

The Gut Biome – Microbial Monarchs: The Tiny Rulers of Mankind's Destiny

A Study Day on **Friday 21st May 2027** at The Menuhin Hall, Stoke d'Abernon

Speaker – Dilogen V de Alwis

Introduction – A human being is not just a single organism but a combined ecosystem of trillions of microbes working together as a single unit to run your body affecting immunity, digestion and brain health. We will examine its origins, our co-evolution, the gut microbiome in particular and its crucial effects on human health and the measures we can take to improve our well-being.

Programme

9.30 Registration – Water available but not Coffee / Tea

10.00 **The Microbiome: Ancient Architecture of Evolution** – The first session deals with the ancient origins of life, the evolutionary framework, the first principles in our understanding and the blueprint of life.

11.00 Coffee / Tea

11.30 **The Holobiont: Animal-Microbe Ecosystems** – Rather than viewing an organism as an isolated biological individual, the holobiont concept treats the host and its microbiome as a single functioning ecological and evolutionary unit and this session deals with interdependent life, co-evolution, symbiotic relations and the dynamic balance of nature.

12.30 Lunch – Bring-Your-Own – Tea / Coffee available

1.30 **Deciphering the Human Holobiome** – The vast majority of microbes reside in your gut, so the human gut map, sample analysis, identifying species and Big Data insights are discussed.

2.30 Tea / Coffee

3.00 **The Healthy Holobiome: Mastering your Holobiome from Science to Practice** – The final session covers optimization, dietary practice, lifestyle impact and sustainable health.

4.00 Departure

To Book – Send the slip below by 18th May with a cheque for Member £12, Guest £15, View Online £7, payable to Surrey u3a Network, to Denise Dobbs – u3a, 5 Aldridge Rise, New Malden KT3 5RJ, Phone 07964 798791. Enclose an SAE or an email address for confirmation. **Or make a bank transfer** to HSBC Account No. 11519018 Sort Code 40-27-07, Event Ref. May27, and send an email to surreyu3astudyday@outlook.com with the booking information below. **Or on day pay at door £15.**

GUT BIOME Member £12 Guest £15 At Door £15 View Online £7 21st May 2027

Please Tick – Hall ☐ or View Online ☐; Email ☐ or SAE ☐; Cheque ☐ or BankTransfer ☐

Title First Name Surname Name of u3a

House Number/Name. Post Code Phone.

E-mail Address

If you need disabled parking, tick ☐ and give a car registration number ,

If you need a wheelchair space in the hall, tick ☐ or a step-free seat, tick ☐.

If you would like to receive details about future study days by email, please tick here ☐.

Biographical Information about our Speaker

Dilogen V de Alwis MBBS, DO.RCS, FRCS, FRCOphth, MPhil, DiMAP – Dilogen is a retired Ophthalmologist who specialised in Medical and Neuro-Ophthalmology, who is now practising as a Nutrition, Health and Wellness Coach. He holds multiple certifications in Psychology, Mindfulness and Chronic Disease Reversal. He is an experienced lecturer, to professional and lay audiences, with National and International recognition. He currently lectures on an eclectic variety of subjects, including Medicine, Health and Wellness, Ecology, Science, AI and Horticulture.

Dilogen lives in Tatsfield, a small village in Kent, with a wife and a dog, and is a keen cricketer, playing for County and Club teams. He is also a fledgling author of children's books, as yet unpublished, hoping to engage young minds on Environmental and Ecological issues.

Study Days at the Menuhin Hall

Surrey Network Study Days – We welcome members and guests to our study days in the Menuhin Hall, while also making it possible to view the study days remotely. We are pleased that during term-time the Menuhin School has been offering short recitals by pupils in the lunch interval. Details available on the day.

Advertising & Booking – The practice of applying by post or by email continues, with booking responses being sent as members chose, while payment can be made by cheque or bank transfer. We advertise the study days with full details and booking forms on our website – [Surrey Network](#) and circulate the information electronically to all u3as in Surrey Network and surrounding areas.

Nut Allergies – The Menuhin School has pupils who have an allergic reaction to nuts and the staff have taken the decision to make the school and the Menuhin Hall a nut-free environment. Please ensure that your lunch does not contain any trace of nuts.

Disabled Parking – There are six spaces behind the hall and there are more in the main car park. If you have a blue badge and need level access to the hall, then tick Disabled Parking on the booking slip; you will then be allocated a space at the back of the hall and sent a permit. There is a drop-off space where disabled members have level access to the hall.

