



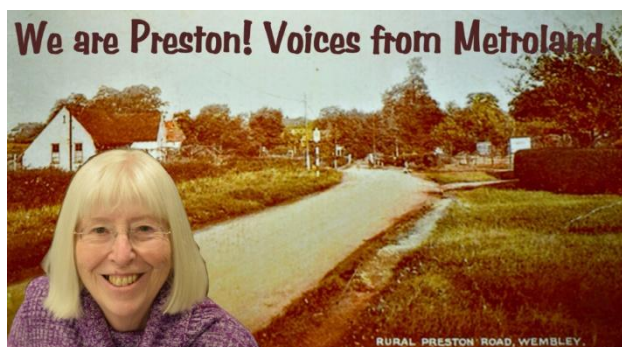
Visit to St Paul's Cathedral 25 March

Updated Diary to August 2025

The latest diary has the dates for every group session from now through to the end of **August 2025**. Significant changes and new groups are highlighted in yellow. Remember also, the diary has the contact details for each interest group. A restricted printable version is available on our website [here](#). If you are going to join an interest group for the first time, we recommend you check the date and meeting location with the group leader.



Monthly Meeting Talks



Our speaker in February was Chris Coates, one of our members, who has given us talks in the past. Her subject was the history of the Preston Road going back several centuries and bringing us up to the present day. It was thoroughly researched and excellently presented which made it a very enjoyable experience. Then in March we welcomed Rachel Montagu who came highly recommended and understandably so. She talked about 'Operation Mincemeat', which was a strategic plan in World War 2 designed to confuse the Germans. It did just that and subsequently altered the course of the war. What made it so good was that Rachel's grandfather and family were very much involved in the whole operation. She had high quality slides of her family and made the whole event "come alive".

Our next meeting is on **23 April** - St. George's Day – at 10am when our speaker will be Howard Slater. The title of his talk will be **East End of London - From the Huguenots to the Bengalis**.

Save the Date

The **25 June** monthly meeting will be the **Kenton & District u3a AGM** and **Summer Social** with a similar format to last year. Save the date and let's hope for some excellent June weather!

Exploring London Visits

On 18 February, we went on a visit to the Florence Nightingale Museum. The curator took us on a fascinating tour where we learned lots about Florence Nightingale's life and work, spanning well beyond the Lady with the Lamp story we all knew. We also got the opportunity to look round ourselves at some interesting displays in a relatively recently refurbished museum. Many of us lingered over refreshments in the St Thomas' Hospital café.



On 25 March, our very own City of London & St Paul's Cathedral Guide, Diana O'Reardon, took 25 of us on a fascinating guided tour of St Paul's Cathedral, with her huge knowledge (and voice projection and crowd control skills!) evident. She told us about the Cathedral's history and showed us the rich architectural and artefact highlights in the Cathedral and the crypt. See group picture on page 1.

On the morning of **Monday 7 April**, we are going on a guided tour of the grand **Spencer House in St James's**. That visit is fully booked.

Please contact Louise Bennett if you would like to go on her next visit. On the morning of **Friday 9 May** we are heading to the **Battle of Britain Bunker at Uxbridge**. Our expert guide will meet us at the new Visitors Centre and take us down the 76 steps (which you obviously need to be fit enough to walk confidently down and up) to the historic, top-secret Operations Room that was in use throughout the Second World War. The guide will talk us through the crucial part the Bunker and its staff played during the Battle of Britain and beyond. The whole tour lasts approximately 60 minutes. We can then explore the 'Controllers Cabins' at our leisure before making our way up to the surface and the gift shop and café. The Bunker is a mile from Uxbridge Station. As well as the usual option of going by train and then walking, Louise will be organising car sharing among those who sign up. The cost is £15 each.



New Groups and Members' Wish List

Ku3a is open to all ideas for new interest groups, short courses and one-off events. Please feel to suggest one. As you will appreciate, a new group needs enough interested members, but the key component is someone with the interest and commitment to facilitate and lead it. Help and advice is readily at hand to help groups start up. Please contact our **'New Groups Supporter', Howard Goldstein**, whose contact details are in the diary (under *Current Affairs*).

A new ballroom and sequence dancing class?

