

LEARNING
not lonely



FERNDOWN

U3A

ferndownu3a.co.uk

Registered Charity Number 1073206

**Programme
2019 - 2020**

**25 new
groups !**

AUTUMN TERM 2019

16th September -

13th December

Half term

28th October -

1st November

SPRING TERM 2020

6th January - 3rd April

Half term

17th - 21st February

SUMMER TERM 2020

FU3A is part of the International Third Age Trust, which aims to provide a range of learning and social activities for people who have stopped working full time.

There is a wide choice of U3As in the East Dorset area and we are delighted that many of our members choose to come into Ferndown from outside towns; perhaps because (unlike some other U3As) we give every member an equal chance to join any of our Groups at renewal time.

Whilst we may not be the biggest U3A in this area, we believe we are the best!

We offer around **90** Groups across a wide range of subjects, and this is only possible due to those enthusiastic members who give up their time to lead a Group, sharing their interest and knowledge.

This year, as well as our established Groups we have **25 NEW** Groups.

We have a range of social activities from a quiz and a croquet evening during the Summer, to Wine and Cheese evenings, and carefully selected coach trips. Later in this programme you will see that we are currently planning our fourth overseas Study Visit, this time to the 'Flemish Jewels' of Bruges and Antwerp.

You can find details of all our activities on our WEBSITE,

www.ferndownu3a.co.uk

FU3A welcomes all member feedback (including negative!) which could make us even better!

The Annual General Meeting: Friday 13th December 2019 at 10am at St Mary's Church Centre. Doors open at 9.30 and drinks can be purchased from the Beacon Cafe. A complimentary brunch will follow the AGM and this is open to all attendees.

The National Office of the Third Age Trust: is based in Lant Street, London and may be contacted by telephone: 0208 466 6139, or for additional information, go to their website: **www.U3A.org.uk**

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Ferndown University of the Third Age

HONORARY PRESIDENT - GERRY LEWIS

COMMITTEE

Chair	Bob Reeve
Vice - Chairs	Clare Clayton and Richard Tucker
Secretary	Glyn Bosanko
Treasurer	Ralph Weeks
Membership Secretary	Richard Tucker
Bridge Co-ordinator	Jenny Bass
Social Secretary	Derek Holden
Groups Co-ordinator and PR	Jean Stone
Accommodation Officer	Clare Clayton
Brochure Editor	Judith Hodges
Community Liaison Officer	Yvonne Warner
Beacon Support	Malcolm Gill
Equipment Officer (co-opted)	John Mullett
Governance Officer (co-opted)	Keith Banks

Associate members: Thelma Poole, Anne Hutton,
Ray Brearley and Lorraine Hunt

TO CONTACT FERNDOWN U3A



E-mail: ferndownu3a@googlemail.com - this is the preferred option



Write to: Ferndown U3A, c/o 21 Braeside Road, West Moors BH22 0JS

TO JOIN US please complete the Enrolment Form in the middle of this programme and follow the guidance on pages 17 & 20.

The annual fee for new members, or those returning after a break, remains at £39. For those who were members in 2018/2019 the fee - for this year only - will be £29.

There is no further charge to join the great majority of our Groups. (Where one or two do involve some extra cost this is clearly stated in the Group listing.) To keep costs down we communicate by **EMAIL and THE WEBSITE**. If you don't have a computer, details of trips and events are provided on our noticeboards outside the Barrington Centre Conference Room and at the Youth Centre.

ANNUAL ENROLMENT

Each Spring we produce details of the Groups we will be offering for the next academic year. Details will normally be available in mid-May so that you can talk to those Group Leaders for the Groups you are interested in, at the Open Day, on Friday May 17th.

You can send in your Enrolment Form at any time and all forms will be logged, & cheques banked, as they are received. The actual allocation process will begin shortly after FRIDAY JULY 12th.

Members who return their forms by this date will have an equal chance of getting into their chosen Groups.

Each year a number of popular Groups are oversubscribed and where there are too many applicants for any one Group we will allocate places by a random draw. Those members who fail to make the Group will be automatically placed on the waiting list, and advised if a place becomes free.



To be fair to all members please think carefully about how many Groups you are likely to actually attend. Members who miss three sessions without good reason will be removed from that Group.

WHEN WILL I KNOW WHICH GROUPS I HAVE BEEN ALLOCATED?

At the end of July we will advise members by email that they can access their results via the **BEACON DATABASE** which is reached from the **WEBSITE**.

At that time you will be reminded of how to do this.

Members who do not have access to a computer and who have supplied a S.A.E. will receive their results by post. We will NOT post results to any other members.

The **BEACON DATABASE** will display all the Group information you need to make sure you can get to your Groups, including location, Group Leader's contact details, and dates and times of meetings. Be sure to check all this as sometimes these details change after the initial arrangements are made in May.

If you are joining after the start of a year, the Membership Secretary will confirm your acceptance and will issue you with a membership number and explain how to access your details on the BEACON DATABASE.

The **WEBSITE** and the **BEACON DATABASE** are the 'go to' places to access up-to-date information on all aspects of FU3A.



Members can view the Groups on which they are enrolled and those where they are waitlisted, on the **BEACON DATABASE** which can be accessed via the **WEBSITE** (see below).

If you do not have access to the internet our friends in Ferndown Library will be very pleased to show you how to do this on one of their computers.



ACCESSING THE BEACON DATABASE

HOW DO I?.....www.ferndownu3a.co.uk

On the **HOME** page menu of the website, click on the **DATABASE** button then on 'Members **CLICK HERE**'. This takes you to the **MEMBERS PORTAL**, entry to which is by entering the requested personal details; a password is not required but you will need your Membership Number.

Once logged in, you will be presented with two options:

- **Calendar**, which lists all Group meetings in date order and;
- **Ferndown U3A Groups**, where you can select the Groups you requested on your enrolment form and check whether you are enrolled or are on the waiting list.

To request further assistance, please contact the Membership Secretary: ferndownu3a@googlemail.com

HAS ANYTHING CHANGED?

REMEMBER to notify the Membership Secretary of any changes to your name, address, telephone number, email address or your emergency contact.

FERNDOWN U3A

2019 - 2020

A series of talks and presentations

Fridays 10.30 – 12 noon

Main Hall, Barrington Centre

2019

- June 7th * 'SUMMER FRIDAY': *Fun Quiz* (Richard Tucker)
- Jul 5th * 'SUMMER FRIDAY': *Codswallop - A game of strange sayings*
(Derek Holden)
- Aug 2nd * 'SUMMER FRIDAY': *What's that word?* (Derek Holden)
- Sept 6th * 'SUMMER FRIDAY': *Welcome to new members*
- Sept 20th * 'OPENING FRIDAY': *'The changing Face of Ferndown: Quiz'*
(Rodger Pettengell)
- Oct 4th* 'FIRST FRIDAY' TALK : *'50 years of TV Production'* (Roy Norton)
- Nov 1st No meeting - [Half term]
- Dec 6th * 'FIRST FRIDAY' TALK : *'Motorways in the sky' - Air Traffic Control'*
(John Guy)
- Dec 13th **AGM** : 9.30 for 10.00 @ St Mary's Church Centre
followed by a buffet brunch

2020

- Jan 3rd * 'FIRST FRIDAY' TALK : *'Surviving the house that sat down'* (Alice May)
- Feb 7th * 'FIRST FRIDAY' TALK : *'My life on the Fairground'* (Kay Townsend)
- Feb 21st No meeting - [Half-term]
- Mar 6th* 'FIRST FRIDAY' TALK : *'Friends of the New Forest'* (Name TBA)
- April 3rd * **BELGIUM STUDY VISIT** (April 22nd-25th) : Final Briefing
- May 1st * 'FIRST FRIDAY' TALK : *'Beatrix Potter - myths and misconceptions'* (David Stocks)
- May 22nd * **OPEN DAY**

* Teas and coffees available 9.45 - 10.15

SOCIAL EVENTS

Throughout the year our Visits and Events team arrange a wide selection of social occasions and visits. Some of these take place outside of term dates and so provide a social link for members, even when individual Groups are not running.

