

## *The Third Way e-Newsletter*

*July 2022*

### **News from the Chair – Lets start to be excited**

I hope all of our members are aware of our anniversary celebratory day on Wednesday, 21st September. This is a once in a decade opportunity to celebrate the amazing groups we have in MKu3a, to engage with fellow and perhaps new members and to re-invigorate what we do. As a committee we have decided to book The Stables at Wavendon for this event. So what will happen?

As you can imagine there is a lot to plan and organise and some of the details are still in the planning stage. What we do have is a number of our groups who will be performing at this iconic venue. In the foyer we will have a number of other groups demonstrating some of our activities and hopefully it is an opportunity for you to look at what is going on and perhaps thinking about a new group to join – fancy playing a card game, or learning a new language, joining in with some line dancing, or brushing up some artistic skills – this is your chance to see what is available. Members from our photography groups will be taking the opportunity to capture some of the images from the day and we also hope to have on display photographs and memories from the 35 years of MKu3a.

But we need you, our members, to engage and support. We have over 1200 members and it would be marvellous if at least half of us can commit to attend, at least for some of the day. We do need to have some idea of numbers so please can you book in to this event, in the usual way through our website or by emailing me at [chair@mku3a.org](mailto:chair@mku3a.org). The bar will be open, tea and coffee available and if we have sufficient members committed to attending we hope to book a food vendor to provide food.

Milton Keynes Mayor will be attending from 1.30 to 2.30 pm and we hope to have features in both our local paper and radio stations.

It is the 40th anniversary of u3a, the 35th anniversary of MKu3a – what marvellous achievements to both publicise and celebrate – so please join us.

**Lynne Button**

Chair

### **Members Meeting and talks**

In June we were privileged to hear from one of our members Dr Vasco Fernandes who challenged us to consider our pattern of eating and exercise and how some small adjustments could have a positive impact on our health and wellbeing. The hour flew by with members asking many questions and hoping for a follow up talk. We all left with ideas for the small changes we could make. For me I was struck with the good habit of making sure the time from our first food in the day to the last was 8–10 hours, seems easy but this also includes drinks, and the evening glass of wine!

Our next meeting is on Wednesday 27th July, again at the Oaktree Centre, Shenley Brook End. Our speaker, due to give us a talk as lockdown first struck, is Fran Sandham, a renowned author and editor of the Rough Guide travel books who will share with us some of his tales from his adventures in Africa – “Dr Livingstone I presume”.

**Lynne Button**

Chair

## **MKu3a IT HelpDesk**

Prior to the interruption created by Covid, the IT team held HelpDesk surgeries at the monthly Open Meetings. We have now resume these.

The management and running of a u3a such as ours increasingly depends upon technology. The pandemic highlighted this fact to the extent that, without Zoom and email, we would not have been able to operate at all. We therefore have a duty to our members to help with IT problems that they may have. The resumption of the HelpDesk sessions is the first step back along that road. It is hoped to offer home visits shortly.

If you have a particular issue, or require further information, please contact me by email [wemaster@mku3a.org](mailto:wemaster@mku3a.org), or 07919 3657990.

**Dave Barratt**

Webmaster

## **Special Ukraine Art Appreciation Group**

On Tuesday 12th July 2022, the Art Appreciation Group will be looking at the Art and History of Ukraine for their last session of the Summer Term.

If you would like to join us for a 'taster session' with a view to signing up to join in September, then please email [artapp@mku3a.org](mailto:artapp@mku3a.org) for more details.

Space in the Meeting Room at Kingston is limited, so the first 10 to contact me will receive a free tea or coffee and biscuits!



Ukraine Flag



Ukraine Coat of Arms



Kyiv Founders Monument

**Pauline Wright**

## **Exploring World Faiths group visit to Leadenhall Gurdwara, the Sikh Temple**

Date and Time: Wednesday 6 July at 2.00 pm

You are welcome to join this group visit to this Sikh temple. Please contact me via [ewf@mku3a.org](mailto:ewf@mku3a.org). For more information please check the group page on the MKu3a website.

**Linda Morris**

Group Coordinator

## MKu3a Choir – A MASSIVE THANK YOU

We just want to say a massive thank you to those who attended, helped or contributed in any way to our recent Summer Concert in the United Reformed church on Sunday 12th June. All proceeds are going to the DEC Ukraine appeal and a cheque for £800 is being sent this week. Though we were small in our numbers we gave it our all, so glad to be performing live after such a long break due to Covid. The scone cream tea seemed to be enjoyed by everyone too.



Thinking a long way ahead, our Christmas concert is booked in for Sunday 18th December at 2.30 pm in the United Reformed Church so please put this in your diaries and join us for an afternoon of carols and readings. Hope to see you there.

We have welcomed some new members recently but there are still vacancies in all vocal ranges so please get in touch via the website if you would like to join us.

**Sheila Staincliffe**

Joint Group coordinator

## Outings Group – Group Coordinator

I have decided to retire from helping to co-ordinate activities in the Outings Group after being involved for around 11 years. It has been a wonderful and rewarding opportunity to meet lots of interesting people and to visit many varied places of interest within the UK. It has also been fun organising the outings with our group.

I am looking for someone to replace my role as Group Coordinator as soon as possible.

The Outings Group currently has two Group Coordinators and we had a small committee to help with some of the organisation of the visits. If required, I am very happy to assist or advise on any queries with the role for the first few months.

