

**East Midlands Conference**  
***Making a Difference***  
**Tuesday 21<sup>st</sup> April 2020**  
**Eastwood Hall Conference centre**

<i>Time</i>	<i>Activity</i>
10.00 – 10.30	Registration Self- service tea & coffee
10.30 – 10.45	Welcome & Intro
10.45 – 11.45	Speaker: Prof Chris French, Goldsmith University The Psychology of False memory
11.55 – 12.55	<p style="text-align: center;">Workshop session</p> <ol style="list-style-type: none"> <li>1. 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></li> <li>2. 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></li> <li>3. Setting up a U3A Facebook page - Marilyn <i>Setting up and managing a Facebook presence in both Page and Group format.</i></li> <li>4. Induction of new members/Group leaders/committee members – Margot, Sue, Pat</li> <li>5. Keeping a healthy memory through reminiscence – Lynne <i>A short course on the fun you can have reminiscing for health and well-being.</i></li> <li>6. Tricks and tips for Presenters -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></li> <li>7. Shared learning projects - Mandy <i>How to get involved in a Shared Learning project</i></li> </ol>
1.00- 1.45	Lunch
1.45 – 2.45	Sam Mauger CEO Third Age Trust
2.45 – 3.05	Self service tea & coffee
3.10 – 3.40	Plenary – Where now for the Region? Ideas for the future Pat Reeve & Jean Hogg