

Please circulate this widely among your members

Have you forgotten something?

The U3A in the East Midlands is organising a workshop on the subject of "MEMORY LOSS" - an introduction to the subject and how we can take steps to ameliorate the problem.

It will be held on **Wednesday 7th March 2012** at Notts County Football Club, Meadow Lane, Nottingham NG2 3HJ, in the Masson Suite. There is ample free car parking available, plus public transport.

Full joining instructions and descriptions of the content of the day will be sent to U3A members who apply, some 8 days before the event. I hope the following details will be helpful in encouraging you to apply.

The day will begin with Registration and coffee at 10.15am and end at about 3.30pm with an hour for lunch. The cost of the workshop is free, with optional charges of £6.00 for lunch and £1.20 per cup of coffee - to be paid direct to the football club.

Aughton & Ormskirk U3A (Lancashire) have pioneered this remarkable Memory Course and have kindly offered to present this workshop for us. There are five presenters including specialists in the field of neuroscience. The Memory Course rationale enables complex neuropsychological information about memory processes to be understood by older people who can then act on this information and make changes to help prevent or reduce the risk of dementia.

We anticipate that many U3As will wish to attend and so we intend to limit the numbers attending to two per U3A. However if you have members who have experience in the fields of neuroscience, psychiatry, psychology or (say) occupational therapy, then they can be in addition

Applications should be made by email to Joe White at this email address joejean.white@ntlworld.com by 25th February 2012 at the latest.

Joe White 01476 401959