



milton keynes



September 2018



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.

**Modern Scams and How to Avoid Them**

**26 September 2018**

Brad Ashton bases his talk on a BBC Radio series he wrote during which he exposed 180 difference scams.

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**New Members Induction Session**

**17 September 2018**

We run monthly meetings for new members aimed at outlining the background to the U3A movement, explaining how to get the best out of your membership with MKU3A, and showing you how to use the website and join groups.

The next meeting will be at **2.00pm** on 17 September 2018 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.

If you are a new member just come along – any queries to Claire Naismith on [membersec@mku3a.org](mailto:membersec@mku3a.org).

**Recycled comedy**

**The Ultimate Way to Recycle Your Refuse Sacks and Other Rubbish!**

These beautiful hags are up to no good... and if you dare to come to the Chrysalis Theatre you'll find out why!

The Third Age Players is presenting *Ten Little Thespians* - a why-dunnit black comedy, on 13th and 14th September at 7.30pm and 15th September at 2pm.

Further details and tickets (£10) from Barbara Baker 01908 562738 or <https://www.ticketsource.co.uk/tap> (fee applies for on line bookings)



### Walk around Historic Great Linford

One hot morning in August the Local and Social History Group had their meeting in Great Linford looking at the buildings and structures that illustrate its history.

Great Linford was the first original village in the designated area to be developed by the Milton Keynes Development Corporation and care was taken to maintain the ambience of the original village.

Paul Dodge, a member of the group and a Great Linford resident, led the walk starting at the Arts Centre in Parklands. From there the group visited St. Andrews Church which dates back to the 12th century.

The group went through the Manor Park, looking at the historic almshouses and school, the Pavilions and the sedate Great Linford Manor, now home of Pete Winkelman.

The route continued along the original village High Street with its 17th Century Nags Head pub, which has recently been renovated, and many properties dating back to the 17th and 18th Century.

At The Green the lane forks, with one original lane going to Willen and another to Little Woolstone, with a further track going to Linford Wood. These original lanes and tracks are now Redways.

After observing some 17th and 18th Century farmhouses, now rather attractive homes, the group went through the cricket ground to the old station. The last passenger train passed through here from Newport Pagnell to Wolverton in September 1964. It is now part of the very pleasant Railway Walk. The walkers stopped for a group photo on the original station platform.



Further points of interest were the old Wharf Inn (now a private house) on the Grand Union Canal and the winding hole for the start of the former Newport Pagnell branch canal.

Returning through the Wilderness in the Manor Park the remnants of a gazebo were found. The story goes that the wife of one of the Uthwatt family who lived at the Manor in the 1700s was unhappy in her marriage.

The gazebo was built so she could sit there and gaze towards Little Linford and recall happier times from her childhood there. Whether she is the female ghost that is said to haunt the Manor House is open to conjecture. Why not take the walk yourself before winter sets in? Three of our group have compiled an illustrated account with more sites and information, plus a map of the walk. If you would like a downloadable copy of the 3 page leaflet email [localsocial@mku3a.org](mailto:localsocial@mku3a.org) .

**Paul Dodge**

### **Calling All Music Lovers**

Let's hear your music tastes!

We are a group that meets twice a month (2<sup>nd</sup> and 4<sup>th</sup> Thursday morning) in Two Mile Ash.

We take it in turns to decide our own "playlist" for the meeting (not compulsory) and it's a chance to discover different types of music and artists.

So whether you are a jazz lover, an opera or classical buff or whether you just enjoy relaxing to different genres of music, we'd love to know you.

Give us a call or email us and we can tell you all about our group.

Contact: Sally Saunders at: [musicapprec@mku3a.org](mailto:musicapprec@mku3a.org)

### **Save date for inspirational speaker**

Inspirational speaker. Not to be missed! Save the date!

We have a wonderful speaker coming to MK on Wednesday 3rd October. She is the fascinating Wendi Momen of the National Assembly of the Baha'i faith.

Wendi was born into a Baha'i family in Los Angeles, and as her father ran the Buddy Worth trio (her mother was the drummer), her brother Steve is a pioneer for the Baha'i faith in South Africa and her uncle was the actor Robert Mitchum, it was unlikely she was ever going to live a quiet life!

Wendi is a lifelong fighter for social justice. In 2014 she was awarded an MBE in honour of her work on gender equality for the UN and empowerment of women.

She is also a JP, a fellow of the Royal Society of Arts, works in publishing and has somehow found time to marry and raise two children... and that is just scratching the surface!

Please join us if you can at the Civic Offices, 1 Saxon Gate MK9 3EJ across the boulevard from Marks & Spencer. We will meet on the first floor at 2pm.

