

EAST MIDLANDS REGIONAL CONFERENCE 2015 - FEEDBACK

TO SLEEP PERCHANCE TO REMEMBER

There were 76 delegates present from 34 U3As, with 58 evaluation sheets returned. There appeared to be some confusion with the marking system as many people thought that 5 was the highest score. It is obvious by the comments that people who rated items 5 really meant 1, so I have taken this into account when assessing the scores. Some delegates did not put a score for all the questions.

Score	1	2	3	4	5
Venue – Location and Parking <ul style="list-style-type: none"> • Excellent 	51`	6	1		
Venue – Conference Facilities <ul style="list-style-type: none"> • Excellent • Some rooms very cold • Problems with sound system. 	48	9	1		
Venue – Refreshments and Lunch <ul style="list-style-type: none"> • Excellent. • Excellent menu. • Should have been water on tables at lunch. • No cold drinks. • Cold and hot food on different serveries. • Delicious food. Only snag long queues. • Salad very nice but mayonnaise needed. • Insufficient hot food. Rice ran out quickly • Curry had little taste. • Need menu choices on door – no-one knew about a cold food option until they had the hot food. 	28	19	9	1	
Conference Organisation <ul style="list-style-type: none"> • Would have been useful to have advance notice of breakout group topics. • Both delegates were on same working group – should have been separate. • Maybe the main speeches/AGM would have been better in the Lecture Hall. • Water on tables during session. • Management of questions – not enough time allowed. Could questions be written, given to speakers and answered after break/lunch? This would reduce the time taken to ask and allow the speakers to ‘pool’ answers. Also it would reduce the impact of ‘personal’ questions! (<i>The management of questions was mentioned on several forms</i>) • Generally very good. 	46	9	1		

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<ul style="list-style-type: none"> • Some aspects need to be 'chaired' more pro-actively at an earlier point in order to manage questioning from the floor better. • Some guidance to those giving 'feedback' on breakout groups regarding length would be useful and might constrain more long-winded feedback. • Planning and implementation excellent. • Brilliant timing of meetings, good stewardship around the buildings and carparks. • Well done! • Excellent. 					
<p>Conference Speakers – Dr. Simon Durrant</p> <ul style="list-style-type: none"> • Interesting, • Speaker was good ... but half way through he was taken over by floor questions and the Chair failed to intervene. • Fascinating and illuminating. • Excellent. • Very well presented. • Very informative. • Good clear presentation, easy to understand and warm manner. Slides well designed. 	53	4	1		
<p>Conference Speakers – Dr. Kate Porcheret</p> <ul style="list-style-type: none"> • Fascinating and illuminating. • Very interesting to hear a real scientist. • No leylines or re-aligning of chakras! • Excellent information. • Spoke a little fast and slides a little confusing, nevertheless a good presentation. 	48	8	2		
<p>Breakout Group 1 – Could better sleep help improve memory in older adults?</p> <ul style="list-style-type: none"> • Useful information to help me improve sleep quality. • Interesting to hear Simon speak in a small group. Interesting to hear other members' experiences and opinions. • A comprehensive but unstructured rambling review, but retrospectively had some 'natural' structure. • Good even discussion. Did we learn anything? • Sharing ideas and experiences. • A very wide-ranging discussion, which gave me some ideas relating to my own sleep pattern. Question seemed very narrow though and we ranged away from it quite a lot. • People's different views. • Not a lot. 	1	7	2		
<p>Breakout Group 2 – Circadian Clock</p>	5	4	1		

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<ul style="list-style-type: none"> • Very interesting and informative group. • Rather too many personal questions – it was not a ‘surgery. Poor Kate struggled to get on! • Been able to give more thought about sleep patterns. • A better understanding of the shift between our innate body clock and modern life requirements - how these can be reconciled over time. • The importance of good work/life balance. If you feel you need a nap, then have one. • More insight into the rhythms of sleep and slow wave sleep. • Some very useful information to aid better sleep and reduce sleepless nights due to bad habits. • Discussion of ideas with others and good information from facilitator. • Identifying where my circadian clocks needs a rest! • Consider planning daily activities to fit in with personal circadian clock. • The complexity of sleep and its functions with some understanding of current research imperatives. 					
<p>Breakout Group 3 – How can we improve sleep quality in older adults?</p> <ul style="list-style-type: none"> • Enhanced understanding of foundation for good sleep. • Disappointing. Obvious comments. Different choice of topic would have been better. • Useful and constructive discussion. Retained focus to the question. Some solutions identified prior to visiting a GP. • Not a lot really. • Some good ideas to help sleep quality. • A chance to exchange ideas. • Confusion. • A chance to air ideas and solutions. 	2	3	3	1	
<p>Breakout Group 4 – Shared Learning Projects (SLPs)</p> <ul style="list-style-type: none"> • Interest and ideas – what more can you ask? • Enthusiasm for SLPs. • Gained better appreciation of how U3A helps and promotes shared learning projects. • Concepts of shared learning projects. • Ideas for the future? Working together in Network for a project. • Not as much as I might have – already gone through SLPs at an earlier event. Therefore would, if given a choice, opted to join a different group. • Incredibly obvious to anyone with any intelligence. All SLPs seem to focus on aspects of social history and nothing else – more intelligence please. • New ideas. Prompted to think ‘outside the box’ by others’ comments. 		6	2	1	