This year we are continuing our First Fridays theme through the Summer months and we hope the prospect of a free tea or coffee with some in-house entertainment will tempt you to maintain contact out of term with U3A friends and members.

This is just a taster of the coming year's offering:

Confirmed events - 2019

- June 4th - Highgrove House Gardens
- July 9th or 16th - Croquet Evening at Poole
- October 4th or 5th - Barn Dance
- December 2nd - Christmas Lunch at Marsham Court Hotel
- December 7th - Drama Group Panto

Coming up in 2020

Possible Oxford Bakery visit, Alweston, near Sherborne

Lake District Trip: May 31st - June 3rd. Another new and exciting venture next year will be a 4-day trip to the Lake District in Cumbria. This will be designed to appeal not only to our fit and healthy members who may enjoy some classic walks but also to those who prefer a more relaxed holiday visiting the many interesting attractions the area has to offer. Further details will be provided in due course.



For full details of all venues please turn to page 33

ART



A1 ART WORKSHOP 1

Barrington Centre, Hayes Room

Come and enjoy our workshop and paint in a friendly and relaxed atmosphere.

No tuition is given, but suggested projects and encouragement from other members are always available. "Our 'mission' is just to relax and enjoy our art with no stress!!"

(Diane Conway & Julie Frost)

Mondays 9.30 - 12.30

A4 ART FOR ALL

Barrington Centre, Hayes Room

Whether you are a complete beginner, or someone who just enjoys painting, you are welcome. We have a different theme each week, or do your own thing in a friendly atmosphere where we all help each other.

(Christine Irwin)

Tuesdays 9.30 - 12.00

A5 WATERCOLOURS AND MIXED MEDIA

Barrington Centre, Conference Room

Bring your own materials (watercolour, oils, acrylic and pastels) and do your own thing in a friendly and sociable atmosphere. No tuition will be given but lots of moral support. Card makers also welcome.

(Rita Gibson)

Tuesdays 9.30 - 12.30

A6 ART HISTORY

Ferndown British Legion, Upstairs

Dates 2019: Sept 18th, Oct 9th, Nov 13th, Dec 11th

2020: Jan 8th, Feb 12th, Mar 11th, May 13th

This year we will be stepping outside of Europe to look at American and Colonial art.

(Judith Hodges)

Wednesdays 11.00 - 12.15

A9 OODLES OF DOODLES BEGINNERS

Ferndown Library, Upstairs

From personal experience, and without being consciously aware at the time, this form of alternative art has helped me overcome some difficult experiences over the past few years. For many of us, doodling has helped us through boring meetings or the frustration of a queue when connected to a far-flung call centre. Scraps of paper, the edge of a diary or a desk blotter become the "canvasses" on which we leave our mark. But did you know that those mindless doodles are therapeutic? It can help with thought processes; it can calm the mind, allow our brain to focus and centre us when life or illness seem overwhelming. No artistic ability needed, but if you can hold a pencil, you are half way there! (PS: Only for those who don't mind finding their sense of fun!)

(Sue Moore)

Thursdays 9.30 - 12.30

A11 NEW ADVANCED OODLES OF DOODLES

Ferndown Library, Upstairs

This group follows on from the first year of Oodles of Doodles, tackling more exciting and challenging doodles, plus additional therapeutic activities.

(Sue Moore)

Tuesdays 1.30 - 4.30

A12 NEW STRICTLY COME DRAWING

Barrington Centre, Conference

Autumn

(Brynley Elias)

Tuesdays 1.30 - 3.00

This is a series of practical drawing workshops with the focus on developing drawing skills. Equipment required: 2B pencils, A3 Sketchpad.

BRIDGE

Co-ordinator: Jenny Bass (jmbass17@gmail.com, 01202 873228)

All members are expected to use Basic Acol / Standard English, Foundation Version. (Weak N.T., Weak take-outs, Stayman & Blackwood. Modern practice encourages Duplicate players to use Transfers & Weak twos bidding).

Some Bridge groups have a requirement that you attend with a partner.

For these groups it is essential that both members submit their Enrolment Forms and cheques together in the SAME envelope. If you do not do this no guarantee can be given that both members will be included in the same group if it is oversubscribed.

BA1 BEGINNERS BRIDGE

At home in Ferndown

(Brian Williams)

Wednesdays 1.30 - 4.30

This group is for those who know nothing about Bridge and also for those who know how the game is played but who wish to improve their game. The group is not for the expert and will not make you an expert Bridge player. It does not cover expert bidding, play or defence, but it does cover the ordinary, standard situations, the basics of the Acol system, that make up 95% of the game and in which many novice players go wrong.

BA2 IMPROVERS BRIDGE

Barrington Centre, Studio

(Tim Lines)

Wednesdays 1.30 - 4.30

We play friendly Rubber Bridge with the emphasis on enjoyment. Minimal tuition is given but advice is offered when requested. To join this group you should be able to open, respond and re-bid correctly in most circumstances. "Not played for a bit? Perfect! Come and join us."

THE FOLLOWING BRIDGE GROUPS WILL RUN FOR 50 WEEKS PER YEAR AND ATTRACT AN ACCOMMODATION SUPPLEMENT OF £20 PER MEMBER, PER GROUP, WHICH SHOULD BE ADDED TO THE ENROLMENT FEE.

B1 CHICAGO BRIDGE

Barrington Centre, Hayes

Start Date: September 2nd

(Greg and Tiggy Ansell)

Mondays 1.30 - 4.30

We will adopt the Chicago method of changing tables and scoring. This allows varying numbers to be accommodated. You do not need to come with a partner. The aim is to have an enjoyable social afternoon. To join this group you should be able to open, respond and re-bid correctly in the majority of circumstances. No instruction or guidance is to be expected in this group, unless requested. A relaxed Chicago Bridge session.

B2 DUPLICATE BRIDGE – selected standard*Barrington Centre, Studio**Start Date: September 3rd*

We will play Duplicate Bridge all year. You will need a partner and it is preferable to arrange this in advance, but if you are unable to do so there is often a spare player available. To join this group you should be able to open, respond and re-bid correctly in most circumstances.

(Brian Williams)
Tuesdays 1.30 - 4.30

B3 DUPLICATE BRIDGE*Barrington Centre, Conference**Start Date: September 4th*

We will play Duplicate Bridge all year. To join this group you need:

- 1) A regular partner, but there are often temporary partners available when yours is away.
- 2) To be able to open, respond and re-bid correctly in the majority of circumstances.
- 3) One member of the partnership who is able and willing to score.

(Richard Buxton)
Wednesdays 1.30 - 4.30

B4 CHICAGO BRIDGE*Barrington Centre, Hayes Room**Start Date: September 5th*

We will adopt the Chicago method of changing tables and scoring. This allows varying numbers to be accommodated. You do not need to come with a partner. The aim is to have an enjoyable social afternoon. To join this group you should be able to open, respond and re-bid correctly in the majority of circumstances.

No instruction or guidance is to be expected in this group, unless requested.

(Yvonne Warner & Kevin Steele)
Thursdays 1.30 - 4.30

B6 CHICAGO BRIDGE*Barrington Centre, Conference**Start Date: September 6th*

Just basic Bridge in a friendly and relaxed environment. This group is designed for those moving on from the Improvers' group but can accommodate and would welcome players with more experience to liven the mixture. It is expected that members will be able to open, respond and re-bid correctly in most circumstances.

(Jenny Bass)
Fridays 1.30 - 4.30

CRAFTS**C3 BEADWORK***Barrington Centre, Hayes Room*

Learn to make beautiful things with beads. Advice and help will be given at the first meeting on what materials to use.

(Barbara Wescott)
Wednesdays 1.30 - 3.15

C7 CRAFTS*Ferndown Village Hall, Studio*

This is a general craft group which can include card making, sewing, knitting, crochet and embroidery. A project is set for each term, but members are free to bring along their own craft project and join in this friendly group. New members are always welcome.

(Jan Gransden)
Tuesdays 9.30 - 12.30

C8 NEW CREATE A MARIONETTE (Beginners)*Barrington Centre, Conference*

Create a marionette using a simple, effective method. This will involve designing, constructing, painting, dressing and stringing a puppet. Recycled materials will be used where possible. The different stages of construction will be of broad appeal. Enthusiasm, imagination and a good sense of humour are all you need.

