



The Third Way eNewsletter

October 2023

News from the Chair – Lesley Sparks

Dear Members,

This month I attended Third Age Trust AGM which was held in Milton Keynes. Several of the MKu3a committee members volunteered to help marshal the delegates as they arrived at Kents Hill Training and Conference Centre. It was interesting to chat to other Trustees and Board Members from around the country and keep informed about projects in the pipeline.

One of the items discussed was the U3A Festival which will be held in York next July. Further details about this event will be posted on their website shortly www.u3a.org.uk. It looked interesting and may be something you would like to visit.

Our Open Meetings which are held on the fourth Wednesday of the month at the Oak Tree Centre, Shenley Brook End, have a variety of interesting speakers booked, so please keep your eyes open for any that might interest you. The attendance fee is £1 for members and £2 for guests, this includes refreshments following the speaker.

We are always on the lookout for possible new groups so if you have a hidden talent which you would like to share, please let us know as there may be others who would like to learn your passion with your help.

Later in this issue there are details about an 'Over 55 Fair' which is being organised by our 2 local MPs Ben Everitt and Iain Stewart and will be held in Hazard Alley, The Safety Centre, 18 Carters Lane, Kiln Farm on

Friday 3rd November. (Please note one of the flyers is showing the wrong date.) We will be taking a stand there to promote our association. There will be numerous other organisations exhibiting, all geared to the Over 55 age group, covering a variety of topics, Age UK, Medical Detection Dogs, Citizens Advice, and the Walking Netball Team to name a few. Other groups can be found by clicking <https://www.iainstewart.org.uk/events/over-55s-fair>

Come along and support this event. The number 6 bus stops close to this venue.

Lesley

Open Meetings – Wendy Barrett

November Open Meeting

The subject for the last Open Meeting of this year on 22nd November is Life as a TV and Film Extra. Our speaker Rob Brewer was a TV/Film Extra for 5 years, working on over 40 different productions. In this talk he will be telling us a little about the productions that he's been in and how anyone can become an Extra. Book directly via our website diary to secure your place.

Do you have an unusual hobby or a story to tell? Are you an expert in a particular subject and willing to speak at a future MKu3a Open Meeting? We've had some great speakers but are always looking for members who are willing to share their knowledge or experience with others. If that's you, or you know a member who may be happy to come along and speak, please contact Wendy Barrett on openmtgs@mku3a.org

News from the Groups

Choir – Vivienne Shaw

Rehearsals resumed in September, following our summer break, and we arrived complete with our folders of Christmas music. September may sound early to start singing Christmas songs, but time does go fast! This year our Christmas Concert will be held at the United Reformed Church in Newport Pagnell at 2.30pm on Sunday 17 December. Tickets priced at £10 will be available in November.

Watch this space for contact details regarding purchase of tickets. In the meantime, please reserve the date.

Outings Group – Chris Behrendt

Celebrate One Successful Year – 25 January 2024
The Barn CMK 12noon for 12.30pm Ref: OG09

With No Meeting or Outing in December we wanted to invite MKu3a members who have supported the Outings group since it re-invigorated at the first meeting of the new Committee on 26 January 2023 to a Lunch to celebrate a successful year of interesting Outings from St Albans Cathedral to Sir Paul McCartney's Eyes of the Storm and those yet to come in October and November.

Time: 12.00pm for 12.30pm, Lunch: The Barn Secklow Gate W Milton Keynes MK9 3BZ

25 January 2024, Cost: £21.50 Booking reference: OG09

Closing Date for Payment 12 November – Individual Menu choice flyer will then be sent to be returned by 5 January to chris.groupsu3a@btinternet.com

Three Course Menu Choice with tea or coffee to follow.

STARTERS

Crispy mushrooms

Slices of flat mushrooms coated in herby breadcrumbs and deep fried. Served with creamy ranch dressing and BBQ sauce for dipping sauce.

Soup of the Day

served with crusty bread.

Prawn cocktail

Sweet juicy prawns on a crisp lettuce, tomato and cucumber salad, with our creamy marie rose sauce and crusty sourdough bread.

Chicken Goujons

Your choice of dip

MAIN COURSE

Smothered Chicken Melt

Served with chips and coleslaw.

Cheese & Bacon Steak Burger

Served with fries and coleslaw.

Sirloin Steak

Served with triple cooked chips, grilled mushroom and slow roasted tomato.

Beef and Ale Pie

Served with chips and peas.

Butternut Squash, Spinach & Ricotta Lasagne

Haddock and Chips

Served with peas and tartare sauce.

PUDDINGS

Ice Cream

Served with a choice of Raspberry or Chocolate sauce.

Caramel apple betty

A slice of crumble topped apple pie drizzled with toffee fudge sauce.