Please let me know through the webpage or at the number below if you are hoping to attend.



Linda Morris, Exploring World Faiths group [ewf@mku3a.org](mailto:ewf@mku3a.org).

### **Got Green Fingers?**

The Gardening and Environment Group are looking for some new members. We have some vacancies through retirement of some of our older long-standing members.

Meetings start at 2pm in Hungerford House Lounge (park in Emerson Valley Local Centre Opposite) the 2nd Wednesday of each month.

Educational, not 'Hands On', through knowledgeable speakers, occasional DVDs and two outside summer garden visits.

Topics mainly on gardening and its broader environment with added topics from other environments.

### **Programme**

September 12<sup>th</sup> Enchanting Flowers of S. Africa Geographical and Garden Environment

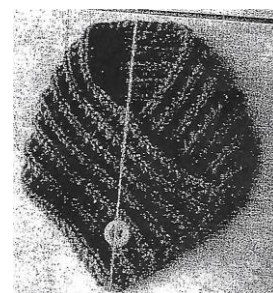
October 10<sup>th</sup> Autumn/Winter Container Gardening

Contact Mike Jenner preferably on [gardening2@mku3a.org](mailto:gardening2@mku3a.org).

### **Calling all knitters**

If anyone has any knitting for premature babies can they please call Shona Hall on 01908 616465 so she can collect it.

Same goes for any scarves in the future (see pic). Please also call Shona if you have any queries about the scarf pattern.



### **Outings Group - 2018 Programme Summary**

Meetings are held on the SECOND Thursday of the month at 2.00 pm

**2018** – 13 September, 11 October, 8 November, 13 December

Venue: Age UK Milton Keynes, Peartree Centre, 1 Chadds Lane, Milton Keynes MK6 3EB.

A committee comprising of Christine Behrendt, Hilary Beckett, Jackie Berry, Ray Cockram, Czesia Eales-Johnson, Shona Hall, Brian Munday, has been formed to run the Group. Ideas for future excursions from our members are always welcome.

A short description of outings is listed below, please ensure you see the full details given in the

Information flyer included with the booking form so you are fully aware of any mobility or safety issues.

Once we have paid for the coach and venue (just after the booking date) we are sorry that we cannot refund you unless a replacement booking is made for the excursion in question.

**Hardwick Hall & Stainsby Mill**

**Thursday 6 September 2018**

**Pick up Point: The Coachway, Coachway Road MK16 0AA – 08.30 hours**

**Arrive** Hardwick approx. 10.30am. **Depart** 16.00 hours **Arrive** Milton Keynes 18.00 hrs approx.

**Cost: £31** for non National Trust members/ **£18** for National Trust members.

(Includes House, Garden & Mill entry & driver's tip.) All food on the day at own cost.

**Bookings by 1 September 2018**

**Jackie Berry Mobile 07954 588238 for contact on day of outing only**

**RAF Museum & Hendon and Harrow School**

**Thursday 20<sup>th</sup> September 2018**

**Pick up Point: The Coachway, Coachway Road MK16 0AA - 09.00 am**

**Cost £30** Includes coach travel to The RAF Museum Hendon, guided tour at the Museum, travel between the Museum and Harrow School and a guided tour of Harrow School. The cost also includes refreshments on arrival at the RAF Museum and the coach driver's tip

**Itinerary:** Arrive at RAF Museum at approx 10.00am for tea or coffee and Danish Pastries (included in visit cost). We will be split into groups for a guided tour lasting for about 2 hours then free time to explore the museum or have a meal in the museum restaurant (at own cost).

1.30pm Depart for the short journey to Harrow School for a guided tour. This will last approximately 1.5 hours. Depart Harrow School for Milton Keynes at 4.00pm.

**Booking By 9<sup>th</sup> August 2018**

**Contact on the day Brian Munday 07743 374645**

**Postal Museum London**

**Thursday 18 October 2018**

**Pick up Point The Coachway, Coachway Road, MK16 0AA 9.00 am**

**Cost £40** includes entry ticket, 2 course lunch with tea and coffee, coach travel & driver's tip

**Itinerary 10.30** approx. Postal Museum and The Mail Rail. London

**13.45** 2 Course Lunch Crown Park Plasa Hotel in the Belgo Restaurant, Kings Cross WC1X 9HX which is a 2 minute walk from the Museum.

