

RICHMOND-upon-THAMES



University of the Third Age

www.u3asites.org.uk/richmond-on-thames



Newsletter November 2022, Volume 65

Contents

Topic	Page
COMMITTEE & OFFICERS	3
CHAIRMAN'S LETTER	4
NEWS FROM THE COMMITTEE	5
EDITOR'S NOTES	6
GROUPS A–Z: FRENCH ADVANCED GROUP	8
GROUPS A–Z: MAHJONG	8
GROUPS A–Z: T is for TRAVEL	9
PICKLEBALL	10
COMPUTING HELP	13
ON BECOMING A CITIZEN SCIENTIST!	14
BUNGALOW LAND 2	17
I CAN'T WAIT TO SHARE THIS (ICWTST)	19
MESSAGE FROM THE AMBULANCE SERVICE	20
A COMPLIMENTARY TREAT.....	21
SAVE THE DAY SAVE THE DATE	23
RICHMOND U3A SPEAKERS NOV22 – FEB23	24

Front cover – We are grateful to Diana Loch who took the picture on the cover and please see the Editor's Notes on Page 6.

RICHMOND UPON THAMES U3A COMMITTEE & OFFICERS

OFFICERS:

President: Stephen Jakobi

Chairman: Chris Barclay – crbarclay@hotmail.co.uk

Vice Chair: Libby Barton

Secretary / Editor: Sue Wood – susan.orleans@tiscali.co.uk

Treasurer: Carole Fletcher

MEMBERS OF EXECUTIVE:

Membership Secretary: David Wood – davidewood80@gmail.com

Groups' Co-ordinator: Chris Barclay – crbarclay@hotmail.co.uk

Committee members:

John Cardwell – Speakers

Peggy Roe

Bob Litherland

SECTION LEADERS:

Art, Science & Music: Graham Shortell

Languages: Norma Cook

Literature, Drama, Philosophy & History: TBC

Recreation: Tricia Abrahamsen

CHAIRMAN'S LETTER

Incorporating Group News

This is the time of year when we always feel a little apprehensive. We hope to attract new members and to satisfy existing ones. If that happens, we hope that there will be enough for everybody to do. We rely upon word of mouth for new members. We have consciously avoided recruiting proactively, although we know that many other u3as do so.

We are happy to tell people about what we do and we believe that u3a membership offers very good value. However, it will not suit everybody and we feel that there is not much point in persuading reluctant people to join. We want our members to be interested in u3a as a co-operative where we provide services for each other.

We are a large u3a with well over a thousand members, and we need a balance between members and subject groups. If there are too many members and not enough groups, new members will not find vacancies and will be dissatisfied. If there are too few members, some of the groups will not be viable.

It is not always clear whether we have got the correct balance. We try to record which groups have vacancies but even group leaders are not always sure whether existing members will stop coming to a group or whether they will run out of ideas for their own groups. Also, in some cases groups that have been suggested do not actually start to operate.

At the moment we have several new groups and quite a few new members have joined, so we hope we have the balance about right. Of course, some members do not renew and we only discover that in the autumn. There are many different reasons, including ill health and moving out of the area. We hope people can find

vacancies in groups that interest them. If new members cannot find vacancies, please let me know. It helps us to have a feel for where there is unmet demand and even, perhaps, where there might be scope for the formation of new groups.

Chris Barclay, crbarclay@hotmail.co.uk, Chairman.

NEWS FROM THE COMMITTEE

A while back the Committee received notice of the motions the Third Age Trust (TAT) wanted to put to the AGM. These contained various ideas about increasing the annual sum of £3.50 per member we currently pay to them by an amount equal to the rate of inflation this year and every year thereafter. An additional £4 per member is paid to TAT for Third Age Matters.

We investigated and debated this suggestion with growing concern that eventually it would commit each and every U3A, whether a flourishing one such as ours or a smaller financially struggling one, to put up their membership fees.

