Kingston U3A News Bulletin – January 2018

A belated Happy New Year to all our readers. Our first news bulletin of 2018 offers you a variety of activities. There’s information about a couple of workshops and an invitation to participate in some research into the ability of older people to multi-task. There’s news about the U3A London Region summer school and music lovers and gardeners might find some of Kingston University’s events in February of interest.

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Active Learning and Research: a workshop for enquiring minds

You are invited to an interactive study day with participants from across London Region.

Presentations and discussions will include:

- Lifelong learning: How do we learn as adults?

- Stimulating enquiry-led learning in U3A

- Research with partner organisations

- Challenges and examples of best practice

- U3A support facilities for research

The workshop is suitable for all members who have an enquiring mind, whether they have research experience or not.

Time: 10am-4.30pm (Registration + tea/coffee 10am)

Date: Monday, 26 February

Place: Canada Water Library, Surrey Quays Road, London, SE16 7AR (Nearest station: Canada Water)

Cost: £5 (includes lunch)

Booking: Please go to London Region website https://u3alondonregion.wufoo.eu/forms/m1lwo8qe0th9jkq/ Space is limited, so early booking is advised.

Further information: email Liz Day liz@the-days.org.uk

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Research and your group

Does your interest group encourage its members to undertake research? If so, Liz Day would like to hear from you, so she can invite them to participate in discussions. Please email Liz Day [liz@the-days.org.uk](mailto:liz@the-days.org.uk) if you are interested.

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London Region of U3As: Non-residential summer school

There will be a wide range of subjects on the themes of Art, Current Affairs, Drama, History, Literature, Music and Science. You will have a choice of 32 different talks, two workshops and six guided walks around the City of London.

This year marks the 100th anniversary of women’s suffrage and some talks will cover the various aspects of women’s literature, history, arts and sciences.

Dates: 31 July-2 August

Place: St Bride Foundation, Bride Lane, Fleet Street, London, EC4Y 8EQ (Easy access: five minutes from Blackfriars Underground station)

Cost: £36 per day (You can attend for two or three days and the cost is.

Registration now for programme details: contact Chris Feldman via the Contacts page https://u3asites.org.uk/london-region/contact on the London Region website

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Mummy, what did you do in the war?

Nursing: family history workshop

Do you have a First World War nurse in your family? Would you like help and advice researching your medical ancestors? Join us for a day of talks and practical workshops focused on nursing family history and women at war.

Speakers include: Kirsty Gray, Dick Robinson and Molly Case.

Time: 10am-5pm

Date: Saturday, 10 February

Place: Royal College of Nursing Headquarters, 20 Cavendish Square, London, W1G 0RN

Cost: £8 (£7 RCN members)

Further information and booking: Please go to the Eventbrite website www.nursingfamilyhistory.eventbrite.co.uk or call 0345 337 3368 [CHECK AVAILABILITY] BEFORE PUBLICATION]

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Research project: How good are you at multi-tasking?

Researchers at King’s College London are investigating the effect of age, activity levels and general cognitive performance on the ability to multi-task, or ‘walking whilst talking’.

If you’d like to find out how well you can do this, you could volunteer to help with this research.

What you need to do

Go along to Guy’s Campus (by London Bridge) for a maximum of two hours and complete a set of questionnaires, attention and memory tests, along with standardised balance and complex walking tests

What’s in it for you?

- unlimited tea, coffee, snacks and a novel experience

- knowing you’ve contributed to advances in neuroscience

- the sincere gratitude of the researchers

Further information and registration

For an information sheet and to register your interest, please contact [emilia.robinson@kcl.ac.uk](mailto:emilia.robinson@kcl.ac.uk)

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Medical research: the effects of age on the immune system

Researchers at University College Hospitals London are investigating the effects of age on the immune system in order to understand why older people experience more infections and fewer benefits from vaccines.

They will be measuring immune responses to the BCG vaccination. BCG is a live attenuated vaccine for tuberculosis that has been used extensively throughout the world and is safe and well tolerated. They will be comparing immune responses by taking small samples of skin at the site of the BCG injection in people of different age groups.

Further information: for an information sheet with full details of the project, email: Naomi Cocks [n.cocks@ucl.ac.uk](mailto:n.cocks@ucl.ac.uk) or contact her on 020 3447 5964. There is also more information at https://www.callforparticipants.com/study/1GEP7/anti-inflammatories-to-reverse-immune-senescence-in-the-elderly-arise

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Kingston University events in February

Here are some of the events on next month. For a full list, see Kingston University website http://www.kingston.ac.uk/events/all-events/?page=1

Jazz First Tuesday: The Meredith White Trio

Time: 1.15pm-2.00pm

Date: Tuesday, 6 February

Place: Rose Theatre, 24-26 High Street, Kingston upon Thames, Surrey KT1 1HL

Price: free

Further information: contact Val Marshall [v.c.marshall@kingston.ac.uk](mailto:v.c.marshall@kingston.ac.uk) or check the Kingston University website

http://www.kingston.ac.uk/events/item/2752/06-feb-2018-jazz-first-tuesday-the-meredith-white-trio/

Orchard Maintenance at Dorich House Museum

Come and help to work in the historic orchard and the mulberry tree. Limited to 15 people.

Time: 12.30pm-4.00pm

Date: Wednesday, 7 February

Place: Dorich House Museum, Kingston Vale, London SW15 3RN

Price: free

Booking: essential to attend this event.

Further information: contact Sivi Sivanesan on 020 8417 3234 or email

[biodiversity@kingston.ac.uk](mailto:biodiversity@kingston.ac.uk). You can also check the Kingston University website

http://www.kingston.ac.uk/events/item/2744/07-feb-2018-orchard-maintenance-at-dorich-house-museum/

Woodland management with the Environment Trust

Come along for a spiky afternoon amongst the trees to help manage bramble in a selective area of the campus to allow native ground flora species to flourish. Experienced guidance will be provided and a good workout is guaranteed!

Time: 10.00am-4.30pm

Date: Saturday, 10 February

Place: Kingston Hill campus, Kingston Hill, Kingston upon Thames, Surrey KT2 7LB

Price: free

Booking: essential to attend this event. Register your attendance by emailing [biodiversity@kingston.ac.uk](mailto:biodiversity@kingston.ac.uk) or contact: Sivi Sivanesan on 020 8417 3234.

You can also check the Kingston University website

http://www.kingston.ac.uk/events/item/2745/10-feb-2018-woodland-management-with-the-environment-trust/

Variety Cafe

A series of free lunchtime concerts supported by Kingston University. Come along for an exciting mix of emerging artists and alumni performances.

Time: 1.15pm - 2.00pm

Date: Wednesday, 21 February

Place: Rose Theatre, 24-26 High Street, Kingston upon Thames, Surrey KT1 1HL

Price: free

Further information: contact: Val Marshall : [v.c.marshall@kingston.ac.uk](mailto:v.c.marshall@kingston.ac.uk) or see the Kingston University website http://www.kingston.ac.uk/events/item/2757/21-feb-2018-variety-cafe/

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The printed Kingston U3A newsletter will be out in February. The next email news bulletin will be posted out to you towards the end of March. Please forward any contributions or suggestions to Susan Hinchsliffe at communications@kingstonu3a.co.uk by the middle of March.

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In the meantime, please check the Kingston U3A website regularly. Many thanks.