



From the Chair

My first year as Chairman of the North West Regional Committee is coming to an end and, by the time of the AGM, the North West Committee will have achieved a great deal. We think you have appreciated the events we have put on for you, but are taking your comments and suggestions seriously. We will put together a programme for 2014/15 that reflects your wishes. Thank you all for your support and encouragement.

Our Summer School is again well supported by members within the North West and from much further afield, numbers are approaching 100 and some courses are already fully booked.

The AGM and Lecture Day in Lancaster is going to be interesting and enjoyable and I so hope that most of our U3As will be able to attend. The Ashton Hall in Lancaster is large and central; our speakers will inform and entertain you in equal measure and the AGM itself will be as business-like as we can make it. See page 2 for information on booking your place but please note – the event is now **FREE OF CHARGE** – the North West Committee has decided to cover all the costs of the room and teas/coffees. All we need to know is your name, which sessions you will attend and whether you will represent your U3A at the Annual General Meeting.

Sue Watkinson

In this edition of the newsletter you will find

Page 1 – “Growth Matters to all U3As”, a Seminar in Warrington; Third Web Masters’ Workshop in Penrith

Page 2 – Details of North West Region’s AGM in Lancaster and reminder about the Summer School

Page 3 – Trustee news and topics and other news from and for the Region

**Almost fully booked
“Growth Matters” Seminar**

On Monday 28 April

The Gateway, Warrington, WA1 1SR

11.00 a.m. - 4.00 p.m.

Lunch will be provided, coffee from 10.30 a.m.

We will discuss the problems with rapid growth, no growth and reducing numbers
Large or small U3As will find something useful or interesting in sharing experiences with others

Application form is on the website www.u3asites.org.uk/north-west

This Seminar is funded by Third Age Trust

and is FREE to NW U3A Members

**Last few places available on the
Web Masters’ Workshop**

Tuesday 6 May

11.00 a.m. - 4.00 p.m.

at Penrith Methodist Church in Wordsworth Street, CA11 7QY

Just off M6, Junction 4

Application form is on the website www.u3asites.org.uk/north-west

This Seminar is funded by Third Age Trust

and is FREE to NW U3A Members

**Everyone will be welcome for the two speaker sessions at the
Annual General Meeting and Lecture Day – 10th June
at the Ashton Hall within Lancaster Town Hall
11.00 a.m. – 4.00 p.m.**

- 10.30 a.m. Hot drinks will be served
- 11.00 a.m. Professor Christine Milligan, Centre for Ageing Research in the Faculty of Health and Medicine at Lancaster University, will present an informative approach to the many processes involved as the body grows older
- 12.15 p.m. Lunch break – bring your own or go out into the city
- 1.30 p.m. ***The AGM of the North West Region (each member U3A is invited to send two representatives)
The formal notice of meeting, invitations for Resolutions and Nominations to the Committee will be sent under separate cover to all Business Secretaries and/or Chairman***
- 2.30 p.m. Taffy Thomas, the Story Telling Laureate from Grasmere will tell us about the importance of storytelling within U3As, illustrated by his own tales.

This event is FREE OF CHARGE, funded by the North West Region

The booking form is on our website www.u3asites.org.uk/north-west , (we need numbers for refreshments)

Members from all North West U3As are invited to attend to listen to our two speakers

We need your help to maintain our programme of workshops and seminars – please volunteer

An A4 poster about the AGM is **also attached** to the website for you to print out and put on notice boards

**North West Region's Residential Summer School
at Newton Rigg College near Penrith
Tuesday 26 – Friday 29 August 2014**

**Newton Rigg College is an open campus very near to Penrith and just five minutes' drive from the M6
Ullswater and the Northern Lake District is on the doorstep.**

Archaeology (Carol Allen), Digital Photography (Rod Marsh), Geology (Chris Arkwright) now have waiting lists

Limited places still available on Art (use of colour-Jacqueline Cartwright),

Creative Writing (Maggie Smith), Novels of 1961 (Meg Shaw)

A Musical Journey from Renaissance to Romanticism (Gillian Russell)

The Summer School starts mid-afternoon on Tuesday 26 August and ends with lunch on Friday 29 August.

Accommodation is in single, en suite rooms and all meals are provided to residential students.

