



## SWINDON PROGRAMME – JANUARY TO APRIL 2024

Date	Topic	
<b>Tuesday 9<sup>th</sup> January</b>	<b>'EYE ROLLING' TV VIEWING</b>	What makes you roll your eyes when you see it appear on TV? What makes you reach for the change channel or off button? Share your thoughts!
<b>Thursday 25<sup>th</sup> January</b>	<b>MEDICINES AND CURES IN PAST TIMES</b>	Several people have interesting books relating to aspects of medicines and cures from past centuries. They are asked to bring the books pick out sections to read and discuss. (This will form part of the NWR 2023 topic of 'Herbs, Drugs and Medicine').
<b>Thursday 8<sup>th</sup> February</b>	<b>Snowdrops At Welford Park</b>	Details to be advised. It is necessary to walk through extensive grounds to see all the snowdrops. <a href="https://www.welfordpark.co.uk/event/snowdrops-at-welford-park/">https://www.welfordpark.co.uk/event/snowdrops-at-welford-park/</a>
<b>Monday 19<sup>th</sup> February</b>	<b>21<sup>st</sup> CENTURY MENOPAUSE</b>	Should all women have the right to leave of absence to get support with difficult symptoms? Has there been, and is there still, misogyny in the workplace and NHS on the subject?
<b>Thursday 7<sup>th</sup> March</b>	<b>SIKH TEMPLE</b>	Visit to Sikh Temple. Details TBA
<b>Tuesday 19<sup>th</sup> March</b>	<b>SUMMER PLANNING MEETING</b>	Each member will be asked before the event to submit ONE idea for serious and light-hearted meetings and outings take us through the summer months. Any unused ideas will be saved to consider next time.

<p><b>Friday 5<sup>th</sup> April</b></p>	<p><b>OBSOLETE OCCUPATIONS</b></p>	<p>It is strange to think that so many once commonplace occupations are now obsolete. Why are they obsolete? Which disappearing ones do you miss?</p>
<p><b>Thursday 18<sup>th</sup> April</b></p>	<p><b>HERBS FROM A PHYSIC GARDEN AND ELSEWHERE</b></p>	<p>More on the NWR 2023 topic of 'Herbs, Drugs and Medicine'. Each person will be given the name of a plant with supposed healing powers to research. Findings will be shared.</p>

- Where research and talk about a subject is required, please limit your talk to no longer than 5 minutes.
- The designated host or leader of each meeting may conduct it how they please. They are welcome to send out additional instructions prior to the date and to organise the discussion in a number of ways such as each person speaking in turn, forming 'breakout' groups returning to the centre later and similar, plus the use of props etc.
- When we meet in a hall, tea, coffee (plain and instant decaf), sugar and cow's milk will be provided. Please bring your own if you prefer something else.
- Our fortnightly walk programme is managed and sent to all separately. **Non walkers are welcome to join in for coffee after each walk.**
- We shall continue to follow Covid 19 and any other health guidelines as required at each venue. Do not come if you have symptoms.