

Kingston U3A News Bulletin - 10 April 2019 no 19

In our news bulletin this month, there's an opportunity to share your memories of cinema-going with researchers at the University of Westminster. PhD students at King's College London are running two research projects which may be of interest to you. There's a reminder about topics on offer at London Region's summer school, the U3A in London Easter conference and the Citizen 800 Project at Royal Holloway, London. Kingston University is holding a series of talks on Faith, Belief and Belonging. Have you ever fancied playing croquet? Well, here's your chance as we have two taster courses on offer. We have vacancies on two of the trips recently advertised in our newsletters – Heritage and Art of Holland (27 June-1 July) and Reading: Biscuits, the Bayeux Tapestry and a River Cruise (Friday, 17 May). We are looking for someone to advise us on the purchase of a new microphone for use during our monthly talks, so do see if you can help. And finally there's our usual announcement about our next monthly meetings.

Research project: memories of cinema going

Research has shown how personal memories are important for the development of our sense of identity but little work has been done on our recall of leisure activities or hobbies.

Researchers at the University of Westminster are investigating possible generational differences in cinema-going and its potential impact on memory, and are looking for people willing to participate in their study.

What you will have to do

Fill out a short online questionnaire about your memories of visits to the cinema from any point in your life. You'll answer a few background questions and then you'll be asked to describe up to six memories of your experiences of cinema-going from any point in your life. It will take about half an hour to complete.

It doesn't matter if you are a frequent cinema-goer or if you haven't been to the cinema for years, or if you work in film or cinema. Don't worry if you can remember only a few snippets of information or if your memories are vague or vivid and detailed.

If you would like to take part, please go to the [online questionnaire](#).

Further information: Please contact:

- Rubhat Ahmed at w1582589@my.westminster.ac.uk or
- Dr Alison Eardley at a.eardley@westminster.ac.uk

Please check U3A's [disclaimer](#) before you take part in any research.

King's College London: research projects

Two PhD students, Yi-Jia Lin and Viktoria Azoidou, of King's College London are looking for people to take part in two studies.

Study 1: Investigation into our ability to perform two tasks at the same time and whether this changes with age, sleep, physical activity levels or cognitive ability. Older age may have an impact on the ability to divide our attention between specific tasks – such as walking and talking simultaneously. Problems with this are associated with impaired balance and the risk of falls.

What you will have to do

- Complete a short screening questionnaire.
- Attend the research laboratory at the Centre for Human and Applied Physiological Sciences, Guy's Campus at King's College London for a single-test session which will last about two hours.

Further information and participation: Contact Viktoria Azoidou at viktoria.azoidou@kcl.ac.uk or phone her on 020 7848 6679.

Study 2: Investigation into the effect of two different 16-week balance rehabilitation classes, walking ability and cognitive function.

To participate, you must:

- be over 65
- have fallen or be concerned about falling
- not have a neurological disorder (eg stroke)
- not have any acute medical issues that limit your ability to participate in an exercise programme
- be able to attend a weekly, free exercise class

Further information and participation: Contact Yi-Jia Lin at yi.lin@kcl.ac.uk.

Please check U3A's [disclaimer](#) before you take part in any research.

Summer school: a reminder

Don't forget that booking is now open for London Region's summer school.

Dates: 23-25 July

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

This is an annual, non-residential event. You can attend for one, two or three days, and can choose from 28 different talks, four workshops and six guided walks around the City of London.

Further information and booking:

- [London Region summer school](#): programme, cost, booking procedures
- [Application form](#) for postal submission
- [Online application](#)

U3A in London: Easter conference – April: a reminder

The theme of this year's conference is 'Upsetting the Apple Cart: controversial figures'.

Dates: Tuesday, 23-Thursday, 25 April

Place: Main Hall, Hampstead Old Town Hall, Belsize Park, NW3 4QP

Cost: £45

Further information: for the detailed programme and an application form, please see the [U3A in London](#) website.

Citizen 800 Project research days: a reminder

U3A members are welcome to join the rolling programme of shared learning projects.

Royal Holloway is hosting a series of research retreats where members of the U3A can help the leaders delve into the archives to help them examine key milestones in the history of liberty, protest, rebellion and reform. Most retreats will be held at Royal Holloway's campus in London and more dates will be added, so please check the website from time to time for updates.

Further information: please see the [Citizens 800 Project](#) website.

