



NORTH WEST REGION
RESIDENTIAL SCHOOL
MYERSCOUGH COLLEGE, BILSBORROW, PRESTON
7TH—10TH APRIL 2010



Myerscough College, Bilsborrow, just off the A6 between Preston and Garstang, is a very attractive venue with first rate facilities on a big rural campus. There are extensive gardens of high quality. All this is offered at a very good price. The School will start late morning on Wed 7th April, and run till after lunch on Saturday 10th April.

Accommodation will be in modern en-suite single rooms

very close to the lecture theatre and a suite of study rooms which are very flexible and are fully equipped with facilities for presentations (e.g. power point type).



The all inclusive cost for full board (including lunch on both Wed and Sat), morning and afternoon refreshments and the study courses will be £215 (except for the Golf option which will require a supplement and will cost a total of £260.) Day participants can attend with lunch, dinner and refreshments at £160 (or £215 for the Golf option). **NOTE** All trips and admission prices are included in the above costs.



Courses on

Archaeology	Family History	Local Geology
Improving your Golf	History of Art	Memory & Mental Wellbeing
Photography	John Ruskin	Wordsworth

Many courses will include an excursion. Most will be by coach, but a few will use cars and in this latter case drivers will be reimbursed a modest mileage rate.

In addition to the courses during the day, there will be various activities in the evenings including a talk and a horticultural event which are included in all costs.

If we have a good response it is possible that we could arrange additional study topics. So if you are interested please indicate your particular interest.

Details of Courses

Reconstructing the Past - An Introduction to the ARCHAEOLOGY of the British Neolithic and Bronze Age – Carol Allen

The archaeology of Britain from the early Neolithic to the later Bronze Age will be explored, using the excavated evidence from sites to build a picture of the lifestyle of early people. We start by examining evidence from the first farmers in Ireland and Orkney, and continue by discussing excavations throughout Britain which allow us to piece together how people lived and died. Henges and stone circles including Stonehenge, and the ceremonies connected with these sites will be investigated, and by examining Bronze Age settlements and burials the developments of daily life and social networks will be seen.

FAMILY HISTORY - John Harman

Have you thought it would be interesting to investigate your family history but are not sure how to begin? We will explore the sources of information to help you get started, for example, civil registration, census returns and parish registers – and where to find them. Other key and accessible sources such as wills, commercial directories and military records will be identified to provide more information about your ancestors and “bring them alive”. There will be an introduction to significant family history web sites and we will look at relevant software to help you store your information and write up your family history. The course will include formal inputs, practical exercises and perhaps a visit to the local County Records Office (in Preston) – all designed to give you the tools and confidence to start your own family history project.

Local GEOLOGY – Chris Arkwright

Rocks in the NW are mainly of the Carboniferous Period when, initially, limestones were deposited in warm shallow seas near the equator. In mid-Carboniferous times, a vast delta was built out into the sea covering the limestones with a great thickness of Namurian Millstone Grits and shale brought down by mighty rivers from the Caledonian Mountains to the north east. Eventually land plants flourished resulting in the Upper Carboniferous Coal Measures. We shall investigate sedimentary rocks and processes using hand specimens and geological maps of the area, before visiting sites in the Ribble Valley and around Morecambe Bay to examine the rocks and structures in situ.

Improve Your GOLF - John Barclay

This course will include : a) The Golf putting clinic – aim and alignment b) Golf swing lesson with video analysis in the Academy covering swing dynamics c) Chipping- learning the different shot types – lob, chip & bump'n'run. d) Driving range – short and mid iron target awareness. There will also be 3 sessions on the 9 hole golf course.

HISTORY OF ART - Phillip Hutton

General topics of landscape, beauty and art will be covered as well as a presentation on Cumberland artists such as Brough who was a landscape artist and Arthur Ransome and Beatrix Potter as illustrators. It is hoped to link in with the Ruskin group to visit Brantwood where three generations of the Seven family were artists. The first Seven was a friend of John Keats and nursed him during his final days whilst the son can be described as a ‘hanger on’ to John Ruskin

MEMORY & MENTAL WELLBEING

This will include a video presentation of a lecture by Baroness Professor Susan Greenfield who is a world acclaimed expert in the maintenance of the healthy mind in older people and a session entitled ‘memories are made of this’ by Dr. Sylvia Dillon – a consultant Clinical Psychologist. There will also be other sessions on mental and physical wellbeing.

PHOTOGRAPHY – Keith Brownlow

This course is for those who want to get the most out of their digital compact cameras. There will be background on the development of the digital camera and its uses. The course will be largely practical and cover pictorial photography, portrait and record pictures. It will include the use of computers to aid improvement and to demonstrate how to enhance photographs.

The Legacy of JOHN RUSKIN - Meg Shaw

We will investigate the life and work of John Ruskin paying attention to his role as an influential thinker. The course will be a mix of presentations and discussion, and it is hoped to visit the John Ruskin Archive at Lancaster and his home on Coniston Water. A preparatory reading list will be available on application.

WORDSWORTH - Mary McGreggor

‘She gave me eyes, she gave me ears’. We will look at Wordsworth’s poetry mainly through one of the greatest of all literary collaborations, that of Wordsworth and his sister Dorothy. The approach will be thematic, with themes such as: landscape, travel, education and ideas and there will be opportunities for active participation from the group. It is hoped to include an excursion.

APPLICATION FORM
NW U3A RESIDENTIAL SCHOOL
7th - 10th APRIL 2010 AT MYERSCOUGH COLLEGE

Please return this page giving your preferred course (at least both first and second preference please) by **10th November 2009** together with a cheque for deposit of £35 payable to '**NW Region of U3A's**' and send it to: Kathleen Mercier, 9 Pipers Ct, Caroline Pl. Oxton, PRENTON, CH43 1TR.

Name

U3A

Address

Post code

Email address

Any special dietary requirements?

Do you want overnight accommodation or only meals (excluding breakfast)?

Any preference for accommodation (eg ground floor required)

Preferred courses (indicate preference number)

Archaeology	
Improving your Golf	
Photography	

Family History	
History of Art	
John Ruskin	

Local Geology	
Memory & Mental Wellbeing	
Wordsworth	

Additional information

It is possible that participants may be able to stay over the Saturday night for an additional cost. If you wish for this please indicate on this form.

If additional topics become available we will let all registered people know. Almost all courses have limits on the number of participants. Allocation will be on a first come first served basis.