



# Newsletter Spring 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 Adastra 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.)

## **SUN Study Days. 2019/20**

The **new programme card** from September onward, will be put online for downloading by U3As. U3As requiring printed versions please email your amount to B Atlee by May 15th (April 30th was requested at the AGM). 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 all cheques will be destroyed. The bookings manager, Pat Alvey, is willing to pass on attendee names to those U3As arranging lifts/car sharing for their members.

**Heathfield U3A**, with the East Sussex Astronomical Society, will hold their **50th Anniversary of Apollo 11** (the first Moon landing) on Saturday 20th July from 10.am to 3.30pm at Sheepsetting Lane Community Centre, TN21 0XG. Talks, displays and activities.  
Tickets £5 and child £2.50

Science interest groups have become more popular as U3As have expanded.  
**The U3A Science Network Meeting** on the 5-8th August will be at Aston University this year with a variety of topics including Robotics. Website link via SUN Events page or [u3asites.org.uk](http://u3asites.org.uk)

## **The South East U3A Forum**

covers Surrey, Sussex & Kent, and all members of those U3As.

Their popular **Chichester Summer School runs 24-27th June**. All details are available online via the SUN & SEF websites.

**At their regional conference** on the 3rd April at East Grinstead, the TAT Chair, Ian McCannan, explained proposed developments at national level and warned that a small increase in the capitation fee, paid per member, will eventually be necessary. It has been £3.50 for the last ten years to cover TAT expenditure, including the ten full time staff at national office. Staffing will have to be increased as services expand.

The national website will be redesigned and a trading company established, under Charity Commission rules.

**U3A Logo Change** The national U3A blue and gold logo has finally been trademarked for the UK and Europe from 1st April. It will now have a different strapline: 'Learn, Laugh & Live' will replace 'University of The Third Age'.

**The Third Age Magazine (TAM) is changing.** 'Sources' will now appear in the centre of the publication whilst some sections like Coast to Coast are being dropped. The U3A reports can appear in the **monthly National U3A email**, although some interesting U3A stories will be included. The list of books published by U3A members will now be shown on a special Facebook page.

**To subscribe** to the monthly National email go to [u3a.org.uk/email](http://u3a.org.uk/email)

**Publicity Advice:** National Office can provide an advice sheet for U3As.

**Mileage Increase** The Third Age Trust (TAT) has increased their mileage allowance to 45p per mile as now accepted by HMRC. However, U3As are entitled to determine their own mileage up to the maximum of 45p per mile.

**'Tea with Barbara' - The Barbara Lewis Fund.** This is a new fund to assist the establishment of new U3As. Details are available on the TAT website.

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**Congratulations** to Shoreham and Southwick U3A who celebrate their 30th anniversary in June.

**Treasurers are reminded** that cheques paid to U3As must carry exactly the same name as their account, otherwise the cheques will be refused.

**Beacon Users in Sussex** are currently, Arun West, Brighton & Hove, Chichester, Crawley, Lewes, Ringmer and Shoreham & Southwick. Other local U3As are waiting to join the system.

**New Workshops.** We can request any of the national workshops for Sussex, plus organise any on relevant topics for our members. All the national workshops are free and can be booked via [workshops.u3a.org.uk](http://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.

## SUN 'Sussex Myths & Spirit' event.

This will take place on **Saturday 13th July 10am to 5pm** in the Jubilee Building at Sussex University, Falmer. There is plenty of parking, multi-storey and open beside the building, plus a bus service from Brighton. We have booked the ground floor, with café, for static displays and have the lecture theatre for music, etc and IT presentations (just bring them on a memory stick).

Setting up will be done on the afternoon of **Friday 12th July 2pm — 4.30pm**

Thanks to those local U3as who assisted with organising the local meetings in Eastbourne, Littlehampton, Hassocks, Shoreham and Uckfield. Initial venue information and a provisional booking form were handed out to find out who is interested in participating.

