



Handbook 2023-2024

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 2023 and updated in January 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:-

- 4 copies a year of **Third Age Matters'** the trusts own magazine.
- Third Party Liability insurance
- help on personal or u3a matters with Arc Legal Assistance 0344 770 1040 quoting *u3a Legal Helpline*
- 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
Sam Mauger [Chief Executive]
Liz Thackeray [Chairman]

Honorary President

Magda Sweetland

Committee of Trustees

Chairman

Debbie Magness

 chairman@knoleu3a.org.uk

Vice Chairman

Jacqueline Martin

vicechairman@knoleu3a.org.uk

Treasurer

Richard Clout

treasurer@knoleu3a.org.uk

Secretary

Rosemary Oldman

 secretary@knoleu3a.org.uk

Meetings Co-ordinator

Harry Reeves

 meetings@knoleu3a.org.uk

Membership Secretaries


Suzi Morgan

Jenny Wickham

membership@knoleu3a.org.uk

Science

Alan Heyes

 science@knoleu3a.org.uk

Beacon Administrator

Jean Zariffis

beacon@knoleu3a.org.uk

Website

Lionel Parks

 webmaster@knoleu3a.org.uk

Social events

Wendy Willsher 

social@knoleu3a.org.uk

Groups Coordinator

Bryan Rawlins

groups@knoleu3a.org.uk

Knole Teams

Science

Alan Heyes 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

Jean Heyes Norma Gilbert

Sally Richardson

Meet and Greet

Gill Stubbs Carole Swann

Anne Green

Newsletter

Linda Dare

newsletter@knoleu3a.org.uk

Accounts Examiner

Andrew Dunk

Monthly Meetings 2023/24

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 hear interesting speakers and enjoy socialising afterwards with tea/coffee and homemade cake.

Programmes for 2023 - 2024

2023

- 23 Oct **Gerry Alabone** – Senior Conservator with the National Trust
27 Nov **Bob Ogley** – **The 1987 Storm**. Bob is the former editor of The Chronicle

2024

- 15 Jan **New Year Celebration**.
- 29 Jan **Peter Griffiths** – part 2 of his life in Aviation
- 26 Feb **Georgia Clarke** - Staying well in difficult times (West Kent Mind)
- 25 Mar **Brian Nobbs** – Wildlife Photographer – Iceland and Back
- 20th April **Dr Kathryn Harkup** Science communicator with a talk on a topical issue.
- 20 May **Gilly Halcrow** – Whatever happened to Christopher Robin
- 24 Jun **16th AGM** – Speakers from our own study groups
- 22 July Speaker tbc
- 23 Sept **Open Afternoon** – an opportunity to join a new group

Science for All Programme for 2023-24

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 Memorial Hall by the Green, and start at 2.30pm. and finish around 4.30pm. Talks last around an hour followed by tea and biscuits. Entry £2

5th Oct **Alan Heyes** - Science Hoaxes

2nd Nov **Chris Stewart** – Glass – Back to Basics

7th Dec **Fidelity Weston** – Grasslands and Grazing Animals-
how they can help cool the planet

4th Jan **Barrie Rooney** – The science behind the Covid test kit

1st Feb **Prof Dorian Fuller UCL** – Archaeological perspectives
On the origins of the Anthropocene

27th Mar **Mel Draper** – Fusion Power – the future for our energy
Supply

4th April **Science Com. Members** – Three scientists you have
probably never heard of but made an
important contribution to science.

9th May **Dr Ali Galloni**, Sevenoaks School Head of Science
Title to be confirmed

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

host a meeting and provide refreshments.

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

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.

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, publish a Handbook and 6 Newsletters a year to keep members up to date with developments and new groups.

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.

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.

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

Knole U3A Study Groups 2023 -24

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

Chris Towers 📧 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. Please do join us, you will be warmly welcomed.

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

Beginners Bridge

A new group set up to learn to play Bridge

Jan Chambers  bridge@knoleu3a.org.uk

Meetings: 1st and 3rd Tuesday 10.30 -12.30 am

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, 2.30 - 4.30 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

Our topics vary according to the group's requests. Some sessions include exploring camera functions and going out to practise them. We also have experience of Adobe Photoshop. This is a shared group with Sevenoaks u3a. Meet in member's homes.