Served with custard.

Warm chocolate brownie

Served with mince pie ice cream and drizzled with our devilishly rich chocolate sauce.

Sticky Pudding

Served with custard.

Booking form and payment should be sent as soon as possible to secure your reservation, dependent on availability. Latest Date to be Paid By: 12 November

Individual menu choice then circulated for return to chris.groupsu3a@btinternet.com by 5 January.

Telephone booking: to 07880 832917 Diana Sears which will be held for 72 hours, pending receipt of the booking form and payment.

Payment can be made by Bank Electronic Transfer (BACS), Cheque payable to Milton Keynes u3a or cash at meetings.

Cheques: Please quote this Outing Reference number and your MKu3a membership number on the back of cheques.

Bank Transfer (BACS): Lloyds Bank, Sort Code: 30-90-89, Account Number 42683268

Account Name: Milton Keynes u3a.

Please use this Outing Reference number with your MKu3a membership number: i.e., OG09 3905.

By Post: Post cheques to: Mrs. Diana Sears, 2a Lock Lane, Cosgrove, Milton Keynes. MK19 7JR. Tel: 07880 832917. Booking form to be posted to above address or emailed if paying by BACS to: outingsmku3a@gmail.com

Name(s) and membership number:

.....

The mobile telephone Number held on MKu3a system will be used on the day if required.

The Emergency Contact Details held on MKu3a system will be used on the day if required.

Please ensure the details held on MKu3a system are up to date. If you require any help doing this, please email outings@mku3a.org

Total No. of Lunch required @ £21.50 each Total due:
£.....

Payable on booking. Amount paid via BACS / CASH /CHEQUE
please circle.

Holidays and Short Breaks – Chris Behrendt

Bournemouth and the Isle of Wight 2 October to 6 October

24 of us spent a lovely week in Bournemouth, visiting Basildon Park, the Isle of Wight for Osborne House, Beaulieu Motor Museum and House, a morning in Winchester, a tour of Bombay Sapphire and Greys Court.

The weather was kind to us, warm and sunny most days.

Whilst there I received an e-mail from City and Village Tours, a company we have used many times over the years for day trips, with an offer of a short break to Potters Resort Hopton on Sea Monday 18 to Friday 22 March 2024 at a cost of £639 fully inclusive including drinks, 4 meals a day, entertainment, and activities with no single supplements. 14 places for singles, including single- and 2-bedroom bungalows plus twin and double rooms. There are 48 places in total based on a minimum of 25 places.

Deposit of £100 by the end of November, with the balance due by Friday 9 February 2024.

All thought this would be a good short break, with some already signed up.

The flyer and booking forms are available by e-mail from h.and.sb@mku3a.org or by telephoning Chris Behrendt on 07766 026357. The flyer will also be available at the Open Meeting on 25 October.

World Faiths Group – Linda Morris

A Pagan speaker will be with us for our meeting on Wednesday December 6th. This will take place at 2pm in the conference room at Badminton England. Please see our group page for details and make contact if you wish to join the group for that meeting.

A reminder for Group members that £5 cash deposit is needed at our November or December meetings for our 7th anniversary lunch on January 3rd at 12pm. Please see our group page for information.

Getting the message out! – Julie Hadden

We all know the benefits that MKu3a bring to us. Sharing activities in groups of like-minded people, attending talks, enjoying outings or whatever combination of these you choose, keeps the mind alert and brings companionship and purpose to us. So very important for our well-being.

But there are people out in the community, perhaps preparing for retirement, or are lonely or new to the area, who don't know about us. Many people now rely on the internet for information and pages like Facebook are very useful to them. **We have two Facebook pages**, which are currently very underused. Although, I must say a huge thank you to those who visit the pages regularly, post messages themselves, or comment on posts they enjoy. It is really important to keep pages fresh and interesting for them to work properly. So, keep up the good work!

If you haven't seen them yet, **find our pages by going onto Facebook and search in Groups for MKu3a and MKu3a Public Group**. What is the difference between the two groups? The MKu3a page is a private group open to MKu3a members only. It currently has 202 followers and has 2 or 3 new posts added each month. It is useful for members to contact each other to advise of upcoming events or to share experiences. Like the newsletter, but immediate and interactive. You can comment and receive answers to queries very quickly.

The MKu3a Public Group is newer and has 71 followers at present, although the numbers have grown over the last few weeks. As its name suggests, this group is open to everyone –very useful for people who are browsing and searching for information. To interest them, it needs to have lots of posts about the groups and activities, with photos if possible (as long as those in the photos have agreed for them to be shared). So, can I urge Group Coordinators and members to add regular posts and comments, to give the browsers a real flavour of what we can offer? It might make a huge difference to someone who is feeling lonely or looking for something to do in their later years.

