

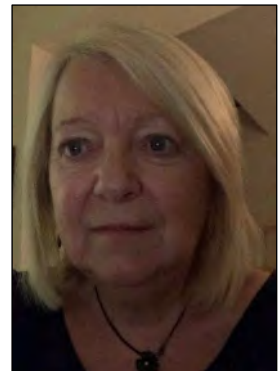
MESSAGE FROM CHRIS NIVEN, CHAIR OF THE NETWORK

Dear All,

Thank you to all your representatives who attended our Networking meeting in April. It was a relaxed meeting where we split into groups and discussed two topics.

- 1) How do we support our members who have additional needs?
- 2) What would you like to be on the programme of our Nottinghamshire Network Conference in 2024?

We had lots of ideas and information shared which the committee will be looking at in our next meeting. If you couldn't attend the meeting but would like to share your ideas, please forward them on to me chrisniven1@yahoo.co.uk



I have just attended the Keeping it Legal zoom workshop which was held specifically for our Notts Network and delivered by Maria G from Ravenshead u3a. A very informative session which clarified a lot of issues that regularly crop up. Thank you, Maria and Rosie for organising.

Our Peer Support Groups are also flourishing and are a positive forum to support committee members.

So, lots happening in our busy, thriving Network thanks to all of you who support us.

Finally, enjoy the lovely Spring sunshine and I look forward to seeing your u3a representatives at our next meeting in July.

Best wishes
Chris Niven
Chair Nottinghamshire Network of u3as

RADCLIFFE ON TRENT u3a

Trips & Outings Visit to Hull Tuesday 21st March

A Party of 49 members made their way to Hull, starting at The Deep Aquarium. The trip was on a freestyle basis so we made our way around in small groups, and marvelled at the variety of fish on show. From Sharks, Swordfish and Manta Rays down to multi coloured tropical fish of many sizes, Jelly Fish and many that defy explanation. The many displays on show explained the growth of man from the earliest microbes to what we are today.



Eventually members drifted out to the Old Town and Museums Area for which there was no charge for entry. Many paid a visit to the Streetlife museum with its many transport orientated items including horse drawn carriages, buses, railways, bicycles and a Morris 8 Motor Car. Next door was the Museum of Hull & East Riding that took us through 235 million years of history, from the Bronze, Iron, Roman, Britain, Saxon & Viking periods with many articles on display, including a Roman Bath & Mosaics. Some members visited the Ferens Art Gallery with its large excellent range of Paintings from European Old Masters, Portraiture, Marine & British Art all set in beautiful rooms. With plenty of interesting places to eat our members enjoyed a wide selection of good food.

Two of the highlights of the visit were the Red Arrows practising right in front of our coach, followed by our crossing over the stunning Humber Bridge.

There was unanimity that Hull had surpassed the expectations, with many commenting they intend to return for a more in depth visit in the future.

George Roberts
Chair

RAVENSHEAD u3a

On the fifth of April Ravenshead u3a held a Red Cross First Aid Workshop for members. This was an excellent way to spend a morning. Our experienced Red Cross trainer was Anish Nathwani whose presentation was informative, inter-active, and at times entertaining.



A member practises CPR

We all had an opportunity to practise CPR, how to position a person prior to administering five “thumps” to the back if choking and the Heimlich manoeuvre on a dummy before placing a helpful volunteer into the recovery position. Our attempts at CPR were accompanied by the usual grunts and groans as we knelt down and got up again not to mention our comments about how difficult performing effective CPR actually is.

Anish, aided by his trusty dummy, also demonstrated how to use a defibrillator and tested our knowledge of the location of defibrillators in Ravenshead. He made sure we could identify a stroke and know how to deal with one before instructing us on first aid for burns. Anish answered our queries concisely and clearly.

Having attended this Red Cross First Aid Workshop, I have to recommend these informative and possibly life-saving sessions to all u3a members especially group leaders.



Anish places a member in the recovery position

Yvonne Bebbington

BEESTON u3a

Beeston's first Father/Daughter members

This delightful connection between the generations occurred when recently retired Fiona Brooksbank Jones joined Beeston u3a after several years of being the chief pudding chef at the Victoria Hotel. Fiona joined alongside her also recently retired husband Phil.

Richard Brooksbank is well known to many as a member of several groups since he joined Beeston u3a 7 years ago – chiefly Fine Wine, Real Ale and Philosophy & Religion.

Richard worked as an Electronic Engineer for 42 years and was an Artistic Tutor at Broxtowe college for more than 30 years. That artistic talent flows through the Brooksbank genes with Fiona having worked at the Nottingham Design Academy and been a Decorative Artist for a time. In her varied career, she and Phil also lived abroad working in the RAF.

