



SOUTH EAST U3A FORUM

(Kent U3A Network, Surrey U3A Network & Sussex U3A Network)

ACTIVE AGEING

One-Day Conference Open to all U3As in the South East Region

On Wednesday 21st March 2012 at Meridian Hall, East Court, College Lane, East Grinstead RH19 3LT

14th December 2011

Dear Chairman

The South East U3A Forum Conference will be held again in 2012, bringing together U3As across the South East. This popular and valuable event gives members across this large Region an opportunity to meet, exchange views and news, and hear of innovations and examples of good practice.

We are very pleased to welcome Professor Paul Matthews, speaking on "Healthy Brain Ageing", and Patsy Thornton, Wokingham U3A who is talking about the major Riverside Project that the Thames Valley Network have been engaged in over the last year. In addition we will hear about the opportunities for engaging with international contact through the EU Grundtvig programme on Adult Education.

This year we have support from the Trust Regional Support budget which helps us to communicate with our U3A members, so we are able to offer free attendance and a light buffet. Attendance is on a first-come, first-served basis and is open to all members, who should apply individually. Members from new U3As will be especially welcome.

The Forum comprises Arthur Browne, Alison Gaitonde, Ian Funnell and Yann Trevou from Surrey, Pauline Hawker, Ursula Steiger and Helen Turner from Kent, and Brian Dalby, Gillian Pitt, Mary Russell and Chris Senior from Sussex, plus Pam Jones, Trustee for the South East Region.

Your U3A is again invited to contribute to a display of work from U3As across the region; *see enclosed form*.

Please copy the Booking Form if more are required.

Please book before mid-March 2011. Forms should be sent to:-

Alison Gaitonde, 7 Ashurst Road, Tadworth, Surrey KT22 5ET ☎ 01737 812646

Email: alisonmgaitonde@gmail.com

With all good wishes,

Ian Funnell

Chairman of the South East U3A Forum

☎ 01372 374236 Email: ian@ifunnell.freeserve.co.uk



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Programme:

- 9.30 Registration - **Join us for Coffee/Tea**
- 10.00 Welcome and introduction by Ian Funnell, Chairman of the South East U3A Forum
- 10.10 "Lessons from Neuroscience about Healthy Brain Ageing" – Professor Paul Matthews
- 11.10 "The EU Lifelong Learning Programme"
 "Introduction to the Programmes & Sectors including Adult Education" – Ian Funnell
 "A Grundtvig Course on Digital Photography in Poland" – John Fenn, Ashted U3A
 "A Grundtvig Course on Learning Circles in Sweden" – Doreen Raine, Dorking U3A
- 11.40 "Thames Valley Network Riverside Project" – Patsy Thornton, Wokingham U3A
- 12.00 "What's Going On" - Contributions from members across the South East Region
- 12.30 **A Finger Buffet Lunch will be provided – View exhibition of work of various U3As**
- 13.30 Discussion groups – **There is a choice from four topics**
 1. How can we keep our U3As vibrant?
 2. What successes or concerns are there to report in our U3As?
 3. How can U3As attract new committee members?
 4. How can U3As develop new interest groups?
- 14.45 DVDs on various U3A activities
- 15.00 **Tea/Coffee**
- 15.30 Discussion feedback
- 16.00 Close of conference and departure


Please complete and detach the slip below and return to:

Alison Gaitonde, 7 Ashurst Road, Tadworth, Surrey. KT22 5ET ☎ 01737 812646

Email: alisonmgaitonde@gmail.com

Please book by mid-March to facilitate the arrangement of the discussion groups and the catering.

The conference and lunch are free this year; they are covered by the Regional Support budget of the Trust. We hope U3As can cover members' travel costs. Applications will be accepted on a "first-come, first-served" basis.



SOUTH EAST U3A FORUM – "ACTIVE AGEING" – One-Day Conference on Wednesday 21st March 2012

Name: Name of Your U3A:

Address:

..... Post Code Phone

Email address: Vegetarian Lunch Option

Please circle your first choice of discussion group - **1 2 3 4**



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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.

Further information from the above on 01293 771794

There will be tables and display boards and offers of the latter will be welcome.

Provide your own name labels and descriptive information.

Items will be brought to the meeting on the day and set up in the main room where members will be present at all times.

The organizing committee cannot accept responsibility for the items.



Show Us What You Do

Name: Telephone:

Address: Name of Your U3A:

..... Group:

Description of item:

Size:

Comments about the item and its display?

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

