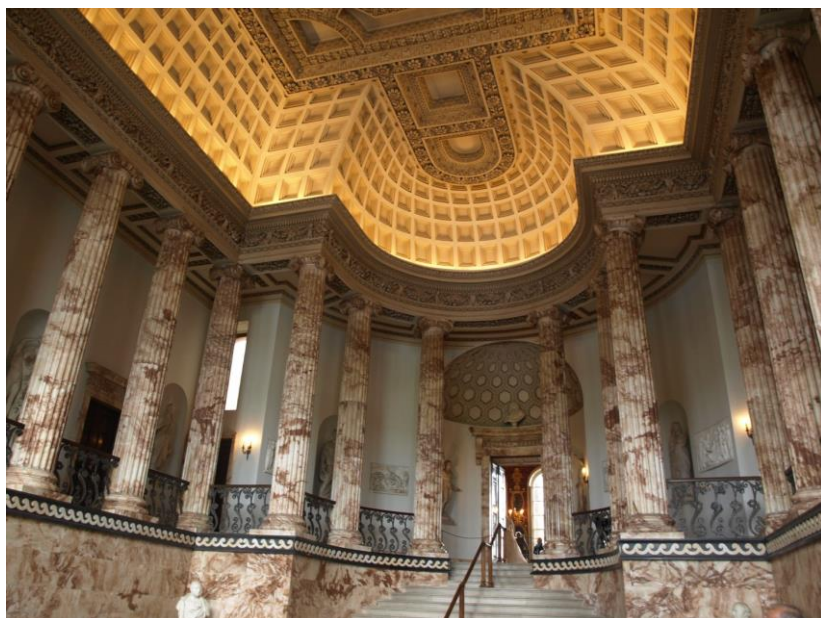
### **Holkham Hall 21st June 2018 The Outings Group**

119 miles and two and a half hours were the journey experiences for this trip (You will understand my reason for mentioning this later in the item).

Due to the Norwich Show being on, the driver took an alternative route that took us past RAF Lakenheath – I never realised it was so large an RAF base, having only seen it in the dark (however, that's another story!!)

Holkham Hall has a specific entrance for coaches, this we followed as at least twelve tractors seem to have decided they would have a 'day out'; luckily they were going the other way.

We arrived, drove through the gates and had a two mile drive up to coach parking, passing as we drove the setting up of staging for the Lionel Richie Concert on Sunday evening – 12,000 people were there enough loo's - on Thursday it certainly didn't look like it.



Would Lionel sleep in the antique bed, slept in by Jules Holland, with its John Lewis mattress or vanish into the night like Tom Jones in their personal helicopter?

We were met at the coach park by one of the staff who gave out a leaflet about Holkham Hall and a flyer for 2for1 entry for other Treasure Houses of England that includes Woburn Abbey.

Tickets issued, loo breaks taken and for most an early lunch before experiencing the delights of Holkham. A golf buggy ride takes the mile long drive to the 'Walled Garden' which is in the process of being replanted and refurbished, including the pineapple hothouses. The roses were glorious in colours I personally had not seen such as 'Rosa – Rhapsody in Blue'.

However the House beckoned ----- still lived in by the family since being built by the first Earl of Leicester following his 'Grand Tour' which took 6 years from the age of 15.

The majority of paintings and statues were bought during the tour and have remained in house with very few being sold out of the family.

This year's exhibition is *'Treasurers and Trophies' – the Making of a Gentleman and Grand House*. As you walk through the house items purchased on the trip are identified, with details of how the trip was undertaken – how about 9 days to get from Calais to Paris, a journey of 186 miles and if you don't bring your own bed, at least bring your own bed linen – to avoid the bed bugs !!.

How to pack the items purchased to transport to England – nowadays, bubble wrap, polystyrene and very secure packing cases and specialist companies – then pack the purchased item in branches and leaves put in travelling cases and it goes. Your carriage won't cross the alps – well dismantle it, put onto mules backs and when you get to the other side, put it all back together – fascinating.

In the grand entrance there is a Steinway Piano that those with a musical 'bent' are invited to play. Some of us were lucky enough to arrive at the end of our free flow tour as a person who said he 'just needed a rest' was playing the instrument - Bridge Over Troubled Waters sounded beautiful.

Parts of the house are not accessible as they are still lived in by the family – however there were the family out with the dogs in their private garden viewed from the windows, and following them behind the Earl apparent with the 'poop a scooper'.

So much to see, so much to do – the 'Field to Fork Experience' identifying how the land is managed and the produced wasn't even touched as the house and gardens had so much to offer.

**Chris Behrendt, Outings Group 101 Committee**

### **Milton Keynes Theatre group**

Please note the theatre group is open to you as a MKU3A member.

Details of the performances available are on the MKU3A website under Theatre group.

You can as a member bring along family and friends to any performance if there is availability. The more seats we book the cheaper they are. Minimum is usually 10.

