



Handbook 2024-2025

This version of the Handbook is placed on the website of Knole u3a for the use of members as well as those wishing to join. It contains names and generic email addresses of committee members, group contacts and other volunteers. In downloading or consulting the information, members agree to treat the data as confidential. This booklet was prepared in September 2024. Updates to the group information and details of new groups will be published in future Newsletters and on the Knole u3a website

www.knoleu3a.org.uk

University of the Third Age
Registered Charity 1166210

The Principles of the u3a Movement

The u3a movement is non-religious and non-political and has three main principles:

The Third Age Principle

- Membership of a u3a is open to all in their third age, which is defined not by a particular age but by a period of life in which full time employment has ceased.
- Members promote the values of lifelong learning and the positive attributes of belonging to a u3a.
- Members should do all they can to ensure that people wanting to join a u3a can do so.

The Self-help Learning Principle

- Members form interest groups covering as wide a range of topics as they desire; by the members, for the members.
- No qualifications are sought or offered. Learning is for its own sake, with enjoyment being the prime motive, not qualifications or awards.
- There is no distinction between the learners and the teachers; they are all u3a members.

The Mutual Aid Principle

- Each u3a is a mutual aid organisation, operationally independent but a member of The Third Age Trust, which requires adherence to the guiding principles of the u3a movement.
- No payments are made to members for services rendered to any u3a
- Each u3a is self-funded with membership subscriptions and costs kept as low as possible.
- Outside financial assistance should only be sought if it does not imperil the integrity of the u3a movement.

Learn, Laugh, Live and have fun!

Knole U3A

Knole u3a is an educational charity that promotes life-long learning for the benefit of those no longer in full-time employment. Knole is the newer of two u3a's in Sevenoaks and works closely with Sevenoaks and other u3a's nearby to share groups and events.

Knole u3a is an independent charitable organisation with its own constitution and committee of Trustees. Every member of a u3a agrees to uphold the aims and principles of The Third Age Trust. The annual fee is £16. Our preferred method of payment is direct through Beacon [there is a link on our website] or BACS, we do also accept cheques. Membership forms can be downloaded from our website. If you pay tax you can gift-aid your payment.

After Joining, new members will be invited by the **Membership Secretary** to attend a new members meeting. At this meeting they will be briefed on the opportunities to actively participate in Knole, which groups they would like to join and whether they have any accessibility issues they might wish to highlight.

Debbie Magness
chairman@knoleu3a.org.uk

Website: www.knoleu3a.org.uk

The Third Age Trust

Knole u3a is affiliated to The Third Age Trust through its National Office, and pays a membership subscription for each of its members. Benefits of membership are:-

- 5 copies a year of **u3a Matters** the trusts own magazine.
- Third Party Liability insurance
- access to Direct Learning courses (online)
- Summer Schools, Seminars, Conferences, etc, all organised by The Third Age Trust's National Office

The Third Age Trust
156 Blackfriars Road, London
SE1 8EN
0208 466 6139
www.u3a.org.uk
Iain Cassidy [Chief Executive]
Allan Walmsley [Chairman]

Honorary President

Magda Sweetland

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Knole Teams**Science**

Howard Dilley [Chairman]

Brenda Mullinger

Peter Dixon Alan Joynes

Stewart Armstrong

Richard Clout [Treasurer]

Groups Team

Debbie Magness (A-F)

Rosemary Oldman (G-La)

Marian O'Boyle (Lo-Mn)

Bryan Rawlins (Mo-Si)

Jill Jones (Sk-Z)

Social Events

Wendy Willsher Janet Willcox

Joy Oliver Marion Green

Norma Gilbert

Sally Richardson

Meet and Greet

Gill Stubbs Carole Swann

Anne Green

Newsletter

Linda Dare

newsletter@knoleu3a.org.uk

Monthly Meetings 2024/25

Monthly meetings are held at the Bat & Ball Community Centre, Crampton's Road, Sevenoaks TN14 5DN on the **4th Monday of the month between 2.00 and 4.00pm**. It is an opportunity to hear interesting speakers and enjoy socialising afterwards with tea/coffee and homemade cake.

