

# Members' Activities Day 2024

Wednesday July 10<sup>th</sup>

At New Hall School, Chelmsford CM3 3HS

**hutton**  
**u3a**

REGISTERED CHARITY NO. 1151082

£36 per person including  
lunch

**Booking opens on March 5th**

**There will be the opportunity to request or offer lifts at our monthly meeting at Bishops Hill in both March and April**

**All activities have step-free access**

**09.15 Registration/ refreshments**

**09.45 SPEAKER: TIM BEANLAND**

**Refreshments**

**Morning activity sessions**

**12.50 Lunch**

**Afternoon activity sessions**

**Refreshments**

**SPEAKER: NEIL GORE**

**17.00 Farewells / DEPART**



## KEYNOTE SPEAKER:

**Dr Tim Beanland, Head of Knowledge and Learning, Alzheimer's Society**

Tim started at the Society in 2010, at a time when his late mother was being diagnosed with vascular dementia. He will talk about the science of brain health and the benefits of regular mental exercise. His new book, "Mind Games", has just been published.








## FINALE:

**Neil Gore is writer/actor & co-producer (with Louise Townsend) for Townsend Theatre Productions**



Townsend Theatre Productions create high quality touring work that resonates directly with specific communities and appeals to new audiences in areas where engagement in art and cultural activity is limited. Neil will be talking about the life of an actor with a touring company; about developing scripts for performance and turning a full-length novel into a one person stageshow. He will perform excerpts from his show 'The Ragged Trousered Philanthropists'

## MORNING ACTIVITIES

	<p><b>AN INTRODUCTION TO BRITISH SIGN LANGUAGE – Lindsey Barrell</b></p> <p>Lindsey has been signing since 2009 and has recently completed her BSL Level 3. In this session she will take you through the BSL alphabet, numbers, some BSL ‘etiquette’ and factoids and some basic greetings and questions signs.</p>
	<p><b>WARLEY HOSPITAL: The history of the Essex Pauper Lunatic Asylum in five misconceptions - Rachael Bailey-Gibson, PhD researcher, University of Leicester</b></p> <p>Very little research has investigated the lives of doctors and patients and what treatments (if any) were administered behind the towering Gothic walls of Warley Hospital. The actual history of this Victorian asylum may surprise, and it certainly promises to be no less dramatic than its fictitious counterpart in the horror genre.</p>
	<p><b>POLITICAL CARTOONS – Patrick Blower</b></p> <p>Formerly political cartoonist for the Evening Standard, Patrick is now with the Daily Telegraph. He was awarded <i>Political Cartoonist of the Year 2023</i>. See his art and jigsaws on his website: <a href="https://blowercartoons.com/projects">https://blowercartoons.com/projects</a> In this workshop he will talk about his work and political cartooning in general. There will also be some simple, fun drawing exercises so please bring paper and pencil!</p>
	<p><b>PAPERCRAFT: MAKE A GIFT BOX – Sue Russell</b></p> <p>Inspired by a homemade Christmas card that she received many years ago, Sue now enjoys all kinds of papercrafts. In this workshop, you will make a small round gift box with matching cardstock and learn how to make a crepe paper flower for the top of the box.</p> 
	<p><b>MAKE DO AND MEND: REUSE, RECREATE AND RESTYLE YOUR WARDROBE – Amanda Sutherland</b></p> <p>A rail full of garments, along with a mannequin, will give examples of simple clothing hacks and demonstrations on how to create some fabulous wardrobe creations. At the end of the presentation there will be a travelling gift shop where members are invited to browse a beautiful selection of handmade items.</p>
	<p><b>MEDITATION – Christine Bachmann</b></p> <p>Christine learned to meditate in the 1980s and has been enthusiastic about it ever since. She has been teaching meditation for many years. Meditation is a simple practice which can reduce stress, increase calmness and clarity and promote well-being. This workshop will introduce you to the technique and offer an experience of its benefits.</p>

## AFTERNOON ACTIVITIES

### **WONDER OF THE HUMAN EYE – Steve Priem**

After graduating in Ophthalmic Optics from City University, Steve worked in independent practice. He undertook post graduate study to obtain a specialist contact lens qualification and obtained a further qualification in diabetic retinopathy before retiring in 2022.

This session will cover some basic ocular anatomy and some common ocular conditions and treatments. No volunteers for eye drops or surgery will be required!



### **ANTIQUES AND AUCTIONS – Mark Stacey**

Auctioneer and Valuer, Mark, has been involved in the antique industry for over three decades. He has sold many prestigious items and regularly values items for BBC Television programmes such as “Flog it”. Mark will talk about his career, appraisal of antiques and the auction process. If participants would like to bring along any antiques/collectibles then we can end the workshop with our own “Antiques Roadshow”.



### **IRISH FOLK MUSIC – “Take 2”**

Husband and wife duo, Maureen and Keith Deller enjoy writing and performing their own comic songs. However, in this session they will share their love of Irish music and fun. Stamp your feet, clap your hands, sing along to all the old favourites.



### **SELF-DEFENCE – Mark Solomon**

Mark is a Personal Safety and Self-Defence Coach

In this session Mark will show some practical ideas and practice simple, yet effective, self-defence moves to help keep you and your loved ones from harm.



### **SENIOR BALLETT – Jackie Dartnell**

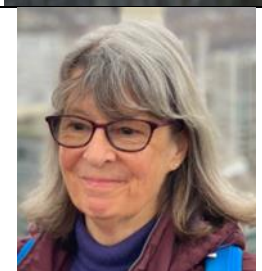
Jackie trained at Arts Educational, Royal Academy of Ballet and the Imperial Society of Teachers of Dancing. She runs classes for adults in all dance skills but in this session will be providing a taste of ballet.

It is important to wear appropriate shoes e.g. jazz shoes, not trainers. All abilities will be catered for including complete beginners.



### **JAPANESE ARTS: LEARN TO WRITE A HAIKU AND TRY YOUR HAND AT ORIGAMI – Sally Adams**

Sally has been writing poetry and enjoying handicrafts since childhood. She surprised herself in 2008 by winning a prize in an international poetry competition. Her interest in Japan relates to her father's time there and her experience of teaching in a Japanese school in Suffolk.



# **Lunch Menu**

## **Main**

Cajun spiced chicken breast , savoury vegetable rice,  
broccoli and salad

or

Cajun spiced Quorn fillet, savoury vegetable rice, broccoli  
and salad

or

Jacket potatoes with beans or tuna mayo and cheese

## **Dessert**

Tiramisu pots

Or

Fruit salad