I will endeavour to be at the open meetings to take bookings.

#### **It works like this:**

Post-dated cheque (pay by date on sheet) payment with booking form (herewith) one for **each** separate performance booked.

This I will hold and bank just before I collect tickets. If the show does not run for whatever reason I will either destroy or return the cheque to you.

I have added £1.00 for each show to booking form. For this I will post out tickets for the show the remainder is towards admin costs. I do not mind if several wish to join together I would then send tickets to one address. I will of course email or call to give you seat details .

#### **Theatre Contact:**

Hilary Beckett, 107 Lakes Lane, Newport Pagnell, Bucks MK16 8HT

Mobile 07867 978585 Email: [Theatre107@gmail.com](mailto:Theatre107@gmail.com) Cheques to be made payable to MKU3A



## Outings

**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)

### **WORLD OF WEDGWOOD AND BIDDULPH GRANGE GARDEN 16 AUGUST 2018**

**COST £36 Cost £28 to National Trust members (please bring your membership card for entry to Biddulph, otherwise cost will be £36 in total).** (Cost includes refreshments on arrival, self guided tour of museum and factory, entry to Biddulph, coach and driver's tip).

**Cheques to be made payable to MKU3A**

**Bookings by 12 July 2018**

**Pickup: Bletchley Bus Station 8.00am or Silbury Blvd CMK 8.15am**

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

**Contact on day: Shona Hall 07796 448485**

10.30 am Arrive Wedgwood approx with tea/coffee and biscuits on arrival. Free flow tour of factory and Museum. Lunch in cafeteria at own expense.

1.15 pm Depart for Biddulph Grange - free flow tour of garden and Geological gallery.

4.00 pm Depart Biddulph Arrive Milton Keynes 6.30pm dependent on traffic.

**The World of Wedgwood** now aims to bring the history and heritage of Wedgwood to visitors in a genuinely inspiring and elegant way.

As well as having factory tours it has a V&A museum collection, a WWII Spitfire, the world's greatest collection of Staffordshire ceramics, decorative arts and natural history, a sensory garden and a unique collection of works of art including Picasso, Durer and Degas as well as a contemporary tearoom, restaurant and the Wedgwood Flagship retail store.

Visitors will be able to take the opportunity to "learn by doing" if they wish, to shop, eat and explore. There is a wide-ranging menu with food prepared to order.

### **BIDDULPH GRANGE GARDEN**

is now one of the jewels in the crown of the National Trust. This amazing Victorian garden was created by its visionary owner James Bateman. Its design expresses and attempts to reconcile both his religious convictions and his love for botany, plant collecting and geology.

His collection of plants comes from all over the world. A visit takes you on a global journey from Italy to the pyramids of Egypt, a Victorian version of China and a re-creation of a Himalayan glen hidden by tunnels, high hedges and rockwork.

The collection includes rhododendrons, dahlias, Wellingtonias and the oldest golden larch in Britain. In the mid-1970s, the estate was saved when a campaign to have the area put under a conservation order was successful.

The hospital (which had been children's, orthopaedic and geriatric) closed by 1991 and the garden was opened in May that same year.

The Geological Gallery has been refurbished and is now open.

There is a self-service tearoom with 45 places and indoor and outdoor seating. The tearoom sells wonderful food made on site and has a seasonal menu.

There is a gift shop and plant centre with lots of plants grown at Biddulph. There are toilets including disabled access.

**Note:** There are 400 steps throughout the garden some of which are slightly awkward and walking stick users may wish to avoid them and miss a part of the garden.

### News of Members

It is with sadness that we have to report the deaths of three of our members.

**Derek Barret** passed away early in June. He was a valued member of the committee as webmaster and was the designer of the layout for our current website.

He was an accomplished photographer and a founder member of the Advanced Photography group. In October 2017 he had two photographs printed in the Black Country Museum Calendar (printed herewith).



We were informed in June that **Una Prior** had passed away. Una was one of our life members who joined MK U3A in 1987.

**Sylvia Francis** has recently died. She and her late husband, William joined in 2009.

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

**Two photographs printed in Black Country Museum Calendar by Derek Barret**



### **I know it's summer but ...**

I have been organising a Turkey & Tinsel Break for some years purely because I like going.

This year's after hearing reports of how good the Thursford Christmas Show is I booked a long weekend break which is based around this show.

Unfortunately some of my regulars are unable to come so there are some places available.

If there are any members who would like to go can they please ring me on 07895 842689.

**Bob Coleman**

### **Electrician recommended**

I would like to recommend an electrician, Jim Dixon, who recently fitted replacement lights in my garage.

He purchased the necessary equipment so I didn't have to bother and also suggested siting them in a better position than the originals.

He then fitted them quickly and neatly and also disposed of the old lights for me.

His number is 01908 569948.

**Sheelah Lockwood**

### **MK U3A – Open Meetings 2018**

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

In which he tells lots of humorous backstage stories about the many star comedians he has written either Radio or TV series for.

