

NEWSBITES!

December 2021

Sharing ideas across 34 u3as in Nottinghamshire

**Dull November brings the blast,
Then the leaves go whirling past.**



The deadline for articles and photographs for the next issue of News-bites! is 15th December

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

MESSAGE FROM THE CHAIR OF NOTTS NETWORK

October 20th saw the annual Notts Network AGM and meeting. We made short work of the AGM with the most significant points being the agreement to place the Network subscription charge at £15 for the period August 2021 to July 2022 and the agreement for the Network Officers to remain in place for another year. We are very grateful to them for all they do for us.

The Network meeting included a very fruitful discussion on the development of the Network and what members would like to see included in its programme. Here are the suggestions:

- More Peer support groups. It was suggested that these could be open as often topics for discussion would be useful to committee members holding a variety of roles. E.g., Constitutions and Charity Commission procedures.
- Another day conference to be organised by the Network.
- Development of Study days and Shared learning projects.
- A Diversity and Inclusion presentation will be available to all u3as as a national workshop.
- Network speaker events taking advantage of larger numbers & therefore could pay more.

One idea put forward by members of the Publicity Peer Support Group is a future Network publicity event to be held during the week of u3a Day September 18 – 26 2022.

An initial idea, which is subject to change, is to base it on the 'Olympic Beacon'. A u3a would dress up advertising a particular interest group and walk/move to the next nearest u3a who would take over advertising a different group etc. It would culminate in a grand event in the centre of Nottingham. Hopefully there would be media interest.

The Publicity PSG members are to take this idea further but would be grateful if Network u3as could consider the bare bones of the idea and put members forward to the PSG to help with the planning.

Contact Chris Niven, Eastwood u3a if you would like to be involved or just to express support.

The rest of our Notts Network year promises to be of great interest and we hope members will come forward to help with various activities.

Rosie Allen

Guiding Principles of the u3a Movement

These Principles have been the basis of the u3a values since the launch of the Movement in 1982 by our founding fathers, Peter Lazlett, Eric Midwinter and Michael Young.

The u3a Movement is non-religious and non-political and has three main principles.

The Third Age Principle

- ◆ Membership of a u3a is open to all in their third age, which is defined not by a particular age but by a period in life in which full-time employment has ceased.
- ◆ Members promote the values of lifelong learning and the positive attributes of belonging to a u3a.
- ◆ Members should do all they can to ensure that people wanting to join a u3a can do so.

The Self-help Learning Principle

- ◆ Members form interest groups covering as wide a range of topics and activities as they desire. By the members, for the members.
- ◆ No qualifications are sought or offered. Learning is for its own sake, with enjoyment being the prime motive, not qualifications or awards.
- ◆ There is no distinction between the learners and the teachers. They are all members.

The Mutual Aid Principle

- ◆ Each u3a is a mutual aid organisation, operationally independent but a member of the Third Age Trust, which requires adherence to the guiding principles of the u3a movement.
- ◆ No payments are made to members for services rendered to any u3a.
- ◆ Each u3a is self-funded by membership subscriptions and costs are kept as low as possible.
- ◆ Outside financial assistance should only be sought if it does not imperil the integrity of the u3a movement.

NEWS FROM THE PEER SUPPORT GROUPS

Chairs Peer Support Group



At our most recent meeting on the 9th November we discussed the following topics:

- Problems when sending “All Member” emails.
- Hybrid meetings: the experience of those who have tried them.
- Alternative approaches to the usual monthly meeting format.

We also have an outlook group which enables us to explore questions together outside of the meetings. Recently, we tackled the tricky topic of how to deal with requests from outside bodies to advertise to our members. This particular one was a research project from a university which made it even harder to decide what to do with it.

I encourage chairs or prospective chairs to join this PSG which involves emailing rosieallen21@outlook.com. Our next meeting will be via zoom at 5pm on Tuesday 1st February 2022.

NEWS FROM u3as IN NOTTINGHAMSHIRE

KEYWORTH & DISTRICT u3a

Keyworth & District u3a recently spent two hours publicising our u3a and the movement in general on a sunny Saturday morning in The Square, Keyworth.

The three ladies involved found a lot of interest from members of the public, answered the questions and handed out publicity leaflets. As a result of their effort we have been pleased to welcome several new members.