(Sonia & John Drew)
Thursdays 11.15 - 12.30

DISCUSSION GROUPS**D3 GREEN FINGERS***At various homes Monthly 3rd Wednesday**Dates 2019: Sept 18th at Kevin's home (address to be supplied), Oct 16th, Nov 20th**2020: Jan 15th, Mar 18th, May 20th*

Gardening for beginners and experienced alike. Tips on seed planting, propagation, composting, cuttings, feeding etc, so bring along any plants/seeds/cuttings you might want help with, or to share knowledge. We will be outside where possible, so please dress appropriately, although tea and cake will be available to warm you up!

(Kevin Steele)
2.00 - 4.00

D5 CURRENT AFFAIRS 1*Barrington Centre, Conference*

Members enjoy a full and free discussion of current topics.

(Brian Williams)
Thursdays 9.30 - 10.45

D5A CURRENT AFFAIRS 2*Ferndown Youth Centre, Room*

A very friendly group - please don't be nervous, just listen if you don't wish to speak up.

(Christina and James Brewster)
Wednesdays 11.00 - 12.15

D6 INTRODUCTION TO PHILOSOPHY*At home in Northbourne Autumn**Dates: Sept 18th & 25th, Oct 2nd, 9th & 23rd, Nov 6th, 13th & 20th*

No qualifications necessary - just an interest in thinking about, and discussing, the main questions which philosophers have pondered for thousands of years.

(Judith Hodges)
Wednesdays 2.00 - 3.00

D11 WORLD RELIGIONS 3 - Minority faiths; standing alone in a crowd*At home in Ferndown Autumn and Spring**Mondays 2.00 - 3.30*

This group will look at faiths whose followers live as a minority in their society, country or culture. Throughout history religious people have been prepared to stand out from the crowd and have challenged prevailing beliefs. The programme will be flexible and we can look at other topics as requested by participants.

(Sue Gomm)

D13 PSYCHOLOGY - YEAR 2*At home in Northbourne Spring Monthly**Dates: Jan 8th, Feb 12th, Mar 11th*

A group for members who have completed the Introduction to Psychology group. We will look in detail at specific conditions; Autism, Addictions, Personality Disorders.

(Judith Hodges)
Wednesdays 2.00 - 3.15

D16 RANDOM THOUGHTS*At home in West Moors Autumn and Spring**Fortnightly Wednesdays 2.00 - 3.00**Dates 2019: Sept 18th, Oct 2nd & 16th, Nov 13th & 27th, Dec 11th**2020: Jan 8th & 22nd, Feb 5th, Mar 4th & 18th, Apr 1st*

A light-hearted discussion group or excuse for a meeting of ideas where topics are chosen by the group. The selected subject is discussed from whatever perspective each member wishes to put forward.

(Jan Gransden)

D20 NEW ENVIRONMENTAL ECONOMICS*Barrington Centre, Studio*

Changes in the environment are driven in large part by human action. These actions include economic decisions which ignore unforeseen outcomes and fail to include all relevant information - this has to change.

(Douglas Lock)
Tuesdays 9.30 - 10.45

GAMES

G1 SCRABBLE, CANASTA AND OTHER GAMES (Patricia Brown)
Ferndown Village Hall, Mick Arnold Room Wednesdays 1.15 - 3.15
We play Scrabble, Canasta or Rummikub, but have other games in our box that you are welcome to use. Otherwise bring along something else you enjoy playing.

G2 JIGSAW PUZZLES (Mike Andrews)
At home in Kinson Autumn and Spring
Fortnightly Tuesdays 10.00 - 12.00
Dates 2019: Sept 17th, Oct 1st, & 15th, Nov 12th & 26th, Dec 10th
2020: Jan 7th & 21st, Feb 4th, Mar 3rd, 17th & 31st

This is the second year of this Group and the format will be decided by those attending. Last year we had six or so people sitting around a table 'doing' a 1000 piece jigsaw puzzle. The time taken to complete will vary and members can leave at any time, or carry on until we finish.

G3 NEW MAHJONG (Anne Hutton)
At home in Ferndown Autumn Tuesdays 10.00 - 12.00
Mahjong is a tile-based game that was developed in China during the Qing dynasty, and is similar to the card game, Rummy. The name, Mahjong, can be translated as "sparrow" and sets, which comprise 144 tiles, are thought, when shuffled, to resemble numerous sparrows squabbling over food. As a new group we welcome players of all standards, but are keen to introduce those who have never played before to this fun game.

HISTORY

H2 THE MAKING OF THE ENGLISH PEOPLE (Jim Barber)
Ferndown Village Hall, Mick Arnold Room Spring Tuesdays 11.00 -12.45
From their beginning to the present day, a visual, uncomplicated, and thought-provoking look at the events that have shaped the English people. You will be helped on a journey through some of the major events and people that still affect the English values and views of today.

H3 THE BLUE LAMP - Part 1 (Rodger Pettengell)
Barrington Centre, Conference Spring Thursday 11.15 - 12.30
This year we will look at some of the key early developments in policing throughout the world. From these we will see how the concept of today's police evolved. Then we will study how, since the establishment of the Metropolitan Police in 1829, this has developed into what we recognise today.

H5 FAMILY HISTORY — THE BASICS (Brian Bevis)
Ferndown Village Hall, Mick Arnold Room Autumn Thursdays 9.30 – 10.45
Curious about who contributed to your DNA? Put off by the media image of: 'you need us', which websites, books, etc generate, and paying their costs? Maybe it's the idea that it is very difficult that puts you off. No doubt: 'it's easy when you know how', and gaining experience takes time. Yet you could use my years of experience of developing successful, tried and tested methods, as a short cut to your success. It's not difficult, or expensive; in fact it's as easy as ABC. This introductory course explains what not to do, to be successful, and can lead you to the advanced course (H6 below).
Any questions? E-mail me at Brian.bevis@sky.com. P.S. If you have done the course before and could do with a refresher, with some new methods/ideas, then sign up.

H6 FAMILY HISTORY — FURTHER BACK (Brian Bevis)
Ferndown Village Hall, Mick Arnold Room Spring Thursdays 9.30 - 10.45
If you have completed the H5 group, then you can step back further in time with this second group. Pre -1837 requires different procedures and plans for identifying and learning about your ancestors. Family history is now stretching past the written word of 1068, opening other possible channels of learning. This is an opportunity to know those, who for the past 12 generations, have contributed to your DNA.

H15 ROMAN HISTORY- Part 1 (Thelma Poole)
Barrington Centre, Conference Autumn Mondays 1.30 - 2.45
From prehistoric origins to Romulus & Remus and the creation of Rome and the founding of the Roman Republic. Note: this is a repeat of the 2018 course.

H16 NEW ROMAN HISTORY- Part 2 (Thelma Poole)
Barrington Centre, Conference Autumn Mondays 11.00 - 12.15
Suetonius' *Twelve Caesars* from Julius Caesar (100BC) to Domitian (96AD). The good, the bad and the downright insane!

H17 NEW THE WOMEN WHO MADE BRITAIN (Clare Clayton)
Ferndown Village Hall, Mick Arnold Room Monthly Thursdays 11.15 - 12.30
Dates: 2019: Sept 19th, Oct 17th, Nov 21st
2020: Jan 16th, Feb 27th, Mar 19th, May 21st

This group will be based on a book by Jennie Murray, presenter of BBC Woman's Hour, entitled *The History of Britain in 21 Women*. It will be necessary to buy the book and members will be asked to read the relevant chapter before each session. Participation by all in the discussion will be encouraged.



H18 NEW THE GOLDEN AGE OF ISLAM (Helen Tremain)
Ferndown Youth Centre, Room Spring Thursdays 1.15 - 2.30
750 - 1250AD Meet the people and explore the achievements of the Islamic Golden Age, one of the most remarkable periods of scholarship and cultural expansion in human history, comparable to that of Ancient Greece and the later European Renaissance. Lasting over 500 years and geographically far-flung over three continents, Asia, Africa and Europe, Islam made an invaluable contribution to a booming era of cultural flourishing and scientific discovery made possible by a coming together of politics and patronage which enabled great minds to develop their potential.

