

WELCOME TO THE OCTOBER 2023 MHu3a NEWSLETTER

AN IMPORTANT ANNOUNCEMENT FOR ALL READERS OF THIS NEWSLETTER:

At each Monthly Meeting Speaker event in Hartley Hall, a small team of members works to set up equipment to show the speaker's presentation and to record the talk for our YouTube channel so that non-attendees can watch later from home. The team desperately needs some help from people who are not frightened of technology and can help to connect and operate the equipment. If you feel that you may be able to assist, understanding that training will be provided, PLEASE come forward and contact Victor Brilliant on **07956 282776** or at **vicbrill@btinternet.com**

The London Region of u3a frequently contacts us with offers that they have procured from venues in the region. Here is one that you may find valuable:

KEW GARDENS OFFER

Kew Gardens are offering a group membership if you are a registered charity in a London borough. It costs £36 for 60 visits on any days (or £72 for 120 visits). The membership runs from 1st November until 31st October. The registration process is simple at

<https://www.kew.org/learning/community-and-access/kew-community-access-scheme>

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
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 <i>Third Age Matters</i> .
14 th Dec.	Festive Event. Triggerfish will return to supply the music, with afternoon tea.		
2024			
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.

FORTHCOMING MONTHLY TALKS:

<i>Date</i>	<i>Speaker</i>	<i>Title</i>	<i>Info</i>
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.
16 rd May NOTE DATE	Peter Altman	"Crooners"	Peter, who gave us a fascinating talk on Aliens, returns with another topic – Crooners. How many can you name?
20 th June	Chris Truran	"Digital Forensics – Who's watching You"	Chris gave us a talk <i>on Dabs and DNA Detects Criminals</i> in 2020 and returns to give us this talk, advising on how to recognise and to avoid scams.

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.

NEWS FROM THE INTEREST GROUPS

NEW GROUP: WALKING FOR SLOWER WALKERS

This group is for members who want to get out for a walk but whose pace is a bit slower, and who may need to stop for a rest or refreshment a bit more frequently.

Further details will appear in due course on our website.

Contact: Sylvie Adler

sylvad@gmail.com

NEW GROUP: FUN KEEP FIT/EXERCISE AND MOVEMENT

We're hoping to start a new ***Fun Keep Fit /Exercise and Movement group*** with Tracey, our very popular chair yoga teacher. But it's not classes as we know them. This is a Third Age circuit training class with individual fun exercises, such as hula hoops and light weights, suitable for the over 60's.

We'll meet at the Mill Hill East Church on Fridays between 12:30 and 1:30 p.m. The cost will depend on numbers but hopefully will not be more than £5 per session.

To see if you like the group, why not join us for a free session on Friday 27 October from 12.30 to 1:30.

Please contact me if you are interested in joining the group.

Gail Hunt

daveandgail47@gmail.com

RUMMIKUB

Come and have fun playing an easy game with friendly people/tea/coffee/biscuits available. 2-4 p.m. every Thursday at the Eversfield Centre NW7.

Jacqui Bankover

jacquibankover@hotmail.com

NEWS FROM THE INTEREST GROUPS

WALKS - EXPLORING LONDON

This group offers short morning walks to share interesting areas of London, led by members and finishing with lunch.

To find out more contact Stewart Herman:

stewart@stewartherman.co.uk

or visit its webpage here:

<https://millhillu3a.co.uk/group/walks-exploring-london/>

On 14 September the group explored Roman London; the photo is taken at the end of the walk at Cooper's Row City Wall.



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	Waiting list only
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

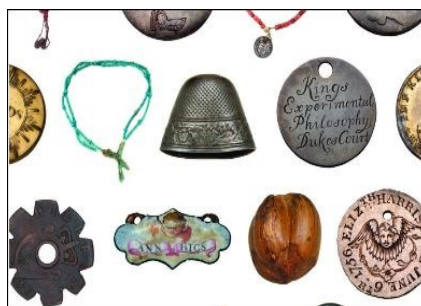
THE FOUNDLING MUSEUM

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 20th NOVEMBER 2023 OUTING, A BACKSTAGE TOUR OF DRURY LANE THEATRE.

Catherine St, WC2B 5JF.



A limited number of tickets are available for this actor-lead tour of the famous Drury Lane Theatre. Soak up the atmosphere & find out what it's like to work there. Hear the tales and tittle-tattle of working both on-stage and behind the scenes at one of London's leading theatres.

N.B. there are stairs on this tour. 4 mins from Covent Garden tube.

Time: 12.30 am **Date:** Monday, 20th Nov, 2023 **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) @ £18.50
- 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