

# NEWSBITES!

**March 2021**

*Sharing ideas across 34 u3as in Nottinghamshire*

## MESSAGE FROM THE CHAIR OF NOTTS NETWORK

I feel as though there is a terrific amount of activity going on as regards our Network and our individual u3a plans for the future. You may, by now, have received a phone call from our Regional Trustee, or one of a team of helpers, with the purpose of making contact and seeing how you are getting on at this unusual time. It is so encouraging to hear of all the inventive ways members are finding to keep Interest Groups going and members engaged socially with learning.

Our Network is spearheading the idea of Peer Support Groups (PSGs) which are proving extremely worthwhile. I commend them to you if your u3a has not already engaged with them. Those which are particularly active at present are Secretaries, Treasurers, Websites and Publicity.

As well as this, I don't know if you have yet discovered the workshops which are being put on by the National Team? I have attended a number and found them to be really worthwhile and informative. A recent one was put on by our own Paul Martinez, Carlton & Gedling u3a, on Recruitment and Retention. Here he introduced the toolkit which is to be found on the national u3a website. We could show the presentation to our Network members. Let me know if that is something you would find useful.

Our next Network meeting is set for 28<sup>th</sup> April. This will not be a business meeting and we plan to have some fun with a quiz. As well as this we have already said we will discuss the idea of Niche Groups and the sharing of members between u3as. Please come with your thoughts on this. If you have any other matters you would like raised at the April meeting do let me know.

I wish all of you in our wider u3a family the best and applaud those of you who work so hard to keep your u3a vibrant and open for present and future new members.

*Rosie Allen*

## NEWS FROM PEER SUPPORT GROUPS

**The Business Secretaries' Peer Support Group** will meet by Zoom at 2.00pm on Tuesday 13 April.

**The Treasurers' Peer Support Group** will meet by Zoom at 10.30am pm on Monday 19 April.

March brings breezes loud  
and shrill,  
Stirs the dancing daffodil



# u3a IS ALIVE AND WELL IN NOTTINGHAMSHIRE

## BINGHAM u3a

This article was sent in by John Lewis, Chair of Bingham u3a and was used as a press release.

### Reach Rushcliffe funding helps community group go digital

A community group in Bingham has received vital funding from Reach Rushcliffe to help expand their meetings and hold digital get-togethers to keep their members engaged.

Bingham u3a has received funds to assist with their campaign against loneliness and social isolation that it has been spearheading since 2017 in line with Rushcliffe Borough Council's initiative which launched last year.

The group is now set to create an even greater online presence in line with u3a's nationwide 'Going Forward Together' project, to increase their membership and hold even more virtual meetings to those online and harder to reach members who may be at risk of social isolation.

The support will also help with training and infrastructure costs of digitising these virtual group get-togethers and the costs of general publicity of the meetings such as banners, newsletters and flyers to reach the new members.

The funding will build on some of the activities that have included members writing and publishing novels and short stories and setting up their own online radio station, radio u3a.

It's even assisted charity efforts including a 1305-mile tour of Britain, completed by one of the group's members, all without leaving his back garden, that raised an amazing £715 for the NHS.

The Council's Cabinet Portfolio Holder for Community and The Environment Cllr Abby Brennan met with group members and the chairman John Lewis at the Buttercross in Bingham to hear more about how the funding will help them.

Cllr Brennan said: "I'm delighted that Reach Rushcliffe has been able to support another fantastic organisation in their efforts to keep group members engaged, especially those who may not be able to access their services online.

"It's still set to be an incredibly challenging time for many of our residents as we adapt safely to Central Government's COVID road map.

"Groups such as this will continue to provide a lifeline and it's great to see Bingham u3a helping their members keep in touch with creative activities such as their podcast and newsletter.

"We would encourage any organisations also looking to safely reduce social isolation in their part of Rushcliffe to apply for funding through Reach Rushcliffe by visiting [www.rushcliffe.gov.uk/health/reachrushcliffe/](http://www.rushcliffe.gov.uk/health/reachrushcliffe/)."

The group is a diverse non-profit independent community group of lively and friendly people who engage in a range of exciting and fun events.

They are part of a worldwide movement that has more than half a million members in the UK with a motto 'Learn, Laugh, Live'. There are no age rules for those hoping to join and their activities are not academic.

John said: "The group has been active in the struggle against loneliness and its adverse effects on health and wellbeing. Members always recommend others to get involved to reduce social isolation and maintain physical and mental health.

