

NEWSBITES!

NOVEMBER 2020

Sharing ideas across 34 U3As in Nottinghamshire

Hi All u3as,

It has been a pleasure editing Newsbites for the last 3 years. I am now handing over the baton to Jane Pavier. The style of the October edition continued to be the same, but hopefully Jane will “rebrand” the look of it next time in line with the ReBranding done on the Third Age Age Trust and the Notts Network Websites.

Best wishes Lynne Jaremczenko

MESSAGE FROM THE EDITOR

Thank you Lynne for the time you have spent doing the Newsbites! It is not always an easy task. **The deadline for material will remain as 15th of each month for the time being**, but I will let you know in advance if this changes. I look forward to receiving lots of information from all of you so that Newsbites! continues to be interesting and informative. It would help me if, when sending in articles, you use typeface Arial 10.

So that I can keep an eye on everything you send in, I have set up a special email address: jane.newsbitess@gmail.com If you have any comments (preferably polite) to make on the newsletter, I would be happy to know.

Best wishes, stay safe and keep the news coming..

Jane Pavier



MESSAGE FROM THE CHAIR, ROSIE ALLEN

At the **Notts Network Meeting 27th January 2021** our topic for discussion will be **Running Interest Groups Online**. We would like some u3as to give short presentations about specific examples from which others can pick up good ideas. We have already had a number of responses to our request for people to come forward, but the more the merrier, so if you could email via Margot Gale that would be helpful. If we have a huge number of responses we might spread them over a number of meetings. margot.nottsnetwork@outlook.com

As part of the **rebranding of our website** we are looking for photographs from your u3a for the Homepage. If you have any photographs from before or after lockdown, please send them on to us. All photographs will be displayed on the website and one or more will be put on the Homepage. Please ensure that all members on the photograph are happy to be displayed publicly.

All photographs to be received by 1 December 2020.

Rosie Allen

PEER SUPPORT GROUPS (3)

Neil Hunt Chair of Arnold u3a has offered to host a **Peer Support Group for our network chairs**. His thoughts for content could be:

What innovations has your U3A brought in to deal with Covid 19 restrictions?

Use of Zoom particularly – how successful?

How has your U3A dealt with organising an AGM given that we can't meet face-to-face. If it has not yet happened how do you intend to set it up ?

Do you anticipate a fall-off of membership numbers due to Covid-19– again given that face-to-face meetings are not happening – and ideas for recruitment? Any other topics that need airing

If other subjects are suggested or needed, further sessions could be arranged

Neil has arranged the meeting for **Tuesday 24th November at 2.00pm**. Please reply to Neil Hunt neilhunt200@gmail.com if you would like to take part.



Mapperley & District u3a will be hosting the **Peer Support Group for "Web"** that will take place via Zoom.

In our u3a, we have IT expertise in several areas but cannot claim to have great knowledge of websites. Like many others, we learn as we go along and could do better.

The first Zoom meeting will take place on **Wednesday, 25 November at 10.30am** and will be a brainstorming session to identify where our skills and expertise lie and then to create a plan to proceed. We anticipate meeting monthly.

Peer Support Meeting for Interest-Group Coordinators - West Bridgford u3a

Joe Colls will be hosting a Peer Support Group for Interest-Group Coordinators at **2pm on Thursday 26th November**, on Zoom. The main purpose of the meeting is to share our experiences of helping groups to operate during COVID-19, so that we can all learn from our successes and avoid repeating our mistakes. If you would like to attend the meeting, and have NOT already responded to Joe, please contact him on wbu3a.newgroups1@gmail.com

As we all know, the u3a is suffering just now from the sheer difficulty of running many of its groups when venues are not available and physical meetings are often not possible. A quick look at our websites shows that many groups are in limbo. Yet there is quite a wide variety in the level of activity across different u3a's.

This Peer Support Meeting, is aimed at interest-group coordinators (ie the person, probably on the committee, who looks after the whole portfolio of different interest groups within that u3a) in the Notts Network. The idea is simply to share our experiences of different ways in which groups can be operated in the current COVID-19 regime, so that we can all benefit from successful initiatives and be aware of potential pitfalls.

