

## Handbook 2025

This version of the Handbook is for publication on the website only and does not contain personal contact details. Contact can be made through the generic email address or members can look at their own Handbooks which contain the phone numbers of key people. This Handbook was prepared in March 2025.

### **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.

Knole u3a has no paid staff and is run entirely by a community of volunteers who give their time freely to help in many different ways. Our executive committee, group contacts and other helpers are all volunteers. Please consider volunteering, even a little time will be appreciated. If interested, please contact a member of the executive committee

Similarly, if you have any comments or suggestions for areas of improvement, please let us know.

**Learn, Laugh, Live and have fun!**

## Committee members, teams and volunteers

### Honorary President

Magda Sweetland

### Committee of Trustees

#### Chairman

Debbie Magness  
chairman@knoleu3a.org.uk

#### Vice Chairman

Jacqueline Martin  
vicechairman@knoleu3a.org.uk

#### Treasurer

Howard Dilley  
treasurer@knoleu3a.org.uk

#### Deputy Treasurer

Richard Clout

#### Secretary

Rosemary Oldman  
secretary@knoleu3a.org.uk

#### Membership Secretary

Jenny Wickham  
membership@knoleu3a.org.uk

#### Groups Co-ordinator

Bryan Rawlins  
groups@knoleu3a.org.uk

#### Meetings Co-ordinator

Eileen Williams  
meetings@knoleu3a.org.uk

#### Beacon Administrator

Jean Zariffis  
beacon@knoleu3a.org.uk

#### Social events

Wendy Willsher  
social@knoleu3a.org.uk

### Knole Teams

#### Science

Howard Dilley [Chairman]  
Angela Greensmyth-Jones  
Lionel Parks  
Peter Dixon Alan Joynes  
Richard Clout

#### 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, Helen Clout  
Gill Holloway

#### Meet and Greet

Gill Stubbs, Carole Swann,  
Anne Green

#### Website

Lionel Parks  
webmaster@knoleu3a.org.uk

#### Newsletter

Linda Dare  
newsletter@knoleu3a.org.uk

## General Member Meetings 2025

Monthly meetings are held at the Bat & Ball Community Centre, Crampton's Road, Sevenoaks, TN14 5DN on the **4<sup>th</sup> 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, everyone is welcome.

### Programme for 2025

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

### Monthly Coffee Mornings (Second Thursday of the 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.

### Interest Groups for Knole u3a 2025

This list of interest groups contains names, generic email addresses and telephone numbers of Group Contacts. In downloading or consulting the information, members agree to treat the data as confidential. It is important that you do not share any personal information with anyone outside of Knole u3a.

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 Knole u3a then. New members and existing members can, of course, join a group at any time if there is sufficient space.

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 and on the website. 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 member 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' homes unless otherwise indicated.

### **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.

#### **Some basics:**

- Please make sure you can attend most group meetings. If you can't then consider if it is the right group for you and perhaps relinquish your place so that someone else can benefit.
- 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 of 50p for coffee/tea or members take turns to host a meeting and provide refreshments.
- You share other costs such as photocopying, guest speakers, guides, hiring a hall or petrol costs when car sharing
- When travelling to more distant venues car sharing is encouraged to maximise attendance and help the environment
- 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 and also update members through regular emails.

#### **Groups Team**

**Bryan Rawlins** is the Groups co-ordinator but he is supported by the groups support team. Each member of the team is responsible for a number of groups and they have been allocated alphabetically.

Debbie Magness (A-F), Rosemary Oldman (G-La), Marian O'Boyle (Lo-Mn),  
Bryan Rawlins (Mo-Si), Jill Jones (Sk-Z)

The groups support team are there to support the Group Contacts and to help with setting up new groups. They organise meetings for Group Contacts and the Open Afternoon in September. They keep lists of those wishing to join a group and welcome ideas for new groups.

If you wish to contact the team please email; [groups@knoleu3a.org.uk](mailto:groups@knoleu3a.org.uk)

Like all u3as, Knole is run by the members for the members, we are all volunteers. We are always grateful for new volunteers. If you would like to help us in any way by helping with the administration or by starting a new group then we would love to hear from you.

We hold monthly committee meetings and the Minutes of these meetings are available on our website. If you would like to come along to one of the meetings as an observer, you would be most welcome, just let either the Chairman or the Secretary know.

