



HAMPSHIRE SOUTH CENTRAL NETWORK of U3As

SCN Chair Persons Meeting - Executive Summary

Tuesday 28th March 2017 at The Bay Community Hub, Gosport commencing at 2 p.m.

PRESENT: **Sally Ingledew** (SI) - HSCN Manager & Gosport U3A; **Graham Woodbridge** (GW) - HSCN Secretary & Waterlooville U3A; **Sue Gibson** (GH) – HSCN & Warsash U3A; **Jan Almond** (JA) - Gosport U3A; **Bob Duckmanton** (BD) - Warsash U3A; **Richard Ryan** (RR) - Solent U3A; **Mike Young** (MY) - Stubbington U3A; **Christine Carter** (CC) - Havant U3A; **Les Hill** (LH) - Locks Heath U3A; **Beryl Shepherd** (BS) - Portsdown U3A; **Maureen Wealleans** (MW) - Chichester U3A; **Barbara Spiegelhalter** (BS) – Portsmouth U3A; **Les Pallett** (LP) - Emsworth & District U3A; **Kevin Stock** (SK) - Waterlooville U3A; **Shirley Myles, Maggie Gavin & Neena Edwards** (all Gosport U3A).

APOLOGIES: From all those who could not attend!

Agenda Items	Actions
<p>1) Welcome & Introductions:</p> <ul style="list-style-type: none"> a. Jan Almond, Gosport U3A chairman welcomed attendees before handing over to Sally Ingledew (SI), Manager of the SCN, who chaired the meeting. b. SI thanked Gosport U3A for hosting the event and all the chairmen and representatives for attending. SI also informed the meeting that she had very recently undergone surgery in hospital and as she was still recuperating and not yet “firing on all cylinders” her chair input may be a little slower than usual. c. GW apologised for the somewhat confusing instructions concerning the location of the meeting venue as he had not realised that the Bay Community Hub was at a different location to the Bay House School. He requested that all host U3As provide detailed directions to their nominated venues. KS (HSCN webmaster) agreed to add to link to a map of the venue when he posted meeting details on the events page. 	<p>All Chairs KS</p>
<p>2) Matters arising from previous meeting</p> <ul style="list-style-type: none"> a. Constitution amendments. Difficulties were still being experienced by some U3As when submitting constitution amendments to the Charity Commission (CC), even when they were aligning to the model provided by the Third Age Trust (TAT). Post meeting note: If you are submitting a new or amended constitution consider contacting TAT or HSCN chairs who have recently dealt with CC for advice. (contact SI who will put you in touch) b. Memory Matters. RR (Solent U3A) reported that they had just started their first four session course with 12 members taking part. Initial feedback was positive. An additional course may be run in the autumn where some places may be available to HSCN members. RR would keep SI informed. An Overview of the course can be found at the Annex. 	<p>All Chairs RR</p>
<p>3) Review of HSCN Objectives and future way ahead</p> <ul style="list-style-type: none"> a. As indicated in the HSCN 2015/16 review provided prior to the meeting good progress has been made in the first 18 months since we formed. The current format works well, with a manager, secretary, a webmaster plus SG had just volunteered to join the team (role to be agreed). However, there was also a need to think about succession planning as the agreed 2 year term of office for the existing team completes in October 2017. More people are needed to either help or 'shadow' these roles. If you are able to identify anyone interested please let us know. Obviously any changes will need to be ratified at the next meeting of chairs. GW suggested that retiring chairs or committee members with good U3A experience may be interested as a way of keeping up their involvement. b. The system of U3As hosting a meeting instead of paying a subscription is working well, so a thank you to all chairs, especially as the agreed 2017 meetings programme has now been met. 	