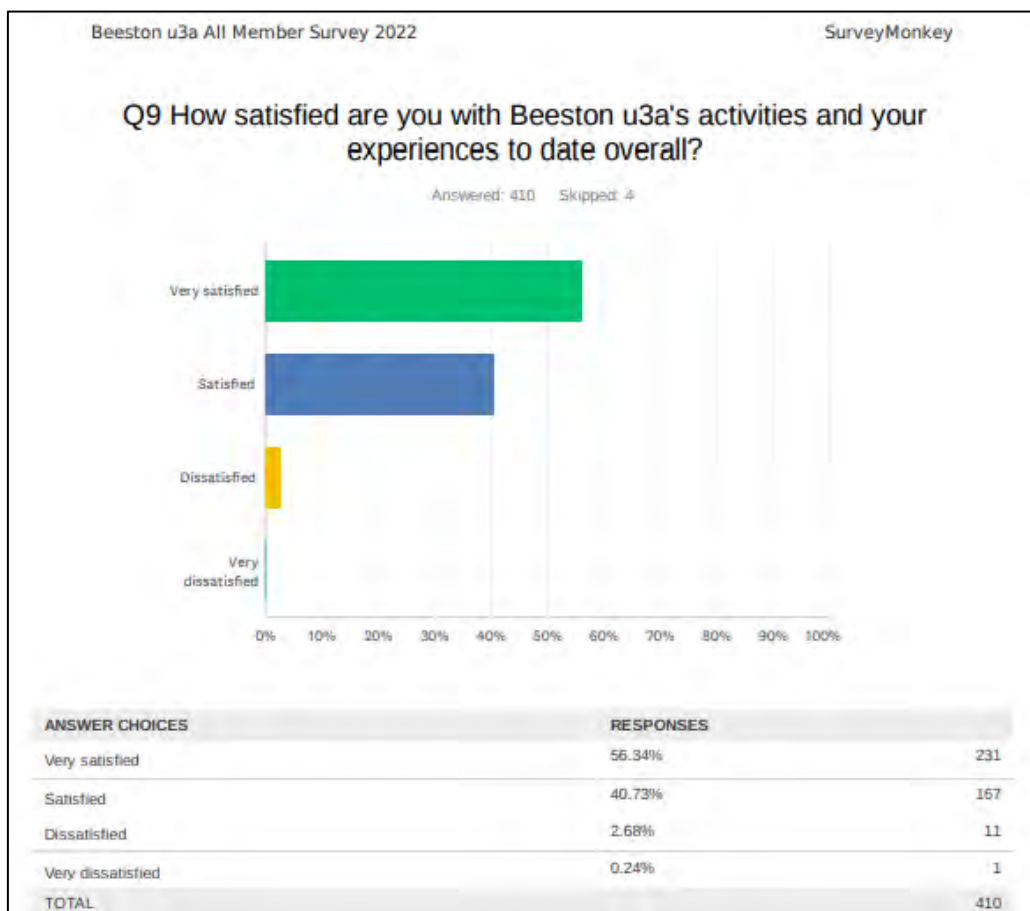
Both members of the family have lived in Beeston for years and have strong connections, Richard still lives in the house he was born in.

We look forward to welcoming Fiona and Phil to many new groups and continue to enjoy Richard's involvement.



Richard and Fiona

'Overall satisfaction' results from the Beeston u3a survey of all members



Beeston u3a recently completed a survey of all members, using a one month FLEX subscription to Survey Monkey. We had a fantastic response - 46% of our members gave us feedback on where they first heard about us, how they rated their

experiences and whether they had any suggestions to make. All this feedback has enabled the Committee to set relevant goals for the future.

Karen Attwood
Beeston u3a Publicity Officer

MANSFIELD AND DISTRICT u3a



It has been quite a month, with our Coronation celebration where members had a great get together with delicious food and a royal quiz.



Another excellent meal we enjoyed was at West Notts College 'Refined Dining'.



Congratulations to all the students concerned, it was so good we have booked to come back.





At the Members Meeting Paula Cornell, as her nemesis Lady Denman, treated us to tales of what it was like for a lady in the 1920's to drive a car. We learned how to use hand signals, what jewellery and hat to wear safely and how to avoid police speed traps. All very useful. Lady Denman was also one of the first ladies to participate in the Monto Carlo Rally, coming a commendable sixth.