Programmes for 2024 - 2025

2024

- 28 Oct **Misako Kasahra** [Head Gardener at Riverhill]
A Gardener in the Himalayas
- 25 Nov Alan Heyes – The Kent Swing Riots

2025

- 27 Jan **Rod Shelton**
Well I Never Knew That.
The Darent Valley from Westerham to London
- 24 Feb **Arran Ostridge**
Kent Police Cyber Prevent & Protect Officer.
Cybercrime and Fraud
- 24 Mar **John Field** – Member of the Magic Circle
The Amazing World of Magic
- 28 Apr **Mark Bathurst**
History & Preservation of Paddle Steamer MEDWAY QUEEN.
Medway Queen is one of the small boats which rescued
soldiers during the last war at Dunkirk.
- 19 May **Delia Taylor**
80 Years of Desert Island Discs
- 23 June AGM
- 28 July **Wilf Lower**
TV Golden Years

Science for All Programme for 2024-25

The meetings of the Science Group take place from October and run through until May the following year (the First Thursday of the month (except. May). All meetings are held at Sevenoaks Weald Village Memorial Hall and start at 2.30pm. They finish around 4.30pm. Talks last around an hour followed by tea and biscuits. Entry £2

Oct 3rd	Roger Molyneux	The build of Almara An architect's guide to what to look for
Nov 7th	Russell Whitworth	A I for Everyone
Dec 5th	Dr Michael Flynn	Treatments for Cancer
January to May		TBC

Please check the website and newsletter for details. Those who signed up for email updates about meetings will receive information in advance as usual.

Please read this before you join a study group

A u3a study group is normally a collection of between 5 and 20 people who share a special interest and pool their resources and experience, in order to delve into that subject more deeply or to pursue a creative or sporting activity. Some of the groups are purely social. The objective of each group varies with the topic.

The Group Contact keeps a record of dates, times, venues and circulates a copy to everyone in the group, much as a secretary would.

Detailed guidance on establishing and running a group is provided in the Group Contact Handbook.

Some basics:

- please make sure you can attend most group meetings.
- if you cannot attend, please let the Contact or the host know.
- you may be asked to take your turn with preparing material, give a talk or lead a meeting.
- Everyone donates a small fee for coffee/tea or members take turns to host a meeting and provide refreshments.

- You share other costs such as photocopying, guest speakers, guides or hiring a hall.

if you decide to leave the group, please tell the Group Contact so that someone else can take up your place.

Communications

We run a comprehensive website and publish 6 Newsletters a year to keep members up to date with developments and new groups.

Monthly Coffee Mornings (Second Thursday of Month)

Our Coffee Mornings, held in The Miller and Carter, Riverhead have been popular since we started them in 2009. They have offered a place to meet old friends, introduce new ones, and hear the latest Knole news. This is a good opportunity to find out about groups that may be of interest or that you didn't realise are available, over a cup of coffee (or tea!). It is also a good opportunity to suggest and discuss new group ideas and find out how to go about setting up a new group and the support available. Some members of the Committee are always there to answer your questions.

Knole U3A Study Groups 2024-25

Our current groups are listed in alphabetical order on the following pages. The main opportunity for joining a group is at the Open Afternoon in September. All paid-up members are invited and newcomers may also apply to join the Knole u3a then.

Some Knole groups are shared with Sevenoaks u3a. Some Sevenoaks groups are open to Knole members. These shared groups are listed in this Handbook.

The number of places within any group depends on the nature of the activity and whether the group meets in members' homes or in hired venues. Vacancies within a group may arise at any time over the year, and these vacancies will be advertised in the Newsletters. Where groups remain full over a significant period, and there is sufficient demand and interest in the subject area or activity, another group will be formed. Again new groups will be advertised in the Newsletter and on the website.

If you are interested in joining a group the first step is to find out from the Group Contact whether there is a place available. Please also advise the relevant Groups Team if you would like to join others in starting a new group to run alongside the existing group(s), or have a new subject area or activity to propose.

Please note that meetings are held in members' houses unless otherwise indicated in this Handbook.

Study Group Details

Bird Watching

We have visited a number of different places this year, very often with a guide, and benefited from some really interesting, informative and enjoyable outings. Most of these outings are half-day, sometimes with a packed lunch if we are going further afield. Our visits are organised by different members in turn each month and enjoyed by all.

Ann Windiate birdwatching@knoleu3a.org.uk

Meetings: Usually 2nd Friday, starting at 10.00 am

BOOK GROUPS

The book groups consist of a small number of members who choose from a variety of genres to read and discuss.