We currently have approximately 1250 registered members in the MKu3a. If you haven't found our Facebook pages yet, please take a look. Let's see if we can get at least 500 new followers on each page by Christmas.

[Julie Hadden](#)

Co-opted onto the Communications Team – Raising Awareness of the MKu3a.

[New Groups – Hazel Spencer](#) [Beading Group](#)

Are you looking for a challenge or new hobby for 2024? If so, why not come and join us and try your hand at beading. If you think beading is all about jewellery then let us show you how versatile beads are.

Just like crochet, knitting and sewing, beading has a number of different stitches that produce beautiful pieces of work. For example boxes, decorations and 3D objects.

The group is open to all, so if you are a complete beginner or have some experience of beading come and join us. For the beginner there will be a project to introduce you to techniques but anyone with experience can bring their own projects to work on.

It is planned to hold the meetings on the 1st and 3rd Tuesday morning of every month in Newport Pagnell.

If you are interested in joining the group can you please contact Hazel Spencer @ groups@mku3a.org.



Book Club – Evenings Words



Do you have an interest in reading all types of general fiction and would like to join a group of like-minded people for an evening discussing books that all the group have chosen to read? If so, you might be interested in joining

a new book club. It is planned to hold the meetings of the group in the evenings of the 3rd Thursday of the month at a location in Woburn Sands.

Members of the group will be asked to bring a recommendation of a book that they have enjoyed reading to the first meeting so that a reading list can be agreed going forward.

If you are interested in joining this new group please contact Hazel Spencer @ groups@mku3a.org.

Keep Fit Group

Do you need to do more exercise and would like a fun environment in which to do it? There are two new Keep Fit groups, meeting weekly, which have just been set up and who have one of the best trainers in Milton Keynes to lead the group through gentle exercises which stretch the whole body. All of the exercises are completed to upbeat 60s music whilst having fun in a relaxed atmosphere.



Keep Fit 2 – will be starting on Wednesday 18th October (9.15 to 10.15am) at the Fitness First Gym near the MK Stadium. Please contact Helen Vernon @ keepfit2@mku3a.org

Keep Fit 3 – will be starting on Tuesday 7th November (9.30 – 10.30am) and at the Mead Centre, Newport Pagnell. Please contact Anne Davis on 07703 190904 for details.

At present there are vacancies on both groups

New Ukulele Group

Do you enjoy playing the Ukulele? Would you like to play with a group of like-minded people? Due to a long waiting list for the current Ukulele group we are considering starting up a new group.

However, to do that we need somebody to volunteer to undertake the role of Group Coordinator for the group.

If you would be interested in taking on this role and starting up this new group please **contact Hazel Spencer @ groups@mku3a.org** .

Over 55s Fair Friday 3rd November

Ben Everitt MP and Iain Stewart are hosting our annual Over 55s Fair to promote and showcase the local opportunities and organisations that are available for residents to improve their health, safety and wellbeing whilst also highlighting local leisure opportunities.

The Over 55s Fair will be taking place on **Friday 3 November** and it will be hosted at the **Hazard Alley Safety Centre, 18 Carters Lane, Kiln Farm, MK11 3ES**. Members of the public are welcome to attend between **10am – 2pm**.

Whilst the event is an Over 55s Fair, constituents of all ages are welcome to come along to meet with over 30 organisations who will be exhibiting on the day. The exhibitors have been encouraged to be interactive and hands on to make the experience beneficial and enjoyable for all attendees.

There is plenty of parking on site and the Number 6 bus stops close to the venue. Also, the venue is fully accessible to accommodate all disability requirements. The current confirmed list of attendees is as follows:




- CNWL
- Medical Detection Dogs
- Age UK
- Makewell MK
- Carers MK
- Stop Smoking Service
- Thames Valley Police
- Bucks Fire and Rescue
- South Central Ambulance Service
- Santander
- British Red Cross
- Home Support
- Citizens Advice Bureau
- Walking Netball Team
- MK Walkers FC
- Department for Work & Pensions

- National Energy Foundation
- MK Theatre
- Starship Technologies
- MK Dons Sport Education Trust
- Bletchley Indoor Bowls Club
- Parks Trust
- MK Ramblers & Acorn Community Bank
- The Stables
- Milton Keynes Table Tennis League
- Hazard Alley
- MK U3A
- MacIntyre

Other Items of Interest

PSA Testing Event – David Tomlinson



MK Prostate Cancer Support
Care, Connect, Communicate

PSA Blood Testing Event

SUNDAY 19TH NOVEMBER 2023

WINDMILL HILL GOLF CLUB,
TATTENHOE LANE, MK3 7RB

PLEASE REGISTER AND BOOK YOUR TIME SLOT
ONLINE AT <https://mkpcs.mypsatests.org.uk>

You must BRING the form with you

MKPCS pay 50% of the cost of the
test – you pay £12.50

You MUST have a time slot booked –
No walk in appointments

SCAN ME

Scan QR code to register

Charity Number: 1199745
Info@prostatemk.org
01908 110763

It's that time of year when we hold our annual PSA testing event for men.