Our Garden Group Speaker was Mike Davey who inspired us to visit 'Wonderful Wisley' via his slides. A future visit to see Highgrove gardens is eagerly anticipated.

Carole Harrison
Business Secretary



ASHFIELD u3a

Hats off to the Sugarcraft Group who at their April meeting were very busy making Easter bonnet cakes. It has been reported that not only did the cakes look good but tasted very good too.



Our Miscellany Group visited the Civil War museum in Newark in April and followed visit up with a guided tour of Newark. They discovered a wealth of information about the English Civil War. It is fascinating to think that the area we live in is so steeped in history and it is well worth a visit to Newark to stand in the town where a part of the history of England unfolded. Our Miscellany Group is open to all our members and they have a good programme of places to visit planned up to August.

In May we had a visit from the renowned gardener Martin Fish who is a RHS judge, Radio Nottingham and York gardener, author and correspondent to Garden Answers and Garden Questions Magazines. Martin started the evening with 10 gardening hints and tips which were very informative and after the break he hosted a 'Gardeners Question Time' session. As our gardens are now springing into life there were plenty members fielding questions his way and a very enjoyable night it turned out to be.

Our membership numbers continue to rise steadily and our interest groups continue to grow with new groups frequently being added. Plans are even being made for as far

ahead as Christmas Lunch. Ashfield u3a members are never bored as there is so much to do, the only difficulty is the time to fit it all in. There is certainly something for everyone in our very varied programme and we continue to live, laugh and learn together.

Val Scott
Committee Member

WORKSOP AND DISTRICT u3a

We've never done an Open Day as such before. Our March meeting is usually given over to paying subs and letting the groups advertise their wares to current members, but this year we decided to actively advertise it to the wider public. We used Paul Martinez' Recruitment toolkit to help us think about how to approach it.

We put posters around town, did a leaflet drop via the local trade directory and set up a Facebook page. The effect of the Facebook page was amazing. Our average monthly hits on the website Home page was about 350. We started to actively use the Facebook page after Christmas and in January we had 6,700 hits, in Feb 7,200, and in March 10,900. Unbelievable!



Come the Open day the place was packed; we were overwhelmed to the point we couldn't record people coming in. The car park was full and overflowing. We were a victim of our own successful advertising. We have lessons to learn and consider how we organise future events, but it shows there is a clear demand for the u3a.



So did the Open day and advertising work translate into new members? In Jan to April 2018 we recorded 38 new members, in 2019 it was 39, and in 2023, 63 (to 23rd April). So, it worked. Our monthly meeting in April was the highest attendance post pandemic. Pinning it down to the effects of specific advertising is more difficult, but however the message got out, it was a successful campaign and well worth the effort. The next step will be to engage with those new members and find out specifically what worked. We also need make sure we live up to their expectations and find out what they can do to contribute to the success of our u3a in the future.

Roger Hancocks
Chair

NEWARK AND DISTRICT u3a

RAVE ON!

Newark & District u3a's recent "Spring Social" evening was a huge success. The community hall used for the event came complete with a licenced bar, but due to differing dietary requirements, people were invited to bring along their own nibbles & soon, tables were groaning under wonderful "spreads" of food.

One of the members had provided the music while another stepped up as D.J. for the night, playing hits from the 60's & 70's, which soon had everyone up on the dance floor strutting their stuff. From "Saturday Night Fever" through to "Grease" & "Whiter Shade of Pale", the hits kept coming & feet pounded the dance floor. There was absolutely no sign of slacking from this crowd!



As the evening progressed, the mood was as bright & sparkly as the disco lamps which leant a colourful glow to the room. By the end of the night, with sore feet but happy, smiling faces, it was generally agreed that we'd had a blast & absolutely must make this a regular event. We've even had requests to form a Disco Dance group. As they say, "watch this space".



Maggie George
Chairman

COTGRAVE AND DISTRICT u3a

OTT

Cotgrave and District's U3A have a group called Outings, Trips and Travel (OTT). We organise day trips and holidays both in this country and abroad.



Recently 22 members of the group went to Lake Como for a week. We flew from Birmingham to Bergamo near Milan and stayed in the 3 star Hotel Bazzoni in one of the small towns that surround Lake Como.



Trips out included a visit to Lake Maggiore, Lake Lugano, a visit to San Moritz via the Bernini Express and to the medieval towns of Bergamo and Bellagio. Also included were visits to a number of villas with stunning gardens.

We had many adventures along the way and the trip was thoroughly enjoyed by us all. So much so we are already planning where to go to next year.

