

# NEWSBITES!

**April 2022**

*Sharing ideas across 34 u3as in Nottinghamshire*

## A MESSAGE FROM THE CHAIR OF THE NETWORK

The Notts Network Meeting will be held on Wednesday April 27<sup>th</sup> 10.00 -12.00

The venue is The Centre at St Peter's, 55 Sheepwalk Lane, Ravenshead NG15 9FD

This will be the first opportunity to meet in person since January 2020. Let's make the most of it.

As usual in April this will be a social gathering with plenty of time to chat during an extended refreshment break. There will also be an opportunity to discuss some topics and if you would like to raise a matter, please email me so that I can add it to the agenda. Those already listed are:

- Notts Network 40<sup>th</sup> Year Celebration in September
- Hybrid meetings for the Network: is there a wish for them?
- Notts Network Quiz competition
- Peer Support Groups

I hope you will feel able to send a representative to the meeting and please bring some edible refreshments with you.

I am writing this after attending a Chair's PSG zoom meeting. These are always really useful opportunities to garner the collective wisdom of others in the same role. Today we discussed:

- The flashmob that we are planning to run on Saturday 24<sup>th</sup> September in the Market Square, Nottingham. Janice from Dukeries u3a is going to provide us with the routine and all the necessary information so that we can prepare for this within our own u3as. I am sure there are members in every u3a who would enjoy taking part so let's spread the message so that we have at least 100 people taking part.
- Balancing the Books: how does each u3a manage to live within our means with the subscription cost we have?
- How to do a good handover.

Let's all remember the guiding principles of the u3, one of which is about ensuring that we open our doors to all those who would like to join us. Anecdotally, most of us are finding an upsurge in new members since the country has opened up after lockdowns. We must make sure these new members are welcomed, have plenty of opportunities to join Interest Groups and are encouraged to play their part in supporting activities.

I wish you all the best and hope to see many of you on the 27<sup>th</sup>.

Take care.

*Rosie Allen*



## QUOTE FOR THE MONTH

Life's pathway lies before you

Like a sheet of driven snow;

Do be careful how you tread it

For every step will show



**The deadline for articles and photographs for the next issue of Newsbites! is  
15th May 2022**

Any u3a member can send in items, not just committee members. Can we all hear about the history of your u3a or any special anniversary your u3a is celebrating this year. Tell us why you joined the u3a, what you have been involved with and what u3a means to you.

This is your Newsletter, so please let's hear from you.

Articles/photos please to [jane.newsbits@gmail.com](mailto:jane.newsbits@gmail.com)

## **NEWS FROM u3as IN NOTTINGHAMSHIRE**

### **DUKERIES u3a**

"Make the most of life by exploring new ideas, skills and interests with Dukeries u3a"

Dukeries u3a are looking forward to special events this year, which marks the 30th birthday of the group. Celebrations start with a picnic at RSPB Sherwood Forest on 8 May, joining with visitors to enjoy varied musical entertainments ranging from Military and Brass Bands to the Major Oak Pop Choir and the Red Hot Swing Band. Dukeries u3a will be having their promotion table at the event to show visitors what we do.

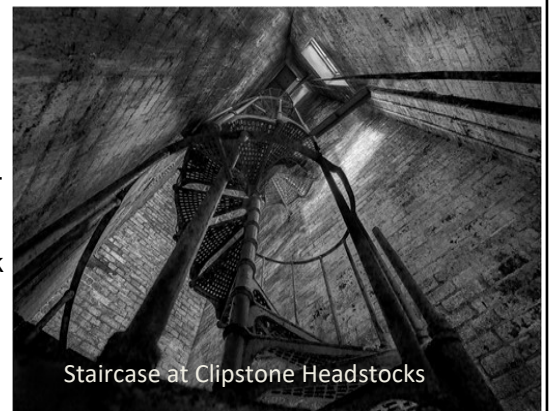
The members' Annual General Meeting on 16 May will include a birthday celebration and cakes. We will welcome two guest speakers to the AGM - Andy Oxnard, Community Engagement and Development Co-ordinator and Lee Brazier, Local Councillor, plus there will be some surprise entertainment. The Allsorts Gardening Group have organised a street party in Jubilee Hall to celebrate the Queen's Platinum Jubilee on 4 June (1950's dress optional!).