<p>c. There was a general consensus that the HSCN had provided very useful added value, and the two study days organised had been very well received.</p> <p>d. After lengthy discussion the following general actions on the way ahead were agreed:</p> <p>1) Educational Study days. Although study days have been organised on behalf of the HNSC by SI and GW, it was agreed that because of the work involved, and the finance situation study days should now be organised by member U3As. The following are guide lines only:</p> <ol style="list-style-type: none"> I. There would be no limit on the number of study days, as it would depend on individual U3As to run them. II. They could be half or full day events although it was commented that with the former we should be careful that they are not seen as just another monthly meeting talk. III. The U3A should organise and run the day independently but can ask the HSCN for advice and help to set up, organise the day, and advertise it. IV. One or more U3As may work together to run and organise a study day again using the HSCN to advertise it. V. All educational study days run on behalf of the HSCN are to be organised on a financial 'break even' basis. VI. SG (Warsash) stated she had useful contacts within Further Education and WEA and was willing to assist in finding speakers for Educational themed Study Days. GW also had contacts at University of Portsmouth. <p>2) Social events.</p> <ol style="list-style-type: none"> I. These are to be discussed and agreed at the Chairs meetings, but arrangements will be up to the U3A that offers to run the event. II. The host U3A will send out the invitation/information, and replies will go directly back to that U3A. III. The HSCN will advertise the event on the website and publish follow up info/ results if required. IV. All HSCN social events are to be run on a financial 'break even' basis. V. The next event is a Quiz Night on Saturday 29 April hosted by Stubbington U3A. Poster with full details attached. Further events were suggested e.g. 50/60's music night, Bridge Tournament, "U3A's Got Talent" show, photography competition, a network open day for all members with a varied programme of events to promote the network and its activities etc. <p>3) Additional comments:</p> <ol style="list-style-type: none"> I. Based on experience it was highlighted that plenty of lead time was required for planning any HSCN event (6 months suggested) and for advertising them to members via chairs (minimum 3 months). II. Changes to the way the HSCN operates as agreed above will need to be incorporated into the "Aims, Objectives and Administration Guidelines" document. 	<p>All Chairs</p> <p>All Chairs</p> <p>All</p> <p>HNSC Sec</p>
<p>4) Communication Matters</p> <ol style="list-style-type: none"> a. As indicated in the HSCN 2015/16 Review report the introduction of separate meetings for specific committee roles has allowed useful exchange of information and exploration of best practice. The HSCN website and chairs and liaison reps contact list had improved the flow of information around U3As. Close liaison has been maintained with U3A SE Region Trustee thereby improving communication with the Third Age Trust. b. GW stated that although he had no direct evidence he had a suspicion that not all U3As were actively promoting HSCN events to its members. c. GW also asked that U3As confirm to him (unless otherwise specified) whether they would send or not send a representative to meetings when calling notices were sent out. He invariably had to chase up responses to ensure enough chairs and refreshments etc. were made available. 	<p>All Chairs</p> <p>All Chairs</p>

