



## The Third Way e-Newsletter

October 2022

### News from the Chair

#### Anniversary Celebrations

A bit of a phew from me. Our celebrations were a success. We will be issuing a special commemorative newsletter but also enjoy some of the stories from participating groups within this issue.

A special thanks to our roving photographer, Graham Jones capturing the event for posterity and to Miss Sylvia Poole whose generous legacy to MKu3a enabled us to run this event.

A final thought; when we celebrate our 40<sup>th</sup> anniversary we will need to hire Middleton Hall at the very least – we were at capacity for groups at the Stables and already some groups are saying they wish to be involved in the next celebrations!

#### Third Age Trust – TAT

Following on from the last newsletter I didn't receive any comments relating to the proposals to increase membership fees by TAT. As a management committee we concluded we would be voting against resolution 5 and all amendments, and against all amendments to resolution 6 until amendment 8 which would result in a one-off increase in fees in 2024. We considered this was the best option for our members whilst also providing some financial assurance to TAT.

#### Social Media

I am a great believer in how social media can be used in a positive manner to highlight, advertise and celebrate achievements. As the next generation starts to leave full time employment many will be looking to social media as their primary source of information when considering options for their retirement years. As such MKu3a has gradually expanded their social media presence. We currently have a private Facebook Page for members only, a Public Facebook page to share our news with non-members and a Twitter page. If you use any of these media please join and contribute. We haven't as yet, although other u3as have, ventured into the world of TikTok or YouTube Channels. Are you a social media guru? Would you like to take a lead?

## **Management Committee**

Again, this seems to be a regular plea but in order for MKu3a thrive and indeed remain in line with our constitution we need members to volunteer to be on our management committee as Trustees. We have an immediate requirement for a volunteer to come forward to take over the position of vice chair, one of the four officers of our charity, and a further volunteer to support and shadow the secretary. Two of the current Trustees, the Chair and Membership Secretary, will be approaching the end of their three year term as Trustees and will be standing down at the next AGM. If you need any further information about any of these roles then please contact me

## **Monthly Meetings and Talks:**

After the summer break it was really good to return to our monthly meeting for members and to welcome a guest speaker. This month we had the pleasure of hearing from Lynne Morris OBE, CEO of Toybox. Some horrifying evidence of the reality of life as a street child, whilst also seeing the positive difference a focused use of relatively small amounts of money can make. Inspiring.

Our next meeting and talk is on Wednesday, 26<sup>th</sup> October at the Oaktree Centre, Shenley Brook End. What is sure to be an interesting and forward looking talk by one of our members, Peter Roake, who will share with us his insight into the future of the Electric Vehicle, a very topical subject.

**Lynne Button**

Chair

## **Exploring World Faiths Group**

On Wednesday 5 October at 2pm we are visiting the Jehovah's Witnesses at Netherfield. Please wear a face mask if you can and check on our group page for more details. We went once before and were offered large amounts of cake after the meeting, so it may be a good idea to eat a light lunch!

**Linda Morris**

## MKU3A CHOIR



Thank you for all the support you gave to the various groups including the U3A choir at the Stables on 21st September, particularly as we were last to perform at 2pm. The choir is also performing at the Mayor's concert on 6<sup>th</sup> October in the Parish Church in Newport Pagnell at 7pm.

Now we are rehearsing in earnest for our Christmas Concert to be held on Sunday 18<sup>th</sup> December in the URC in Newport Pagnell at 2.30pm. All proceeds will go to the Blood Bikers this year.

We still have vacancies in all vocal ranges so please contact us via the website if you would like to join us on Tuesday afternoons.

Looking forward to meeting you at one of these events

**Sheila Staincliffe**  
**Joint group coordinator**



**Milton Keynes Therapy Centre**

The base of the MK Multiple Sclerosis Therapy Group Ltd - Registered Charity 1017488

Website: [www.mkmstherapygroup.co.uk](http://www.mkmstherapygroup.co.uk)

4 Hollin Lane, Stacey Bushes, Milton Keynes MK12 6HT

**WE HAVE NEW SERVICES FOR  
MENTAL HEALTH ISSUES & LONG COVID**



**EMOTIONAL FREEDOM TECHNIQUE (EFT)**

EFFECTIVE FOR:

EMOTIONAL ISSUES, ANGER, ANXIETY, DEPRESSION, SADNESS, STRESS

BEREAVEMENT, POST TRAUMATIC STRESS DISORDER,

PROMOTING GENERAL RELAXATION and SELF ESTEEM

SLEEPING DIFFICULTIES

ALSO, VERY HELPFUL FOR PHYSICAL PAIN

*This therapy will be provided at very low cost, and with free assessment for all,*

