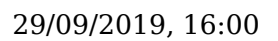


Date: 29/09/2019, 15:53



Todmorden U3A marked its 10th Anniversary with a wall hanging created by its Craft group. **The Tree of Knowledge** took hundreds of hours to make and represents each Interest Group extant at the time of the anniversary. You can see more U3A anniversary celebrations at the end of the newsletter.

In this issue...

U3A Day
International News
The Big Sing

News From The Trust

"This was my first conference, I thoroughly enjoyed it, came home buzzing with ideas. Can't wait to get started. I'll be back next year! Huge thanks to all involved"

Stephanie Smith, Chair of Leicester U3A.

Sharing, Inspiring, Learning.

Thank you so much for an inspirational conference and AGM 2019. Over 400 of our members came together for workshops, talks, pursuit and debate and most of all shared experiences with each other.

Third Age Trust Chair, Ian McCannah said, "It was a pleasure to meet so many of you and I hope you went back to your U3As brimming with enthusiasm for ideas acquired in Nottingham".

Videos from the Conference, AGM and Development Plan are now on our youtube channel - see button below.

U3A YouTube Channel



See more pictures from the Conference and AGM at
<https://www.facebook.com/u3auk/>

Volunteer News



Support is very appreciated

Many thanks to the team of volunteers who helped to ensure the Conference and AGM 2019 ran so smoothly.

Fifteen Trust volunteers and six volunteers from nearby Arnold U3A were kept busy registering attendees, signposting, supporting the many workshops and plenary sessions and much more.

Volunteering Officer, Eleanor Hazlewood, said "This was my first conference and it was so helpful having volunteers who knew the ropes.

"Thank you for your willingness to get stuck in, we couldn't have done it without you".



Woolaton Hall taken on the afternoon walk, by Interim Advice and Volunteer Manager Alison May

U3A Day



Save the Date

U3A is delighted to be holding the very first national [U3A Day](#) – which this year will take place on **June 3rd 2020**.

Regional Trustee, Sue Stokes, a member of the Communications and External Affairs Committee said, "We are so excited that from now on, every year there will be a day dedicated to learning, staying active and having fun in your third age.

"U3As across the country are being invited to mark the day by celebrating and showcasing what happens in their U3A.

"A resource pack is being developed with exciting ideas and guidelines and will be available before the end of December but for now, please put Wednesday 3rd June in your 2020 diaries and let's make our first National U3A Day a great success".

If you would like to get involved, please join our U3A Day [Closed Facebook Page](#) where we can start sharing ideas about U3A events.



Join the Beacon Team!

The Beacon system is supported by a team of volunteers from U3As around the country. You might know that the system is going through a major update in the next 12 months and as a result we are looking to expand the team. If you're interested in joining the Beacon team you can find out more and apply via the [Beacon website](#).

Don't forget you can now receive Beacon News direct to your inbox by signing up [here](#).

Financial Matters

Making Deposits at the Bank

Finance Manager Third Age Trust, Kevin Traynor said, "I have heard several stories of banks refusing over the counter deposits where the depositor isn't the account holder and I am grateful to the Treasurer at Ilkley & District U3A who recently issued the following note to his colleagues:

"I met with the TSB Bank Manager in Ilkley yesterday who told me that the banking guidelines had changed recently for all banks to limit the people who could pay cash into the bank to those named in the mandate. This is an anti-money laundering initiative.

"However, the Bank Manager understood the impact that this change in policy would have on our local U3A and so has agreed, exercising his discretion, to continue with the current system of allowing our group representatives to make cash payments into our account.

"We wondered if any other U3As had experienced something similar? Contact me kevin.traynor@u3a.org.uk



How do you prepare accounts information? Do any U3As use a recognised accounts package e.g. Xero, Zoho, Quickbooks or do you use Excel or Beacon or something else? We'd love you to share that with us?
kevin.traynor@u3a.org.uk

U3A News



Celebrating U3A Exhibition

Croydon U3A has a month-long exhibition in Click Clock Gallery, in the busy café adjacent to Croydon Central Library.

Chair Jenny Wilson said, "The café is a hub for library users, regular groups who meet there and shoppers, so an ideal location. The photographic exhibition provides a visual window into Who We Are and What We Do. It amply illustrates our strap line: Learn, Laugh, Live".



The inaugural meeting of the West Pennine Villages U3A – the 100th in the North-West was held near Chorley, Lancashire.

