

Kingston U3A News Bulletin – 24 April 2018 – No 11

This month's news bulletin begins with an assurance of our compliance with data protection and an invitation to complete a short survey about the U3A. Our last news bulletin advertised a music study day: full details of the programme are now available below. A Master's degree student at Birkbeck, University of London, is looking for volunteers to participate in a project on the mental and physical fitness in older adults. There's a free lunchtime jazz concert at the Rose Theatre and an exhibition of the work of Art and Design graduates at Kingston University. And finally we have a reminder of our own Kingston U3A monthly meeting on Monday, 14 May.

General Data Protection Regulation

We would like to assure you that the organisers of the Kingston U3A are aware of this regulation and are already complying with the Data Protection Act. A committee member has recently attended a workshop on the subject and on other legal issues related to our status as a charity.

We will include a longer item on this matter in the next printed newsletter.

What does the U3A mean to you?

The U3A National Office would like to capture some of the great work that U3As do for their members and in their communities.

We would be grateful if you could please spend a little time thinking about what you feel is important and fill in a [short online survey](#). Many thanks.

London Region music study day

We mentioned this study day in March's issue and the full programme is now available.

Topics:

- Broadway and the American songbook 1920-1950
- Verdi's parental connections
- Fidelio
- A short history of jazz

Time: 10.15am-4pm (registration 10am)

Date: Saturday, 19 May

Place: St Pancras Room, Kings Place, 90 York Way, London, N1 9AG

Cost: £20 per person

Further information and the application form: See the [London Region](#) website.

Research project: Mental and Physical Fitness in Older Adults

A researcher in the Department of Psychological Sciences at Birkbeck, University of London, is looking for volunteers to take part in a project which forms part of a Master's degree.

Purpose

To investigate how people's physical fitness is related to their mental abilities such as memory and attention.

What does it involve?

You will be asked to:

- complete questionnaires about:

- your physical abilities, your leisure activities and general health
- your everyday memory abilities

- participate in computerised tasks to provide an insight into your attention and memory abilities

- do short tests to measure the strength in your hands and legs, and your pulse rate while you are relaxing.

This will take an hour and a half and you will receive £15 for your time. You are free to stop the study and withdraw at any time without giving a reason. All the information you provide will be kept anonymous and confidential.

To participate

Please contact Gulsah on 07950 560346, or via email at lceti01@mail.bbk.ac.uk.

The study is supervised by Dr Eddy Davila, email davelaar@bbk.ac.uk.

Departmental address: Department of Psychological Sciences, Birkbeck, University of London, Malet Street, London, WC1E 7HX. Tel: 020 7079 0807

Kingston University events in May

Here are a couple of next month's events. For a full list, see [Kingston University website](#).

Jazz First Tuesday: Paul Cavaciuti, Dave Jones, Roland Perrin Trio

This series of free lunchtime jazz concerts is sponsored by Kingston University and showcases a mixture of perennial favourites and emerging artists.

Paul Cavaciuti, Roland Perrin and Dave Jones are all bandleaders and composers in their own right, with decades of musical experience between them. The trio will be playing a mixture of standards and original compositions. The repertoire ranges across multiple genres, from jazz to Latin, world music and even classical.

Time: 1.15pm-2.00pm

Date: Tuesday, 1 May

Place: Rose Theatre, Kingston upon Thames, KT1 1HL

Cost: free

Further information: See the [Kingston University](#) website or email [Val Marshall](#).

Foundation Studies in Art and Design graduation show 2018

Students graduating from this course will display their work which covers the main four areas of study: communication design, 3D design, fashion and fine art.

Time: 1pm-7pm

Dates: Friday, 25 May-Wednesday, 6 June (closed Sundays and Bank Holiday Monday)

Place: 5th & 6th Floors of the Tower Block, Penrhyn Road campus, Penrhyn Road, Kingston upon Thames, KT1 2EE

Further information: See the [Kingston University](#) website or contact at [Molly Cowling](#), tel: 020 8417 4070.

U3A monthly meeting

14 May: Mary Kingsley, Victorian Traveller – Speaker: Louise Reed

Please note the new date. Apologies, this was wrongly listed as 7 May in the Kingston U3A Newsletter.

These meetings are for members only:

Time: 2pm (doors open at 1.30pm)

Place: United Reformed Church, Eden Street, Kingston

Cost: £1

Coffee/Tea and biscuits are available after the talk.

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Next month we'll be sending out the printed newsletter.

The next Kingston U3A news bulletin will be emailed to you towards the end of June. Please forward any contributions or suggestions to Susan Hinchsliffe at communications@kingstonu3a.org.uk by the middle of that month.

In the meantime, please check the [Kingston U3A](#) website regularly. Many thanks.

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Please note: If you wish your name to be removed from Kingston U3A's email list, please notify [Linda Foreman](#) or [Susan Hinchsliffe](#).