



milton keynes



April
2021



Dear Members

Spring is with us at last and we shall experience a couple of warm days shortly. Thank goodness – it will certainly make our walks more pleasurable especially as the restrictions are beginning to ease and the rule of six or two households meeting outside is now allowed.

The Government Roadmap in full can be found by clicking on the following link,

<https://www.gov.uk/guidance/national-lockdown-stay-at-home>

and at the end of this letter the trustees have produced a Lockdown Recovery Plan for MKu3a. This document may change if there are any amendments to the Government plan.

It does appear that many of our groups are still some way off being able to resume their activities as they did pre COVID-19. This is because many of the venues we used were either in sheltered housing or retirement blocks and the safety of their residents is their main concern.

We are checking the venues and will let the Group Leaders know when the venue they use is open for business.

Your Safety

Once the groups reconvene it will be your decision as members to decide if you are ready to attend the meetings. The Third Age Trust have produced Risk Assessment forms for Group Leaders. These should be completed and made available for you before the event/meeting/walk so that you can assess your personal situation and if you are ready to attend you should complete a Member Risk Assessment Form. The Group Leaders should see this form.

The Risk Assessment forms, the Government Roadmap details, and our Lockdown Recovery Plan have been added to the website and can be accessed from the home page once you have logged in.

NOTHING IS MORE IMPORTANT THAT YOUR SAFETY

We held our AGM on 24th March via Zoom to deal with the normal AGM business. We said goodbye to three of our Trustees, Neill and Shirley Dewar and Dave Barratt and welcomed Susan Guiver and Marie Stanley to the list of Trustees. We are always looking for members to join us so if you would like further details please let me know, it is always easier to hand over the reins if the posts have been 'shadowed' for several months. In addition to our new Trustees, we are pleased to report that we now have three additional members to our Team, Frank Parisi and Peter Martin who will take on Special Projects and a warm welcome to Brian Baldwin, our former Treasurer who will become our Thames Valley Representative. This post has become vacant as Fred Bass has agreed to take over the role of Secretary. In addition, Dave Barratt, our webmaster has agreed to continue as a team member as he has completed his term as a Trustee as stipulated in our constitution and this role is crucial to the smooth running of our organisation.

Our Open Meetings continue every Wednesday Afternoon until the end of June and booking in couldn't be easier now that you can do so online from The Diary area. The access codes will be sent on the Tuesday prior to the meeting. If you need any help, please let us know.

I would like to take this opportunity on behalf of the Trustees and all our team members to wish you a Happy Easter. Please stay safe.

Lesley Sparks

Lockdown Recovery Plan for MKu3a

All subject to Government Guidance and Restrictions in place at the time

Step 1

29th March. Outdoor sport and leisure allowed compliant with the "Rule of 6" (applicable to MKu3a) or 2 households. (This guidance means that if there are more than 6 members in 2 households this is allowable but should not apply to MKu3a).

No mingling of multiple Groups of 6 both before and after the meeting/event. This means that our walking groups should only accommodate 6 members in each individual walking party, and it is the responsibility of all the members on the walk to minimise contact between

these individual groups. Risk assessments must be completed before the walk and sent to all attendees who must make their personal assessment as to their risk and members of their household. These risk assessment documents are in the members area of our website once you log in.

Step 2

No earlier than 12th April.

Community Centres and indoor leisure, such as Gyms, can open for use individually or as a household group. Subject to the facility's own guidelines and Covid-19 procedures in place. (This will not apply to MKu3a groups).

Step 3

No earlier than 17th May.

Outdoor limit increased to 30. (Walking Groups etc can recommence after the current risk assessments have been carried out). Indoor sports and other group activities will still be subject to the Rule of Six. No mingling of multiple groups of 6. (Small MKu3a groups may meet subject to the facility's COVID-19 status and guidelines and a risk assessment as above).

Step 4

No earlier than 21st June.

No legal limit on social contact. Opens the door to monthly meetings and the resumption of groups, subject to individual hall operators' restrictions. We may not be holding the monthly Open Meetings in the Oak Tree Centre until September. We have virtual meetings booked already.

Bletchley Lions provided us a number of Message in a Bottle emergency 'tubes' a couple of years ago which anyone could collect at the Open Meetings. This has now been superseded by a free new emergency 'grab' bag which can be applied for online. More information can be found at <https://www.medi-sos.com/> There is a donate button for those who wish to.

Lesley Sparks

Virtual Talks to Members

We were again able to book a varied range of high quality speakers each Wednesday in March and I am delighted to confirm three of these speakers have already been rebooked, not least due to popular demand!