### **Bird Watching**

We visit a wide variety of locations each year as agreed at a planning meeting of the members each September. Most are nature reserves and RSPB sites in Kent but occasionally we travel further afield to sites of special birding interest. Members take turns in organising these outings, and car sharing enables everyone to attend.

The group is very friendly and has a very knowledgeable ornithologist, but when he is unavailable and we feel the need for one, we hire a local venue guide to make sure we maximise the value of the visit.

Most outings take half a day including travel to start at 10.30am at the chosen venue and a couple of hours to walk around, which usually means taking a packed lunch and a drink which we often have sitting in a hide! Occasionally we have lunch in a convenient pub. We record what we have seen and we all learn from each other about how to identify species by markings and calls.

To get the most benefit members need to have outdoor gear including a rucksack, sturdy walking boots and a pair of binoculars. Plus a love of birds!

**Ann Windiate** birdwatching@knoleu3a.org.uk

**Chris Towers**

**Outings:** 2nd Friday starting at 10.30 at the chosen venue

### **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:** 3<sup>rd</sup> Monday, 3.00 - 4.30

#### **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:** 2<sup>nd</sup> Wednesday, 2.00 – 4.00

#### **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:** 1<sup>st</sup> Monday, 2.00 – 4.00

### **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:** 4<sup>th</sup> Friday, 10am

### **Bridge Year 2**

This group was set up last year for people who wanted to learn to play Bridge.

**Janet Rapicano** bridge@knoleu3a.org.uk **Meetings:** Every Tuesday 11 – 1.00

### **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](mailto:cardgames@knoleu3a.org.uk)

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

### **Computer- Windows New**

This group will study Window 10/11 one step at a time.

Starting with the basics - Essential skills, Files and Folders, printing and photos, customising and back ups

And finishing with many apps especially Outlook word and access:

This is a self-help group Learning many shortcuts and tips on the way.

**Bryan Rawlins** [computerwindows@knoleu3a.org.uk](mailto:computerwindows@knoleu3a.org.uk)

**Meeting:** 1st Monday of the month at The Bell, Kemsing 2.00pm to 4.00pm

### **Cookery New**

A new group hoping to enjoy talking about, tasting and cooking food.

We aim to help each other improve our knowledge of ingredients and cooking techniques.

We meet in each other's homes therefore it will be a small group initially.

**Lesley Mitchinson** [cookingandbaking@knoleu3a.org.uk](mailto:cookingandbaking@knoleu3a.org.uk)

**Meetings:** 4<sup>th</sup> Wednesday 10.30am

### **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](mailto:currentaffairs@knoleu3a.org.uk)

**Meetings:** 1<sup>st</sup> Monday, 1.30 - 3.30 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](mailto:cycling@knoleu3a.org.uk)

**Meetings:** 4<sup>th</sup> Friday, starting at 10.00 or 10.30 am, dependent on location.

### **Digital Camera [shared]**

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 Knole, Sevenoaks, Westerham and Edenbridge and we meet monthly at Westerham Hall.

**Richard Jolly** [dcamera@knoleu3a.org.uk](mailto:dcamera@knoleu3a.org.uk)

**Meetings:** 2<sup>nd</sup> 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](mailto:eveningdining@knoleu3a.org.uk) **Meetings:** 2<sup>nd</sup> Saturday, evening

#### **Group 2**

**Rosemary Oldman** [eveningdining2@knoleu3a.org.uk](mailto:eveningdining2@knoleu3a.org.uk) **Meetings:** 3<sup>rd</sup> 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, 11.00-1.00pm at Holmesdale Bowls Club, Worships Hill, Riverhead, Sevenoaks TN13 2AS

### **Film Group 2 New**

A newly formed group. We intend to watch a wide range of films including those released in cinemas, streaming platforms and DVD's. We take it in turns to choose a film and lead the discussion.

**Avril Steer** film2@knoleu3a.org.uk

**Meetings:** 3rd Tuesday, 2pm-4pm at The Bell, Kemsing

### **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:** 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays, 2.30- 4.00

### **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** 1<sup>st</sup> and 3<sup>rd</sup> Mondays of the month 2.30-4.30pm

### **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:** 2<sup>nd</sup> 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 New**

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 [shared]**

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

**Bryan Rawlins** golf@knoleu3a.org.uk

**Meetings:** 1<sup>st</sup> Wednesday and 3<sup>rd</sup> Wednesday

### **Historic Buildings**

The group visits 8-10 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](mailto:italian@knoleu3a.org.uk)

