



milton keynes



February
2020



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.

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26 FEBRUARY – Ancient Rome – Eleanor Betts

OU lecturer and involved in the BBC series "What did the Ancients do for us?" Eleanor will provide a talk on ancient medicine, Roman space and urbanism.

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New Members Induction Session

17 February 2020

The next session will be on Monday 17 February, 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 or 07425 620167.

Painters Progress

When one of our members took part in a workshop that made zig zag books, she fed back her experience and so enthused the group that we invited Jan Ruddock to come in as a speaker to share her expertise.

Jan had made everyone their own book and brought in a selection of a wide range of materials to enable us to experiment. Although these books are difficult to make, we hope to teach ourselves to make our own in the future.

We began by selecting just 3 pieces of torn paper taken from



glossy magazines, gluing them randomly on different pages of the book. Using a variety of marking tools: feathers, sticks, pipettes and straws, we then used ink marks to join those 3 torn shapes.

Gradually images evolved, some abstract some real. Using fabric, paint, inks and a variety of paper we completed our first zig zag book. After our Christmas break, having

assimilated all we have learned today, we will make another zig zag book.

This is a very versatile idea. Jan uses these books to make an annotated picture holiday diary. They could also readily be adapted to develop grandchildren's artistic ability (aprons and floorcovering advised!) or for craft minded grandparents to make a picture story book for younger grandchildren.

Sandra Oxley

Lesley has updated our gallery on our website page <https://mku3a.org/groups>

with a selection of this year's work.

Painters Progress create images in zig zag books December 2019

MKU3A Choir

A big thank you to everyone who attended our Christmas Concert "Gloria in Excelsis Deo" held on Friday 13th December at 7.30pm in the United Reformed Church, Newport Pagnell in aid of our two nominated charities, Harry's Rainbow and Keech Hospice Care.

Although a little short on choir numbers due to illness, with your help we were able to raise a magnificent amount, £1,200, which was split equally between the two charities who were thrilled with their cheques for £600.

A date for your diaries:

Our Summer Concert, followed by a cream tea, will be held on Sunday 14th June at 2.30pm in the United Reformed Church in Newport Pagnell. More details will follow later.

We have a few vacancies in every vocal range so if you think you would like to join us please contact us via the U3A website.

We meet weekly at the Cross and Stable Church in Downs Barn between 2-4 pm and you would be welcome to come and see what we do.

Sheila Staincliffe, Joint group leader



CARTOON APPRECIATION COURSE



A short 6-week course of cartoon comedy, wit and satire.

Thursdays: 10:30 –12:30 a.m.

😊 May 7th, 14th, 21st and 28th. June: 4th and 11th.

During each 2-hour class we shall explore the methods and tools used by certain artists to ridicule, mock and lampoon groups, organisations or celebrities via the medium of cartoons and caricatures, and we shall also question: “why do they do it?”

The committed cartoonist may simply have the desire to make people laugh, to make a specific point, to attack individuals from the historical past, the present, or anticipate a future event or merely want to throw general cartoons into the daily swirl of publication. Oh, yes, without doubt cartooning is very exciting, covers a broad church, is sometimes dangerous and can be very well-paid.

This appreciation course is no talking shop; this is a hands-on, think-for-yourself series of lessons in which you will get to understand what is entailed in creating that ‘Knock ‘em dead’ result. Also, where appropriate, we shall observe and discuss famous past and present cartoonists’ cartoons and explore their methodology.

Places are limited to five and early booking is recommended.

Please contact Shirley Dewar: groups@MKU3A.org

Transport Topics Group

Our first talk in the new calendar year will be on Wednesday February 26th at 2pm at our usual Neath Hill venue when our member, Stephen Miller, is giving the first of his planned presentations on the History of British Airways. This one will cover the first 50 years.

Guest speakers follow in March and April, with presentations on the 'Flying Scotsman Project' entitled 'Steam, sweat and tears and ' Building Britain's canals.

This is followed by a series of visits to places of



transport interest. This year includes visits to:

- RAF Cosford Museum
- The Silverstone Experience
- Crich Tramway Museum
- Epping & Ongar Railway

Full details are on our section of the website.

New members are always welcome to join us at our Neath Hill meetings.

David Bowler

The Third Age Players are going for Murder Unlimited

TAP, the Third Age Players, is thriving, currently with some twenty acting members and a number of 'guest' members who help us during our annual production. We are just starting to rehearse this year's production, which is a triple-bill entitled Murder Unlimited. No prizes for guessing the theme!