Maureen Johnson

WOLLATON u3a

Coronation Celebration

Like many u3a members across the country, Wollaton u3a celebrated the Coronation of Charles and Camilla; we chose to do this at our May Coffee Morning. Our dates aligned very nicely, as our Coffee Mornings are held on the first Friday of the month.



Our members were encouraged to wear red, white and blue and they certainly pushed the boat out, as you can see from our photos; we even had one member whose daughter had crocheted her a tiara to wear. 68 members attended our celebrations and filled the hall of Grangewood Methodist church, where our Coffee Mornings are held.



We had a Coronation cake which was baked by the Chair's sister, along with table decorations made by our craft group and flags and bunting aplenty. One of our members lent an original Union Jack from Queen Elizabeth's coronation in 1953 to add a sense of royal continuity to the event.



The morning was completed by a sing along of some old favourites from across the Commonwealth and was led by our own Wollaton u3a Ensemble, composed of Stephen and John on guitar and Mo on keyboard.



It was a very enjoyable way to celebrate this momentous occasion.

Sarah Spilsbury
Chair

STAPLEFORD AND DISTRICT u3a

Ukulele Group's first outing

The Stapleford & District Ukulele group had their first official outing on Monday 16th May.

We were invited to play for the Friendship group at the local Salvation Army Hall. One of our members belongs to this group and had been telling them about us, they then asked us to come along to play for them.

We arrived on the day without Barbara who had invited us as she had Covid symptoms and wasn't able to come. Captain Huw welcomed us on her behalf, we had a lovely time and during the interval we were asked if we had a CD of our music. "I'm afraid we haven't got one," our leader replied, "but it is something for us to think about."



They enjoyed singing along with us and we have been invited back to play again at Christmas. Everyone in the group said they enjoyed themselves and were looking forward to their next outing.

Hazel Stenson
Group member

DUKERIES u3a

RECENTLY

Dukeries u3a had a busy Spring including the Coronation Concert at the Sherwood Forest visitor centre, where some of our members also participated in the musical entertainment alongside the Band of the Royal Engineers.

After that a "Right Royal Knees-up" and a visit to Nottingham Justice Centre by a dozen members organised by Ann Street.

ASSOCIATES & DIARY

We very much welcome Associate members from nearby u3a branches as, of course, some of our members are Associates of neighbouring branches too.

Forthcoming events include some combining with neighbouring branches and this year include a River Cruise, a Summer Ball (22nd July), an Indoor Garden Party (14th Aug) and our Halloween Fancy Dress Party (27th Oct), a Quiz night and "Last night of the Proms" (11th Nov).

A visit to David Austin roses in Shropshire was another highlight in June organised by Sharon Pinkett and the Gardeners group.



SPEAKERS & CHANGES

The Speaker at our June meeting was Phil Cooper who showcased the amazing animals of Costa Rica using video and still-photos, which featured (amongst many others) agouti, coati, green iguana, toucans, scarlet macaw and the acquisitive capuchin monkey!

Future speakers include "Policing in Bermuda" by a very tall and probably very suntanned former UK & Bermuda policeman.

At this year's AGM, we were well entertained by Dukeries Singers and we reaffirmed our charity of choice will continue to be Lincs&Notts Air Ambulance.

Bowls has now moved to its summer venue at Ollerton Bowls on Whinney Lane. Contact Alan or Val on 01623 631993.



Soft Tennis is now available at both Clipstone Sportshall NG21 9DL on various Mondays and at Jubilee Hall, Ollerton NG22 9AP on various Fridays. Tel Kev on 07988620714.



Du3a Ramblers at South Anston in May

Kevin Mulloy
Du3a Press Secretary

Many thanks to all the Nottinghamshire members who have submitted articles about their u3as. This is your newsletter and it wouldn't exist without your many contributions.

Please submit your text in Word and your photographs as separate attachments in JPG, PNG or similar format.

Please keep within the 300-word count and do remember the photographs. A photograph always tells a good story!

And if your u3a is organising an event, trip or holiday which you would like to share with other Nottinghamshire u3a members or maybe you have a few places to fill or a few tickets to sell, then this is the place to promote them. Please let me have full details including contact details maria.newsbytes@gmail.com

NOTTINGHAMSHIRE NETWORK OF u3as

Peer Support Groups (PSGs)

Our Notts Network holds a number of PSGs as follows:

- Chairs
- Treasurers
- Business Secretaries
- Interest Group Coordinators
- Publicity
- Speaker Seekers
- Membership Secretaries

These groups are invaluable as a means of communicating with others who fill the same role in different u3as across the county. Most meet a few times a year usually on Zoom and some use WhatsApp or Google groups to “talk” through issues as they arise.

