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Introduction

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Talks on dementia

Lene Wood, dementia development officer of staywell (the new name for Age Concern Kingston-upon-Thames), has arranged two one-hour talks for members of SW London U3As.

Lene uses her talks to answer questions on the nature of dementia and managing our approach to those afflicted.

Dates:

Tuesday, 5 September, 11am

Monday, 2 October, 12 noon

Place: Community Room, John Lewis, Kingston

Application: Email Sue Leigh at [smleigh@hotmail.co.uk](mailto:smleigh@hotmail.co.uk)

Further information:

Please see staywell’s website at <http://www.staywellservices.org.uk/>

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Updates from the Third Age Trust

The Third Age Trust is the national representative body for U3As in the UK.

U3A experiences

The Trust recently appointed a communications officer, Liz Drury, to improve communications both within the U3A membership as well as with the media.

One of Liz's first objectives is to develop a ‘bank’ of members’ stories that illustrate how joining the U3A has had a positive benefit on their lives and what it can mean to be a member. With the members’ permission, these stories will be made available on request to the media.

The stories could range from members participating in activities not

normally associated with their age group, through unusual interest groups, to members who have found that the U3A can counter loneliness and isolation. Liz is also looking for stories that focus on the experiences of new members joining existing U3As in London, as well as of those who have set up new ones in the last couple of years.

If you would like to contribute your U3A experience to this ‘bank’ of stories, please contact Liz on elizabeth.drury@u3a.org.uk.

The Trust is on the move

The national office will shortly move from Bromley to the Borough/  
London Bridge area.

New trustee

The London Region delegate meeting confirmed John Bent (Barnet) as our new regional trustee from 31 August. John will represent London U3As on the Trust's national executive committee.

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Research project: The effects of motion on memory

Description

In language we often use spatial vocabulary to describe non-spatial situations. For example, we talk about ‘high’ and ‘low’ pitch, ‘short’ and ‘long ’periods of time, the future as being ‘in front’ of us and the past being ‘behind’ us. Psychological research suggests that this kind of association fundamentally influences the way we perceive and interact with the world around us.

In our research project, we are investigating the association between space and time. We want to see if observing motion can induce mental time travel and, in turn, whether this affects performance in a memory task.

We are looking for participants aged 65 years and above to take part in our experiments at the University of Roehampton. You’ll be asked to complete a short questionnaire before taking part in three trials. In each trial you’ll:

– be presented with a list of words on a computer screen

– be required (possibly), after a 10-minute interval, to watch a short video showing some form of motion

– be tested on your memory of the previously presented words.

The whole experiment takes about an hour to complete. As a token of our appreciation, you’ll receive a £5 Amazon gift card, to be redeemed online.

If you’d like to take part or if you have any questions, please contact Dr Michael Thorpe.

Dr Michael Thorpe

Department of Psychology

Whitelands College

University of Roehampton

Holybourne Avenue

London

SW15 4JD

Email: michael.thorpe@roehampton.ac.uk

Telephone: 07818 064 198

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Kingston U3A monthly meeting and talk

Monday, 7 August [TIME +PLACE]

Talk: Ian Currie – Droughts, deluges and dust devils

Ian is an experienced author and BBC broadcaster with a special interest in the weather of the south east of England.

Surrey U3A network study days

These are held in the Menuhin Hall, Stoke d'Abernon; starting at 9.30am with registration and running from 10am to 4pm. The fee, including coffee/tea and biscuits, is £10 for members and £12 for guests. Attendees should bring a packed lunch. Advance booking is necessary.

All Change! [CHECK AVAILABILITY BEFORE PUBLISHING]

Avant garde art in the first half of the 20th century

Friday, 15 September

More information: <https://u3asites.org.uk/files/s/surreyu3anetwork/docs/st17sep.pdf>

Plagues and pestilence [CHECK AVAILABILITY BEFORE PUBLISHING]

Plagues and pestilence, past and present

Forensic science and Sherlock Holmes

Friday, 20 October

More information:

<https://u3asites.org.uk/files/s/surreyu3anetwork/docs/st17oct-revised.pdf>

Military history through the ages [CHECK AVAILABILITY BEFORE PUBLISHING]

Friday, 17 November

More information, please see:

<https://u3asites.org.uk/files/s/surreyu3anetwork/docs/st17nov.pdf>

Future study days

Booking opens on Wednesday, 1 November for the following study days in 2018:

– Making sense of militant Islam: Friday, 16 February

– Vincent Van Gogh and painting in nineteenth-century France: Friday, 16 March

– Energy Planning for the UK: Friday, 20 April

More information: <https://u3asites.org.uk/surreyu3anetwork/events>

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In August you’ll be receiving a printed copy of the Kingston U3A newsletter. The next email news bulletin will be in September. Please forward any contributions or suggestions to Susan Hinchsliffe at [communications@kingstonu3a.co.uk](mailto:communications@kingstonu3a.co.uk) by mid-Spetember. Many thanks.