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<p>Breakout Group 5 – Do we need to make a special effort to encourage men to join interest groups?</p> <ul style="list-style-type: none"> • It was unable to focus on its objective. • The apparent range of views relating to how U3As should move forward. Need to focus on utilising social media to attract more men. • Some publicity ideas. • Title : <u>United</u> in Third Age Learning as opposed to <u>University</u> of the Third Age. • Not sure of relevance. I was facilitator but group participated well. • Interesting but no real ideas came from it. • A higher percentage of men than women was very useful and all were prepared to offer their thoughts and experience. • Not a great deal. • Several good ideas for encouraging men to show interest – ‘the U3A way!’. Where to advertise U3As to attract men. • Very little. I feel that all the breakout groups should have been on U3A future plans, etc – not more on sleep. 	2	2	6		
<p>Please rate the Conference overall and make any comments.</p> <ul style="list-style-type: none"> • An enjoyable and interesting event. Will come again. • Extremely well organised and ladies’ loos good. Lunch questionable. • My first conference. Difficult to chair, I expect. • Some minor hiccups but generally very well organised and managed. • Very good 100% improvement on last year’s programme. • My first conference. Enjoyed the speakers. AGM interesting. • The planning of the sessions (the speakers were particularly interesting) was very good but there were problems with the hand-held mikes for some of the stewards. • Excellent speakers. Food service not good. • Interesting and stimulating. • Excellent topics, speakers did not ‘speak down’ to us. Lunch could have been better, but Danish pastries were good. • More interesting than expected. Breakout groups good. • Many thanks for the overall event. • Very good. Would like to have more questioning time of the speakers, but aware of time limitations. • Enjoyable day, some useful information. • Excellent. Lunch was very small. Some elements ran out quickly. They cleared away almost as people finished their last mouthful. Coffee good. • Overall very interesting and stimulating day. The Proposals for Going Forward provide evaluative options 2014-2017. (East Midlands) Themes for each Network: Recruitment and Retention. Strategy and 	22	30	2		

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<p>implementation requires a specific Action Plan for each locality.</p> <ul style="list-style-type: none"> • Disappointed there was no mid-morning tea and coffee. You need refreshment to enable you to engage for the next session. • Very well organised. • A special thank you to the Lincolnshire Team! • Easy to find, well organised, roomy and comfortable, apart from temperature in breakout room. • Good to meet other members. • Knowledgeable and clear speakers who, through their presentations, treated the audience as intelligent and interested adults. • Very good organisation and 'crowd control'. Good to network. Very good choice of subjects. Would like to know more. • Always thought-provoking and interesting to share points of view. • A rewarding day. • Questions from the floor during lectures are discourteous to the speaker and irritating to the listeners. • A lot better than 2014! We could talk to each other at lunchtime. • Perhaps more care needed re. AGM proposals. • Reports back were rather laborious – three relevant points would have been better. 					
<p>Please indicate what you'd like the theme of the 2016 Conference to be.</p> <ul style="list-style-type: none"> • Shared Learning Projects, past and future. • Current research into heart disease and medication/surgery. • NHS and older people. • Communication and modern media. • No reports from breakout groups, please, as too rambling. • Something equally academic with high quality speakers like these. • Links between universities and the U3A and greater opportunities for U3As to share Facilities. • Engaging with the wider public. • Increasing the involvement of members. • How to ensure the U3A remains a vibrant organisation. • As the Conference will be held at Brackenhurst Campus maybe a theme of the changing face of education to cater for demands of modern industry in food production, ie the industrialisation of food production. • Marketing nationally and locally. • The structure of the Third Age Trust and selection process. • Fourth Age. • Not too far away. Lincoln rather a jaunt. • Can gardening lead to well-being and good health? • Dementia 					

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<ul style="list-style-type: none"> • Unusual groups from the counties' U3As to feature as a way to give ideas to U3As. • Major changes in memory and cognition – age-related? • Skills for after working career. Links between U3A learning and using that knowledge in the wider world. • 'Managing' in 'greater age' – transport, money, eating (shopping). • Visual Arts – relevant today? Effect on aging and/or learning. • Provision to the elderly baby boomers. • Fit in mind and body! • Living history. • Wellness in the Third Age. • Encouraging men to join U3A! • Increased publicity using social media, eg Facebook and Twitter. • History appropriate to the area where we hold the Conference. • Marketing the local group and alternative ways of organising it. • Encouraging acceptance of alternative lifestyles. 					