<p>d. There was discussion over whether some HSCN messages were going into spam/ junk mail folders. One way to alleviate the issue was to set up generic email addresses e.g. chair@anotheru3a.org.uk</p> <p>e. Longer notice of events was also again raised as not all U3As send out monthly news bulletins and rely on quarterly newsletters. Some U3As tended not to use email as the primary method of communicating to their members.</p> <p>f. SI stated that the Third Age Trust had agreed to run a Communication workshop in our area on. Tuesday 9th May 2017 10am to 3.15pm. Full details and booking form at: https://www.eventbrite.co.uk/e/communications-chandlers-ford-tickets-33335377010 New Forest and Southampton & District Networks have also been invited.</p>	
<p>5) Programme for next 6 months</p> <p><u>Meetings</u></p> <p>Thu Apr 13th Treasurers Meeting hosted by Stubbington U3A 10am. Crofton Guiding Centre, Park Lane, Stubbington, PO14 2JP</p> <p>Tue May 23rd Group Liaison Meeting hosted by Waterlooville U3A 2pm Springwood Community Centre, 110 Springwood Avenue, Waterlooville PO7 8BJ</p> <p>Thu Jun 22nd Webmasters Meeting hosted by Rowlands Castle U3A 2pm St John’s Church Hall, 120 Redhill Road, Rowlands Castle PO9 6DF</p> <p>Mon Jul 10th Secretaries Meeting hosted by Portsdown U3A. 10am Church of the Resurrection, Penrhyn Avenue, Drayton, Portsmouth PO6 2AP</p> <p>Thu Oct 12th Chairs Meeting hosted by Solent U3A 2pm Venue to be advised</p> <p>Thu Oct 12th Speakers Secretaries Meeting hosted by Havant U3A 10am Bedhampton Social Hall, 21 Bedhampton Road, Havant, PO9 3ES</p> <p><u>Workshops</u></p> <p>Tue May 9th Communications - delivered by National Office 9.30am to 3.30pm. St Boniface Church Centre, Hursley Road, Chandler's Ford, SO53 2FT</p> <p>Thu April 27th Beacon Management System – Nick Hammond 10a.m. to noon at the Genesis Centre, Centre Way, Park Gate, Southampton SO31 6DX</p> <p><u>Social Events</u></p> <p>Sat Apr 29th SCN Quiz Eve with Fish & Chips hosted by Stubbington U3A 7pm Stubbington Baptist Church, Jay Close, Cuckoo Lane, Stubbington PO14 3TA All SCN U3A's are invited to enter 1 or 2 teams of 6.</p>	
<p>6) Beacon Management System</p> <p>a. An inaugural Beacon User Conference is taking place on April 20th at Birmingham. This is for all U3As currently using Beacon for their administration and provides an opportunity to meet the Beacon team and other users.</p> <p>b. As this is such a long way from Hampshire we will be holding an HSCN Beacon meeting on April 27th (see info in previous section 5) with a presentation by Nick Hammond, treasurer of Warsash U3A and a beacon supporter who provides advice to help U3As migrate their data. He will also be reporting back from the beacon conference. U3As may send more than one representative. Please contact SI ASAP if any of your members wish to attend. Email: scnmanager@gmail.com</p>	MW
<p>7) Members attending neighbouring U3A interest groups (raised by Stubbington U3A)</p> <p>a. Stubbington raised the possibility of issuing guidelines concerning members from one U3A attending Interest Groups at another local U3A.</p> <p>b. GW stated that this had been raised several times over the last few years and it had proved difficult to gain a consensus across all HNSC U3As. Each U3A operates independently and some are quite protective over their own operational and financial ground rules. Some, but not all, expect those joining interest groups from other U3As to join their U3A paying their</p>	

<p>annual fee minus the TAT capitation rate if they already belong to another U3A; others who deem themselves full and are finding the majority of their interest groups have long waiting lists are not keen on welcoming outside members in case it disadvantages their own members; others allow more than one free taster before they have to join for insurance reasons; some include the cost of hall hiring within the membership fee while others do not etc. These and other issues make an HSCN wide agree difficult if not impossible.</p> <p>c. After some discussion it was agreed this is not directly a HSCN concern and we would not issue formal guidelines. TAT has advised that a letter of agreement should be signed by the Chairman of both U3A's stating that they are happy for their members to attend a group or event at (whichever U3A it is) and vice versa.</p> <p>d. The HSCN management team is also aware that other U3A Networks have used a FAQ approach to cover this issue and HNSC may investigate this further if we find time.</p> <p>e. The following initial thoughts may be helpful and feedback is welcome.</p> <ol style="list-style-type: none"> I. The straightforward situation is that on proof of membership to a parent U3A, the cost of joining another U3A should always be reduced by the TAT capitation fee. II. If more than one U3A agree between them that their members should be able to attend then to prevent misunderstandings some sort of local formal agreement should be drawn up, and interest group leaders made aware of whatever is decided. III. You or may not wish to include guidelines concerning U3A members attending each other's monthly general meetings IV. When negotiating local formal guidelines some points to be considered could be: <ol style="list-style-type: none"> a) Is there much difference in membership fees? b) What happens if the group becomes full and members of the parent U3A cannot join it? c) Do both U3As expect to contribute to venue hire costs? d) In the case of a subject topic which cannot attract enough members to run it, two or more U3As may decide to start a joint group with such things as funding, decided between the U3As concerned. <p>These are just some of the points to be addressed, but should give an idea of how to plan your agreement.</p>	
<p>8) Update report from U3A SE Region Trustee Hilvary Robinson's report can be found at the Annexes.</p>	
<p>9) Any Other Business</p> <ol style="list-style-type: none"> a. With thanks to KS (Waterlooville U3A) who has negotiated the following deal for HSCN members: C & H Fabrics (recently rebranded as Closs & Hamblin) offer a 10% discount to U3As at two stores - North Street, Chichester, and High Street, Winchester. You just need to show their membership card before the sale. They specialise in Home & Haberdashery. https://www.candh.co.uk/ b. JA recommended all chairs consider co-opting members onto their committee (check your constitution). This has worked well at Gosport U3A as it has allowed shadowing of committee roles. c. BS (Portsdown) updated the meeting on their latest research project for which they were rewarded a Lottery grant. Carole, who is a U3A Research Ambassador, is going to lead a local Research group based on the Citizens Project and which will hopefully take in the project being undertaken at the History Centre under the auspices of Portsmouth University. This project is to look at Women's Activism in Portsmouth, 1960-90. Portsdown U3A are going to go ahead with this project but would welcome wider participation so that it may become a SCN research group. Apart from ourselves, so far, we have one interested lady from Gosport. Portsdown have agreed to hold a Network Research Workshop and details will follow when available. The TAT Research Sub Committee has produced a useful guide called "Getting Involved in Research" which is now available to download from the National website members' area in NEC – Research 	<p>All</p>

