

WELCOME TO THE SEPTEMBER 2023 MHu3a NEWSLETTER

A NEW QUARTERLY SOCIAL EVENT FOR ALL MEMBERS

We are delighted to announce that we will be holding a quarterly social event for all members. This is an opportunity to come together to chat over a tea/coffee and biscuits and, as group leaders will be invited to showcase their groups, to find out a little more about some of the groups we have.

The first event will be held at the **Eversfield Centre, 11 Eversfield Gardens, NW7 2AE on Tuesday 19 September from 2pm to 4pm.**

There is limited parking, although, if possible use the bus - the 251, 114 and 186 all stop here. We hope to see you there.

AN IMPORTANT ANNOUNCEMENT FOR ALL GROUPS LEADERS (AND OTHER READERS) WHO WANT TO PLACE INFORMATION IN THE NEWSLETTER:

The Newsletter is normally compiled in the last week of the month, for transmission to you in the first week of the following month.

Therefore, if you have any news PLEASE try to send it to

rdmhu3a@outlook.com

by the end of the month LATEST. Thanks.

FORTHCOMING MONTHLY TALKS:

(The venue is Hartley Hall unless stated otherwise.

Doors open at 1.30 pm; talks begin at 2.00 pm.

unless shown otherwise).

Date	Speaker	Title	Info
21 st Sept.	Siobhan (Shibby) Allen	"Babylonia – A Modern Journey"	In 2018 Shibby visited Iraq, when ISIS was in control of parts of the country. She wanted to visit religious sites and find out about the destruction of antiquities. Her talk is highly recommended.
19 th Oct.	Geoff Bowden	"Solo Singers of the Sixties"	By popular demand Geoff is returning to talk about Solo Singers of the Sixties, including Matt Monro, Cilla Black, Lulu, Donovan and many more. As Geoff is retiring at the end of the year this will be one of his final talks. Please support it.
16 th Nov.	Veronica King	"Tense Tales of Lurking in The Shadows"	Veronica has been an under-cover agent, a store detective, and a close protection officer. She has had a fascinating life and will talk about it in great detail. There was an article about her in February 2023 Third Age Matters.
14 th Dec.	Festive Event. Triggerfish will return to supply the music, with afternoon tea.		

FORTHCOMING MONTHLY TALKS: Our 2024 dates for your diary

<i>Date</i>	<i>Speaker</i>	<i>Title</i>	<i>Info</i>
18 th Jan.	David Burnell	"The Underground at War."	This should be particularly fascinating especially to those members who were involved in sheltering in the underground during World War Two.
15 th Feb.	Janet Diamond	"Tutankhamen and his Treasures"	Janet is an Egyptologist and comes highly recommended.
21 st Mar.	Michael Lewis	"Freemasonry"	Michael's talk has been rescheduled from 2023.
18 th Apr.	Richard Furnival Jones	"Harrods"	Richard will give a highly- recommended talk on the famous department store.
23 rd May	Peter Altman	"Crooners"	Peter, who gave us a fascinating talk on Aliens, returns with another topic – Crooners. How many can you name?

We'd love you to join us each month for our meetings at Hartley Hall so you get an opportunity to enjoy the live speaker, lovely refreshments and, most importantly, to meet old friends as well as other members.

For those of you unable to attend in person at our meetings in Hartley Hall, we aim to continue to make the talks available via Zoom.

BUDDY

Is anyone interested in being a Buddy or would like to request a Buddy?

The idea of a Buddy system is to provide help to those who are not able to access all that our u3a offers. This might be giving lifts to and from U3A meetings and interest groups, reading the weekly newsletter over the phone to members who find it hard to see and help members access our website as well as our Zoom meetings.

If anyone is interested in being a Buddy, would like to request a Buddy, or has any other ideas that could help those who need it, please email me at:

birgitta.kay@gmail.com

NEWS FROM THE INTEREST GROUPS

A NEW SOCIAL GROUP

We are looking to set up a new social group for couples looking to extend their friendships.

Whether you are new to the area or not this could be for you.

For more information please call Melvyn Sandler on 07472 056594 or email him at

msandler1952@gmail.com

THE RUMMIKUB GROUP

Group numbers are a bit down and new members are very welcome.

