



THE UNIVERSITY OF THE THIRD AGE

NOTTINGHAMSHIRE NETWORK

NEWS BITES! MAY 2019

Sharing ideas across 32 U3As in Nottinghamshire

PEER SUPPORT GROUP S

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

NETWORK NEWS

Ageing Well Conference

Please put **19th October 2019** in your diary. Planning is now well advanced for the first Nottinghamshire Network Ageing Well Conference. We are planning a packed agenda - details to come later. The conference will be open to all Nottinghamshire U3A members. More details will be published as and when available with **booking opening in June 2019**. In order to ensure that the day runs smoothly, we need some volunteers to marshal on the day. This will involve helping delegates find the right rooms for break-out sessions, meeting and registering delegates and generally helping out on the day. Our volunteers will get the first choice of break-out sessions to reward them for their efforts. To register as a volunteer (you will still need to book a delegate place when booking opens in June), please send an email to Paul Fileman - paul.fileman@btinternet.com

Leicestershire & Rutland Network of U3As

announces a talk:

An INTRODUCTION to the CULTURE OF INDONESIA

The Sports Pavilion, Gynsill Lane, Glenfield,

Leicester LE7 7AG

Friday 19th July 2.00pm – 4.00pm.



Speaker: Dian Fera Pratiwi

Booking is essential—email ken.patton@btinternet.com by 30th June

Notts U3A members welcome

April 2019 Network Meeting

The main topic this quarter was to get some less usual or even quirky ideas from each other – some of the ones worth considering were :-

Social events that the network might host

- Party in the park
- Chinese New Year at Springwater in Calverton
- Gathering / concert amongst the networks' various music groups

Social events that some individual U3As do

- Team Building events post-AGM for new committees – e.g. a skittles evening
- Holiday clubs in August and/or near Christmas – once a week meeting doing some activity like Board Games, Craft, Coffee morning etc. to fill the void for some members.
- Greyhound racing at Colwick
- Murder Mystery event (small group perform it and audience dress appropriately for the event – say if the murder were set at a wedding etc.)

Committee / Business ideas

- Use Google's "Doodle" when you are trying to get a group of people to give their availability across a number of dates
- Build relationships with local schools or colleges (see TAM for Southwell and the Minster school)
- Use a "team" of convenors for larger groups
- Pull in ordinary members into working parties when organising an event – coffee morning, social event, quiz, sale of crafts etc. – reluctant members get more used to organising and eventually might become convenors or committee members
- If you have a suitable "tutor" hold Presenting and Giving Talks workshops—helps with group participation.
- Teach powerpoint to help people present at group meetings.

Ideas for new Groups

- Weekend Group
- Singles Sunday Group (once a week)
- Shakespeare Play reading Group
- Cryptic crossword Group

