



NW Region Newsletter No 41

EVENTS

AT A GLANCE

- May 13th
Music Day
Hoylake
- June 8th
NW Region
AGM/Conference
Liverpool
- Aug 23rd-Aug 25th
National
AGM/Conference
Nottingham
- Aug 30th-Sept 2nd
NW Region
Summer School
Newton Rigg
Penrith

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Message from Gill - Chairman NW region

The Regional Committee meets several times a year to look at ways we can support the members of our North West groups. I have just returned from a Planning Meeting in Warrington where we spent time discussing our forthcoming events and reviewing previous ones.

On March 14th we had a workshop promoting Good Governance. It began with Jenny explaining the need for Trustee induction in all U3A committees. In the afternoon we had discussion groups about finding new committee members, planning an AGM and the importance of the constitution. Attendance at this event was superb. Twenty eight groups were represented with around 50 attendees and the feedback has been excellent. Thanks to all who took part.

More workshops are being planned based on suggestions from members. In response to comments that many of our events lean strongly towards committee issues, the planning team has been busy trying to find ways to include the general membership. On May 13th there is a music event which will take a light-hearted look at different approaches to music. The venue is Hoylake on the Wirral. The poster and application form are attached to this newsletter and are also available on the website. After that we will be busy finalising details for our two big events – the AGM and the Summer School.

The Regional AGM and Conference is on June 8th. It will be held in Liverpool this year and will include the guest speaker, Professor Nigel Linge talking about 'How Manchester Cotton Wired the World' and an alternative presentation by Jenny Carley about the International U3A movement. The afternoon will include some entertainment by U3A groups as well as discussion groups focusing on Communication, Finance, Shared Learning projects and Understanding Tomorrow's World. The AGM will take place at the end of the afternoon. Details will be sent to Business Secretaries very soon and will also be available on the website in the near future.

The Regional Summer School will take place at Newton Rigg near Penrith from August 30th – September 2nd. This year there are nine courses and bookings are already well underway. Don't forget there's an early bird discount if you book before May 31st so don't leave it too long if you want to book a place. Details are on the website.

What I love about these events is the opportunity to meet and talk with people from all over the Region. It gives me insight into what U3A members can achieve and I always feel inspired by their enthusiasm and commitment. Thank you for sharing your experiences and supporting our work. I look forward to meeting more of you in the months ahead.

NW Region —AGM/Conference

Venue – the Quaker Meeting House in Liverpool.
Free to members of NW Region

Programme

10.00 – 11.00 am Meet and Greet

11.00 – 12.00 Guest speaker Professor Nigel Linge:
‘How Manchester Cotton Wired the World’

OR Jenny Carley ‘U3As around the world’

12.00 – 1.00 Lunch (not provided)

1.00 – 2.30 Entertainment and Discussion groups:

Entertainment by U3A members – singing; drama; bell chimes; recorders
Discussion groups – Finance; Communication; Shared Learning Projects;
Understanding Tomorrow’s World.

2.30 – 3.00 refreshment break

3.00 AGM

Details and Application forms available from the NW Region website
www.u3a.org.uk/north-west

MAKE SURE YOU PRESS THE SUBMIT BUTTON AT THE BOTTOM OF THE FORM

Regional Committee Vacancies:

Vice chair, plus 3 committee members,

We would particularly welcome people who are willing to get involved with the Newsletter
as well as developing and facilitating workshops.

CONTACTS

Third Age Trust NW Region Trustee Jenny Carley
email Jenny.Carley@u3a.org.uk Tel No: 01244680460

Regional Chairman—Gillian Russell
Email gillruss71@gmail.com Tel 0151 6332796

NW Region Summer School -Newton Rigg

***The NW Regional Summer School will be held at
Newton Rigg Agricultural College near Penrith—August 30th – Sept 2nd 2016***

*Courses will include
The Life and Work of Elizabeth Gaskell,
Medieval Archaeology
Geology
Art,
Architecture,
Science (the Universe),
Ukulele
Recorders
Japanese Encounters.*



*The cost as follows: Residential £275 with early bird discount £240
Non residential £155 with early bird discount £120*

To qualify for early bird discount pay by May 31st 2016

Cost includes all meals, a gala dinner, entertainment and activities in the evenings.

Details and booking arrangements - The NW Regional website: www.u3sites.org.uk/north-west.

Booking forms are available online now.

Any queries contact David Joseph 07831473157

FUTURE EVENTS

The NW Region are now planning next years programme of workshops, Study days and training seminars.

The following topics have been suggested

1. Finance for Treasurers
2. Getting volunteers for Groups and committees
3. How to deal with increasing membership
4. Communication

Please contact Gill with any other topics that you wish to be considered

There is a list of successful workshops facilitated by NW members on the website. If you wish any repeating please send an email to Gill Russell.



