

Thames Valley **U3A** Network

## *Old Dogs - New Tricks*



*Network Conference*  
*Hosted by Wokingham U3A*  
*Emmbrook School*  
*Wokingham*  
*RG41 1JR*

*2<sup>nd</sup> June 2010*

Patsy Thornton. 6 Highway, Crowthorne, RG45 6HE  
Tel: 01344 774812 Email: [patsy@thorntac.co.uk](mailto:patsy@thorntac.co.uk)

## **Programme**

**10.00 - 10.30 Arrival – Registration – Coffee**

**10.30 – 10.33 Network Chairman/Vice Chairman  
speaks on behalf of Network**

**10.33 – 10.40 Wokingham Chairman's welcome**

**10.40 – 11.25 Keynote speech, Dr Alex McMinn**

**11.30 – 12.30 Workshops**

**12.30 – 1.30 Lunch**

**1.30 - 2.15 Speech, Mr Ian Searle**

**Chairman Third Age Trust**

**2.15 – 3.15 Feedback on workshops**

**3.15 – 3.30 Summing up and handover to next  
year's host**

**3.30 – 4.00 Tea and refreshments**

## **Ian Searle, Chairman of Third Age Trust and NEC**

**Brief synopsis.** The essence of the U3A movement is that it is controlled by its members. Any pronouncements about its future, perhaps especially from the Third



Age Trust, can only be based on what the members of U3As want; the Trust is certainly in no position to impose plans.

For that reason a large-scale consultation exercise is planned for 2010 which seeks to do two things; the first is to reinforce the basic principles on which the entire movement in the UK is based, including local control and direction. The Third Age Trust is a partner in the movement as it progresses to meet changes in the social environment and the increased well-being of U3A members. The guiding principles must continue to be the enjoyment and well-being of the individual members. The Third Age Trust can only offer positive suggestions for future developments within the movement and it must be up to the U3As themselves to accept, modify or reject them.

Although he has a degree in Modern Languages, his interests widened to include Maths and even some primary Science teaching. He was also involved in curriculum development abroad. Within his own U3A, Carrick, Cornwall, he took on most offices in turn except that of treasurer, and ended up as Chairman. Within the Third Age Trust he has served on most of the Sub Committees and chaired the Online Courses Group for three years. As Vice Chairman from 2006 he chaired the Standing Committee for Education until elected Chairman in 2009. During that time he was responsible for producing the successive drafts of 'Time to Learn' and was then asked to assist NIACE with the follow-up website for 'Self Organised Learning' groups'

## **Dr Alex McMinn NEC member**

The presentation will examine new developments within the U3A movement that contribute to 'Active Ageing' including the 'Wellbeing Project', the recently formed U3A Research Committee and the extensive range of new links with Universities and research bodies.

Alex. is the Chairman of the U3A Research Committee. After working in various UK Universities as a Senior Lecturer in Clinical Sciences, Alex McMinn became a Medical Education Adviser to the World Health Organisation and other international agencies. He followed this with eight years as Executive Director for the International Association for Medical Sciences working in over 50 countries. He was awarded the rare honour of the Medal of the Council of Europe for services to international education.



He was founding chairman of the award winning Aughton/Ormskirk U3A and is currently N.W. Regional Trustee of the U3A National Executive. He represents the UK on the

International Association of U3As

He was also a member of the team who worked with Baroness Susan Greenfield on the MindGym project

# Workshops

## **“Does size matter” encouraging involvement, and “Are Monthly Meetings Necessary?” – Richard Hughes**

The workshop will discuss the implications of U3A membership size and try to establish the pros and cons of both large and small U3As. These implications include:

- The range of activities available to members;
- The type of monthly meeting;
- The workload on the committee;
- The ways of financing the U3A;
- The organisation required to ensure that members feel that they are important and contributing to the U3A;

The aim of the workshop is to give a short presentation to all attendees of their conclusions.

## **Drama skills – practical experience. – Margery Jackson**

“All the world’s a stage,  
And the men and women merely players”

*‘As you like it’*

A taster Drama Workshop including:-

Body language

The Voice

Creating a character

Improvisation

## **U3A – Education and/or leisure - Peter Jarvis**

1. Are we a university or a leisure-organisation?
2. If we are a university –  
Should our programmes be more academic?
3. If we are a leisure organisation –

Is the title a hindrance or does it say something about the breadth a programme should be? If the title is a hindrance – should we change it?

## **Tai Chi – practical – Brian Hunt**

Tai Chi is a form of exercise originating in China which suits all ages and fitness levels because of its slow controlled movements and exercises. It helps relaxation, reduces stress and assists with good balance and posture. So it’s very suitable for people of the 3rd age. We will learn and practice a variety of Tai Chi exercises for which no previous Tai Chi experience is necessary for this workshop.

## **Study Days – Patsy Thornton**

We shall be looking at the possibilities of Study Days, both from the organisational and from the learning perspectives.

Aspects under discussion will include:-

- Single- or multi-subject
- Popular topics
- Finding venues and speakers
- Effective publicity
- Costs, etc.