We welcome new members, whether you would like to perform or help backstage or front of house. Some of the roles entail helping to build a simple set or change the scenery, communicating with the lighting and sound box from the side of the stage, assisting with costume changes, being on bar or box office, selling programmes or raffle tickets. There are many more.

We particularly need someone who could help with social media and publicity. If this is your 'bag', or if any of the above might interest you, please contact our Group Leader, Barbara Baker, email: tap@mku3a.org.

Gardening & Environment

The Gardening and Environment group is looking for new members!!

The Group meets on the second Wednesday of the month in Emerson Valley at 2pm for a full programme of speakers/visits and DVDs.

The Group is purely educational – not 'hands on'!

For more information contact Mike Jenner, the Group Leader, via email - gardenening2@mku3a.org

Gardening Group 3.

We meet the second Wednesday morning at 10am in Neath Hill and although we have a healthy membership we still have room for a few new members.

We have recently acquired a new group leader and committee members and we have an interesting and varied program of talks and visits arranged for this year so if you are interested in joining us please contact Robert Sorrell 01908 322885 or Shona Hall on 01908 616465.

Music Lectures with Exciting Composers

Are you interested in participating in our **Spring 2020 Music Lectures?**

Led by Adrian Boynton, Director of Music at Milton Keynes City Church, the series is comprised of FOUR lectures, each lecture lasting for two hours (so eight hours of music in total).

The anticipated dates are:

11 March

8 April

13 May

10 June

The lectures commence at 1.30 and end at just after 3.30 (depending on how leisurely our coffee break becomes).

The venue is the Oak Tree Centre on Shenley Brook End (easy, free and plentiful parking).

In order to cover our fixed costs, the price that members pay will depend on the numbers that are interested in attending. The more people attend, the cheaper the series becomes.

I'm hoping that we can keep the price of each lecture at £4 or less, depending on numbers.

Our last series included some exciting composers such as Copland, Vaughan Williams, Britten and Bernstein. Adrian is currently working on the Spring 2020 programme and I will circulate this as soon as I receive it.

Details of previous music lectures can be found on the Music Lectures group page at <https://mku3a.org/groups>

Please email me at vicechairmku3a@gmail.com by **19 January 2020** if you are interested in signing up for this next series of lectures.

Tina Two

Modern Sequence Group

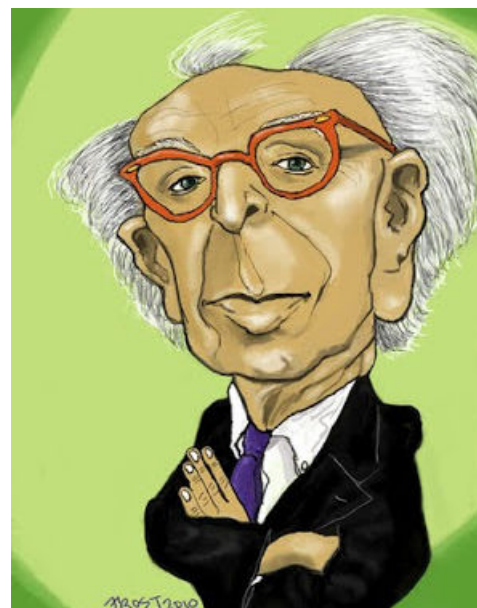
The Thursday afternoon Sequence Group is moving on. The group now have a repertoire of six dances and are making good progress. Unfortunately, we have lost a few of our original Members through ill health and we would welcome new Members and help them.

U3A Members who already have some acquaintance with the easy dances that form part of many 50/50 and Ballroom and Latin Dances would, I am sure, enjoy our Tea Dance.

As with all Dance sessions where a partner is needed, we find that the lady members are far more likely to love to dance but have no partner, while the men without partners seem less enthusiastic. We cannot supply a team of eager and proficient gentlemen, however, any lady who learns to lead as well as follow will find herself very popular at Social Dances.

We would welcome any Members who would like to come along and try a session with us at the Cross and Stable Community Hall, Downs Barn on Thursday afternoons at 1.45pm. We have a relaxed chat with Tea and Biscuits at approx. 2.45pm – always a welcome break! Contact me on sequencedancing2@mku3a.org or 01908 226726.