David Green  dcamera@knoleu3a.org.uk

Richard Jolly  dcamera@knoleu3a.org.uk


Meetings: 2nd Friday, 10.00 – 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 10 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.

Jean Paige  film@knoleu3a.org.uk

Meetings: 4th Monday, 11.30 - 1.30 pm at Holmesdale Bowls Club

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 Book Group


This group reads French books in the original language and discusses them in French. We have read a variety of genres. We always aim to enjoy the book but occasionally decide not to continue with one. Anyone joining must be able to read fluently in French.

Rosalind Hook  frenchbook@knoleu3a.org.uk

Meetings 1st Monday of the month 2.30-4 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 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.

Jean Heyes  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 10.00 -12.00

Golf

We hold two monthly meetings. Learners and some older players who only want to play 9 holes meet on 1stWed. of each month, while more experienced and fitter members play 18 holes on the 3rd Wednesday of the month. Why should you join us? Because golf releases endorphins, which help to boost your mood and well-being.

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 Bowl

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

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

Latin

We are studying from Cambridge Latin Course Book 2. We revise as we go so that any new beginners need not fear being left behind. A little homework helps the smooth running of the meeting.


Jill Jones ✉ latin@knoleu3a.org.uk

Meetings: 3rd Monday, 10.00 – 12.00 am

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  londonstudies4@knoleu3a.org.uk

Meetings: 4th Thursday

London Studies 5

Delma Moore

 londonstudies5@knoleu3a.org.uk

Meetings: 4th Thursday


London Studies 6

Alison Head  londonstudies6@knoleu3a.org.uk

Meetings: Last Tuesday of the month

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 1

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

Mah Jong 2

3rd Tuesday

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 historic houses, theatres and concerts. Each outing is organised by one of the members.

June McNorton □ mot1@knoleu3a.org.uk

Meetings: 1st Thursday, 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.

Jean Heyes ✉ paintdraw2@knoleu3a.org.uk

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

PlayReading

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

Our programme travels along a time-line of poets, from Shakespeare and Milton, through Dickinson and Hardy, and on to the 20C poets, Elizabeth Bishop, Fleur Adcock and Alice Oswald. We will also look at great poems by minor poets.

Jean Shepherd ✉ poetry1@knoleu3a.org.uk

Meetings: 3rd Tuesday, 2.00 - 4.30 pm

Poetry 2

This group was started in 2012 and most of us were new, or fairly new, to studying poetry. We have adopted a biographical approach and have tackled poets from Auden to Zephaniah via Imtiaz Dharker, Emily Dickinson, Carol Ann Duffy and Helen Dunmore to name but a few.

Val Rea ✉ poetry2@knoleu3a.org.uk

Meetings: 3rd Wednesday, 2.00 – 4.00 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

A group where people enjoy sharing the singing of a wide variety of songs i.e. folk, blues, jazz, country, popular, etc. We also learn harmony where possible to enhance our songs. We have a small group of musicians who accompany the singing providing the backing to our songs.

Janet Austin ✉ singing@knoleu3a.org.uk

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

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 ✉ spanishyr5@knoleu3a.org.uk

Meetings: Most Monday mornings, 10.00 -12.00 am at Speedgate Farm, Fawkham

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!

Margaret Thorpe ✉ tabletennis@knoleu3a.org.uk

Meetings: 1st, 2nd, 3rd and 4th. Wednesdays, 10.00am – 12.00pm, Meetings take place at Otford Memorial Hall

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 the Mysteries of Human Behaviour

Understanding the Mysteries of Human Behaviour 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, starting 10.00/10.30 depending on location

Walking with dogs

This is a half-day walk of 4 to 6 miles, maybe some dog friendly stiles, with possibility of a stop for coffee or lunch.

Janet Turtell  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 half-day walk of 4 to 6 miles, which involves some stiles and walking at a good pace. There`s usually an option of coffee/pub lunch at the end.

