

All articles are colour-coded as follows:

For Committee/Specific Roles

For Members

Diary Dates

Special Events/Features

RESEARCH PROJECT OF POTENTIAL INTEREST TO MEMBERS



The purpose of the project is to investigate age differences in the brain during silent sentence reading. To do this, your eye-movements will be recorded and brain activity simultaneously whilst you read approximately 200 to 300 sentences and answer some questions.

This is part of a PhD project being undertaken within the Neuroscience, Psychology and Behaviour Department at the University of Leicester and has been approved by the University of Leicester Research Ethics Committee. It is funded by the University of Leicester and the Biotechnology and Biological Sciences Research Council.

Those eligible to take part are adults 60+ years old with normal or corrected-to-normal vision, who are English native speakers, right-handed, have no known reading disability (e.g., dyslexia) or neurological disorders (e.g., epilepsy), and are educated to secondary education level or above. Full details are in the enclosed PDF.

Grow a Tree in 23!

National Tree Week 25th November to 3rd December



This year's National Tree Week is extra special as it marks the 50th anniversary of the famous 'Plant a Tree in 73' campaign – from which National Tree Week (and The Tree Council) was born!

To pay homage to those foundations we want as many people as possible to have the opportunity to Grow a Tree in 23 – either by participating in an organised tree planting event, or by hosting your own National Tree Week Tree Party!

Many local authorities are holding "collect-a-tree" sessions to encourage people to take part. Check with your district/city council to see what's available in your area.

To find out more about National Tree Week and how you can get involved click on the tree-line.





u3a Festival 24 → 18 to 20 July 2024

Just in case you hadn't noticed, plans are already underway for u3a Festival '24 which will take place in July 2024 in the beautiful city of York. The festival will run over 3 days and will be held at the University of York based around their exhibition centre.

We will be running a wide variety of activities – talks, sporting events, musical entertainment and workshops which will make this first u3a national festival something to remember.

We're keen to strengthen our musical offering so if your u3a has singers or musicians who would like to come please get in touch by emailing festival@u3a.org.uk

To find out more about the venues, click on these links:
<https://yorkconferences.com/venues/exhibition-centre/>
and sports centre
<https://www.york-sport.com/centre/>

Further details on the PDF enclosed with this *Network News*



The Third Age Trust has developed workshops in partnership with u3a members to provide support, information and advice for all u3a members. The workshops are delivered online using Zoom, by Trust volunteers who bring their experience as Trustees, u3a Chairs and Committee members. The workshops are informal and informative and provide a great opportunity to meet and exchange ideas with u3a members, share best practice and experiences and learn with others from across the UK.

KEEPING IT LEGAL

Tuesday 28th November 10:00–12:30

Friday 15th December 10:00–12:30

RECRUITING AND VALUING VOLUNTEERS

Monday 4th December 10:00–12:15

INTEREST GROUPS MATTER

Wednesday 22nd November 10:00–12:15

Thursday 7th December 10:00–12:15

RUNNING DISCUSSION GROUPS AND GETTING FEEDBACK

Tuesday 5th December 10:00–11:00

MANAGING COMPLAINTS AND DISCIPLINARY PROCEDURES

Thursday 30th November – 10:00–11:30

A new programme of workshops will start in the New Year.

Look for details in the December edition of *Network News*.

For more information about each workshop and how to book [CLICK HERE](#)

The final *Network News* of 2023 will be around 15th December.
Any items for inclusion should be submitted by 10th December please.

Documents attached to this *Network News* are:

Brain Research Project

u3a Festival 24

PARTICIPANT INFORMATION SHEET

Study Title: Investigating the Neural Correlates of Ageing during Natural Sentence Reading: A Co-registration study.

Researcher: Rupali Limachya

Supervisors: Prof. Kevin Paterson & Dr Ascension Pagan

Ethics number: 34887

You are being invited to take part in a research project. Please read this information carefully before deciding to whether to take part. If you are happy to participate you will be asked to sign a consent form which will confirm that you understand how your data will be processed, protected, and reviewed for research purposes.

What is the purpose of the research project?

The aim is to investigate age differences in the brain during silent sentence reading. To do this, we will record your eye-movements and brain activity simultaneously whilst you read approximately 200 to 300 sentences and answer some questions. This is part of a PhD project being undertaken within the Neuroscience, Psychology and Behaviour Department at the University of Leicester and has been approved by the University of Leicester Research Ethics Committee. It is funded by the University of Leicester and the Biotechnology and Biological Sciences Research Council.

Why have I been invited to participate?

We are recruiting young adults aged 18-30 years old and older adults 60+ years old with normal or corrected-to-normal vision, who are English native speakers, right-handed, have no known reading disability (e.g., dyslexia) or neurological disorders (e.g., epilepsy), and are educated to secondary education level or above.

Do I have to take part?

Taking part in the research project is entirely voluntary. If you are a student, it will have no impact on marks, assessments, or future studies. If you decide to take part, you are free to withdraw at any time up to 1 week after taking part, without giving a reason.

What will happen to me if I take part?

If you decide to participate, first you will be asked to take a visual acuity test, the Edinburgh Handedness Inventory and some pen and paper cognitive tests. The experimenter will then ask you to look at different points on the computer screen to get an accurate calculation of your eye position, and to make sure that the eyes can be calibrated properly. These procedures will take approximately 20 minutes altogether.

If results from the above tests indicate that you do not fit the inclusion criteria for the experiment, you will be unable to continue with the EEG experiment, but you will receive credits or money corresponding to the time spent up to that moment.

