



UPDATE from your u3a West Midlands Trustee

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This update's also on the [W Mids u3a Region website](#)

Chair's Drop-in Zoom is on the first MONDAY of each month: next one is

Monday 7 August, 1pm-2pm: <https://us02web.zoom.us/j/84374744946>

In this update:

1. Region meeting & Sutton Coldfield u3a's 40th anniversary
2. Regional Team Zoom Mon 11 Sept 4-5pm: join us! All welcome.
3. Region PR adviser, Phil Rowley & Sept Zoom for publicity people
4. For Treasurers: networking, grants and banks
5. Dates/details of next Zooms on "Exploring World Faiths"
6. Walking Netball? 10-12 weeks' FREE support & coaching.

1. Happy Anniversary to Sutton Coldfield u3a!



L to R:

Jean Jackson, West Mids Region Trustee;

Allan Walmsley, Vice-Chair Third Age Trust;

Jean Soper, Chair, Sutton Coldfield u3a;

Sam Mauger, CEO, Third Age Trust

Celebrated Sutton's 40th anniversary with cake for all.

Thanks to all who attended the Region's meeting in Sutton Coldfield: a lot's happened since, which is why you're hearing more only now. As a reminder – At the meeting we heard from me about the Region, e.g. we have about 20 u3as that have fewer than 150 members, and very few networks, & we have a new Regional PR adviser.

Sue.Russell@u3a.org.uk who's Chair of Network Link & Cotswold link explained the fun you can get from a network– so if you want to know more about them, she'd be delighted to hear from you. Allan followed with an explanation about the new u3a Council. If you'd like to know more about the Council and changes to how u3a will be run, contact our Region's Council Representative, Laurence Wale: chairman@worcesteru3a.org.

After a rather spectacular cake-cutting (with firework), Sam Mauger, CEO of the Third Age Trust, answered questions while we enjoyed rainbow cake. I'll put a short summary of the Q&A on the Region website. **So what emerged from our Regional meeting? Attendees were asked:**

- **What's your u3a's most popular group?** = walking, ukelele, table tennis, history, guitar and reading/book groups
- **What's your u3a's major achievement?** = surviving Covid!
- **What do you want from your Region?** = sharing knowledge/skills, advice/help and running events that no single u3a could organise easily. Examples of events are:
For Treasurers; set up a Treasurers' network? Recruitment/Retention event?

Thanks again to Sutton for hosting us: they are one of the biggest u3as in our Region, with over 1400 members – yet they always welcome new ones.

2. Regional Team: Zoom Mon 11 Sept 4-5pm: all welcome

In the West Midlands we have few networks, but there's the opportunity to share and learn more via the Region. Attending the **Regional Team Zoom** does not commit you to anything – and just to have feedback from people from u3as in the Region is invaluable in helping your Trustee to represent your interests. **Pat Collard** from the Yorkshire and Humberside Regional team will talk about how they operate. Join us! Please pass the invitation to anyone interested.

Region meeting – MONDAY 11 SEPT 4pm-5pm via Zoom. Link also on Region website
CLICK TO JOIN: <https://us02web.zoom.us/j/88525532852>

3. Regional PR adviser, Phil Rowley & Zoom for publicity people

Phil Rowley, phil.rowley.2021@outlook.com, from Stoke South u3a has kindly agreed to take on the role of Regional PR adviser, working with other u3a Advisers nationwide to advise u3as in the West Midlands about how to promote their activities, and to promote Region activities.

To find out more about what your u3as need, and are interested in, he'll host a Zoom meeting for anyone interested in PR and promotion in September.

4. For Treasurers: networking, grants and banks!

a. Would you like a Q&A session about Beacon, or to join a network for Treasurers?. Let me know if this is something that interests you. Beacon has its own website: [u3a Beacon](#).

b. Grants: see the Trust's website: [u3a - Grants Available for u3as](#). Send forms back to Jean Jackson your Regional Trustee for approval before submitting to the Trust.

c. Charity bank accounts:

- [Mansfield Building Society](#) offers a fee-free charity account with a minimum deposit of £500 and a notice period of 30 days if you want to withdraw penalty-free. This account is only available if the club or charity is located in Derbyshire, Nottinghamshire or S. Yorkshire.
- [Metro Bank](#) offers a 'Community Instant Access' account with no minimum amount required to open it. You can also make instant, penalty-free withdrawals under £1,000. For any withdrawals over £1,000 you must give one weekday's notice.
- [Monmouthshire Building Society](#) offers an instant access, fee-free charity savings account, with a minimum deposit of £1 and no withdrawal criteria.
- [Virgin Money](#) also offers an instant access charity account, with a minimum deposit of £1. It has a minimum withdrawal amount of £1.

4. Dates/details of next Zooms on “Exploring World Faiths”

All bookable via the u3a website: learning@u3a.org.uk

Mon 21st August: Faith & Youth: Three young people from different faiths will tell us about their faiths and how that affects their lives

Mon 25th Sept: Reflections, Ideas and Experiences of Setting Up and Running Local Exploring World Faiths Groups. Your opportunity to tell us about your ideas.

Mon 16th Oct: Faith and Slavery: World Elimination of Slavery Day is in October: what do different Faiths have to say about historic and modern-day slavery?

Mon 13th Nov: Interfaith; National Interfaith Week is in November each year. What is Interfaith, In what ways do different faiths work together?

5. Walking Netball? 10-12 weeks' FREE support.

Looking for a new activity? Walking Netball is a slower version of the traditional game. England Netball's regional team is keen to hear from any groups across the West Midlands that want to set up a session. We offer **10-12 weeks free setup & coaching** and then we'll support some members of the group to **attend a FREE 1 day course and become qualified as a Walking Netball Host to lead the session in future.**

Interested? Contact Zoe Mitchell, zoe.mitchell@englandnetball.co.uk, with your location and contact details. Find out more about Walking Netball: [England Netball | Walking Netball](#)

Want to share something about your u3a, ask a question or share an idea?

Contact your Regional Trustee Jean.Jackson@u3a.org or call 07310 183428