Book Group 1

We take turns to choose a book leading to a good variety of reading, some challenging, some popular fiction and some non-fiction. The person choosing introduces the book and gives us some background information about the author prior to discussion.

Christine Cowland book1@knoleu3a.org.uk

Meetings: 3rd Monday, 3.00 - 4.30 pm

Book Group 2

We are an informal group whose members take it in turns to host a meeting and to choose a book. This results in a wide range of books and some lively discussions with the added bonus of introducing us to other people's choice of authors and books which we might never have found for ourselves.

Alison Marshall book2@knoleu3a.org.uk

Meetings: 2nd Wednesday, 2.00 – 4.00 pm

Book Group 3

We are a friendly group who usually choose our books for the following 4-6 months so we know what's coming but we are always flexible! We choose by democratic process of discussions and recommendations and generally this is contemporary fiction. We enjoy lively conversations over tea and meet generally in Godden Green.

Fran Tulett book3@knoleu3a.org.uk

Meetings: 1st Monday, 2.00 – 4.00 pm

Botany Group

Interested in the botanical identification of wild and naturalised plants in Kent? Members will learn how to confidently identify and record plants. This is a very practical group with meetings outside, in small groups, and visiting a range of sites in our area. Advice will be given how to start recording plants using nationally agreed botanical standards. We may also have visits to sites outside Kent to visit nature reserves and other areas of botanical interest.

Alan Heyes botany@knoleu3a.org.uk

Meetings: 4th Friday, 10am

Bridge Year 2

A group set up last year and now in their second year of learning to play Bridge.

Janet Rapicano bridge@knoleu3a.org.uk

Meetings: Every Tuesday 11.00 -1.00 pm

Card and Board Games

We play a variety of games such as cribbage, Mexican train, Rummikub. We enjoy learning new games that members bring along and have recently bought a couple of new games to challenge us. We do not play chess or scrabble as they take too long. We sometimes meet for lunch before we play.

Vanessa Butler cardgames@knoleu3a.org.uk

Meetings: 2nd Tuesday, 2.00 - 4.00 pm at The Bell, Kemsing

Current Affairs

Members may present on a topic of their choice selected in advance or we discuss news items that have caught members' attention.

David Small currentaffairs@knoleu3a.org.uk

Meetings: 1st Monday, 1.30 - 3.30 pm at The Slater Room, Christchurch, Sevenoaks

Cycling - Rusty Riders

For all abilities, particularly for those who have not ridden for a while. Rides of up to 15 miles on cycle paths or quieter country lanes, with the possibility of joining Sevenoaks u3a for longer rides. Refreshments/ lunch is an option at the end of the rides

Barry Vanns cycling@knoleu3a.org.uk

Meetings: 4th Friday, starting at 10.00 or 10.30 am, dependent on location.

Digital Camera

Each year, our topics will vary according to the group's request. Then each member will choose one of the topics and participate by organizing and presenting it.

This is a shared group with members from Kole, Sevenoaks, Westerham and Edenbridge and we meet monthly at Westerham Hall.

Richard Jolly dcamera@knoleu3a.org.uk

Meetings: 2nd Friday, 1000 – 12.30

EVENING DINING GROUPS

Groups meet every month for conversation and discussion on a wide range of topics. We take it in turns to organise and make reservations. Members must advise the organiser whether they are attending or not so that bookings can be confirmed.

Group 1

Marian O'Boyle eveningdining@knoleu3a.org.uk

Meetings: 2nd Saturday, evening

Group 2

Rosemary Oldman eveningdining2@knoleu3a.org.uk

Meetings: 3rd Saturday, evening

Film Group

The film group watches a wide range of films and we have been meeting for several years. We watch ten a year and they are very diverse. It's difficult to say which we prefer and which we dislike because ideas of a 'good film' differ from person to person.

Valerie Parker film@knoleu3a.org.uk

Meetings: 4th Monday, 11.00 - 1.00 pm at Holmesdale Bowls Club, Worships Hill, Riverhead, Sevenoaks TN13 2AS

French for Improvers

Members have a range of abilities in French but meetings are not suitable for complete beginners. We usually have dictation given by a native French speaker and also read/translate material from various sources, including short plays. French conversation is encouraged.