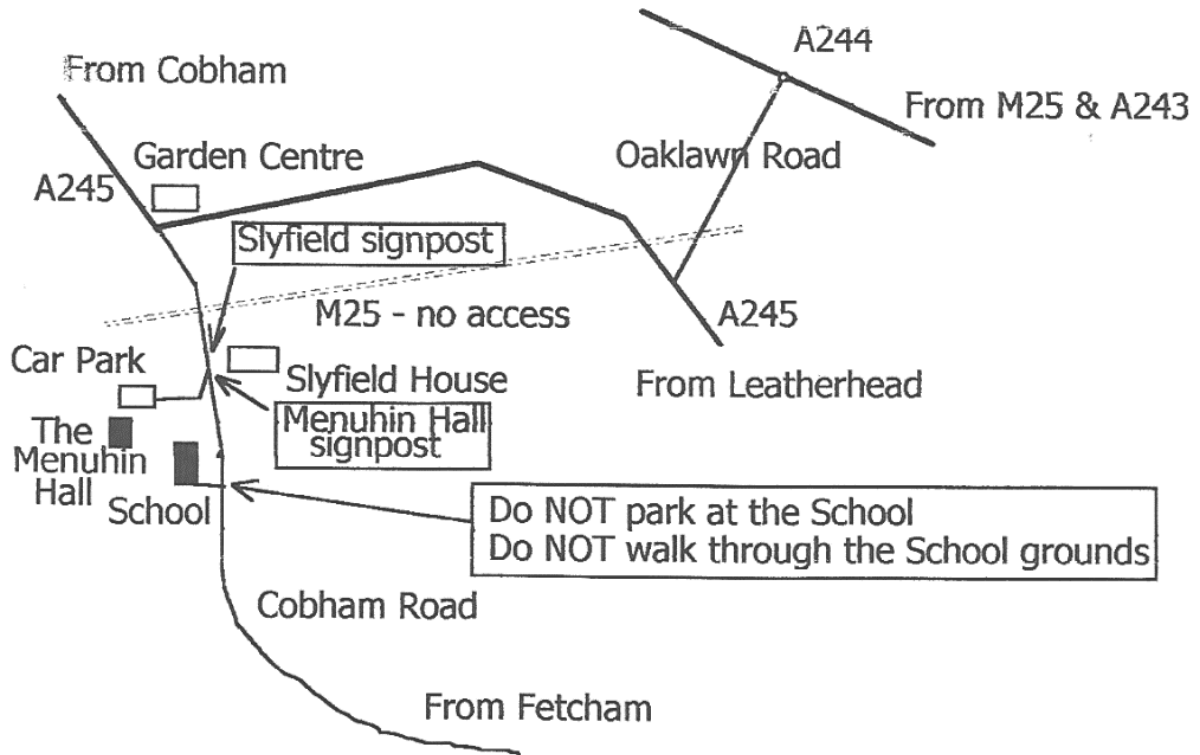
Wheelchair Spaces – If you need a seat removed in the hall to accommodate a wheelchair then tick Wheelchair on the booking slip.

Support for Network Committee – The study days have been running successfully for over twenty years. New volunteers with ideas for the future programme and the commitment to help run future study days will be made very welcome. Please contact Surrey Network Chairman, Mike Brigden, on 07766 331642 with offers of help.

Location & Contact Details for Study Day

The Menuhin Hall, Cobham Road, Stoke d'Abernon, Surrey KT11 3QQ

Telephone 07763 805046 (Emergency – On-Day-Only) or Menuhin Hall Office 08700 842020



The Menuhin School

The school was founded in 1963 in London and moved to its present site in 1964. It has around one hundred gifted pupils studying stringed instruments including piano and is financed, in part, by the DfE. Lord Menuhin was born in New York on 22nd April 1916 and died on 12th March 1999 in Berlin. His parents had come from Russia. His first public concert was in March 1924 and his first in Europe, was in Paris, in 1927. His performance of Elgar's Violin Concerto was recorded at the Abbey Road Studios in 1932. The Hall, designed by Mark Foley, was conceived as a memorial to Yehudi and was handed over to the school on 5th August 2005. The official opening was on 7th January 2006. Yehudi is buried by the stone pillar in front of the Hall. Nearby is an oak which he planted on his 80th birthday. The Hall was first used for a Surrey Network Study Day on 14th October 2005.

A sister school, Yehudi Menuhin School Qingdao (YMSQ), was opened in China in September 2022. The Yehudi Menuhin School has long held a close connection to China, dating back to the 1980s, when Yehudi Menuhin led the school orchestra on a tour to the country. The decision to establish YMS's first overseas branch in China was therefore driven by both a special emotional attachment to the country and a long-standing desire to contribute to the development of classical music education in the Far East. YMSQ is located in Qingdao, a beautiful coastal city in Shandong Province in North-East China.

Surrey u3a Network Study Day



MICROBIAL MONARCHS: THE TINY RULERS OF MANKIND'S DESTINY



**1. L1: THE MICROBIOME:
ANCIENT ARCHITECTURE
OF EVOLUTION**



**2. L2: THE HOLOBIONT:
ANIMAL-MICROBE
ECOSYSTEMS**



**3. L3: DECIPHERING THE
HUMAN HOLOBIOME**



**4. L4: THE HEALTHY
HOLOBIOME:
SCIENCE TO PRACTICE**



KEY TAKEAWAYS FOR SUCCESS



The Gut Biome – Microbial Monarchs: The Tiny Rulers of Mankind's Destiny

Presented by Dilogen V de Alwis, Retired Medic & Practising Health Coach
Menuhin Hall, Stoke d'Abernon on Friday 21st May 2027
9.30am Registration for 10am Start

To book Members should send a completed booking slip with a cheque for a Member £12, for a Guest £15, or to View Online £7, payable to Surrey U3A Network, to Denise Dobbs at u3a, 5 Aldridge Rise, New Malden KT3 5RJ, Phone 07964 798791, by Tuesday 18th May or make a bank transfer to HSBC Sort Code 40-27-07 Account Number 11519018, Event Reference May27, and email booking information to surreyu3astudyday@outlook.com . Payment at door is £15.