

CHAIRMAN'S NOTE

Following the presentation made during the February 28th Monthly Meeting, some members have offered to help the Executive Committee (EC) but we need nominations to fill the following specific roles:-

- Chair
- Vice Chair (Internal Affairs)
- Groups' Coordinator
- Communications

Outline job descriptions of these posts follow in this Newsletter,

but they are not set in stone. It is possible to share the roles with another member or, if you have most of the skills we need for a job, then we may be able to be flexible about some aspects of the job description.

The May Newsletter will include full details of the posts and nomination forms. The June Newsletter (published at end of May) will include notice of the AGM on June 26th, with the

agenda, and accompanying papers. Please consider if you are able to volunteer to be a trustee and fill one of the empty posts. Please contact me if you would like more information about vacancies and to discuss how you might be able to help.

Dr. Ken Brown

chairman@sevenoaksu3a.org.uk

2024 AGM

Please note: Sevenoaks u3a will be holding its **30th AGM** on the afternoon of Wednesday **June 26th 2024**. The formal part of the meeting will be followed by a talk by **Michael Smith**—“**Ernest Shackleton: The Man and the Myths**”.

Michael is an expert in Polar exploration and his previous talk to us about the Race to the South Pole was greatly appreciated by our Members. This time he will be telling us about Shackleton, a complex and charismatic man who touched greatness on the ice but struggled to come to terms with his home life in Eastbourne.

The meeting is to be held in person but not on Zoom and we hope you will be able to join us at the Bat and Ball Centre. However, we will be making arrangements for postal votes for those unable to attend in person. More details will follow in the May newsletter on this and the election of trustees, presentation of reports and accounts etc.”

Barbara Coleyshaw

speakers@sevenoaksu3a.org.uk

NEW “THEATRE VISITS” GROUP

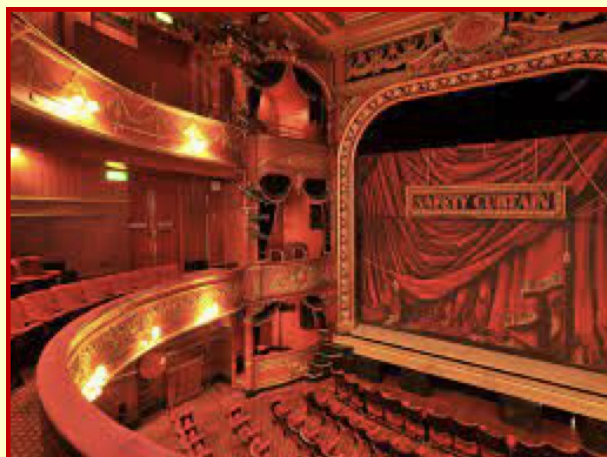
We have had the first meeting of a new group whose aim is to visit a variety of local and London theatres, including cinema relays of theatre and other performance arts.

There was plenty of enthusiasm and lots of good ideas and suggestions. We would like to welcome some more members; this would allow us to access discounts for group bookings. Currently, we envisage taking it turns to suggest and book performances on a monthly basis. We are planning to have our next meeting at the end of April, and then get up and running.

Come and join us and find out more.

Please reply to **Pat Lowe**

groupsupp.patl@sevenoaksu3a.org.uk



APRIL MONTHLY MEETING

Wednesday, 24th April, 2024 at 2pm in the Bat and Ball Centre, Sevenoaks

Our speaker this month is **Andy Thomas**, who gave us an excellent illustrated presentation in January last year covering the story of English Freedom. This time he will be telling us about **“Lewes and Bonfire Night.”**

Illustrated with his own spectacular photographs, Andy delves into the origins of Bonfire Night and its importance to the historical Sussex town of Lewes, renowned for hosting the biggest 5th November festival in the world, revealing the enthralling rituals and events which make its colourful and controversial mix of folklore, liberty issues and extravagant humour unique. Andy, born and bred in Lewes, uses his inside knowledge to give an insightful glimpse into Bonfire Night and this vibrant town, full of mystery and tradition.



We look forward to welcoming you to the Bat & Ball Centre, with tea and biscuits being served afterwards.

I do hope you will join us.

Barbara Coleyshaw

speakers@sevenoaksu3a.org

SCIENCE OPEN MEETING

Our next Science Open meeting will be on **Monday 8th April** at **Otford Village Memorial Hall**, starting at **14:00hrs**. A door charge of £2.50 is made to cover hire costs.

The talk will be – **‘3D Printing in Healthcare’ By Professor Kawel Rhode**

The field of biomedical engineering is advancing rapidly. The 3D printing technology has shown success in improving surgical techniques through the development of organ models, bone and joint implants and precision instruments. MRI or CT scans can be used to create 3D models of body parts and then reproduced using 3d printing techniques to replace diseased parts. Research is also underway to use the technology to manufacture medications, skin tissue and organs.

