

South East u3a Forum Summer School

Monday 7th – Thursday 10th September 2026

University of Chichester



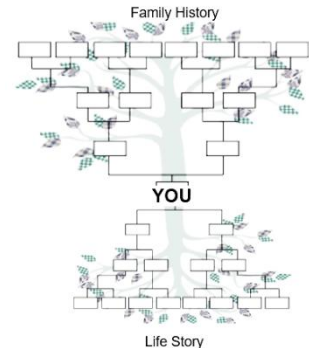
Life Story

Maximum 12

This course is aimed at people who are new to the subject as well as those with some experience of writing about their lives. The aim is to get at the experience we all carry, using resources of all kinds, from our own memories to published social history, other people's writing such as letters and diaries, and even 'the potency of cheap music'.

The subjects covered will include:

- Reasons for writing a life story
- Comparing our childhoods with the present day
- Practical tips for getting started
- Resources – books, films, music, places to visit
- Social History
- Other people's writing – memoirs, letters, diaries
- Different ways of presenting material – pictures, map, fabric, etc
- How to record a pandemic



Group discussion will be a significant part of this course, so come prepared to join in and be ready with **one** interesting fact about your life for the introductions. Also, come prepared to share ideas and personal experiences. I will be providing materials from books and articles. Below is an overview of what will be covered, but not necessarily in that exact order.

Resources to bring

Pens, pencils, coloured pens, pad A4 paper, folder for your work and handouts.

Information about Tutor

Jo has led a Life Story group on her own u3a since 2005 and has been the u3a Subject Advisor for Living History since 2016. She edited 'U3A in the Time of Corona' in 2020.

Summer School Course - 2026

Monday, Day 1

- Introductions - getting to know each other and general background.
- Who is new to writing, and who has written something previously?
- Individually, share one interesting fact about yourself.

Tuesday, Day 2 – am

- Practical tips for getting started. Resources – books, music, films.
- Looking at changes in our lives between WW2 and present day – compare and contrast.

Tuesday, Day 2 – pm

- Lichfield Project – 'Everyone has a story to tell'.
- Places to visit or a visit locally, if suitable venue is available.

Wednesday, Day 3 - am

- Looking at social history throughout our lives. Mass observation.
- Ways of presenting, other than writing – through photographs, maps, scrapbooking etc.

Wednesday, Day 3 - pm

- History of writing.
- Other people's writing – autobiographies, memoirs, diaries/letters, both famous & not so

Thursday, Day 4 – am

- Recording the Pandemic. Preparing display of course.
- When to stop, how to use a story once written. Summary and any loose ends.

*For further information **about the course**, please contact the tutor*

Jo Livingston

Tutor & u3a Subject Advisor – Living History

jo_livingston@hotmail.com – please note: there is an underscore between first & last name