*With further help for those with financial difficulty to access the Service*

---

**LONG COVID**

OUR OXYGEN CHAMBER IS ADVISED AS A HELPFUL TREATMENT FOR PEOPLE WITH LONG COVID

---

**PLEASE CONTACT US FOR FURTHER INFORMATION**

We also provide remedial massage, ultrasound for pain relief,

reflexology, reiki, all from our fully trained therapists,

and drop- in support with our friendly volunteers

*Helping you feel better*

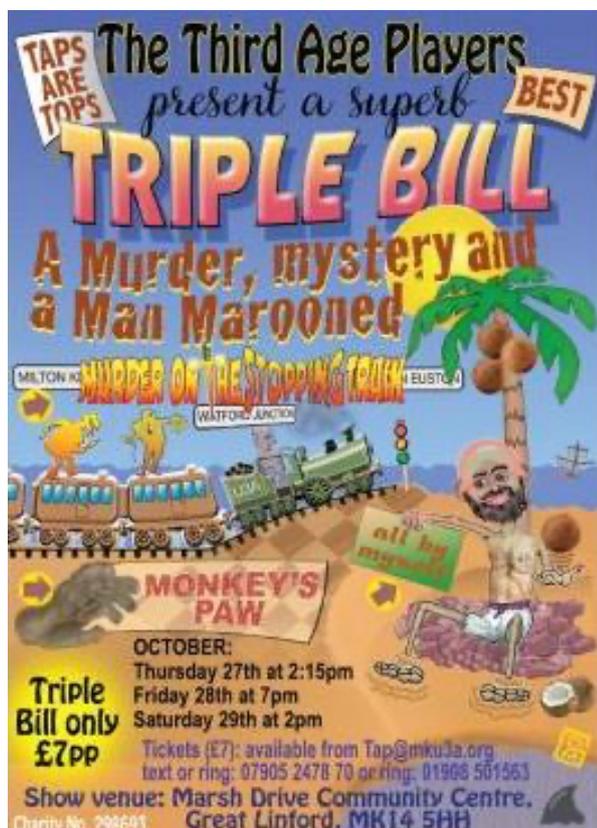
Tel: 01908 225907

e mail: [info@mkmstherapygroup.co.uk](mailto:info@mkmstherapygroup.co.uk)

**Vasco Fernandes**

## The Third Age Players

Details of our next play are below.



## Jean Thomas

### MK U3A Ukulele Group

Fresh from a successful session at the Stables, we thought it would be timely to give a little background. The group was formed in 2017 under the excellent guidance of Gordon, and a few of the founder members are still going strong today. Most members in those days were raw beginners, but quickly became familiar with their instruments and began to build a song portfolio alongside some tuition to improve their technique. After a while we were confident enough to perform, and there followed a few successful gigs in care homes, and culminated in a session at the Thames Valley U3A grand ukulele get together. Unfortunately, like all groups, lockdown got in the way and we took to Zoom. Whilst not ideal, it enabled the group to keep playing together.

We returned to our normal sessions at the Cannon, who have been kind enough to allow us back into their function room, and over the last few months have been blessed with a gradual intake of new members. We are able to offer tuition so no prior knowledge is

required on joining us, and we have space for a few more budding ukulelers (is that a word?).

And so to the Stables. We chose some well known songs in the hope of some audience participation, and were pleased to be joined by some members of the choir to bolster the singing. We had fun and judging by audience reaction and comments afterwards, so did our audience. Thanks for that.

We attach a photo recording the event.



## **Ronald Spalding**

### **Craft and Create Group**

Do you have an interest in crafting or would you like to like to learn new skills? Would you like to join a group of like-minded people who like to create gifts, keepsakes or whatever their imagination can produce?

We plan to meet twice a month on the 2nd and 4th Tuesday in the month in a room at the Kingston Centre, where the MKu3a have their offices.

As crafting covers a wide range of activities, group members might like to work on their own projects or share their knowledge of crafts such as knitting, crochet or sewing with those who would like to learn. There may also be an opportunity to attend workshops

on projects using textiles and hand sewing run by myself as I have been crafting for many years.

The idea of the group is to learn new skills, swop ideas, tips and encourage each other as we craft, create, chat and have fun.

