

NEWS BITES! NOV. 2019

Sharing ideas across 34 U3As in Nottinghamshire

Peer Support Group s

If your U3A would like to host a Peer Group event please contact Paul Martinez pkmartinez14@gmail.com



“Oh look, it’s whatshisname who was in whatchamacallit”

In October, The Nottinghamshire Network of U3As held an Ageing Well Conference in association with the Nottingham University School of Psychology

Together with Paula Moran of the School of Psychology and with a team of U3A volunteers, a day was planned with two Keynote Talks and a choice of 14 workshops (run mainly by U3A members). More volunteers helped on the day and in true U3A fashion the conference ran without a hitch.

Part of the morning was spent in two workshops – from a choice of nine: Cognitive testing workshop; Attention and Driving; Ageing well, shopping well; Voice recognition for maintaining contact; Sleep and the over 50s; Design the dementia friendly house; Men and Ageing; Age UK Notts. Befriending service.

Finally the day was completed by each delegate attending one of five healthy sessions – Tai Chi, Cha Cha Cha, Singing for Fun, a walk around the beautiful university grounds and a Happiness Workshop.

Many thanks to the planning team of Rosie Allen, Arnold U3A; Martin Cooke, Mapperley & District U3A; Paul Fileman, Soar Valley U3A; Siobhan Lee, Hucknall U3A; Paco Saucedo, West Bridgford U3A; Denise Swain: Arnold U3A

Also to Paula Moran and Eef Hogervorst, other speakers and all the U3A volunteers.

YOU CAN READ SUMMARIES OF THE TWO KEYNOTE TALKS IN THE DECEMBER EDITION OF NEWSBITES

Notts Network AGM

36 members attended representing 29 of the 34 U3As belonging to our Network. At the AGM we adopted a revised constitution and re-elected our Officers. Rita Foulkes stood down after 6 years as treasurer and was warmly thanked for everything she has done for us. The updated Officer group is:

Rosie Allen, Chair
Chris Niven, Vice Chair
Sue Blackley, Secretary
Terry Hardman, Treasurer
Paul Martinez, Support Officer
Margot Gale, Network Contact

Rita (with flowers) and Rosie.



In her Chair’s report Rosie stressed that the year has been very successful for the Network highlighting the following points:

- * The Officers group continues to be at full capacity. These roles are vital to the network and after this meeting Terry Hardman will replace Rita Foulkes as treasurer.
- * The Support Group led by Paul Martinez works very effectively and the Network now has seven trained volunteers.
- * Three new U3As have been established: Wollaton, Calverton and Bulwell.
- * The Ageing Well conference was very well attended and extremely successful.
- * The 5 peer support group sessions have been well received and valued.
- * A very useful Speaker/ Seeker guidance booklet has been produced and a database which can be accessed through Group Talk.
- * The Network meetings have been well attended and covered a range of subjects including Innovations, Keeping U3As open, Recruitment and Social Prescription.
- * The Interest Group data base has been updated by Peter Edge.

After the coffee break we had a lively discussion about Social Prescription introduced by John Lewis of Bingham U3A.

- * Raising awareness of U3A in the doctors’ surgeries
- * Putting brochures/posters/ in surgeries and asking doctors to give out newsletters to patients they think would benefit.
- * Ambassadors to look after new members.
- * Attendance at flu vaccine sessions to give out publicity.
- * Publicity on the local radio

Important to stress that we are not a service for referrals and that we can’t supplement social care. Group leaders could find it difficult to manage.

REFER TO ADVICE SHEET ON SOCIAL PRESCRIPTION PROVIDED BY THE THIRD AGE TRUST ON NATIONAL WEBSITE