An example is the Chairs PSG, we meet four or five times a year and members raise agenda items to talk through. Each Chair in the PSG is placed on Google Groups and this means there is one email address which automatically goes out to everyone in the group. If there is a question that needs a speedy response, an email via the Chairs PSG google groups address goes to everyone and invariably there is a very quick and helpful response from other chairs in the group.

If you would like to join one of the PSGs it is probably best to email our Network Contact, Margot Gale, who will be able to add you to the Beacon list.

Workshops

On 24th May we ran a Third Age Trust workshop entitled “Keeping it Legal”, just for Notts Network members. We were very pleased that 30 members from 20 u3as across the county signed up to hear from Maria Gabrielczyk one of the Trust Volunteer trainers and Mingma Norman, the Trust Volunteering development Officer. Maria is one of us, being chair of Ravenshead u3a, and we are very lucky to have her expertise to call on. At our next Chairs’ PSG we will raise some questions arising from matters that were raised in the workshop.

We plan to hold another Workshop for the Network in early November but in the meantime, it is possible for you to sign up for any of the Trust workshops using the Third Age Trust website. The following titles are available:

- Running your u3a
- Growth Matters
- Interest Groups Matter
- Equality, Diversity and Inclusion

Recruiting Committee Members – next session Monday 19th June 10.00 – 11.30
Finance Matters
U3a Model Constitutions – an overview
Recruiting and Valuing Volunteers
Contingency Planning
Running Discussion Groups

Rosie Allen
Notts Network Support Officer

NEWS FROM THE THIRD AGE TRUST

u3a week

u3a Week is an annual event to showcase the activity, learning and fun which takes place across the movement every day. It is a celebration of positive ageing highlighting our members' lived experience.

Across the UK, members hold events and showcase what u3a is all about. In 2023 u3a week is 16 – 24 September. u3as can choose which day(s) to celebrate.

Please visit the Trust Brand Centre to access all new-look publicity materials which celebrate the fun of being part of u3a and reflect the positive experiences still to come. You will find a range of banners, posters, and leaflets ready to print or order, plus digital and customisable assets.

For more information about u3a week look on the Third Age Trust site under Events (you must be logged in).

FREE ONLINE LEARNING EVENTS

Did you know that membership of your u3a entitles you to access free online talks, workshops and courses offered by The Third Age Trust? Just go to: www.u3a.org.uk You must be registered with the Trust but this is a very easy and quick process. Once on the site look for these opportunities under Events.

Most sessions are presented by members, sharing their knowledge or skills with others across the movement.

Here are just some of the exciting events coming up in the next few weeks –
ALL FREE TO JOIN:



Setting Up and Running A Local Exploring World Faiths Group

Your opportunity to raise questions, tell us about your ideas, and your experience of what's worked and what hasn't work.

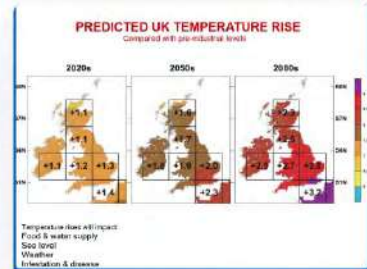
Mon 19 June at 10am
Free - Online via zoom



Into the Mind of an Artist. Van Gogh Part 1

Catherine Stevenson of Newcastle u3a looks at the life and works of Van Gogh.

Thurs 22 Jun at 10am
Free - online via zoom



Adapting to Climate Change

Ian Hawker of East Suffolk u3a asks what adaptation actions should the UK governments take to counter average temperature increases?

Mon 26 June at 10am
Free - Online via Zoom



Richborough Roman fort and amphitheatre

Jenny Wall, White Cliffs u3a and Volunteer Guide, takes us on a virtual tour of Richborough Roman fort and amphitheatre.

Thurs 6 July at 10am
Free - Online via Zoom



Introduction to Cryptic Crosswords

A taster session for beginners on solving cryptic crossword clues from Subject Adviser Henry Howarth. This is a repeat session.

Wed 12 July at 10am
Free- Online via Zoom



Expedition Cruising: The Scattered Islands

Neil Stevenson of Up Holland & District u3a shares his experience of rarely visited, French occupied, coral atolls in the Indian Ocean

Thurs 20 July at 2pm
Free - Online via Zoom

The Scattered Islands

DEADLINE FOR THE NEXT ISSUE OF NEWSBITES
 Please send your articles (keep to a maximum 300-word count and remember those all-important photos) by 7th August 2023 to maria.newsbytes@gmail.com