



South East U3A Forum Summer School 2020

University of Chichester from Monday 15th to Thursday 18th June

Course Details

MUSIC - CLASSICAL ALBUMS OF THE 50s & 60s

Tutor: Mike Head

Maximum No. 14



The LP is back, and with it the sound of musicians such as Ray Charles, Miles Davis and Elvis Presley. In these seminars we return to the time when vinyl was king, when the LP came with outstanding artwork and sleeve notes and when the music was released on such iconic record labels as Atlantic and Chess.

We hear about the influential record producers who made the records and about the studios where they were recorded. We also have the opportunity to see unique video about the music and the times in which it was produced.

Above all, we hear the sounds of some of the greatest musicians ever in the field of jazz, blues and popular music.

Level: All Levels – no experience necessary **Equipment (students):** None to bring **Costs:** None

For further information please contact Mike Head on 01932 840550.

HATHA YOGA FOR THE THIRD AGE

Tutor: Peter Burton **☎ 01273 561661**

Maximum No. 15



Relax, restore and revitalise your body, mind and emotions through a gentle immersion in Hatha Yoga.

The course is suitable for:

- People without any previous experience of Hatha Yoga, as well as for those who have some experience and who would like to deepen or establish their practice in a friendly and fun setting.
- People with a wide range of physical abilities and managed health conditions. In order to take part fully participants must be capable of sitting on the floor for short periods and getting up either without assistance or with the aid of a chair. Everyone taking part will be asked to complete a confidential health questionnaire to help ensure their safety.

We will spend our time together:

- Exploring the background and history of Hatha Yoga and how it relates to contemporary living.
- Learning how to practice yoga in ways that are inclusive, safe and beneficial.
- Looking in detail at a range of physical postures (Asanas) breathing practices (Pranayama) and relaxation techniques that maintain and improve our wellbeing.
- Discussing and exploring (sharing our own experiences and insights) how to use Hatha Yoga to work with specific health conditions like Osteoporosis and Hypertension.
- Practicing using yoga 'props' and posture variations so that everyone can do yoga easily whatever their physical ability.
- Please Note: as well as talks and discussions every session will include a short easy, balanced and progressive taught yoga practice, including breath work and relaxation.
- The week is designed so that at the end everyone will feel confident enough to join a local class or set up a regular home practice.

Students need to bring:

- Students will need to bring loose (not too loose!) and comfortable clothes to change into for their yoga practice sessions. Please bring a warm sweater or small fleecy blanket to help keep warm during the relaxation sessions.
- Please bring a small refillable water bottle to help you stay hydrated.
- Yoga mats, blocks and straps will be provided although if students wish to bring their own, they are welcome.
- Students should bring a bath size towel to fold and use as an additional prop.

NB The practice of Hatha Yoga is non-theistic and is practiced by people from a wide range of faiths and beliefs.

FOLK DANCING

Tutor: Chris Woodward

Maximum No. - The More the Merrier



The dance sessions are for both experienced dancers and newcomers to folk dancing. Those who haven't danced before and who want to learn folk dances from Europe and the New World will enjoy learning dance moves, hearing different types of music, and getting some exercise in a relaxed and social atmosphere. Experienced dancers will learn new dances and enjoy dancing old favourites as well as passing on their skills to the newcomers to folk dancing. Experience is not required, and every dance is walked through as many times as necessary in advance.

This is a dance session and participants will be expected to join in. Rest sessions will be built into the programme as necessary.

The only requirements are suitable loose-fitting clothing (you will probably get a bit warm) shoes for dancing, a willingness to join in and a level of mobility.

I am a regular member of a local folkdance club and part of a team who call there each week. I also am a guest caller at a number of clubs in West Kent and Sussex. I also call for social "Barn Dances" again in Kent and Sussex.

For further information please call Chris Woodward on 01932 689700.

CYCLING

Tutor: Simon Eastwood

Maximum No. 12



The programme will consist of either half day rides of about 15-20 miles with a generous stop for coffee mid-way or, alternatively, full day rides of say 30-35 miles including a lunch stop and a couple of tea breaks. This could be altered depending on the requirements or aptitude of the participants and instead of a full day ride two shorter rides each day to accommodate different riders would work too.

Experience level; able to ride for 15 miles over 2-3 hours with a break, on quiet, level roads and cycle paths.

Range of subject: to enjoy a couple of hours cycling together.

Equipment needed. A bike, either electric or manual and any bike specific spares, i.e. tubes, suitable clothing, helmets are a personal choice, details of emergency contact numbers and any health issues that could be needed in case of emergency.

Incidental cost will be limited to refreshments en-route, coffee and tea breaks depending on ride length. (Packed lunches will be provided.)

NB There are secure cycle shelters on campus but students would be wise to bring additional individual security.