<p>d. Jacki Watson (Stubbington Chair) asked about scanning systems to register members attending meetings. It is known that Havant and Warsash use these. If anyone else uses them please contact Stubbington as she wants investigate their effectiveness.</p> <p>e. The HSCN is still looking for photos for the website home page. It was requested that each U3A send at least one photograph of a recognisable landmark, building etc. from the catchment area to KS our webmaster, email: chair@waterloovilleu3a.org.uk</p>	<p>All</p> <p>All</p>
<p>10) Date of Next Meeting Thu Oct 12th Hosted by Solent U3A. 2pm - Venue to be advised. Meeting Closed at 4p.m.</p>	<p>HSCN Sec</p>

SCN Chairmen's Meeting

SE Area Trustee Update March 2017

1. My successor. The new S E Region Trustee will have to be in post, even if there are changes emanating from the Consultation process.
2. DVD's available – 1000 U3As – from National Office. It's also on YouTube
3. Consultation Process – another meeting with the original members [who met in November] in London has taken place – now a report will go to the NEC 22nd March.
4. Shared Learning Projects – Citizens 800 Royal Holloway University and U3As working together – new website www.citizens800.org/u3a/
5. Several Conferences to think about
 - S E Forum Conference 10th May – Meridian Hall, East Grinstead – 'Learn Laugh & Live' free lunch
 - Summer School, Chichester University 19-22nd June
 - 'U3A and Research' 5th July Royal Holloway University £5
 - Science Conference 7-10th August – Nottingham University
 - National Conference 29th-31st August, Nottingham University – all U3As should try and send a delegate – their U3A will benefit enormously
6. Kent requested Workshop on 'Creative Writing' – 8th June Hextable
 - HSCN requested 'Communications Workshop' – being arranged at St. Boniface Centre 9th May
 - Meopham requested 'Managing your U3A' Workshop – TBA
- 7.. Pam Jones' article in TAM – need to increase number of Regional Volunteers. The more we have the smaller the workload for everyone. If you are interested or you know someone who is – please put them in touch with me. SCN does not have anyone in this capacity. Thanks.

Hilvary Robinson, S E Region Trustee, March 2017



December 2015

Aughton and Ormskirk U3A Memory Course

Dear U3A Colleague,

Thank you for your interest in our Memory Course. The Memory Course was created to meet member's requests for practical information about memory and dementia. It was created by Dr Sylvia Dillon a Consultant Psychologist and Anne Stark a retired Occupational Therapist.

Mild memory problems can occur in later life; this is normal, as normal as having wrinkles and grey hair, but it can be a problem for some older people. Sometimes the problems are more severe, as in the various forms of dementia and this was of concern for some of our members. **The aims of the Memory Course are to help members understand, prevent and manage everyday memory problems and to raise awareness on how to prevent and/or reduce the risk of dementia. It is also practical and fun!**

The Memory Course

The Memory Course consists of 4 x 1½ hour sessions over a four-week period. It is for a closed group of 12 people. It is delivered by two co-presenters and supported by two administrators. It is designed for peers to teach peers.