If you are interested please send your enquiry to Hazel Spencer, New Groups Facilitator at [groups@mku3a.org](mailto:groups@mku3a.org). When making your enquiry please share any skills you may have or may wish to learn.



**Hazel Spencer**

## **Videography Group**

Do you have an interest in videography and would like to join a group of like-minded people making videos?

We plan to meet twice a month on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday pm in the month in a room at the Kingston Centre, where the MKu3a have their offices.

All are welcome, whether you are beginners or have some experience. All that is required is enthusiasm, willingness to learn and a camera capable of taking videos. It

doesn't matter what type of camera, even a mobile phone camera will do. It would also be useful to have computer or similar device with software able to view and edit videos.

The idea of the group is to get together, exchange ideas and suggestions of suitable subjects for a video project whilst learning from each other along the way.

If you are interested, please send your enquiry to Hazel Spencer, New Groups Facilitator at [groups@mku3a.org](mailto:groups@mku3a.org). When making your enquiry please share any experience you may already have.



## **Hazel Spencer**

The Arts Society North Bucks have a talk at Lovat Hall, Silver Street, Newport Pagnell MK16 0EJ on Thursday 13<sup>th</sup> October 2022. Coffee available from 10.15 with talk 11.00 – 12.00.

The topic is Music in Art by historical musician and instrument maker Sophie Matthews. A guest fee of £7 is payable on the door.

**Yve Morris** TASNB Membership Secretary

I suspect that not many of you read poetry. I know that I don't, but funnily enough I have written poetry on and off through my life. When lockdown eased for the first time, I was reading one of my recent endeavours about a possible dystopian future called 'A Grandchild's Lament' to friends who were waxing enthusiastic about it. Then my wife said "You know what will happen to all these poems when you pop your clogs. They will all go in the bin". A friend said "these are too good for that. Why don't you publish them?".

Unfortunately nobody was going to publish the poems of an unknown 80 year old whose only published verses were in The University of London students poetry

magazine 60 years ago. So during lockdown I gathered together a collection and set about the task of self-publishing. They try to make out that this is straightforward. I can tell you at my age it was not. There were many hoops to jump through and the computing had to be so precise. I did not make it any easier for myself as another friend, who owned a major graphic design company, was so impressed that he insisted on illustrating the volume and this led to a whole new kettle of fish.

At last it was accepted and came out in July. It is published on Amazon and can be found by the title:-'Thoughts and memories in a life' Poems born in my 80 years of living. By Terence Edward Martin.

If you go to the page on Amazon you can take a look inside and read a couple of reviews. It seems to go down well with people like you and me who don't normally read poetry and find connections with their own lives.

I would hope that some of you will find it of sufficient interest to buy and if you like it please recommend it to others. All royalties are going to Green Peace to help our planet.

**Sam Martin**

### **Tales Tattled & Told – storytelling by and for adults**

Once upon a time, a group of people were drawn together by a love of stories - myths, fables, tall tales and even a bit of history. If you are looking for something a little bit different, why not try an evening of performance storytelling by and for adults at the Rectory Cottages in Bletchley?

Tales Tattled & Told is a storytelling collective based in Milton Keynes. Professional storytellers and occasional poets bring original works, traditional folktales, fascinating fables and personal remembrances at 7:30 pm every third Saturday of the month.

Tales Tattled & Told began its fourth season on 17 September 2022 with stories from Commonwealth countries and personal reminiscences in honour of Her Majesty, Queen Elizabeth II. Bedfringe Festival sell-out Mark Steinhardt headlined the evening with the Irish folktale 'Lord Benbow,' a story of young love and personal loyalty.

On 15 October, Lichfield storyteller Janet Crouch headlines with original stories of the North. She will be joined by local tellers Stephen Hobbs, Peter Boyce and Lynette Hill. Finishing the night with a flourish will be the a capella choir Gracenotes.

Tickets for Tales Tattled & Told are £6 on-line through WeGotTickets.com and £8 at the door.

**Are you interested in giving storytelling a go yourself?** Excellent! Come join our StoryCircle, which takes place every other Thursday evening. StoryCircle is an informal group of friendly and like-minded folk who come together to share stories, poetry, or even rehearse business presentations in a relaxed setting. Any type of spoken word can be shared for up to ten minutes. Participants must speak their piece - no reading allowed during the actual presentation.

Regular StoryCircle sessions will begin on 13 October and continue every other Thursday thereafter. These sessions are free (with tea and coffee provided). A £3 donation to help cover the hire of the room is appreciated but not required.

