



North West Region of U3As

Registered Charity No. 115 9091

Issue No 36

Included in this News letter

- Message from New Chairman
- Message from Trustee
- Message from outgoing Chairman
- Contacts

Message from the Chairman—Gill Russell



Hoylake /West Kirby
Chair– 2009-13

Deeside and Wirral Network
Chair 2012-2014

Regional committee
2013-2015

Regional Chair 2015

Dear members,

When I joined my new local U3A in 2008 I never dreamed how much it would influence my life. I always said I would NEVER serve on a committee – so how have I managed to not only serve on three but to chair them as well? I have no excuse for being bored. My involvement with the U3A makes it worth getting up in the morning to see what challenges I might be facing.

Having been part of the team which forms the North West Regional Executive Committee for the past two years I have learned to appreciate the wider aspects of the U3A and have enjoyed helping to develop workshops and seminars to support the members. The Committee welcomes input from you – the members – to help provide the focus for our future planning. I am looking forward to meeting many of you around the Region as I take up my new role as Chair of the NWREC and hope that you will continue to ‘Learn, Laugh and Live’ with the North West Regional Committee and Trustee

Gill Russell

Inside this issue:

| | |
|------------------------------|---|
| Message from outgoing Chair- | 2 |
| Trustee Topics | 2 |
| Blue Tablecloths | 3 |
| ‘Acting Up’ | 3 |
| NW Programme | 4 |
| Membership systems | 5 |
| Contacts | 5 |
| Energy Day Cumbria Network | 6 |

Message from Trustee —Jenny Carley

Another successful year for the NW region. It is thanks to the committee especially Sue, whom we need to thank for such a varied programme. Thanks also to you the members who have attended the events and made them so enjoyable. My 2015 message to you all is available on the NW website. Please visit the site and take back to your members the work that the region has done. Many of you know that last year Sue Watkinson and Gill Russell were appointed to be Assistants to the Trustee. I am so pleased to inform you that they have both agreed to continue in this role. I am your Trustee to help and advise. If I don't know the answer to a question I

probably know someone who does. Do not wait until you have a serious problem; it is always best to address even the smallest issue at the start. One word of warning; your best advice comes from its original source. If you want advice read the advice sheets initially. If the advice is insufficient, please call or email me, I do not advise asking another member, (Chinese whispers comes to mind). Lastly I will always attend an event if invited, if I am unable to attend then Gill or Sue may be available to represent the Trust on my behalf.

Jenny Carley (NW Trustee)

Live, Laugh and Learn with the North West Region



Sue Watkinson

Aughton and Ormskirk U3A

Regional committee 2010-2013

Regional Chairman 2013-15

At the North West AGM in Crewe earlier this month I was pleased to hand over the baton of chairmanship to Gill Russell (Hoylake and West Kirby U3A). Being a member of The North West Regional Committee has been a most enjoyable experience: I've learned about how other U3As operate (all quite different but always the same ethos); I've laughed with so many members as we recount tales of our successes (and failures) and I've lived the five years to the full while enjoying the company of the small but dedicated

team that supports our Trustee. I recommend the experience to anyone who has just completed a term of office in their own U3A – it's a way of sharing and expanding knowledge and making a difference to other U3As experiencing problems.

I'm not going into hiding but will continue to support Jenny and the Committee in whatever way I can so I hope to keep meeting some of you at our workshops and events in years to come.

Good luck to Gill and the team – I know the Committee is in a safe pair of hands,

Sue

Trustee Topics— National AGM/Finance Matters

National AGM

The number of NW members attending the AGM increase every year. I hope that this year there will be a record attendance. When new U3As are started the attendance at the National AGM is built into their finances as it is so important that U3As keep up to date, with developments of the U3A movement, meet their Trustee and other members of the NEC. You also meet many interesting members from U3As throughout the UK. There are discussion groups and workshops to choose from including 'Our World in 2020' and 'Publicity—How to get it'

We also have lots of fun.

This year we say goodbye to Barbara Lewis and welcome the new Chair.

I hope to meet you there.

Finance Matters

It has come to my notice that some U3As do not include money collected from their groups in their accounts. This money is part of the total income of the U3A and must therefore be under the control of the Treasurer. When your total income reaches £5000 then you must register with the Charity Commission.

I would like to remind you that your social money must also be under the control of the Treasurer and reported to your members at your AGM. It must be kept separate from the main account. Your members have a right to know the movement of money in both main and social account for transparency.