Although lockdown is easing there are still so many restrictions in place so the plan for talks is to have weekly sessions until the end of May when we will then revert to two a month. From September onwards we are hoping to have one of those talks “live” at the Oaktree Centre.

We started the month with an informed and well-illustrated talk on Art and Design in the Chilterns by Dr Graham Tremlow. A well balanced and interesting talk on some of the artists and styles emerging from the Chiltern area. Lots of references to local landmarks and buildings which many of us have added to our “to visit” list once we are able.

The next talk was on the life and music of Elvis, a well balanced and structured talk from Tricia Thompson. Most enjoyable and lifted the spirits, with many of our members singing along and even dancing in the background.

Next we had the third talk from Simon Gregor, must certainly a favourite due to his style of presentation, presence and width and depth of knowledge. This talk was based on key events in Munich and Nuremberg during the time of Nazi Germany giving us an insight into key events and finished with consideration as to how Nuremberg, the centre of Nazi Propaganda, was purposely chosen for the Nuremberg trials at the end of the war.

This coincidentally and quite accidentally, at least on my part, led smoothly to the next talk on Black Propaganda during WW2. Another welcome return from a much respected speaker and member Michael Kushner who led us through key events and locations relevant to the radio based propaganda. It certainly highlighted how key this area was during this time. More places to explore at a later time.

In April, we are again able to offer a talk on each Wednesday afternoon starting at 2.30pm. These can be booked directly by members or through emailing me at vicechair@mku3a.org

Talks in April:

Talk no 25: Wednesday 7th April “Jumping Joe Byerle” - Speaker Brian Fearnley

Talk no 26: Wednesday 14th April “Medical Detection Dogs” - Speaker Robin Galvin

Talk no 27: Wednesday 21st April “Living the African Dream” - Speaker Alison Mees

Talk no 28: Wednesday 28th April “Charles Dickens, Conjuror” - Ian Keable

Lynne Button

Game for Sale

My son and a friend have made a whodunnit style game that they are selling on the internet. We have done it and thoroughly enjoyed it. It's not for the faint hearted and required an enquiring mind to puzzle out some of the activities. This is a link to their website if you'd like to have a look. <https://www.curiouscats.uk/>

Rose Davy

The Food4Thought group continue to meet each month via Zoom.

In January I set group members the challenge of creating a 3-course menu using 3 specific ingredients, namely Prawns in the starter, Pork in the main course, and Pears in the dessert, just to see what they came up with and whether we would get any duplicates (a few, but not many).

Our members didn't let me down and came back with some wonderful dishes, a selection of which I have included below.

- Chilli prawn bruschetta



- Roast lemon and mustard pork with one pan vegetables
- Pork medallions with a rum, cream and nutmeg sauce
- Pork Vindaloo
- Pork chops with mushroom and mustard sauce
- One-pan Greek pork and vegetables

- Pears with chocolate sauce
- Pears in white wine
- Spiced poached pears with blackberries

It proved so popular, in February I set them a new challenge to create a 3-course menu using 3 different ingredients - Cheese in the starter, Chicken in the main course and Chocolate in the dessert. Again, they came back with a selection of different recipes to share with the group, including:

- Cheese sables
- Baked Brie with cranberries
- Mushrooms stuffed with cottage cheese
- Chicken Marengo
- Chicken & mango Tacos
- Chicken with courgette noodles
- Creamy Chicken Stew



- Chicken with sherry mushroom sauce
- Chocolate Mousse
- Chocolate pots of cream
- Chocolate Trifle


If you are interested in food and would like to join our group, please email me at foodforthought@mku3a.org. We meet on the third Wednesday of the month at 10am.

Tina Griffiths – Group Leader

My name is Elizabeth Howard. I am working for Interaction Milton Keynes (<http://www.interactionmk.org.uk/>) on the Cook Club Book Club project. The project will work with over 18s who have been isolated during lockdown, using food to help reconnection with others, improve mental health and well-being, and promote inclusion. Participants will share personal food stories, explore food through literature, take part in practical cooking workshops with professionals, and join discussions with food writers.

It will take place throughout April 2021 and it is an informal and varied project with lots of support for 20 participants to take part in as much or as little of the planned activity as they want. It is free to take part.

Elizabeth Howard
Director, Performer, Producer, Researcher



The poster features a light beige background with a faint illustration of a carrot and some leaves. The title 'Cook Club Book Club' is written in a large, brown, cursive font. Below the title, a vertical line is followed by the text 'HAVE YOU BEEN ISOLATED OVER THE PAST YEAR? FEELING LOW?'. The main text describes the project, mentioning that it is free, involves cooking with MK-based chefs, and provides ingredients. It also states that there are only 20 places available and provides contact information for the director. At the bottom, there are logos for Inter-Action MK, Love Every Drop Anglian Water, Heritage Lottery Fund, and mkcommunity foundation.