**Meetings:** 2<sup>nd</sup> and 4<sup>th</sup> 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](mailto: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](mailto:knittingforcharity@knoleu3a.org.uk)

**Meetings:** 2<sup>nd</sup> and 4<sup>th</sup> 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](mailto:londonstudies1@knoleu3a.org.uk) **Meetings:** Last Wednesday of the month

### **London Studies 2**

**Lesley Tibbitts** [londonstudies2@knoleu3a.org.uk](mailto:londonstudies2@knoleu3a.org.uk) **Meetings:** 2<sup>nd</sup> Wednesday

### **London Studies 3**

**Val Wilson** [londonstudies3@knoleu3a.org.uk](mailto:londonstudies3@knoleu3a.org.uk) **Meetings:** 3<sup>rd</sup> Friday

### **London Studies 4**

**Jim Gibbons, Pauline Gibbons** [londonstudies4@knoleu3a.org.uk](mailto:londonstudies4@knoleu3a.org.uk) **Meetings:** 4<sup>th</sup> Thursday

### **London Studies 5 New**

**Ron Edmondson** [londonstudies5@knoleu3a.org.uk](mailto:londonstudies5@knoleu3a.org.uk) **Meetings:** 3<sup>rd</sup> Friday

### **London Studies 7**

**Margaret Seymour** [londonstudies7@knoleu3a.org.uk](mailto:londonstudies7@knoleu3a.org.uk) **Meetings:** 1<sup>st</sup> Tuesday

### **London Studies 8**

**Sue Holt** [londonstudies8@knoleu3a.org.uk](mailto:londonstudies8@knoleu3a.org.uk) **Meetings:** 1st Thursday

## **GUIDED LONDON WALKS**

These groups have very recently been set up. They differ from the other London Walks where members do their own research into an area of London. These groups hire a Blue Badge Guide to lead a walk around a chosen area of London. Members take turns to choose a walk from [Londonwalks.com](http://Londonwalks.com) and book a guide. They are mainly morning walks starting at 11.00 am. Members make their own way to the meeting point.



### **Guided London walks 1** **New**

**Ros Hook** [guidedlondonwalks1@knoleu3a.org.uk](mailto:guidedlondonwalks1@knoleu3a.org.uk)

**Meetings:** 1<sup>st</sup> Wednesday 11.00 am March to December

### **Guided London Walks 2** **New**

**Kay Foulger** [guidedlondonwalks2@knoleu3a.org.uk](mailto:guidedlondonwalks2@knoleu3a.org.uk)

**Meetings:** 4<sup>th</sup> Wednesday 11.00 am March to November

## **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 helped 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](mailto:londonwalks1@knoleu3a.org.uk)

**Meetings:** 3<sup>rd</sup> Wednesday

### **London Walks 2**

**Linda Dare** [londonwalks2@knoleu3a.org.uk](mailto:londonwalks2@knoleu3a.org.uk)

**Meetings:** 3<sup>rd</sup> Thursday except December

(Planning Meeting 3<sup>rd</sup> Thursday in January)

### **London Walks 3**

**Jennifer Cousins** [londonwalks3@knoleu3a.org.uk](mailto:londonwalks3@knoleu3a.org.uk)

**Meetings:** 3<sup>rd</sup> 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](mailto:lunch1@knoleu3a.org.uk)

**Meetings:** last Thursday, 12.30 for 1.00 pm

### **Lunch Group 2**

**Marian O'Boyle** [lunch2@knoleu3a.org.uk](mailto:lunch2@knoleu3a.org.uk)

**Meetings:** 1<sup>st</sup> Tuesday, 12.00 for 12.30pm

### **Lunch Group 3** **New**

**Peter Watney** [lunch3@knoleu3a.org.uk](mailto:lunch3@knoleu3a.org.uk)

**Meetings:** Last Friday of the month 1pm

## **Mah Jong**

These groups are for anyone wanting to play or learn how to play Mah Jong.

### **Mah Jong 1**

**Norma Gilbert** [mahjong@knoleu3a.org.uk](mailto:mahjong@knoleu3a.org.uk)

**Meetings:** 3<sup>rd</sup> Thursday, 2.00 – 4.00 in the Otford Memorial Hall

### **Mah Jong 2** **New**

**Nikki West** [mahjong2@knoleu3a.org.uk](mailto:mahjong2@knoleu3a.org.uk)

**Meetings:** 2<sup>nd</sup> Monday 2.00 pm The Bell, Kemsing

## **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 Chatham Dockyard, and next to The Silk Road Exhibition. New members are welcome.