Margaret Atherton



• **Composer Copland**



Anyone for Croquet?!!

Have you always wanted to try Croquet – maybe this could be the Group for you!

- Wednesday mornings for beginners of 2 hours duration (10am -12noon)
- Stony Stratford Croquet Club (where there is a clubhouse and all the equipment provided) .
- The group would have the use of 3 lawns with all the tuition necessary to enjoy the game with refreshments included in the cost of £4 per session.



The usual season lasts from April to October. If you are interested, please contact Shirley Dewar. Groups Co-ordinator via email groups@mku3a.org

MKU3A – Volunteers’ Coffee Morning 23rd April 2020

As you may well be aware, MKU3A is run by members for the benefit of members, on a ‘not for profit’ basis. This has only been possible due to the efforts of individual members who volunteer their services and skills to manage and maintain MKU3A as a viable and thriving community.

Just as our members share their expertise when addressing a group meeting, other members provide their time and knowledge leading interest groups, take on committee roles and organise social events, cultural visits and study days.

We are holding a Volunteers’ Coffee Morning on 23rd April 2020 from 0930 to 1230 at our Kingston office. If you are interested in playing a more active and influential role within MKU3A, why not come and have a discussion with our Trustees/Management Committee and find out what you can do to help, on a no obligations basis.

For further details, please email chair@mku3a.org or telephone us on 01908 281717. If you are unable to attend but remain interested in volunteering, please let us know anyway. We will be pleased to hear from you.

MKU3A 2020 AGM

All members are invited to attend 2.30 pm Wednesday 25 March 2020, Oak Tree Centre, Wallinger Drive, Shenley Brook End, MK 5 7GZ

We hope that entertainment will be provided for you by groups. We also hope other groups will be providing displays of their work.

Proxy Voting and Committee Nomination Forms are available in the Members Area of the website.

Afternoon Tea will be served after the meeting.

2020 Committee Elections - Nomination Form

Name:

is willing to be nominated for the post of

.....

with effect from the Annual General Meeting on **Wednesday 25th March 2020**

Proposed by: Date:

Seconded by: Date:

This form has to be returned to the MKU3A 11 Winchester Circle, Kingston, Milton Keynes, MK10 0BA by **11th March**

2020 Annual General Meeting - Proxy Voting Form

PROXY VOTES

I, the undersigned, _____ (your name in CAPs) being an individual MKU3A Member

Choose one option below

EITHER (delete as appropriate)

I hereby appoint _____ (name of appointed MKU3A member in CAPs) as my proxy to vote on my behalf at the Annual General Meeting of MKU3A on **Wednesday 25th March 2020**

OR (delete as appropriate)

I instruct the Chair of the meeting to vote as instructed below:

.....

Signed _____ (signature)

_____ (date of signing)

This form must be returned to the MKU3A 11 Winchester Circle, Kingston, Milton Keynes, MK10 0BA by **Sunday 22nd March 2020**

THAMES VALLEY NETWORK
CYBER-CRIME STUDY DAY

Protect your world

Wednesday 8th April 2020, from 10:30 – 16:00

King's Church Amersham, Raans Road, Amersham HP6 6LX



The day is intended to help you to protect your internet-connected devices and your on-line identity and footprint, led by Mr Mark Godsland CISMP, MSyl, the Cyber Protect Officer for Thames Valley Police.

PROVISIONAL PROGRAMME

10:30 Registration and tea / coffee

11:00 Protecting your internet connected devices. 45 minutes plus questions

12:00 Protecting your online identity / digital footprint (bring along your working and data connected smartphones or tablets, for audience participation). 45 minutes plus questions.

13:00 Lunch

14:00 Interactive case study of identity theft and a fraudulent account. 45 minutes plus discussion.

15:00 Open question and answer session. 45 – 60 minutes. You are invited to submit questions in advance to u3acyberday@chiltern-u3a.org.uk.

Tea / coffee on arrival and a sandwich lunch are included in the cost of the study day (£16). Please note that the registration fee covers venue hire and refreshments only; Mr Godsland is not charging for his time or travel expenses.

The day is open to all members of U3As affiliated to the Thames Valley Network.

Members of other U3As are very welcome to attend; an additional fee of £2 will be payable.

Application forms can be obtained from the TVN website at: u3atvnetwork.org.uk or from your U3A.

