



North West Region of U3As Newsletter for November and December 2013

From the Chair - Sue Watkinson - Who are the members of the North West Region?

A simple question but perhaps not everyone knows the answer. The members of the Region are the 90 plus U3As, not the individual members. When a U3A becomes affiliated to Third Age Trust, so it becomes automatically a member of the Region with the right to make nominations to the Regional Executive Committee, attend the AGM (usually in late May/early June), receive this newsletter and attend any of our events. We are happy to send newsletters to individual members, if they so request, and hope that those members not on email can access the information via the hard copy, sent to each Business Secretary's contact address from Third Age Trust (our National Office). Our Trustee is nominated by a U3A from the Region to represent it and is then formally elected by each U3A in the Region at the Third Age Trust's AGM in September. The Trustee then becomes an ex-officio member of the Regional Committee but with many other responsibilities too (see the Trustee Report on page 2).

We welcome volunteers willing to help with our events up and down the Region and are constantly seeking new members of the Regional Committee to plan and guide our programme. Do consider expanding your U3A experience into the Region. There is so much more we could do if we had more volunteers.

A few places remain on the Study Day in Clitheroe

Event funded by the North West Region and FREE to our members

on Wednesday 27 November In the United Reform Church, Clitheroe, BB7 2AG - From 11.00 a.m. – 4.00 p.m.

“Writing for Publication” with Tony Thornton,

Tony is the Editor of “Sources” magazine

Booking form is on the North West website or phone Sue Watkinson on 01695 422 423

North West Regional Committee

“A Webmasters Workshop”

Monday 27 January 2014

11.00 a.m. – 4.00 p.m.

A second chance to attend this popular event but in a different location,

The Millennium Centre, St Helens,

For webmasters, budding webmasters, those interested/involved in creating content for websites of U3As
using U3A Site Builder

Coffee/tea will be provided, bring your own lunch

Event is FREE to our members

Further details and application form www.u3asites.org.uk/north-west

or phone Sue Watkinson 01695 422 423

AGM and Guest speakers – 10th June

at the Ashton Hall within Lancaster Town Hall

11.00 a.m. – 4.00 p.m.

We will have interesting and eminent speakers in the morning and afternoon with the AGM at 1.45 p.m. Make a note in your U3A diary now, more details will follow.

See next page for full details of the 2014 North West Summer School, new courses available.

26-29 August at Newton Rigg College, near Penrith

**North West Region's Residential Summer School
will be held at Newton Rigg College near Penrith
Tuesday 26 – Friday 29 August 2014**

**Newton Rigg College is an open campus very near to Penrith and just five minutes' drive from the M6 junction.
Ullswater and the Northern Lake District are on the doorstep.**

Once again we are offering seven courses with two new tutors and three new topics.
Choose from Archaeology (Carole Allen), Art use of colour (Jacqueline Cartwright), Creative Writing (Maggie Smith),
Digital Photography (Rod Marsh), Geology (Chris Arkwright), Novels of 1961 (Meg Shaw) and A Musical Journey from
Renaissance to Romanticism (Gillian Russell)

The Summer School starts mid-afternoon on Tuesday 26 August and ends with lunch on Friday 29 August.
Accommodation is in single, en suite rooms and all meals are provided to residential students.
Day students are welcome too, with buffet lunch, teas/coffees included, evening meals can be taken at the College
for an extra charge

Several of the courses will include a day out (all expenses included) to cover field trips or visits
We have held our prices at £300 (£150 Day rate) with an early bird discount of £40 (£20 Day rate)
provided a deposit and completed booking form is received by 31 January 2014.

Full details and application forms are available on the North West website,
or phone David Joseph (member of NWREC) on 01625 861 327 for information

Report from The Trustee – Jenny Carley

It has been a pleasure over the last few weeks attending the many open days, anniversary celebrations, committee meetings, network meetings, support meetings, new U3A meetings, even replying to phone calls and e-mails. In fact I have had contact with over half the U3As in the region over the last 6 weeks! It has been rewarding experience to see so many successful large or small U3As whose members are sharing their skills and expertise. It has made me proud of the U3As in the North West.