H19 NEW 19th CENTURY ENGLISH HISTORY (Tom McConnell)
Barrington Centre, Studio Wednesdays 11.15 - 12.30
Join us for an in-depth look at English history during the century spanning the end of the Napoleonic wars and the beginning of WW1.

H20 NEW GROWING UP IN THE 1930s and 40s (John Muggleton)
Barrington Centre, Conference Friday Nov 22nd 10.00 - 12.00
Those 'who were there' are warmly invited to take part in this discussion, which will also be of interest to the 'baby-boomers' who followed them.

JOURNEYS OF DISCOVERY

J1 DISCOVERING WESSEX

Barrington Centre, Conference Monthly

Talk Dates 2019: Sept 27th, Oct 11th, Nov 8th

2020: Jan 10th, Feb 14th, Mar 20th, May 8th

We are a self-help "Talk 'n Walk" group, where visits follow a week after the talk.

So join our group of intrepid explorers when we visit some of the most interesting places within the Wessex area i.e. Dorset, Hampshire, Wiltshire and Somerset. Each month we will discover a new place, researched by members of the group and have a short talk about it.

Then a week later those who wish to, can join the group when we visit and see at first-hand the features that had been presented at the talk - often with a coffee and lunch break nearby.

Come along with an idea of somewhere you'd like to go and see, then join us in this fun way to enjoy your area.

J5 NEW FLEMISH JEWELS

The Centre (Heatherlands) Spring

Dates: 2020: March 4th, 11th, 18th and 25th (plus final briefing for attendees, April 3rd 10.00)

This group will meet on four occasions in March to look ahead to the FU3A Study Visit to Belgium in April 2020. Bruges & Antwerp have something for everyone; from fine Flemish art, impressive museums and galleries, fairytale buildings, to the baser delights of beer, chocolate, lace, chips - and diamonds!

J6 NEW TEA AT THE MUSEUM

At various museums Monthly

Dates: First meeting on September 19th at home in Ferndown (address to be supplied)

Visit Dates: 2019: Oct 10th, Nov 21st, Dec 12th

2020: Jan 9th, Feb 13th, March 12th & May 21st.

We invite you to join us for a monthly exploration of a museum within a 20-mile radius of Ferndown, followed by refreshments.

KEEPING FIT AND HEALTHY

BADMINTON SECTION

K1 BADMINTON 1

Ferndown Village Hall

A friendly, enthusiastic & mixed ability group. We welcome players of all standards but some experience is necessary. If you played in the past, you probably still can! Numbers are strictly limited to ensure that participants have plenty of exercise. No need to bring a partner.

K2 KEEP FIT & HEALTHY BADMINTON

Ferndown Village Hall

A very friendly group, we welcome members who have some experience. Numbers are limited, so that members can have a reasonable number of games.

K14 BADMINTON FOR FUN

Ferndown Village Hall

Come along if you enjoy playing Badminton in an informal and friendly atmosphere.

All abilities are welcome.

(Keith Banks)

Fridays 10.30 - 12.00

Fancy Flemish fine art and the captivating architecture of Bruges and Antwerp? plus the baser delights of beer, chocolate, chips - and diamonds!

.....then sign up for the Ferndown U3A Study Visit to Belgium in April 2020



Just complete the form overleaf

Detach this page and send it along with your Enrolment Form



Bruges & Antwerp have something for everyone; from fine Flemish art, impressive museums and galleries, fairy-tale buildings, to the baser delights of beer, chocolate, lace, chips - and in Antwerp - diamonds!

*We are arranging a Study Visit to Belgium with the provisional dates **22-25 April 2020**. The cost - including an Early Bird discount - will be £260pp (single room supplement: £82pp).*

This package includes:

- ***coach travel from Ferndown & West Moors, including Dover-Calais short sea crossing***
- ***three nights en-suite hotel bed & breakfast accommodation within Bruges***
- ***a welcome reception and 3-course group meal on the first night***
- ***optional excursions to Antwerp and within Bruges itself***

We will be visiting the Groeningemuseum, St John's medieval hospital, and the De Halve Maan brewery in Bruges - as well as making a full-day visit to Paul Rubens' house and to Diamondland, the 'Home of Diamonds' in Antwerp.

This trip follows the successful FU3A Study Visits to the Normandy D-Day beaches in 2017; Girona & Barcelona in 2018; and Malta in 2019.

*If this study visit to Belgium is oversubscribed, names will be 'drawn out of the hat' - so be sure your application meets this year's deadline of **Friday July 12th!***

*To book your place, complete the form opposite and return it in the same envelope as your Groups Application for 2019 - 20, together with a **SEPARATE** cheque for £100pp made payable to 'Ferndown U3A'. Alternatively make a bank transfer as detailed on page 17.*

If you detach this form plus the one for the Belgium visit, you can read the course details sequentially

COMPLETING AND RETURNING THE ENROLMENT FORM

Please consider your choices carefully before starting to complete the form. Whilst you may apply for up to 8 Groups, you should not apply for more than you can reasonably attend.

You may send in your application at any time from receiving this brochure, and you will stand a better chance of gaining your choices if you return it by July 12th.

Forms received after this date will be dealt with on a 'first come, first served' basis. See page 4 for full details of how places are allocated.

You will be able to access your record on the BEACON DATABASE on July 31st to find out the Groups on which you have been successfully registered.

PAYMENT INSTRUCTIONS

This year you will have the option of submitting your enrolment in one of two ways: please tick the box on the form to indicate which you have chosen.

- 1) **Payment by cheque** - complete the enrolment form supplied in the brochure, and send together with a cheque made payable to Ferndown U3A to the address at the foot of the form.
- 2) **Payment by bank transfer** - transfer your fee to the following account:

Lloyds Bank, Sort Code 30-93-25, Account no. 00766507 quoting Ferndown U3A as payee and your first name and surname as the reference.

NB. It is essential that you provide your full name as Reference on the bank transfer so that it can be reconciled with your enrolment form.

Complete the enrolment form supplied in the brochure and send to the address at the foot of the form, OR complete the form on-line and email it to ferndownu3a@googlemail.com

Payment for Belgium Study Visit - A separate payment, using the booking form in this brochure, is necessary for this visit, following the same payment options as above, but with the **Transfer Reference: Belgium + Surname.**

ENROLMENT FORM 2019-20

MEMBERSHIP NUMBER

SURNAME FIRST NAME TITLE

ADDRESS POSTCODE

TEL NO. E-MAIL ADDRESS

Code	Subject	Day

(You may apply for up to 8 Groups and precedence will be given to the first 4 choices above.)
Please DO NOT apply for more Groups than you intend to attend.

GIFT AID - I am a UK tax payer and wish to Gift Aid my donation and any donations I make in the future, or have made over the past 4 years, to Ferndown U3A (Charity number: 1073206).
Please sign below, even if you have done so in previous years.

Please sign: Date:

PAYMENT - can be made in one of 2 ways:

a) Cheque enclosed for £..... made payable to Ferndown U3A

b) Bank Transfer to: Sort Code 30-93-25 Account No. 00766507
Payee *Ferndown U3A*

It is essential that you include as Reference your first name and surname

EMERGENCY CONTACT - Please provide details of someone we may contact in the event of any accident or emergency (*existing members ONLY complete if there has been a change since last year*).

Name RELATIONSHIP

TELEPHONE NUMBER EMAIL:

PRIVACY STATEMENT

I consent to my data being used for membership purposes as detailed in the FU3A Data Protection Policy as set out on page 32 of this booklet, and in full on the website, www.ferndownu3a.co.uk

Signed: Date:

HOW TO ENROL

1. Complete the Enrolment Form.
2. If you have an email address, please print it clearly on your Enrolment Form, even if you have given it to us previously.
3. SIGN the GIFT AID DECLARATION if you are a tax payer.

Gift Aid

If you pay tax please sign the Gift Aid declaration. We can then claim back from HMRC the tax you have paid on your membership fee, at no cost to you!

This SMALL action can make a BIG difference to our balance sheet, and without it we would have to substantially increase the annual fee for each member.

