

# Thames Valley Network Conference 2011

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## The Time of Our Lives

### Life, Leisure and Learning

Hosted by Swindon University of the Third Age

4<sup>th</sup> June 2011

New College

New College Drive, Queens Drive, Swindon, SN3 1AH

Cost: £12 excluding lunch, £18 including lunch

#### Programme

- 10:00 - 10:30 Registration and Coffee
- 10:30 - 10:40 Welcome address – **Jeanie Dickie**, Chairman, Swindon U3A
- 10:40 - 11:25 Keynote address by **Barbara Lewis** – *‘How the U3A interacts with external bodies’*  
Barbara Lewis is the vice-chair of the U3A Trust and amongst many other activities has served on the editorial board of U3A News and on our national website committee, as well as being the principal Publicity Officer initiating the Awareness Campaign, promoting Heritage Days and launching the ‘U3A Lifelong Learning Olympiad’ in the run-up to the 2012 Olympics.
- 11:30 - 13:00 Workshops
- *Theatre:* **Fitness Benefits**  
Discover the benefits of less strenuous exercises that still help with maintaining health
  - *Room 1:* **Creative Activities**  
Try out some creative activities from art to various forms of needlework
  - *Room 2:* **Music Matters**  
Listen to some music, both familiar and unfamiliar, and discuss how we might improve our listening experience.
  - *Room 3:* **Travel Study**  
Discuss Swindon U3A’s approach to gaining greater reward from visits to towns and places
  - *Room 4:* **Life, the Universe and Everything**  
Explore how we can keep up with the science and technology in this increasingly technology dependent world
- 13:00 - 14:00 Lunch - £6  
Enjoy a Ploughman’s lunch with ham and cheese followed by Fresh Fruit Salad  
A vegetarian option of cheese only will be available  
The Swindon U3A Orchestra will be playing in the restaurant over lunch
- 14:00 - 14:45 Afternoon address by **Jo Osorio** – *‘How local authorities and other organisations perceive the U3A’*  
Jo Osorio has worked for Age Concern and currently works for Voluntary Action Swindon (VAS), which facilitates social, community action and support. The VAS membership is derived from organisations that are made up of, and accountable to, a wide range of organisations that deliver services to the Voluntary and Community sector.
- 14:45 - 15:15 Workshop reports
- 15:15 - 15:30 Closing Speech and handover to 2012 conference chairman– **Jeanie Dickie**, Chairman Swindon U3A
- 15:30 - 16:30 Refreshments

Further information can be seen at [www.swindonu3a.org.uk/2011conference](http://www.swindonu3a.org.uk/2011conference).