The demands on my time are high, so I will try to explain what it means to be a Trustee. My responsibility is to the National Executive Committee (NEC) and one of the sub-committees, the Development Committee. There are two other sub-committees; one is Communications and the other Education. Many of our activities and discussions overlap. My other responsibility is to the North West region which is very large as I have found out over the last year! I visit U3As who need support whenever I can. I do have help from four dedicated regional volunteers (RVs) who have been specially trained to start up new U3As. The regional committee has only three other members to organise the seminars and, the summer school. They also organise the workshops etc. which provide the training for committee members of the NW Region. More RVs would mean we could provide more seminars – The choice is yours. The Regional AGM will take place next June. It is your opportunity to ask your U3A to nominate you for election to the Regional committee to assist in organising events, sharing your expertise, especially if you have been a Chairman or held a position on the executive committee of a U3A. All our seminars. have been oversubscribed so there is a demand which our current personnel cannot fulfil.

Shared Learning Projects

Lottery funders are very keen on WW1 projects at the moment as well as developing Community websites. So if any U3A wishes to do a WW1 project either across U3As in an area or with another body there is still time as the funding will be continuing for FOUR years. To whet your appetites, ideas being developed in other areas include:- the production of a booklet or schools information pack; list of histories of servicemen and women on a local website;

putting on an event such as the poetry and prose from WW1; a portable display of local photos and histories that could be taken round schools, community groups etc.

The Lottery funders are also interested in the idea of U3A members going into Day Centres and Care Homes to work on reminiscence projects. It is possible to apply for funding from the National Lottery for training U3A members to do such interviews. Might this appeal to members of your U3A?

For more information contact Sue Watkinson, 01695 422 423 or billandsuew@googlemail.com

Trustee Topics – a new feature for our North West Newsletter

Finance

Christmas is nearly upon us and many U3As will be having a Christmas lunch or social get together. These events are regarded by the Charity Commission as 'social' events. The best way of dealing with these is to use a separate 'social' account. The Charity Commission is not interested in 'social' accounts although your members may be at your AGM. Small U3As may manage with a single account but it must be VERY clear which money belongs to the social account and which to the main account. Social events are not part of your main account, which is used for your U3As charitable objects/purpose, education. Money cannot be moved from the main account into the social account to fund your social events. You may however transfer any surplus money from the social account into the main account. Further information can be found in 'Information for Treasurers' on NW website Q&A www.u3aorg.uk/north-west or National website www.u3a.org.uk

Growth

U3As, unlike many other voluntary organisations, are continuing to grow. Growth sometimes causes concern that it is getting out of control and the venue where the monthly meetings are held is getting too small for the number of members. Don't panic – help is out there. Starting a waiting list is not the answer, nor is closing the membership. There are many solutions. Try having more speaker meetings, it need not be the same type of meeting – have a social meeting or a community based meeting. New members are vital to keep your U3A lively new and interesting: unless you encourage new members to join your U3A you may start to have problems recruiting committee members and group co-ordinators. So by not solving one problem you create yet another problem, lack of committee members. Everyone should have the opportunity to join a U3A, please try to make it possible. If you think the answer is another U3A in your area please contact me and we will talk about the options. Jenny Carley Tel 01244 680460

Volunteers needed for new research project (Manchester/Lancaster Universities)

We have been approached by a researcher working at Manchester and Lancaster Universities, seeking volunteers to take part in a project to develop computer software which could detect early signs of Alzheimer's disease/ mild cognitive dementia by analysing recordings of computer use and e-mail.