4. Work out your personal Enrolment Fee.

The annual fee for new members, or those returning after a break, remains at **£39**. For those who were members in 2018/2019 the fee - for this year only - will be **£29**.

Those attending Bridge Groups which run for 50 weeks of the year should add an accommodation supplement of £20 per member, per Group.

5. Enclose a cheque payable to: *Ferndown U3A, or make a bank transfer as detailed on page 17.*
6. ENCLOSE A STAMPED, SELF ADDRESSED ENVELOPE, ONLY IF YOU ARE UNABLE TO ACCESS THE INTERNET TO VIEW YOUR REGISTERED GROUPS.
7. EITHER post your form (plus cheque if applicable) to:

Ferndown U3A, c/o 21 Braeside Road, West Moors BH22 0JS

Please make sure you include the post code.

OR complete the Enrolment form on-line and email to:

ferndownu3a@googlemail.com

Note: Should you need another Enrolment Form you can print one from the WEBSITE.

Ferndown University of the 3rd Age STUDY VISIT TO BELGIUM : 22-25 APRIL 2020 BOOKING FORM

Name:

Address:

Home phone:

Mobile:

E-mail:

Please reserve places in an en-suite double room at a cost of £260 per person

Please reserve places in an en-suite twin room at a cost of £260 per person

Please reserve places in an en-suite single room at a cost of £342 per person

I enclose a cheque for £ (£100 per person) or:

I have made a bank transfer for £

as a non-refundable deposit, made payable to 'Ferndown U3A'.

I understand that in the unlikely event of the visit not taking place, my deposit will be refunded in full.

I agree to pay the balance due by Friday, November 8th 2019. (This sum is non-refundable should you subsequently withdraw for any reason).

Signed:

Date:

Please return this form in the same envelope as your Groups Application for 2019 - 20.

If you've signed up for Group J5 'Flemish Jewels'

why not visit the real thing as well.....?

Just complete the form overleaf



Please note that all communication and information relating to this Group will be by email.

TABLE TENNIS SECTION

K4 TABLE TENNIS - IMPROVERS (David Leicester & Olga Davies)
Ferndown Youth Centre Wednesdays 9.30 - 11.00

The group has a great time with much laughter and fun, but also improved play. Modern rules may be followed.

K5 TABLE TENNIS - EXPERIENCED 1 (Bob Whittall & Peter Gibson)
Ferndown Youth Centre Wednesdays 11.00 - 12.30

This group is for experienced players only and a proportion of play will be to Modern rules.

K9 TABLE TENNIS - EXPERIENCED 2 (Bob Whittall & Peter Gibson)
St Anthony's Church Hall, West Moors Fridays 9.30 - 11.00

This group is for experienced players only and a proportion of play will be to Modern rules.

During Lent meetings will be held on Tuesdays.

K10 TABLE TENNIS - EXPERIENCED 3 (Bob Whittall & Peter Gibson)
St Anthony's Church Hall, West Moors Fridays 11.00 - 12.30

This group is for experienced players only and a proportion of play will be to Modern rules.

During Lent meetings will be held on Tuesdays.

K16 TABLE TENNIS STARTERS (Ralph Weeks)
Ferndown Youth Centre Mondays 1.15 - 2.45

This group is for NEW players with little or no experience. Qualified coaching of basic skills will be available and modern rules will be taught, but the main purpose will be fun and exercise in a friendly atmosphere. Everyone will be advised on bat purchase before the group begins.

K17 NEW TABLE TENNIS - PROGRESS 1 (Ralph Weeks)
Ferndown Youth Centre Mondays 9.30 - 11.00

K18 NEW TABLE TENNIS - PROGRESS 2 (Ralph Weeks)
Ferndown Youth Centre Mondays 11.00 - 12.30

These groups are for people with some experience who may have come through last year's Starter Group. Some coaching will be available and Modern rules applied.



DANCING SECTION

K3 LINE DANCING

Ferndown Youth Centre

Beginners leading to improvement! Come along and have some fun - no partners needed. Could new members please mark on the enrolment form whether they are beginners or improvers.

(Jean Horsey)
Tuesdays 1.30 - 2.30

K8 18th CENTURY ENGLISH COUNTRY DANCING

Ferndown British Legion

Many are unaware of the long and continuing tradition of English country dancing which has evolved and delighted people for centuries. In this group we explore dances from 1650 - 1850. Come and discover this very sociable scene and keep this tradition alive and flourishing.

(Margaret Thomas & Diane Conway)
Thursdays 11.00 - 12.30

K11 ENGLISH COUNTRY DANCING WORKSHOP

Ferndown Village Hall

This is a more concentrated session, where we learn a number of more demanding dances with attention to style and movement. Members should be confident with the basic figures of English country dancing.

(Margaret Thomas)
Tuesdays 4.30 - 6.00

K13 BALLROOM / LATIN DANCING

Ferndown British Legion

We will continue to cover the basic steps in all the main dances, whilst adding some style! Partners not absolutely necessary but men especially welcome! **Note.** This group will continue with social ballroom dancing run by Derek Holden during the Spring term.

(Jean and Brian Morgan)
Autumn and Summer Wednesdays 9.30 - 11.00

K15 SUPER MOVERS

Barrington Centre, Conference

Do you love moving to music without being told what to do? Then this is the group for you! Loosen up and jig about. Exercise your body and think 'happy' thoughts. A great way to start the week.

(Jo Brearley)
Mondays 9.30 - 10.15

SPORTS SECTION

K19 NEW GOLF

Meeting once each half-term Dates and times to be advised

This group is not for beginners and some previous experience is necessary. You will need your own clubs. We will meet at a 'local' golf course, First meeting: Wed Sept 25th (provisional), and each member will be expected to pay his or her green fees etc. Date and time will be advised by email and venue suggestions from members would be welcomed.

(Glyn Bosanko)

LANGUAGES

L5 SPANISH

At home in Ferndown

The Spanish group will continue to run during the coming year. It is not a group for absolute beginners but rather those with a little knowledge of Spanish who would like to learn more or retain what they do know.

(Tim Lines)

Wednesdays 10.45 - 12.15

L9 GERMAN LANGUAGE

Ferndown Youth Centre, Room

This is a continuation of the group started in 2014. Although it is a grammar-based group the emphasis is on conversation. The book we are using is *Living German* (7th Edition).

(Anne Rio)
Wednesdays 9.30 - 10.45

L11 GERMAN IMPROVERS

At home in Ferndown

This is a continuation of the small house group. Please join us if you know a little German. No set text book required.

Autumn Thursdays 9.30 - 10.45
(Jean Morgan)

L12 NEW FRENCH CONVERSATION

Ferndown British Legion, Upstairs

This group is not for beginners but rather those who have a working knowledge of French and wish to 'use it, not lose it'. Emphasis on conversation rather than grammar.

(Richard Tucker)
Tuesdays 1.30 - 2.45

L13 NEW MANDARIN FOR BEGINNERS

At home in Ferndown

Easy conversational mandarin Chinese using pinyin script, not Chinese characters. No experience necessary, except for a 'have-a-go' mentality.

Autumn Thursdays 9.30 - 10.45
(Kevin Steele)

MUSIC

M1 ENJOYING MUSIC

Ferndown Village Hall, Mick Arnold Room

We will study a wide variety of classical music using the very best recordings and scores where appropriate. We shall also place the music in context linking it to the life and times of the composer and to the history and art of the period.

(Rachel Lewington)
Mondays 2.15 - 3.45

M3 ENJOY SINGING

Pinehurst Community Church

This group is for all who would like to 'enjoy singing' and feel the many benefits this brings to us. We will tackle a variety of popular and light classical songs, including songs from well-known musicals. Although some experience could be useful, it is not essential, and ALL are welcome.

(David Oddy)
Thursdays 2.00 - 3.30

M4 MUSIC APPRECIATION

St Mary's Church, Beacon Room

Come and enjoy listening to and learning about different composers set in the context of their times. This is a relaxing group. No prior knowledge is required. Just a smile!

(Jo Brearley)

M5 OPERA

At home in Colehill

Life, love, sex and death! Viewing and discussing operas, all with English sub-titles. Interval with refreshments.