A contact of Eric Kiel's is willing to run ballroom and sequence dancing classes for ku3a members in the Masonic Centre on the second and fourth Wednesday afternoons each month. Many of us must have learned at least the waltz, if not cha cha cha, many moons ago. If you are interested in brushing up your rusty skills and having fun learning and practising new dances and moves in a sociable environment, please let our new groups officer, Howard Goldstein, know. Would also please tell Howard what your starting ability level is. We can then work out whether we have enough interest to

form a viable class. Dancing has great health benefits but does require a certain level of fitness and balance so this is obviously only suitable for members who can tick both those boxes.

A new history group?

It's been suggested that we might have a history group of some description. We expect there would be some interest from members in taking part in this but is anyone (or do you know anyone) prepared to run it?

NEW Desert Island Discs

Ken Sinclair is coordinating this new group which will, for an experimental period, alternate with our jazz group. The first session on Tuesday 22 April at 2pm. The first two castaways will be **Peter Turner** and **Diana O'Reardon**, one before tea and one after tea! They will bring their selection of 8 pieces of music and a favourite item to be with them on the lonely island. **If you are willing to come forward with your selection of music and the reason for your choice then please let Ken know and he will dig out the music.**



Interest Group News

Interest group co-ordinators: Louise Bennett and Peter Rummer, email ku3aGroups@outlook.com

Art History

Our course on Female Artists pre 1800 is sadly ending on 4 April. Over the course of two terms, Jennifer Mills has skilfully and engagingly provided us with encounters with some remarkable women from across Europe, working in many different genres. The final session on 4 April is for members to present paintings by post 1800 artists. Jennifer returns on Friday 3 October with a new series of classes, this time on **The Spanish Golden Age 1550-1700**.



Morality Matters

At the March Meeting, Jack Friend presented the question *Are we being strangled by our traditional values and freedoms?* We had a well-attended meeting and a lively debate. On Wednesday 2 April at



2pm Geoffrey Ben-Nathan will ask *How should we lead our later years: Should we relax and take it easy, or should we still strive to change the world?* His question comes from his study of Epicurus (341–270 BCE) the ancient Greek philosopher and founder of a school of thought that emphasized the pursuit of pleasure and the avoidance of pain as the keys to a happy life. While this may suit some people, others feel that their life is not fulfilled unless they continue to strive for whatever they perceive as their ideals. For the meeting on Wednesday 7 May Herbie Goldberg will be in the chair asking *To what extent, if any, should the rich nations of the world be responsible for relieving the poverty of the poor nations?*

We are always looking for volunteers to lead a session. You do not have to be an expert. Any subject with a moral angle is fine, as long as it can lead to an interesting debate. If you have a subject for debate do contact Ken Sinclair.

Bridge Course



The Monday morning Bridge sessions are continuing with Tony Mavros as our tutor. We have two classes operating – one for Beginners and one for Improvers - those people who have played Bridge previously. The bar area has been adapted to suit our purposes with a seating area while Tony lectures, and tables at the back where we play the set hand Tony has arranged. Attendance has settled down as we have 2-3 tables at each session. The Beginners are now playing three hands at each session, so we are

progressing steadily. Tony hopes to merge the two classes in the coming weeks so knowledge is spread, and we can concentrate on playing. Note: April and May are disrupted due to public holidays, and religious festivals so please check the diary and e mails from Kevin before turning up in the Bar Lounge.

Beginners Bridge players are invited to join in the twice monthly Rummikub and Scrabble sessions so they can practise their game between Tony's classes. Just show up on the Tuesday/Wednesday sessions if you are interested. Details in the diary.

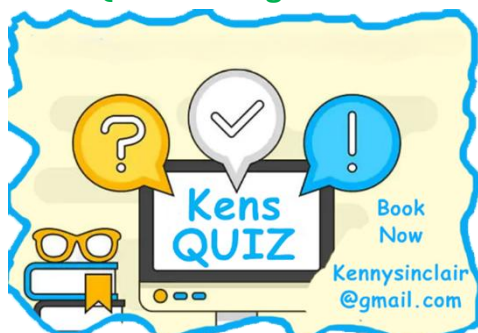
Knitting

The group is for people with all levels of ability from complete beginners to those who have been knitting for many years. Under the guidance of Francine Endleman, members assist and inspire each other and are keen to show the group how their projects are progressing. There is a great deal of hidden talent waiting to be shared! It is an extremely friendly group, and they are always happy to see new faces. Why not go along and meet them for a relaxing afternoon on the third Tuesday of each month at 2pm in the Northwick Room. The next meetings will be on the 15 April and 20 May.