**24 OCTOBER - James Gillray: The First Ever Political Cartoonist** – Ian Keable

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.

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

Life in the information age: What threat do social media and fake news pose? Mike Flood explores the evidence, facts and opinions.

## Open Meeting - IT Help Desk

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

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

Free Wi-Fi is available at the venue.

Support is available for:

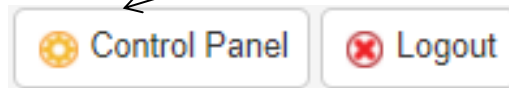
- Windows PCs
- Apple/Android tablets and phones.



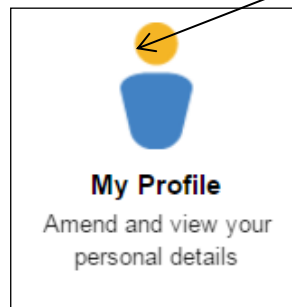
NOTE: Please ensure your device is fully charged or bring your charger with you.

## MK U3A - Making Changes to your Personal Details

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



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



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



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



### 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>
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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>
Groups Finance Admin:	Geraldine Cannell	<a href="mailto:groupsadmin@mku3a.org">groupsadmin@mku3a.org</a>
Halls Admin	Sue Giordano	<a href="mailto:hallsadmin@mku3a.org">hallsadmin@mku3a.org</a>
Open Meetings/Volunteers	Currently vacant	<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 Office**: 11 Winchester Circle, Kingston, Milton Keynes MK10 0BA

### Lunchtime Lectures 2018

Milton Keynes Libraries



**28th June – A New City comes to Life.** Explore the collection of the Milton Keynes Development Corporation. Find out what it can tell us about how the city was designed and built.

**26th July – Unbuilt MK.** In conjunction with MK Forum, find out what surprising designs were planned for Milton Keynes and never built!

**23rd August – MK and Developing International New Town Networks.** Where does Milton Keynes fit in with other New Towns around the world? Find out how relationships are being built and networks formed.

**September & October.** Look out for talks on Albert French - a First World War soldier from New Bradwell - and some of the important women involved in developing Milton Keynes.

All 1.15-1.45pm, Milton Keynes Central Library, 555 Silbury Boulevard, Milton Keynes, MK9 3HL. Tickets £3 from Milton Keynes Central Library

## **Made in America**

**Saturday 14 July 7.30pm at the Chrysalis Theatre, Camphill, Willen**

*Presented by the Newport Pagnell Singers in aid of the Friends of Willen Hospice*



An evening of music of today and yester-year which has its origins in America. The evening will embrace music from the shows, such as West Side Story, jazz and classical, the latter including Bach's Toccata and Fugue given a jazz interpretation and much more.

The Singers would be delighted to see you. Come and enjoy the music and support a local charity, the Friends of Willen Hospice.

All tickets are £10. They are available from Cambourne Travel, Newport Pagnell; Wilson's, Olney High Street and Pat Kearsley 07904 299484. A limited number will be available on the night.

## **Whaddon Night Owlers WI**

Wondering what to do with your Wednesday evenings as the evenings start to draw in again...? (she writes on the day after the summer solstice!)

Well, on the third Wednesday of each month the Whaddon Night Owlers WI meet in the Jubilee Hall at 7.30pm and you would be most welcome.

We have a packed programme planned for the coming year, including a craft workshop, a meal out and a croquet evening.

Recent talks have included Blood Bikers, garden design, Men in Sheds and Milton Keynes Museum. This last one led us to our most recent visit – a private tour of Milton Keynes Museum – a superb experience and highly recommended!

Each meeting is made up of three sections:

- a formal meeting to discuss WI business such as which resolution to support
- refreshments – a chance to catch up with friends and make new ones too over a cup of tea or a glass of wine
- Talk or activity.

Ladies – you would be most welcome to visit us and see if you would be interested in joining us – contact Daphne on 01908 502088 or just pop in to see us on the third Wednesday of each month; you are sure of a warm welcome.

## Walking to say thank you

On July 12, I'll be putting the boots on at the start of my 10 kilometre sponsored walk, not only because I want to help Debra help others, but because I can! The simple joy of that - of being alive.

And for whatever you give towards helping me meet my fundraising target, I'll be thanking you - every step of the way. You can do this by going to my Just Giving page at <https://www.justgiving.com/fundraising/douglas-smith11?newPage=True>

Midday July 12 last year, I was being wheeled into a hospital scanner. Doctors believed from an earlier investigation that I was very seriously ill. Half-an-hour later, it was - literally - an amazingly different picture. I was to live! Totally out of the blue, I'd been handed the gift of more time.

DEBRA is the national charity that supports individuals and families affected by Epidermolysis Bullosa (EB) – a painful genetic skin blistering condition which, in the worst cases, can be fatal. We fund pioneering research and provide care and support to individuals and families living with EB.

**Douglas Smith**

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