We did not see the reasons behind this increase as specified by the TAT as sufficiently convincing to warrant such a suggestion. They seemed determined to grow their staffing levels and to take over areas currently and, we would suggest, ideally suited to the individual U3As, and to turn the U3A into something more marketable and homogenised.

The Committee believe that U3A should stay true to its original ideals of being homegrown and that every member is a volunteer who works towards the success of their own U3A. We believe that the success of U3A depends on each one providing what their membership needs and is able to offer. It therefore varies according

to its membership and its neighbourhood. Any attempt to homogenise them would seem ridiculous.

For these reasons alone we decided to vote against these motions and the Committee are pleased to say that they were not alone and these motions were all rejected.

Please get in touch if you would like to hear more about the work that TAT do on our behalf and we will expand on this in a future newsletter.

Sue Wood, susan.orleans@tiscali.co.uk

EDITOR'S NOTES

I hope you like it as much as I do. I chose the picture for the cover because it makes me feel calm, peaceful, and even serene, which I need in this turbulent world we seem to inhabit. I want to hear the daily news but it is often so depressing and dispiriting. This photograph takes me to a place where I can almost hear the birdsong and the whispering water. It provides a reassurance that, although the water flows and disappears, new water takes its place, so change happens but things can still stay the same. Fallen leaves are caught in the flow but will soon wash away when the winter rains come. Let's hope the current problems will dissolve as easily.

And yes, the antics of my birds do still provide me with laughter as they live out their little feuds and fancies outside my windows, illustrating their very definite pecking order, and woe betide anyone who tries to challenge it. Although sometimes their efforts to do so can be quite amusing too. Sometimes I hear Martin's comment, "Just look at you. What have you been up to?" and look out to see a poor scruffy looking blue tit arriving to enjoy some food. But perhaps he has just had a bath and is only half dry. Or I'll hear,

“Wow, just look at this one,” and I hurry to see a great tit looking as though he has just been newly painted and he knows it.

This year we have lost our precious Queen and gained a new King and Queen Consort. Another change which proves that life continues unchanged in many ways. My family continues to grow with a fourth great grandchild due in December. And, of course, I find myself remembering when my fourth child was born a week before Christmas and what a wonderful delight it was to have a young baby in my arms at that time.

The year is gradually working towards its sparkling climax full of red ribboned parcels, glitter, mincepies and holly. Meanwhile we have sunny autumn days to enjoy with the pleasure of seeing little children’s delight when they find shining new conkers among the drifts of rustling leaves. Treasures indeed.

I’m still hoping someone will take up the challenge of organising an annual Jim Davidson competition. I’m sure you won’t have to do it all on your own. There will be plenty of help.

I’m currently beginning to think about our annual RUMs lunch which will take place in early November. And, of course, there is mincemeat and Christmas pudding and cake to make. And, I mustn’t forget, a January newsletter to think about.

Sue Wood, susan.orleans@tiscali.co.uk

[Thank you to Diana Loch for the photo of the waterfall in Bushy Park which we have used on the cover.](#)

GROUPS A–Z: FRENCH ADVANCED GROUP

This total French immersion course has been taking place for many years and members are now quite confident and fluent.

The emphasis is on oral communication with a certain amount of translation about relevant topics (actual or not) cultural, societal or historical. The discussions are based on articles chosen from French newspapers or magazines, books, stories from the internet. Grammar is not systematically taught (no dictation or exercises for example) but grammatical points are discussed and explained as the need arises.

We debate in a friendly and relaxed manner mindful of each other's linguistic ability and personal opinions.

These classes are challenging but they are also fun as learning a language must be a source of pleasure!

Muriel Watkins

GROUPS A–Z: MAHJONG

Mahjong is a fascinating game which originates from China. The game is played using colourful tiles, involves strategy, luck, and much more. In the last century many countries have adopted Mahjong and created their own versions of the game.

