

Members' Activities Day

Tuesday October 26th

9.15 -17.15

at New Hall School,
The Avenue, Boreham,
Chelmsford CM3 3HS

hutton
u3a

Registered charity No.
1151082

PROGRAMME



09.15 Registration and refreshments

09.45 Morning activity sessions

11.15 Refreshments

11.45 Chair's remarks

11.50 SPEAKER Author Sam Hepburn, "A Writer's Life: from advertising to psychological thrillers"

12.45 Lunch

14.00 Afternoon activity sessions

15.30 Refreshments

16.00 SPEAKER Tony Harris, "Henry VIII: England's favourite king"

17.00 Farewells and appreciative remarks

17.15 Approximate departure



We very much hope that friends from other u3as will want to join for this special day. We have tried to ensure that there is something for everyone in the programme and a nice lunch in good company is a bonus! If anyone has concerns about access or disabled facilities or any other questions then please contact Eileen eileenu3a@gmail.com

MORNING ACTIVITY SESSIONS



Art Appreciation – This session is for anyone with an open mind, a sense of fun and a willingness to join in. No talent or prior knowledge is required. We will be looking at the work of a range of artists and learning from each other through discussion and exploration – with some colouring in, too. Please bring colouring pens/pencils if you have them but don't worry if you don't. *Session leader - Sue Shaper, art lover who recently exhibited in the Brentwood Art Trail*



Chair Yoga – Through our practice, we unite ourselves back to our bodies, listen to how we are feeling and respond with kindness and acceptance. Whether it is a dynamic, maybe challenging, flow or whether it is sitting in stillness with our breath, I aim to offer some time for yourself, for a moment of peace and recognition. The course is about making Yoga accessible to those who might not usually consider it, especially people who feel prevented from taking part because of injuries or health conditions; and those who might think that they don't have the right 'body type'. *Session leader – Natasha Schofield, studied yoga in Bali and now teaches yoga in Brentwood*



Earthquakes: one of earth's most destructive natural phenomena In this session you will gain an understanding of where earthquakes are likely to occur and why, and you will discover what triggers them and how they are measured. We will compare different earthquake events of similar magnitude to tease out why one may be utterly destructive whilst another not even newsworthy. Further, we'll delve into the latest research into how earthquakes might be predicted and how the impact of them can be managed in order to prevent loss of life. *Session leader: Kevin Chapman, retired Geography teacher*



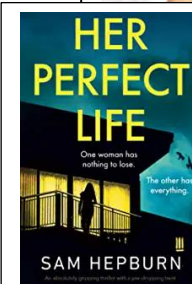
Tour of New Hall – Our guide will be local historian and retired headteacher from King Edward VI Grammar School, Chelmsford. He has published books about Chelmsford Cathedral and New Hall. *Session leader - Tony Tuckwell*



Writing Memoirs – This workshop is for everyone - don't worry if you have never written anything before. The session uses discussion and physical prompts and looks at ways in which we can use all five senses to capture and describe key memories. This is an amazing opportunity to get advice on your writing from a published author. *Session leader - Sam Hepburn, author*

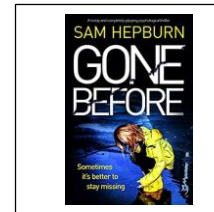
Guest speaker: Sam Hepburn

Sam Hepburn read modern languages at Cambridge University and after a brief spell in advertising she joined the BBC as a trainee and spent 20 years as a documentary maker, working mainly in the religion and arts departments. In 2010 she published her first book for middle grade children, followed by two thrillers for young adults. She has been shortlisted for several prestigious prizes and nominated for the Cilip Carnegie Medal. *Her Perfect Life*, her first psychological thriller for adults, was published in 2017, followed by *Gone Before* and *A Good Mother*, which was published in May 2021. In 2019 she won the Margery Allingham short story prize for her story *Box Clever*. She has three adult children and lives with her husband in London. In her talk Sam will show how her training as a documentary maker led her to use real stories as starting points for her fiction.