Later on, in September, Dukeries u3a will be taking part in the festival week running throughout the country to celebrate the 40th anniversary of u3a in the UK.

The activity and interest groups continue to run and there is good news that the Green Bowling Club will start their summer season on 20 April. Now the weather and the Covid situation are improving there are lots of trips in the pipeline, starting with Newark Garden Show in April. The photography group had a very interesting visit to Clipstone Headstocks where they enjoyed a guided tour and were able to take plenty of evocative photographs. The Ramblers walked the Clipstone Drive, the site of a motorcycle land speed record early in the last century. Their next walk took them on the Kirton Loop through springtime woodland. The Tuesday lunch club appreciated an excellent lunch at the Forest Lodge, Edwinstowe. Their April visit will be to the Angel, Blyth.



Headstock control panel



Staircase at Clipstone Headstocks

The monthly speaker programme will resume after the AGM. In June, Mike Ogdon will be taking the members on 'The Slow Road', an illustrated narrowboat cruise on England's inland waterway system from the tidal Trent via London and Oxford to Birmingham's Gas Street Basin. Mike lived on a narrowboat for many years, and cruised the inland waterway system extensively. In July, they will hear of Chris Vasper's exploits taking part twice in the Marathon Des Sables to raise funds for the charity 'Walking With The Wounded'. The marathon takes place across the Moroccan Sahara, one of the most inhospitable places on the planet

*Ann Street, Publicity Officer*

### **SMILE OF THE MONTH**

**Be careful about reading health books. Some fine day you'll die of a misprint.**

— Markus Herz

## BEESTON u3a

Beeston u3a has just had their group fair at the Pearson Centre, a local youth and community centre. The aim of the fair was to spread the word about u3a within the community and to showcase all that Beeston u3a has to offer, allowing existing and prospective members to find out, and express interest in, the over 90 groups which were represented.

Prior to the fair we had advertised extensively by giving out fliers at a local market stall, posting information in a variety of places such as shops, doctors' surgeries and community centres, writing a short piece for the local press and using our Facebook page to spread the word.

We were ready by 10:00am and during the morning we welcomed more than 200 people. Each group had a table where they gave out fliers, signed up new members and generally chatted about what their group had to offer.

Our over 90 groups range from book groups to bridge, wine tasting to walking and scrabble to Scottish country dancing.



While visitors wandered around the hall exploring what our groups had to offer, refreshments were served in the entrance foyer along with entertainment provided by several groups. These ranged from our newly formed Rock music band along with the more established ones such as Ukulele, Recorders and Scottish Country Dancing.



Apart from adding numbers to the groups from our existing membership and showcasing what we have to offer to those of us who are no longer in full time employment, we also had applications from over 50 new members. We feel that the hard work by both the group facilitators and committee was well worth the effort and will happily give advice or help to anyone wishing to hold their own group fair in the future.



*Margot Gale, Chair*

## MANSFIELD & DISTRICT u3a

Mansfield u3a had a very enjoyable talk at their Garden Group by Martin Fish accompanied by his wife Jill. The talk was on the life of an RHS Judge and provided a very interesting insight.

During lockdown we have been holding monthly Zoom Quizzes but our first in person Quiz will be taking place on 29 April and everyone was looking forward to it.

New members meetings have been taking place and future events are being planned. Life is starting to get back to something like normal!

