**Kingston U3A News Bulletin 2 October 2020 No 30**

Your experiences of social distancing during the lockdown is of interest to a research student at the University of East London and she is looking for volunteers to complete an online survey. The Third Age Trust is holding an online event –

a talk on the Australian Outback: an exploration into a transcontinental journey. The London Region has now a detailed programme of their online talks on family history as well as access to recordings and presentations of their previous events. There’s news on the National U3A Day due to take place next June. We have details of the next few monthly meetings and there’s a reminder to those of you who haven’t done so to renew your subscriptions, please. We are still looking for articles for our November newsletter, so please don’t hesitate to send in your news.

In the meantime, best wishes and please take care.

\* \* \* \* \* \*

Research Project: Covid-19 and Older Adults

Full title

Investigating the impact of social cognition, social contact, and coping strategies, on loneliness and psychological distress in Older Adults during COVID-19 social distancing.

Details

Amelia Presman of the School of Psychology at the University of East London is preparing her doctorate and is looking for volunteers to complete a survey as part of her research.

She is looking into the impact of COVID-19 and social distancing on the well-being of older adults (people aged 70+). Social distancing guidance is stricter for people in that age group than it is for the rest of the population. This study will also investigate other factors that may have an impact on well-being during social distancing, including coping strategies, level of social contact, and social cognition (the various psychological processes that help people to understand and socialise with others).

The deadline to complete the survey is Tuesday, 15 December.

Further information

For more details and to complete the survey, please see the [University of East London](https://uelpsych.eu.qualtrics.com/jfe/form/SV_9Z8MjNGWw41MJtr) website.

\* \* \* \* \* \*

Third Age Trust CHECK AVAILABILITY BEFORE PUBLICATION

World Histories: into the Outback

An exploration into a transcontinental journey

Online event via Zoom

Join Michael A’Bear of Farnham U3A on a journey into the Australian Outback, looking at the transcontinental journey from Melbourne to the Gulf of Carpentaria in 1860 by Burke and Wills. Were they unlucky or was it incompetence? It is certainly an important expedition in Australian history.

Michael will tell the tale of the ill-fated trip and discuss a few other early explorers of the continent.

The illustrated talk will take about 50 minutes and will be followed by a chance to discuss the expeditions via a Q&A session.

A deep knowledge of history is definitely not required, just a curious mind and a willingness to discuss and interact with the group at the end is important.

Time: 10-11.15am

Date: Thursday, 8 October

Cost: Free but please go to the [Eventbrite](https://www.eventbrite.co.uk/e/world-histories-into-the-outback-a-u3a-presentation-with-qa-tickets-12151828947) website to register.

\* \* \* \* \* \*

**London Region of U3As: online talks on Zoom**

**Talks in October**

There is now a detailed programme of talks on Family History in October.  Please see the [London Region](https://u3asites.org.uk/london-region/events) website for further details.

**Summer talks archive**

You can see a list of available presentations and recordings of previous talks on the [London Region](https://u3asites.org.uk/files/l/london-region/docs/lru3azoomtalksarchive.pdf) website. Subjects include:

* Writing your life story
* Gardening in a changing climate
* Edith Appleton: nurse at the front
* Art and architecture in Islamic Spain
* Clement Attlee

\* \* \* \* \* \*

**National U3A Day**

U3A had to cancel its first National Day this summer but is now planning to hold it on Wednesday, 2 June next year to raise the profile of the movement.

The aims are to celebrate the new experiences that come from being in your third age (no longer in full-time employment or bringing up children.) and to show the diverse activities that our members pursue and challenge preconceptions of what being an older adult means. There’ll be many projects, activities and new approaches to communication that have emerged as a consequence of the 2020 pandemic lockdown period.

Further information: See the national [U3A](https://www.u3a.org.uk/events/u3a-day) website.

\* \* \* \* \* \*

**Monthly Meetings**

The meetings listed below will be online via Zoom. We’ll send out invitations to all those members for whom we have email addresses.  Up to 100 people can participate in an online meeting.  The speakers below have all agreed to give their talks on Zoom.

**Monday, 5 October, 2pm** REMOVE IF PUBLICATION IS AFTER 5 OCT

Kerri Allen: DNA Profiling as Forensic Evidence – Past, Present and Future

**Monday, 2 November**

**1.30pm** AGM

**2pm**       Carol Harris: Stella Reading and Women’s Voluntary Services

For this meeting, we can have 500 members join online for both the AGM and the talk.

**Monday, 7 December, 2pm**

Mark Lewis: Cribs, Cards and Christingles

2021 Meetings

We’ll publish a list of the talks scheduled for next year in our November newsletter.

\* \* \* \* \* \*

**Subscription Renewals**

If you haven’t done so already, then please don’t forget to renew your annual subscription as soon as possible. (Thursday, 1 October was the deadline.)

The renewal form is in the centre of your August newsletter or you can download it from the [Kingston U3A](https://www.kingstonu3a.org.uk/wp-content/uploads/2012/08/Kingston-U3A-Membership-Renewal-2020-21.pdf) website.

We’ll assume those not renewing by 31 December no longer wish to remain in Kingston U3A.

Those members renewing by standing order do **NOT** need to submit a form but if you wish to start paying your membership this way, just follow the instructions on the form.

**Please note**: you will not receive a membership card this autumn as we cannot hold our monthly meetings in person or go on outings together.

\* \* \* \* \* \*

**November’s newsletter**

We are still looking for contributions to our next quarterly newsletter which will be out in November:

* reports from your groups
* poems
* stories
* any new artistic talent or skill you’ve discovered during lockdown
* recommendations for books, programmes on TV, radio or online, box sets

Photos (with captions) are always welcome and brighten up our pages.

Please send any contributions to Susan Hinchsliffe at newsletter@kingstonu3a.org.uk by Wednesday, 14 October.

The next Kingston U3A news bulletin will be emailed to you in early December.  Please forward any contributions or suggestions to Susan Hinchslifffe at communications@kingstonu3a.org.uk by Monday, 26 October.

The next quarterly newsletter will out mid-November.  If you have any items for this newsletter, please submit them to Susan no later than Wednesday, 1 October.

In the meantime, please check the [Kingston U3A](http://www.kingstonu3a.org.uk/) 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.