Jenny Carley (NW Trustee)

Reminder: Please ensure your website is up to date and current



Blue Tablecloths and Banners

Many of you have seen the blue tablecloth which I have been bringing to your events. These can be obtained from:

Harbersons Tel 01925 262529

email info@harberson.co.uk

Royal Blue cloth

£55 for smaller size 275cm x 178 cm

£65 for a larger one 328cm long

The print re-set costs £15, carriage is £15 Total Price £85

The one I have is the larger one with Third Age Trust Logo at the top and words 'University of The Third Age' below

If anyone wishes to purchase a Banner then we have details of a supplier.

Send an email to a committee member



Would you like start “Acting Up”

The NW Region received an email recently from a company in Northern Ireland which sounded interesting. They were looking for U3A Drama Groups able and willing to perform new material. I replied asking for more details and this is their explanation:

“Right now we are talking with our funders the Big Lottery about the project and the more support we can show for the idea from older people's groups throughout the country the better.

“Our aim is to get older people across the whole of the UK Acting Up. What we have in mind is a UK Theatre Festival for Older People. We are planning to commission a number of brand new plays from very well-known authors especially for older actors to perform. The plays will be made avail-

able to groups up and down the country to read, choose from and to perform. There will also be lots of support for groups who are new to this sort of activity and a specially dedicated website where groups can share advice and information and publicise their performances etc.”

So – my request to you all is – please let me know if you have a Drama Group that might be interested in hearing more about this initiative and I'll keep you informed of developments as they happen.

Sue Watkinson
billandsuew@gmail.com



Do you have a drama or acting group?

Would you like to start one?
 There is a start up guide available from the Subject Adviser -David Morton
 Contact - Subject adviser /National website.
www.u3a.org.uk

NW Region Programme

The programme for 2015 – 2016 has not been finalised.

Details of the following topics will be announced a.s.a.p.

Study Days - Energy Day, October 9th, Penrith (see flyer at end of this newsletter)
Living Well Nov 3rd, Lancaster

Training Days - Membership database Seminar - Provisional date 7th October, Holmes Chapel (see below).

The committee is now operating with even fewer members. Unless we have your support we will not be able to organise as many workshops, seminars as we did last year. Therefore, we need the support of the Networks to organise events in their location. Please send suggestions of training sessions that you would support in your Network to Gill Russell via the website.

Membership System Seminar

Aim of the session

A number of U3As have started using membership systems and others are considering their benefits. The aim of this session is to explain what these benefits can be and to provide advice on choosing a system that suits your U3A.

Content

What is a membership system?

Who benefits – just membership secretaries? What about members and group leaders?

What facilities to expect

Standard Membership Functions

U3A tailored facilities

Difference between online and desktop systems.

What are the benefits of online registration and subscription collection?

Considerations in making a decision – horses for courses

Examples of systems currently in use:-

Desktop

The Steyning System developed by John Bennett and Peter Wilmott

Online

U3AWeb

Wild Apricot

Webintegrate (as used by Costa Brava U3A)

Third Age Management System - U3A's own system – update on progress

If you would like to learn more about some of these systems before the meeting go to the website

U3ASystems.Wordpress.com



National Website

www.u3a.org.uk

North West Region of
U3As website

[www.u3asites.org.uk/
northwest](http://www.u3asites.org.uk/northwest)

Our region includes the counties of Cheshire, Cumbria, and Lancashire plus the Metropolitan Boroughs within Greater Manchester and Merseyside and all contiguous Unitary Authorities