"We're so pleased to receive this funding from Rushcliffe Borough Council, which means we can further publicise our group and hopefully attract more local residents who are at risk of being socially isolated.

"We're really proud of what we have achieved and as we say, 'feeling lonely, feeling blue? u3a is good for you!'"

Athena Hodge, Bingham u3a's Programme and Meetings Manager said: "We've used virtual video conferencing platforms that have really helped reach out and engage members but also identify ways we can keep in touch with those who are not yet online.

"This has included a varied, interesting and entertaining programme and working in partnership with 103 The Eye FM to develop our radio station.

"It would be great for outdoor activities to resume but until this happens, we're staying in touch with members with a printed copy of our monthly newsletter, utilising a telephone tree system and we're hoping to contribute to u3a radio which has recently aired its fourth podcast."

To view more information on Bingham u3a, residents can visit their website [www.binghamu3a.org](http://www.binghamu3a.org) to view their latest newsletter, visit their Facebook page [www.facebook.com/binghamu3abingham](https://www.facebook.com/binghamu3abingham) and those wishing to join the group can do so by phoning Karen Peters on 01949 875406 or emailing [bingham.u3a.membership@gmail.com](mailto:bingham.u3a.membership@gmail.com)

## EDWALTON, GAMSTON & DISTRICT u3a

George Gollidge, the Chair, has sent in a presentation by their Virtual Multidisciplinary Group on the of topic "The design, manufacture and use of textiles". It is being sent out with this issue of Newsbites. This may be of particular interest to those readers whose families have connections with the Nottingham lace industry.

## RADCLIFFE-ON-TRENT u3a

**Our first speaker over Zoom will be on Thursday April 8 2021 2.00 with Mark Shardlow giving an insight into 'A Career in Sports journalism'**

Mark Shardlow is a Sports journalist. He left the BBC to go freelance at the end of last year. He has commentated on and been to Olympic Games, Paralympics, football and hockey matches.

Mark says that, as a child, he got a tape recorder for Christmas, not to play music but to practise sports commentary. From the age of nine, his Saturday afternoons were spent glued to Grandstand. Mornings were spent studying the horses, the names, the jockeys, the colours - every detail so that he could deliver the perfect commentary. On Midweek evenings he sat next to the family's old radio, listening to crackly European commentaries on BBC Radio Nottingham.

Nine years later, he was in the Press box at Nottingham Forest, delivering his first football commentary. For the next 20 years he endured the highs and lows of East Midlands sport.



*Penny Tyler*

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

Any plans for 2021—will we all be able to meet again? Are you preparing for u3a Day? Anything else you want to tell other u3as. Some u3as have put quizzes in their newsletters—would any of you like to share them with other u3as? Tell us about good speakers you have had on Zoom.

If you have any comments to make on the format and contents of Newsbites, the editor would be pleased to know.

Please submit your articles using font Arial 10pt if possible

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

## u3a DAY— WEDNESDAY 2 JUNE 2021

**Is your u3a making plans for u3a day?** We do not know whether lockdown will be over and you can have publicity events with visitors or whether what you do will 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.

## NATIONAL NEWSLETTER

Have all your members signed up for the National Newsletter? If not, encourage them to do so. It goes out monthly, direct to each member's email address. It contains information about what other u3as are doing, news from u3a Office, information about learning events and lots of other things. Members can sign up to the newsletter on the national website.

**This item was copied from the u3a National Newsletter**

### Transcript for Sam Mauger's message to u3a members 5 March 2021

Sam Mauger, CEO of the Third Age Trust, said

"Hello there. I just wanted to have a catch up with you.

It's really encouraging now that we have a hopeful way out of lockdown and returning to face to face meetings.

What a relief that is for all of us. It will be great to see each other again in real life and not just virtual life.

And great that it's coming when spring is upon us and summer is around the corner. It really feels like a new beginning.

We've learnt a lot over the last year about keeping in touch. We're not going to forget any of that.

However, as we come out of lockdown we're going to be following all the advice and guidance from all the governments from the four nations. The first bulletins giving advice will be coming out later this month.

It's great to be on the next phase of this u3a journey and I'm looking forward to it so much."



This photograph was sent in by John (Jack) White of Hucknall u3a.

He says it was taken on 26 July 2013 but these Terrapins were around for a few years following this encounter.

They were living it up and sunning themselves at Codnor Park Reservoir at Ironville, (near Golden Valley, Derbyshire).