THE CLOSING DATE FOR APPLICATIONS IS MONDAY 6th April 2020

Organiser: David Bender (u3acyberday@chiltern-u3a.org.uk) Telephone: 01494 722 450

8 Eagle Close, Amersham, Bucks HP6 6TD

Acknowledgement will be by email unless an s.a.e. is enclosed.



Protect your world

Wednesday 8th April 2020 from 10.30 to 16:00

King's Church Amersham, Raans Road, Amersham, Bucks HP6 6LX

APPLICATION FORM

(Please complete in block capitals)

Name(s)

email

or postal address

..... post code:.....

telephone number

I would like to book places for this Study Day

I certify that I / we belong to *(all applicants must be members of a U3A)*

.....U3A

I enclose a cheque for £..... payable to: U3A Thames Valley Network
(£16 per person for the day, including lunch, plus £2 for members of non-TVN U3As)

Please tick the box(es) below if you require:

- gluten-free
- vegetarian
- dairy-free

Signed.....Date

Please return to: David Bender, 8 Eagle Close, Amersham, Bucks HP6 6TD
email: u3acyberday@chiltern-u3a.org.uk, phone 01494 722 450

The closing date for applications is Monday 6th April 2020

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

Holidays and Short Breaks

Somerset 11 June 2020

Somerset with cider, probably some cheese, elegant Bath, a trip to Wales for the Royal Mint – see how they make money and St Fagan's museum. Ride a heritage railway, visit Tyntesfield (NT), as seen on Countryfile over Christmas, also Wells for its beautiful cathedral, perhaps the most beautiful of the great English cathedrals and

the Bishops Palace in its 800th anniversary year since the beginning of the buildings construction.

Might even be time for a paddle, if the tides in at Weston.

Following two successful short breaks in 2018 and 2019 we thought we would visit/revisit for some the beautiful county of Somerset and explore some of its many delights.

Once again we are using **Just for Groups**, staying at a 4* hotel on the outskirts of Bristol.

For a booking and insurance form please contact Chris Behrendt at either h.and.sb@mku3a.org or 07766 026357.

Farewell Maria

The Spanish Beginners Group would like to say farewell to Maria Bourne, as she moves on to a work commitment.

She has been running the Spanish group for a long period of time as Leader/Tutor, and has kept the group running even though she is a learner herself. All the current members of the Spanish Beginners group wish Maria well in her new work.

The group is at full strength with 12 members with 1 member on the waiting list.

David Sutton has now taken over the group as leader and tutor, and hopes that he can do the group justice, and thanks its' members for their support.

Regular Contacts and Recommendations

Milton Keynes website has all the news about recycling here - where to take it and what to take, and your local collection dates 01908 252200 yourwaste@milton-keynes.gov.uk

The council website also has lists of tradesmen that have been checked out, and I got the boiler serviced. getsortedmk.co.uk/faqs

Age Concern - MK largest secondhand furniture/home store, 6 Burners Lane, Kiln Farm MK11 3HB 01908 263838 Check what they will accept

Reuse Community Project: 16 Burners Lane 01908 261010 takes all except carpets and bedding.

Senior Voice Milton Keynes wants to represent over 55s to discuss matters that affect us such as health, social services, housing and transport 01908 550700 info@ageukmiltonkeynes.org.uk

BBC TV's 'Look East' programme reported on recycling 'white goods' and repairing them. There is a website and often mentions MK in its news reports.

Concerns and advice about scams targeting older people are well discussed on BBC TV's 'Rip off Britain' and there is a website to catch up on previous programmes on issues relevant to older people today. There are conmen pretending very cleverly to be the police and taking people's savings. Holiday scams are increasing so

advice about checking websites.

U3A members need to spread the word, be more active in volunteering and car-sharing for those who don't have transport but need the social contact U3A classes and outings provide. Loneliness is part of ageing.

Apart from U3A walks there are regular local walks for slow walkers organised by Walking for Health and the local walks to suit all fitness levels are run via the council 01908

253154 walkingforhealth.org.uk/walkfinder/milton-keynes-health-walks

Celia Hart

MK U3A - Open Meetings 2020

25 MARCH – ANNUAL GENERAL MEETING

Showcase of MK U3A Talents

22 APRIL – The Plague Doctor – David Bell

With a reputation of being side splittingly funny, David Bell makes no apology for his tongue-in-cheek recounting of the Eyam plague story. In a fascinating talk you will be seduced in a uniquely amusing fashion into a world where both medical diagnosis and treatment were equally outrageous. A world you would want to avoid . . . like the plague.