Once the course is prepared and ready to run we recommend that an open seminar meeting precedes it for all prospective members, so that they will know what the Course is all about. We found that some members think it is about learning lists and memorizing items, nothing could be further from the truth! We have found that members who have been to the seminar are less anxious and quickly get into the Course. Seminars also give the administrators opportunity to collect names of prospective members.

Some U3As have at first done a "guinea pig run" a pilot study of the Course with just 6 – 8 members, including prospective administrators, presenters and a committee member or two. This allows presenters to get used to the material in a friendly group, learn to manage time boundaries and get a feel for the course. Then have the open seminar. We think the pilot study is a good idea and recommend it, though it is not essential.

Important Ethical Considerations

When designing the Memory Course we had to take into account ethical considerations. Teaching about one's memory is not the same as teaching about general subjects such as local history or photography as **one's memory is personal, private, contributing to our self-identity and self esteem.**

In our society we have a tendency to value people with a "good" memory and conversely are detrimental to people who have a "poor" memory - just think of all those jokes about older people's memory abilities! If Course members thought that their memory abilities would be exposed, they could experience distress.

Also we cannot know what experiences of dementia that members have had in the past or present situation, they may have their own fear of it, or they may care for (or choose not to care for) someone with dementia. We know that this is an area of some delicacy. We do not want members going home from the Memory Course and privately being upset or distressed.

U3A members come from diverse backgrounds, with a wide range of experiences and abilities, their personal reasons for coming to the Memory Course will also be diverse. **The information they seek may be personal, and few will come solely for the acquisition of a general knowledge base about memory. So these ethical considerations underpin the design** of the Memory Course and are incorporated into HOW the Memory Course is presented.

A psycho-educational style of teaching is used. This style draws from the Rogerian student (person)-centred approach to learning and enables each member to take from the Course what they need, whilst no-one's memory abilities are exposed or assessed.

Research into efficacy of the Memory Course

As there was so much interest in the Memory Course we asked Drs Ian Fletcher and Zeshan Khawaja from the University of Liverpool to research into whether the course was effective. The research results were significant,

showing that Course **member's anxiety about their memory problems reduced, they changed their behaviour regarding memory, and their perceptions about their own memory abilities improved.**

These research findings together with the positive feedback we have had from members encouraged us to share the Course with other U3As. U3As across the country began to ask questions about the Memory Course, as they were interested whether they could run it in their U3A.

Memory Course Handbook and Booklet of Notes

Responding to that interest, we produced two books, a Handbook, which explains HOW to present the Course, and a Booklet of Notes, which has the CONTENT of the Course. We have been told by some that The Handbook may appear pedantic, as it repeats issues in different ways. This is on purpose, it aims to keep the ethical considerations in mind and also administrators and presenters can each read the sections relevant to them.

Up until very recently we had the books printed and we posted the books out on request, asking the U3As for the cost of printing and postage. We do not make any profit; rather in the spirit of the U3A we give our knowledge freely. However we became overwhelmed by the requests (never expected so much interest) we ran out of time and energy, not to mention boxes!

So this year we created PDF files of the Handbook and the Booklet of Notes. The PDF files are free. As we hold the copyright we have to think of the legal issues if the material is plagiarized. We ask that U3As respect our copyright and **only use the PDF file for their U3A**. At the moment we would prefer to trust U3A's to act responsibly and respect our copyright but may in future ask U3As to sign a licence agreement.

The Booklet of Notes, and that's what it is - notes, is an A4 booklet, 44 pages long and printed in black and white. Being the smaller of the two books we can send this as an email attachment to the U3A presenters. They then take a copy on a USB pen to the local printers to have copies made locally. Some U3As have been able to get copies made for around £3 - £4 each, depending on the quality of paper. As the PDF is digital, printing a small number of copies is much cheaper than traditional printing used to be. Each member will need a Booklet of Notes. We ask that U3As recoup the cost of the Booklet of Notes from the members attending the Course, but not to increase the cost.

