

NEWSBITES!

May 2021

Sharing ideas across 34 u3as in Nottinghamshire

MESSAGE FROM THE CHAIR OF NOTTS NETWORK

U3a Day will soon be with us.....

So far, I have heard from nine u3as to say they are putting on a variety of events either on the 2nd June or other days to suit their own area. The u3as involved are Arnold, Beeston, Carlton & Gedling, Keyworth, Mansfield, Ravenshead, Retford, Southwell and Worksop. I'm sure they would be very happy for you to pass the message around and encourage visitors. Probably best to make contact first. It should be a great fun day and the easing of restrictions means that events can go ahead as planned unless something gets in the way in the less than three weeks between now and then.

I am delighted to hear that a new Peer Support Group has started for Membership Secretaries with the first zoom meeting on 13th May. Many thanks to Andrew Bebbington from Ravenshead u3a for hosting this event.

Just a reminder of the PSGs that are running: Chairs (although this needs another meeting to be organised), Treasurers, Secretaries, Websites, Publicity, Interest Group Coordinators and now Membership Secretaries.

I urge you to get involved as they thrive on input from individuals and we can all learn so much from others' experience.

We have all received an invitation to a zoom event on 8th June entitled "How to run meetings in alternative ways". This is particularly relevant at this time when we are all considering how to plan for face-to-face meetings when social distancing is still necessary.

Best wishes to you all and I hope your u3as continue to thrive.

Rosie Allen

u3a DAY— WEDNESDAY 2 JUNE 2021

Is your u3a making plans for u3a day? Some of the lockdown rules will be over and you can have publicity events with visitors or what you do may have to be virtual—you could make plans for either eventuality. The idea is to publicise the u3a movement and its benefits to as many people as possible. u3a Office is planning to contact the national media, but your u3a can do its bit to help by contacting your local press and radio. There is information available on the website to help with planning and publicity material will be available via the office.

Members are using the [u3a day Facebook group](#) as a platform to share and generate ideas with each other. You can also find the two versions of the u3a day logo on our [u3a brand centre](#) which you can use as part of your publicity.

Many u3as are using u3a Day as an opportunity to showcase everything that is so positive about the u3a movement to both present and prospective members alike. For many it may be the first time they have been able to see other members for a year and so a chance to say, 'welcome back'. At the same time, hopefully, we can attract new people to join.

Advance Notice—Next year the u3a movement in the UK will be 40 years old and this will be another opportunity to celebrate and publicise the u3a.

 * May brings flocks of pretty lambs, skipping by
 * their fleecy dams



The deadline for articles and photographs for the next issue of Newsbites! is 15th June

How did your u3a Day celebration go?

Any u3a member can send in items, not just committee members.

Please submit your articles using font Arial 10pt if possible

Articles/photos please to jane.newsbits@gmail.com

u3a IS ALIVE AND WELL IN NOTTINGHAMSHIRE

CARLTON & GEDLING u3a



Carlton and Gedling u3a will be at the Sensory Garden at the top of Carlton Hill on u3a Day with displays of our groups and activities and giving out information about the u3a.

The event will start at 10:00 and the Mayor of Gedling will be joining us at 11:00. We have a rota of members and convenors who will be on hand for any queries and, weather permitting, we intend to be there until 3:00 in the afternoon.

Richard Downing, Chair

RADCLIFFE-ON-TRENT u3a

On Thursday June 3 at 2pm, Jayne Darling will present a programme entitled 'Popular Songs from the 1920s to the 1950s'. Jayne is a highly acclaimed and accomplished vocalist and entertainer based in Nottingham, specialising in the sounds of the swing, jazz and big band eras. She trained with renowned vocal coach Lynne Wayman and holds a Diploma in Music Theatre Performance from the London College of Music in which she gained a Distinction. Jayne continues to develop her voice at the Lynne Wayman Voice Centre in Nottingham as well as training to be a vocal coach.