**16.00** approx. Depart London. Access limitations for wheelchairs & frames.

**Bookings By 9 August 2018**

**Contact on the day Czesia Eales-Johnson 07377 628040**

**Christmas On Broadway, Nailcote Hall Hotel, Warwick**

**Thursday 22 November 2018**

**Pick up Point The Coachway, Coachway Road, MK16 0AA 9.15 am**

**Cost £43.00** includes welcome tea, coffee and mince pies, 90 minutes of entertainment, 3 course festive lunch with tea & coffee, coach travel & driver's tip

**Depart:** Around 3.30 pm

**Contact on the day Czesia Eales-Johnson 07377 628040**

**ALL Outings Bookings Contact:**

**Czesia Eales-Johnson, 2 Selby Grove, Shenley Church End, Milton Keynes MK5 6BW**

**Tel 01908 506706 Email: [outings@mku3a.org](mailto:outings@mku3a.org)**

**Cheques for Outings to be made payable to: MKU3A**

**Footcare**

Pat Partridge would like to recommend Nikki Gorthy from the Beauty Shop in Crownhill, who gives a full range of footcare treatments and is fully insured and BSY qualified. She can be contacted on 01908 260528.

Thames Valley Network



THE UNIVERSITY OF THE THIRD AGE

**Website Building Day**

**Wednesday, 17th October 2018 from 10.00am – 4.00pm**

**Benson Parish Hall, Benson. Oxon. OX10 6LZ**

The purpose of the day is to help non-technical people gain an understanding of how to build their own website (not necessarily for U3A purposes) using the Content Management System (CMS) known as Wordpress.

The day will follow a logical process of showing how Wordpress is designed to help those without knowledge of code to build a website that is dynamic and looks amazing.

Note: Covering the programming languages used when building a website is only for information and does not need to be used in practice. However, it is useful to have a broad understanding of it.

**Provisional programme:**

10.00 REGISTRATION - Tea and Coffee available on arrival

10.30 Welcome and Outline of the day

10.40 Overview Content Management Systems (CMS) The Wordpress CMS

[www.wordpress.org](http://www.wordpress.org) v [www.wordpress.com](http://www.wordpress.com)

11.00 Explanation of The Wordpress Dashboard

Media, Pages, Posts, Plugins, Menus, Widgets

11.30 BREAK

11.40 Wordpress in Action – Live demonstration\*

12.30 LUNCH

1.15 Wordpress in Action ...continued

2.00 Page Builders What they are, how they work (& costs)

2.50 Simple Explanation of Code used in websites

3.00 Domain Name & Hosting Explained

- Website Hosting (To publish worldwide)
- How to buy domain names & website hosting

3.30 Question and Answer session

4.00 CLOSE

**Live Demonstration:**

The presenters, Tony Darbyshire and Chris Moss, will be demonstrating how to build a website with Wordpress from scratch. This will be done locally without the need for any internet connection.

It is done using specialist 'free' software that anyone can download. It will be explained so that attendees can build a website without the need for either domain name or hosting purchase by mimicking the internet on their own computer. This method is available to both Windows and Mac operating systems.

The cost of the day is £10 per person which includes coffee on arrival and a buffet lunch. *See Application form for special dietary requirements.*

It is open to all members of U3As in the Thames Valley Network (other U3A members are welcome at an extra cost of £2 per person).

Application forms are also available at [www.u3atvnetwork.org.uk](http://www.u3atvnetwork.org.uk)



Queries should be addressed to Susie Berry at [chairman@u3atvnetwork.org.uk](mailto:chairman@u3atvnetwork.org.uk) or TeL 07966 132738

Thames Valley Network



**Website Building Day**

**Wednesday, 17<sup>th</sup> October 2018 - Benson Parish Hall**

**APPLICATION FORM**

(Please complete in block capitals – one form per person)

**Name** .....

**Email** .....

**OR Postal address** .....

..... **Post code:**.....

**Telephone number** .....

I would like to attend this Study Day and understand that lunch is included.

I have special dietary requirements: NO / YES (specify).....

.....

**I certify that I belong to** .....**U3A**

*(all applicants must be U3A members)*

I enclose a cheque for **£10.00** (or **£12.00** for members of non TVN U3As) payable to: **U3A Thames Valley Network**

I would like to receive details of future TVN events by email **YES / NO**

Signed.....Date ..... 2018

**Please return to:** Mrs Susie Berry, Lavender Cottage, Box Tree Lane, Postcombe OX9 7DY  
[susie@susieberry.co.uk](mailto:susie@susieberry.co.uk) Telephone: 01844 281137 Mobile: 07966 132738

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

### **More Mini Music?**

Are you interested in participating in our Mini Music Series this autumn?

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

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.