Registered Charity number 1159091

www.u3asites.org.uk/north-west

MUSICAL MOMENTS

Led by Gill Russell (Regional Chair) and members of NW U3As

A day to investigate different ways to organise music in your u3a

Friday 13th May 2016. 10.30 a.m. – 4.00 p.m.

at

**Hoylake Community Centre,
The Parade/ Hoyle Road
Hoylake, CH47 3AG**

Who is it for?

All U3A members

PROGRAMME

Refreshments available from 10.30 a.m.

11.00 Guest speaker Andy Smith 'Life in the Music'

12:00 – 1.00 Lunch break – buffet lunch provided

1.00 – 2.30 workshops – ***Please choose 2 from the following***

Singing for Health and Pleasure

Ukulele experience –have a go!

Different ways to organise a music listening group

Decoding Musical notation

2.30 – 2.45 refreshment break

2.45 – 3.30 – a Musical Timeline – a brief explanation of music history

The cost is £10 (includes lunch)

Application Form
Please return by April 28th

North West Region of U3As
Musical Moments
13th May 2016

Name:	
Address:	
Telephone Number:	
Email:	
U3A:	

Please select your afternoon sessions.	
First choice	
Second choice	

Please enclose a cheque for £10
payable to: **North West Region of U3As**

Please return this form and payment at the earliest opportunity to:
G. Russell, 71 Barn Hey Crescent, Wirral, CH47 9RW

For more information call Gill 0151 633 2796 or email
gillruss71@gmail.com

Message from Jenny - NW Region Trustee



I have been your Trustee now for more than 3 years. I shall be leaving the NEC at the National AGM on August 24th. It has been a very interesting time of my life. I have been part a highly successful volunteer organisation, one of which we should be proud. There will be a vacancy in September for someone to represent the NW Region on the National Executive Committee. I would like those of you who have some experience in activities

Especially committee members to consider applying for the position.. It is a commitment for 3 years, be assured you will have more than enough to fill your time. The regional committee are there to assist you. If you wish to know more then please contact me Tel No 01244 680460.

What's happening at the NEC

REFERENCE FILE—All Chairmen have received by post a 'Committee Reference file' This is for use by the committee. It is not the Chairman's personal copy, it should be passed on to whoever is the Chairman. I am afraid that it is not possible to have more copies. There are two reasons why not, firstly the copy you have been sent contains the latest documents. Any updates will be sent through office mailings. It would be useful to appoint one person responsible for keeping the Reference file up to date. Also when you copy a document it should be marked as a copy and dated, so that multiple copies of the same document are not used. I suggest that the management of this file is discussed at your next committee meeting. Secondly this file gives you the most up to date information and will hopefully reduce the number of calls to National Office. As we get bigger more members inevitably create more calls.. The first port of call should be the Trustee. All documents in the file are downloadable from the national website under 'Document Downloads'. The website is undergoing an update at the moment and I have been told that access to the contents of the reference file will be easier on the new website.

NATIONAL TRAINING WORKSHOPS.—A series of National workshops are being rolled out into all regions of the UK. Your U3As will have details of how to apply. The next one 'Managing your U3A' is in June in Manchester. They are facilitated by a team of U3A members who are trained by the development Officer and paid by the Trust. This is a pilot scheme so it is important that you give feedback if you attend a workshop. The provision of these workshops will not replace the regional workshops which we have developed and facilitated within the region. They are to compliment those of the region not to compete with the region.

RESEARCH

Some of you will know that I am on the Research subcommittee. We are collating information about all types of research that has been carried out by U3As. I have been amazed by how much has already been sent, I am sure there is more. If you have carried out any research could you please contact me. Also if you are currently undertaking research or about to take on the challenge, I would like to know. This includes any SLP (Shared Learning Projects).

For those of you who may be interested in taking on some research I have contacts that may be of Interest.

Research into Disability—A Professor of Disability at Manchester University is interested in all aspects of disability including learning disability for which he has been given a grant. If you are interested in conducting some research on a topic associated with disability then this could be for you. In the first instance could you contact me and I will pass on the contact details

Age UK - Age UK not only provide services e.g. Insurance advice etc they also conduct their own research.. Following an initial meeting with Age UK in Widnes I was invited to speak at the Age UK Regional meeting. The region demographically is exactly the same as our NW. I spoke about the U3A, how we operate as volunteers and especially the Shared Learning Projects. A number of area managers were interested in collaborating with their local U3As to carry out a joint project.. If someone does contact you and you need any assistance please contact me.

Jenny Carley NW Region Trustee