Mahjong is a 4-player game where each player aims to build a valid pattern and win the game by being the first to declare a winning hand.

We meet fortnightly on Fridays from 2-4pm at the ETNA Centre in Twickenham. The first ten minutes will include game strategy session followed by playing the game.

It costs £3.00 per person which goes towards room hire. If interested, please contact me via email or by text on mobile.

Devina Steck, devina1675@yahoo.co.uk

GROUPS A–Z: T is for TRAVEL

I run two groups based on travel. **Wanderlust & Wisdom** is a round-table discussion group where we share travel and living abroad experiences, as well as the best of travel writing. Walking, wandering, wondering have all been linked to contemplation and creative forms of wisdom for making the most of our lives. Journeys are metaphors for life. The brain/mind uses the same systems for both life memory (reminiscence) as for future fantasies and plans (known as preminiscence). Travel links these two and prompts the brain into life as it is forced to navigate between being lost and finding oneself.

This group is technically full, but we welcome guest visitors who might join in the future.

Fellow Travellers... is relatively new and is essentially a travel club for members who wish to travel or take short trips, and sometimes find they do not have a suitable travel companion, or as Americans say, “travel buddy”. As we get older, we discover that finding someone congenial who has the same or similar interests as ourselves, and similar budget, can be difficult.

Fellow Travellers... provides an opportunity to:

- Meet members interested in the same sort of trips as we are.
- Get to know those members before travelling.
- Obtain up to date and relevant travel information from a professional travel agent without fee or obligation.

Some people prefer to travel in a small group. We are currently rescheduling a bespoke trip to the **Arctic University** and the **Sami/Laplander** festival (week around Feb 6th) next year.

We are open to new members.

Bryan Tully, bryan.tully@btinternet.com

PICKLEBALL

The Fastest Growing sport in the US

It's been grabbing headlines in the UK national press recently, but before that few on this side of the Atlantic had heard of pickleball. Now the fastest growing sport in the United States, it has made it over the pond and is growing in popularity in the UK too. It is a sport suitable for older people and now quite a few U3As have started to offer pickleball as one of their activities. Here in Richmond upon Thames U3A we plan to do the same.

What is Pickleball?

Pickleball is a racket sport that combines elements of badminton, tennis, and table tennis. It can be played both indoors or outdoors on a badminton-sized court but with a much lower net – 3 feet high similar to a tennis net. Its appeal is that it is very easy to learn,

requires only average fitness levels and can be played by people of all ages.

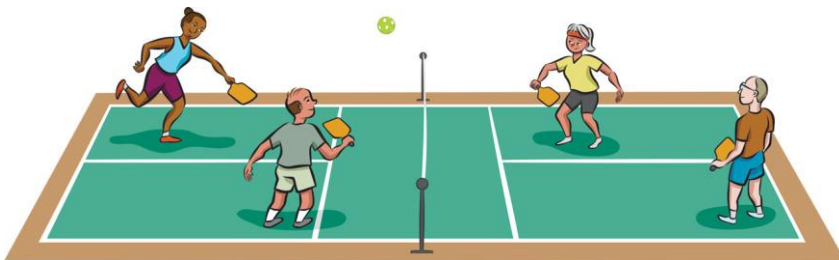


Pickleball originated in the US way back in 1965. Three men with nothing much to do one sunny afternoon and some bored children on their hands concocted a game involving a ball, a net and some rudimentary bats or paddles. Since then, the rules and equipment have evolved so that now the player uses a solid rectangular “paddle” made of a composite material to hit a plastic ball with holes in it over a 36in high net. A pickleball court looks a bit like a tennis court, but is about a third of the size, and the sports share some other rules – a point starts when a player serves from the baseline, and the ball can only bounce once.

Because the ball – known as a wiffle ball – has holes in it, it can only travel so fast. And because you’re playing with a solid paddle rather than a racket, you can only hit the ball so hard. There’s also not too much running, because the court is quite small.