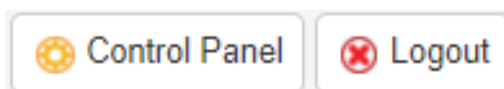
Providing that we can raise sufficient interest to make the price viable, the three sessions in the autumn programme will look at **The Great Russian School, Elgar, Sangford and other innovators of their time.**

I am unable to confirm dates or prices until I know numbers so please email me at [vicechair@mku3a.org](mailto:vicechair@mku3a.org) or phone 07786 436169 **by no later than 7 September 2018** if you are interested in signing up for this series.

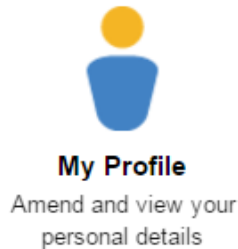
PS Details of the summer series can be found on our 'Mini Music' group page at <https://mku3a.org/groups>

## **MK U3A - Making Changes to your Personal Details**

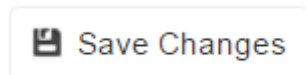
1. Open the MK U3A website (mku3a.org)
2. Login to the site. (If you haven't set your login password yet please see the instructions on the LOGIN page.)
3. Once you are logged in 'click' on the Control Panel icon top right of screen



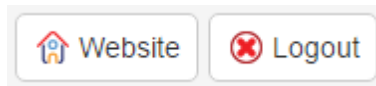
4. This will open a page showing the following icon. 'Click' on the icon



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.



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



### **Open Meeting - IT Help Desk**

There will be opportunities 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.

Help will be available before the meeting from 2pm and after the meeting until 4.15pm

Free Wi-Fi is available at the venue. Support is available for:

- Windows PCs
- Apple/Android tablets and phones

NOTE: Please ensure your device is fully charged or bring your charger with you.

### **Heritage Open Days**

Milton Keynes is throwing open its doors with more events than ever before for Heritage Open Days.

Taking place over two weekends, 6<sup>th</sup> to 9<sup>th</sup> September and 13<sup>th</sup> to 16<sup>th</sup> September, there is something for everyone as the city celebrates its fascinating and exciting heritage with workshops, craft events, open days, exhibitions, performances and film screenings – all completely free to attend.

This year also marks 100 years since many women gained the right to vote, and a number of events across the city will focus on the stories and contributions of extraordinary women of Milton Keynes and Buckinghamshire.

Key attractions opening their doors for free include Milton Keynes Museum, Stadium MK, Great Linford Manor Park, Bletchley Park (limited tickets, booking essential), MK Arts Centre, Milton Keynes Theatre, Cowper and Newton Museum in Olney and, in the wider area, Stowe Gardens, Claydon House, and The Old Gaol in Buckingham.

Also open for this year's programme will be a wide range of historic sites, community buildings and spaces, hosting activities and craft days, dance and family fun days, tours, film screenings, exhibitions and much more.

Free events for Heritage Open Days this year include:

**Not normally open:** see inside the magical world of Festive Road in Kiln Farm where amazing things are created with scrap metal; tour MK Magistrates' Court with working magistrates; peer inside the intriguing world of the Freemasons at Freemason's Lodge in Wolverton; find out more about how black sack waste is sustainably dealt with at the new Milton Keynes Waste Recovery Park; and take a backstage tour at Milton Keynes Theatre.

**Extraordinary women:** Visit Milton Keynes Central Library to learn about the women who made Milton Keynes and see also what life was like for women in 1918 – the year many women gained the vote. At Living Archive MK's exhibition at Discover MK you can find out more about women from Milton Keynes who have made change; and visit North Crawley for an exhibition of the role of local women and local field walk.

**Get crafting!** MK Arts Centre is hosting a day of craft workshops in their studios and art room; visit Milton Keynes Central Library and make protest signs like the suffragettes of last century; learn how to mend and patch pre-loved clothes at a pop-up café at The Old Bath House in Wolverton.



Pete Marland, Leader of Milton Keynes Council and Cabinet Member for Culture, said: "Heritage Open Days in Milton Keynes is bigger than ever before. The number of attractions and groups that have joined us this year to open their doors and put on free events across the city is astonishing and testament to the fantastic history, culture and community of our city and the surrounding area.

"We are particularly thrilled to be celebrating 100 years since many women secured the right to vote. We're marking the anniversary with many events focusing on the extraordinary women in Milton Keynes and Buckinghamshire who helped make our city and country the place it is today."

Mel Jeavons, Living Archive MK, said: “2018 is a big year for Heritage Open Days in Milton Keynes. We started with just 15 free events in 2006, and have grown to more than 90 this year over two weekends. This year we are also celebrating the European Year of Cultural Heritage.

“2018 promises to be one of the best years yet for bringing heritage to life in Milton Keynes. There really is something for everyone to enjoy.”