There will be an information sheet, sketch map, poster and final group booking form (must be returned by Fri 7th June) on our website by May. **Offers of staffing assistance**, in shifts, on both days would be very welcome, although we will have a Uni staff member present.

**The U3As currently registered to exhibit are:** Brighton & Hove, Brunswick, Burgess Hill, Crowborough, East Grinstead, Horsham, HHD, Lancing, Littlehampton, Newhaven, Shoreham, Uckfield and Worthing. If your U3A is missing and you wish to join us, please contact [sussexareau3a@gmail.com](mailto:sussexareau3a@gmail.com). Although we have some initial information, the final booking form will be sent out to participants and put on the web page on May 1st, with final information.

The **promotional A5 flyer with venue maps**, A4 **poster** and A4 **venue map** are available from the website to pass to members. A **final booking form** will be online, although exhibitors already registered will be sent the forms with updated information. It has been agreed that the participating U3As may request flyer printing costs from SUN. Just submit a claim to the SUN treasurer.

The exhibition will be promoted via TAT and through U3As.

### **First Mid-Sussex Inter U3A Recorder Playing Afternoon**

For the first time, Recorder groups from three Mid-Sussex U3As met for an afternoon of playing together in a large ensemble. At the beginning of March, twenty-four people gathered in Hurstpierpoint Village Centre to spend an afternoon under the direction of guest conductor Enid Holmes, who is an experienced leader and conductor of recorder groups across Surrey and Sussex. The participating groups came from Burgess Hill, Haywards Heath and Hurst, Hassocks & Ditchling U3As. The afternoon was spent getting to grips with new music which Enid had brought along, guided by her very capable and kind hands. Enid asked only for her travelling expenses and the cost of the hall hire was met by SUN, as a way of encouraging inter-U3A activities. Consequently, the cost of the afternoon was kept to an absolute minimum.

The afternoon was extremely enjoyable and provided a boost to the enthusiasm of the players and the opportunity to play under a different leader. It has also led to some members wanting to expand their playing into different genres of the recorder repertoire.

**A Mature Student Information session** will be held at the University of Sussex on **Tuesday 7<sup>th</sup> May**, 5:15 –7:30pm. This session is for adults considering entering or re-entering Higher Education in the future. We will cover key topics for anyone considering Sussex, including finances, welfare, the personal statement and a campus tour.

### **New Speakers**

(The Speakers List is available on request from SUN, please **forward any updates** to the SUN email.)

**Len Brook**, from Southwick Camera Club, offers talks using his photography. My First Exhibition or Myths & Folklore of the South Downs, etc £50 + travel.

**Alan Wise** is a psychologist/psychotherapist who has worked in NHS and private healthcare and spoken to U3AS. Talks are on Loneliness—The Epidemic of Our Time, or Change Your Thoughts and You Change Your World. £110 + travel.

**Jenny Mallin** is an author and experienced speaker who gives an illustrated talk on Her Grandmother's Legacy, about the British Raj. £65 plus travel @ 32p per mile.

**Outings: Edes House**, Chichester is now offering a 90 min. tour 'If Walls Could Talk'. Usually £12.95, groups (15 to 20 in size) have a 10% discount. Refreshments on arrival.

**Worthing Philharmonic Orchestra** give regular concerts at reasonable prices. See their website.

**Resources and events available** from Worthing Theatres, Museum and Art Gallery via Alice Hillier, their new Audience Engagement Officer. She can offer: reduced tickets for groups, workshops, backstage visits, free talks to your U3A by Alice.

**Arundel Walking Tours.** Martin Alderton, a former postman, runs daily escorted tours at 2pm but can do specific group times or days on request at £1 pp. He also has given a talk to 4 U3As.

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](mailto:sussexareau3a@gmail.com) Website : [u3asites.org.uk/sussexu3anetwork](http://u3asites.org.uk/sussexu3anetwork)