Contact: Jacqui Bankover

jacquibankover@hotmail.com

NEWS FROM THE INTEREST GROUPS

Welcome to Susan's Laughter Yoga Group



*Step into a new way to keep your
mind and body healthy*

*LAUGHTER RELEASES ENDORPHINS GIVING US
"THE FEEL-GOOD FACTOR"*

- Acts as aerobic exercise and is like 'internal jogging'
- Unleashes inhibitions, breaks down barriers
- Great team building tool, encourages better communication
- Helps boost our immune system which helps us resist disease
- Tones muscles, improves respirations and circulation
- Encourages positive thinking and creativity
- Relaxes the whole body by reducing stress and tension

The Green Room, Hartley Hall, Flower Lane, Mill Hill NW7 2JA.

Laughter Yoga groups meets every Monday from 1.30-2.30

£4 contribution for room hire

The new term commences Monday 4th September 1.30-2.30

(No group Monday 25th September)

COME AND SEE FOR YOURSELF THE BENEFIT TO YOUR WELLBEING!

NEWS FROM THE INTEREST GROUPS

THE NEW BEGINNERS BRIDGE GROUP

The response has been sufficient for this group to start.

The group will meet on **Tuesday 5th September.**

For details, contact Robert Appleson:

trebora38@gmail.com

07980 883262

A FREESTYLE DANCE/MOVEMENT GROUP?

Yvonne Saville is keen to establish a freestyle dance/movement group. If you find yourself jigging as soon as you hear music and would like to join others to dance informally to music please contact Yvonne:

yvonneshaville44@gmail.com

or tel :**0208 9591071**

FORTHCOMING OUTINGS

Date	Venue	Link to Flyer	Places available?
Thurs. 5 Oct.	The Foundling Museum (see Flyer on page 8)	LINK	A few places remain
Wed. 25 Oct.	Westminster Abbey (see Flyer on page 9)	LINK	Booking opens 11 Sept. £15.
Wed. 15 Nov.	Backstage at Drury Lane (see Flyer on page 10)	LINK	Booking opens 2 Oct. £18.50.
12 Dec.	Outings & Travel Christmas Lunch	LINK	Yes, booking now

By clicking on the [LINK](#) in the table above you can read details of the Outing in its **Flyer**. If you wish to book a trip, please note **on the Flyer** the **earliest** time and date for requesting a place. ***Any email received BEFORE 9 am. on the date will be discounted.***

THE CANCELLATION of MHU3A OUTINGS.

We realise that members can fall ill at the last minute, have home emergencies or sudden hospital appointments, but we do have to cover the cost of the venue and coach (when used) which has already been paid for.

The Outings Group therefore regrets that refunds cannot be issued unless there are replacements still available on the waiting list.

YOUR MHU3A OCTOBER OUTING

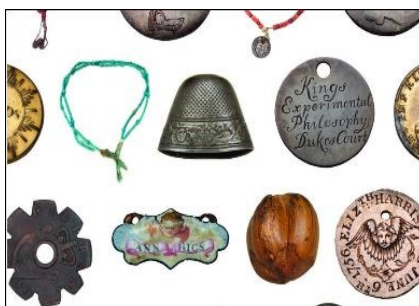
THE FOUNDLING MUSEUM

11.00 am Thursday, 5th October, 2023.

Venue: 40 Brunswick Square, London WC1N 1AZ

Nearest stations: Russell Square (4 mins) or Kings X St Pancras (10 mins)

The Museum tells the story of **the Foundling Hospital**, Britain's first home for children who had been abandoned by their mothers, usually due to extreme poverty. Find out how the “lucky babies” were selected and what their early upbringing would have been like.



The Foundling Hospital's Collection includes works of art by some of Britain's most prominent eighteenth-century artists such as Hogarth, Gainsborough, Joshua Reynolds and Louis-Francois Roubiliac, donated by the artists themselves.

COST: £13.00 Number of places: 40

Booking by email: outingsbookings@millhillu3a.co.uk

Booking opens at 9.00 am on Mon, 7th August , 2023.

No bookings will be accepted before 9.00 exactly.

Please include the following information in your email application:-

- [1] The Foundlings' Museum. 5th Oct 2023
- [2] Your name/s & Mem no /s
- [3] Tickets required (Max 2)
- [4] Phone no for use on the day

You will be contacted with details of how to make your payment by BACS or cheque.

Joining Instructions and details will be emailed to you 7 -10 days before the event.

OCTOBER'S MHU3A OUTING

WESTMINSTER ABBEY.

This stunning gothic church is a UNESCO World Heritage Site. Complete with paintings, stained glass windows, and other religious artifacts, Westminster Abbey owns the most important collection of monumental sculptures anywhere in Britain. It is the location of 40 coronations and the burial site of 18 British monarchs.