For full details of the many activities and events happening in and around Milton Keynes between Thursday 6th and Sunday 9th September and Thursday 13<sup>th</sup> September to Sunday 16<sup>th</sup> September, go to:

[www.mkheritageopendays.com](http://www.mkheritageopendays.com)

You can also follow Milton Keynes Heritage Open Days on Twitter using #MKHODs, and share your own pictures.



NOTE: Fellow member Jean Beaver spotted the bikes as part of the ROCLA Art Project in Redhouse Park estate off Wolverton Road, near Newport Pagnell.

### **Calling on the Blue Shirt brigade**

Since our foundation in 1989, Milton Keynes Community Cardio-pulmonary Group (MKCCG) has supported people from Milton Keynes and surrounding areas who have an established diagnosis of ischemic heart disease and/or cardio-pulmonary disease.

MKCCG is a registered charity, affiliated to The British Heart Foundation and The Arrhythmia Alliance. Our aim is to help all our members to achieve a good quality of life by providing them with an appropriate level of exercise in a safe, friendly, supportive and sociable environment.

At the moment we are supporting more than 400 members. Each member attends one of our sessions; these are carefully structured to allow each person to exercise at the level appropriate to his/her ability and need.

The session begins with a series of warm-up exercises and stretches followed by a choice of aerobic or machine-based exercise; it continues with active cool down, muscle strength and endurance work and final stretches.

Next, we break for refreshments and a chance to chat to fellow members. This informal period is very much appreciated and valued; a time to socialise, exchange news, compare notes and to give and receive support in what we like to think is a sympathetic family atmosphere.

Finally, there is a guided relaxation period; a time to relax the mind as well as the body and an important period during which staff can reassure themselves that everyone is properly recovered after his/her exertions.

The group was created by Gill Robinson MBE who passionately believes in the benefits of exercise as part of cardiac rehabilitation.

We are self-funded and run by a mix of part-time paid staff (health professionals and exercise teachers) and volunteers. Our volunteers are known within our group as 'Blue Shirts' after the sweatshirts that make them easily identifiable to our members.

Before they start working with us our new volunteers are trained in exercise techniques, basic life support and the use of an automated external defibrillator. In addition, because we monitor the health of each member, our volunteers learn to take and record members' blood pressure and pulse rate at intervals to help us build up a long-term record of progress.

When our new 'Blue Shirts' first start attending sessions they are carefully supported by experienced staff until they have the confidence to operate as a full member of the team. Each session is run by a team consisting of two health professionals, an exercise teacher and around six Blue Shirts.

Volunteers would normally commit to one session (around 2 and a half hours) per week and we cover for each other for holidays and so on.

Volunteers are a vital part of our organization and without them we wouldn't be able to run a session. As membership of our group keeps growing we need to recruit more volunteers.

You can find out more about us on our website ([www.mkcardiacgroup.org](http://www.mkcardiacgroup.org)) which also contains a video showing a session in action! If you are interested in helping us then please contact our manager, Gill Robinson, for more information ([gill@gillrobinson.co.uk](mailto:gill@gillrobinson.co.uk)) or call us 01908 632999 and we can arrange for you to visit one of our sessions.

### **Blood Tests for Prostate Cancer**

MK Prostate Cancer Support (MKPCS) supports people in the Milton Keynes area who are affected by prostate cancer or other prostate problems. We promote awareness of prostate cancer to encourage men to get themselves checked for early diagnosis.

Prostate Cancer is the most common cancer for men. PSA (prostate specific antigen) blood tests are useful to get early indications of prostate cancer and to understand future risks. PSA is a chemical made only by the prostate, and can be checked by a simple test to assess the risk of having prostate cancer.

A raised PSA level does not always indicate prostate cancer but it can indicate other prostate problems which can be readily treated.



There is no national screening programme for prostate cancer. All men, particularly those aged 50 and over, should know their PSA levels.

MK Prostate Cancer Support is to hold a PSA blood test event in association with the Graham Fulford Charitable Trust who will provide a nurse, laboratory analysis and postage for the notification of results.

The blood test is free to take part, and refreshment will be served. MKPCS welcomes donations from participants to help with the costs of setting up and conducting the event.

**Date: Saturday 6 October 2018**

**Time: 10:00 am – 1:00 pm**

**Venue: Trinity Centre, Fishermead Bld, Milton Keynes MK6 2LA**

(parking spaces are available on site and in the vicinity)

Contact: [info@prostatemk.org](mailto:info@prostatemk.org)

Martin 01280 848329 Sam 07874 019867

Website: [www.prostatemk.org](http://www.prostatemk.org)

### **Shall we dance?**

Padma Cheryan would like to share with fellow U3A members her recent delightful experience of learning a new hobby.