Monthly 4th Friday 1.30 - 4.00 (or later)
(John Gooch)

Dates 2019: Sept 27th, Oct 25th, Nov 22nd
2020: Jan 24th, Feb 28th, Mar 27th

M6 ANYTHING BUT OPERA

At home in Parley Autumn & Spring Fortnightly *(Martin Tuck)*
Fridays 2.00 - 4.00
Dates 2019: Sept 20th, Oct 4th & 18th, Nov 15th & 29th, Dec 13th
2020: Jan 10th & 31st, Feb 14th, Mar 6th & 20th, Apr 3rd
Operetta, musical comedy, Hollywood musicals etc. Complete work at each session.

M9 THE REALLY AWFUL SINGING GROUP

Ferndown Village Hall, Studio Monthly *(Judith Hodges)*
Tuesday 2.00 - 3.15
Dates: 2019: Sept 17th, Oct 15th, Nov 19th
2020: Jan 21st, Feb 11th, Mar 17th, May 19th
Do your family hate it when you sing? Can you only let rip when alone in the car or the bath? Come and join other unappreciated folk and sing along to popular songs from the last 80 years. These include songs from Musicals, Country music, Rock anthems and anything else we fancy! The only qualification is a terrible singing voice!!

M10 UKULELE BAND

Ferndown Youth Centre, Hall *(Robert Gomm)*
Wednesdays 1.15 - 2.45
The band was formed two years ago and includes members who started with no experience at all. Our repertoire is steadily growing. New members are welcome, and complete beginners can have initial tuition by attending course M11 with the intention that they join the band (M10) when they have reached basic competence.

M11 UKULELE BEGINNERS

At home in Ferndown *(Robert Gomm)*
Thursdays 9.00 - 10.30
Absolute beginners receive tuition leading to membership of M10 above. Current members of the band can attend these beginners' sessions for extra tuition if required (and if space is available)

M12 SING AT HOME

At home in Ensburry Park *(Christina and James Brewster)*
Mondays 2.00 - 3.30
Why not join Chrissie & James, singing to great backing tracks of 'Yesterday's Songs for Yesterday's Teens'. Remember Dusty, Elvis, Cliff, & many more? No auditions, just a fun afternoon. Call 01202 083184 for further details.

M14 NEW RECORDER PLAYING

At home in Ferndown *(Elizabeth Bosanko)*
Spring Fortnightly Fridays 2.30 - 4.00
Dates: 2020: Jan 10th & 24th, Feb 7th, Mar 6th & 20th, April 3rd
Not a beginners' group, but for those who can already play the recorder. We will play a variety of music, including folk tunes, classical, popular etc. in a friendly atmosphere. You will need your own instrument/s and be able to read music, and it would be helpful to have a music stand.

NATURE

N1 NATURE WALKS

1st Saturday monthly - weather permitting *(Clare Clayton)*
Saturdays 10.00
Dates 2019: Oct 5th, Nov 2nd, Dec 7th
2020: Feb 1st, Mar 7th, April 4th, May 2nd
These gentle rambles typically last two hours and cover approximately 3 miles over easy terrain avoiding steep hills and stiles wherever possible.

TECHNICAL AND SCIENTIFIC TOPICS

T1 ASTRONOMY

Ferndown Village Hall, Studio *(Graeme Nash)*
Mondays 2.00 - 4.00
This one-year group deals with all aspects of astronomy. Topics considered include some basics of the Earth's place in the universe, the history of astronomy to 1900, instruments and observing techniques, the solar system, the Sun, the stars, galaxies and cosmology, including the origin of the universe. Weather permitting, observations of the Sun (using safe filters) and Venus are made. The presentation is informal with use made of view graphs, slides, models and astronomical equipment. No previous knowledge of astronomy is assumed. Active participation by group members is encouraged and extra topics suggested by them are warmly welcomed.

T14 THE SOLAR SYSTEM

St Mary's Church Centre, Venue 1 *(John Mullett)*
Autumn Tuesdays 10.30 - 11.30
A basic introduction to the Solar System. Looking at the Universe, galaxies, The Milky Way, our solar system, planets and moons.

T15 NEW LAPTOP WORKSHOP

Ferndown Village Hall, Mick Arnold Room *(Jim Cooke)*
Autumn Wednesdays 9.30 - 11.00
A general review of basic computer operation followed by some useful tips on Word, spreadsheets, internet and email. We will also look at file management, working with photographs, and any individual problems or projects.

T16 NEW DIGITAL PHOTOGRAPHY

Ferndown Village Hall, Studio *(Colin Perry)*
Thursdays 1.30 - 3.00
This group will improve the quality of your photographs whatever your starting position and regardless of the model of camera being used (must be digital!). Editing (Photoshop etc.) will be covered at a basic level. We will not cover video.

T17 NEW PHYSICS: WHAT'S THE BIG IDEA?

Ferndown Village Hall, Studio *(David Keen)*
Spring Thursdays 3.15 - 4.15
An introduction to some of the big topics in physics, such as gravity, relativity and quantum theory, explained in simple language. The scientists behind these will also be introduced, including Galileo, Newton, Maxwell, Einstein and others, with sometimes very colourful details of their lives (one had a false nose, having lost part of his in a duel!). No previous knowledge is needed but experts are also welcome.

WORDS - WRITTEN, SPOKEN AND VISUAL

W1 SHAKESPEARE

At home in Ferndown *(Ian Burr)*
Autumn & Spring Thursdays 9.30 - 10.45
A participatory Group. Part play-reading and part discussion.

W2 DRAMA WORKSHOP

Ferndown British Legion, Hall *(Rita Burke)*
Tuesdays 2.00 - 4.00
I am a retired drama teacher who has produced and directed many school productions from panto to Shakespeare. Come along and forget yourself, experience improvisations of character, situations tragic or comic, based on real or imaginary lives. Do something you have always dreamed about and help create a piece of theatre. Men most welcome! We also intend to perform a Christmas play/panto, to which everyone is invited.

W3 READERS' CIRCLE (Clive Hood)
Ferndown British Legion, Upstairs Monthly Wednesday 11.00 -12.15
Dates 2019: Sept 18th, Oct 16th, Nov 20th, Dec 18th
2020: Jan 15th, Feb 19th, Mar 18th, Apr 15th, May 20th, Jun 17th
We read mostly contemporary fiction plus the occasional biography.
At our first meeting on Sept 18th we'll discuss *Shantaram* by Gregory David Roberts.
For any queries; call Clive on 01425 476540

W4 CREATIVE WRITING (Peter Hunt)
Ferndown Youth Centre, Room Thursdays 10.00 - 11.15
This group works as a self-directed workshop, with members taking it in turn to lead the group. It is for people who like to express their feelings through prose or poetry, or who wish to try their hand at creating characters, situations or stories. Members give each other lots of encouragement and help. Writing is for our own pleasure and beginners are most welcome.

W5 PLAY READING (Jan Gransden)
At home in Ferndown Thursdays 2.00 - 4.00
We read a range of plays, old and new, and meet a range of playwrights.
The group is not involved in performance so you can relax. Where else could you be a stropky teenager, a clever detective, a young lover, or a wicked villain for the afternoon
Just bring your voice!

W6 FILM STUDIES (Tom Alexander)
Barrington Centre, Hayes Room Autumn and Spring
Fortnightly Fridays 2.00 - 4.30
Dates: 2019: Sept 20th, Oct 4th & 18th, Nov 8th & 22nd, Dec 6th
2020: Jan 10th & 24th, Feb 7th & 28th, Mar 13th & 27th

This group meets fortnightly to watch, and then discuss a film. The first film which will be shown at the September meeting is the French heist film *Riffifi* directed by Jules Dassin and thought to be one of the best films of this genre. The choice of further films will be decided in discussion with the members.

W10 CRIME AND THRILLER BOOK GROUP (Jenny Boyce)
At home in Ferndown Autumn & Spring
Monthly Mondays 2.30 - 3.45
Dates: 2019: Oct 7th, Nov 4th, Dec 2nd
2020: Jan 6th, Feb 3rd, Mar 2nd

If you enjoy reading thrillers and mystery books, come and join us. The Group chooses a book to read each month, which we then discuss. Summer Reading for first meeting at the beginning of term is *The President is Missing* by Bill Clinton and James Patterson, and *Gone Girl* by Gillian Flynn.