News from the Board



Chair Ian McCannah said, "Congratulations to the three new Trustees elected at the AGM last month - **Valerie Cobain** (Northern Ireland), **Ann Keating** (Scotland) and **Sandi Rickerby** (North East) as well as to **Jeff Carter** (East of England) and **Gill Russell** (North West) who have been elected for a further year on the Board of Trustees.

"This autumn, all U3A committees will be sent a survey covering the various commercial activities that could be offered through its new trading company. In an early trial, members completed the survey at the AGM in Nottingham last month.

"Early signs are that one of the most popular options is a variety of U3A branded clothing. Watch this space for the final results and the next steps in this interesting new area for Third Age Trading Limited to explore".

Barbara Lewis

It is with much sadness that the Trust has been advised by Stewart, Barbara's husband, that she passed away after a yearlong fight with cancer.

Barbara was a much loved and respected Chairman of the Trust between 2012 and 2015. She will be remembered for her passion for making the wider world aware of the benefits of U3A membership.

A full appreciation of her high profile contribution to the U3A will appear in the November issue of TAM. Meanwhile, on behalf of the U3A membership, the Trust sends its condolences to both Barbara and Stewart's family and friends.



Korean Arts and Culture Education Service (KACES)

International Committee members Ruth Keene and Chairman Auriol Ainley met at the request of KACES to explain how U3A supports its members through learning.

Ruth said, "It seems that South Korea is experiencing problems of loneliness, depression and dementia amongst older adults. During discussions it was felt they could adapt parts of our system to their own, and having given them copies of Learning Not Lonely, they were delighted to take such positive research back to their country"

Find more on the [International Committee](#)

Venetians chat with Cestrians

Chester U3A's Italian Language group met with students from the University of Free time in Venice who were on a language course held at the Conlan School in Chester. Jenny Carley, International Committee said, "It was noisy, lots of exchanges of ideas, contact details and discussions about their love of Italy and its language".



Building Partnerships

A Life Well Lived

Nearly all the episodes from the podcast A Life Well Lived are now live and available featuring the amazing stories from some of our members.

Listen to the podcast on iTunes, Spotify or through the A Life Well Lived Website, <http://alifewelllivedpodcast.buzzsprout.com>

Award winning U3A Cricketer

Barnsley U3A's Mac McKechnie has been awarded 'The Most Inspiring and Diverse Cricket Offer 2019' by Yorkshire County Cricket Board.

Mac, a national U3A subject adviser, was presented with the award at a ceremony in Yorkshire's home of cricket, Headingley and as a result, has been invited to the famous Lord's cricket ground on 14 October for the NatWest-sponsored 'ECB National Finals of Outstanding Services to Cricket' awards.

Mac has spent nearly a year, tirelessly promoting walking cricket as a sport and helping raise the profile of U3A. Last week he met with Richard Hill, MBE, the ECB (English Cricket Board's) Disability and Community lead.

[Read more.](#)

Subject Adviser for Psychology, Jane Bellworthy, attended Grandparents Action Day, held at the Palace of Westminster in September and focused on grandparents estranged from their grandchildren. Jane met with MPS, with Esther Rantzen and was invited to meet the Attorney General ,Geoffrey Cox.

Lifelong Learning



Choral Director and Vocal Leader, Stuart Overington leads 130 U3A members in the Big Sing in Manchester.

The Big Sing

130 U3A members from all over the North West took part in 'The Big Sing with accomplished composer, teacher and condutor, Stuart Overington.

Stuart works with the Halle Youth choir and came back to lead the big sing for a second year.

Gillian Russel, North West Trustee said, "Thrilled that we had such an amazing day. Music is a wonderful way of communicating as well as a source of never ending enjoyment".

This month, read about delving into childhood memories, a U3A member soaring over the Eden Project and a history book published by Spalding and District U3A. This and more on [SOURCES ONLINE](#).

Learning Resources



Spalding and District U3A history group has created a book about what Spalding was like in medieval times.

A Guide to Medieval Spalding, overviews the life in the town between 1050 to 1550 illustrated with period prints, maps and drawings as well as more recent photographs.

Copies are available from Bookmark in Spalding, Ayscoughfee Hall and the Spalding Gentlemen's Society as well as from [Spalding and District U3A](#)

Introducing a New Subject Advisor

Martin Pugh has become the new Subject Adviser for Golf. Speaking to us from a windy Derbyshire where he's exploring a new Golf Course, he said, "My hopes are that organiser's will see many opportunities to develop their groups and expand their golfing horizons geographically as well as through a variety of formats for members to enjoy. Happy 'Driving!!"

