

Kingston U3A news Bulletin 5 July 2019 Issue No 21

This month researchers at King's College London are looking for volunteers to help with two of their studies – one about aspects of memory and the other about your familiarity with technology. There's a study day on London's industrial heritage on offer and a chance to hone your map-reading skills too. The latest Third Age Trust event will be held at the Royal Institution. Our usual announcement about the next monthly meetings completes July's news bulletin.

Research project: Enhancing visual aspects of episodic memory

Our memory for personally experienced events is central to our sense of self but it is also among the first processes to show age-related decline.

Researchers in the Psychology Department at King's College London (KCL) want to find out whether it is possible to improve some of the visual aspects of episodic memory by applying gentle electrical stimulation to the scalp over the brain area they are interested in. This is called transcranial direct-current stimulation (TDCS). It is a non-invasive technique which is a useful tool in research into memory, vision, and numeracy.

Who can participate?

The researchers are looking for participants over the age of 60, with no psychiatric or neurological conditions and who are safe to receive brain stimulation (eg no metal in the brain). One of the research team will confirm that you are safe to receive brain stimulation before you agree to participate.

Please note: if you completed the KCL episodic memory study last year, you will not be eligible for this year's project.

What will the study involve?

You'll be invited to two testing sessions, 24 hours apart. The total time for the two sessions will be no more than 2 hours. You'll receive £15 in total for your time and any inconvenience caused by participating in this study.

Test session 1

You'll be asked to:

- view some scenes wearing a head camera
- complete an autobiographical interview.

Test session 2

You'll receive non-invasive electrical brain stimulation to the scalp over the brain area we are interested in. After this, we'll ask you to complete a memory task and a second interview.

Where will the testing sessions take place?

Guy's Campus, Addison House, London, SE1 1UL, close to London Bridge station

Further information

If you are interested in taking part, please email the team at k1625968@kcl.ac.uk.

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

Research project: Technology Familiarity

If you can spare 20-30 minutes in one sitting, researchers from King's College London are looking for volunteers to help them validate their new, simple, online Technology Familiarity Questionnaire, which aims to assess people's familiarity with and attitude towards today's technology and its devices.

Further information: If you are interested, please see the [Information Sheet for Participants](#).

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

Celebrate London's Industrial Heritage: a study day

This event is organised jointly by the U3A Network and the Greater London Industrial Archaeology Society (GLIAS). Details are currently being finalised and the programme and booking information will be available shortly.

Planned sessions include:

- Manufacturing in the boroughs south of the river
- Docklands all changed
- Goodbye Earls Court: London's lost exhibition centre
- Railways of South London
- General session on the future of industrial archaeology.

Short films from the London Metropolitan Archive collection will be screened and you'll have a last chance to see the Underground London exhibition.

Date: Friday, 4 October

Place: London Metropolitan Archive, 40 Northampton Road, Clerkenwell, London, EC1R 0HB

Further information: Keep your eye on the [Greater London SE Network](#) website.

Map Reading group

Roman Bednarz (Dulwich & District U3A) is running six map-reading sessions, starting later this month. It is open to members of all SE Network U3As.

The sessions will be based in Dulwich with outdoor sessions in Greenwich Park, Danson Park, Dulwich Park and Crystal Palace.

Aims

To teach you to be confident in:

- using a compass
- reading an OS Map to lead a walk
- using a computer to plan walks that can automatically measure distance and height climb.

Further information: Please contact Roman Bednarz at romekbednarz@gmail.com as soon as possible for details and exact dates.

Third Age Trust events

U3A Explores Science at the Ri

You are invited to come along and explore science through a variety of fascinating talks.

Programme, talks and speakers

Introduction by Martin Davies, Public Programme Manager, Royal Institution.

Chasing the Sun

Linda Geddes discusses the science of sunlight and how you can exploit your relationship with light and darkness to improve your health, sleep and productivity.

Experiencing the impossible

Gustav Kuhn illustrates how understanding how and why our brain is fooled will dramatically change the way you judge yourself and others and provide you with a new appreciation of its amazing capacity. He looks at how recent advances in our scientific understanding of magic provide new insights into its nature and explains how the ease by which magicians trick us highlights many of our mind's limitations.

Beyond the Higgs

In 2012 the announcement of the Higgs boson made headlines around the world. Physicist Harry Cliff guides you through what has been going on at the Large Hadron

Collider since then and discusses the future of the world's biggest physics experiment. He looks too at some future intriguing hints of new physics.

Time: 1.45-4.45pm

Date: Monday, 7 October

Place: The Royal Institution of Great Britain, 21 Albemarle Street, London, W1S 4BS

Cost: £21.50

Further information and booking: Please see the [Eventbrite](#) website.

Kingston University events

There aren't any events of the kind we usually advertise in the bulletin but if you wish to check what is going on for yourselves, please see a full list on the [Kingston University](#) website.

U3A monthly meetings

5 August: Angels in Art – Colin Lomas guides us through the many mysteries of these beings in their various forms through different periods of art.

2 September: Agatha Christie, Queen of Crime – Nick Dobson takes us on a journey through the biography and work of this great novelist.

7 October: Surviving Napoleon – John Baxter takes us through a clockmaker's tale, with a Somerset connection.

These meetings are for **members** only:

Time: 2pm (doors open at 1.30pm)

Place: United Reformed Church, Eden Street, Kingston

Cost: £1

Coffee and biscuits are available after the talk.

In August 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 September. Please forward any contributions or suggestions to Susan Hinchliffe at communications@kingstonu3a.org.uk by Friday, 19 July (newsletter) and Friday, 7 September (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 Hinchliffe.