Harold Fisher, Chair



RAVENSHEAD u3a



We have been reading in the press recently that the Department for Environment, Food and Rural Affairs (DEFRA) is about to start a public consultation on Government proposals to ban single use plastic cutlery and crockery in an effort to reduce litter. DEFRA say “items used for a few minutes can last for centuries in landfill or as litter in the countryside or ocean. Around the world, more than one million birds and over 100,000 sea mammals and turtles die every year from eating or getting tangled in plastic waste.”

So, a couple of months ago, in anticipation of this expected ban and to demonstrate their concern for nature and the environment, the Ravenshead u3a committee introduced a new plan for the provision of hot drinks at monthly meetings. All members are asked to bring with them a re-usable mug or cup which the refreshment volunteers fill with the selected drink. If any member forgets to bring a reusable cup there is still a small supply of polystyrene cups but the committee hopes these will only be needed in the short term until members get used to bringing their own. This scheme has got off to a very good start and already most members are remembering to bring a reusable cup from home.

QUOTE FOR THE MONTH

Some humans would do anything to see if it was possible to do it. If you put a large switch in some cave somewhere, with a sign on it saying 'End-of-the-World Switch. PLEASE DO NOT TOUCH', the paint wouldn't even have time to dry before someone touched it.

— Terry Pratchett, *Thief of Time*

DUKERIES u3a

We are so pleased that new members have wasted no time in joining in with our outdoor and indoor activity groups. Unfortunately, inclement weather caused the Ramblers to change from their planned walks in Derbyshire to eight-mile rambles closer to home in Clumber Park and by the river Maun. However, they were still able to appreciate the sight of Autumn colours beginning to appear. The Whatsapp Walking Group had sunny weather on their walk around Vicar Water, Clipstone. This group is ideal for those who enjoy a stroll locally in good company.



The Creative Writing Group held their first meeting since the lockdowns began when they were encouraged to exercise their brain cells and create a piece of prose or poetry to describe a painting of a jaguar. Dukeries u3a are grateful to local pubs who allow the Rummikubs and Scrabble Groups to meet in their premises at no charge (other than buying a drink!). Rummikubs has proved so popular that numbers have doubled since starting again after the lockdowns. Meanwhile the Ukulele Group has been enjoying the get togethers so much that they have decided to extend them by an extra half hour.

Members of the Allsorts and Gardening Group were up early on the day of Ollerton and Boughton Town Council's Scarecrow Competition, making sure their entry looked its best. Although they did not receive a prize much fun was had by all in taking part. Now winter nights are here, our Chairperson, Leslye, is re-starting her Tuesday evening Zoom quizzes and will also hold Zoom help nights for those members who have not used this online platform before. Jane, our newest committee member, has been busy making bunting and a great welcome banner in u3a colours. Thanks Jane for this and for taking on the role of Group Co-ordinator.

In November, members were fascinated to hear u3a member Paul Stafford's illustrated talk about his visit to North Korea. After the Christmas Party in December, the next monthly meeting where prospective members can come along will be on Monday 17 January 2022 when the speaker will be Lisa Dean, Pet Detective, who will tell us about her successes in reuniting lost pets with their owners.

Despite the recent Covid restrictions we have been successful in increasing our membership by a third and now have 138 members drawn from Ollerton, Edwinstowe and the surrounding villages.

Ann Street, Publicity Officer

CALVERTON & DISTRICT u3a

What a great time we all had at this month's general meeting. As an alternative to a guest speaker we were truly entertained by Dave Moylan and his 'Funny Turns' - as a magician, musician, & comedian, all regularly overlapping. Of course, all the usual morning's business was carried out, by discussing membership, interest groups, and chatting to each other over tea & bikkies...

Well done to Cindy, our Speaker Finder, for booking an original guest 'speaker'.

Ken Jones, Publicity Officer



BURTON JOYCE & DISTRICT u3a

Great fun was had at our Big Band night, in the Burton Joyce Village Hall on November 6th.

The evening of "Big Band" swing - tunes from the 40's, 50's and 60's, was organised by our u3a, with music provided by the excellent Beeston Big Band.

Big band music was popular during the Swing Era from the early 1930s until the late 1940s. After the War, touring with such a large outfit was an expensive business and the big bands largely died out in the 1950s.

