



January 2018



Summer School	Page 1
Lanark Assembly Report	Page 2
Forth Valley Award	Page 2
Dee Ukes Award	Page 2
Kelso Assembly Preview	Page 3
Secretary News	Page 4
Committee member	
Induction training	Page 4
A Message from the Trustee	Page 4
New U3As	Page 4

## U3A Scotland Summer School

West Park Conference Centre Dundee

319 Perth Road , Dundee DD21NN

Tuesday 21<sup>st</sup> August – Thursday 23<sup>rd</sup> August 2018

Dundee is easily accessible by road, rail and bus while West Park Conference Centre can be reached by a 10min taxi from the rail station, a 15min taxi from the bus station or local transport from near the bus station. There is ample free parking on site.

### Accommodation

All rooms will be ensuite on ground or first floor and there are a number of disabled rooms with wet room facilities. There is a bar and dining room where on the final evening there will be a celebration dinner and entertainment. Subject to demand we plan to run 5 courses, American History, Genealogy for Beginners, Hands On Craft, Geology and Ecology

### Costs

**Day Delegate Rate with 2 evening dinners £195**

**Day Delegate rate final evening dinner only £180**

**Day delegate Rate NO evening dinners £160**

### Full Residential Package

Single £295    Twin £295pp

For booking form and topic details you can  
 Download from U3A Scotland website,  
 email [Scottish.summerschool@yahoo.co.uk](mailto:Scottish.summerschool@yahoo.co.uk)  
 phone **Pat Garland 01382 530972**



## Record Attendance for Lanark

### All Scotland Assembly

The All Scotland Assembly held in Lanark Memorial Hall on 16 November 2017 was attended by 59 delegates, representing 26 member U3As. Pat Garland, Chair, U3A in Scotland and Lorraine Swan, Chair, Lanark and District U3A, welcomed everyone. Ed Link, Third Age Trustee for Scotland gave an update on Trust matters.

There were three main speakers in the morning session. Liz Drury, the new Communications Officer for the Third Age Trust, inspired us with her enthusiastic presentation on how to publicise U3As and their activities. Ian Brown, Press Officer, RNIB Scotland, spoke about including people with sight loss in U3A activities. John Ellison, Third Age Trust Treasurer, gave an informative presentation on financial issues, very relevant for U3A treasurers and other committee members. During lunch break the hall was buzzing with many conversations between members. For the afternoon session, an Open Forum was introduced instead of the usual workshops. This was a very lively session, chaired by Pat Garland, with questions to all the speakers and much discussion and information sharing.

The feedback on the day was very positive with most aspects rated 'very good' or 'good'. The Open Forum format was welcomed with comments that it worked very well.

## Award for Forth Valley U3A project

The Forth Valley U3A's Cultural Activities in Care Homes (CACH) project was awarded the *Outstanding Achievement in Health and Wellbeing* award at the Stirlingshire Voluntary Enterprise (SVE) Inspiring Volunteer Award Ceremony on 26 September 2017 at the Engine Shed, Stirling.

The CACH project aims to: provide stimulating activities and broaden the range of cultural and leisure opportunities available to residents of care homes for older people; enhance the quality of care home residents' lives and encourage their inclusion in meaningful activities; promote learning between younger and older generations. CACH members work with local care homes to arrange events that bring cultural and leisure activities to residents. The events in the homes include: performances by local musicians and school children; reminiscence sessions with small groups of residents; and life story work.

## Dee Ukes win National Award

Dee Ukes, a ukulele group from Dundee U3A, has been awarded the Chorus Community Music Award 2017 in the category The Music Cure – Music and Health. The award is from the national organisation, Hands Up for Trad, which promotes traditional music from all around Scotland. Dee Ukes were shortlisted against two other groups and put forward for a public vote.

Dundee U3A's Liz Crawford said, "We are absolutely thrilled to have this national recognition for our Ukulele group Dee Ukes, who have become the first ever winners of the category entitled The Music Cure - Music and Health.

The ukulele group reflects the important qualities of the U3A movement – of Learning, trying something new and having lots of fun doing it!"

## **A DATE FOR YOUR DIARY**

On behalf of the U3A in Scotland Committee, I am pleased to announce that Four Border Abbeys U3A has offered to host the next

**All Scottish Assembly on  
Monday 26th March 2018  
in KELSO Rugby Club**

In response to many requests from delegates at the last two Assemblies, the main topics to be addressed will be:-

**U3APLUS and  
THE BEACON SYSTEM**

Why not treat yourself to a long weekend and come and enjoy the beautiful Scottish Borders? There is so much to see and do, plus at that time of the year the scenery will be stunning.

The finalised programme will be sent out to Chairs and Secretaries by the end of January.