Many members of the knitting group are now knitting either hats or little jackets for the premature baby units in various hospitals. Others are knitting squares which Angela Brown is sending to Africa to be sewn together to make blankets for orphaned children. Angela is paying for postage herself, which is extremely expensive. So, if anyone would like to donate towards the cost of postage it would be very much appreciated. Also, if anyone has any leftover wool suitable for making these garments or would like to donate balls of new wool suitable for babies/children, please contact Francine who would be delighted to arrange collection.



Ken's Quiz Mornings



With Ken Sinclair as our quiz master, our quiz mornings in the Bar Lounge are competitive and fun. They are held every other month. The next one will on **Friday 16 May** from **10am** (not 10.30am) to 12.30pm. The following date for your diary is Friday 18 July. We allocate participants into teams and Ken poses several rounds of easy and not so easy questions, and the winners are presented with the usual "priceless gold cup". Please contact Ken if you like to come.

Monthly Rambles



Frances Saunders led our ramble on Friday 28 February. The 5-mile walk in glorious sunshine took us from Tower Hill to Victoria Park, along the Thames to St Katherine's Dock, Shadwell Old Basin and Limehouse Basin. We then followed the Regent Canal to Victoria Park for lunch in the Hub café before heading home.

The Monday 31 March ramble saw Louise leading 11 of us on a 5.3 mile circular walk from Hammersmith Station along the south bank towpath of the River Thames and into Barnes Common and historic Barnes village with a café lunch in Barnes.

Adeline Geary will lead the ramble on **Wednesday 30 April** This time it is a 5-mile linear walk along the Thames Path, dipping into Battersea Park. We will be **starting at Wandsworth Town Rail Station and finishing at Vauxhall Bridge**. Surfaced paths throughout. Further details, including travel and lunch arrangements will be issued to those on the ramblers group mailing list. Please let Louise know if you would like to come or to join the email list so you are alerted to future walks. This group's walks are relatively energetic. Stout footwear is essential and reasonable fitness is assumed. Rambles take place on different weekdays rather than being on a set day.

Monthly Walks

On Sunday 16 March Kevin led a walk in Hoxton and Shoreditch exploring some of the oldest parts of London. Curtain Street was the centre of the London furniture making from the 19th to the mid -20th century. In 1576 James Burbage built *The Theatre* and a rival theatre *the Curtain* was built a year later. Artists Damien Hirst and Tracey Emin worked from studios around Shoreditch. Hoxton Square was laid out in 1683. Ben Johnston, a contemporary of Shakespeare, killed a fellow actor in a duel in 1598 here. Number 1 has a blue plaque commemorating James Parkinson who first identified 'the shaking palsy' -



Parkinson's disease. A music hall stood here from the 1870s until demolished in the 1980s. Hoxton Street has a connection to the Gunpowder Plot as Lord Monteagle's house stood here. It was he who informed the government of an anonymous letter warning of the plot to assassinate James I. The Geffrye Museum and the Columbia Street Flower market are here. St Leonards is *The Bells of Shoreditch* in the nursery rhyme *Oranges and Lemons*. Richard Burbage, theatre manager, is buried here with the epitaph 'Exit Burbage.' Christopher Marlowe had a home in Norton Folgate an area notorious for criminality. We ended the walk at Liverpool Street Station.

Kevin's next walk is on Sunday 27 April and will focus on Primrose Hill. Please register with Kevin to come on the walks and get joining details for the next walk.

MOTO - 'Members On Their Own'

On Sunday 23 February Catherine Constable hosted a charity lunch for us at her home and we raised £415 for St. Luke's Hospice. On Sunday 2 March we were at East Lane Theatre where we enjoyed a matinee performance of "Alan Bennett - A National Treasure." On Sunday 23 March 12 of us met for lunch at Blue Zenser Restaurant for some Italian food with an Indian twist. On **Friday 4 April** we will be donning our cowboy boots and stetsons for the "Country Roads" concert at Harrow Arts Centre. Later in **April** we are planning a "Bring and Share Tapas" lunch at the home of Viv Spiteri so watch out for the date.



This group is for people living on their own who would like to meet up informally with other members who are also on their own, especially at weekends when things are quieter. We have a dedicated WhatsApp Group which enables us to do things at short notice. Contact Peter Turner if you wish to be included in the invitations. Members typically offer to host a tea or coffee session in their homes or organise a meal out. Peter says "dates known in advance are also added to our website diary. We are always on the lookout for modestly priced tickets, particularly for matinees and concerts. We welcome any suggestions for events and opportunities to get together at quieter times".