It's an event we're passionate to host as we understand the potential benefits of an early cancer diagnosis.

As usual our charity support group will pay 50% of the cost, and we know from previous events there are quite a few men who turn up from the U3A.

Danesborough Chorus Autumn Concert – Sian Rees

Saturday 25th November 2023, St Mary's Parish Church, Woburn, at 19.30. Rutter *Gloria* Bruckner *Motets* Patterson *Magnificat*

For the opening concert of our 49th season, Danesborough Chorus is joined by organist Paul Carr and the Tim Hawes Brass Ensemble for a performance of John Rutter's *Gloria*, one of his most popular choral works. Paul Carr is a freelance organist and recitalist whose concert and recital schedule takes him all over the UK. Trumpeter Tim Hawes has played with the majority of the UK's major symphony orchestras including the Milton Keynes City Orchestra where he was principal trumpet. He is currently principal trumpet with Alina Orchestra.

Paul Patterson's *Magnificat*, a work written for brass ensemble, percussion, and organ, is both dramatic and exciting, displaying rhythmic variety and instrumental colour.

The programme will also include three glorious motets by Anton Bruckner: *Locus iste* for unaccompanied choir, *Afferentur regi* for choir and trombones, and the majestic *Ecce sacerdos* for choir, trombones and organ which may be familiar to listeners as it was performed by the Monteverdi Choir at the coronation of King Charles III in May 2023.

Instrumental pieces for brass ensemble and organ will also feature in the concert.

Tickets (£20, £15, £10, under 18's £5) can be purchased from www.wegotickets.com or visit www.danesborough.org.uk



Older Drivers' Forum – Linda Morris

I can recommend the Older Drivers Forum. It's available to anyone in the UK.

I've done a few webinars with them. It's just a case of staying on mute and turning your camera off, but you can put both on at the end of the presentation if you have a question or comment.

They have a huge amount of useful information on the website and are willing to answer questions if you wish to contact them. It's all

about keeping us safe and legal as well as keeping other road users safe too. <https://olderdriversforum.com/> on 07989 024 39

Unlock the Power of Technology for a Brighter Future – Kimmi Gray

Are you ready to make a meaningful difference in the lives of those who are visually impaired? BucksVision, your local sight loss charity, is calling upon tech-savvy individuals like you to join our mission. Imagine the impact you can create by empowering blind and partially sighted people with the gift of technology!

Where? Milton Keynes

What You'll Be Doing

Sharing your love for IT products, such as tablets and smartphones. Providing one-on-one and group support to visually impaired individuals. Guiding them on how technology can make life easier.

Full support will be given.

Criminal Record Check Information:

Please note that this role may require a criminal record check, especially if it involves supporting people within their homes.

Are you ready to embark on a journey that combines your passion for technology with the opportunity to change lives? Join BucksVision today and be a beacon of hope in the world of sight loss.

 Contact us at 01296 487556 or email volunteering@bucksvision.co.uk to learn more and apply. Together, we can create a brighter, more inclusive future for everyone.

Kimmi Gray, Volunteer Manager, BucksVision

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THIRD TUESDAY TWELVE THIRTY

**Free lunch-time concerts at
St Mary Magdalene Church
Willen, MK15 9AB**



Webster & Ferguson

TUESDAY 21st NOVEMBER, 2023

12.30 – 1.15pm

Peter and Ross will be playing a varied mix of popular classics that are sure to evoke memories.

Pop in during your lunch break. Walking the dog or just passing by, stay for a while or the whole 45 minutes.

Complimentary cake and coffee.

Donations to Church Restoration & Hooke Heritage Project

Chair – Lesley Sparks email: chair@mku3a.org

Vice Chair – Diana Sears email vicechair@mku3a.org

Secretary – Deb Hodges email: secretary@mku3a.org

Treasurer – David Hall email: treasurer@mku3a.org

Groups Team – Chris Costello/Hazel Spencer email groups@mku3a.org

Webmaster – Dave Barratt; email webmaster@mku3a.org

Membership Secretary – Tim Hadden email membersec@mku3a.org

Communications Coordinator – Martin Woodman email comms@mku3a.org

Thames Valley Network Coordinator – Frank Parisi email tvn@mku3a.org

Please refer to the website: 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 OBA. Telephone: 01908 281717; email: info@mku3a.org

Registered charity number: 298693