Jayne's passion is in the music of the 1940s and 1950s and she can be regularly seen at many of the 1940s re-enactment events across the UK as well as at private bookings and engagements for private parties, celebrations, weddings, in restaurants and hotels. Her ability to build rapport with an audience combined with her versatile vocals means that she is a hugely popular artist with credits spanning some of the biggest vintage events in the UK.

Penny Tytler

COTGRAVE & DISTRICT u3a

On the 17th April a litter pick was held in and around the Cotgrave Community Garden. Eighteen volunteers filled 12 bin bags with rubbish in just under two hours.

Streetwise supplied us with the litter pickers and bin bags. Much of the rubbish collected was plastic bottles, tin cans, cigarette butts, masks and food packaging.

Some people who saw what we were doing said thank you, but we wondered why people didn't just pick up litter around their own homes, then there wouldn't be such a big problem around the village.

We would like to do this again in the summer to try to keep Cotgrave village plastic and litter free.

Judy Bullock



BINGHAM u3a

This article has been produced as a press release in local media. The reason why we're doing our display, demonstrations etc on the 3rd June rather than the 2nd is that the 2nd is a Wednesday when nothing at all happens in Bingham and nobody comes into the town centre, whereas Thursday the 3rd is a market day when the town will be buzzing and there will be plenty of people to hand our leaflets to and engage in conversation about how wonderful an organisation u3a is.

IN JUNE WE'RE BUSTIN' OUT ALL OVER!

Look out for us on the 3rd June when we celebrate National u3a Day in Bingham town centre.

Planned attractions include:

- * A Treasure Trail for you to follow and a Quiz with prizes to be won - view the route and clues for the Treasure Trail and the Quiz questions on our Facebook page or collect the sheets on the day
- * Mini Table Tennis and maybe also Petanque and Croquet for you to Have-A-Go at
- * Live music performances
- * Food and drinks
- * Presentations of a selection of our activities, including:
 - ◇ Walking
 - ◇ Ambling
 - ◇ Table Tennis
 - ◇ Petanque
 - ◇ Croquet
 - ◇ Gentle Exercise and Movement and Mobility
 - ◇ Theatre and Cinema
 - ◇ Real Ale and Cider Appreciation
 - ◇ French Conversation [including La Tour Eiffel, macarons et ainsi de suite - Oh la la!]
 - ◇ German conversation
 - ◇ Creative Writing
 - ◇ Art

FIND OUT MORE

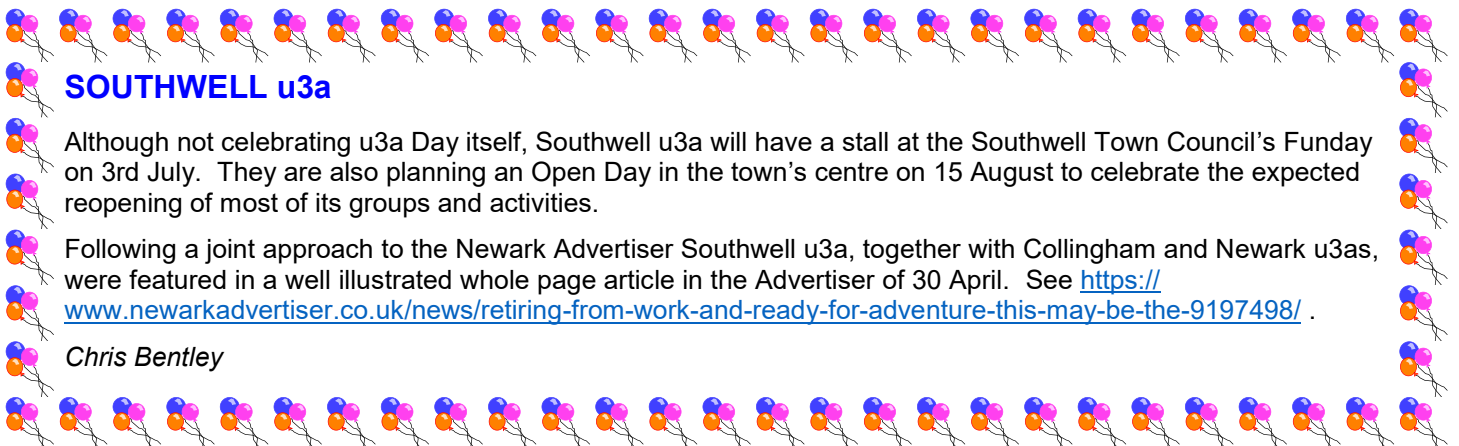
- For more information about this event, phone Veronica on 01949 875231 or e-mail bingham.u3a.vicechair@gmail.com
- For more information about Bingham u3a, visit our website and read our newsletter or view our Facebook page
- If you're interested in joining, phone Karen on 01949 875406 or e-mail bingham.u3a.membership@gmail.com

