

# Regional Trustee's Report for Nottinghamshire Network

**25 July 2018**

In last few months I have travelled the length and breadth of Nottinghamshire (and the Region), visiting U3As, either to speak to their members, or help their committees when they have problems. In the last financial year (April to March) I drove more than six thousand miles in addition to train journeys to attend meetings.

All U3As should be aware that the new General Data Protection Regulations (GDPR) came into force on 25<sup>th</sup> May. There is information available on the National Website in the Advice Section and U3As are advised to have their own Data Protection Policy based on the information given. Suggested membership renewal forms asking members permission to use their details; are available on the website.

The national Conference and AGM will be held at the East Midlands Conference Centre, Nottingham, 28-30 August 2018. Several workshops are planned for the second day and the list is now available on the National website.

The National Executive Committee is looking at ways we can raise the profile of the U3A movement. There are just over 400,000 U3A members, and that is a very small proportion of the population eligible to be part of our organisation.

On 10<sup>th</sup> July the Third Age Trust held a reception at The House of Commons to launch its new publication *Learning Not Lonely*. The people invited were not just Members of Parliament and the House of Lords, but people from organisations such as Age UK, local authorities, universities, Centre for Aging Better and several other organisations which are involved with 'third agers' and/or people who are lonely. A copy of the publication has been sent to all MPs, even if they were not invited, and also to all U3As in the country.

A second Network Link meeting was held on 1 May, which was attended by representatives of 40 networks/neighbourhood groups/clusters. Members who had attended the previous meeting suggested the items for the agenda. The meeting was led by Ian McCannah, vice chair of the NEC. A further meeting will be held on 12 October 2018.

For U3As who are interested in joining the Beacon system, you should get in touch with Andy Topp of the East Midlands support team at [beaconemrst@gmail.com](mailto:beaconemrst@gmail.com). He may also be able to arrange a workshop if sufficient U3As are interested.

A small Working Group will also be looking at existing U3As and ways they can be helped if they have reached capacity have difficulties recruiting new committee members or have waiting lists. Some older U3As feel they are being neglected in the rush to launch new ones.

There is a Resource Centre at National Office, which lends out CDs and DVDs on a wide range of subjects which can be used by interest groups. Please ensure your group leaders and groups co-ordinators are aware of this. There is a catalogue on the national website listing the items available. The only cost to your U3A is for the return postage to National Office.

In each copy of *Third Age Matters* there is a list of Subject Advisers who can help with information when setting up a new group in their subject. They are also able to offer advice to existing groups

on where to find information to help with furthering the work of the group. Please make your interest group leaders aware of the work of these advisers who are volunteer U3A members. It is possible they could be willing to visit your U3A and talk about their subject.

Three times a year *Sources* is published and included in *Third Age Matters*. There will only be two more paper copies of *Sources*, following which it will be online. It can already be viewed at [sources.u3a.org.uk](http://sources.u3a.org.uk). *Third Age Matters* is to be re-formatted to include some of the items that would formerly be in *Sources*.

There is also a website U3APlus [plus.u3a.org.uk](http://plus.u3a.org.uk) which offers useful hints for making U3A life easier for members who have hearing, sight or mobility problems.

All U3As have members who find it increasingly difficult to attend meetings and groups, but still want to feel part of the U3A movement. There is the Virtual U3A which members can join and access via the internet. Please encourage your members of have a look at [vu3a.org](http://vu3a.org) to see what is on offer.

Each month National Office publishes a free Newsletter by email to all members who register for it. This replaces much of the information which previously went out in the National Office mailings to secretaries. Please encourage your members to sign up for it; it is very simple to do on the national website, or National Office could help if a member has a problem. For those members who are not on email, perhaps someone in your U3A could undertake to print off a copy each month and put it on the noticeboard at your monthly meetings.

There are a number of workshops being put together by the national Development Sub-Committee. Although some of these may be held in central locations, they can also be brought out into areas where they are requested. Some of the workshops are presented by National Volunteers and some by National Office staff. The workshops available are:

<i>Running your U3A</i>	This is about the constitution, Trusteeship and governance
<i>Growing your U3A</i>	This workshop is about managing growth
<i>Interest Groups Matter</i>	How to run interest groups effectively
<i>Keeping it Legal</i>	A mini version of the large workshop and is run by Sophie currently without volunteer involvement
<i>Recruiting Volunteers</i>	Focuses on recruiting new committee members and group leaders
<i>Communications</i>	How to promote the U3A including the use of social media
<i>Financial Matters</i>	Managing budgets and finances. Currently this workshop is delivered by John Ellison and John Bent without volunteer involvement

If the networks and neighbourhood groups would like one of these workshops, please contact your Regional Trustee or Sophie Wellings at National Office.

Several new volunteers have been trained to help with U3A start-ups; workshops are also being held for those people who volunteered to be involved with carrying out workshops and troubleshooting/mediation in existing U3As. All volunteers are now known as National Volunteers, although it is unlikely that volunteers involved in start-ups would be expected to travel outside their

own Region. The Regional Trustee can also ask people to carry out specific tasks on his/her behalf even though they have not been trained and their expenses will be reimbursed.

Thank you to all the U3As who have responded to my request for the names of their Members of Parliament. I have sent almost 40 letters, outlining what the U3A does and how we benefit people in their third age. I included copies of *'Who We Are and What We Are'* and *'Learn, Laugh and Live'*. The response has been interesting. Some MPs had heard of us but knew nothing about us and thanked me for sending information, some have already spoken at U3A meetings, some have asked me to arrange a visit to a U3A in their constituency and I will be meeting two of them in their constituency offices in the coming weeks. Although we are a non-political organisation, there is no reason why you cannot invite your MP as a speaker; they usually have interesting stories to tell about their life in and before Parliament that does not include politics.

Please contact me if your U3A has any problems, and I will do my best to help; if I cannot help, I am sure to know someone who can.

**Jane Pavier**  
**25 July 2018**