Cook Club Book Club

HAVE YOU BEEN ISOLATED OVER THE PAST YEAR? FEELING LOW?

Would you like to take part in an online Cook Club and Book Club with Inter-Action MK?
Throughout the month of April 2021 you will get together with other like-minded people and share food stories and memories, meet some fascinating food writers and have a go at cooking alongside MK based chefs.
No pressure, no advanced cooking skills needed and its all FREE. Ingredients will be delivered direct to your door.
You will have lots of support and lots of laughs and hopefully make new friendships.
We only have 20 places so get in touch as soon as you can for more information, an informal chat and/or to book a place.
For anyone over 18 who has been isolated during lockdown. Access to computer and internet essential
Go on- Be Brave! Give it a try!

Email us: director@interactionmk.org.uk
Facebook: Inter-Action MK
www.interactionmk.org.uk

Inter-Action MK
love every drop
anglian water
Heritage Lottery Fund
LOTTERY FUNDED
mkcommunity foundation

Study Participation

I am working with researchers at Edge Hill University and the Open University currently recruiting older adults aged 65-80 for an online task examining the influence of cognitive and social factors on memory for events.

We are looking for participants fluent in English and aged between 65-80 years old. The first part of the study will be administered online and will look at how a person's age and level of contact with other-age groups may affect memory of events. Participants will be asked to view short film clips and complete some questionnaires. This should take approximately 40 minutes to complete.

For the second part of the study, participants will be asked to complete a short routine memory impairment questionnaire over the telephone. This should take between 5-10 minutes.

All participants will receive a £5 Amazon voucher for their time following completion of participation.

The study is being conducted by researchers from Edge Hill University (Dr. Joyce Humphries) and the Open University (Dr Catronia Havard) and has been funded by the British Academy. Please do not hesitate to contact me if you have any further questions via my email breesee@edgehill.ac.uk.

Emily Breese

WILLEN HOSPICE

The Covid-19 Pandemic has led to Willen Hospice suffering a 50% loss in fundraising income, a fact of which I became aware upon reading a recent newsletter.

I quote: 'Your support is always crucial, but probably never more than in the last 12 months'.

Most charities have reported a drop in income during the Pandemic. However, many of these charities have national appeal, whereas Willen Hospice is a local charity with a smaller audience.

Many of us will have family members or acquaintances that have used the services of Willen Hospice, so therefore I am appealing to you to consider making a donation at what is a very critical time.

If you wish to talk to them about making regular donations, then you can contact Vinny on 07883 251288 or email Vincent.moran@willen-hospice.org.uk.

If you happen to belong to other local clubs or organizations, then perhaps you might ask them to consider making a donation to Willen Hospice too.

Christine Norton

I am sorry to report the death of Dorothy (Dolly) Croston. I worked with her in the U3A Office – she was a lovely person with a great sense of humour.

Sue Kirkcaldy

I'm an outreach volunteer for Electra, the new electric narrowboat coming to Milton Keynes this Summer. We are starting our research looking for groups as well as individuals around MK who might like to visit. Contact details below.

Jo Hall

BA, Communication, Media and Journalism

M: 07976 925021 Twitter@jomaryhall | F: @jomaryhall12

LinkedIn: JoHall12

Calling any model railway enthusiasts. I have some Hornby Dublo that my husband Philip collected over a number of years. I wouldn't want any money for it but a donation to the Alzheimer's Society would be greatly appreciated.

My email is sheila@dbhomes.co.uk.

Sheila Dawson

CLASSICAL MUSIC CDs available also CD lead courses

I have a large selection of classical music CDs looking for good homes, following the death of my husband Graham.

Also available:

CD lead courses, each accompanied by a course book from The Great Courses as follows:

- = 'The Art of Mathematical Argument'
- = 'Major Transitions in Evolution'
- = 'The Joy of Science', Volume 1 & 2
- = 'The Big Questions of Philosophy'

They can be socially distanced viewed in a room off my garage. I would like a small donation for Papworth Lung Disease research. Contact marie.stanley@live.co.uk.

Marie Stanley

Our neighbour's doves practising social distancing in our garden!

Carol Smithers



Amendment

In the March newsletter, the phone number for Gary, a handyman recommended by Stephanie Warren, was incorrectly stated. The correct phone number is 07932 746662.

Eve

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