Not many activities for the sighted people are open to the visually impaired. As a visually impaired person, I was therefore, pleasantly surprised to hear of the new purpose-built dance studio in a very accessible Central Milton Keynes venue and went in to find out for myself.

I was very impressed indeed. Three cheers to Romeo for helping us to make Milton Keynes inclusive and attractive to the non-disabled as well as the disabled.

Accrusio Romeo is a professional Ballroom and Latin dance champion and owner/director of the Romeo Dance Academy at the old bus station opposite Central Milton Keynes rail station.

He has an excellent internationally reputed dance pedigree and has raised thousands of pounds for local Milton Keynes charities through dance competitions.

I found the lunchtime sessions on Mondays and Fridays between 12 and 2 pm particularly attractive. There is no joining fee. I think it is excellent value for £7.

I would highly recommend a visit to his state-of-the-art studio. Please check out the website at [www.romeodanceacademy.com](http://www.romeodanceacademy.com)

### **Friends of Willen Hospice**

**Present**

**A Creative Gift Wrapping Demonstration**

Wednesday, 24 October, The Cock Hotel, Stony Stratford at 7.30pm. Tickets £3.00.

Does trying to wrap awkward shapes put you off buying the perfect present?

Come and watch the expert followed by an opportunity to try out your new-found skills.

As places are strictly limited early bookings are advised.

For tickets contact Liz on 07891 280904 Drinks and snacks will be available from the bar and a raffle will be held.

### **Low Life, High Society**

The WEA are running a course called '*Musicals: Strife, Low Life and High Society*', in which David Price will show how social history can be studied through operettas and musicals such as Fiddler on the Roof and Guys and Dolls.

It will be held at Stony Stratford Library, on Mondays between 24 September and 12 November, from 2.30pm to 4.30pm. Cost £60.20 for seven sessions.

To enrol, call 0300 303 3464, quoting C3742938 or go to [enrolonline.wea.org.uk](http://enrolonline.wea.org.uk)

For further information, please contact Jeannine Golding on: 01908 567869 or email: [jeannine.golding@btinternet.com](mailto:jeannine.golding@btinternet.com)

### **Clever Dogs**

Bow Brickhill Women's Institute meet on the fourth Thursday of each month except in December when it is the second Thursday. We meet at the Pavilion in Rushmere Close at 7.30pm and there is plenty of room for parking.

In September we have a Charity talk about Medical Detection Dogs that do such wonderful work. Visitors are most welcome and are requested to donate £4 to cover the cost of refreshments, hall hire and speakers. We also have a raffle. This meeting is open to men and family members.

Our Group Meeting talk in October is by Supershoes.

Further details from Stephanie Warren on 01908 671394.

### **Downsize to something bigger**

Come and find out about cohousing for people 50+ at Still Green's next meeting on Saturday, 22 September 2018.

The meeting starts at 11.00 and is followed at 13.00 by a bring-and-share lunch. We shall then visit Rainbow housing co-operative in New Bradwell to learn from their experiences over 40 years as a community and to see their 'common house' and gardens. We shall finish at about 15.30.

What do you want from a home? To know you have friendly and supportive





neighbours?

For your home to be warm, light and spacious, designed to help you stay independent longer?

To have low running costs – good for you and good for the environment?

To be able to share some indoor and outdoor spaces, facilities and activities – because that makes sense socially and economically?

If creating this sort of community sounds interesting, come and meet us and hear about our plans in Milton Keynes and Bicester. Email: [stillgreenweb@gmail.com](mailto:stillgreenweb@gmail.com) for more details about the meeting and to let us know you wish to come. [Website: www.stillgreenweb.org](http://www.stillgreenweb.org)

### **Course with CLMK for the Autumn Term**

For full course details please visit our website: [www.milton-keynes.gov.uk/clmk](http://www.milton-keynes.gov.uk/clmk)

For more information or guidance on which course would suit you best, please contact: Philip Allsop on (01908) 556705

Email: [Philip.Allsop@milton-keynes.gov.uk](mailto:Philip.Allsop@milton-keynes.gov.uk)

To enrol on the courses listed

please contact our Enrolments team on (01908) 556727

#### **LEARN A LANGUAGE**

##### **Course information**

All courses last ten weeks, with the exception of One-Day courses.

German Improvers and Greek Intermediate will be delivered in two parts.

One-day courses are also designed to be taken as two parts.