All this means that pickleball is booming among the older generation (in the US), with retirement communities, local parks

departments and cruise ships increasingly offering pickleball access – often creating the space by getting rid of tennis courts.



For more information about how the game is played use the link below.

<https://www.playpickleball.com/how-to-play>

The Benefits of Pickleball for Seniors

Pickleball involves light, aerobic exercise without much risk of injury. It gives you a good aerobic workout without much stress and strain on joints and muscles. Research has shown that seniors who play pickleball three times a week for an hour each time saw improved blood pressure and cardio-respiratory fitness. Injuries are rare and generally only occur with the more intense player, but a certain degree of fitness is required if minor injuries such as strained muscles are to be avoided. It should appeal to anyone who has previously played a racket game such as tennis or squash, and also table tennis.

How we plan to start the group

At the moment I am trying to find a suitable venue within the borough, that we can hire during the day for a reasonable charge, and which we can use on a regular basis to run a pickleball club.

I will then organise some 'taster' sessions so that people can come along to see how the sport is played and try it out for themselves. Once I have organised this, I will publicise the sessions and invite people to sign-up.

At this stage I would appreciate hearing from anyone who already has experience of playing the game and who would be willing to attend the sessions to advise and teach beginners.

John Cardwell, john.cardwell51@yahoo.com

COMPUTING HELP

I read with interest the letter in the August newsletter by Andrew Holt in which he wrote about computing help. He wrote "Richmond U3A used to have a person who offered to help individuals on this". I was that person and I remember visiting Andrew.

My first role with Richmond u3a was offering help with computer problems. I described myself at the time as a confident user but had no idea what a gargantuan task I was undertaking. I visited many members, sometimes only once, sometimes on many occasions as the situation required. I made new friends, some of whom I still meet socially. There were a number of successes, most notably when I managed to make someone's printer work over the phone (I suggested that she switch it on; shortly afterwards, I heard the machine working. A friend happened to be with me on that occasion and still marvels at my skill!)

I eventually realised that my confidence was misplaced as there were so many different types of computers and so many different types of problems. Some members required a couple of sessions to gain confidence, others were starting from scratch and needed much more help. I have never used an Apple computer and so was

not much use with those and then people began to ask for help with their smartphones. I could have spent every hour of every day travelling round the borough and still not covered every request. In the end, I had to admit defeat and no longer “advertised” in the u3a prospectus.

Yet computers and smart phones are becoming more and more essential in our lives so there is still an enormous need for helpers. I wonder if there couldn’t be a system of “buddies” where a competent user could offer help to a small number of individuals. The task is too great for just one or two members. I am not one of the oldest members of Richmond u3a but many of the new members are a lot younger than I and much more used to the new technology. Let us hope Andrew’s letter and this article prompt someone to action!

Norma Cook, norma.beagle@gmail.com

ON BECOMING A CITIZEN SCIENTIST!

When I retired in 2012 from a career mostly in leadership positions in the voluntary sector, I imagined I would do some local voluntary work and play bridge. Five years later my 90-year-old cousin, Charlotte, was at her wits end. She had persuaded the microbiology department at University College London to investigate our grandfather’s lost treatment for Tuberculosis (TB), but they had stopped responding to her.

She had a very personal reason for believing in the treatment – Tuberculomucin – as she had been cured of TB by using it in 1943 and similarly her mother and an aunt. At that time there was no widely known treatment for this deadly disease which is generally quoted as having killed one in seven people who have ever lived!

Having been a GP during her working life, Charlotte was also very aware that the antibiotics which were introduced in the 1950s to treat Tuberculosis were becoming less effective as the bacteria became resistant.

It is a surprise to most people to learn that Tuberculosis still kills about 1.5 million people a year, infecting 10 million mostly in Africa, Asia and Eastern Europe. To put that in perspective, over the last couple of years Covid has killed about 6.5 million people. Over the last 200 years TB has killed a billion people! That's more than most of the rest of the infectious diseases combined!