Subjects on offer:

- Wednesday, 8 May: Discovering the Strike Wave 1910-14
 - Further information and booking: See the [Eventbrite](#) website.
- Wednesday, 26 June: Peers vs the People
 - Further information and booking: See the [Eventbrite](#) website.
- July: The Home Rule Crisis
 - Further information: exact details and other information to follow soon. Keep your eye on the [Citizens 800 Project](#) website.

Kingston University events

Here are some of the events in May and June which may be of interest to you. For a full list, see [Kingston University](#) website.

Faith, Belief and Belonging

Facing the Future is a series of events arranged jointly by All Saints Church Kingston and Faith and Spirituality at Kingston University. The sense of common belonging is under strain, both in Britain and elsewhere. How can people of different faiths be true to their beliefs but belong together in a common community? Each session has two local speakers from differing faith positions.

- Thursday, 2 May: [Speakers from Buddhism and Hinduism](#)
- Thursday, 9 May: [Speakers from Christianity and Humanism](#)
- Thursday, 21 May: [Speakers from Judaism and Islam](#)

For all the talks:

Time: 5.45-7.30pm

Place: Choir Vestry, All Saints Church, Kingston

Foundation Studies in Art and Design: graduation show

Come along and see an exhibition of the students' work which covers four areas of study: communication design, 3D design, fashion and fine art.

Time: 1-7pm

Date: Friday, 24 May-Wednesday, 5 June

Place: 5th/6th Floor, Tower Block, Penrhyn Road campus, Penrhyn Road, Kingston, Surrey, KT1 2EE

Cost: free

Further information: See the [Kingston University](#) website.

Anyone for croquet?

Would you like to join a new U3A croquet group at the Surbiton Croquet Club, Alexandra Drive, KT5 9AA? Lorraine and Philip Hellen are offering two taster sessions, one on the morning of Wednesday, 22 May, the other on Wednesday, 19 June for you to try out the game.

Further information: Please contact Philip or Lorraine on 020 8390 5718 if you are interested.

Any sound engineers/experts out there?

If you have attended any of our events in the hall at the United Reformed Church, you'll know the difficulty speakers have in handling the microphone they use. It has to be held close to your mouth at all times to keep the sound quality even. Few speakers master the art of this by the time their session is over, which means members of the audience often miss out on what is being said.

We would like to invest in a new microphone but have no expertise in this field. If you know anything about such equipment we'd be grateful if you could please advise us and help us to buy a new one. It has to be compatible with the loop system in the hall which helps the hard-of-hearing and, again, your advice would be much appreciated when liaising with the administrators at the church.

If you think you can help, please contact Susan Hinchsliffe at communications@kingstonu3a.org.uk. Many thanks.

Heritage and Art of Holland: 27 June-1 July 2019

At the end of last year we advertised this holiday which includes visits to some of the Netherlands' famous cities, museums and art galleries.

There are still two vacancies if anyone would like to join us. You will find full details in the [Winter 2018 newsletter](#).

Further information: Please contact [Gisela Zürcher-Feiss](#) by email or on 020 8399 4990 if you are interested.

Please note: this trip will take place irrespective of the outcome of the Brexit talks.

Reading trip: Friday, 17 May

In our last quarterly newsletter we advertised this trip which includes a walking tour of the Abbey Quarter, a visit to the museum (where you can see a copy of the Bayeux Tapestry and a history of Huntley & Palmers biscuit factory), and a river cruise to Henley.

There are still vacancies if anyone would like to join us. You will find full details in the [Spring 2019 newsletter](#).

Please contact Claire Bletcher on 020 8396 7107 if you are interested.

U3A monthly meetings

13 May: Forty Years Catching Smugglers After Malcolm Nelson's talk, you'll know how to negotiate the Green Channel at Customs. (Please note the date of this talk: it is later in the month than usual as the May bank holiday falls on the first Monday of the month.)

3 June: Gone with the Wind David Allen reveals the film-set gossip, scandals and back-stage rows behind the iconic film.

These meetings are for **members** only:

Time: 2pm (doors open at 1.30pm)

Place: United Reformed Church, Eden Street, Kingston

Cost: £1 (including coffee and biscuits after the talk)

In May the printed newsletter will be published towards the end of the month. The next Kingston U3A news bulletin will be emailed to you around the middle of June. Please forward any contributions or suggestions to Susan Hinchsliffe at communications@kingstonu3a.org.uk by Tuesday, 23 April (newsletter) and Wednesday, 12 June (news bulletin).

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

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