- First Steps – suitable for absolute beginners.
- Next Steps – suitable for those who have completed one term of tuition (15 hours).
- Moving on to Improvers – suitable for those who have completed the first two terms of tuition (30 hours).
- Improvers Term 1 – suitable for learners who have completed three terms of tuition (45 hours).
- Improvers Term 2 – suitable for learners who have completed the Improvers Term 1 course in their second year of learning.
- Improvers Term 3 – suitable for learners who have completed two terms of the Improvers course in their second year of learning.
- Moving on to Intermediate – suitable for learners who have completed the Improvers course.
- Intermediate – suitable for learners in their third year of study who have completed the Improvers course and Moving on to Intermediate.
- Moving on to Advanced – a preparatory term for learners working towards an Advanced course. Learners should have completed the Intermediate course or three years of tuition.



- GCSE - suitable for learners who have been learning for two to three years and wish to work towards the GCSE qualification.
  - Advanced – suitable for learners who have been learning for four years or more and want to develop all four skills and their grammatical knowledge. Learners should have reached GCSE level or equivalent, and spent time in the country.
  - Mixed level – suitable for learners of all ability.
- 
- One-Day courses – one-day courses for absolute and near beginners. Part One and Part Two are equivalent to a ten-week First Steps course. Part Three and Part Four are equivalent to a ten-week Next Steps course.

Unsure of your level?

Contact us for more information and advice.

Course Title	Venue	Start Date	Day	Fee (Concession)
French - First Steps	Stantonbury Campus	17/09/2018	Mo	£92 (£74)
French - Improvers Term 2	Rivers Centre	18/09/2018	Tu	£92 (£74)
French - Moving on to Intermediate	MK Academy	18/09/2018	Tu	£92 (£74)
French - Intermediate Term 1	Rivers Centre	19/09/2018	We	£122 (£98)
French - Advanced	Rivers Centre	19/09/2018	We	£122 (£98)
German - Improvers Term 1 (Part One)	Stantonbury Campus	20/09/2018	Th	£46 (£37)
German - Improvers Term 1 (Part Two)	Stantonbury Campus	01/11/2018	Th	£46 (£37)
German - Intermediate Term 1	MK Academy	18/09/2018	Tu	£122 (£98)
Spanish - First Steps	Stantonbury Campus	17/09/2018	Mo	£92 (£74)
Spanish - First Steps	MK Academy	18/09/2018	Tu	£92 (£74)
Spanish - Next Steps	MK Academy	18/09/2018	Tu	£92 (£74)
Spanish - Moving on to Improvers	Stantonbury Campus	20/09/2018	Th	£92 (£74)

Spanish - Improvers Term 1	MK Academy	18/09/2018	Tu	£92 (£74)
Spanish - Moving on to Intermediate	Rivers Centre	17/09/2018	Mo	£122 (£98)
Spanish - Moving on to Advanced	MK Academy	18/09/2018	Tu	£122 (£98)
Spanish - GCSE	Rivers Centre	10/09/2018	Mo	£360 (£288)
Italian - First Steps	Stantonbury Campus	20/09/2018	Th	£92 (£74)
Italian - Next Steps	Rivers Centre	18/09/2018	Tu	£92 (£74)
Italian - Improvers Term 1	Stantonbury Campus	24/09/2018	Mo	£92 (£74)
Italian - Intermediate Term 1	MK Academy	25/09/2018	Tu	£92 (£74)
Italian - Advanced	Rivers Centre	26/09/2018	We	£122 (£98)
Greek - Improvers Term 1	Church of Christ the Cornerstone	20/09/2018	Th	£92 (£74)
Greek - Intermediate Term 1 (Part One)	Church of Christ the Cornerstone	21/09/2018	Fr	£61 (£49)
Greek - Intermediate Term 1 (Part Two)	Church of Christ the Cornerstone	02/11/2018	Fr	£61 (£49)
Mandarin Chinese - First Steps	MK Academy	18/09/2018	Tu	£92 (£74)
Mandarin Chinese - Improvers Term 2	Rivers Centre	20/09/2018	Th	£92 (£74)
Japanese - First Steps	MK Academy	18/09/2018	Tu	£92 (£74)
Japanese - Advanced Intermediate	MK Academy	18/09/2018	Tu	£122 (£98)
Arabic - Moving on to Improvers	Stantonbury Campus	17/09/2018	Mo	£92 (£74)
Russian - Next Steps	Church of Christ the Cornerstone	19/09/2018	We	£92 (£74)
Russian - Advanced	Church of Christ the Cornerstone	18/09/2018	Tu	£122 (£98)
British Sign Language - Next Steps	Rivers Centre	17/09/2018	Mo	£92 (£74)