27 MAY – Funny Fellas– the lives and work of Ronnie Barker & Ronnie Corbett – Tricia Thompson

This fun talk looks at the lives and careers of Ronnie Barker & Ronnie Corbett both separately together. It is richly illustrated with music and video.

24 JUNE – Bowel cancer awareness talk – Kathryn Vizor

During the talk you will learn important facts about bowel cancer. The talk will also cover:

- Signs and symptoms – learn about the five most common symptoms
- Risk factors – discover what increases your risk
- Prevention – get information on how to reduce your risk
- Bowel cancer screening – learn about the NHS bowel screening programme and the importance of taking part

22 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

23 SEPTEMBER –Dogs for good – one year on

After last year's highly successful talk an opportunity to find out what has happened to Yasmin and Suki

28 OCTOBER Keep Warm MK - Emma Brooks

Keep Warm MK has joined forces with the National Energy Foundation, a charity committed to improving



energy use in buildings. Our speakers today will discuss a range of the latest energy and money saving measures including extra support for those who need it most during a power cut or loss of gas supply.

25 NOVEMBER –The Voice of the Century– The life and music of Frank Sinatra - Karen Thompson

A biographical talk about the life and music of Frank Sinatra which follows his career from its earliest days to his death. Illustrated with lots of songs.

Open Meeting - IT Help Desk

There is normally an opportunity 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.

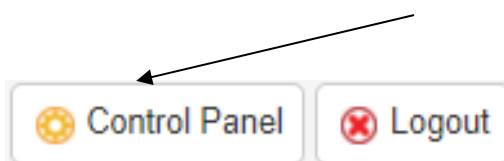
When available it's offered before the meeting from 2:00pm and after the meeting until 4.15pm but please check the Open Meeting confirmation email to confirm it will be available on the day.

Free Wi-Fi is available at the venue.

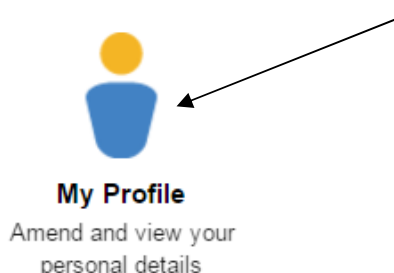


MK U3A - Making Changes to your Personal Details


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.

 Save Changes

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



Open University Talks

A series of talks entitled '**Ageing Well**' is listed below. They are given by Jitka Vseteckova, PhD, D.Prof., SFHEA, Senior Lecturer Health, Wellbeing and Social Care, who is the Knowledge Exchange and Enterprise Lead.

Many changes are brought about by ageing. Most of the changes are physiological processes, they come naturally, and produce physical and mental deterioration. However, timely interventions such as nutrition, hydration, physical, cognitive and social stimulation can prevent or delay these processes.

Over the past 14 years I have been developing and delivering educational interventions such as this, to facilitate healthy ageing and prevent the fast deterioration for older people with and without dementia (both in the UK and overseas).

My experience is that older people are specific in that they are keen to learn but do not always have the opportunity, the finances or facilities to do so.

I am passionate about building bridges between communities, in this case between the research community and those who will profit most from the findings of the research but may not have access to them.

Please find a short promo video here: <https://www.youtube.com/watch?v=nPeKzzjKwmU&feature=youtu.be>

Venue: The Open University Library in Milton Keynes, Walton Hall, MK7 6AA

Dates & times:

- February 25th 2020 11h30 – 1pm
- March 24th 2020 11h30 – 1pm
- April 28th 2020 11h30 – 1pm

Bletchley Evening WI

Our local friendly WI have just enjoyed listening to our first - and possibly tallest - speaker of the New Year.

As the evenings begin to lighten you may feel tempted to come and hear our later speakers who will talk about a Donkey Sanctuary and, in February, tell us about our Local History.

If you are a 'knitter', enjoy sewing or anything 'crafty' we have a monthly 'knit, stitch and natter' group (which does what it says on the tin!)



We meet on the first Thursday of each month. 7.30pm at St Andrews Church, St Andrews Road, Bletchley, and welcome new members. Feel free to phone for a chat, on 01908 379675.

Carol Jeffrey

Tales, Tattled and Told

An evening of storytelling and acoustic music, brought to you by the best in local story tellers and acoustic musicians.

