

## SE U3A FORUM

### Summer School 2019

#### Course Details

#### ROOTS OF POPULAR MUSIC

**Tutor: Mike Head**

**Maximum No 14**



This Photo by Unknown

Author is licensed under  
CC BY-NC

**Level:** All Levels **Equipment (students):** None to bring **Costs:** None

**Course description:** The folk music of the Appalachian Mountains to the Beatles, from early Mississippi Blues to the Rolling Stones. This is the story of the rise of blues & country music - and the musicians who made it happen. How music was changed forever and helped to define the 20th century.

During our seminars, we'll hear key recordings & see video about those historic times.

---

#### BUILDING ON WATERCOLOUR WITH MIXED MEDIA

**TUTOR: Gail Lea**

**Maximum No. 16**



Students will need to have some experience as we will be building on basic watercolour. Land and seascapes using gouache, ink, acrylic, colour pencils, oil and soft pastels. Students will need a supply of the above plus paper 2B pencils, brushes, palettes.

# HATHA YOGA FOR THE THIRD AGE

**Tutor: Peter Burton**

**Maximum No 12**

**Relax, restore and revitalise your body, mind and emotions through a gentle**



## **immersion in Hatha Yoga.**

The course is suitable for:

- People without any previous experience of Hatha Yoga, as well as for those who have some experience and who would like to deepen or establish their practice in a friendly and fun setting.
- People with a wide range of physical abilities and managed health conditions. In order to take part fully participants must be capable of sitting on the floor for short periods and getting up either without assistance or with the aid of a chair. Everyone taking part will be asked to complete a confidential health questionnaire to help ensure their safety.

We will spend our time together:

- Exploring the background and history of Hatha Yoga and how it relates to contemporary living.
- Learning how to practice yoga in ways that are inclusive, safe and beneficial
- Looking in detail at a range of physical postures (Asanas) breathing practices (Pranayama) and relaxation techniques that maintain and improve our wellbeing.
- Discussing and exploring (sharing our own experiences and insights) how to use Hatha Yoga to work with specific health conditions like Osteoporosis and Hypertension
- Practicing using yoga 'props' and posture variations so that everyone can do yoga easily whatever their physical ability
- Please Note: as well as talks and discussions every session will include a short easy, balanced and progressive taught yoga practice, including breath work and relaxation.
- The week is designed so that at the end everyone will feel confident enough to join a local class or set up a regular home practice.

Students need to bring

- Students will need to bring loose (not too loose!) and comfortable clothes to change into for their yoga practice sessions. Please bring a warm sweater or small fleecy blanket to help keep warm during the relaxation sessions.
- Please bring a small refillable water bottle to help you stay hydrated
- Yoga mats, blocks and straps will be provided although if students wish to bring their own they are welcome.
- Students should bring a bath size towel to fold and use as an additional prop

NB The practice of Hatha Yoga is non-theistic and is practiced by people from a wide range of faiths and beliefs.

---

## FOLK DANCING

**Tutor: Chris & Di Woodward**

**Maximum No 32 (multiples of 4)**



### **Levels of experience:**

I hope I can cater for all levels of experience, except perhaps for the real expert (who probably might know more than me). I'm used to dealing with mixed ability at dances I call for and the various clubs that I go to. So, all levels from the complete beginner to those who have done some dancing.

We always walk through every dance before we dance it and if necessary more than once.

### **Types of dances/music**

I will do mostly traditional and modern English folk dances. However, some of them may have come from across the pond and some from across the border in the north (Scottish). The dances will be long sets, squares or circles. So, a wide variety. I may even be able to include some Playford style dances from the Jane Austin period.

The music will be mostly Reels and Jig, but some Waltzes, Hornpipes and Marches. The music could be 200 years old or composed in the last 20 years. It depends on what fits for the dance and what I have in my collection. I'm sorry it will all be recorded music, I can't play an instrument.

### **How will the sessions be structured**

I intend to start by giving the dancers some basic instruction on the steps used and then very quickly putting them into practice with some dances using them.

Over the sessions and days, I will gradually add new steps and moves as we go through the morning and different dances to practice the new moves. I also hope to introduce at least one more difficult dance each morning and using the time to practice it. This will hopefully interest those who know a bit about dancing.

During the afternoon I would like to run a dance for them to relax and enjoy and put into practice everything they have learnt.

### **Need to be able to dance throughout all the sessions?**

Not necessary, as long as we have enough dancers to allow people to sit out and have a rest if they want one. We will usually have a 4 - 5 minutes short break between dances anyway. However, I hope that those attending intend to dance and not come along as spectators.

## SUMMER SCHOOL CYCLISTS

TUTOR: Simon Eastwood

Maximum No 12



The programme will consist of either half day rides of about 15-20 miles with a generous stop for coffee mid-way or, alternatively, full day rides of say 30-35 miles including a lunch stop and a couple of tea breaks. This could be altered depending on the requirements or aptitude of the participants and instead of a full day ride two shorter rides each day to accommodate different riders would work too.

Experience level; able to ride for 15 miles over 2-3 hours with a break, on quiet, level roads and cycle paths.

Range of subject: to enjoy a couple of hours cycling together.

Equipment needed. A bike, either electric or manual and any bike specific spares, ie tubes, suitable clothing, helmets are a personal choice, details of emergency contact numbers and any health issues that could be needed in case of emergency.

