



THE UNIVERSITY OF THE THIRD AGE

NOTTINGHAMSHIRE NETWORK

NEWS BITES! JAN 2019

Sharing ideas across 32 U3As in Nottinghamshire

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

Science and Technology

Places still available

For U3As with a Science and/or Technology Group already, or those contemplating starting such a group up. It is hoped that a network of links between such groups will be established as an ongoing source of information, to assist to the development of groups.

The meeting will take place on Thursday 21st February 2019 2pm - 4pm in room 2 at the Centre at St Peters, Sheepwalk Lane, Ravenshead, Nottinghamshire, BG15 9FD. To reserve your place, please contact Alan Paul, Ravenshead U3A, alanpaul7833@gmail.com. Possible numbers 30 maximum. Room hire has kindly been agreed by Ravenshead U3A. Paul Martinez, Network Support Officer.

Beacon—Peer Support Event

Hosted by Carlton & Gedling U3A
Richard Herrod Centre

Foxhill Rd, Carlton, Nottingham NG4 1RL

Wednesday 27th February 2019 10.30 – 12.30

£ 3 p/p for room hire and coffee/biscuits (pay on the door)
up to 3 people per U3A

Plenty of car parking space This event is suitable for non-users of Beacon, or where U3As are already using Beacon for Technical people, Treasurers, Membership Secretaries, Group Co-ordinators / Convenors. **Technical session is now full!**

Could each U3A please contact me at lynne.jaremczenko@ntlworld.com with the names of the three people attending and details of which of the 5 sessions above they wish to participate in.

Architecture Peer Support Group

Beeston U3A are wishing to organise an Architecture Peer Support Group for all those who are currently either running an Architecture group or who are interested in starting one. The meeting will be on Friday 22nd March, starting at 1:30pm for 2:00pm with coffee and biscuits on arrival.

The meeting will take place at The Pearson Centre which is in Beeston near the Beeston Library, the address is 2 Nuart Road, Beeston, Nottingham, NG9 2NH. There is limited parking at the Centre but there are several car parks very nearby along with both the tram and public transport.

The agenda is flexible, but it would be useful to know about matters such as frequency of meetings, how your meetings are organised, different approaches and useful resources.

If you are able to attend, then all replies should go to:

Di Fischer-Harman on difschr@yahoo.co.uk



Classical Music, Notts Network Peer Support Group

Arnold U3A would like to share good news about its classical music groups and their collaboration with the Royal Centre and its Nottingham Classics concerts. It is also offering support to new and established groups in terms of resources linked to the concert programmes.

Arnold U3A is organising an initial gathering on the afternoon of Saturday 6 April (exact time to be confirmed) at the Royal Concert Hall. Ideally a classical music group convenor/leader (or potential leader) from each U3A would attend - plus a co-ordinator/enabler/money person. The event will be co-hosted by William Ruff from Arnold U3A and Neil Bennisson from the Royal Centre. Representatives are offered free tickets for that evening's Hallé concert. We are hoping that this initial gathering will lead on to future collaborations between members.



If you are interested in running a classical music group - or are already doing so - and would like to attend the meeting on Sat 6 April, please let William Ruff know at william.u3a@gmail.com. Alternatively, if you cannot make the meeting but would like to be informed of further developments, please also email.

U3A-Grouptalk

As an aid to group leaders and U3A members organising specialist speakers and visits, we have created an online forum. U3A-Grouptalk is designed to make it easier for people to share information and ask questions of similar groups in other U3As. The ability to learn from other similar groups helps all of us to enrich our U3A experience. The forum is built in Google Groups and is very easy to set up and use. Give it a try and see if it works for you. Any problems or suggestions, please post in the forum (preferably) or you can email me on paul.fileman@btinternet.com

<https://groups.google.com/d/forum/u3a-grouptalk>

I hope you find it useful. Paul Fileman, Soar Valley U3A

RED CROSS – FIRST AID SESSIONS

Did you know that the Red Cross is rolling out free first aid sessions for all elderly people? These sessions last 2 hours, are free - you only need to cover the cost of hire of the room – and work very well in groups of about 15 members. The trainer delivers basic first aid information and enables participants to have a go (but only if they want to – no pressure!) at CPR, using a defibrillator, dealing with a choking incident, scalds, cuts, concussion etc. The subject has been described as **FIRST First Aid**. We have had five sessions at Ravenshead U3A and received very positive feedback.

If you would like to see these sessions at your local U3A please contact Jonathan Claypole, Adult Crisis Education Service Coordinator, Derbyshire and Nottinghamshire

Telephone 07803 439363 Email JClaypole@redcross.org.uk
Maria Gabrielczyk, Acting Business Secretary, Ravenshead U3A

Please forward items for News Bites to lynne.jaremczenko@ntlworld.com by the 15th of every month.