Day students are welcome too, with buffet lunch, teas/coffees included;

evening meals can be taken at the College for an extra charge

Several of the courses will include a day out (all expenses included) to cover field trips or visits

We have held our prices at £300 (£150 Day rate)

Full details and application forms are available on the North West website,

or phone David Joseph (member of NWREC) on 01625 861 327 for more information

Trustee Notes from Jenny Carley, NW Trustee

Those of you who have recently visited NW Region website will have noticed that there have been quite a few changes. Our new Webmaster, Derrick Fewings, has worked hard to streamline the information and make it easier for you to complete application forms for the AGM and seminars. We have a new tab in the menu bar 'News (U3As)' page. This is for YOU to showcase your special events that have taken place recently in your U3A. I was inspired by the many items that U3As in our region are organising to mark the anniversary of WW1. The Home page currently shows a photo from Congleton's flower arranging group, displayed at their AGM. What are you doing? – It can be a photo or a story. Please send information to the Webmaster via the contacts page or to me.

PROPOSED CHANGE TO DISTRIBUTION OF THE NW Region NEWS LETTER

I have many times requested help with regional activities; do I need to tell you that this has produced only a few volunteers? In order to reduce the workload it is the intention to circulate the NW Region Newsletter electronically, it will no longer be sent via business mailings so please ensure that someone in your U3A has responsibility for

circulating the NW Region information. Any U3A member can receive a personal copy by sending their e-mail address to me, so please advertise this facility, see attached poster. It is anticipated that this will speed up communications in the region and I will be sure that any 'HOT NEWS' that I send out gets to you quickly and efficiently. We will also save some trees!

Trustee Topics – from Jenny Carley, the North West Region Trustee

Spring and sunshine have at last returned. Time for a spring clean? If so now is the time to look at your U3As constitution. Is it 'fit for purpose'? Do you abide by the contents? At your last AGM did anyone raise any issues? Many of the problems that I have encountered over the last 18 months would not have arisen had an appropriate constitution been in place. Please look at yours and if you think a fresh start is the way to go I strongly recommend that you replace your old constitution with the Model Constitution, downloadable from the national website. At the same time look at the procedures and conduct of your AGM. Many of you do not have Standing Orders so you may find that you need to write these when reviewing your constitution. Advice on Standing Orders can be found on Advice Sheets No from the national website. If you have a problem downloading the constitution or need advice on writing Standing Orders please e-mail me

Many U3As are entering into partnership arrangements with Universities, Museums and National and local organisations. If you are involved in any such activity the Third Age Trust would be interested to hear all about it. Please contact me with anything you may think falls into this category

Jenny Carley

Other News

The 50 Plus Show in Manchester attracted a great deal of interest and queues formed on both days. One of the other stall holders asked what U3A was selling that made us so popular. Could it be simply "happiness"?

The Literature Day organised by the Deeside and Wirral Network in early April was judged to be a success. Interesting and informative, challenging and entertaining speakers and practical sessions filled the whole day.

The Family History Study Day in Kendal last month was attended by 66 members and much enjoyed by everyone. Thanks to John Harman for not only taking on the organisation but also being one of the speakers. On the same subject a network of U3As in the Peak District of Derbyshire is now advertising a full day of lectures at The Dome in Buxton on 13th September. Nick Barratt of "Who do you think you are?" leads an impressive team of speakers. The cost will be £20 to include attendance, lunch and other refreshments and car parking. Contact Ian Taylor on taylor.ian9@gmail.com for an application form.

Our North West Speaker List is nearing completion. Gill Russell of the NWREC is compiling it and has a wide variety of speakers included, some free others not. She asks that any U3A gives her only names and contact details of speakers that have been enjoyed by members – contact her via the Committee page on the North West website, www.u3asites.org.uk/north-west. We are not making any checks or recommendations in supplying this list to you. It will be an attachment on our website for your information once it is ready for use.

Shared Learning Projects (SLPs)– have recently been re-defined and can be more wide-ranging than previously understood. The new leaflet "***Some Ideas for Shared Learning Projects***" can be found on our webpages but this is the current definition.

SLPs involve a team of U3A members, usually from different U3As, exploring a specific topic, proposed by a U3A or by an institution (such as a museum, art gallery, stately home or library) and normally there is a set time span. SLPs are all about taking the U3A and its values and ways of learning into your local area or sharing it with other U3As. They involve the cross-fertilization of ideas, socialising and showing what older people can do that is of value to their community.

Some ideas include a booklet of themed walks, reading together, a Statement of Significance for a Local Building, a contribution to a Community Website, Work with a School or Residential Home to compile a reminiscence pack. If you have an idea for something that can be described as an SLP then do get in touch with Sue Watkinson.

For details of the North West Regional Executive Committee please go to the North West website. All members can be contacted via the e-mail boxes.