



THE UNIVERSITY OF THE THIRD AGE

# NOTTINGHAMSHIRE NETWORK

## NEWS BITES! JULY 2018.

Sharing ideas across 29 U3As in Nottinghamshire

### PEER SUPPORT GROUPS

#### Call for more Peer Support Groups

There are around 170 different types of interest groups across all our U3As in Nottinghamshire and Nottingham. Some of them have had Peer Support Group meetings, where group leaders and convenors have been able to share experiences, learn from each other and swap advice and materials. So far Sherwood, Carlton and Gedling, Southwell and Keyworth have hosted meetings. Could you please put it on the agenda for Committee to discuss whether your U3A could offer to host a meeting.

#### What are Peer Support Groups?

PSGs provide opportunities for U3A committee members in their various roles and interest group leaders to come together, share experiences and learn from each other. PSGs should be relatively informal meetings hosted by individual U3As, but under the auspices of the Notts Network. They may only meet once for a couple of hours, if that is sufficient for their purpose.

**Costs:** Venue costs should be borne by the host U3A. There should be no costs to the Notts Network. Every U3A will benefit many times over from the opportunities to attend PSGs hosted by other U3As.

**Getting people to come:** it's much, much easier to send out invitations through the Notts Network than to establish your own lists of contacts. The Network contact is Margot Gale ([margot.nottsnetwork@outlook.com](mailto:margot.nottsnetwork@outlook.com))

**Information:** Please send me a note of any PSG that you want to organize to help avoid duplication (email: [pkmartinez14@gmail.com](mailto:pkmartinez14@gmail.com)). There is a longer version of these notes with some tips and wheezes for running your first Peer Support Group. Paul Martinez, Network Support Officer

### Elections at the 2018 AGM

A reminder that all votes for our regional trustee need to be in by 10th August. Voting papers have been sent to your Business secretary.

East Midland Trustee candidates are Jane Pavier, proposed by Arnold, Bill Rayner, proposed by Sleaford, and Jean Hogg, proposed by Keyworth.

### NETWORK NEWS

**New event: Using Facebook for your U3A at The St Peter's Centre, Ravenshead, 1.30pm – 4pm on Friday 28<sup>th</sup> Sept. 2018**

*This practical demonstration and discussion will cover:*

- The benefits to members of using Facebook*
- How to take the 'fear' out of using Facebook*
- The benefits of having your own u3a Page*
- Setting up your own Page with a **demonstration***
- The pros and cons of having a Facebook Group as well.*

To cover room rental and tea/coffee, there will be a charge of £5pp. U3As can send up to 3 representatives. Notes on the session will be emailed out after the meeting.

To reserve your place(s), please email Rosie Garner, Chair of Bingham U3A at [bingham.u3a.chairman@gmail.com](mailto:bingham.u3a.chairman@gmail.com)

### THIRD AGE TRUST

Earlier this month members and guests celebrated the launch of a new U3A Impact report at a Parliamentary Reception hosted by Robert Courts MP.

The research: Living Life, Extending Horizons, Challenging Conventions demonstrated the exceptional impact of the U3A movement on wellbeing in later life. It details a sustainable and positive approach to ageing built on group learning, skill-sharing and volunteering.

Members reported major benefits to being part of U3A in terms of confidence, combatting loneliness, learning new skills, feeling valued and enjoying life. Guests in attendance included leaders in policy and influencing, elected representatives, public health and charities.

The response to the report has been very positive and U3A would encourage everyone to share it as widely as possible throughout the community.

A copy of the Learning Not Lonely report has been sent to every U3A and you can also find it to read or download on the TAT website.