Incidental cost will be limited to refreshments en route, coffee and tea breaks depending on ride length. (Packed lunches will be provided)

*NB There are secure cycle shelters on campus but students would be wise to bring additional individual security*

---

## FALCONRY - THEORY AND PRACTICAL

**Tutor: Dawn Simpson**

**Maximum No 20**



Birds, History, Training and Flying

The Falconry course is aimed at anyone with an interest in trained birds, and in particular, hawks and falcons. Theory will cover all the different types of trained birds, history, breeding, feeding, training and flying.

For the practical, students will be able to watch, handle and fly a hawk and falcon on this course. The only equipment required is a long-sleeved top when handling the birds (falconry gloves will be provided)

## MATHS – PATTERN AND POWER

**TUTOR: Roger Luther**

**Maximum No 12**



Open to anyone with an interest in maths - no particular level of achievement

required.

We will be covering a variety of aspects of the subject. These will include some fascinating ideas within the subject, such as the notion of different sorts of infinity and why some numbers are repeating decimals and others aren't, together with a look at some applications of maths, in areas such as queues, the extinction of surnames, and why elections are never fair! Students will need to bring pen, paper, ruler and a calculator. There are no extra costs.

## A BRIDGE REFRESHER COURSE

**Tutor: Bryan Stephens**

**Maximum No 28 (multiples of 4)**

Aimed at players who have learnt the basics of the ACOL system and who play



at their local clubs or at home. There will be a balance of lectures and card play dealing with subject discussed.

The range of subjects – Opening in a suit and responding. Opener’s rebid, Stayman & Transfers. Overcalling. Defence to 1nt. Most of the doubles. Unusual no-trump and Michaels cue bid. False preference. The splinter bid. Opening at the 2, 3 & 4 levels & the responses. Opening leads. Signals and many other interesting aspects of bridge.

Students will need perhaps a notebook and pencil **and the ability to stay awake.**

The only incidental costs will be for my book ‘Which Way up Bridge Street’ providing very full notes. The book will be available for purchase if required at £10 but obviously no pressure will be given for purchase.

---

## PSYCHOLOGY: INTERNAL EXPERIENCE AND THE OUTSIDE WORLD

**TUTOR : Ann Dale**

**Maximum No 16**



This Photo by Unknown Authors  
These shape us as individuals and provide a framework within which we make sense of, reflect upon and express our experience. These internal and external worlds are inextricably linked. We will look at a number of aspects of this relationship - including family, cultural diversity and social change.

Suitable for all.

No equipment for students to supply or extra costs

---

## PATCHWORK AND QUILTING

**TUTOR: Fiona Luther**

**Maximum No 16**



Participants need to be competent in the fundamentals of patch-

This Photo by Unknown Author is licensed under CC BY-NC-ND  
work such as rotary cutting of fabric and sewing quarter inch seams on a sewing machine.

There will be at least two projects to choose from, such as a lap quilt/baby quilt and a patchwork bag, both of which require a sewing machine. In addition, participants may also like to do an English paper piecing project (cushion)

Participants should bring their sewing machines, cutting board, rotary cutter and normal sewing equipment. An extension lead would also be helpful. Fabric requirements will be sent out nearer the time. If it is not possible to bring a sewing machine, eg if you are coming on the train, I can bring at least two. Please let me know in advance if you'd like to borrow one.

We will have an outing on the first morning (car sharing) to at least one fabric shop where you can buy supplies or add to your stash!

Additional costs: £2 for bag pattern. Money for fabric shopping

---

## WALKING ON THE DOWNS & COAST

**Tutor: Roger Sugden**

**Maximum No 15**



Suitable for those with a little experience of walking. Two full day walks with packed lunches: BRING BUS PASSES!

1. Over the Downs from Singleton (bus) to Chichester using the New Lipchis and Centurion Ways (afternoon pub stop at Mid Lavant): c.7.5 miles
  2. From Chichester along the canal and coast to West Wittering (bus back): c.8 miles
  3. (half day Thursday) From Pagham Bay to Selsey (bus there and back): c.3 miles
- Boots, sunhat and water bottle(s) essential as well as suncream if hot  
No costs (except buses for those without passes) except possible drinks at pubs/cafes
-

## FAMILY HISTORY

TUTORS: Jill Collins & Pat Salmon

Maximum No 14



This is an opportunity for you to either start searching for your ancestors, or to proceed further to “flesh out the bones” and find out more details about their lives, mainly using the Internet.

Chichester University is less than a 10 minute walk from the Record Office, which you **may** like time to visit - if you have “roots” in West Sussex. Matthew Jones, the Assistant County Archivist, will join us for one session with a presentation about the more unusual information you can find at your local County Record Office.

We will cover many topics – including Civil Registration, Electoral Rolls, Newspapers, school records, probate, wills and more! There will be time for individual support and advice and by sharing ideas and working together, progress can sometimes be made - even if you are experiencing your own brick walls.

By the end of the course you will have the ability to find and search diverse websites as well as be familiar with how to prove your findings are accurate and recording the source. You will also be made aware of ways to keep your records, which would be useful if you are planning to write a story about your ancestors. Bring a notebook, pencils, your laptops or tablet (if you have one) and we will demonstrate how to access diverse websites, although there will be no individual technical support.

Depending on the number of students there will be a contribution of less than £10 towards the cost of the County Archivist.