In the meantime if you want **to reserve a place** / places please contact

Kath Payne on

**[u3ascotlandvicechair@gmail.com](mailto:u3ascotlandvicechair@gmail.com)**

stating your Name, U3A, contact details and any special dietary or other requests. Full programme and travel details along with accommodation and tourist information and details re a pre-event dinner will be sent with confirmation of your booking.

I look forward to meeting many of you at Kelso and wish you all the very best for 2018.

**Kath Payne.**

**Vice Chair/ Events Coordinator. U3A Scotland**

## **New Committee Member Induction Training**

Becoming a Committee Member of a U3A is a rewarding and worthwhile contribution to your local U3A and to the whole movement. There is a massive amount of experience and talent throughout the U3A and many take Committee membership in their stride. But to others the task is daunting, and many do not want the extra responsibilities, especially that of being an Officer of their U3A such as Chairman, Treasurer or Secretary. But these are essential roles without which your U3A could not function. U3As can and do fold if no one comes forward.

The U3A is quite a special kind of movement consisting entirely of volunteers and some special skills and knowledge is required. But with the regular turn over in Committee members a constant refresher is needed.

The Trust, in collaboration with The U3A in Scotland, is planning to introduce a regular series of Committee Member Induction Training events. These will be delivered by Trained Volunteers and will be taken round the Country to give everyone the opportunity to attend. In the first instance I am looking for Volunteers from all parts of Scotland who will deliver these workshops. All reasonable travelling and subsistence expenses will be paid. With a network of Volunteers, we can build a network of experienced and trained people who are the go-to people in their area.

If you are interested please get in touch.

Ed Link U3A Trustee for Scotland Email [ed.link@u3a.org.uk](mailto:ed.link@u3a.org.uk) Phone 01577 964183 or 07504 898090

### **Resignation of Secretary**

After 2 years service it is with regret that we have to say Goodbye to Joyce Kennedy who has resigned on health grounds. We wish her well in the future and hope that she will be able to join us at forthcoming events.

### **Can YOU help?**

In light of Joyce's resignation we are in need of a secretary. We meet monthly in Edinburgh and travel expenses are paid. Duties would be mainly agendas and minutes with occasional other correspondence.

### **A Message from the Trustee**

The U3A movement continues to grow apace in Scotland, with three new U3As in Glasgow, Paisley and Brechin and new members joining existing U3As. But whilst we don't hear people say they have never heard of the U3A quite so much there is still plenty of scope for growth in Scotland. We will have to more than double our membership to achieve the same representation here as there is South of the Border. We have about 1% of the over 65s whilst in England and Wales it is nearly 2.5%. Not only do we need to keep our doors open to new members, but it would also be terribly selfish to keep such a brilliant idea as the U3A to ourselves.

Encouraging new members to join our U3A is one thing, starting new ones is something else entirely. Though starting a new U3A is a well-supported process we do need local people on the ground to express an interest. We will be thinking about how we can stimulate interest in new areas in the new year. This is yet another area where Volunteers can help. The U3A is a volunteer movement but we need Volunteers to help the movement tick. Volunteers in the U3A movement means working across many U3As as opposed to working within our own U3A. The Third Age Trust is committed to working with Volunteers in all manner of ways. Not least of which is to take Workshops around the country on a number of topics related to managing U3As. Also various technical matters related to things like the new Data Protection Regulations coming in to force in 2018 and various aspects of managing U3A Finances.

Please keep a weather eye out for news on these workshops. They will be promulgated by the National Office and through U3A in Scotland information channels.

In the meantime, if anyone is interested in becoming a Volunteer, please get in touch with me and I can explain what is involved.

In closing may I wish you all the very best wishes for the New Year

Ed Link

19/12/17

Trustee for Scotland

[ed.link@u3a.org.uk](mailto:ed.link@u3a.org.uk)

### **U3A Scotland reaching 50 U3As**

Paisley and District, Brechin and District and Glasgow West End. will be accepted as full members of the U3A family in Scotland at the start of the year.

# Stop Press

## Sitebuilder

The Sitebuilder website suffered a cyber attack just before Christmas. It was not serious intrusion and did not reach the database. It was an attempt to divert any Sitebuilder contacts to a different website. The attack was detected and hence the whole of the Sitebuilder system was taken down. Sitebuilder has been disinfected and appropriate security measures have been put in place. Sitebuilder websites should now be restored.

## General Data Protection Regulation (GDPR)

Many people will have heard of the new regulations that will come into force later this year. The Trust have prepared an advice sheet for U3As on what they need to do to be compliant. Two outline policy documents have been prepared on Data Protection and Privacy that you should consider down-loading and making your own. You will need something similar.

These will be available on the UK National Website [www.u3a.org.uk](http://www.u3a.org.uk) soon. Do please check regularly

Ed Link

U3A Trustee for Scotland