Linda Dare frenchimprovers@knoleu3a.org.uk

Meetings: 1st and 3rd Wednesdays, 2.30 – 4.00 pm

French Conversation

In order to maintain our knowledge of French. We chat (as far as we are able) in French. We also read and translate French magazine articles and occasionally do vocabulary quizzes.

Rosalind Hook french2@knoleu3a.org.uk

Meetings 1st and 3rd Mondays of the month 2.30-4.30pm

GALLERY STUDIES

Gallery Studies 1

We are an enthusiastic group of individuals interested in discovering art through exploring exhibitions together and via group discussions. There is a collectively agreed programme of exhibitions for the year. Each member is asked to host and lead the discussion on a relevant topic.

Brenda Johnson gallery1@knoleu3a.org.uk

Meetings: 2nd Tuesday, 10.30-12.30

Gallery Studies 2

Exhibitions are selected in advance by all and each member takes a painting to research, another will explore the artist's bibliography. This enables the group to have a lively discussion one week, followed by a visit to the exhibition a few weeks later.

Twice monthly meetings between September and April.

Anne Green gallery2@knoleu3a.org.uk

Meetings: Two Mondays a month 1.30 – 3.30

Garden Group

We visit various local gardens including Members own. We discuss plants, groupings, and what to do now in our own gardens. Usually includes lunch!

Julie Stevens garden@knoleu3a.org.uk

Meetings: 3rd Friday

Golf

We hold two monthly meetings. Learners and some older players who only want to play 9 holes meet on the 1st Wednesday of each month, while more experienced and fitter members play 18 holes on the 3rd Wednesday of the month.

Bryan Rawlins golf@knoleu3a.org.uk

Meetings: 1st Wednesday and 3rd Wednesday

Historic Buildings

The group visits 6-8 houses/buildings during the course of the year. We meet two or three times a year to plan future events. Visits are arranged according to when they are open and members are available.

Jacqueline Martin historicbuild@knoleu3a.org.uk

Meetings: visits vary according to when properties are open

Italian Conversation

This is a group whose members enjoy the opportunity to improve their Italian. All have some knowledge of basic Italian grammar and different experience of learning the language. Members are encouraged to participate with discussion, reading and helping each other when we get stuck. It's an informal but supportive group.

Lesley Lee italian@knoleu3a.org.uk

Meetings: 2nd and 4th Thursday, 10.30 - 12.30

Kent History

Our main aim is to study Kent's socio-economic and industrial heritage through field studies, talks and visits to sites across the county. The format of the meetings is that one or two members research the topic and then give a talk to the group. Our technical visits are held in the summer months.

Alan Heyes kenthistory@knoleu3a.org.uk

Meetings: 1st Wednesday, 2.00 – 4.00 pm, at Holmesdale Bowls Club

Knitting and Crafts for Charity

Our members create items for charity using their skills in knitting, crochet, sewing and other crafts. We might get involved in a singular/seasonal project but members are at liberty to support any charity they wish. This is not a teaching/learning new skills group but members are happy to help and share their skills. There is a nominal charge of £1 per person per session to cover the hire of the room.

Maggie Leighton knittingforcharity@knoleu3a.org.uk

Meetings: 2nd and 4th Thursday 2-4pm at The Jubilee Room, The School House, Otford High Street 2-4pm

LONDON STUDIES

These groups offer excellent opportunities to study and visit many of the fascinating buildings and sights of our capital city. Members take turns in organising outings and tours, etc, with many also researching the history of an area and leading a tour themselves. An enjoyable lunch usually follows to relax and discuss the visit.

London Studies 1

Brenda Johnson londonstudies1@knoleu3a.org.uk

Meetings: Last Wednesday of the month

London Studies 2

Lesley Tibbitts londonstudies2@knoleu3a.org.uk

Meetings: 2nd Wednesday

London Studies 3

Val Wilson londonstudies3@knoleu3a.org.uk

Meetings: 3rd Friday

London Studies 4

Jim Gibbons, Pauline Gibbons londonstudies4@knoleu3a.org.uk

Meetings: 4th Thursday

London Studies 7

Margaret Seymour londonstudies7@knoleu3a.org.uk

Meetings: 1st Tuesday

London Studies 8

Sue Holt londonstudies8@knoleu3a.org.uk

Meetings: 1st Thursday

LONDON WALKS

These groups are devoted to discovering London through walking its many different areas. A mixture of guided and self-guided walks which provide insights into people and places that have help shape our fascinating capital city. The London walks are usually half-day morning walks. Optional lunch afterwards.

