



South East U3A Forum

(Kent, Surrey & Sussex U3A Networks)

South East Forum Conference 2018

Open to members of all U3As in the South East Region

Wednesday 16th May 2018 at Meridian Hall, East Court, College Lane, East Grinstead RH19 3LT

1st December 2017

Dear Chairman and Members,

A South East Forum Conference will once again be held in 2018, bringing together U3As across the South East Region. It will be held in the Meridian Hall on Wednesday 16th May with registration from 9.15am. This popular and valuable event gives members across our large region an opportunity to meet, exchange news and views, and hear of innovations and examples of good practice. Please would everyone bring one recent success story and one current challenge?

We are very pleased to welcome a number of speakers covering a range of interesting subjects. Our regional Trustee, Bob Duckmanton, will highlight key activities on the national scene and in the South East. Our keynote speaker, Hilary Jones, Trustee for Wales, and Chairman of U3APlus, will describe the objectives of this important project aimed at widening access to our U3A activities. Sandra Wilkinson will outline interesting research on intergenerational and international lifelong learning. Professor Christopher French, who spoke at the National Conference, will explore the functions and limitations of human memory during our lives. We will also learn about Beacon, a very useful system for managing our U3As, from Sally Ingledew and Nick Hammond.

We continue to have support from the Trust's Regional Support Budget which helps us communicate with our U3A members, so that we are able to offer free attendance and a light buffet lunch. Attendance will be on a first-come, first-served basis and is open to all members in the South East Region.

The Forum Committee currently comprises John Hubbard, Graham Hall and Helen Turner from Kent, Arthur Browne, Ian Funnell, Alison Gaitonde and Doreen Raine from Surrey, Chris Senior, Jill Collins, Isabel Baker, and Kathryn Rumsby from Sussex, and Bob Duckmanton, Trustee for the South East Region, who is very supportive of our activities. We welcome offers of help, especially in organising our conference and the Chichester summer school, and thank those already involved.

A booking form is attached together with a map of the venue location; please copy more booking forms if they are needed and remember that members and group leaders are very welcome as well as the stalwarts on the committee. Please book early and by 7th May 2018; booking forms should be sent to Alison Gaitonde. Your U3A is again invited to contribute to the display of work from U3As across the region; see the attached form which should be sent to Arthur Browne.

I look forward to meeting you and your members at the conference.

Chris Senior

Chairman of the South East U3A Forum

cseior@ukgateway.net



South East U3A Forum

(Kent, Surrey & Sussex U3A Networks)

South East Forum Conference 2018

Wednesday 16th May 2018 at Meridian Hall, East Court, College Lane, East Grinstead RH19 3LT
Open to members of all U3As in the South East Region

Programme:

- 09.15 Registration: Join us for Coffee/Tea
- 10.00 **Welcome and Introduction** – Chris Senior, Chairman of the Forum
- 10.05 **U3A News & Activities in the South East Region** - Bob Duckmanton, Regional Trustee
- 10.20 **Accessibility for All** – A key aim of the U3A movement is that everyone should be welcome to all our activities. Project U3APlus, supported by the Third Age Trust, aims to help, advise and support U3As so that all members, including those with age-related difficulties and disabilities, have access to the range of learning opportunities available.
Hilary Jones, Chairman of U3APlus and Trustee for Wales
- 11.05 **An Intergenerational International Lifelong Learning Project** – Activities of a U3A research programme in North-East England and Germany which enabled different generations and countries to work together for greater understanding and respect.
Sandra Wilkinson, Founder Seaham Harbour U3A
- 11.35 Short Break
- 11.45 **The Psychology of False Memory** – Our sense of identity, or who we are, is bound up with our autobiographical memories. Research is increasing our understanding of the development, functions and limitations of human memory across the lifespan.
Professor Christopher French, Goldsmiths College, University of London
- 12.30 Lunch – View Exhibition of Work of Various U3As
- 13.30 **Discussion Groups on Sharing Your Experiences** – An opportunity for members to share experiences on the challenges of introducing a wide range of members to the enjoyment of a variety of learning activities, and managing U3As through committees responsible for interest groups, finance and communications.
- 14.30 **Welcome to Beacon** – An introduction to Beacon, which is a system to help U3As manage their membership, groups and finance; and a practical demonstration.
Sally Ingledeew, Lead National Coordinator for Beacon and Nick Hammond, Warsash U3A
- 15.25 **Open Forum & Feedback from Discussion Hour**
- 15.50 Close of Conference

The conference is free as the Regional Support Budget covers the costs. Please book by 7th May. Applications will be on a first-come first-served basis. Please complete and send the slip to:

Alison Gaitonde, Flat 3, Pegasus Court, Bolters Lane, Banstead, Surrey SM7 2AR

For enquiries ring 01737 812646 or send an email to alisonmgaitonde@gmail.com

.....
I wish to attend the South East U3A Forum Conference on Wednesday 16th May 2018

Name U3A.....

Address

Phone.....Email Veg/Gluten-free



South East U3A Forum

(Kent, Surrey & Sussex U3A Networks)

South East Forum Conference 2018

Wednesday 16th May 2018 at Meridian Hall, East Court, College Lane, East Grinstead RH19 3LT

Open to members of all U3As in the South East Region

Show Us What You Do

As an additional attraction at the conference, there will be an exhibition of work done as part of U3A activities. We are looking for items which are likely to be of interest to those attending. These might include paintings, needlecraft, photographs, books, reports on studies, wood or metal craft, archaeology, geology etc., etc. What fascinating things do U3A members do in their groups? The exhibitions have been significant features at previous conferences.

Please give details about your proposed exhibit on the form below and return to:

Arthur Browne, 34 Blundell Avenue, Horley, Surrey RH6 8AY

For further information ring 01293 771794 or send an email to a.browne693@btinternet.com

There will be tables for display boards; please provide your own labels and descriptive information as in previous years. Items should be brought to the meeting on the day and set up in the lecture hall from 9.15am where members will be present at all times. The organising committee cannot accept responsibility for the items on display.

.....

Show Us What You Do

At the South East Forum Conference - Wednesday 16th May 2018

Name Name of Your U3A

Address

Phone Email

Description of items:

Size:

Any comments about the items and their display?



South East U3A Forum
(Kent, Surrey & Sussex U3A Networks)

How to reach the Meridian Hall
East Court, College Lane, East Grinstead RH19 3LT

The Meridian Hall lies in the north-east sector of East Grinstead and the map below shows how to find your way there from the local major roads. There is plenty of free car parking adjacent to the hall. The hall has been carefully designed to integrate with the magnificent Grade II listed building, East Court Mansion, which is immediately adjacent. Great care has been taken to ensure sympathetic architectural design throughout, and the needs of users, including the disabled, have been taken fully into account. There is a sculpture with a meridian line on the terrace behind East Court Mansion from where there are fine views over the Sussex countryside. The hall holds 220 for lectures.

