



EAST MIDLANDS CONFERENCE
East Midlands Conference Centre, Eastwood, NG16 3SS
21ST APRIL 2020

NAME:

EMAIL ADDRESS:

U3A:

DIETARY REQUIREMENTS: (*Lunch is included*)

SPECIAL REQUESTS: (*eg: Wheelchair access*)

NOTES:

Please print clearly and return this form together with your cheque in the amount of £15 made payable to:

U3A NORTHANTS NETWORK and mail it to THE TREASURER, c/o 7 FORRESTER GROVE, THRAPSTON, NORTHANTS NN14 4UD.

Closing Date: **31st March, 2020.** Any queries, please email: jean.hogg@u3a.org.uk or u3anorthantsnetwork@hotmail.com

Number which workshops you would like to attend in order of preference (i.e. 1, 2, 3 etc.)
(*Each delegate will be able to attend **ONE** workshop. If your first choice is full, your next will be chosen etc.*)

WORKSHOP TOPIC	Choice
Dealing with difficult people – Bill Raynor <i>An opportunity to discuss the types of difficult people we may encounter and strategies for dealing with them</i>	
Adding value to U3A – Paul Stafford <i>A highly participative workshop in which you'll learn and share ideas to make your U3A even better</i>	
Setting up a U3A Facebook page - Marilyn <i>Setting up and managing a Facebook presence in both Page and Group format</i>	
Induction - New members/Group leaders/Committee members – Margot, Sue, Pat <i>How well do you pass on information about U3A to your members?</i>	
Introduction to memory course/reminiscences – Lynne <i>A short course on the fun you can have reminiscing for health and well-being.</i>	
Tips and Tricks for giving presentations - Celia <i>Interest groups often rely on the members to research a topic and present it to the group. Here are some ideas to help you improve your planning and presentation techniques.</i>	
Shared learning projects - Mandy Topps <i>How to get involved in a Shared Learning project</i>	