London Walks 1

Margaret Thorpe londonwalks1@knoleu3a.org.uk

Meetings: 3rd Wednesday

London Walks 2

Linda Dare londonwalks2@knoleu3a.org.uk

Meetings: 3rd Thursday except December
(Planning Meeting 3rd Thursday in January)

London Walks 3

Jennifer Cousins londonwalks3@knoleu3a.org.uk

Meetings: 3rd Friday except December

LUNCH GROUPS

Each member takes a turn in arranging a relaxing meal in an agreed venue and the members must advise the organiser whether they will attend or not so that bookings can be confirmed.

Lunch Group 1

Valerie Parker lunch1@knoleu3a.org.uk

Meetings: last Thursday, 12.30 for 1.00 pm

Lunch Group 2

Marian O'Boyle lunch2@knoleu3a.org.uk

Meetings: 1st Tuesday, 12.00 for 12.30pm

Mah Jong

This group is for anyone wanting to play or learn how to play Mah Jong.

Norma Gilbert mahjong@knoleu3a.org.uk

Meetings: 3rd Thursday, 2.00 – 4.00 pm in the Otford Memorial Hall

Medieval History

Our objective is to explore the people and cultures of the Medieval World. We each take a personality, event or development and give a presentation, followed by a discussion. We have extended our focus to include both the British Isles, and global history. Consequently, we have broadened our period; from 1000 to 1600. We also organise visits; recently to Knole, and next to Charterhouse. New members are welcome.

Pat Lowe medieval@knoleu3a.org.uk

Meetings: 2nd Monday, 2.00 – 4.00 pm at the Otford Methodist Church

Money Matters

We choose subjects of real interest to our members. Past talks Have ranged from Inheritance Tax to Fraud in an Online World. Our format asks one or two members to spend half an hour launching a topic and relying on everyone to join the fray.

Geoffrey Dalton moneymatters@knoleu3a.org.uk

Meetings: 2nd Thursday, 10.00 – 12.00 pm at Wilderness Golf Club

MEMBERS OUT TOGETHER

MOT 1

This group holds a monthly coffee morning to plan outings and activities. We have a varied and interesting programme throughout the year, which includes visits to historic houses, theatres, gardens, lunches, concerts, Lingfield racing, etc. Each outing is organised by one of the members.

Pamela Gilchrist mot1@knoleu3a.org.uk

Meetings: are held the first Thursday in the month, plus outings as decided.

MOT 2

This group arranges visits to theatre, gardens, exhibitions and places of interest. We meet monthly to plan activities, aiming for at least one each month and take it in turn to organise an event, and collecting ticket money where necessary.

Lesley Mitchinson mot2@knoleu3a.org.uk

Meetings: 1st Friday morning to plan monthly activities.

MOT 3

This group arranges visits to a wide range of places and days out from time to time. We take it in turn to organise activities which can include anything which other members of the group would like to do, so the activities are quite varied.

Marian O'Boyle mot3@knoleu3a.org.uk

Meetings: 3rd Friday afternoons, plus outings as decided

PAINTING AND DRAWING

Friendly groups, welcoming members with all levels of ability. Covers a range of techniques and use of different media, led by an experienced tutor. The hire of the hall costs are shared by members. Some summer sessions are held outside, weather permitting.

Painting and Drawing 1.

Peter Smith paintdraw@knoleu3a.org.uk

Meetings: 2nd Thursday, 2.00- 4.00 pm at Holmesdale Bowling Club

Painting and Drawing 2.

Brian Heyburn paintdraw2@knoleu3a.org.uk

Meetings: 1st Wednesday, 9.45 -12.15 at Holmesdale Bowling Club

Play Reading

This is a new group, started in September 2023. We meet monthly in Sevenoaks Library, free of all charges. Our aim is to read and enjoy different dramas, especially comedies, and to have the greatest fun.

Simon Claxton playreading@knoleu3a.org.uk

Meetings: 2nd Monday, 2.30-4.30 Sevenoaks Library

POETRY

The poetry groups explore a wide range of poetry and talk about poets, their context and, of course, the poems themselves! Members take it in turns to contribute and lead discussions and readings.

