October 2026

FAVERSHAM & DISTRICT
Charity Number: 1175180

NEWSLETTER

News from the Chair

Following on from my comments in the August newsletter about those setting up new groups needing help, Deb has kindly taken on the role of New Groups Facilitator, building on Jen's work in that area. A new group might be needed for a new activity, but it might also be useful if a group or related groups have a long waiting list (pickleball, for example). So, if you've been wondering about setting a new group up, do get in touch.

I also highlighted areas where members could volunteer their services, and I'm delighted to say that Lynne joined us doing Meet and Greet at September's monthly meeting. Unfortunately, we're still looking for a replacement Facebook administrator – not an onerous job (*see page 8 below*).

Our first First Aid training course for Group Leaders took place on 3rd September. Charlotte, the trainer, designed a bespoke 2-hour course for us, covering CPR, Recovery, Defibrillators, amongst other things. She did an excellent job of covering the key areas in such a short time, and we're very grateful that she gave up her time for free. It was very well attended and, judging from the feedback, people felt they'd learned a lot, and would be more confident in helping someone in the event of an accident. We hope to run another course in the not too distant future.

Pete Allen gave an excellent talk on the History of Pantomime at the last monthly meeting. It was both fascinating and humorous, and Cliff is hoping to get him back next year for a talk on British TV detectives.

Best wishes,

Jenny

October 2026

FAVERSHAM & DISTRICT
Charity Number: 1175180

NEWSLETTER

Exploring AI at Summer School in Chichester

When I read the notice about the 2026 South East u3a Forum Summer School in a Fadu3a newsletter earlier this year, I was intrigued to find out more. The four-day residential summer school takes place every September at the University of Chichester with accommodation, meals and tuition all included. The final list of twelve courses covered both academic and practical subjects, ranging from AI to Yoga. It was difficult to choose just one, but I decided that I really should learn more about artificial intelligence so the AI course for beginners was my first choice.

Before we converged at Chichester University, our AI tutor Glenys sent us pre-course preparation and advised which AI tools with free access we could start to use. Our course plan covered three main areas: large language databases including chatbots such as ChatGPT, Claude and Gemini; AI generated pictures and music; and the use of robots. The emphasis was on understanding how AI tools can be useful to us personally, as well as learning of their limitations and how to use them safely.

We found out that u3a members are using AI chatbots for: planning and researching (travel, family or local history, menus, garden planting); creativity (stories, poems, art, photography); practical assistance (compiling minutes, reports, schedules, technical questions); and language learning (role play, grammar guides, vocabulary quizzes). Some find accessibility aids useful for sight, hearing or memory issues.

We discussed the ethics of AI, including privacy, bias, truth, responsibility and human control. We were also warned that we should all be wary of divulging personal data or using AI to make critical decisions.

U3a members are lucky to have excellent and extensive resources on the subject of artificial intelligence provided by the AI for Everyone Project team which aims to acquaint all u3a members with AI. A good starting point is the web page u3a AI for Everyone (or search "u3a AI for Everyone"). There is information for absolute beginners, for those beginning to explore how AI can make their lives easier, as well as members keen to explore wider discussions on the topic. Members can: sign up for monthly newsletters, free online courses and news updates; view online presentations; and read practical guides, discussion topics and how other u3a groups are using AI.

Without doubt the Summer School was just the beginning of my AI education.

Jacqui Holmes

News from the u3a Mother Ship

A reminder that u3a runs a number of **free online events**, covering a wide range of subjects. The October offering includes:

Mods v Rockers: a 1960s 'moral panic'?

A history of the world according to sheep [*the title alone is irresistible – Ed.*]

Introducing AI and AI in Scotland

Your guide to feeling connected in a digital world

Laughter yoga

And much more…

NEW GROUP - STARTS OCTOBER 2026

Kentish creatives: their lives and legacies

Join us to actively research, record and share our knowledge and findings of Kentish creatives. We would also like to visit their inspirational environments where possible.

A creative is someone who uses imagination and original thinking to make new things, solve problems or express ideas. We can all name some Kentish creatives - writers, artists, scientists, engineers etc - but are we aware of where they drew their inspiration from or what took their thoughts in new directions? In addition, we would hope to also shed light on those who have been lost to history.

The group will meet on the first Thursday of the month, 2pm - 4pm

Maximum number: 8

To sign up, or for further information please contact the Groups Coordinator GroupCoFavU3A@hotmail.com

Discover the Joy of Mahjong! 🀄
A game of skill and strategy

Whether you are a **total novice** looking to learn something new, or a **seasoned player** of some years, you are warmly invited to join our weekly Mahjong group.

Mahjong is a fantastic way to **stimulate your mind and challenge yourself**. Regular play helps boost:

- **Memory** retention
- **Hand-eye coordination**
- **Mental concentration**

Come share a game with like-minded people in the lovely, calm setting of the **Market Inn, 42 East Street, Faversham, ME13 8AT**.

When: Every Wednesday; **Time:** 12:00 PM – 2:00 PM

No experience needed – just a desire to learn, play, and connect. We look forward to seeing you there!

Contact GroupCoFavU3A@hotmail.com for further details.

FORTHCOMING EVENTS

Wednesday 21st October, Monthly Meeting

Clive Sherwood: A History of Blues Music

Wednesday 18th November, Monthly Meeting

Talk by Porchlight

Porchlight is a Canterbury based charity that helps people facing the devastating effects of homelessness. Today they tackle the causes and consequences of poverty and inequality. Also empowering people to live the life they want.

Wednesday 16th December, Monthly Meeting

Christmas Meeting and Quiz!!!

Wednesday 20th January, Monthly Meeting

Susan Matocks: What's the difference between everyday life in Australia and the UK?

Australia has: - Different weather; Different houses; Different domestic routines; Different language (sometimes!); More insects; More reptiles; More amphibians. And that's just inside your house!

My talk is a warm, humorous look at everyday life in Australia. My husband and I were both born and bred in Kent and in 1996 we emigrated to tropical North Queensland with our two young children and spent the next 27 years living down under.

This talk gives audience members an insight into the domestic life of Aussies that you won't get from watching *Neighbours*!

Wednesday 17th February, Monthly Meeting

Arran Ostridge, Kent Police: Fraud and Cyber Crime

COMMITTEE MEMBERS' CONTACT DETAILS

Chair	Jenny Gurney	chairjgfadu3a@gmail.com
Vice-Chair	Jane Howard	
Secretary and New Groups Facilitator	Deborah Davies	**djmd15@aol.com**
Treasurer	Ray Lote	treasfadu3a@gmail.com
Membership Secretary	Julie Rogers	fadu3amemsec@gmail.com
Committee Member	Sue Lane	
Speakers Coordinator	Cliff Holroyd	cliffhol@gmail.com
Communications Secretary	Sarah Blair	comms.fadu3a@gmail.com
New Members Secretary	Ann McKay	
Groups Coordinator	Penny Bassett	**GroupCoFavU3A@hotmail.com**

WEBSITE: FADU3A home page

FADU3A FACEBOOK: Now has 109 members. If you're not a member of the group yet, why not join us today using the link below? https://www.facebook.com/groups/FavershamU3A

We're looking for a new administrator, someone who is experienced at using FB. It's not an onerous job at the moment, but maybe you have ideas on how it can be developed. If you're interested, please contact **comms.fadu3a@gmail.com**