Joe Colls, West Bridgford u3a

u3a IS ALIVE AND WELL IN NOTTINGHAMSHIRE

NEWARK & DISTRICT u3a

We decided as a group that one of the things we wanted to do at this difficult time was to support our community. With this in mind we decided that we would approach our Local Newspaper, the Newark Advertiser, to see if we could get an article published informing readers about what the u3a is all about and what we as a District could offer.

They were very interested and said that if we could provide the first item there could be a chance that they could regularly include news about our District in the newspaper. Maggie, our membership secretary, volunteered for the first stint and the Advertiser published her article in the 24th September newspaper.

We then decided that each month one of our interest groups would try to put together an article and photographs for the Advertiser. Craft and knitting groups were to be targeted next, with additional information about all other groups running at the moment.

The article was sent to the Advertiser but, as we all know, we were told that we were going into another Lockdown period. The Advertiser contacted us to say that they felt that what we had to offer was very valuable at this time to many local people. As a result the Craft and Knitting article was extended to again provide appreciated information about what we are trying to do for the community and ourselves.

The Advertiser was informed that the Craft and Knitting groups have been keeping busy doing Zoom 'get togethers' and sharing ideas. These involve making face masks and ear protectors for local people, knitting baby cardigans,

beanie hats and bonding squares for premature babies, face clothes for breast cancer and musketeers for Newark Museum. The Craft group have also started a challenge for members - working through the alphabet, they can make a different item each month to share with the group.

Additionally the Advertiser reported that, as all the u3a groups are made up of retired and semi-retired people, a lot of these also fall in the 'vulnerable' category, so keeping in touch is very important - even more so at this testing time. The groups provide friendship, someone to share interests with, learn new things and very importantly, a chance to talk to others. Activity groups like the Craft, Knitting, Tai Chi, Murder Mystery Book Club, Poetry, Art and Art Appreciation, Non-Fiction Book Club, Ballroom Dancing, Line Dancing, Ukulele Band, Living History, Funtography, Music Appreciation, Recipe sharing and Quiz nights all meet regularly online.

Monthly speaker meetings will also resume again this month with our first Zoom guest speaker, David Skillen presenting his "Knitters, Nailers & Traitors" presentation about Belper in the Industrial Revolution. This will be available to Newark and District members free of charge as we try to move forward with the times.

In the future months we will be supplying the Newark Advertiser with articles about many of the groups that are currently meeting, all be it on Zoom, but they are still going strong.

Lynn Anderson—Vice Chair

MANSFIELD & DISTRICT u3a

Carol Harrison, Business Secretary, reports they had their first Zoom event on 7th November which was a Quiz Night. It was well attended and was won by Terry Whitehead with 41.5 marks out of 48 in total. They are hoping that the success of this event will encourage members to join them at their first Members Meeting via Zoom.

EXCITING NEWS ABOUT A NEW INITIATIVE FROM RADCLIFFE-ON-TRENT u3a

Radcliffe on Trent is a very busy, well-run u3a and many groups have found ways to keep in contact with their members in a variety of ways like other U3As. **However, there has been one major innovation:**

The committee worked with the local TV station - Notts TV to sponsor a TV programme called NG30 (a talk by a Nottingham person in 30 minutes).

The pilot was broadcast initially on Saturday 29th August at 7.30pm on Channel 7 Freeview and Channel 159 Virgin TV with a repeat at 2pm on Thursday 3rd September and several times since. It is available on our website. Find it on www.rot-u3a.org.uk

The first show was entitled 'Between a rock and a hard place' and featured geologist, mountaineer and local resident Barrie Page. Producer Chris Breese was pleased with the programme and with the numbers of viewers. There was overall agreement to do three more programmes.

The committee felt that this challenging venture has given the members a better alternative than trying to bring the monthly meeting online via Zoom or on other platforms. We feel this is an initiative that other U3As might want to emulate, perhaps in a consortium.

We have subsequently decided to do a mini-series of three more programmes and then survey the membership for their views. The first programme featured Chris Weir who is a local historian and was an archivist for 40 years. His links with The Nottingham Local History Society go back to the 1980s and he has written a number of books on related topics. He is keenly interested in community history. The talk was very interesting and provoked a big response from the membership. The 'sting' (advert) at the beginning and during the ad. break is very dynamic and we hope it will let more people know about the U3A and encourage them to join.