English Literature

David Harris wrapped up Geoffrey Chaucer's *Canterbury Tales Prologue* in February. Classes resume this month. David says: "Having now met the members of the pilgrimage to Canterbury; it's time to look at a few of the tales that these folk tell. We're going to start with **The Pardoner's Tale**, a very mysterious and thought-provoking narrative which some critics have described as the first English short story. Well, short story or not, it's a great tale and one well worth looking at. Again, please try and get hold of a text in the original Middle English – I'll do the rendering into modern English. It's also a great time to join our group. Indeed, Chaucer recommends exactly that. It's April, winter's over and that's when "folk to goon on pilgrimages". So, I hope to see everyone – and newcomers – in April". So that's 10am on Tuesday 29 April, then Tuesday 13 May and Thursday 22 May.



Singing for Pleasure



This popular, sociable and relaxed group, led by Pauline Silver on the piano meets once a month. We enjoy singing in unison together and you don't need to read music or be a great singer. Sessions are generally held in the Wembley Room, usually on the second Monday of each month at 2pm, though the next meeting is on Monday 7 April, followed by 12 May. We have fun singing a variety of popular songs, from hits when we were young like the Beatles and Dusty Springfield to songs from musicals like the Sound of Music and My Fair Lady and also folk songs.

Jazz Etc



Our meeting on 26 March featured Kevin O'Doherty and the second part of his delving into Latin American Jazz, featuring an assortment of well-known and not so well-known artists. The next jazz session will be with Big Band Man, Pete Meadows, on Tuesday 27 May at 2pm featuring the Big Band Swing era with the likes of Glen Miller, Benny Goodman etc .

Opera Lovers

The afternoon of 27 March the Harrow Room was filled with the wonderful music of Tchaikovsky bringing to life the poem novel of Pushkin, **Eugene Onegin**. We watched a production from the Royal Opera Covent Garden and, with the superb technology available to us, enjoyed the amazing singing of Simon Keenlyside, Krassimira Stoyanova, Pavol Breslik and Peter Rose. Our next meeting is scheduled for Thursday 22 May 1 - 4 when Tchaikovsky will again form our programme but this time **The Queen of Spades**. Everyone is welcome, whether you are a confirmed opera lover, or just curious about this art form, we would love to see you.



Healthy Living



In March we reflected on the challenges of the winter months and discussed the more positive aspects of the coming spring and summer seasons.) On Tuesday 15 April at 10am Sonia will explain and discuss common blood tests, and other investigations including various scans such as MRI, CT etc. Do bring along any recent blood test results you have to hand so you can interpret as we go. Future sessions will include chair yoga,

superfoods, vitamins and healthy eating and another presentation by our usual paramedic, Julian Green.

French Conversation

French Conversation, led by Brigitte Levin who is herself French, normally meets on the first Thursday afternoon of the month at 1.30pm. Our next meeting is Thursday 3 April and then 1 May. Members bring a short piece (maximum of 250 words) to the meeting which they read in French and translate. After a break for refreshments, we have time to chat in French or discuss in more detail one of the topics read earlier. We do our best to accommodate those who are proficient in French as well as those who are less so.



Table Tennis



The popular table tennis group meets from 2pm to 4pm on the 1st and 3rd Wednesday afternoons of the month in the sports hall at the Maccabi Centre next door to Uxendon Manor School in Shaftesbury Avenue Kenton. A charge is made to players to cover the cost of hiring these premises. Responsibility for being medically fit enough and steady on your feet is down to individual players. The next sessions are on 2 and 16 April. Please contact Eric Kiel for further information.

Scrabble

This Scrabble group meets in Priscilla Dale's home usually on the first Monday afternoon in the month. The next meetings are 7 April and 12 May. There is also a Rummikub and Scrabble group which meets at the Masonic Centre on the first Tuesday and second Wednesday of the month.