So, you might imagine that there would be a high priority in the medical research world to find new treatments for TB. Sadly, it seems that is not the case. The amount of money spent by governments worldwide for research and development in the first 11 months of the Covid-19 pandemic was 162 times the corresponding amount spent on TB in 2020. There is a minimal pipeline of new products coming forward for TB.

Tuberculumucin which was developed by Dr Friedrich Weleminsky, Charlotte's and my grandfather, in Prague in 1912. One hundred years later, in 2012, UCL arranged for a medical historian to research the more than 60 papers that had been published in German reporting positively on Tuberculumucin, and she translated many of these and presented an excellent paper on this 'Forgotten Treatment'.

However, the treatment was no longer available and needed to be recreated by a process that was clearly spelled out but which would involve growing Mycobacteria Tuberculosis for a number of years. Charlotte believed that UCL would embark on doing this. However they decided to take a shortcut which failed to work and stopped their updates on progress.

So, in 2017, when my offer to take over the initiative was accepted with relief by Charlotte, I approached the Clinical Microbiology Centre at UCL to ask why the work on recreating Tuberculomucin had stopped. Money and staff were of course mentioned, so I asked what if I offered to work in the lab on a voluntary basis? Much to my surprise, they agreed!

So, in late 2017, I started on a very part-time basis learning the basics of microbiology lab work. Well, the last time I had done sciences was for my A levels and I had often wondered what use Biology, Chemistry and Maths at A level had been to my subsequent career!

At first, I was, of course, not allowed to work with TB as it is too dangerous and requires the skills and training to work in highly controlled and safety conscious labs, but I was able to learn some basic stuff and to trial how to translate my grandfather's instructions for growing the bacteria into modern methods. For example, it became clear that I would not be allowed to work with swan-necked glass flasks even if such a thing were still available! I managed to find a filter-capped plastic flask which worked, developed a way to overcome the evaporation over time which initially plagued me and then found a commercially available growing medium which was viable for long-term bacteria growth to replace my grandfather's method of using fresh beef mince boiled for two hours!

After two years, we were able to trial growing the bacteria and much to our delight after a further two years the growing medium tested positive for what we believe is Tuberculomucin! That was two years ago. I had naively imagined that once we had recreated the therapeutic substance, we could get on with testing it on small animals to see if it was effective. Sadly, even my attempts to test it on cells (macrophages) or Zebra fish larvae have floundered on the

inertia in the system for an unfunded and unbelievably new treatment! So, I have developed a new career as a microbiologist, alongside trying my damndest to get onside folks who could help me progress my work. Which means loads of networking and trying to break through the inertia and unresponsiveness to new ideas built into this research field!

And no – I haven't taken up playing bridge!

Judy Weleminsky, judywele@blueyonder.co.uk

BUNGALOW LAND 2

In the land of the Bunga Bunga Bunga
In the land of the Bungalow,
The greatest sin you can commit
Is knowingly NOT to MOW.
Not to mow your lawn, guys
Not to mow your lawn
Will make your neighbours yawn, guys
And think far less of you.

In the land of the Bunga, Bunga, Bunga
In the land of the bungalow-
NOT to mow your lawn, guys,
Will really let you down
In this, the posher part of town.

In the land of the Bunga, Bunga, Bunga
In the land of the Bungalow
We mow down all the wildflowers
Before they've had a chance to grow.
The daisies, dandelions and all the rest

We mow 'em down, the horrid pests.

In the land of the Bunga, Bunga, Bunga
In the land of the Bungalow
We like to keep things neat, guys
And so it is, with the Privet hedge.
Strim it nice and neat, guys-
Woe be-tide a wobbly edge!

In the land of the Bunga Bunga, Bunga
In the land of the Bungalow
Sunday is our favourite day
For our mow and strim.
Mow and strim – Strim and mow.
We love the sound of whine.
When you go off for your afternoon nap
We'll raise the volume high.