The Handbook is an A4 book 66 pages long, including the covers and printed in colour. We have struggled with the technology to send this via email, but because of the colour, pictures and templates, it is too big to send as an email attachment.

After trials and tribulations we have now decided to use the software "WeTransfer." This comes as a separate email to the U3A presenter. They do not have to download any programs to receive it. It works just like an email attachment. The Handbook is then downloaded and copied onto a USB pen and taken to the local printers. The cost of printing and binding will be about £8 - £9 for each Handbook, depending on the quality of the paper and the binding used. Each U3A will only need 4 of the Handbooks, a copy for each of the presenters and administrators so it is not too costly. Whilst it is okay to photocopy the templates in the Handbook, please do not be tempted to photocopy the whole book, as that will abuse our copyright.

If after reading this article you would like PDF files of the Handbook and the Booklet of Notes please send an email to sylviadillon@btinternet.com
[Memory Course email requests are usually dealt with on a weekly basis, so if the reply is a little late don't worry.](#)

History of the Memory Course

We have been running the Course for over five years and have presented it over fifteen times to our own members in Aughton and Ormskirk U3A.

We have also presented it to members on a U3A Residential Course at Myerscough and have run a "Train the Presenters course" for the North West region. Whilst both these approaches were in some ways successful, we did find that presenting the course in two days was not as effective as presenting over 4 weeks. Members needed time to assimilate the information and a week between sessions seems to work well. We also felt that we could not offer these types of courses for presenters again, because of the demands on time and energy.

Following requests, we have held one-day seminars, explaining what the Memory Course is all about, at Doncaster, Nottingham, London and the Wirral for U3As who are interested in running the course in their region. No further seminar days are planned, again because of the demands on time and energy.

Running the Memory Course in your U3A

However the Memory Course team will help interested U3As by offering information and support via phone or email and these methods of support appears to be working well.

When running the Course for the first time, a few questions may need sorting out. We would like you to feel free to contact us to discuss any issues, however small, and are very happy to provide support and information about the Memory Course. Contact us initially by email

sylviadillon@btinternet.co.uk As they say in Lancashire “It’s all do able.”

Two frequent questions

U3As that have run the Course often ask can the Course be taken to other organisations, such as residential homes and pensioner clubs? The U3A Memory Course is **NOT SUITABLE** for organisations outside the U3A. The course was written especially for U3A members, and as over 60% of U3A members have had a higher education, they are not a representative sample of the general population. Responding to these requests Dr Sylvia Dillon is in the process of creating a Memory Course more suited to the general population, (it is what she was doing before getting involved with the U3A!) Anyone interested in this should contact Sylvia.

Some U3As have asked can they use Power Point to present the items suggested for the Flip Chart? **Please DO NOT use Power Point.** The Flip Chart was chosen especially for a number of reasons. The Flip Chart is included in the circle, between the presenters, showing that all members, presenters and course members are equal, all have something to offer, we learn from each other. With Power Point it puts the presenter in an authoritarian position, which is not student(person) centred teaching.

Also Power Point is not helpful for hearing impaired members. The spoken lectures that would go with the Power Point slides are not heard distinctly, and the slides are then removed, so members cannot re-read what the main points were. With the Flip Chart left standing in the circle, with the issue being discussed written on it, then it can be read again and again. Members also may raise their own items, which if relevant they can be added to the Flip chart. Also by copying items on to Power Point, it has the disadvantage of possibly abusing copyright.

Across the UK

At the last count, over 60 U3As across the UK are now running the Memory Course in their region with many more requesting information. As some of these U3As have run it over 10 times, we estimate that over 4000 members have done the course. This is an exciting development and the Memory Course team, is delighted, if a little amazed by the enthusiasm.

The Memory Course, which started from a simple beginning, is growing into something useful. As one member said, “Although it’s a small step, it’s one step forward to preventing dementia”.