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


Shared Groups

These groups are run by Sevenoaks u3a but we have an arrangement that some groups are shared between Sevenoaks and Knole. Please contact the Group Contact for more information if you are interested in any of these groups.

SEVENOAKS SHARED GROUPS


Bridge For Pleasure

Sue and John Christy

 bridge@sevenoaksu3a.org.uk


Chess

Magda Sweetland

 chess@sevenoaksu3a.org.uk


Circle Dancing

Sandie Wade

 circledancing@sevenoaksu3a.org.uk

Computers Open Group

Mike Davies

 computers@sevenoaksu3a.uk.org

Cycling

Patrick Pascall

 cycling@sevenoaksu3a.org.uk

Digital Camera

David Green

digicam@sevenoaksu3a.org.uk

English Concertina

Dave Robson

 concertina@sevenoaksu3a.org.uk

European Affairs

Rob White

 euroaffairs@sevenoaksu3a.org.uk


Folk Dancing

Peter and Lyn Nixon

folkdance@sevenoaksu3a.org.uk


German Language and Culture

Isobel White

 germanculture@sevenoaksu3a.org.uk

Jazz and Blues 2

Jim Purves

 jazz2@sevenoaksu3a.org.uk

Play Reading

Susan Henson

 playreading@sevenoaksu3a.org.uk

Science [open] Group

Bob Ruffles

 sciencediscuss@sevenoaksu3a.org.uk

Snooker

David Gardner

 snooker@sevenoaksu3a.org.uk

Spanish Intermediate

Sue Christy

spanish@sevenoaksu3a.org.uk

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.

The insurance only applies to u3a members. Should a group wish to include a non-u3a member for an outing/event it will be necessary to obtain a temporary membership for cover to apply.

Timetable for group meetings

Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Morning	Morning	Morning	Morning
Amblers 1 (2 nd) Day Walk (3 rd) Film 4 th Gallery 2 (F) Half Day Walk 2 (2 nd) Latin (3 rd) Understanding the Mysteries of Human Behaviour (4 th) Spanish for Improvers [W] Strollers (1 st)	Beginners Bridge [W] Botany [4 th] Gallery 1 (2 nd) London 6 (Last) London 7 (1 st) Lunch 2 (1 st)	Golf (1 st & 3 rd) London 1 (Last) London 2 (2 nd) London Walks 1 (3 rd) Painting 2 (1 st) Table Tennis [W]	Amblers 2 (4 th) Half day walk 1 (1 st) Half day walk 3 (3 rd) Half day walk 4 (2 nd) Italian Conversation (2 nd and 4 th) Money Matters (2 nd) London 4 (4 th) London 5 (4 th) London 8 (1 st) London Walks 2 (3 rd) Lunch 1(Last) Mah Jong 1 (3 rd) MOT1 (1 st) Spanish for Improvers 4 (F)	Bird Watching (2 nd) Cycling (4 th) Digital Camera [2 nd] Walking with Dogs (2 nd) London 3 (3 rd) London Walks 3 (3 rd) MOT2 (1 st) Spanish beginners [W] Spanish Intermediate (W)
Afternoon	Afternoon	Afternoon	Afternoon	Afternoon
Book 1 (3 rd) Book 3 (1 st) Current Affairs (1 st) French Book Group [1 st] French Conversation [3 rd] Medieval History (2 nd) Play reading [2 nd] Smart phones and computers [3 rd]	Card and Board (2 nd) Mah Jong 2 (3 rd) Poetry 1 (3 rd) Theatre [1 st] Bi-monthly	Book 2 (2 nd) French for Improvers (1 st and 3 rd) Kent History (1 st) Poetry 2 (3 rd) Poetry 3 (1 st)	Knitting & Crafts for Charity [2 nd & 4 th] Mahjong 1 [3 rd] Science (1 st) Painting 1 (2 nd)	MOT3 (3 rd) Singing for Pleasure (4 th)

Exceptions

The two Evening Dining Groups meet on Saturdays: Evening Dining 1 (2nd), Evening Dining 2 (3rd). Historic Buildings-varies according to opening times

Key: W -Weekly, F – Fortnightly, 1st, 2nd, Last, etc. – week of the month