Prof. Rhode is Head of Education for the School of Biomedical Engineering and Imaging Sciences at Kings College, London. He oversees the school’s delivery of taught programmes, in Biomedical Engineering. He previously spoke to us at our Science Seminar in 2018 where the Kings College team spoke about Robotics in Medicine.

Save the Date Wednesday 5th June. The Science Committee are planning a Science Seminar about Artificial Intelligence. We are planning to engage speakers from academia and industry to address the benefits and problems of AI technology. More details will be announced once plans are further advanced.

Bob Ruffles

science@sevenoaksu3a.org.uk

MONTHLY MEETINGS

April 8th	Science Open Group	April 10th	Bridge For Pleasure	April 22nd	Phones, Tablets & Computers Group
April 24th	Monthly Meeting	April 24th	Bridge For Pleasure		

PHONES, TABLETS AND COMPUTER GROUP

The April meeting of the Phone, Tablet and Computer group, (formerly the Computer group), will be held on **Monday 22nd 2024** starting at **2pm**. [Admission](#) has been kept at £2 per person.

Please also note that this meeting will be held in the Otford Methodist Church Hall, provided that the repair work presently being carried out is completed on time. If not, it may be necessary to change the venue at short notice.

For this presentation our panel will be assisted by “**Hi Kent**”, a small charity based in Maidstone. In the introduction we will talk about how to identify hearing loss and the importance of doing something about it; then what technology can we use to mitigate it including mobile phone apps. Leading the discussion we will have Samantha Fairchild from Hearing Matters (audiologist), Maxine Lucas, Chief Officer of Hi Kent, and Vicky Kirk, Hi Kent Social Groups Co-ordinator.

Key discussion points will be * modern hearing aid apps using AI to learn your listening preferences and adapt to your environment. * Direct streaming from your smart phone to hearing aids to make calls clearer. * Traditional equipment to help people with hearing loss at home and out and Apps available on smartphones and tablets for people with hearing loss. * Equipment service funded by KCC. * Finally, Hi Kent Social Group project for Sevenoaks.

There will be time at the end of the talk to discuss any points that members wish to raise. If you have any questions, please email us at: computing@sevenoaksu3a.org.uk

Michael Davies/JP Darque

BRIDGE FOR PLEASURE

Next sessions 27th March, 10th and 24th April 2024

The Group plays at Otford Village Memorial Hall on the **2nd and 4th Wednesday mornings** of each month from October to the end of July, from **9.45 a.m. until 12 noon**.

The last two sessions we have finally achieved 5 full tables again which is great! The first time we have had 20 players since the end of March last year - but we do have room for more of you! The winners were Bobbie Epsley on 28th February and George Thompson on 13th March. Congratulations to both of them.

New members are always welcome. We are an “open” group so new players can just come along on the day. We play ACOL in a ‘Chicago’ format so you do not need a partner or to come every time. We change partners every 4 hands so you experience playing with 4 or 5 different people during the morning.

For more information, please ring **John and Sue Christy** on [REDACTED] or email bridge@sevenoaksu3a.org.uk.

SOUTH EAST SUMMER SCHOOL

This starts on **September 5th 2024** and is a **4-day residential Summer School** held at the **University of Chichester**. Details about the choice of accommodation, costings and payment along with other relevant information can be found at : [South East U3A Forum: Summer School](#)

Booking begins on April 11th.

The courses are:

[Art & Mythology](#)

[Cycling](#)

[Bridge - Beginners](#)

[Crochet - Improvers](#)

[Latin Remembered](#)

[Life Story](#)

[Mah Jong – Beginners](#)

[Irish and Anglo-Saxon Illuminated Manuscripts](#)

[Puzzling with Mathematics](#)

[Patchwork & Quilting– Beginners](#)

[Introduction to Philosophy](#)

[Photography — Improving Your Digital Image](#)

[Making](#)

[Politics – Electing the US President](#)

[Demystifying Science](#)

If you are interested in any particular course, please click on the appropriate link for further information.

If you would like to include an article in the May newsletter, please send it to news@sevenoaksu3a.org.uk by the 15th of April.