LEARN! By celebrating new experiences

LAUGH! And put the fun factor back into your day

LIVE! A full life the way you want it

Bingham u3a is supported by Rushcliffe Borough Council



SOUTHWELL u3a

Although not celebrating u3a Day itself, Southwell u3a will have a stall at the Southwell Town Council's Funday on 3rd July. They are also planning an Open Day in the town's centre on 15 August to celebrate the expected reopening of most of its groups and activities.

Following a joint approach to the Newark Advertiser Southwell u3a, together with Collingham and Newark u3as, were featured in a well illustrated whole page article in the Advertiser of 30 April. See <https://www.newarkadvertiser.co.uk/news/retiring-from-work-and-ready-for-adventure-this-may-be-the-9197498/>.

Chris Bentley

SOUTHWELL u3a

Despite the limitations of COVID-19 restrictions, which prohibit face-to-face meetings, some members of Southwell U3A have succeeded in suggesting, establishing and running new groups.

This has largely been facilitated by the use of emails and Zoom Meetings reflecting the leaders' imagination and determination to make it happen, despite the extra effort required.

Firstly we must congratulate the member who suggested and set up a Patchwork Themed Group. Judging by the photographs, which appeared on the front cover of Newline, it's proving to be inspirational, informative and enjoyable.

Cycling for Pleasure was suggested and two of our members have become joint leaders for the group. They wanted ideas for how the group could operate to come from members themselves. To achieve this, they held discussions via Zoom and when relevant restrictions were lifted met outside with the permitted number of people. They have since held their first successful bike ride, whilst observing u3a Guidelines and Government Rules.

Recently a Flower Arranging Group has been established by a member who, fortunately for us, also belongs to Southwell Flower Club and has NADFAS qualifications. Photos of her inspirational arrangements were featured on the cover of the latest edition of Newline. An inaugural session was held for the group on Zoom, who will continue to meet monthly starting at the end of May.

Tai Chi was another suggestion made but no leader came forward from the list of intended members. We were however fortunate in contacting the Tai Chi Group Leader at Newark u3a who allowed us to join the weekly sessions she holds on Zoom. She is very experienced in the art herself and also able to instruct and share her knowledge whilst catering for all abilities. We thank her for giving her time so generously.

Hopefully the accounts above describing 'start ups' will inspire more of our members to suggest and establish their own new groups. They may be helped by a comprehensive list on Epsom and Ewell's website which identifies over four hundred possible new groups that might be set up!

Anne Powers

NEWS FROM THE REGION AND u3a OFFICE

COVID-19



The National Office website is regularly updated to take into account the latest instructions from the Government. The current regulations can be found on the Home page under How to Run Your u3a: Covid and Beyond.

It is possible that, even when we have all had our 'jabs' it will be some time before we can meet again face-to-face, so in the meantime take care and stay safe. Your u3a will still be there when you can return.

NATIONAL WEBSITE

Have you looked at the national website recently? It is constantly being updated, with new information added. Have a browse, it's amazing what you can find there.

If you are unsure as to how to find your way round the website, there is a '**u3a website tour**' video which you can access through 'Running your u3a'.

Have you looked at the Online Learning Events that are available? Most of them are free and easy to sign up to.



SOURCES ONLINE

Do you and all the members of your u3a know about Sources Online? It is full of information from other u3as about what they are doing in their groups and projects they have worked on. Your u3a can send in articles and you might find inspiration to take your own u3a forward.