For further information please contact Simon Eastwood on 01273 555820.

THE FASCINATION OF MATHS

Tutor: Roger Luther

Maximum No. 12



In this course, we'll look at a variety of mathematical topics, from the probability theory used in genetics to the design of the London Underground, via the theory of how to choose the best partner in life! There will also be some practical work and mathematical game-playing. No mathematical expertise beyond O-level is required, just a willingness to think carefully and logically.

Roger Luther has been running the course for several years now. It's based on two U3A Maths groups he leads in his home U3A, where he also runs a monthly pub quiz and a physics group. When not involved in U3A activities, he still works part-time, lecturing at Sussex University.

For further information please contact Roger Luther on 01273 705111.

WALKING ON THE DOWNS & COAST

Tutor: Roger Sugden

Maximum No. 15



Suitable for those with a little experience of walking. Two full-day walks with packed lunches and one half-day. Routes will be confirmed following trial walks nearer the time. BRING BUS PASSES! - plus boots, sunhat and water bottle(s) essential, as well as sun cream if hot and wet weather clothing- just in case!

No costs (except buses for those without passes) except possible drinks at pubs/cafes.

For further information, please contact Roger Sugden on 0208 7701471.

RESEARCHING YOUR FAMILY HISTORY

Tutors: Jill Collins & Pat Salmon

Maximum No. 14



This course is for students who have already started to research their own family tree using computers to find basic facts. They should have details of at least two generations of ancestors with information on their birth, marriage and death. This will enable students to delve further into their own family background.

We will be demonstrating how to access numerous sites, both free and subscription. After a group demonstration, students will move into the University computer suite where they can use the sites to search for information relevant to their own ancestors. There will also be time for individual support, advice and the sharing of ideas.

Family history is not just about finding names and dates - by discovering your ancestors' occupations, where they lived or emigrated to, you can bring the people to life. Newspaper reports and service records may allow you to find out the colour of their eyes, how tall they were and maybe what characteristics we or our children may share with them.

Students will need to bring a Notebook and pen/pencil.

Their basic family tree data, whether as a hard copy or if stored electronically, their laptop, tablet, I pad, phone etc.

By the end of the course students will have used various websites to pursue their own research. They will have had time to discuss individual brick walls and maybe break through some! They will have learnt the importance of collating and keeping good records to ensure their family tree is available for future generations.

For further information, please contact Jill Collins on 01444 243492 or Pat Salmon on 07935 986244.

NATURAL HISTORY

Tutor: David Waterhouse

Maximum No. 12



Level of knowledge - enthusiasm is the major requirement.

This course will include trips to Pagham Harbour, a boat trip, Kingley Vale, Chichester cathedral, palace and museum, Pulborough Brooks (RSPB). Hopefully, we will see terns diving after fish disturbed by our boat trip, peregrine falcons on the cathedral roof, the largest, oldest and scariest yew forest in Kingley Vale, pantaloons bees as well as birds at Pulborough Brooks.

Students will need to have sensible walking shoes, wet weather clothing (just in case!), a sun hat, sunscreen, bus pass and binoculars. Buses will be used wherever possible, but there will need to be car-sharing arrangements made for Kingley Vale and Pulborough Brooks. The boat trip will cost £9 per person and entry to Pulborough Brooks is £6 – free to RSPB member, plus bus fares for those without a bus pass.

The tutor is a regular volunteer at the visitors centre at Lee Valley Park and Whipsnade Zoo and takes part in the Symonds Yat Rock Peregrine Project.

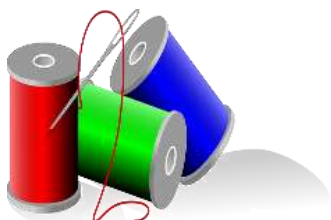
Books will be provided for identification purposes – feel free to bring your own too.

For further information, please contact David Waterhouse on 01707 391981.

NEEDLECRAFT

Tutor: Pat Roberts

Maximum No. 15



This course is for everyone/anyone interested in needlework. All levels will be catered for - from beginners to experts - and students will be welcome to bring along projects currently being worked on.

Apart from machine work, I will be able to help or advise on knitting, crochet, cross stitch, tapestry, sewing, embroidery, crewel work etc. I have been involved in a wide variety of crafts for many years and currently run a group for my own local U3A.

Books and some materials will be available for all to use. I look forward to meeting you and sharing in learning together.

For further information, please contact Pat Roberts on 01293 526805.

UKULELE FOR BEGINNERS

Tutor: Dawn Simpson

Maximum No. 12



Learn to play the ukulele from your first chord to participating in a group performance. The course will be learning basic chords and playing easy songs together. It is suitable for beginners or for those just starting to play.