**Pat Lowe** [medieval@knoleu3a.org.uk](mailto:medieval@knoleu3a.org.uk)

**Meetings:** 2<sup>nd</sup> Monday, 2.00 – 4.00 pm

## **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 Gilchriest** [mot1@knoleu3a.org.uk](mailto: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](mailto: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](mailto:mot3@knoleu3a.org.uk)

**Meetings:** 3rd Friday at The Bullfinch Riverhead 2pm, 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](mailto:paintdraw@knoleu3a.org.uk)

**Meetings:** 2<sup>nd</sup> Thursday, 2.00- 4.00 pm at Holmesdale Bowling Club

### **Painting and Drawing 2.**

**Brian Heyburn** [paintdraw2@knoleu3a.org.uk](mailto:paintdraw2@knoleu3a.org.uk)

**Meetings:** 1st Wednesday, 10.00am -12pm 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](mailto: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 [shared]**

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

### **Poetry 3 [shared]**

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:** 1<sup>st</sup> 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 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

## **Science for all**

This is an open group, members from other u3as are very welcome. The Science committee organises a programme of science based talks from October to May. Meetings start promptly at 2.30 for a talk of about an hour, followed by tea and biscuits. £2 on the door.

**Howard Dilley** science@knoleu3a.org.uk

**Meetings:** 1<sup>st</sup> Thursday October to May, 2.30pm – 4.30pm Sevenoaks Weald Memorial Hall

## **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

## **Smartphones 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:** 3<sup>rd</sup> 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 am -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** spanishyr5@knoleu3a.org.uk

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

### **Spanish Intermediate [shared]**

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 currently on Skype but anticipating a return to in person meetings.

**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 u3as. 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 [shared]**

**Margaret Thorpe** tabletennis@knoleu3a.org.uk **Meetings:** 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays, 10.00am – 12.00

### **Table Tennis 2 [shared]**

**Diana Pearsall** **Meetings:** 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays 10.00am – 12.00

### **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:** 4<sup>th</sup> Monday, 10.00 – 12.00

## **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:** 1<sup>st</sup> 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:** 2<sup>nd</sup> 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:** 4<sup>th</sup> 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:** 2<sup>nd</sup> 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:** 1<sup>st</sup> 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:** 2<sup>nd</sup> 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:** 3<sup>rd</sup> 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:** 2<sup>nd</sup> 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:** 3<sup>rd</sup> 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:** 2<sup>nd</sup> Monday

### **Wine Appreciation Group [WAG] New**

The aim of the group is to help members get more pleasure from wine and more value from what they spend. The emphasis is on direct practical experience. We learn how to make better use of our senses of smell and taste. At each meeting we taste five or six different wines. We learn how to appraise wines and how to heighten our appreciation.

We look at wines from different regions, traditional and new. We look at different grape varieties and different wine making techniques. We cover the basics of wine making, the history of wine, its cultural and social context. We learn about buying, storing and serving wine. We learn about matching wine and food and how to choose wine in restaurants.

**Tom Briody** wineappreciation@knoleu3a.org.uk **Meetings** 2<sup>nd</sup> Thursday

## Insurance

As a fully paid up member of Knole u3a you are covered by a national u3a Public & Products Liability Insurance Policy. This indemnifies Knole u3a against possible claims following injury or property damage, sustained by a third party as a result of a u3a activity.

This policy protects all u3a members. If somebody is injured while undertaking a u3a activity, and legal liability due to negligence can be proven, the insurers deal with any claim. The insurance applies when groups are held in members' homes and if accidents occur while a group is out on another activity, provided it can be shown that the u3a, its agents or members have in some way been negligent in causing injury to the victim.

It does not provide personal accident cover. Members are responsible for their own health and safety and should satisfy themselves that any u3a activity is safe and suitable for them.

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.

Non-members.

The policy does not cover non-members, except when they attend ONE "taster" session of a group they wish to join. Attending more than one meeting of a group as a non-member could invalidate the insurance policy, leaving Knole members potentially liable in the event of someone in a group sustaining an injury or damage to property. Non-members may also attend ONE monthly meeting before paying their subscription.

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.

A copy of the Cover note for this insurance policy is available on the Knole website [www.knoleu3a.org.uk](http://www.knoleu3a.org.uk)