U3A Learn, laugh, live

NOTTINGHAMSHIRE NETWORK

NEWS BITES! MARCH. 2020

Sharing ideas across 34 U3As in Nottinghamshire

Peer Support Groups

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

Notts Network Peer Support Groups (v3) Tips and Wheezes

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.*

Scope: *There are well over 200 types of interest group and different committee roles in Notts U3As, so we have plenty to go at.*

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.*

PSGs vs Workshops: *PSGs should be relatively informal meetings hosted by individual U3As. They may only meet once for a couple of hours, if that is sufficient for their purpose. Workshops are more formal one day or half day events and are organized by the Network or by the U3A at county, regional or national level.*

Information: *Please send me a note of any PSG that you want to organize to help avoid duplication (Paul Martinez email: pkmartinez14@gmail.com). Also, if you have any ideas to help make the present tips more useful, please let me know. Paul Martinez, Support Officer, Notts Network of U3As February 2020*

Tips and Wheezes - for Peer Support Groups
Venue: *consider cost; perhaps get an idea of how many people may attend before choosing a venue.*

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)*

Transport: *can you help people find the venue by providing a map, post code and details of public transport.*

Agenda: *You will probably want to ask people about their interests and hot topics when you send out the the initial invitation. You may want to circulate a draft agenda for comment to the first people who accept the invitation to your PSG.*

Preparation: *there may be things you want participants to do before the meeting. They will need more or less notice, depending on what they are.details (subject to their agreement), and a note of useful ideas and information shared at the meeting. As a maximum…………the sky is the limit.*

Running the meeting: *You will need a note taker and a chair. Will a two hour meeting be sufficient for your purposes?*
Outcomes: *As an absolute minimum, you could create circulate a list of attendees with their contact*

Reporting: *The main purpose of reporting is to share the outcomes with the group and whoever is unable to attend on the day. You might want to share outcomes with U3As which have not attended.*
Follow Up: *It will be up to each Peer Support Group to decide if it wants a follow up meeting and/or if it wants to put in place some continuing means of staying in contact or sharing information (see next point)*
Keeping in touch: *it is quite easy to set up a Google Group which is private to U3As and which can provide a mechanism for everyone to keep in touch and which doesn't need a secretary! We can help you create one.*

Coming Soon to Notts Network—look out for more details nearer the time

- **21.4.20 Regional Conference—Making a Difference.** Jean Hogg, East Midland Trustee, has circulated an invitiation and booking form to all U3As via the Network Representatives. Alternatively the booking form can be found on the Third Age website under the "Regions" tab—East Midlands.

- **Nottinghamshire Network of U3As Arts Festival**The aim of the Day is for our members to present to each other, to celebrate and to enjoy our many and varied Arts Activities. This will be a day of Drama, Music, workshops, crafts, art and performances—all U3A members are invited. Emails, please, to Rosie Allen: rosieallen21@outlook.com