



North West Regional Study Day: Tuesday 3rd November 2015

Living well in later life - "Learn, Laugh, Live"

10.00 -10.30 am Registration and tea/ coffee

10.30 -10.35 am Welcome - Gill Russell Chair - NW Region U3A

10.35 -10.40 am Local welcome and introduction to the day
Prof Gill Baynes - Chair - Lancaster and Morecambe U3A

Morning session – Chaired by Jenny Carley - North West Regional U3A Trustee

10.40 -11.10 am Learn, Laugh, Live; the ethos of U3A
Prof Gill Baynes Chair - Lancaster and Morecambe U3A

11.10 - 11.40 am Age-Friendly Communities
Dr. Alan Hatton- Yeo, MBE, Ageing Well in Wales

11.40 - 12.05 am "A Life More Ordinary" ground breaking project linking the Arts with
Dementia Gary Rycroft Chair of Dukes Theatre

12.05 - 12.30 pm Ageing Playfully - Dr.Emmanuel Tseklevs, Imagination Research
Laboratory, Centre for Ageing Research, Lancaster University

12.30 - 1.40 pm Lunch not provided - i) please bring (can be eaten in the auditorium),
ii) by prior booking with the Dukes or iii) purchase locally#
Tea and Coffee provided

Afternoon session – Chaired by Gill Russell - Chair of NW Region U3A

1.40 - 2.20 pm **Keynote Lecture - The Silverline: Helpline for Older People**
Sophie Andrews CEO Silverline

2.20 - 2.35pm Loneliness: The value of befriending
Dr. Alex McMinn, former Trustee of Silverline/ Former NW Trustee U3A

2.35 - 2.55pm "Being a Surrogate Grandparent" - an Intergenerational mentoring project
Dr. Stephen Breuer - Lancaster and Morecambe U3A

2.55 - 3.15pm Tea / coffee

3.15 - 3.45pm Defying Dementia - From Compound to Clinic
Dr. Penny Foulds, Defying Dementia Team, Lancaster University

3.50 - 4.00 pm Closing remarks: NW Regional U3A Trustee - Jenny Carley

Booking Information:

This is the second NW Region U3A event to be hosted by Lancaster and Morecambe U3A. The Study Day will take place at Dukes Theatre

Moor Lane, Lancaster, Lancashire LA1 1QE 01524 598500 www.dukes-lancaster.org/

The Rake auditorium will be used for the lectures

The Gallery for Marketplace event (Stalls – Age UK, CancerCare, Continuing Learning Group, Dying Matters, My Life: My Decision (project within Age UK), National Osteoporosis Society)

Please book by 23rd October 2015. No refunds can be made except in the (unlikely) case of the event being cancelled.

#Lunch is not included so please bring your own (can be eaten in the auditorium) or see list of suggested venues below:

The Dukes: Light buffet of salad, sandwiches, cake and savouries – cost £5.50. **Limited availability** - must be pre-booked via the Dukes Box Office 01524 598500

The Gregson Community Centre: Turn left out of the Dukes and walk a short distance up the hill – from snacks to meals

Pizza Margherita Turn right out of the Dukes, go a few yards to the right and look opposite you – pizzas and pasta. A small donation is made to Defying Dementia, Pizza Margherita's chosen charity, if a Pizza Paganini is ordered

The Borough Exit the Dukes and take one of the roads opposite uphill a short distance to the bottom of Dalton Square. The Borough, a pub, is in the bottom left hand corner – from snacks to full meals

Directions: www.dukes-lancaster.org/contact-dukes-theatre/directions

Car From the South: Leave the M6 motorway at junction 33 and take the A6 to Lancaster. Follow directions to the city centre and on joining the one way system, keep the in right-hand lane. You will see brown information signs for 'Dukes Playhouse'.

From the North: Leave the M6 motorway at junction 34 and follow signs to Lancaster. On joining the one way system, keep in the left-hand lane and you will see brown information signs for 'Dukes Playhouse'.

Bus Arriving at the bus station, head out of the main road entrance and turn right towards the Bobbin pub. Just before the pub turn right up Chapel Street and carry straight on until you reach the pedestrian crossing. Cross, turning right and then left onto Moor Lane. The Dukes is approximately 50 metres up on the left.

Train From the main ticket office turn right. At the gates turn left onto Meeting House Lane. Proceed down the hill to the traffic lights. Cross the road onto the pedestrianised road through the town centre until you reach St Nicholas Arcade. Go straight through the arcade onto Great John Street. Turn left down the hill to the pedestrian crossing. Cross the road and turn left onto Moor Lane. The Dukes is approximately 50 yards on the left hand side.

Bike There is a bike rack on Moor Lane close to the entrance of the Dukes.

Booking form:

Registration closes 23rd October 2015

Please send this completed form together with your cheque for £10 to:

Donald Walker, 14 Ascot Gardens, Slyne, Lancaster LA2 6JZ
dnw281@gmail.com 01524 822290

Please reserveplace(s) at £10 each for the NW Region Study Day Tuesday 3rd November 2015

I enclose a cheque made payable to North West Region of U3As for £.....

Name

U3A

Address

Email **Telephone**

If you are booking more than one place please list the names of all members attending below:

Names:

U3A

NB if you wish to eat at The Dukes please be aware there is limited availability for this option. This must be pre-booked via the Dukes Box Office 01524 598500

The Dukes is offering a light buffet of salad, sandwiches, cake and savouries – cost £5.50.

Charitable donations appreciated to Cancercare



Helping local families
since 1983