Cryptic Crosswords

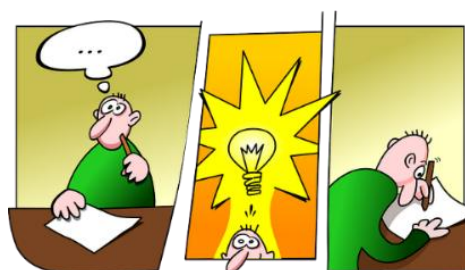


We meet on the second Wednesday of each month to enjoy pitting our wits to solve one definition and 3 or 4 cryptic crosswords. Members work on copies of the same puzzles taken from a variety of publications, first individually and then – as we get stuck- together. This group is for people who already enjoy cracking cryptic crosswords, not beginners. No tuition is given but we support each other to work out answers and develop our skills. The next meeting is at 2pm on Wednesday 9 April and then 14 May in the Northwick Room. If you are interested in joining us,

please contact Liz Manches.

Creative Writing

We continue to share lively and thought-provoking stories, in poetry and prose, showing an amazing breadth of imagination. Some of our members share chapters in longer stories, and we wait with bated breath for the sequel. We have recently had several interesting tales linking America, the UK and India, stories relating to food, and factual pieces based on current world politics. Our next meetings are on Wednesday 16 April and 7 and 21 May at 10am. We will continue with the same themes: "Back to Reality", Dramatic Change", "A Walk", "An unexpected Confession", "Right Place, Wrong Time", and an attempt to write our own "Kentonbury Tales"."



Gardening Club



We had lots of discussion in our February get-together about getting the garden ready for Spring, including looking out for the dreaded slugs which are starting to rear their ugly heads. We talked about the use of nematodes, which do help, but would be prohibitively expensive to use all over a large garden. March's meeting turned out to be a particularly lively one. The group was treated to a demonstration on grafting 2 fruit species together –

a complicated process. Thank you to Taj for her excellent presentation. Thanks to Sonia for contributing unwanted books for the group. We concluded the meeting discussing potential visits/outings, with Diana offering to lead a visit to the Barbican Conservatory; even day trips to France were suggested! Nearer to home, we have re-arranged our trip to Cruise Hill Garden Centre from 23 to 30 April due to a clash of meetings.

Classical Music Appreciation

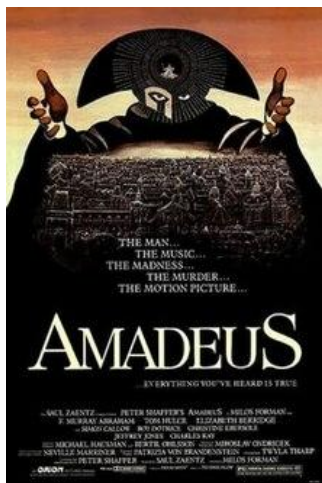
In March we examined Tchaikovsky's operas, particularly Eugene Onegin, with its plot revolving around a woman's being spurned by the hero, his regret and then his being spurned by her – with lots of dramatic action between those two events. This preceded a showing of a complete performance for our opera group later in the month.

Thursday April 10's session at 2pm will be devoted to Samuel Barber, an outstanding 20th century American composer. Herbie tells us that Barber was, for a long time, a one-hit wonder; the moving and elegiac *Adagio for*



Strings has been played frequently on solemn occasions. But in recent years, his other works have gained more attention. Avant-garde modernism had no place in his music – his works are often richly melodious, dramatic and emotional. Though successful in his early life, Barber encountered disappointments in his latter years – all will be revealed. On 8 May, we will be looking at the story of Gilbert and Sullivan. With fourteen comic operas in 25 years, theirs was the most enduring collaboration between a writer and composer – but their professional relationship was fraught with squabbles, jealousy and thwarted ambitions. The story of their roller-coaster careers will, of course, be illustrated with excerpts from their operas.

Film Review Club



We have finished our series of three films directed by Mel Brooks and starring Gene Wilder. Ruth Levere, who organises these afternoons, says ‘I think it would be fair to say that all three films, *Young Frankenstein*, *The Producers* and *Blazing Saddles* met with a mixed reception with some members really enjoying them while others found them distinctly unfunny. They all provoked a good deal of discussion about being at least in part in bad taste and containing language and ideas that are not acceptable in films today. The **17 April** film is very different. We will be watching ***Amadeus*** (1984) based on the stage play by Peter Shaffer. It describes a rivalry between two 18th century composers, Mozart and Antonio Salieri and has a wonderful Mozart score. The running time is 161 minutes so be prepared for an enjoyable afternoon. Following *Amadeus*, we will have a season of Woody Allen films including *Annie Hall*, *Love and Death* and *Midnight in Paris*.’ All film shows are on the third Thursday afternoon of the

month at 1.30pm and include refreshments followed by a discussion.

