



Registered Charity 1159091



DECEMBER 2022
NW REGION OF U3AS
HOLIDAY NEWSLETTER



NW TRUSTEE, NEIL STEVENSON



N W CHAIR, MARY WATERS

TO ALL MEMBERS OF U3AS IN THE NORTH WEST REGION



FESTIVE GREETINGS

Christmas is a time of celebration, parties, and getting together with both family and friends. Many of you will be travelling to celebrate with family, while others will be busy preparing for visits from their families and friends. Many interest groups are busy planning Christmas parties and activities. Often, we forget those u3a members who are alone. Fortunately, some u3as try to ensure activities continue nearer Christmas and resume just after the New Year. Others have MOTO groups (Members on their Own) who help ensure no one is alone over the holiday.



This year the NW Region is inviting all members of the NW Region of u3as to a festive zoom toast on 14 December. I hope to see many of you there. If you haven't received an invitation, [click here](#) to register. **Does your u3a do anything special for the Christmas season?**

WORKSHOPS IN 2022

The New Year is a time to reflect over the past activities. In the North West Region, many of you will remember our AGM and Conference with the workshop on Cyber Safety and Meetings Made Marvellous. Hopefully those of you who attended the peer to peer support meetings for chairs, secretaries and treasurers will still be in touch with the colleagues you met at these events. Our aim was to help forge links between u3as in the region. The North West

PAGE 2

Summer School was held in Carlisle this year after a two-year gap due to Covid. There was a good turnout with everyone leaving with many happy memories. **What special activities did your u3a have last year?**



Recently we held a workshop on Recruitment and Retention to help you develop strategies for increasing your membership. The feedback indicates this is already being achieved. Several u3as have already told me how they are currently putting the ideas discussed into practice. This is primarily the result of members sharing ideas and meeting other people with the same issues and together growing solutions. As one member said in the feedback, "I'd love to know how many changes are made in the next 6 months as a result of the workshop." **Have you made any?**

u3a

Beacon

One very important outcome from the workshop was the suggestion you made about how the NW Region could help in the future. Several of you suggested a workshop on the use of Beacon by interest group leaders, facilitators, group coordinators, ... as a result, they will shortly be receiving an invitation to a Beacon Workshop in late January. Further plans for 2023 are still on the drawing board, with a Big Sing planned in May and the Conference and AGM in June. **Are there any topics for regional events you'd like to suggest, either zoom or face-to-face?**



Finally, I like to share some of the 2022 events in the region which were shared with me. If I've missed out what you have been doing, please let me know and we can add it to the website.

- Lytham St Annes u3a held a luncheon to celebrate their **35th anniversary**, an important event. This was followed by an Open Day in November which was well attended.



- Southport u3a was a tremendous success at the Southport Flower show, winning 2 awards for their show garden.
- Lancaster and Morecambe held a thank you luncheon in September for all the members who provide vital support behind the scenes.



They also held a French Day, an all-day event in which many of their interest groups were invited to provide sessions on different aspects of French life and culture.

- Lymm and Thelwall u3a has been busy organising a range of events, including a Great Big Green Week, designed to share and promote green events and groups.



They also held an "All Things Creative" exhibition of the work by their members, which included musical interludes by their music groups. This was part of the Lymm Festival.



of Songs from Christmas--themed carols.

Preston u3a will be hosting Amy Hardy on 15th December. She will be leading a programme of the shows, music and



A new u3a in Kirkby Stephen is starting up in the New

Year. It held its first launch meeting in November which was very well attended. It will become the 100th u3a in the North West Region.

CONTRIBUTIONS TO THE NEWSLETTER WELCOME

What are your plans for the next year? Do you have any events that you'd like me to share in the next Newsletter or put on the NWR website?



Please get in touch. I'd love to hear from you.

Have a wonderful holiday

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