W15 NEW POETRY - FROM AUDEN TO AYRES (Ann Coleman)
Ferndown British Legion, Upstairs Monthly Wednesdays 2.00 - 3.00
Dates: 2019: Sept 18th, Oct 16th, Nov 13th, Dec 11th
2020: Jan 15th, Feb 12th, Mar 11th, May 13th
From Auden to Ayres and everything in between! There will be a reader available if you prefer to just listen.

W16 NEW THE EVOLUTION OF ENGLISH (Helen Tremain)
St Mary's Church Centre, Venue 1 Autumn Thursdays 2.00 - 3.15
How a language originally spoken by a few thousand Anglo-Saxons became used by more than 1,500 million people world-wide. It arrived in the 5th Century with German warrior tribes from across the sea and clung on like a chameleon, adapting and reconfiguring itself. It has always been compared with a 'standard version' by a sometimes prescriptive and dogmatic establishment, from which it has always managed to escape.

LIFESTYLE

Y5, Y5A, Y5B COOKING WITH FRIENDS (Judith Hodges)
At home in Northbourne Autumn & Spring Monthly Monday 9.30 - 12.30
Three mixed gender and ability groups where we all help each other. The first session will be 'everyday suppers', and the members of each group will decide what they wish to cook in future sessions. All equipment is provided and the cost of ingredients is shared between those attend. *I regret I am unable to take anyone with a peanut allergy.*

Y5 Dates: 2019: Sept 16th, Oct 21st, Nov 18th
2020: Jan 20th, Feb 24th, Mar 16th

Y5A Dates: 2019: Sept 30th, Oct 7th, Nov 4th
2020: Jan 6th, Feb 3rd, Mar 2nd

Y5B Dates: 2019: Oct 14th, Nov 11th, Dec 2nd
2020: Jan 13th, Feb 10th, Mar 9th

Y9 BON VIVEURS (Richard Tucker)
Details for each meeting to be advised by email 12.30 - 2.30
This Group involves practical food-related topics which will include restaurant visits, wine tasting and outdoor visits. Venue suggestions from Group members will be welcomed. Additional costs will be involved and members may be asked to make a financial commitment where visits are numbers-dependent. There will be three visits in Autumn and Spring, plus one in the Summer term. Dates and days will vary depending on the venue.

Y10 CHRISTMAS BAKES AND MAKES (Judith Hodges)
At home in Northbourne Single session 10.00 - 4.00
Monday November 25th 2019
We will be cooking Christmas recipes, some traditional and some more contemporary. All equipment is provided and the cost of ingredients is shared between participants. A snack lunch will be provided.

Y12 NEW AN INTRODUCTION TO SELF-REALISATION (Ian Smith)
At home in Ferndown Tuesday 2.00 - 3.30
The group will investigate the nature of reality and our place in it from a scientific, metaphysical and spiritual perspective, culminating in an understanding of Self-Realisation. Whilst the group is an introduction, nevertheless it will be challenging. During the year a number of supporting documents and articles will be provided. These will build into a substantial resource covering all aspects of the group.
For more detail email Ian at: 123.wayoflife@gmail.com

Y13 NEW MINDFUL MEDITATION AND RELAXATION (Judith Hodges)
Barrington Centre, Studio Autumn Tuesday 11.15 - 12.15

Gentle guided meditation and the principles of mindfulness which can be followed by anyone, regardless of faith or religion. Learn how to live in the moment in order to reduce stress. We will look at different forms of meditation and will finish each session with a guided relaxation. You will need a mat, light blanket and a cushion.

Y14 NEW MINDFUL MEDITATION AND RELAXATION (Judith Hodges)
Barrington Centre, Studio Spring Tuesday 11.15 - 12.15

The same group will be repeated in the Spring term for new starters and those who wish to continue from the Autumn.

MORE INFORMAL GROUPS

Z1 3 MILE WALKS (Richard Buxton)

Second Friday of each month - not July or August - 10.00am start

A walk of around 3 miles with no stiles and a point of interest, finishing at a pub for lunch, if you wish.

Please email richard_buxton@hotmail.co.uk if you would like details of the walk each month.

Z2 5 MILE PUB WALKS (Ian Burr)

Third Friday of each month 10.00am start

Easy walks within 25 miles of Ferndown, followed by a pub lunch.

Lifts are available. Email: ianburr353@btinternet.com. Tel: 01202 855529

Z3 SINGLES LUNCHES (Jill Scorey)

Second Saturday of each month

12.00 onwards

The lunches offer a chance for members who live alone to meet socially on the second Saturday of each month, for a pub lunch and a chat.

Please note that all groups must buy their own kit or equipment, (other than for audio/visual, i.e. microphones and sound system and/or projectors, which can be borrowed, on request, from FU3A).

HEALTH & SAFETY

Although much maligned, these two words are actually very important. Over the last year we have been continuing our concerted efforts to ensure that all the premises you use are 'safe and healthy!'

We have conducted our own assessments of all the accommodation we use as well as asking these venues to provide us with their own versions which cover a wider scope than we are able to assess.

All this is good news – however, we must stress that everyone attending FU3A Groups does have a responsibility to take care for their own safety. This simply means taking a common sense approach and:-

Look where you are going – be aware of cables and leads

Don't lift anything that looks too heavy

Beware of slippery surfaces

Be aware of others around you

Should an accident occur – your Group Leader will know the procedure to follow and the necessary form to complete. Please do not let this interfere with enjoying your class!

Thank you

Clare Clayton Accommodation Officer

We are delighted that Ferndown U3A continues to thrive, thanks to the generosity of all those members who volunteer.

Could we encourage all members to ask themselves how they can help their U3A to go from strength to strength.

Remember the organisation is self-help, and all contributions are welcomed no matter how modest.

**Don't ask what FU3A can do for you -
but what YOU can do for FU3A!!**

ACCESSIBILITY

We endeavour to make all groups accessible to those with mobility problems, but this is not always possible. Please check the venue details for each Group you are applying for to ensure that there is a lift or stair-lift, and, to avoid disappointment only apply for those Groups you can access.

PHOTOGRAPHS

We sometimes take photos to use in displays or on the WEBSITE.

It is your responsibility to exclude yourself from any photographs, if you do not wish to be included in this way.



REVISED GENERAL DATA PROTECTION REGULATIONS

We are required by a change of legislation to obtain your authority to use any of your information for the following purposes:

To store it securely for membership purposes.

To communicate with you as a U3A member.

To share with the leaders of those Groups where you are a member.

To send you general information about the Third Age Trust (the national organisation to which U3As are affiliated)

You will find a statement on the Enrolment Form which you should sign ONLY if you agree to your information being used in this way.

Please be advised that you can request for your data not to be used for any of these purposes at any time by contacting us:

Email: ferndownu3a@googlemail.com

DETAILS FOR EACH VENUE

Ferndown Village Hall (FVH), Mick Arnold Room and Studio **
Church Road, Ferndown BH22 9ET

St Anthony's Church Hall, West Moors
8 Pinehurst Road, West Moors BH22 0AP

St Mary's Church
Church Road, Ferndown BH22 9EU
Telephone: 01202 897087

United Church, Ferndown
505 Wimborne Road, Ferndown BH22 9NF

Barrington Centre
Penny's Walk, Ferndown BH22 9TH
Telephone: 01202 894858

Ferndown Youth Centre
Mountbatten Drive, Ferndown BH22 9FB
Telephone: 01202 874448

Ferndown British Legion (FBL), Hall and Upstairs Area **
Church Road, Ferndown BH22 9ET

The Centre (previously Heatherlands)
Barns Road, Ferndown BH22 8XH
Telephone: 01202 872312

Ferndown Library
1 Penny's Walk, Ferndown BH22 9TH.
Telephone: 01202 874542

Pinehurst Community Church
90 Pinehurst Rd, West Moors, Ferndown BH22 0AR

** Please be aware that these two venues (Ferndown Village Hall, Studio and Ferndown British Legion, Upstairs Area) are not on the ground floor but there is a stair-lift in both locations.

