



Newsletter Autumn 2019



SUN Reps are reminded that future meetings, SUN forms etc are listed on the **OUR U3As** webpage on the SUN site. Contact details for Bob Duckmanton, SE regional trustee, are also there.

U3A Reps Meetings Dates for 2020 at Adastral Hall, Hassocks.

Fridays 27th March SUN AGM, 26th June, 18th September & 18th December.

SEC meetings Mondays am are 3rd February, 18th May, 17th August & 16th November.

(All SUN 2019/20 meetings are listed on the SUN Our U3As webpage.)

Welcome to Valerie Greenwood, Hastings and Rother U3A, who is interested in joining the SUN committee. It should be noted that 18 years ago, when the network was started, it was half the size it is now (with 29 U3As). The executive committee has not expanded from the original number, despite several members arriving and departing, so we would welcome any of our current U3A members coming forward to help run the network. We would like to expand our activities but require more personnel to assist us.

SUN Study Days. 2019/20

The **new programme card** is online on the 'Our U3As' webpage for downloading. The booking forms will still be online* and released every three months. The discount price, of £8, is for members of SUN U3As only. Please note that members will be individually notified if a Study Day is cancelled and cheques will be destroyed. Pat Alvey is willing to pass on attendee names to those U3As arranging lifts/car sharing for their members. It has been decided that future study day programmes will start in October, not September when booking is low, to allow U3As time to disseminate the details and improve bookings * *Apologies for the missing booking links in July, the website got stuck in the past as my updating was not registering, due to a glitch on the operating system.*

The South East Region Autumn Gathering 11th November

will be held at the Alton Community Centre, Alton, Hants, GU34 1HN. The topic is 'Interest Groups' organised by Bob Duckmanton & Hilvary Robinson. Starts 9.30 am for 10.00 am.

The TAT Chairman will be speaking, amongst others. Bring new group ideas.

A light lunch is provided. Full agenda and booking available via the Eventbrite link:

<http://u3a-southeastregiongathering-nov19.eventbrite.co.uk>

The South East U3A Forum

covers Surrey, Sussex & Kent, and all members of their U3As may attend their two events:

- A) the **Chichester Summer School, 24-27th June**, was very successful. However this is organised by a dedicated few SEF members who really need some more helpers to assist them.
- B) **B) the free annual SE Forum conference** in East Grinstead is also administered by a small group who are ageing like the rest of us and require more assistance.

The **SEF AGM** is at East Grinstead on 23rd October. See their website for details, later in September.

It has been noted that **many of our U3A members do not understand the roles of TAT (The Third Age Trust), SUN and the SE Forum** so would U3As please consider adding brief details to their handbooks or newsletters please? A suggested text is available on the Our U3As webpage.

To subscribe to the monthly National email go to u3a.org.uk/email

National Volunteers are a group of around 200 U3A members recruited to help run the activities of the Third Age Trust as it expanded. Apart from assisting the national office (which has only 10 fulltime staff) they are trained to run TAT workshops, problem solving, assist working groups and Beacon support. Most U3As have no idea that these experienced people are within their midst. It is not intended that TAT/ national office is circumvented, especially when problems arise, but the volunteers may be able to offer local advice and direction.

New Workshops. We are considering holding a Presentation Skills workshop early next year, which will consist of two parts: an initial information day and a later day where attendees show what they have learnt. We can request any of the national workshops for Sussex, plus organise any on relevant topics for our members. There are now two hour, bitesize presentations available on the TAT workshop topics. These will be discussed further at the September Reps meeting. All the national workshops are free and can be booked via workshops.u3a.org.uk

Sample Newsletters webpage. U3As are welcome to submit an example of their newsletter to the SUN website to give ideas to new editors. Please ensure all personal data has been removed and people in pictures have agreed to publicity.

The **Sun venue grant**, to cover inter U3A activities, is still available. The application form is on the Our U3As webpage.