*Carole Harrison, Business Secretary*





## FLASH MOB SATURDAY 24 SEPTEMBER 2022

### MARKET SQUARE NOTTINGHAM TIME TBC - EARLY AFTERNOON

Ever feel frustrated that the over 60's are portrayed as worn out and old?

Senior people are a large part of our society, but so often we are overlooked and written off!!! Well here is a chance to show the younger generations that we still have abilities, a bit of energy and we can have fun!



As part of the u3a celebrations, we are planning to surprise Nottingham City Centre by taking over the Market Square in a Flash Mob.

We are choreographing a simple line dance, and we need a **huge number of happy u3a members, from all over the county, to take part.**

We are planning to distribute the dance routine to all u3as for men and women to practise in their own homes and meeting places. We can also arrange some practise sessions if required.

The main feature of a Flash Mob is that everyone moves in the same direction, so even though we will try to do the correct steps, the main element of this is simply keep in time and move the same way! The visual impact is superb!

We also need people to video the event and post those videos on social media. We will alert the media and hopefully raise the profile of u3a throughout Nottinghamshire.

**THIS IS AN EXCITING, POSSIBLY ONE-OFF OPPORTUNITY, TO TAKE PART IN SOMETHING LIKE THIS. SIGN UP WITH YOUR PUBLICITY OFFICER/COMMITTEE TODAY!**

**SUGGESTIONS FOR A SUITABLE SONG TO DANCE TO ARE WELCOMED**

Send ideas to [du3achair2020@gmail.com](mailto:du3achair2020@gmail.com)

**JOIN US LEARN LAUGH LIVE MAKE A DIFFERENCE**

**More information will be available in May.**

# THOUGHTS FROM THE NETWORK

## HYBRID MEETINGS AND OTHER USES OF TECHNOLOGY

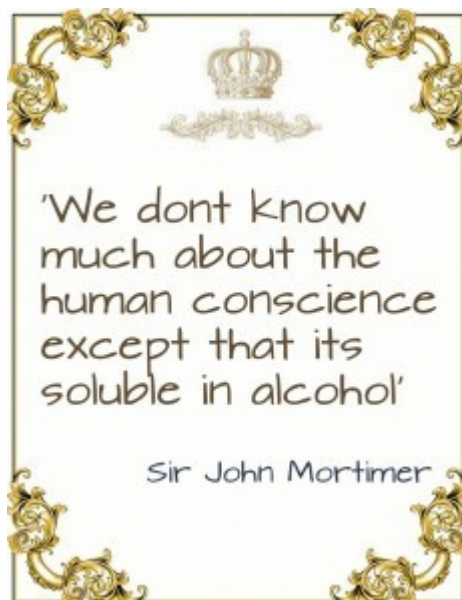
Are you interested in learning more about hybrid meetings and other uses of technology within the u3a movement? If you are there is a wealth of information available online on a number of websites within the u3a movement. **(follow the highlighted links)**.

Start by going to the National u3a YouTube channel; [u3a YouTube Channel](#). Under the [Playlists](#) tab is a playlist called 'Running your u3a'. There are 8 videos listed in the playlist, the last being: [Alternative Ways of Meeting - Hybrid and Other Options](#). This is a half hour video prepared and presented by Liz Thackray.

At the end of Liz Thackray's video is a recommendation to go to Exmouth & District u3a's Connect & Learn website: [Connect and Learn](#) where there is much additional information. One of the tabs is on video calls: [connect and learn / videocalls](#) where the second link down is to a section on '**How to hold hybrid (or twinned) meetings using Zoom**'.

Last but by no means least is the London Region Sharing webpage: [London Region - Sharing](#). Towards the bottom of the list of Shared Practice Guides is a 41 page document on Hybrid Meetings [Shared Practice Guide - Alternative Ways of Meeting](#). This is a comprehensive guide with all the technical aspects clearly explained. Liz's video and this guide are an excellent combination.

## ANOTHER SMILE FOR THE MONTH



# LEARN, LAUGH, LIVE