For information on all new subject advisers, go to <https://www.u3a.org.uk/resources/subjects>



Royston U3A Golf Group

Education Events



Celebration of the Sea

The London Region Summer School this year had talks on maritime art, finding one's way in an empty ocean, seaborne disease, air/sea rescue, migration and the archaeology of the Thames foreshore.

Catherine Ware and Rona Black said, "25% of attendees came from U3As in surrounding counties and as far away as Devon and Yorkshire. In addition, 45% of attendees said they hadn't been to the Summer School before".

You can read more on [Sources Online](#)

National Summer Schools

The year's programme of national Summer Schools has now completed with the second school taking place this month at the Royal Agricultural University in Cirencester. which was a great success.



■

I worked alongside a group of like minded people in a very supportive environment and came away with a renewed enthusiasm for the subject. I feel much enriched. I can thoroughly recommend summer school to U3A members and encourage any who have misgivings of any kind to put them to one side next summer and sign up for one of the many courses offered, both academic and leisure. I spoke to many people on different courses and all were impressed by the quality of their course and of the excellent evening entertainment.

■

Jennie Woodman from Burntwood U3A - linguistics course

U3As in the News

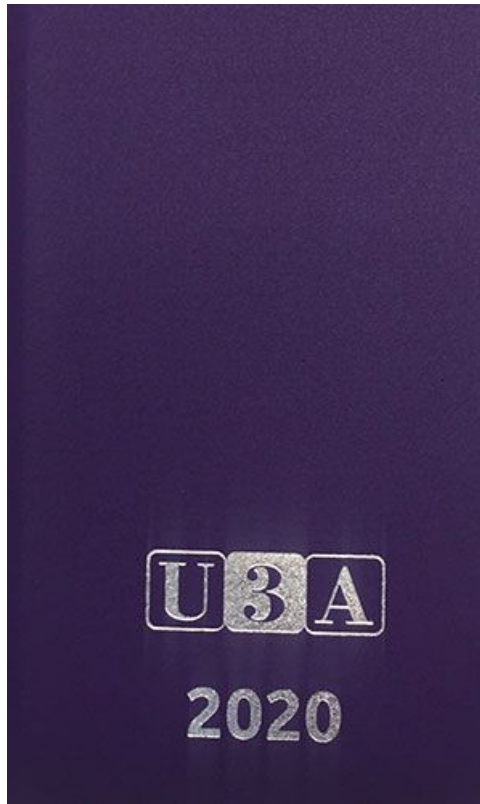


Ruthin & District U3A and Berwyn & District U3A Geology groups joined together to visit Cefn Mawr Quarry, North Wales.

<https://www.denbighshirefreepress.co.uk/news/17812570.quarry-tour-hit-ruthin-group/>

Other News

U3A Diaries now [available](#)



U3A Celebrates

Congratulations to all the U3As the length and breadth of the country who have celebrated landmark anniversaries this month.

Barnstable U3A celebrated their 35th anniversary, making them the 7th longest running U3A in the county.



Shoreham and Southwick U3A celebrated their 30th Anniversary with a special meeting with talks, a performance from Richard Durrant and a huge birthday cake.

Dorchester and District U3A marked their 25th Anniversary, Mansfield held a tea party for their 20th and Beckenham U3A celebrated their 18th year.

In Focus



Ian Searle, Carrick U3A

On retirement in 1993 I moved from Sussex to Cornwall and joined U3A Carrick. I didn't realise it was going to be a second career. I became Secretary, Membership Secretary, and Newsletter Editor simultaneously. I was fully engaged for 10 years and through U3A I became involved in several other voluntary organisations in Cornwall.

In 2003 I became a Trustee of the Third Age Trust and in 2009 I became Chairman. I travelled widely in all four countries of the UK and even to Hong Kong on one, memorable occasion.

U3A proved stimulating, compassionate and fulfilling. I have made many very firm friendships, all of which have served me in great

stead, especially through the traumatic period when I (temporarily) lost my sight completely, just as my wife died of breast cancer. The friendships sustained me.

One of my interests in U3A has always been creative writing. It has recently led me to publish two books, and a third is on the way. It has been an unbelievably rewarding 26 years which have given meaning to my retirement.



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