He is looking for up to 12 volunteers of age 60 plus (men or women) to take part in early discussions/interviews to set the parameters for the study. This initial phase will run until 20th December. Those taking part will be involved in some way for up to 12 months. Ideally, the candidates will live within a reasonable travel distance of either Manchester or Lancaster Universities.

The Chairman of the Third Age Trust Research Committee has supported our involvement.

Contact: Alistair Sutcliffe ags@man.ac.uk or 01625-583605

Science Lecture in Salford– free to U3A members

U3A Science Groups have been circulated with information about a Public Lecture at the University of Salford on **Wednesday 4 December, from 7.00 – 8.00 p.m.** the 2nd Annual Professor Hans Suschitzky Memorial Lecture will be given by Dr Steven Rossington **"Everything about me"** will showcase the science of the human body.

The lecture theatre (3) in the Chapman Building has a capacity of 220, entrance is free but please apply to Dr Tom Paterson at tompaterson@talktalk.net or phone 01203 883874 for a ticket.

NETWORK ACTIVITIES - What can your network do?

A Science Day was held recently in Heswall (as part of the Heswall Festival) tracing man's ancestry and development in a series of four one hour-long lectures by well qualified and interesting speakers. Heswall U3A worked alongside the Rotary Club to present a fascinating story from ancient bones to cutting edge technology.

A Family History Study Day

will be held in the Castle Street Centre in Kendal (supported by the North West Region)
SATURDAY 29 MARCH 2014 10.00 a.m. to 4.00 p.m (Registration from 9.30 a.m.)

There will be four presentations:

- "Starting Family History and how a Family History Society can help" (John Steel).
- "Wills and how to find them" (John Harman)
- "Police Ancestors" (Chris Payne)
- "World War 1 Ancestors" (Ken Tulley)

Cost: £2, payable on the day, to cover the cost of refreshments. Please bring your own picnic lunch).

The Centre is five minutes from the Town Centre and there are public car parks nearby.

To book a place, please email or phone John Harman on jandcharman@gmail.com or 01995 603232, stating your own email and telephone contact details and the name of your U3A.

The Deeside and Wirral Network is planning a Literature Day on Friday April 4th 2014 from 10 - 4 at Hoylake Community Centre. More details coming soon. Keep an eye on the Network and NW Regional websites for information.

Cumbria and South Lakes Network has requested a repeat of the Web Masters' Workshop to be organised for Spring 2014

Speakers for your U3A monthly meeting

The Outreach Officer for the Houses of Parliament has written to NWREC offering a free service which raises awareness and understanding of the work and processes of Parliament and encourages greater involvement. Gary Hart (hartg@parliament.uk) is offering a FREE interactive workshop and presentation covering a number of topics, on the various workings of the Parliamentary system. The presentation aims to increase understanding and encourage engagement in the work of Parliament.

The preference is for a smaller group of 20-25 to aid discussion but presentations to larger groups are possible.

The Committee of the North West Regional Executive for 2013/14

Sue Watkinson (Aughton & Ormskirk U3A), Chairman	01695 422 423 billandsuew@googlemail.com
Peter Monaghan (Carlisle U3A), Hon. Treasurer	petermonaghan20@btinternet.com
Beverley Jones (Clitheroe U3A), Hon. Secretary	bev.jones@talk21.com
John Harman (Lancaster & Morecambe U3A)	jandcharman@gmail.com
David Joseph (Macclesfield U3A)	davidbjoseph@btopenworld.com
Bill Fowler (Sandbach U3A)	bill.fowler42@btinternet.com
Malcolm McGregor (Warrington) – website support	mwmacgregor@gmail.com
Gillian Russell (Hoylake)	grussellmeols@hotmail.co.uk

Lesley Bates has resigned from the Committee due to her responsibilities in establishing the new Leigh U3A. We appreciate her contribution to the Region's activities and wish her luck with her new endeavour.

Trustee for the North West Region is	01244 680 460
Jenny Carley (Chester U3A)	carleyjenny@gmail.com