£5.00 entrance, all goes this time 25th January to local food bank.

Rectory cottage, Bletchley MK3, 6BJ, 7.30pm prompt start

Teas, coffee and wine plus Cake available.

Mike Halls, 07853 195798 halls.mike@yahoo.com

Positive Mindful Drumming

You may have heard about Drum United - a social enterprise now based in MK.

You can enrol to the Positive Mindful Drumming sessions for 55s and Over: Bletchley Library - 2.15pm - 3pm, for 6 weeks: Friday 28 February until 3 April. Enrol for just £3 per week at www.drumunited.eventbrite.co.uk

Hand drumming and percussion is great for all abilities and all ages - it releases endorphins and helps improve focus and concentration. The Positive Mindful Drumming program combines positive affirmations and mantra with rhythms and it is meditative, uplifting, social and fun. Please visit www.drumunited.org and for more info and videos.



More events for retirees are being scheduled for the Spring / Summer. Sessions have already taken place at MK Central Library and will be visiting 2 more libraries in the next few months.

These sessions for over 55s are part of an exciting, uplifting and social project that has been funded by Arts Council England and works with SEND young people, schools, 16 - 24 NEETS, and looked after adults.

You can access online tutorials at no cost to help develop your drumming, musical, creative skills, and help improve your well-being.

Visit www.drumunited.eventbrite.co.uk to enrol now onto the Positive Mindful Drumming sessions for 55s and Over: Bletchley Library - 2.15pm - 3pm, for 6 weeks: Friday 28 February until 3 April. Get involved and remember to 'drum united'!

Adey Peterkin, drum united, team@drumunited.org, 07845 244692

www.drumunited.org www.positivemindfuldrumming.com

National Trust

Are you a member of the National Trust? Even if you aren't, you can join a local association in Milton Keynes that arranges visits to National Trust properties and places of special interest, lectures, holidays, and social events.

Money raised through these activities are used to support National Trust projects. For more

details, visit

www.nationaltrust.org.uk/features/milton-keynes-association or contact our membership secretary via phone at 01908 314151 or via e-mail at annette@mstyler.plus.com.

On February 12th we have a lecture on the Romanovs by Caroline de Guitaut, and on March

11th a talk on the island of Malta by Major David Squibb of the Salvation Army, followed by an evening of films with relevance to the National Trust on April 8th.

David Romine

Overcoming Doglessness and Helping to Ease Social Isolation – Barking Mad Alternative to Dog Ownership Celebrates 20 Years

The Milton Keynes branch of a canine company founded in 2000, to provide home from home dog care instead of kenneling, is helping to celebrate 20 years of people experiencing health and well-being benefits due to an alternative to dog ownership.

Jennifer Davies has been a 'host' dog sitter for Barking Mad for nearly fourteen years and believes that her hobby has changed her life.

She said: "The best thing about hosting is – UNCONDITIONAL LOVE! I always get a lovely good morning greeting with lots of tail wagging and I am much fitter. I have lost five stone in weight.

"Having a dog is much the same as having a baby – people talk to you and make a fuss of the dogs. I have met so many new people with dogs and without.

"My first doggy visitors were Todd and Jazz, two salukis. In the evenings, Jazz would curl up by my feet and Todd would be beside me with his head on my shoulder, gazing into my eyes. I was totally hooked – who wouldn't be?

"I have a son who lives in Guernsey who I visit regularly, and I like going on holidays with my friends. If I had my own dog, this would make things more complicated. With Barking Mad, I always say I have all of the pleasure and none of the expense or worry about what would happen if I became unwell."

It has been scientifically proven that patting and walking dogs can help people to feel more relaxed and less anxious. This makes a huge difference to emotional and physical well-being. Those caring for a dog are also less



likely to be socially isolated, research suggests.

[‘The Pet Factor – Companion Animals as a Conduit for Getting to Know People, Friendship Formation and Social Support’](#), states that: ‘Companion animals can be a catalyst for several dimensions of human social relationships in neighbourhood settings, ranging from incidental social interaction and getting to know people, through to formation of friendships.’

Owner-operator of Barking Mad Milton Keynes, Sue Garrett, said: “As Barking Mad celebrates its 20th anniversary, our proudest achievement is the happiness which holidaying dogs have brought to the lives of our host families.

“We match friendly dogs to hosts’ preferences and lifestyle, for their holidays and short breaks. It’s ideal for retirees, home-based workers and teachers in school holidays.