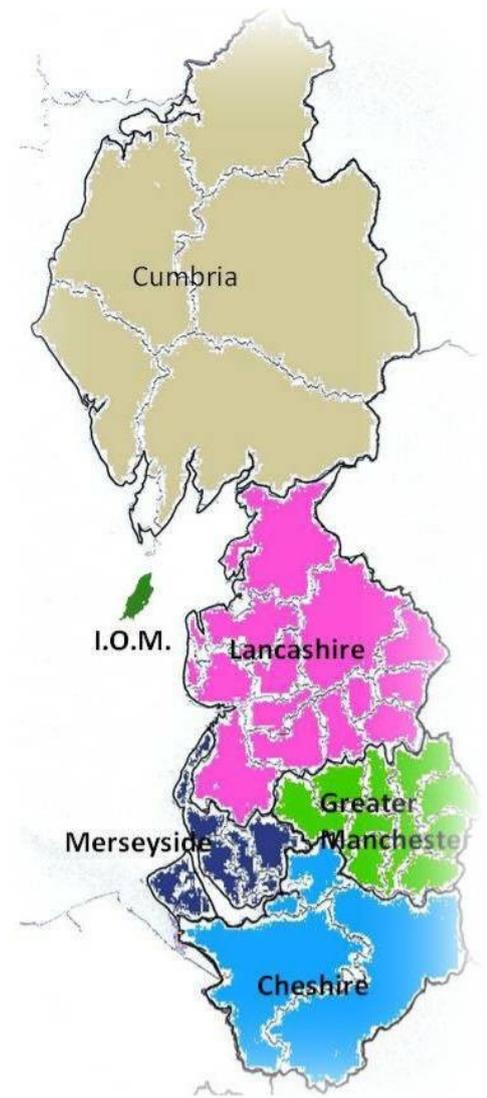
The members of our U3As are very diverse in background and interests

we all like to learn, to laugh and to live!

There are 98 U3As within the North West Region with around 36,000 members. The U3A in the UK has approximately 350,000 members.

The North West Region, started in 2009, has an elected committee, who alongside the Regional Trustee Jenny Carley help to plan an extensive program of events.

There is also a team of regional volunteers (RV's) who help growth and development of U3As. If you would like to help the region grow please contact Jenny Carley



CONTACT

The Third Age Trust—North West Regional Trustee—Jenny Carley Tel 01244680460

email carleyjenny@gmail.com

North West Regional Chairman—Gillian Russell

| | |
|----------------|---------------|
| Peter Monaghan | Treasurer |
| Rosalie White | Secretary |
| Bill Fowler | Vice Chairman |
| David Joseph | member |
| Neil Stevenson | member |

Contact via the Regional website www.u3asites.org.uk/north-west

CUMBRIA U3A NETWORK ENERGY DAY

Friday 9th October 2015, Rheged, Penrith

Come and hear up to date information about how we might meet our energy needs without compromising the future of the planet.

The content will not be highly technical.

Chair: Terry Sloan, Emeritus Professor, Lancaster University

10.00 Introduction: Setting the scene

Energy sources – future role, economic and environmental impacts

10.20 Next generation nuclear – Professor Malcolm Joyce, Energy Centre, Lancaster University

11.00 Coffee

11.20 Fossil fuels - Ashley Cooper, Environmental Photographer, specialising in Climate Change

12.00 Renewable energy – Dr George Aggidis, Dept. Of Engineering, Lancaster University

12.40 Questions to speakers

1.00 Lunch

Reducing Energy Use – what we can do

2.00 Living well on Less Energy - Dr Nicola Spurling, Senior Research Associate, Demand Centre, Lancaster University

2.40 Community Energy Projects - Phil Davies, Environmental Services Manager, Cumbria Action for Sustainability, Penrith

3.00 Questions to speakers

3.45 Concluding Remarks

Tea and depart

BOOKING INFORMATION

This is the Cumbria Network's first conference. The conference will take place in the lecture theatre at Rheged. Tea and coffee are included in the cost per place, **£12**.

We will also have use of one of the Mountain Halls where tea and coffee will be served. Although this hall is on the top floor, it can be accessed by lift and by escalator.

Lunch is not included. There are three cafes within Rheged and the Mountain Hall is available if you wish to bring your own. Also there are picnic tables outside.

How to find Rheged: by car - 2 minutes from J40 on M6. It is clearly signed with brown and white tourism signs from M6.

By public transport: Penrith station is a 3 minute drive away. There are taxis at the station and the X4 and X5 buses to Keswick stop at Rheged and leave at 20 minutes past the hour.

Rheged can be accessed easily by the hourly X4 and X4 bus service from Workington, Cockermouth and Keswick .

Please note that places must be booked by **20th August, 2015**.

No refunds can be made except in the case of the event being cancelled.

.....

Booking Form:

Please send this completed form, together with your cheque to **Maggie Potts, Whin Rigg, Portinscale, Keswick, Cumbria CA12 5RW** email: randmpotts@gmail.com

Please reserve place(s) at £12 each for the Cumbria Network Energy Conference 09.10.15.

I enclose a cheque made payable to **Cumbria U3ANetwork** for £.....

Name U3A.....

Address.....

Telephone..... Email.....

If you are booking more than one place, please list the names of all members attending below:

Names: U3A