The programme was publicised on our website www.rot-u3a.org.uk and on Facebook in advance and a link was also added to view the show for those not able to access Notts TV. If you want to get in touch to find out more, please contact us through our website : www.rot-u3a.org.uk

Penny Tytler, R-o-T u3a

MAPPERLEY & DISTRICT u3a

Mapperley & District have done well with keeping groups alive using Zoom along with an informative newsletter. We continue to try to engage more members and the second lockdown has encouraged several to give Zoom a try. Our general meetings continue via Zoom with a variety of speakers. We organised an additional general meeting for a showing of a special DVD provided by a member. This was a unique documentary of the Lace Industry. It was so popular that another member has offered another DVD for showing in December.

Just before Tier 3, we managed to squeeze in a successful jigsaw puzzle swap shop in my porch with members booking a time slot and another planned for early December. Our Wine Group meets every Wednesday at 6.00pm for an hour. They are sending an invitation to all members to join them on New Year's Eve at 6.00pm for a fond farewell celebration to 2020. We expect our usual Twixmas morning meeting (somewhere between Christmas and New Year) to be via Zoom when we shall have a festive quiz and other seasonal entertainment.

Carolyn Luckhurst, Chair

EDWALTON, GAMSTON & DISTRICT u3a

At the start of lockdown Josephine Cutts, who leads the Painting classes for Edwalton, Gamston & District U3A, was no longer able to organise art classes at her studio in Edwalton and she came up with the brilliant idea of a multi-disciplinary project which could involve all of the U3A members and not just those who attended her art classes. I am delighted to share with you the Handmade project, which is the fourth in the series, which has brilliantly been turned into a PowerPoint presentation by Terry Mayhew, the Newsletter Editor, which is going out with this Newsbites. I hope that you enjoy the Handmade project and I hope that it will inspire your members to produce a similar project. Jo is currently collating entries for the fifth project on the subject of Transport.

I am sure that Jo would love to hear from other U3A's in the Notts network who are encouraged to start their own projects. Jo can be contacted on jocutts58@gmail.com

George Gollidge, Chair

NEWS FROM THE REGION AND NATIONAL OFFICE

GOING FORWARD TOGETHER

Chairs, Secretaries and Treasurers of East Midlands u3as were invited to an East Midlands virtual event '**Going Forward Together**' to be updated on developments nationally and to gain new ideas for their u3a. The event was held via Zoom . Places were limited to 100 and the event was fully booked.

The event was recorded and is now available on YouTube. To launch the recording (in a new tab) click on this link: <https://youtu.be/8yon2lZeDUo>

NATIONAL NETWORK LINK

The Network Link webpage is available now - under the 'Support for Networks' button on the front page of the national website. There will be more added to it in the future.

Many thanks for your continued assistance in the important business of communication.

Hilary Jones— Vice Chairman, Third Age Trust

REGIONAL PR AND MEDIA ADVISORS

Do you want to help raise the profile of u3as in your part of the world, and support the national campaign to celebrate and promote awareness of the u3a movement?

We are looking for volunteers with knowledge and experience of working in a PR, media or marketing capacity to join their Regional Team and be linked to the national Communications Team. Volunteers will be part of a UK wide team with other PR Advisers.

The role is home based but could include travel around the region or country, as necessary. Most meetings will be conducted online but occasional team meetings in London (when permitted) will be required, but no more than twice a year. Expenses will be paid under the Expense Policy of the Trust.

For an informal discussion contact Sue Stokes, Chair of Communications and External Affairs: email sue.stokes@u3a.org.uk or call 07931 865903

COVID-19

The National Office website is regularly updated to take into account the latest instructions from the Government. The current regulations can be found on the Home page under How to Run Your u3a: Covid and Beyond.

The deadline for articles and photographs for the next issue of Newsbites! is **15th December**.

What will your u3a be doing to brighten up the lives of your members during the long, dark days in the lead-up to Christmas? Are you planning Zoom tea (or wine) parties? We would all like to know.