

Joining Our Management Team

A warm welcome awaits!

Follow yahru3a.co.uk links to AGM and send us your completed nomination form.

Chair's Square

Welcome to our February 2019 Bulletin. Despite the Christmas and New Year holiday period, rogue viruses and family concerns, our team continues to fulfil its remit to encourage our members towards greater participation in the U3A movement and keep close links with Third Age Trust. Summer School 2019 applications progress apace, and we are giving more of a focus to environmental issues in our event programme. We are working to enthuse your U3A with ideas for Shared Learning Projects, and create more subject networks.

Wishing you and your members lots of Learning, Laughing and Living throughout the year, and we look forward to welcoming you and your members to the range of regional events we are offering.

Barbara Dransfield on behalf of the Regional Management Team.

2019 AGM 29th April 10am for 10.30 til 3.15pm

One hour AGM including request for ratification of changes to our YAHR Constitution

Followed by an Information Exchange and Workshop entitled 'Have Your Say'

Giving you an opportunity to bring your concerns, share solutions, and draw our attention to the issues that matter most to you and your membership. The outcomes will be used to create the topics for our 2019-20 event programme, Any Committee member or incumbent is invited to Regional Development Meetings, whilst workshops and study days are open to any member of course.

A warm welcome awaits!

Summer School 5th-8th August 2019

Applications are now open. We anticipate there will be pressure on places so please do get your application in ASAP.

A deposit of £100 full board, £75 day delegate deposit will secure a place to be paid in full by 31st May.

See yahru3a.co.uk/summerschool where you'll find information on the 8 courses on offer, and an application form!

A Focus On The Environment

You are invited to advertise the following to your membership.

May 24th - Tour of the Veolia Recycling Plant, Leeds.

August - Climate Change workshop at our Summer School.

Autumn - Visit to a Renewable Energy Company in Hull.

See our web site for more information.

Calling all U3A Historians ...

We are planning a workshop in the spring/summer aimed at **Group Leaders of History groups – to include History in all formats; Local, Ancient, Archaeology, Industrial Archaeology etc, etc.** It follows a similar event for Art Appreciation Leaders last year which was very well received. The aim is to provide a forum for sharing ideas (including for group sessions/visits), bringing issues forward and finding support to resolve them. We will also consider initiating a History Subject Network to develop links, share invites to your local sessions/visits, and share the running of events of mutual interest.

We are at an early stage of planning this but group leaders of history related groups are invited to register an interest - please contact Angie Grain angiegrain@aol.com

Our Email List

Please do encourage your members, group leaders and committee members to join our email list to be kept in touch about workshops, study days and other events that the region is organising.

yahru3a.co.uk Home page, scroll

Invitation to Sporty Grandparents and Grandchildren!

We've had a request from Lime Pictures to ask our members for help in making a slot for The One Show on BBC1.

It's about adventurous grandparents - two generations of one family who have inspired each other to get into the same sport.

An 81 year old ballerina-grandmother has inspired her granddaughter into ballet dancing, and a 99 year old who has taken up rock climbing since being introduced to it by her grandson are involved!

If you have a similar experience to share, please send an email message to love@limepictures.com, and do let them know you are a U3A member!

Please do cut and paste any of these details for use in your newsletter, web site etc. so your members can gain more from their membership of U3A.

Importantly, suggest and encourage the best representation for each event to benefit your U3A and its development

Regional Trustee Update linking YAHR with Third Age Trust

A new version of **Group Leaders Handbook** will be imminently available on the national web site. It is downloadable and can be customised to your U3A.

The U3A logo is being reviewed with the suggestion that the U3A only is to be used to describe the features of the movement and local activity, (ie 'University of the Third Age' is to be omitted)

A new model constitution is being rolled out for use, primarily by new U3As. However, any U3A reviewing their own constitution should refer to the new model.

The development plan for the Third Age Trust is growing. Working groups have been appointed and are starting to meet. They focus on raising the profile, developing the movement and learning. Underpinning all of these are developments re digitalisation. These include Beacon, the national website, communication routes, and access to resources.

A Beacon System Upgrade. This valuable provision is set to future-proof the system. To cover the costs and continued support, U3As that use the system will be asked to pay £1 per member as from April 2019

New U3A! Exciting news, a possible new U3A to be launched in Tadcaster

From the National Web Site u3a.org.uk

U3A Foyle won Northern Ireland's first Active Travel Award for promoting and encouraging walking/cycling activities.

Foyle has two Cycling groups and two Long Walks groups, a Short Walks group, a Hill Walking group and a Nordic Walking group.

This has helped towards keeping older people fit, healthy and engaged, building confidence and friendships and reducing social isolation for older people while keeping fit and active.

....can your U3A match that??

Keep an eye out for the Third Age Trust's promised Social Prescribing Toolkit to support your U3A to broaden your isolated local residents' horizons by joining our organisation.