If the tests indicate that you fit the inclusion criteria, the experimenter will then set up an EEG cap on your scalp. You will be wearing an EEG cap with 32 electrodes located on your scalp. A gel will be

inserted into each electrode to ensure that there is good contact between the cap and your skin in order to record a good signal of your brain activity. Although putting the cap on may feel a little strange, normally it is no problem. However, tell the experimenter if you are uncomfortable so that additional adjustments can be made. The setting up for the EEG cap will take approximately 30 minutes.

Once the EEG cap is set up, you will be seated in front of a computer screen. Before the experiment starts, the experimenter will adjust the height of the chin rest for you. You will be asked to lean on this chin rest throughout the experiment. The eye tracker has special cameras in it that will be used to track your eye movements during the study. It is important that you try to remain as still as possible during the actual experiment to minimize head movements. Therefore, tell the experimenter if you are uncomfortable so that additional adjustments can be made.

Once the appropriate adjustments have been made, the experiment can start. You will be asked to read sentences on a computer screen and answer some comprehension questions. During this task eye movements and EEG event-related potentials will be measured.

Before each sentence is presented, a fixation cross will appear on the left side of the screen, which you will need to focus on. You will then be required to read each sentence normally. Once you have finished reading a sentence, you will need to focus on the fixation cross on the right side of the screen. This will cause the sentence to disappear. After some of the sentences, a comprehension question about the sentence you just read will be displayed on the screen. You will answer the question by pressing the controller button corresponding to the answer you have chosen. The entire session will last about 2 hours.

What are the possible benefits of taking part?

You will be compensated for your time, and you will have the opportunity to be part of a study using cutting-edge methodology, which is relatively new to the field of Cognitive Psychology (the co-registration of eye movements and event-related potentials).

Are there any risks involved?

The risks in this study have been kept to a minimum. You will be reading for about an hour, and so there is a very small risk of fatigue/ eyestrain/ discomfort. This risk is no greater than would be encountered in everyday life.

Will my participation be confidential?

This study is fully complying with the Data Protection Act and University Policy. Your participation will be confidential. Any identifying information will be stored separately from your data. All the data will be anonymised – this means that your name will not be written on the files. Data will be stored on password-protected computers belonging to the University, or in a locked filing cabinet in a private office within the University of Leicester. A randomly allocated number will code your files. Personal information will not be released to or viewed by anyone other than researchers involved in this project. Results will be aggregated, and anonymised data will be placed on a public data repository. In line with funding requirements, data will be kept for 10 years.

What information will you collect about me?

We will ask you for information on age, educational status, gender at birth and native language. This information will be fully anonymised.

What will happen to the results of the research project?

Results will be written up in a doctoral thesis. They may be published in scientific journals and used within conference papers or presentations. In accordance with open science principles, anonymised data will be made publicly available for inspection, reanalysis, and re-use by other researchers.

What if something goes wrong?

In the very unlikely event of you being harmed by taking part in this research project, there are no special compensation arrangements. If you are harmed due to someone's negligence, then you may have grounds for legal action, but you may have to pay for it.

If you have questions about your rights as a participant in this research, or if you feel that you have been placed at risk, you may contact the Chair of the Ethics Committee, Psychology, University of Leicester, Leicester, LE1 7RH. Phone: +44 0116 252 2253, email ethics@le.ac.uk.

Where can I get more information?

To take part or ask any questions, the primary contact is Rapuli Limachya, by email at: rxl025@student.bham.ac.uk

Alternatively you can contact either Dr Ascen Pagan appc1@leicester.ac.uk or Prof. Kevin Paterson at kbp3@le.ac.uk

Thank you for taking the time to read this information sheet



Save the date: 18 to 20 July 2024*

Plans are already underway for u3a Festival '24 which will take place in July 2024 in the beautiful city of York.

The festival will run over 3 days and will be held at the University of York based around their exhibition centre:

<https://yorkconferences.com/venues/exhibition-centre/>

and sports centre:

<https://www.york-sport.com/centre/>

We will be running a wide variety of activities – talks, sporting events, musical entertainment and workshops which will make this first u3a national festival something to remember.

We're keen to strengthen our musical offering so if your u3a has singers or musicians who would like to come please get in touch by emailing festival@u3a.org.uk.

Festival ticket prices

Tickets are not yet available to buy but the cost of the attending festival will be as follows:

Day 1, Thursday 18 July – £25 including buffet supper

Day 2, Friday 19 July – £10 for the full day

Day 3, Saturday 20 July – £5 for a half day

Full festival to include all 3 days and a buffet supper on Day 1 – £35

Accommodation

Rooms on campus

Rooms on campus will be £61.80pp for bed and breakfast. They are all ensuite single rooms with tea and coffee making. There are no larger rooms available on site. Some are accessible on the ground floor.

[Other accommodation options](#)

For those who wish to book for more than one person we are compiling a list of local self-catering, B&B, campsites and hotels. They will be as close to the campus as possible and although we cannot recommend them, they will all be from the York Tourist Information list.

[Festival updates](#)

To receive Festival '24 updates, make sure you are signed up to our [u3a Friends Newsletter](#). Once signed up, you'll need to update your preferences to receive our monthly Festival updates. You can also bookmark this page and read the updates using the links below.

03/11/2023 - [u3a Festival 24: Costs and basic information](#)

We'll also post regular updates on our social media channels.