The resting place of hundreds of famous and influential scientists, poets, actors, explorers, writers, musicians and politicians, this hour-long guided tour will take you around the Abbey, talking about the good and the brave and telling you about the Abbey's colourful history.



Time: 10.30 am on Wed 25th October, 2023 **Cost:** £15.00

Transport: 5 minutes' walk from Westminster Underground Station.

Bookings, by email only, will be logged in order of receipt and successful applicants will be contacted with details of how to make their payment by BACS or cheque. Payment must be received within one week of receiving this request for payment or the place will be offered to another member.

BOOKING OPENS at 9.00 a.m. on Monday, 11th Sept, 2023.

N.B. Any emails arriving before exactly 9.00 will be rejected.

Apply to: outingsbookings@millhillu3a.co.uk

Please include the following information in your email:-

- 1) "Westminster Abbey 25.10.23"
- 2). Your name/s and membership number/s
- 3). Number of tickets (max 2)
- 4). Contact phone number/s (for use on the day)

MHU3A NOVEMBER 2023 OUTING, BACKSTAGE AT DRURY LANE



Join us for an actor-lead tour of the famous Drury Lane Theatre. Soak up the atmosphere, find out what it's like to work there and hear the tales and tittle-tattle of working both on-stage and behind the scenes at one of London's leading theatres. The tour will last one-and-a-quarter hours.

Transport: Covent Garden and Holborn tubes. Catherine St, WC2B 5JF.

Time: 10.30 am? **Date:** Wed 15th Nov 2023, **TBC** **Cost:** £18.50 p/p

Bookings, by email only, will be logged in order of receipt and successful applicants will be contacted with details of how to make their payment by BACS or cheque. Payment must be received within one week of receiving this request for payment or the place will be offered to another member.

BOOKING OPENS at 9.00 a.m. on Monday, 2nd October, 2023.

N.B. Any emails arriving before exactly 9.00 will be rejected.

Apply to: outingsbookings@millhillu3a.co.uk

Please include the following information in your email:-

- 1) "Drury Lane"
- 2). Your name/s and membership number/s
- 3). Number of tickets (max 2)
- 4). Contact phone number/s (for use on the day)

OUTINGS (cont.)

HOW WILL I KNOW WHAT OUTINGS ARE AVAILABLE?

Outings Flyers are displayed on the website, with details of when and how to book:

<https://millhillu3a.co.uk/group/outings/>

HOW DO I BOOK?

By emailing:

outingsbookings@millhillu3a.co.uk

Booking will open at the exact time* and date stated on the relevant Flyer and will be logged in order of receipt.

****Any emails received before 9 a.m. (exactly!) on the given date will not be accepted.***

Should you not have email you will be allocated a 'booking-buddy'. Please enquire by writing to:

*Outings MHu3a, c/o 6 Lyndhurst Avenue,
NW7 2AB.*

FORTHCOMING TRAVEL TRIPS

The table below shows the planned Travel trips for 2023.
By clicking on the [LINK](#) you can read details of the trip and print a booking form.

<i>Dates</i>	<i>Venue</i>	<i>Link to Flyer</i>	<i>Places available?</i>
8 - 10 Nov.	Thursford Winter Spectacular (King's Lynn)	LINK	Twin & Double rooms only.
12 th Dec.	Travel & Outings Christmas Lunch	LINK	Yes, booking now

INFORMATION ABOUT MILL HILL U3A

Details of the activities of Mill Hill u3a are shown on our website which can be accessed by clicking this link [HERE:](#) (see 'EVENTS'), and of the Executive Committee (see 'ABOUT/EXEC. COM').

Our 'enquiries' desk receives many queries about our u3a; particularly, people ask about membership or renewal applications apparently going astray or being delayed.

You can find all relevant contact details on our website here: [**https://millhillu3a.co.uk/#contact**](https://millhillu3a.co.uk/#contact)

For membership enquiries, you should email our Membership Administrator directly here:

membership@millhillu3a.co.uk

In accordance with the requirements of the u3a movement and other charities, we have a number of 'policy' and 'guidance' documents available to view on our website. These cover such matters as:

- Member Code of Conduct;
- Safeguarding Policy and Procedure;
- Guide to online payment of membership renewal or joining fees;
- Group Leaders' Guidance.

These documents can be viewed by clicking this [link:](#)

These Newsletters are rather 'one-way traffic' and it would be very gratifying to hear back from our readership; so, if you have any comments/suggestions/requests, please get in touch. Please send any contributions to:

enquiries@millhillu3a.co.uk