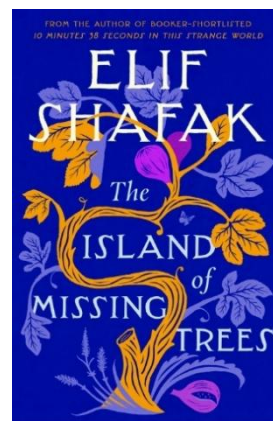
Rummikub & Scrabble and BRIDGE

The Rummikub and Scrabble Group sessions now include those from the BEGINNERS' Bridge class who want to put into practice, in a relaxed manner, what has been demonstrated in the teaching sessions. Please bring playing cards! Bridge mentors welcome. Our sessions start at 10am, in the bar lounge, on the first Tuesday and third Wednesday of each month. Any no-longer-needed sets of Rummikub and/or Scrabble and/or Playing cards would be a welcome addition to our meagre collection. Forthcoming dates are Tuesday 1 April, Wednesday 16 April, Tuesday 6 May and Wednesday 21 May.



Book Club

We met on 27 February and had a most enjoyable afternoon discussing the merits of Sarah Winman's 4 books. Most of us agreed, with some dissension, that her work is interesting and worth reading. We identified some common themes such as people (without the ties of blood) forming family units, men nurturing children and love in all its positive and sometime negative variations. Her last book, *Still Life*, received a very positive response from everyone who read it. We are meeting again on Thursday **24 April** at 2pm and our chosen author is **Elif Shafak**. The Financial Times described Shafak as "Turkey's leading female novelist". To date she has published over 20 books which have been translated into 57 languages. The group chooses an author rather than a specific book for our considerations. You are very welcome to join us – just let Zsuzsanna Messing know.



Cookery



The group numbers 13 but, as Viv can only accommodate ten, we sometimes have to operate a rota to make sure everyone gets at least one session a month. As not everyone can make every session, it usually works out well. We meet at 10.30am on the 2nd and 4th Thursday of the month and after tea/coffee and the reading of the recipes, a two-course lunch is cooked which we later share. In February the theme was "It's OK to cheat!" using ready-made ingredients like precooked rice and ready rolled pastry. In March we cooked recipes suitable for Easter/ Spring including turkey, salmon and chocolate. In April we will be using "Pork" as our main ingredient and making cakes which will include fruits. One with apples and the other with new seasonal rhubarb.

Magic of Musicals

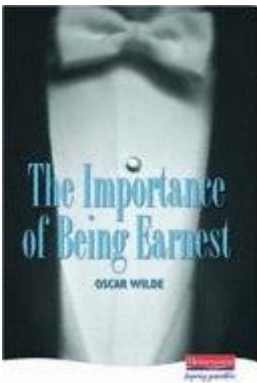
Mike Morrow's popular 'Musical Mornings' take place on the first and third Thursdays of each month, starting at 10am from September to April. The last two sessions for now are on 3 and 17 April and we recommence in September. The main imperatives are both to entertain and present details of current and past musical theatre productions and films.



Sessions use a variety of shows and films that come from the 20th and 21st centuries and may include popular songs. Sometimes we delve into earlier times from where theatre originates and when musicals were known as operas! Mike welcomes suggestions for excerpts for future sessions that you would like to see, so do let him have your requests.

Play Reading

As we are now a very large group, we now read the same play in two parallel sessions on Monday afternoons at 1.30pm, with members having to choose their week in advance, not just turning up on the day without notice! In February we read Alan Ayckbourn's *Confusions*, consisting of a series of five interconnected one-act plays loosely linked by characters or locations, but more subtly through the underlying themes of obsession, isolation and human desire for companionship. In March we read *The Wipers Times* by Ian Hislop and Nick Newman based on the true wartime story. Both these plays were entertaining and enjoyable.



Our next play is going to be (a re-reading of) Oscar Wilde's *The Importance of Being Ernest*, which needs no explanation . Due to public

and private holidays, we only have one week available in April and one in May so half the group will come on 28 April and the other half on 19 May.

What are your Memories?



At our March meeting we discussed newspapers, magazines and comics we have enjoyed over the years. At our next meeting, on Wednesday 9 April at 10am in the bar lounge we'll be discussing **life experiences and outcomes**. Then on 14 May will be sharing our memories of **our grandparents**. New and occasional members are very welcome to come along and have fun sharing their memories with each other.