This is your opportunity to share experiences and aspirations

## **Websites and internet – Len Smith**

How to create Web pages and incorporate them into your own website using Kompozer and FileZilla FTP programmes Also review search engines and a tour of interesting websites

## **Newsletters – Keith and Sue Thrower**

### **Producing a U3A Newsletter**

The workshop will be most suitable for U3A members who are considering (or been coerced into!) producing a newsletter or have only recently become involved. We plan to cover a range of topics under the headings: initial decisions; getting contributions; production and editorial issues; distribution. There will be a practical demonstration of using the Microsoft Publisher desk top publishing program (DTP) using a PC, and we will allow plenty of time for questions and discussion. We intend to send out an email questionnaire to registered participants prior to the workshop asking about their level of experience in producing a newsletter or similar publication, what computer and DTP program(s) they use, and any particular questions, problems or information they would like covered

## **International Contact between U3As - Barry Byrne**

The Role of AIUTA

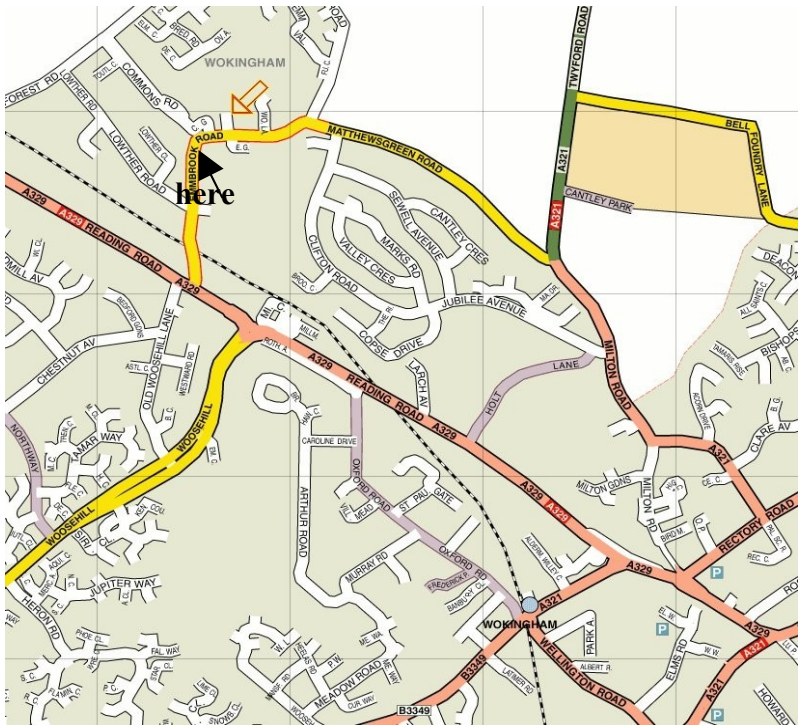
An example of twinning: Portsmouth and Caen

The Wokingham Experience: The eFriends network

Working with Australian U3As

The Japanese U3A Visit and the return visit

The U3A in different cultures



## Directions

From Reading or A329(M) (West end) turn left into Emmbrook Road just after traffic lights and opposite a Shell station. Follow road round to school entrance.

From Wokingham or A329(M) (East end) come through Wokingham towards Reading and turn right into Emmbrook Road just before traffic lights and opposite Shell station. Follow road round to school entrance.

From Twyford direction, after crossing over two motorways at mini roundabout, turn right into Matthewsgreen Road and follow road round to school entrance.

From Wokingham station walk along Oxford Road to Reading Road and follow directions in second paragraph above.

# APPLICATION FORM

I WOULD LIKE TO ATTEND THE THAMES VALLEY NETWORK  
CONFERENCE :

Full Name:

Address

Telephone Number:

Email address:

U3A attended:

<b>WORKSHOPS</b>	<b>Please indicate your choice of workshops</b>		
	<b>First</b>	<b>Second</b>	<b>Third</b>
<b><u>"Does Size Matter", and "Are Monthly - Meetings Necessary"</u></b> <b><u>Drama Skills - Practical experience</u></b> <b><u>U3A - Education and/or Leisure</u></b> <b><u>Tai Chi - Practical</u></b> <b><u>"Study Days"</u></b> <b><u>Websites and Internet</u></b> <b><u>Newsletters</u></b> <b><u>International Contact between U3As</u></b>			

The fee for the day is £16.00 including Baguette lunch with cake or fruit and refreshments during the day. Members of U3As in the Thames Valley Network area which have not affiliated to the Thames Valley Network are welcome at an additional fee of £5.00. All fees payable in advance. Please make cheques payable to Wokingham U3A

Initially we can accept up to 6 applications per U3A. Depending on numbers applying, more may be accepted at a later stage

**Signed :**

Please return completed forms to :

**Patsy Thornton. 6 Highway, Crowthorne, RG45 6HE**

Tel: 01344 774812 Email: [patsy@thorntac.co.uk](mailto:patsy@thorntac.co.uk)

If you require an acknowledgement, please enclose a stamped addressed envelope or include an email address.

**The full brochure is downloadable from the Thames Valley Network website at [http://www.u3atvnetwork.org.uk/Brochure1d\\_web.pdf](http://www.u3atvnetwork.org.uk/Brochure1d_web.pdf)**