AFTERNOON ACTIVITY SESSIONS

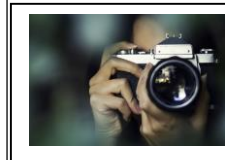
Author's Book discussion – This session will focus on "Gone Before" by Sam Hepburn and those attending should read the book before the day. In this session the author herself will give a brief reading and then invite questions and comment from the group about this book in particular and psychological fiction in general. *Session leader – Sam Hepburn, author*



Felting: make a Christmas card – Learn the simple art of wool felting, using soap, water and friction, to make your own felt picture. Full instructions will be given for every stage. If time runs out you can finish it at home. You will be asked to bring some household items with you. A list will be sent once you have booked. *Session leader – Nicola Hughes, textile artist and teacher*



Photography - Join Peter in a photo-shoot walk around New Hall School, photographing this historic building and its surroundings. No matter what your skill level or the equipment that you have, be it a smart phone, DSLR, Mirrorless, or compact camera, he will be available to assist you throughout. All you need to bring is an enthusiasm to develop your photographic skills through a new practical experience. *Session leader – Peter Knight, keen amateur photographer and leader of Hutton u3a's Photography Group*



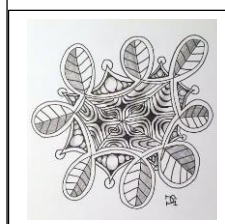
Qi Gong - Qi gong (chee gong) is a part of traditional Chinese medicine. Its rhythmic movements are said to reduce anxiety, build strength and balance, and enhance the immune system. This workshop will introduce traditional warming up of the body, awaking the meridians, some breathing practices and a set of traditional movement forms so that participants will leave with a foundation on which to continue their own practice. Participants can remain seated or stand as appropriate. *Session leader – Suzanne Morrisson, teacher and member of Yoga for Health and Education Trust*



Tour of New Hall – Our guide will be a retired headmaster of King Edward VI Grammar School, Chelmsford. He has published books about Chelmsford Cathedral and New Hall. *Session leader - Tony Tuckwell*



Zentangle® - An easy-to-learn, relaxing and fun method of creating images by drawing patterns in a structured way. It improves focus and creativity, along with an increased sense of personal well-being. This session will give a brief introduction to Zentangle® and you will go away with your own beautiful piece of art. *Session leader – Denise Gannon of Craft Arena, Barleylands*



Guest speaker: Tony Harris

Tony Harris is a professional comedian, raconteur and actor who specialises in historical talks with an hysterical twist. For two years he lived and worked at Hampton Court Palace and played Henry VIII every other day for the benefit of more than half a million tourists.

He learnt his Tudor trade at the feet of major historical experts and has been bringing his unique blend of history and comedy to the speaker circuit for the past six years.

His aim is to trick people into learning by making them laugh, but every point he makes is historically accurate.

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Cost = £29 including a two-course lunch, drinks and parking

Name.....

u3a name & Membership no

Contact telephone.....

Email address.....

Lunch: Please circle your choice of one main course and one dessert

A Chicken casserole	B Vegetarian lasagne	C Jacket potato with tuna mayo OR baked beans
X Apple pie	Y Fruit salad	Z Cheesecake

Any special dietary requirements

Please indicate your 1st, 2nd and 3rd choices for the morning activity sessions and again for the afternoon sessions. These will be allocated on a first come, first served basis.

Morning Session	Order of preference	Afternoon Session	Order of preference
Art Appreciation		Author's Book Discussion	
Chair Yoga		Felting	
Geology		Photography	
Tour of New Hall		Qi Gong	
Writing Memoirs		Tour of New Hall	
		Zentangle®	

BOOKING: Please send your form (and cheque if applicable, **payable to Hutton U3A**) to: Eileen Damsell, 120 Woodland Ave, Hutton CM13 1HW

OR send your form as above and pay by bank transfer, **quoting FD and your u3a name:**

Bank Sort Code 30-91-17
Bank Account number 01971691
Bank account name Hutton U3A

Your place will be confirmed by email upon receipt of payment but if you would like postal confirmation then please supply a stamped, self-addressed envelope.

Any queries please email: eileenu3a@gmail.com

PLEASE TICK: CHEQUE ENCLOSED

PAID BY BANK TRANSFER