“We take care of everything, including chauffeuring dogs to our hosts’ homes with all their essentials and providing 24/7 support. Hosts experience all the benefits of dog companionship without any of the emotional or financial responsibilities of full-time pet ownership.”

To find out more about becoming a Barking Mad host, you can call 01908 410908/ 015242 20202 or visit www.barkingmad.uk.com.

Barking Mad is part of the Franchise Brands plc group of companies and is the UK’s favourite dog holiday company, as verified by TrustPilot. Contact Barking Mad at www.barkingmad.uk.com to find your dog’s home from home today.

The 12th Bletchley Seed Swap

Hosted by Bletchley Garden Club

On Saturday February 15th 2020, from 10am to 2pm,

at Freeman Methodist Church, Buckingham Rd, Bletchley, Milton Keynes,
MK3 5HH

200m from Bletchley Railway station, and 400m from Bletchley Bus Station.

Please bring your home-gathered seeds and any unwanted commercial seeds.

No seeds to swap? No matter! We suggest a donation of 50p for each packet taken home.

£1 entrance.

Also there will be a Gardeners' Bric-a-Brac stall, plant stall, book stall and a Master Composter in residence.

We proudly serve delicious home-made refreshments, including home-made soup, bread and cakes.

Contact us: bletchleygardenclub.org or Jan on 01908 372138 or Theresa on 01908 375142



Milton Keynes Chorale Concert

Chorale Chamber Orchestra.
Rutter: Magnificat; Britten: Rejoice in the Lamb
Saturday 14 March 7:30 p.m.
St Peter & St Paul Church, Buckingham

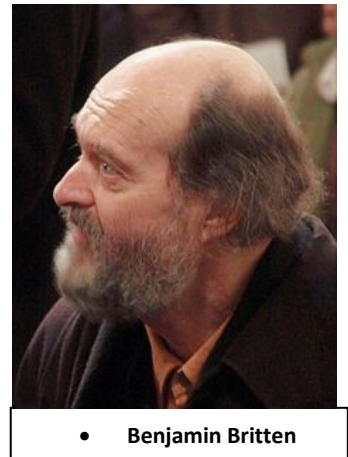
Suzzie Vango: soprano.

Mark Jordan: Conductor.

Milton Keynes Chorale invite you to an evening of glorious English music, crowned with John Rutter's Magnificat - an exuberant setting of the familiar words that epitomises Rutter's skill in writing appealing melodies.

Benjamin Britten's Te Deum in C and Simple Symphony – a version for strings of some of his childhood compositions – join Imogen Holst's rarely performed orchestration of Rejoice in the Lamb to complete this joyous and uplifting programme.

Tickets £15, available from Chorale members, via www.mkchorale.org.uk or from Ruth on 07894 665025.



Thyroid and Nutrition

Our next Information Event is on Saturday **7th March 2020** at the Pavilion, Open University, Milton Keynes. Coffee and registration at 10.30 followed by the guest speaker at 11.00.

We always aim to finish by 13.00. For map and directions look at our website www.thyroidmk.co.uk or telephone Wilma 01908 563289

Our Speaker is Carol Wright Lifecoach (Healthy Minds Matter)

Topic: Nutrition: Develop an understanding of your eating habits, sleep, stress and movement.

Wilma G Beckett, Local Coordinator, Thyroidmk 01908 563289 website: www.thyroidmk.co.uk

• Benjamin Britten

Affiliated with the British Thyroid Foundation www.btf-thyroid.org

Lakeside Gentle Yoga

Great Linford, The View MK14 5AH

Mondays 9.30-10.30am

£6 per class term book

'If you don't take care of this, the most magnificent machine that you will ever be given....where are you going to live' K. Calabrese

Improve flexibility & balance, build muscle strength, maintain your nervous system, boost immunity, release tension, regulate your adrenal glands & RELAX with mindful yoga, connecting breath and movement.

Yoga accessible to all, variations are offered for all poses but healthily challenging too. Small supportive group.

Equipment provided.

Contact Karen to book a space at karenmnoon@gmail.com or 07989 024390 karennoon@hotmail.com or 07989 024390 www.karennoonyoga.wordpress.com

Picture Framing Service for MK U3A Members

Pinewood Art Studios (highly commended)

Contact tlanc5@aol.com or yvgovier@yahoo.co.uk



Key Contact details – more on the website

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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.**

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