**Sylvia Dillon, Wendy Craddock, Ann Haskell and Norma Seddon
Aughton and Ormskirk U3A Memory Course Team**

Hampshire South Central Network (SCN) of U3As - Contacts List

U3A/ Approx total membership	Position	Name	Email	Telephone No
South Central Network	Manager	Sally Ingledew	scnmanager@gmail.com	01329 667509
	Secretary	Graham Woodbridge	mail@grahamwoodbridge.com	023 9225 9177
		Susan Gibson	susanagibson@gmail.com	
Chichester/900	Chairman	Maureen Wealleans	chair@chichesteru3a.org.uk	01243 674252
	SCN Liaison/Secretary	Gill Madley	secretary@chichesteru3a.org.uk	
Emsworth/200	Chairman	Les Pallett	dilespallett@tiscali.co.uk	?
	Secretary/SCN Liaison	Bill Dawes	billdawes@talktalk.net	01243 696086
Ems Valley/425	Chairman	Hazel Willard	chairman@emsvalleyu3a.org.uk	
	SCN Liaison	Val Ottewell	secretary@emsvalleyu3a.org.uk	
Gosport/370	Chairman	Jan Almond	chair@gosportu3a.org.uk	023 9235 8537
	SCN Liaison	Maggie Gavin		02392 357568
Havant/250	Chairman	Christine Carter	chair@havantu3a.org.uk	023 9248 6534
	Secretary/SCN Liaison	Philippa Gray	secretary@havantu3a.org.uk	077 6462 4565
Hayling Island/450	Chairman	Paul Chapman	cpaulchapman@talktalk.net	
	SCN Liaison	Karen Walker	kywalker100@hotmail.com	
Horndean/180	Chairman	Tony Harrison	snowyharrison@yahoo.co.uk	023 92 259953
	SCN Liaison	Andy Forbes	horndeanu3a@gmail.com	
Isle of Wight/350	Chairman	John Bradshaw	iwu3achairman@gmail.com	01983 754696
	SCN Liaison	Avril Redfern	iwu3avicechairman@gmail.com	01983 882786
Locks Heath/225	Chairman	Stephen Kirby	sckirby@dowlans.co.uk	01489 574 901
	SCN Liaison	Les Hill	leshill2608@gmail.com	01489 580268
Meon Valley/120	Chairman	Jane England	janeeng@aol.com	01329 835793
	SCN Liaison	Jim Busby	jj.busby@btinternet.com	
Portsdown/170	Chairman	Beryl Shepherd	beryl@berylshepherd.co.uk	023 92377473
	SCN Liaison	Carole Chapman	carolecpc99999@googlemail.com	023 92697009
Portsmouth/210	Chairman	Barbara Spiegelhalter	barblspiegel@gmail.com	02392 661438
	SCN Liaison	Hilary Nicklin	hilarynicklin@btinternet.com	02392 297867
	Secretary	Carol Powell	carolpowell397@talktalk.net	02392 754289

U3A/ Approx total membership	Position	Name	Email	Telephone No
Rowlands Castle/110	Chairman	Kevin Connell	u3achairman@rowlandscastle.com	023 9241 3857
	Secretary/SCN Liaison	Shirley Varnish	u3asecretary@rowlandscastle.com	
Solent/350	Chairman	Richard Ryan	chair.solentu3a@gmail.com	02392 387254
	SCN Liaison	Keith Randall	keith.randall14@btopenworld.com	07933 795375
Stubbington/370	Chairman	Jackie Watson	jackie_oli@hotmail.com	07427 422798
	SCN Liaison/Secretary	Sue Young	u3a@mike-young.co.uk	
Warsash/150	Chairman	Bob Duckmanton	warsashu3a@gmail.com	01489 577053
	Secretary/SCN Liaison	John Robertson	warsashu3a@gmail.com	
Waterlooville/750	Chairman	Kevin Stock	chairman@waterloovilleu3a.org.uk	023 9217 9298
	SCN Liaison	Graham Woodbridge	mail@grahamwoodbridge.com	023 9225 9177
Guernsey/ 450 (Associated)	Chairman	Sue Knowles	u3aguernsey@gmail.com	
	Secretary/SCN Liaison	Judy Dyke	u3aguernsey@gmail.com	
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Total SCN Membership approximately 5,500