All events take place at the Rectory Cottages, 49 Church Green Rd, Bletchley, Milton Keynes MK3 6BJ. Doors open at 7 pm for a 7:30 start. Parking is free on Church Green Road and nearby. The Cottages are a short walk from Bletchley railway station. The Arriva bus stop is just across the street.

We do regret that the 500-year-old building is not yet accessible for wheelchairs. Contact [lynettehillstoryteller@gmail.com](mailto:lynettehillstoryteller@gmail.com) with any questions or concerns.

## **Rosey Davy**

## **U3A Explores Science**

The Royal Institution are hosting an event exclusively for u3a members in October. It will be a hybrid event, with many members attending in person and others joining online through Zoom. The talks, presented by respected academics, will explore space, chemistry and future power solutions.

The u3a have worked with The Royal Institution many times before, bringing dynamic and interesting reflections on science to our members. This is the first event the two organisations will be working together on since 2019.

The afternoon will see Mark Sumner talk about electric motors and the future of our energy, Astrophysicist Rebecca Smethurst explores the topic of supermassive blackholes before the Head of Demonstrations Dan Plane finishes the afternoon with a bang as he shows spectacular science demonstrations covering the world of chemistry.

u3a explores science at the RI' will take place on 31 October from 1.45pm-4.45pm.

To book tickets go to:

<https://www.eventbrite.co.uk/e/u3a-explores-science-at-the-ri-tickets-404634311117>

This is just one of a wide programmes of events run for u3a members. See more on the u3a main UK website.

**Martin Woodman**

## **FREEMAN MEMORIAL METHODIST CHURCH**

**Saturday 8 October at 7.30p.m.**

The Music Makers of Milton Keynes, Stony Stratford's Community Choir, invite you to join them at their concert benefitting Freeman Church. A pleasant, uplifting programme of pop songs, show tunes, contemporary music and film scores.

Refreshments will be served, and there will be a raffle. Tickets on the door £5 (cash please).

Please note that parking at Freeman Church is for choir and people with limited mobility only.

We have kindly been allocated parking in St Mary's Church Car Park, about 400 metres away, which is clearly signposted as a turning off Church Green Road, adjacent to the Rectory Cottages, MK3 6BJ (Please allow 5 minutes for walking from there to Freeman).

Freeman Memorial Methodist Church, Buckingham Rd, Bletchley, MK3 5HH.

**Janette Taylor**

As well as being a U3A member, I am also in the Open University orchestra. Our next lunchtime concert may be of interest to u3a folk. It's on Friday 14 October, 1:00-2:00 at the Hub Theatre on the OU campus at Walton Hall. It's free and all are welcome, though pre-booking via Eventbrite (<https://tinyurl.com/bfwjc644>) is recommended. The programme is Mozart's Magic Flute Overture, Tchaikovsky's Danses from the Nutcracker Suite and the showcase trumpet concert by Arutiunian. The soloist, Sam Balchin, is principal trumpet with the National Youth Orchestra.

The OU 's refectory is adjacent for lunch before or light refreshments after!

# OPEN UNIVERSITY ORCHESTRA

Paul Truman *Conductor* Katharine Reedy *Leader*



## Autumn Concert



**Trumpet Concerto**

Arutiunian

*Soloist: Sam Balchin*

**Overture to the Magic Flute**

Mozart

**Dances from Nutcracker Suite**

Tchaikovsky

Friday 14 October 2022 1–2 pm  
Hub Theatre, The Open University

Admission free, tickets via Eventbrite <https://tinyurl.com/bfwic644>

*Voluntary retiring collection to support OU Orchestra's schools' outreach concerts*

[www.open.ac.uk/wikis/ouocmc/OU\\_Orchestra](http://www.open.ac.uk/wikis/ouocmc/OU_Orchestra)

### Laurence Holden

To Throw away or not to Throw away - that is the question!

I have a collection of single copies of plays from the 1970-1980s which I used when I 'trod the boards' in Yorkshire. Mostly comedies and farces and slightly dated in subject matter.

They have been annotated and well used but they may have some interest to budding thespians or play reading groups.

If you would like one of the copies or all of them, please contact me through the u3a email [artapp@mku3a.org](mailto:artapp@mku3a.org).



Pauline Wright

## **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**.

**Office:** MKu3a, 11 Winchester Circle, Kingston, Milton Keynes MK10 0BA. **Telephone:** 01908 281717; **email:** [info@mku3a.org](mailto:info@mku3a.org)

Registered charity number: **298693**