



Newsletter No: 35
April 2015

Registered Charity No. 115 9091

**North West Regional Annual Conference
(Incorporating the AGM)**

4 June 2015

Crewe Arms Hotel, Nantwich Road, Crewe, Cheshire CW2 6DN

1030: Coffee

1100: Welcome; Speaker: Dr Diana Leitch MBE: Opening a Window on Science for Everyone

1215: Lunch break (coffee will be served)

1330: Mike Lyne: Driving in the 3rd Age

1445: AGM

1545: Close

Speakers' Synopses below

A choice of Sandwiches will be available; order and payment on the day

Your own food cannot be eaten on the premises

Various food outlets/restaurants available within a short minute walk from the Hotel

Car Parking: please reserve a free space in advance; instructions on registration acknowledgement

The Crewe Arms is across the road from Crewe Station; please note that the first access is via steep steps so, if this is a problem, there is level access a short distance further on.

Catalyst: Opening a Window on Science for Everyone

This is an illustrated talk on the Catalyst Science Discovery Centre and Museum which is located in Widnes, Cheshire, at the heart of the original chemical industry. Diane Leitch will explain why and how the Centre was created in 1987, what changes have occurred in the interim and what its role is today. She will outline what it has on offer for visitors of all ages and recent developments like the Mersey Crossing Visitors Centre which is now housed on the ground floor of the Centre and the proposed HLF bid to create a 'Panorama of Halton'. Diane will also outline a new project which is being carried out in association with the Royal Society of Chemistry and some of the opportunities which are available for collaboration between the NW U3As and Catalyst in the delivery of this project. Diana is a native of Runcorn, a chemist by profession, and was the Deputy Librarian at the John Rylands University Library of Manchester before retirement in 2008 when she joined South Manchester U3A. She was awarded an MBE in the Queen's Birthday Honours 2014 for 'services to chemistry'.

Driving in the 3rd Age

Car ownership and driving are such an important part of modern life for most people that we almost take them for granted. However, as we get older (unless we are very lucky), changes in our physical capabilities start to creep in and slowly degrade our ability to drive. Being human, we try to ignore them or pretend it's not happening. It could be our friends, family or even ourselves who realise that our driving is deteriorating and that can come as a bit of a shock to our confidence.

This talk will look at the problems that arise as a driver gets older and a brief look at some of the statistics that actually show that 'older drivers' are not as bad as some parts of the media make us out to be.

The talk will then run through some suggestions for what we can try; so be able to keep driving safely into our Golden Age and continue the activities and lifestyles that we enjoy for as long as is reasonable.

From the North West Regional Chairman: Sue Watkinson

My two years in the Chair of the North West Region have flown by;

I must have been enjoying myself – and, yes, I have!

The experience has been rewarding and interesting but, above all, fun. I am sorry if this sounds like the latest brochure from the Third Age Trust but it is quite true!

On 4 June, I will hand over the reins to my successor who will welcome new members to the Committee – there may be some familiar faces from U3As that have supported our many and varied events up and down our Region or members we have not yet met; there's still time to think about your nomination.

I look forward to welcoming many of you to the AGM in Crewe.

Every picture tells a story!

Prior to the AGM, the Region has been invited to put on a display for the 10th Birthday celebrations of Upholland & District U3A.

We need some interesting photographs from our North West members - images that tell a story about U3A activities.

After reading Third Age Matters, I know that some U3As have been doing exciting and different things so I'm hoping to receive, among others,

a shot of a troll from Preston & District or one from St. Helens of their revue.

An email with a jpeg attachment in high resolution would be best please so that the finished prints are good quality and please add a long caption.

Send them to: billandsuew@gmail.com

Thanks to the hard work of our Trustee,

the NW Networks are growing in confidence and organising their own events.

South West Lancashire Network is holding a Growth Workshop on 27 May in Upholland; details on the SWL website: www.u3asites.org.uk/sw-lancs-network.

This will be similar to the event held in Warrington last year but it has been reduced to a half day and is aimed primarily at the U3As within the Network but there may be spare places. Growth means no growth, slow or static growth and fast growth; if you were unable to attend the Warrington Workshop, why not attend this one?

And don't forget our Summer School in Penrith.

I can't stress enough what enjoyment can be gained from a short course of study on a new topic or even a subject long forgotten.

The company is good - and so is the food.

Full details on the North West website: www.u3asites.org.uk/north-west

Interesting Items from our Website:

www.u3asites.org.uk/north-west

Photo Gallery: we have a few images on display but would be pleased to show more. If your U3A has been doing something interesting or different, do send a photograph to the Webmaster (see details in the Committee box on back page)

Speakers List: a comprehensive list of speakers is available on the website; some are free of charge, some charge expenses, some ask for a charity donation and others make a reasonable charge. This could be helpful for your Monthly Meetings, etc. Please remember that the Regional Committee cannot guarantee the content but it offers ideas for someone new or different. See button on the Home Page of the NW website.