Poetry 1

We plan our programme each year, September to June. Each member has the joy and responsibility of leading one of the monthly meetings, and every session each member has the opportunity to read and comment on one of the selected poems. This is a satisfactory way of ensuring that everyone has a part to play. Poets and their poetry are a treasure trove which has no

ending. This year our poems are taken from 'A Poet's Guide to Britain' ed. Owen Sheers.

Jean Shepherd poetry1@knoleu3a.org.uk

Meetings: 3rd Tuesday, 2.00 - 4.30 pm

Poetry 3

We are a relaxed and informal group of 9 who enjoy reading and discussing poetry of every persuasion across the ages.

This year we have a monthly theme and each of us will choose a poem from any source to represent the theme. Themes have included Rivers, Promises and Resolutions and Musical Instruments! So very diverse, poets range from Sappho to Philip Larkin or Jackie Kaye.

Fran Tulett poetry3@knoleu3a.org.uk

Meetings: 1st Wednesday 2.00 – 4.00 pm

Sailing

Would you like to learn to sail, or maybe just being involved with sailing appeals to you? Why not join the new U3A Sailability team at Chipstead Lake? A friendly group of mainly seniors meet from April to October and the really keen types also involve themselves with winter maintenance. Men & Women of any or no experience are taught to sail in a fleet of 26 boats varying from 10ft One person craft to the 24ft Longboat which carries up to 8 people. Some members enjoy shore-based activities or are part of the safety boat team. Those who are keen to do so, having mastered the basic skills and feel confident, take out disabled and/or disadvantaged children and adults so they too can enjoy the delight of sailing. Why not come along for a taster day or half day.

John Douglas sailing@knoleu3a.org.uk

Meeting: Tuesdays and Thursdays (April-October) + Winter maintenance

Singing for Pleasure

This a happy group of all singing abilities that enjoy singing together a wide variety of songs i.e. folk, blues, jazz, country, popular, etc.

Janet Austin singing@knoleu3a.org.uk

Meetings: 4th Friday, 2.00 – 4.00 pm, at Otford Methodist Church

Smart Phones and Tablets

This is a newly established group and we would welcome anyone who would like to learn more about how to use their smart phone or tablet.

Bryan Rawlins smartphones@knoleu3a.org.uk

Meetings: 3rd Monday 2pm at The Bell Kemsing

Spanish for Beginners:

This group started in 2024. It is led by a member with more experience of the language. We study all aspects of the language with as much verbal practice as possible.

Marion Hollands: spanishbeginners@knoleu3a.org.uk.

Meetings: First three Friday mornings of the month. 10.00 a.m -12.00 at Speedgate Farm, Fawkham, DA3 8NJ.

Spanish for Improvers

Started in 2015, and led by a member with more experience of the language. We study all aspects of the language as well as conversation. Unfortunately our group is not suitable for beginners.

Marion Hollands spanishimprovers@knoleu3a.org.uk

Meetings: Most Monday mornings, 10.00 -12.00 am at Speedgate Farm, Fawkham DA3 8NJ.

Spanish Intermediate

This group was started when Knole U3A was first set up and has met every week since, with the exception of Christmas and New Year. We have been fortunate to have had a succession of native Spanish speakers as mentors and now have as our mentor a retired teacher of Spanish. In general we start with conversation based around members' news and then move on to reading a recent article and later to reading and translating a Spanish novel. We would welcome anyone with a reasonably fluent knowledge of the language who feels like joining us.

John Stambollouian: spanishintermediate@knoleu3a.org.uk

Meetings: Friday mornings 10-12noon, currently on Skype but anticipating a return to in person meetings.

Table Tennis

Table tennis is fun, helps you keep fit and keeps your brain active! The Knole u3a table tennis group welcomes players from other local u3a's. If you are interested in joining us, we are happy to welcome you whether your skills are current, rusty or non-existent. We are a mixed ability group and have a lot of fun! Meetings take place at Otford Memorial Hall

Table Tennis 1

Margaret Thorpe tabletennis@knoleu3a.org.uk

Meetings: 2nd and 4th Wednesdays, 10.00am – 12.00pm,

Table Tennis 2

Diana Pearsell

Meetings: 1st and 3rd Wednesdays 10.00am – 12.00pm

Theatre Studies

Meetings alternate between theatre visits and discussions.