NATIONAL USA ONLINE LEARNING EVENTS

Date	Subject	Link
Tuesday, April 2 · 10am - 12pm	Aviation Network Meeting: Milestones in Aviation	https://www.eventbrite.co.uk/e/aviation-network-meeting-milestones-in-aviation-tickets-856887823547?aff=oddtcreator
Thursday, April 4 · 3:30 - 4:30pm	An Introduction to AI Chatbots	https://www.eventbrite.co.uk/e/an-introduction-to-ai-chatbots-tickets-863898271987?aff=oddtcreator
Friday, April 5 2 - 3pm	From Pleasure Gardens to Theme Parks	https://www.eventbrite.co.uk/e/from-pleasure-gardens-to-theme-parks-tickets-830329677417?aff=oddtcreator
Tuesday, April 9 · 2 - 3pm	Electing the President in 2024 - an Update	https://www.eventbrite.co.uk/e/electing-the-president-in-2024-an-update-tickets-790182927407?aff=oddtcreator
Thursday, April 11 10:30 - 11:30am	Live Cookery Demonstration - spring recipes	https://www.eventbrite.co.uk/e/live-cookery-demonstration-spring-recipes-tickets-841470941237?aff=oddtcreator
Thursday, April 11 2 - 3pm	A Remarkable Woman: The Arts and Crafts Designs of May Morris	https://www.eventbrite.co.uk/e/a-remarkable-woman-the-arts-and-crafts-designs-of-may-morris-tickets-863900859727?aff=oddtcreator
Thursday, April 11 3:30 - 4:45pm	Artificial Intelligence News: April	https://www.eventbrite.co.uk/e/artificial-intelligence-news-april-tickets-862017596837?aff=oddtcreator
Monday, April 15 10 - 11am	Bollywood Laughter Yoga Dance	https://www.eventbrite.co.uk/e/bollywood-laughter-yoga-dance-tickets-814126593557?aff=oddtcreator
Thursday, April 18 2 - 3:30pm	From despair to delight: the sonnets of Gerard Manley Hopkins.	https://www.eventbrite.co.uk/e/from-despair-to-delight-the-sonnets-of-gerard-manley-hopkins-tickets-854218449377?aff=oddtcreator
Friday, 19 Apr 10:00 - 11:30am	The Climate Crisis - and some solutions	https://www.eventbrite.co.uk/e/the-climate-crisis-and-some-solutions-tickets-790124442477?aff=oddtcreator
Wednesday, April 24 · 2 - 3:30pm	Secrets of the Human Brain: Talk Four: The Blood - Brain Barrier	https://www.eventbrite.co.uk/e/secrets-of-the-human-brain-talk-four-the-blood-brain-barrier-tickets-776176473727?aff=oddtcreator

If you would like to take part in any of these events, please click on the appropriate link to book yourself a place.

TRUSTEE JOB DESCRIPTIONS

All trustees are responsible for:

- upholding the principles and objectives of the Third Age Trust
- ensuring that Sevenoaks u3a complies with Charities Commission regulations.
- leading Sevenoaks u3a.

Trustees attend Executive Committee meetings, 10am to 12noon on Thursday mornings, 6 times a year, preparing a short report in advance, contributing to discussions and decisions made and carrying out agreed actions after the meeting.

Chairman

(20 hours per month + EC meetings and occasional surges)

Responsible as a Trustee for upholding the principles and objectives of the Third Age Trust and leading the Sevenoaks U3A group. The main tasks are to:-

- Chair Executive Meetings and ensure Minutes and actions are recorded and progressed
- With the rest of the Trustees set policy and strategy for the future direction of Sevenoaks U3A
- Support fellow Trustees in the fulfilment of their roles
- Produce Annual Trustee Report to members and for the Charity Commission Annual Return.
- As a member of the Kent Network of U3As, attend area meetings and represent Sevenoaks U3A
- Attend TAT events and represent Sevenoaks U3A at national events such as the AGM as required.

Vice Chair Internal Affairs

(20 hours per month + EC meetings) (Proposed new role)

- Contribute to the discussions and decisions made at Executive Committee meetings.
- Deputise for the Chairman, when necessary.
- Promote interests of members within EC.
- Encourage new members to integrate in Sevenoaks u3a activities.
- Support Group Development and New Members Teams and Trustees where necessary or required.

Groups -Co-ordinator

(20 hours per month + EC meetings and occasional surges)

- Chairs the Group Support Team and organises meetings approximately 1.5 hours, 6x a year. The Team carries out of the activities for enquiries and information about groups, from members and Group Organisers.
- Provides support and encouragement to Group Organisers and promotes the development of group activity, including supporting members to set up new groups.
- Organises the annual Open Afternoon (or equivalent), with the support of Group Organisers and EC members (usually last Wednesday afternoon in September).
- Supports the update of the annual Members Handbook, by an ad-hoc person or team
- Owns the content of the website Interest Group pages
- Updates the Group Organisers' Guide(every 3-5 years), with assistance of EC members and others

Communications Trustee

(20 hours a month + EC meetings)

The main tasks are to:-

- As appropriate set up, manage, oversee and/or support teams delivering the various Communications functions within Sevenoaks u3a.
- Chair the monthly Communications Team meetings.