At our event, The Beeston Big Band gave us a rare chance to experience, live, the power and big sound of such a large collection of musicians, featuring saxophones, trumpets, trombones, and a rhythm section, together with two vocalists.

Dancing was very much encouraged but not compulsory. Members could dance the night away or just sit back and listen to the music of Glen Miller, Count Basie, Frank Sinatra and many more...

Some jiving was spotted and perhaps even some jitter-bugging and Lindy Hopping, I'm not sure, I have limited expertise in this area. They all seemed to have fun though, especially Sharon and Vic, who were kindly presented by the band with a prize for the "the most entertaining" dancing...

Thanks to everyone involved for making it such an enjoyable evening - a good time was had by all...



Rob Johnson



LEARN, LAUGH, LIVE

RUDDINGTON & DISTRICT u3a

We are a relatively small u3a. We had been very inactive during lockdown despite receiving an award from the Rushcliffe fund for technical support and launching zoom meetings. Our membership had shrunk by half.

In September, we relaunched with a display at the Ruddington Village Market. This attracted several new members and pricked the conscience of many lapsed members.

The result was a successful first "live" meeting with a record attendance. Almost all our interest groups have now restarted, including a popular new one "Travellers' Tales"

The next task is to revise the constitution and hold an AGM.

Peter Davison, Business Secretary

ANOTHER QUOTE FOR THE MONTH

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

— Maya Angelou

BINGHAM u3a

This item is a press release sent in by John Lewis, Chairman of Bingham u3a

FAQ : WHAT DOES “u3a” STAND FOR? ANSWER BELOW.....

- * **UNIQUE** - u3a is a not-for-profit grassroots self-sufficient community movement. We do things for ourselves rather than expecting other people to do them for us, and we love doing them.
- * **UPBEAT** - No-one can deny the awful effects of loneliness, isolation and loss of human contact on our health and wellbeing, and this was made much, much worse by the Covid-19 pandemic and lockdown. u3a members work tirelessly to combat these effects and to promote positivity, cheerfulness and optimism wherever they can.
- * **UNSTOPPABLE** - Bingham u3a is a tiny part of a worldwide movement that started in the UK in 1982, so 2022 will see its 40th birthday which we intend to celebrate in style. There are 1057 u3as in the UK alone, with more than 450,000 members, so we're here to stay!
- * **ACTIVE** - We have 36 different activity groups operational at the moment, covering everything from quiet indoor games to challenging outdoor pursuits.
- * **ADVENTUROUS** - We're always looking to develop excellent programmes of exciting events, meetings and activities involving as many members as possible.
- * **APPROACHABLE** - We're a fully inclusive and diverse organisation and we're delighted to welcome members from a wide variety of ethnic and social backgrounds, beliefs, genders and levels of ability.
- * **FIND OUT MORE** - Visit our website, read our newsletter or view our Facebook page. If you're interested, please like us, follow us and share our posts!

COTGRAVE & DISTRICT u3a

Back in November 2020, Brenda Ainsley, of Cotgrave and District u3a, attended a meeting with fellow Climate Reality Leaders, as they set out to plan activities to take place during COP26 in Glasgow. The group was very keen to demonstrate all kinds of diversity and wanted to include the voices of all age groups. Brenda recognised that u3a could play an important part in this. The Trust u3a group 'Countdown to COP' was founded and quickly grew to a membership of over 40. Along with several Scottish members, the group organised and ran a series of four workshops in Glasgow, to look at the topic of Intergenerational Climate Action* As guests of the Climate Reality Project and a consortium of partners, these workshops took place on an electric bus at the First Bus Depot in Glasgow. Approximately 30 u3a members took part.



*Intergenerational Climate Action

Some members of the Countdown to COP26 group have become very interested in how they can support and encourage younger people, as they become increasingly concerned about the climate emergency. There is a [Podcast Interview with Frank Dorr and Eileen Lynch.mp3 - Google Drive](#) in which Irish octogenarians Frank Dorr and Eileen Lynch explore this in some detail. One of the main outcomes from the workshops will be a toolkit of information that will be made available to u3a members. Brenda is happy to give Climate Reality presentations to u3as and other groups and can be contacted at Cotgrave & District u3a,
Brenda Ainsley