Rosemary Oldman theatre@knoleu3a.org.uk

Meetings: 1st Tuesday, alternate months, 2.30 at The Bell, Kemsing

Understanding Human Emotions

Understanding human emotions consists of a course of 24 lectures with accompanying notes by Professor Mark Leary (a Professor of Psychology and Neuroscience). Also, Understanding Human Emotions, which consists of 12 lectures by Lawrence Reed, [a Professor of Psychology]. The aim is to listen to the lectures on CDs and then discuss the content.

Jenny Burton humanbehaviour@knoleu3a.org.uk

Meetings: 4th Monday, 10.00 – 12.00am

WALKING GROUPS

Strollers

A gentle flat walk of approximately 2-3 miles with the option of pub lunch or coffee stop to follow.

Lesley Mitchinson strollers@knoleu3a.org.uk

Meetings: 1st Monday, starting at 11.00 am

Walking : Amblers 1

A morning walk of 3-4 miles with a few stiles and gentle ascents, walking at a moderate pace and ending with optional lunch/ coffee.

Lesley Allum-Jolly amblers1@knoleu3a.org.uk

Meetings: 2nd Monday, starting 10.00/10.30 depending on location

Walking : Amblers 2

A morning walk of 3-4 miles with a few stiles and gentle ascents at a moderate pace. Optional lunch or coffee.

Sandy Hull amblers2@knoleu3a.org.uk

Meetings: 4th Thursday, meeting at 9.45 for a 10.00am start

Walking with dogs

This is a half-day walk of 3 to 4 miles, maybe some dog friendly stiles, with possibility of a stop for coffee or lunch.

Margaret Weaver walkwdogs@knoleu3a.org.uk

Meetings: 2nd Friday

Half Day Walking Group 1

This is a half day walk of 5 to 6 miles which involves some stiles and gentle ascents, walking at a reasonable pace, with the option of a pub lunch at the end.

Janet Willcox halfwalk1@knoleu3a.org.uk

Meetings: 1st Thursday

Half Day Walking Group 2

This is a morning group walking about 5 miles which may involve some stiles and gentle or short ascents.

Richard Clout halfwalk2@knoleu3a.org.uk

Meetings: 2nd Monday

Half Day Walking Group 3

This is a morning walk of about 5 miles, usually with a pub lunch to follow.

Mike Willsher halfwalk3@knoleu3a.org.uk

Meetings: 3rd Thursday

Half Day Walking Group 4

Up to 5 miles possibly stiles and some gentle ascents. Option of a cup of coffee or a pub lunch.

Jane Maxwell halfwalk4@knoleu3a.org.uk

Meetings: 2nd Thursday

Day Walking 1

We are a small group of walkers and have enjoyed some variable and enjoyable walks of approx. 8-1/2 miles. Most walks will include a pub lunch (we do our best).

Janet Willcox daywalking@knoleu3a.org.uk

Meetings: 3rd Monday

Day Walking 2

We are a group looking to do longer walks of 10+ miles over a variety of terrains keeping a reasonable pace, with either a picnic or pub lunch and possibly a coffee break!

Denis Delaroute daywalking2@knoleu3a.org.uk

Meetings: 2nd Monday

Insurance

Insurance cover is provided by The Third Age Trust against various risks associated with being either a member of, or a group leader in, a local U3A. The principal risks being covered in this way are:

Public and Products Liability - This is intended to provide an indemnity against compensation which may become legally liable to be paid, following injury or property damage sustained by a third party, as a result of an activity. The most common example where such a claim could arise would be due to negligence. The policy does not cover pure accidents where no legal liability has been established, and members need to be aware of this.

Money Cover - This policy covers u3a cash held in members' homes, hired premises and in transit up to a limit of £1,000.

All Risks Equipment Insurance - This cover is for equipment owned by the u3a itself.

Home Contents Cover - This covers damage to the property of any u3a member whilst their home is being used to host a u3a interest group/meeting.

Tour Operators' Liability - To cover a group leader/co-ordinator who wants to arrange a short study trip involving overnight accommodation. However, all u3a holidays must be arranged through a bonded travel agent or tour operator.

Insurance is a complex area, and if any member or group leader wants more information about a particular situation, then contact should be made initially with the Treasurer.