The stair-lifts can take some time to negotiate so it is wise to arrive a little before the start time of your Group, so that you do not miss the beginning.

Mornings 2019 - 2020

MONDAY				
A1	Art Workshop 1	9.30 - 12.30		Barrington, Hayes
K17	Table Tennis - Progress 1	9.30 - 11.00		Ferndown Youth Centre
K15	Super Movers	9.30 - 10.15		Barrington, Conference
Y5, Y5A, Y5B	Cooking With Friends	9.30 - 12.30	Monthly	At home in Northbourne
Y10	Christmas Bakes and Makes	10.00 - 4.00	November 25th	At home in Northbourne
H16	Roman History - 2	11.00 - 12.15		Barrington, Conference
K18	Table Tennis - Progress 2	11.00 - 12.30		Ferndown Youth Centre
TUESDAY				
A4	Art for All	9.30 - 12.30		Barrington, Hayes
A5	Watercolours and Mixed Media	9.30 - 12.30		Barrington, Conference
C7	Crafts	9.30 - 12.30		FVH, Studio
D20	Environmental Economics	9.30 - 10.45		Barrington, Studio
G2	Jigsaw Puzzles	10.00 - 12.00	Fortnightly	At home in Kinson
G3	Mahjong	10.00 - 12.00		At home in Ferndown
T14	The Solar System	10.30 - 11.30		St Mary's Church, Venue 1
H2	The Making of the Eng. People	11.00 - 12.45		FVH, Mick Arnold Room
Y13 & Y14	Mindful Meditation and Relax	11.15 - 12.15		Barrington, Studio
WEDNESDAY				
K4	Table Tennis - Improvers	9.30 - 11.00		Ferndown Youth Centre
K13	Ballroom/Latin Dancing	9.30 - 11.00		Ferndown British Legion
L9	German Language	9.30 - 10.45		Ferndown Youth Centre, Room
T15	Laptop Workshop	9.30 - 11.00		FVH, Mick Arnold Room
L5	Spanish	10.45 - 12.15		At home in Ferndown
A6	Art History	11.00 - 12.15	Monthly	Ferndown British Legion, Upstairs
D5A	Current Affairs 2	11.00 - 12.15		Ferndown Youth Centre
K5	Table Tennis - Experienced 1	11.00 - 12.30		Ferndown Youth Centre
W3	Readers' Circle	11.00 - 12.15	Monthly	Ferndown British Legion, Upstairs
H19	19th Century English History	11.15 - 12.30		Barrington, Studio

Mornings 2019 - 2020 (Continued)

THURSDAY				
M11	Ukulele Beginners	9.00 - 10.30		At home in Ferndown
A9	Oodles of Doodles - Beg.	9.30 - 12.30		Ferndown Library, Upstairs
H5	Family History - Basics	9.30 - 10.45		FVH, Mick Arnold Room
H6	Family History - Further Back	9.30 - 10.45		FVH, Mick Arnold Room
D5	Current Affairs 1	9.30 - 10.45		Barrington, Conference
L11	German Improvers	9.30 - 10.45		At home in Ferndown
L13	Mandarin for Beginners	9.30 - 10.45		At home in Ferndown
W1	Shakespeare	9.30 - 10.45		At home in Ferndown
W4	Creative Writing	10.00 - 11.15		Ferndown Youth Centre,
K8	18thC English Country Dancing	11.00 - 12.30		Ferndown British Legion
C8	Create a Marionette - Beg.	11.15 - 12.30		Barrington, Conference
H3	The Blue Lamp - 1	11.15 - 12.30		Barrington, Conference
H17	The Women who made Britain	11.15 - 12.30	Monthly	FVH, Mick Arnold Room
FRIDAY				
K9	Table Tennis - Experienced 2	9.30 - 11.00		St Anthony's Church Hall
H20	Growing up in the 1930s/40s	10.00 - 12.00	November 22nd	Barrington, Conference
J1	Discovering Wessex	10.30 - 12.00	Monthly	Barrington, Conference
K10	Table Tennis - Experienced 3	11.00 - 12.30		St Anthony's Church Hall
SATURDAY				
N1	Nature Walks	10.00 onwards	Monthly	Various

Afternoons 2019 - 2020

MONDAY				
K16	Table Tennis Starters	1.15 - 2.45		Ferndown Youth Centre
B1	Chicago Bridge	1.30 - 4.30		Barrington, Hayes
H15	Roman History - 1	1.30 - 2.45		Barrington, Conference
K14	Badminton for Fun	1.30 - 4.30		Ferndown Village Hall
M12	Sing at Home	2.00 - 3.30		At home in Ensburry Park
T1	Astronomy	2.00 - 4.00		FVH, Studio
D11	World Religions 3	2.00 - 3.30		At home in Ferndown
M1	Enjoying Music	2.15 - 3.45		FVH, Mick Arnold Room
W10	Crime and Thriller Book Group	2.30 - 3.45	Monthly	At home in Ferndown

Afternoons 2019 - 2020 (Continued)

TUESDAY				
K1	Badminton 1	1.00 - 2.30		Ferndown Village Hall
A11	Advanced Oodles of Doodles	1.30 - 4.30		Ferndown Library, Upstairs
A12	Strictly Come Drawing	1.30 - 3.00		Barrington, Conference
B2	Duplicate Bridge - Selected	1.30 - 4.30		Barrington, Studio
K3	Line Dancing	1.30 - 2.30		Ferndown Youth Centre
L12	French Conversation	1.30 - 2.45		Ferndown British Legion, Upstairs
K2	Keep Fit and Healthy Badminton	2.30 - 4.30		Ferndown Village Hall
M9	The Really Awful Singing Group	2.00 - 3.15	Monthly	FVH, Studio
W2	Drama Workshop	2.00 - 4.00		Ferndown British Legion, Hall
Y12	An Intro. to Self-Realisation	2.00 - 3.30		At home in Ferndown
K11	English Country Dancing W/shop	4.30 - 6.00		Ferndown Village Hall
WEDNESDAY				
G1	Scrabble, Canasta	1.15 - 3.15		FVH, Mick Arnold Room
M10	Ukulele Band	1.15 - 2.45		Ferndown Youth Centre
J5	Flemish Jewels	1.30 - 3.00		The Centre (Heatherlands)
BA1	Beginners Bridge	1.30 - 4.30		At home in Ferndown
BA2	Improvers Bridge	1.30 - 4.30		Barrington, Studio
B3	Duplicate Bridge	1.30 - 4.30		Barrington, Conference
C3	Beadwork	1.30 - 3.15		Barrington, Hayes
D3	Greenfingers	2.00 - 4.00	Monthly	Various homes
D6	Intro. to Philosophy	2.00 - 3.00		At home in Northbourne
D13	Psychology - year 2	2.00 - 3.15	Monthly	At home in Northbourne
D16	Random Thoughts	2.00 - 3.00	Fortnightly	At home in West Moors
W15	Poetry - From Auden to Ayres	2.00 - 3.00	Monthly	Ferndown British Legion, Upstairs
THURSDAY				
B4	Chicago Bridge	1.30 - 4.30		Barrington, Hayes
J6	Tea at the Museum	1.30 - 4.30	Monthly	Various museums
H18	The Golden Age of Islam	1.15 - 2.30		Ferndown Youth Centre, Room
T16	Digital Photography	1.30 - 3.00		FVH, Studio
M3	Enjoy Singing	2.00 - 3.30		Pinehurst Community Church
M4	Music Appreciation	2.00 - 4.00	Fortnightly	St Mary's, Venue 1
W5	Play Reading	2.00 - 4.00		At home in Ferndown
W16	The Evolution of English	2.00 - 3.15		St Mary's, Venue 1
T17	Physics: What's the Big Idea?	3.15 - 4.15		FVH, Studio
FRIDAY				
B6	Chicago Bridge	1.30 - 4.30		Barrington, Conference
M5	Opera	1.30 - 4.00	Monthly	At home in Colehill
W6	Film Studies	2.00 - 4.30	Fortnightly	Barrington, Hayes
M14	Recorder Playing	2.30 - 4.00	Fortnightly	At home in Ferndown