Many people have been asking when the Outings Group is going to recommence since we had to curtail activities in March 2020. We had a full programme of outings arranged for 2020 so maybe this could help with ideas. I would be more than pleased to meet and discuss what is involved with anyone interested.

If you are interested, please contact me via [outings@mku3a.org](mailto:outings@mku3a.org), 07377 628040.

**Czesia Eales-Johnson**



## Open Garden

Our garden will be open for the National Gardens Scheme charities on Saturday 2nd July and Sunday 3rd July between 12 noon and 5.00 pm.

Admission: Adults £4 and children free. Plants for sale but sorry no wheelchair access or refreshments.

We would love to see you at 1 Linton Close, Heelands, Milton Keynes MK13 7NR.

**Pat and John Partridge**

## Cycling – Free Wheelers Group

What better way to spend a Midsummer Day than a bike ride along the lanes to Stowe. Fresh air, exercise, great company ... with coffee and cake at the National Trust café!



The Peloton ready to set off for Stowe



Our newest member Laurence and (or so he tells us!) our oldest member Allen.



John, our leader for this ride arriving at Deanshanger

**Sheila Dawson**



Coffee and cake at Stowe NT Cafe.

## MK Citizens Advice Require Volunteers

*MKu3a have been approached by the Training Supervisor, Carol Muldownie from the Citizens Advice Milton Keynes who are looking for volunteers.*

I am the training and volunteer recruitment officer at Citizens Advice Milton Keynes.

I know that you are a thriving group for retirees with a broad range of activities.

We at CAMK are looking for new volunteers. We ask our volunteers to give 8 hours per week for a minimum of 6 months. The reason for this is that we have in depth training which takes some time and for us to get a return on our investment we need at least 6 months commitment.

We have found in the past that people that are retired or semi-retired make excellent volunteers as they have time and come with a wealth of experience.

You will find more info on our website

<https://www.miltonkeynescab.org.uk/get-involved/volunteers/>

Looking forward to hearing from you.

**Carol Muldownie** (Training Supervisor Citizens Advice Milton Keynes)

[carol.muldownie@mkcab.org.uk](mailto:carol.muldownie@mkcab.org.uk)

## Celebrating the City Status – City Status Cycle Ride



**City Status Cycle Ride**  
**Thursday 14<sup>th</sup> July 6pm**  
**@The Old Bus Station, MK9 1LR**



Cycle Stunt Contests inc. Bunny Hop Contest and Wheelie Delicious Doughnut Challenge - 4-5.30pm



Vintage Cycle Show - 4-5.30pm. Pre-1970 bikes, points for style, all participants must wear at least one item of tweed



Mayor's Awards – 5.30-6pm

CMK Cyclists Unite Ride to celebrate MK city status – meet outside The Old Bus Station, ride up Midsummer Boulevard, Saxon Gate and Silbury Boulevard to Light Pyramid in Campbell Park – 6-6.30pm.



More info Scan here



**Martin Woodman**

## **Badminton & Table Tennis for Mental Wellbeing**

*I've attended the Woughton sessions and found them very helpful.*

*Marie Conroy*

Fun, casual drop-in session for people experiencing mental health problems. It is run by a qualified coach, all equipment is provided and open to all abilities!

**Time** Every Wednesday, 11.30 am–12.30 pm

**Venue** Sports Hall, Woughton Leisure Centre, Rainbow Drive, Leadenhall, Milton Keynes, MK6 5EJ

This group is provided FREE by mental health charity Sport In Mind for the benefit of local people.

## **Dementia-Friendly Table Tennis Sessions**

**Time** Every Wednesday, 1.15 pm–2.15 pm

**Venue** Middleton Pool & Fitness Centre, Tickford Street, Newport Pagnell, MK16 9BG

**Cost** £5.00 if playing

Beginners are welcome, and pre-booking is advised.

Please contact Stephen Baggaley if you want more information on the above two events.

**Tel** 07815 123225; **email** [baggaley1@hotmail.com](mailto:baggaley1@hotmail.com)



## **Key Contact Details—more on the web site**

**Chair** Lynne Button; email: [chair@mku3a.org](mailto:chair@mku3a.org)

**Vice Chair** email: [vicechair@mku3a.org](mailto:vicechair@mku3a.org)

**Secretary** Brian Baldwin; email: [secretary@mku3a.org](mailto:secretary@mku3a.org)

**Treasurer** David Hall; email: [treasurer@mku3a.org](mailto:treasurer@mku3a.org)

**Groups Facilitators** Chris Costello/Hazel Spencer; email: [groups@mku3a.org](mailto:groups@mku3a.org)

**Webmaster** Dave Barratt; email: [webmaster@mku3a.org](mailto:webmaster@mku3a.org)

**Membership Secretary** Yvonne Ashmore; email: [membersec@mku3a.org](mailto:membersec@mku3a.org)

**Communications Coordinator** Martin Woodman; email: [comms@mku3a.org](mailto:comms@mku3a.org)

**Thames Valley Network Coordinator** Brian Baldwin; email: [tvn@mku3a.org](mailto:tvn@mku3a.org)

Please refer to the website: **[www.mku3a.org](http://www.mku3a.org)** for statements concerning **MKu3a Policies and Guidance**, on all aspects of our administration **including Data Privacy, Disclaimers and Copyright**.

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