Lip-reading (Mixed level)	Rivers Centre	20/09/2018	Th	£92 (£74)
One-Day French for Beginners - Part One	Rivers Centre	13/10/2018	Sat	£46 (£46)
One-Day French for Beginners - Part Two	Rivers Centre	17/11/2018	Sat	£46 (£46)
One-Day French for Beginners - Part Three	Rivers Centre	06/10/2018	Sat	£46 (£46)
One-Day French for Beginners - Part Four	Rivers Centre	10/11/2018	Sat	£46 (£46)
One-Day Italian for Beginners - Part One	Rivers Centre	06/10/2018	Sat	£46 (£46)
One-Day Italian for Beginners - Part Two	Rivers Centre	10/11/2018	Sat	£46 (£46)
One-Day Spanish for Beginners - Part One	Rivers Centre	13/10/2018	Sat	£46 (£46)
One-Day Spanish for Beginners - Part Two	Rivers Centre	10/11/2018	Sat	£46 (£46)

### **Accounting, Business, personal development and preparing for work courses**

#### **Starting up and developing a small business (1 day) - Rivers Centre**

These courses are designed to give you guidance and support in relation to your own potential new business idea. They will also help and guide small business owners who would like to learn more about the different aspects of setting up and developing their business.

#### **Positive thinking to attain your goals (1 day) - Rivers Centre**

If you're interested in taking a more positive approach to your work and/or life, or wanting to set new goals in order to change your current circumstances, this five-week course is for you. You will learn how to think about improvements you may wish to make, set realistic goals for yourself and feel confident in achieving them.

#### **Speak with confidence (1 day) - Rivers Centre**

If you wish to increase your confidence when speaking publicly, this five-week course is for you. Your language skills will be supported and extended. You will learn to feel more confident when speaking in public, for example during presentations, at meetings or weddings.

#### **Assertiveness and confidence building (1 day) - Rivers Centre**

The course is for anyone who would like to develop confidence and assertiveness to improve their interaction in work or social situations, and learn to feel more confident in dealing with potentially stressful and

challenging situations. You will have a better understanding of how personal behaviour is affected by environments and other personalities.

### **Managing your domestic finances (1 day) - Rivers Centre**

This course will help you maximise your household income and manage your expenditure.

### **AAT Award in Accounting Software (10 weeks) - Rivers Centre**

The AAT Award in Accounting Software provides a general introduction to using a computerised accounts package, Sage Line 50 (Version 20 software), and is suitable for those seeking a first qualification in the practical use of accounts software.

### **AAT Access Award in Bookkeeping (22 weeks) – Stantonbury Campus**

The AAT Access Award in Bookkeeping course would suit small business owners and employees who would like to acquire in-house skills to produce their business accounts, people returning to work or making career changes, and those looking to acquire skills to get into the workplace.

### **Business Administration – Level 2 Certificate (15 weeks) -- Rivers Centre**

This qualification is suitable for those who wish to develop the knowledge, skills and understanding of routine business administrative practice. It will also provide progression for those who have completed an introduction and the Level 1 Certificate.

### **Preparing for Work - Rivers Centre**

These day courses are designed to equip you with essential skills for preparing to enter or return to the workplace. If you need help updating your CV and / or developing your interview skills, these courses are for you.

### **Starting up and developing a Small Business**

Course Title	Course Code	Start Date	Weekday	Tuition Fee
Starting up a Small Business	Q8F243XP	29/09/2018	Saturday	£46
Develop your own Small Business	Q8F244XP	01/12/2018	Saturday	£46

### **Personal Development**

Course Title	Course Code	Start Date	Weekday	Tuition Fee
Positive thinking to attain your goals	P8F205XP	20/10/2018	Saturday	£46
Speak with Confidence	P8F206XP	24/11/2018	Saturday	£46
Assertiveness and confidence building	P8F242XP	13/10/2018	Saturday	£46
Managing your domestic finances	Q8F245XP	06/10/2018	Saturday	£23

## Accounting

Course Title	Course Code	Start Date	Weekday	Fee (Concession)
AAT Access Award in Accounting Software	Q8C246XQ	03/10/2018	Wednesday	£450 (£60)
AAT Access Award in Bookkeeping	Q8D247CQ	20/09/2018	Thursday	£550 (£120)

## Business Administration

Course Title	Course Code	Start Date	Weekday	Fee (Concession)
Business Administration - Level 2 Certificate	Q8C203XQ	19/09/2018	Wednesday	£395 (£25)
Business Administration - Level 2 Certificate	Q8C404XQ	20/09/2018	Thursday	£395 (£25)

## Preparing for Work

Course Title	Course Code	Start Date	Weekday	Fee (Concession)
CV and cover letter writing	P8F248XA	22/09/2018	Saturday	£23 (£0)
Interview skills	P8F249XA	24/11/2018	Saturday	£23 (£0)
Get ready for work	P8C250XA	28/11/2018	Wednesday	£0

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