



Registered Charity 1159091



SPRING 2023
NW REGION OF U3AS



NW TRUSTEE, NEIL STEVENSON



N W CHAIR, MARY WATERS

Message from the Chair

Spring is just around the corner, along with daffodils, longer days and new activities. I'm sure your u3as are gearing up for spring with lots of new events.

DATES FOR YOUR DIARY: A brief summary of our plans for the North West Region:

- **A Zoom workshop for group Coordinators in the use of Beacon on 10th March.**
- **A Big Sing, open to all u3a members on 10th May**
- **The Conference and AGM on 4th July**
- **The North West Summer School from 15th to 18th August**

In addition, we are involved in the Manchester Metropolitan University Research and Design Project.

Message from the Trustee

As you will see from the number of articles in this newsletter, it is a very busy time for the u3a movement. It really does seem that we can put Covid and lockdowns behind us. Let us hope it stays that way. There is a lot of catching up to do.

New U3A based in Cumbria



We would like to welcome Upper Eden u3a into our family of u3as in the North West Region. Upper Eden u3a had its inaugural meeting on 14 February. It already has a membership of 50 with 10 groups. We wish them a long and exciting future.



Help Wanted: The North West Region is asking you to consider joining our committee. At the moment we have 6 members; ideally, we need 10. Unfortunately, our constitution requires our treasurer, Alan Hough, to retire. We also need someone who can help with the website, as our webmaster retired last year. We also need ordinary members – members with new ideas and a range of experience and background.

I'd love to discuss with you what is involved – you're very welcome to come and visit.

Beacon for Group Coordinators Workshop 10th March

This course has been designed to meet the needs of group coordinators, group facilitators and others using Beacon to help organise groups. It grew out of the feedback we received on our last workshop on Recruitment and Retention. Peter Jenner will be presenting the workshop and is prepared to answer your questions. It is not too late to join: just click [HERE](#) or go to the North West Region website to register. Please contact me for more information.

The BIG SING May 10th 2023



The NW Region would like to invite you to a Big Sing at the Quaker Meeting House in School Lane, Liverpool on May 10th. This is an all day event for anyone who enjoys singing, whether or not they belong to a singing group. It will be led by Fredrik Holm from Lancaster & Morecambe u3a and members of the regional committee. There will be charge of £15 per person to cover room hire, printing costs, refreshments and incidental expenses. Details are being finalised and we expect the information and booking arrangements to be available on the NW website from the middle of March.

The last time we held a Big Sing (Pre Covid) booking was fast and furious. There were over 100 people raising their voices together so please make a note of the date and keep an eye on the website for further information.

North West Region AGM and Conference

The NWR AGM and conference will be held on 4 July. This year it will take place in Liverpool at the Friends Meeting House.



The conference will take place in the morning, followed by the AGM in the afternoon. We are currently asking anyone interested in becoming a member of the committee to contact any of the committee for a chat about what we do. Further details will be circulated in April, 2023.

MMU Research

Neil has been working with Sarah Moriarty at Manchester



Metropolitan University to put together a joint students and u3a members research and design project.

The first stage went well with positive feedback from u3a Members. The next stage is submission of designs for judging.

Grants

There are grants available to u3a for events. u3as should apply for grants for events this financial year (ie. end of March). There is a new grant available for £5000. This is for events deemed to be of national significance, such as the Southport Flower Show. For details see [u3a - Grants Available for u3as](#)

TATTL – Third Age Trust Trading Limited

TATTL manages Third Age Matters, Beacon & Site Works, Merchandise & Woodland plus any other lines of business that are developed. Neil has been appointed a director of the TATTL board. If you have any feedback, good or bad, about any of these activities please do let him know.

Get to know your RSV

We have been operating a Regional Support Volunteer system for some time.

Based on this experience we have updated the role description and reallocated u3as between our RSVs. Details of the role and the u3a allocations are attached to this newsletter. For those of you who don't know how to contact your RSV, here are the contact details:

Tony Cheetham:

cheethamtony@googlemail.com

Bill Woods: wewoods26@gmail.com

Gillian Russell: gillruss71@gmail.com

Hilary Scarrett: nwru3asec@gmail.com

Mary Waters: nwrchairu3a@gmail.com

National Speaker Swap

Speaker Swap is an initiative to swap talks between interest groups in different u3as. We want to facilitate contact and collaboration across the u3a movement by providing a platform for groups to share their talks with other u3a groups and to receive a talk or workshop in return. **This initiative is for u3a members only.** See more details at [u3a - Speaker Swap](#)

Summer School



The flyer for the North West Region Summer School has been attached to this Newsletter. It can also be found on our website.

Around the Region

- Lancaster and Morecambe are planning to hold a Japanese Day in September. The interest groups have been asked to investigate Japan in relation to their special interest; e.g., the Architecture group will look into Japanese architecture, the Craft group will learn about Japanese crafts, the food group will explore

Japanese food. Japanese Day will then hold sessions on all things Japanese. Lancaster and Morecambe has held



similar days in the past, exploring both Germany and France.

- The Lancs-Merseyside network is combining with the Deeside & Wirral network in March to share a



'Ukulele Sing-along'. This will be an

opportunity for members of both networks to meet, chat, and enjoy a relaxing afternoon of musical fun.

- Bolton u3a is taking part in a programme called Every Mind Matters. It is a national mental health campaign developed by the NHS and run jointly by the NHS and Bolton Council to help people to look after their mental health. In the spirit of u3a (learn, laugh, live) our job now is to LEARN about

Every Mind Matters so that we can share the information with anyone we know who shows signs of being stressed, in a low mood, anxious or having trouble sleeping.



The Every Mind Matters project has been mentioned at our monthly meeting, at committee meeting, at group leaders meeting and at several group meetings, as well as appearing in the newsletter. We hope the majority of our members know about the programme and how to access it.

If your u3a or network is planning an event or doing something they would like to share in Around the Region in the NWR Newsletter, please send it to your RSV (Bill, Tony, Hilary, Gill or Mary) or directly to me nwrchairu3a@gmail.com

Influencing and Social Change Training - Register your expression of Interest

**SOCIAL
CHANGE
IS GOOD**

✓ Do you see things in your local area that could be better, and you want to do something about?

✓ Would you like to make a change for the better in your local

neighbourhood?

- ✓ Would you like to join with other members and be part of the change to improve quality of life for older people?
- ✓ Would you like to take part in an exciting u3a initiative?

If the answer to any or all of these questions is yes, you may be interested in the Influencing and Social Change training.

u3a is developing the movement's voice to make a social impact. Read more about ongoing projects on our [Impact page](#).

Influencing and Social Change

Who is it for? This two-part **introductory training** is for u3a members who would like to have more of an influence in their community and take part in social action.

What does it cover? The first part of this interactive training will introduce the diverse ways to create change in our communities, share some u3a examples, explore areas to consider when taking action, and provide participants with the opportunity to exchange ideas and discuss how they might take action.

The second part (6 weeks later) will provide members with the opportunity to follow up and connect with other members to discuss any steps they've taken and any challenges or where further support may be required. The first part will be delivered in person, the second part will be online.

Register your interest

We have had some members in the North West already show an interest, and would like to gauge the level of interest across the region. If there are at least 24 members interested, we hope to run the first session in early May. The geographical spread of those interested will also determine where the first part will take place. **To let us know if you are interested, please complete this [expression of interest form](#) and we will be in touch.**