In the land of the Bunga, Bunga, Bunga
In the land of the Bungalow
There are those who think that they are in the know.
They say the age of mow and strim
May finally have to go.
Fake lawn's the thing. It looks like grass.
No need to mow or to water.
But to keep it clean, guys
You are going to have to go and buy yourself
a first-class vacuum cleaner!

Janet Teal Daniel, U3A Writing for Pleasure Group

I CAN'T WAIT TO SHARE THIS (ICWTST)

Moon Tiger by Penelope Lively

This novel won the Booker prize in 1987 and I know that I read it about that time. I recently decided to re-read it and I am very glad that I did!

Although I remembered the basic premise of the book, thirty-five years on I had forgotten much of the detail and just how beautifully Penelope Lively writes. I am now the same age as Claudia, the main character, so my perspective is very different from when I first read it.

As Claudia lies dying, we observe her looking back at her life, with one image or event succeeding another in the timeless, non-chronological way we all remember our past. The author assumes that we are able to follow these memories without needing to remind us of the date or characters involved, as so many less well-written novels do. The result is a fascinatingly complicated tale with a cast of characters whom the reader sees from many different points of view, at various points in Claudia's life.

The events which most shaped Claudia's life take place in Egypt during the war in the desert, which is where the image of the Moon Tiger appears - the green coil which burns slowly to keep mosquitos at bay.

If you have already read this, I suggest doing so again. If you haven't, give it a try and let other u3a members share your views.

Coincidentally, while I was reading Moon Tiger, I rewatched, on DVD, the television serial "The Fortunes of War" which was first shown in 1987, part of which is set in Egypt, in World War 2. The six-part series is based on the novels The Balkan Trilogy and The Levant

Trilogy by Olivia Manning and adapting these works into a television series is a feat in itself. Emma Thompson and Kenneth Branagh play the main characters, both looking very young, though, presumably, we all did in 1987! You will also recognise many of the other actors, including a querulous Alan Bennett. If you watched them first time round, have another go. If you have never seen them, I think that you are in for a treat. I bought the DVDs second-hand on the internet, but they may be available on one of the many channels now found on television.

Norma Cook, norma.beagle@gmail.com

MESSAGE FROM THE AMBULANCE SERVICE

We all carry our mobile phones with names and numbers stored in their memories. If we were to be involved in an accident or were taken ill, the people attending us would have our mobile phones to hand but wouldn't know who to call. Yes, there are hundreds of numbers stored but which one is the contact person in case of an emergency? Hence this 'ICE' (In Case of Emergency) Campaign.

The concept of 'ICE' is catching on quickly. It is a method of contact during emergency situations. As mobile phones are carried by the majority of the population, all you need to do is store the number of a contact person or persons who should be contacted during emergency under the name 'ICE' (In Case of Emergency). The idea was thought up by a paramedic who found that when he went to the scenes of accidents there were always mobile phones with patients, but they don't know which number to call.

He therefore thought it would be a good idea if there was a nationally recognised name for this purpose.

In an emergency, Emergency Service personnel and hospital staff would be able to quickly contact the right person by simply dialling the number you have stored as 'ICE'.



Please forward this. It won't take too many 'forwards' before everybody will know about this. It really could save your life or put a loved one's mind at rest.

For more than one contact name, simply enter ICE1, ICE2 and ICE3 etc.

PLEASE PASS THIS AROUND TO AS MANY PEOPLE AS POSSIBLE AS THIS CAN HELP IN AN EMERGENCY

With thanks to Dave Archer.

"I am grateful to the Chairman of Hitchin U3A, Heidi Ebrahim, who kindly gave permission for me to reproduce this article which had appeared in the Hitchin U3A newsletter."

A COMPLIMENTARY TREAT.....