SUN 'Sussex Spirit, Myths & Legends' .

This took place on **Saturday 13th July 10am to 5pm** in the Jubilee building at Sussex University, Falmer. Over 400 people visited the exhibition where there were 40 group displays and performances from fourteen of our U3As. The topics on the theme were varied and to a high standard, with compliments from the national SLP Co-ordinator, Jennifer Simpson. She was impressed with the cooperative efforts of some U3As and enjoyed the performances. She suggested that some of the research topics could be included on the national research database. There were some problems with signage and locating the venue. Overall the building's facilities were liked, especially the lecture theatre, despite some technical issues for the performers. The coffee shop was well patronised.

We hope that U3As will display their groups' hard work at their monthly meetings! Jennifer has sent an article to the TAT publicity officer. I have sent in a short article and some pictures.

Thanks to everyone involved and, especially, to those few members who worked so steadily behind the scenes on both days.

It is suggested that the participating U3As may wish to show an exhibit or more at the Reps meetings. Please send an email to SUN to let me know, so I can ensure that space and tables are available.

New Speakers

A variety of topics are offered by Howard Slater:

1. **NEW: Ira and George Gershwin.** Their life and a musical interlude of their most famous music and shows, shown by slides & videos.
2. **NEW: Glenn Miller.** His life story and musical interlude of his most famous music and the mystery solved on how and where he died, shown by slides & videos.
3. **NEW: Joyce Grenfell.** Her life story as seen through the eyes of others, including a video.
4. **NEW: Max Wall.** An English comedian and actor, whose performing career covered music hall, theatre, films and television. A Comedy Hero video
5. **Audrey Hepburn and her War Years.** Tells the story of Audrey growing up during the Nazi invasion of Holland, followed by her career after the war. It includes a short video of all her films.
6. **The Jewish East End 18C to early 20C.** Takes a tour of the Jewish East End, including famous landmarks and people plus the not so famous! If time, followed by a sing song.
7. **East End of London from the Huguenots to the Bengalis.** This tour will take you around some of the streets of the East End and the aim of the journey is to give a flavour of the history and culture of the area. If time, followed by a sing song.
8. **Winston Churchill.** 1874 – 1965 His life story and his exploits
9. **A History of Rock & Roll 1950 - 1980.** Where the term Rock & Roll originated from and onward.

Khloe Ebanks arranges a Community Outreach talk, on behalf of **Great Ormond Street Children's charity** for 2020. The Community Outreach talk will be based on :

- The history of Great Ormond Street Children's hospital
- Our work today with young patients moving stories
- How our supporters help us bring hope to seriously ill children
- Our pioneering research to help children everywhere

The presentation only last 45minutes, which will be presented by one of our ambassadors. We don't charge a fee but we may bring a donation box.

Claire Carberry has spoken to Worthing and Preston Park U3As and wonders if any other U3As would be interested. She is a **solicitor specialising in life and estate planning**, inheritance tax, lasting powers of attorney etc and a Dementia Friends Champion (this is talking about the practical side of dementia - see the dementia friends website). She realises that U3As differ and some may not be interested in her services. She is based in Brighton but happy to travel as far east as Seaford/Uckfield, west as Littlehampton, north as Horsham/Crawley. Her firm carries out a wide range of work, so if there is a topic that might be of interest that isn't her area, she is happy to speak to colleagues to see if they could help.

Toby Frost is setting up a new free visitor attraction in Brighton to promote the **Rampion Wind Farm** (opening in the Autumn). He would be very interested in speaking to U3As about this. He is looking at attracting groups for talks on a new site which is going to be next to the i360 on Brighton seafront. He is also open to the possibility of visiting groups if appropriate.

Louisa Sewell

This newsletter will be published every four months: on April 30th, August 31st & December 31st. Please forward interesting short news items and participant consented photographs, with details, to the SUN email at sussexareau3a@gmail.com Website : u3asites.org.uk/sussexu3anetwork