u3a in Scotland

Scottish Charity SO030370

Summer School

Tuesday 20th – Thursday 22nd August 2024

Stirling Court Hotel, University of Stirling, Airthrey Rd, Stirling FK9 4LA

Description of Courses

Creative Craft - Produce a fabric picture e.g.

Using a 20 x 20 cm frame

Using a 16.5 x 16.5 cm frame

I'm Eilean MacDonald and I will be showing members how to make a framed textile picture based on a coral reef.

A number of simple techniques are employed in the class. Members will learn new skills and these can be used to create more items at home. The picture you complete is yours to keep or give as a present.

I will be providing 10 x 10 cm frames and all the fabrics required in a pack (ten colours) for just £10. This includes pieces of silk, backing fabric and free beads from my own stock.

My background in textiles began when I studied City and Guilds Patchwork and Quilting (Part 1 and 2) at Hereford College of Art and Design. Eventually it culminated in me gaining a BA (Hons) in Contemporary Textile Practice at the University of Wales Institute Cardiff.

Since retiring, I have undertaken commissions for clients in patchwork and three dimensional textile items. I also run a textile group for my local Moray Coast u3a where members enjoy making items of their choice based on their skills and knowledge.

I will provide any special equipment required to make and complete each picture. However, members are asked to bring a small sewing kit with them e.g. large and small scissors, fine to large sewing/darning needles etc.

I'm happy to answer any queries you may have about this session

Drawing

Synopsis- The aim of this course is to have fun whilst improving our drawing skills. If you think you can't draw, then this is the course for you! We will be drawing from life and from photographs, learning to observe form, tone and texture in a relaxed atmosphere.

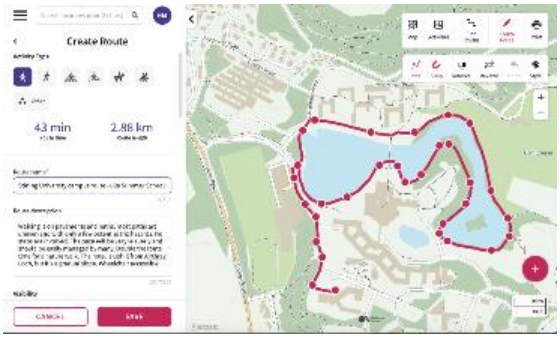
Please bring the following Materials
Sketchbook (any size)
Non-spillable media - pencils, pens, coloured pencils
Eraser, pencil sharpener
Some small objects of different materials (fabric, stone, shell) and a photograph (preferably black and white).

Barbara Rimmington, Isle of Bute u3a

Strolling to admire Nature

This course is intended for those who enjoy and want to learn more about the fauna, flora and wildlife around us. In our home locality, a typical walk is about 4-5 Km, lasts about 2-2.5 hours and is completed at a relaxed strolling pace. If walking at a rambler's pace, you'll miss so much! Most outings are on footpaths but sometimes involves gentle hills, some uneven ground, and can usually be managed by most members.

The only equipment requirements are:
1) Good walking shoes, but not necessarily walking boots.
2) Walking poles could be useful.
3) Waterproofs, in case of rain.
4) A smartphone which can have several Apps (e.g wildflower/plant identification, bird sound identification) downloaded onto it is most useful.
5) Binoculars



This course is run by **Hugh Munro** and **Mamie Munro** of Penicuik u3a

Drug Discovery - Where Our Medicines Come From

Synopsis: The medicines we use today come from a diverse range of sources and scientific approaches. From a historical perspective, the natural world provided early humans with a rich abundance of materials that could be explored for medical utility. Foremost amongst these have been plants, due to their prolific ability to act as chemical factories, harnessing the power of sunlight to synthesize complex molecules, many of which have proven beneficial in treating human diseases. Indeed, plant-derived compounds remain to this day the largest natural source of products used as medicines. Micro-organisms, including bacteria, fungi, and more recently viruses, constitute the second most abundant natural source. Animal products and minerals too have had an important role to play, and some continue to do so. However, rather than relying solely on nature itself, the discovery of new medicines in the modern era involves the application of a vast array of powerful techniques including synthetic chemistry, genetic engineering, and other emerging facets of biotechnology. These have resulted in new, scientifically directed approaches for rational drug design. This workshop will chart the drug discovery process from antiquity to the present day and highlight the profound impact these endeavours have had on human health.

Tutor details: **Billy Martin** is Emeritus Professor of Cardiovascular Pharmacology at the University of Glasgow. After graduating from that institution (BSc, PhD), he took up research posts in Cambridge, New York and Cardiff, before returning to Glasgow as a lecturer in 1987. On retiring, he joined Bearsden and Milngavie u3a and went on to serve for periods as Vice Chair then Chair. He is now also a member of East Renfrewshire u3a.

Play Writing

CREATING CHARACTERS: a workshop for new and experienced writers

In this workshop you'll have the opportunity to create unique and memorable new characters, working with others to tell their stories and bring them to life. Your characters may then find their way into potential new stage plays, short stories, novels or films.

No previous writing experience is necessary. All you need is a pen, paper and your imagination.

Your tutors are **Richard Peoples, Edinburgh u3a and Frank Ledwith, Isle of Bute u3a**. Richard has written numerous plays and run playwriting courses and workshops in Edinburgh and Cambridge. He is a former Open University arts tutor. Frank Ledwith is a social scientist with long experience in leading group learning activities with adults and a life long interest in literature and creative writing.

Technology - Programming for beginners with the BBC micro:bit

I'm John Davies and a former professor of electronics at Glasgow University.

Nowadays we are surrounded by electronic devices that we would consider to be computers – desktops, laptops, tablets and smartphones. But our homes are also full of tiny computers that few people realise are there, embedded in almost every electrical product.

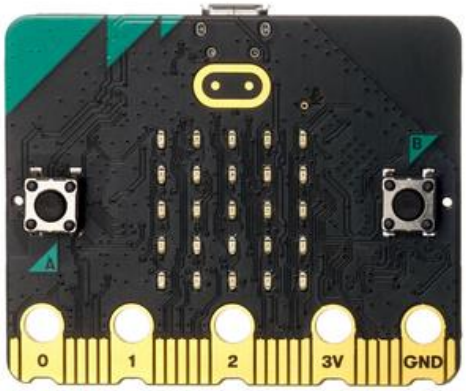
This session is intended for anyone who has never written a computer program before. Programs are constructed visually by dragging blocks around the screen to produce the desired actions, not by typing obscure commands. Participants will need to buy a micro:bit beforehand, at a cost of around £20, and also bring a laptop or tablet for the programming. It may save you some postage costs if you prefer to order a micro:bit through me.

Come and learn how to program the BBC micro:bit, it's the exact device which acts as the mind of your microwave, washing machine and other appliances. The micro:bit is already widely used to teach programming in schools in the UK and across the world. It may be only half the size of a credit card but is loaded with an LED display, speaker and several sensors.

We can have fun as we program it to function, for example, as a dice that ‘rolls’ when the computer is shaken or when you shout at it! Each micro:bit includes a radio that we can also use to communicate between different micro:bits. The possibilities here are endless!

I’m currently a member of Bearsden and Milngavie u3a. For over ten years, I’ve taught and run numerous projects and programming for all skill levels. Enjoy the chance to play with IT.

I’m happy to answer any queries you may have about this session.



The tutor is **John Davies**, who was a professor of electronics at Glasgow University. He introduced first year students to microcontrollers and taught several courses on programming them for over ten years, as well as running numerous projects at different levels. He is a member Bearsden and Milngavie u3a.