**BRANDENBURG
CHORAL FESTIVAL
OF LONDON**

There is a very kind lady (who wishes to remain anonymous) who LOVES the u3a, and also LOVES Brandenburg and has very special memories of the Christmas Concerts pre-lockdown.

She has offered to cover the costs of a concert entirely, thereby creating tickets for u3a members that are entirely **free** – this includes our programmes, mince pie and mulled wine!

This concert will take place on Monday 19th December at 2.30 at Holy Trinity Church, Prince Consort Road, LONDON SW7 2BA (close to the Albert Hall).

SORRY – THE ORIGINAL OFFER IS NOW SOLD OUT BUT THEY ARE OFFERING ANOTHER CONCERT ON THE SAME DAY AT 5 P.M. WITH A 30% DISCOUNT FOR U3A MEMBERS. USE THE SAME CODE – BETTY – TO GET THE DISCOUNT.

You can book tickets at www.ticketsource.co.uk/brandenburg/t-ojeadvk

When you book tickets, you need to go through the regular online process; enter the number of tickets you need.

Proceed to the second page but don't panic, you won't be charged at this point. Enter the discount code BETTY and click on "use discount code." The price will magically reduce to zero!

But you do need to click on a delivery method – E-tickets are free.

Please don't forget to bring your ticket along on the day.

If you can't make this concert, there are plenty of other events – Christmassy or otherwise – (all the details are on our website) but sadly, the free tickets for u3a members only apply to December 19th.

SAVE THE DAY SAVE THE DATE

EXCURSION TO WINCHESTER AND CATHEDRAL CHRISTMAS MARKET THURSDAY 8TH DECEMBER 2022

Winchester Cathedral Christmas Market is recognised as one of the best in Europe.

It is renowned for its bustling atmosphere, stunning location and handpicked high-quality exhibitors, and attracts visitors from around the world each year who come to shop at the pretty wooden chalets, situated within the historic grounds. The chalets are inspired by traditional German Christmas Markets.

Winchester Cathedral invite many British craftspeople to take part in the Christmas Market. If you're looking for that special something, make sure you visit the jewellers, painters, glass makers and textile artists selling unique gifts and decorations.

But there is much more to this lovely city, the capital of Wessex, than the Christmas Market. Apart from the wonderful medieval Cathedral one of the finest and largest in Northern Europe, there is the City Museum with its amazing model of Winchester in Victorian times, the 13th century Great Hall, and the City Mill which is powered by water from the river Itchen. Plus, there are many interesting streets to wander and buildings to explore.

Our coach will drop us off close to the Visitor Centre where you will find maps and other useful information. There are also loos at the rear of the building.

Full details will be available shortly.

RICHMOND U3A SPEAKERS NOV22 – FEB23

Meetings are held on the last Wednesday of each month at 14:30 in St Mary's Church, Church St, Twickenham, TW1 3NJ. The church overlooks the river and is close to the Civic Centre off Richmond Road. Served by bus routes 33, R68, R70, H22 and 490 (Lebanon Court bus stop). Walk towards the Council offices and turn left down the walkway just before you reach them.

30th Nov: Hannah Lumley – Scams Awareness

We will be raising awareness on the types of scams that are circulating. Advising people on how to stay safe and what to do if they do find themselves in a situation where they have given money/bank details to a scammer.

14th Dec: David Allen – Merry Christmas Mr Dickens

This talk tells the story of Dicken's amazing life, including how the novella, - 'A Christmas Carol' - inspired aspects of the Victorian Christmas that have continued to this day, including family gatherings, seasonal food and drink, dancing, games and a festive generosity of spirit.

23rd Jan: Speaker to be announced

22nd Feb: Alan Sanderson – The Age-Related Hearing Loss

The talk will give an overview of the current understanding of presbycusis or age-related hearing loss. Associated issues like listening in the presence of background noise, tinnitus and dementia will be discussed. In-line with Alan's research interests, the talk will detail some key scientific discoveries and give examples of modern hearing aid devices suited for different types of hearing impairment.