

Nottinghamshire Network of u3as

Organisation, Purpose and Structure

The Network

There are 85 networks listed on the National Office website.

There are currently 33 Nottinghamshire u3as in the Network. Collingham is a Nottinghamshire u3a but because of its location is a member of the Lincoln Neighbourhood Group of u3as, rather than the Nottinghamshire Network.

Arnold, Ashfield (Kirkby-in), Beeston, Bingham, Burton Joyce & District, Calverton & District, Carlton & Gedling, Cotgrave, Dukeries, Eastwood, Edwalton Gamston & District, Forest Town, Hucknall, Keyworth & District, Mansfield & District, Mapperley & District, Newark, Nottingham, Park Nottingham, Radcliffe-on-Trent, Rainworth, Ravenshead, Retford, Ruddington, Sherwood, Southwell, Soar Valley, Stapleford & District, Sutton-in-Ashfield, Warsop, West Bridgford, Wollaton and Worksop. The Vale of Belvoir were initially members but are not at the moment.

Network Officers:

- Chair: Rosie Allen - rosieallen21@outlook.com
- Vice Chair: Chris Niven – chrisniven1@yahoo.co.uk
- County Contact: Margot Gale – margot.nottsnetwork@outlook.com
- Treasurer: Terry Hardman – terr-har@yahoo.com
- Secretary: Sue Blackley - susanblackley@hotmail.com
- Support Officer: Paul Martinez – pkmartinez14@gmail.com
- Officer: Gill Lee - gill.lee@live.com
- PSG Coordinator: Carole Harrison – businesssec.mansfieldu3a@gmail.com
- Web Administrator: Peter Edge – peter.edge@ntlworld.com
- Regional Trustee: Jean Hogg – jean.hogg@u3a.org.uk

Benefits of belonging to the Notts Network

The opportunity to learn from the experience and expertise of other u3as.

The opportunity to ask questions and explore issues.

Support for u3as as they open, change and grow.

Support in times of difficulty.

Sharing of resources to put on Network activities such as Study Days or social gatherings.

A communication channel through the Network Contact.

Sharing events, speakers, training sessions.

The opportunity for members to join some Interest Groups run by another u3a.

Help and support to new u3as.

Launching new u3as or support where a relaunch is felt worthwhile.

Meetings

There are held four times per year: January, April, July and October. Normally meetings are held at The Centre, St Peter's, Ravenshead, Notts, NG15 9FD.

Throughout lockdown meetings have been held via Zoom. Meetings for 2022 will be January Zoom, April at The Centre, July and October/AGM meetings to be decided.

Membership

The cost of membership is currently £15.00 and invoices are sent out by Terry Hardman in November for payment either by on-line banking or cheque.

Contact

Margot Gale is the County Contact and distributes all paperwork to the Network contact that she has for each u3a. It is imperative that Margot is informed by each u3a of the name and email address for their current Chair, Treasurer, Secretary and Network member. **Please ensure that you do this whenever membership of one of these post changes: margot.nottsnetwork@outlook.com**

East Midlands Regional Trustee

Jean Hogg is our trustee and also often attends Network Meetings where she provides updates from the Third Age Trust and details of training and events etc.

Website – nottsu3anetwork.org

Peter Edge is the Administrator for the website which is full of information about the Network and current news. There are links to all the Network u3a websites under the 'u3as' tab. It is well worth recommending to all your members to go on the website regularly.

Retention & Recruitment Toolkit

This very informative and easy to use document has been produced by Paul Martinez on behalf of the Third Age Trust with support from various u3a Network members. It can be found on the Website nottsu3anetwork.org

You can access the whole document or just work through each module as and when required. It's useful for retaining and recruiting Committee members.

Newsbites

This publication is issued monthly and contains information sent in by each u3a. It also includes details of forthcoming training and events from the Third Age Trust. Each u3a is encouraged to submit articles for inclusion which can be sent to Jane Pavier by email on jane.newsbytes@gmail.com with Arial x 10pt font.

Peer Support Groups (PSG)

- **Chairs' PSG** administered by Rosie Allen rosieallen21@outlook.com
- **Publicity PSG** (includes Webmasters) Chris Niven chrisniven1@yahoo.co.uk
- **Treasurers' PSG** - Sue Blackley on susanblackley@hotmail.com
- **Secretaries' PSG** administered by Yvonne Haynes on wbu3asec@gmail.com
- **Membership Secretaries' PSG** by Andy Babbington from Ravenshead u3a
- **Interest Groups' PSG** by Joe Colls on wbu3a.newsgroups1@gmail.com
- **Speaker Seekers' PSG** set up as a Google Group to contact one another. Contact paul.fileman@btinternet.com to be included in the group to share information on speakers

Why were PSGs set up

- Peer Support Groups were set up at the request of u3a members at various Network meetings in order to provide help, support, assistance and knowledge to new and longstanding Committee Members
- All PSGs are meeting by Zoom (if you need help with accessing Zoom, then please contact Margot Gale who can provide you with the name of someone who can assist)
- PSGs are all run by volunteers normally in that specific role
- Each group sets their own agenda and decides how regularly they wish to meet. This is dependent on the needs of each group.
- The Secretaries Group have set up their own WhatsApp group where members of the group can email with a particular question which is usually answered quite quickly so is a very useful resource in between meetings. Other PSGs are using Google groups for the same purpose.
- Some groups meet monthly, others less frequently
- Membership changes when volunteers step down from their role
- It is a good way of meeting others performing the same role and they can help by sending you information or directing you to who can help so you do not feel alone.

PLEASE ENCOURAGE YOUR COMMITTEE MEMBERS TO JOIN THE RELEVANT PEER SUPPORT GROUP, THEY WILL FIND IT VERY USEFUL