Watercolour Art



In recent weeks everyone has been getting on with whatever they have wanted to paint, which makes for a varied display. At the end of March, Mireille Altman - an accomplished artist - kindly helped us to improve our skills by demonstrating how to paint a portrait. New members are very welcome, so do come along and give it a try. You only need a box of watercolours, paper and a pencil. Our next sessions are on Tuesday 8 and 22 April then 13 May at 2pm in the bright Bar Lounge.

Family History

The Family History group members continue to thrive in their research of their long dead ancestors on our Friday afternoons. One member found the names of her great grandparents via the 1891 Census that lived in Whitechapel and worked as tailors. Old medical terms are quite interesting like Ecthyma which means 'an eruption of pimples'. Another term is Mope which means 'To be in low spirits but generally means sulking or depressed'. But Mope-Eyed means 'Short sighted or blind in one eye' If you wish to join the group, **please speak with Sylvia first.**



Current Affairs Discussion



We meet at 10am every Monday, except public holidays, for nearly two hours of lively discussions and a chat over half-time refreshments. If you are looking to share your knowledge and opinions on current national and global news stories, or even just listen to what others have to say, do come and be part of our thriving group. If you would like to take the chair and manage a session, so you get to

choose what is covered and how, Howard Goldstein – who oversees the group – would be delighted to add you to the schedule.

German Conversation

At our March meeting we all spoke about 'an incident'. Valerie told us how the present of a meal at the Shard was delayed by 4 years because of the Covid Lockdown. June described her visit to a wool mill on the Isle of Mull. Marion told us about her group visit to Soho at the Chinese New Year. Verena told of finding a mouse in the sink when she arrived back from holiday. Sara reported of her visit at the dentist for a crown fitting. Sabine told us a story of the time when her son was barely a year and a panicked neighbour saw him hanging out of the window, held in position only by his trouser strap. Our next meeting is at 2pm on Friday 11 April at Sara's, who serves a delightful tea. Our aim is simply to encourage conversation, increase confidence and have fun while we pick up new words.

Third Age Trust National News & Events

As a member of Kenton u3a you are automatically a member of the national body, the Third Age Trust, which includes receiving the *u3a matters* magazine. You can access a wide range of free web talks, workshops, and online events through your membership. Most sessions are led by fellow members, sharing their expertise, with additional talks from notable speakers and organizations. Here are just some examples: 2pm on 4 April **A Sustainable Wardrobe**; 10am on 10 April **A Glimpse at the Pre-**

Raphaelites; 15 April at 2pm **Using the Web to Learn Something New.** For a full list or for more information go [here](#).

London Region of u3as'

Look out for information and updates on talks, study days, workshops, concerts and other events taking place in the London area on the London Region of u3as' website [here](#). They are offering a programme of walks and gallery visits through May, June and July. Please click [here](#) for all the information about what's happening and how to book (though note that the launch of the May walks and talks is changed to 6 not 8 April). Also see the [events page](#) of the London Region website.

The London region often get requests for u3a members to support research projects. They maintain a listing of these on their Learning Webpage (at the bottom). The current ones they have been approached about can be viewed here: [Research Listing](#)

Riviera Travel

Do bear in mind that if you book a holiday directly with Riviera Travel and nominate Kenton & District u3a, they will donate commission to us on your return, benefiting all our members. You will need to tell the person booking your travel that you would like them to do this at the time of booking. The donation can apply to the total basic cost of a group booking, if the person making the booking is a u3a member. When you return from your holiday, just confirm the following details to our Treasurer, Anita Maund: your booking reference; your date of travel; the cost of your holiday. Anita will claim the commission on our behalf.



Join the Brent Conservation Volunteers



The Conservation Volunteers have now been in Brent for 6 months. They have carried out some vital marshland restoration works on the Brent Reservoir, planted new fruit trees in Chalkhill Orchard and planted bulbs in Brent River Park. They are starting to turn the abandoned wooded area on top of the One Tree Hill Park into a woodland trail and are restoring ponds. However, they still need volunteers and wonder if ku3a members might be interested. Anyone tempted who is free on Tuesday, Wednesday or Thursday 10-3, please email the senior project officer hattie.jones@tcv.org.uk.

You don't need any prior experience and everything will be provided. (This is obviously an activity independent of ku3a)