Science Forum: Following our two Science Group Leaders' Workshop Days in 2014, there is a facility on the website's Members' page for the Science Groups to share details of speakers, visits and other information of interest.

**North West Region Summer School 2015
Newton Rigg College Penrith, Cumbria, CA11 0AH
1 - 4 September 2015**



Classes:

Architecture Explored; Egyptology (An introduction to Ancient Egypt);
Creative Writing; Geology (Lakeland Ice and Fire);
Introduction to Digital Photography;
Introduction to Medieval Archaeology; Introduction to Philosophy;
Japanese Encounters

Please Note: Early Bird discount has been extended to 31 May 2015 - so go to the website and book now!

Bookings should be confirmed with a £50 deposit; balance due by 31 May 2015

Costs:

- Full Board Residential Delegates: £300
- Non-Residential Day Delegate £150

Additional information can be found on the NW website:

www.u3asites.org.uk/north-west

or contact: petermonaghan20@btinternet.com/01461 338 826

Philosophy Day and Financial Management & Administration Day

Members who attended these Workshops reported how much they were enjoyed and the Region's thanks go to:

Arthur Maltby and Peter Monaghan

for their hard work preparing to make these Days so successful

Running Philosophy Groups: Crewe Workshop

Heswall U3A has had a Philosophy Interest Group for nearly five years. It is run by Arthur Maltby who recently started two other Groups so potentially span all the U3As in Deeside and Wirral; six U3As contribute. One Group is full and, like Heswall, has a waiting list. As a result, the North West Committee asked Arthur to run the Crewe Workshop and he was accompanied by Jenny Heywood from Heswall. Most participants were from Cheshire; some run Groups or are in one; others are just pondering how to start. Arthur and Jenny enjoyed meeting fellow enthusiasts and learning from what others did as well as offering their own ideas and methods. Some of the delegates may stay in touch with Arthur to send queries and/or share future ideas.

Arthur and Jenny explained what they do and why and sources used, including links with living writers; handouts included a list of subjects covered and notes from their meetings. Two one hour workshops followed to discuss issues and problems and the Day finished with a questions session.

There will be a Philosophy Course at the NW Summer School.

Trustee Topics

'The Chairman of our U3A sends out a personal letter welcoming new and returnina members''

Best Practice – you may have seen in the magazine an article asking you to write in about what you have found to be the best practice in your U3A Networks or Groups. I know from my visits that you have lots of ideas – now is the time to share them in the true spirit of the U3A. They may be ideas that I have given you and you found that they worked e.g. 'The Hats' and there are many more. You have the knowledge and ideas,

so please share. Send your 'Best Practice' on any aspect of the U3A by email to me: carleyjenny@gmail.com or via the link on the communications section on the National website.

'Our U3A was growing so rapidly, we started another one in the same town! They are very different''

The purpose of this exercise is to collate all the ideas of best practice and add them to the National website in the Communications area so that all can share and improve the U3A movement.

So 'What worked for You' to enhance your U3A? Please tell us!

From the Third Age Trustee (NW Region): Jenny Carley

I am sure that, over the last year, you have appreciated the work of the Region especially organising all the workshops. There has been approximately one workshop per month. That is quite an achievement. It is the AGM on June 4th so, if you have recently left your Committee, please consider the Regional Committee as a means of sharing your experiences; you would be very welcome. In addition to the AGM, there are two excellent speakers and you will be hearing about my new (additional) role as a member of the International Committee.

The National AGM is at the end of August. It will be Barbara Lewis's last as Chairman of the NEC. Please try to come; it is a great experience - 'Everyone should attend at least one national AGM in their U3A life'. I hope to see you there.

North West Region Executive Committee Members

Chairman:	Susan Watkinson, Aughton & Ormskirk U3A
Vice-Chairman (acting)	Bill Fowler, Sandbach U3A
Secretary:	Beverley Jones, Clitheroe U3A
Treasurer:	Peter Monaghan, Carlisle & District U3A
Members:	John Harman, Lancaster & Morecambe U3A David Joseph, Macclesfield Rural U3A Gill Russell, Hoylake & West Kirby U3A
Co-opted Members:	Margaret de Wolf, Hoylake & West Kirby U3A Neil Stevenson, Upholland & District U3A
Regional Trustee:	Jenny Carley
Webmaster:	Derrick Fewings. Aughton & Ormskirk U3A

Committee Members can be contacted by email through links on the Committee page of the website where all information, news and application forms can also be found:

www.u3asites.org.uk/north-west