A ukulele and tuner are required but can be loaned on prior request. Also bring a two-ring binder to store the song sheets provided. Ukulele is an easy to learn instrument that can give hours of fun either playing by yourself or in a group. There are hundreds of ukulele groups all over the country and worldwide.

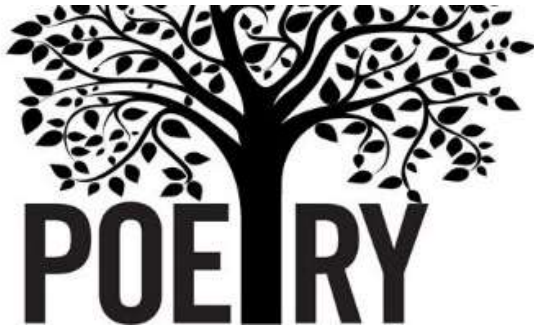
I have taught ukulele for six years and played with many groups for over ten years. I love the ukulele as it gives so much pleasure to people through songs and memories.

For further information, please contact Dawn Simpson on 02392 257836.

19TH & 20TH CENTURY BRITISH POETS

Tutor: Ann Barlow

Maximum No. 12



Robert Louis Stevenson, Christina Rossetti, Rudyard Kipling, and John Masefield – we will study the life and poetical works of the above four poets. This will include one long narrative poem of each: “Ticonderoga”, “Goblin Market”, “The Mary Gloster” and “Tristan’s Singing” respectively.

The course will consist of talks, readings, discussions and possible group work. Students may contribute a favourite poem of one of the poets if they wish. Copies of the selected poems will be provided. Computer work will not be included. Prior knowledge of these poets is not necessary, but a liking for poetry and the willingness to read poems aloud, as well as discuss them, is essential.

The tutor, a retired librarian, has belonged to two U3A poetry groups for over twenty years – “General Poetry by Themes and Poets” and “Narrative Poetry”, taking over the administration of the latter. She has made presentations on three of the poets listed for this course, plus many others.

She also has attended a privately-run poetry group that has been in existence for over a century where she has supplied brief biographies of selected poets.

For further information, please contact Ann Barlow on 0208 6583729.

FOUR CENTURIES OF THE BRITISH RAJ IN INDIA & ITS AFTERMATH

Tutor: Margaret Nicolle

Maximum No. 24



This course will cover the Rule of the Mughals, the Growth and Impact of the East India Company, the Heyday of the Raj, the Beginnings of the Independence Movement, the Fall of the Raj in 1947 and the past and current problems of an independent India.

The tutor, Margaret Nicolle, graduated in history and has taught at all levels. She lectures to her local U3A and Sussex societies. She has visited India three times and is an expert on India's history and its problems today.

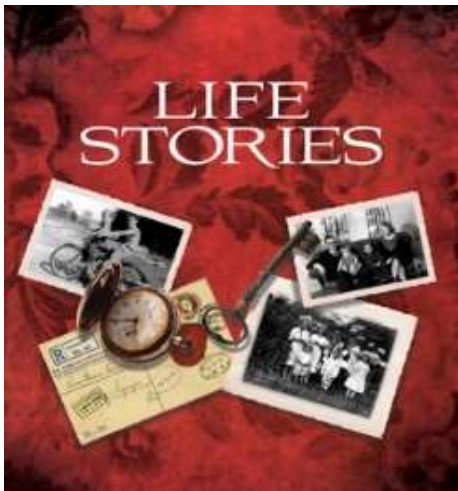
No previous knowledge of the subject is required and there will be no additional costs. No computer knowledge is needed but contributions in the form of articles, books, memory sticks with a few images of scenes which had a particular impact and family archives about former family members who served in India in the civil service or on the railways would be most welcome. General discussion is welcome.

For further information please contact Margaret Nicolle on 01444 482685.

WRITING LIFE & FAMILY STORIES

TUTORS – Bernard and Teresa Hall

Maximum No. 16



Every life and family story is unique and important. Family and friends like to know these stories. Writing them down is satisfying as well as an opportunity to reflect on life's ups and downs, the 'what ifs' and 'what if nots', and the social history of bygone decades. Some will be making a start, some going further with their life or family stories or both. You will write, share with others, and give and receive constructive feedback. Working together helps, working alone can so easily become 'I will do it one day'. No prior experience is required. You need only bring pen/pencil and paper and enthusiasm for writing your story. Laptops or tablets are fine but not essential; you do not need computer skills for this course. Our aim is that by the end of the course you will have accumulated new ideas and be motivated to complete your story. We are both active writers of life story and family history, with a background in education and experience of leading U3A groups, workshops and summer school courses. Do bear in mind that this is not a *researching* your family history course, for that see "Researching your Family History", also at this summer school.

For further information please contact us by email teresamihall@gmail.com or on 01273 440447.
