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Registered Charity number 1159091

NW newsflash October 2019

Dear members,

First, of all, my apologies for not producing a newsletter in September. It has been an incredibly busy couple of months. The website version will be available early in November. Please remind your members to look at it.

It's amazing how quickly time passes when you are in the World of U3A. I've been up to all sorts of things – attending meetings, greeting overseas visitors, organising events, visiting U3As and networks and presenting workshops at the National Conference and AGM. I think I even managed to fit a vacation in somewhere!

As you can see from Mo's letter, we've had some very successful events in the Region. There's a little more detail about some of them later in the newsletter. As always, I welcome your queries. They all help me to learn more about the U3As in the Region. Some of the Qs&As will appear from time to time on the Regional website, where they can be shared with all our groups. We learn from each other and sharing our experience is very valuable.

It's also a good place to share information about your groups. The website team are hoping to refresh the picture gallery so please send your photos and news of your activities.

At the national AGM I was elected for one more year. This will be my final year as the Regional Trustee and I feel privileged to have elected to represent you again. I know that it will be a lively and interesting year, supported by the Regional Committee and by the member U3As.

Best wishes,

Gill

Gillian.russell@u3a.org.uk

Chairman's letter

Dear Members,

It is the 'season of mists and mellow fruitfulness' and time for celebrations! Let's celebrate the recent successful inaugural meeting of West Pennine Villages U3A -our 100th U3A in the region. Let's celebrate the success of the NW Region of U3As Summer School and the amazing 'Big Sing' event – both of which were enjoyed by over 120 members from a variety of U3As. All three events would not be possible without members volunteering to organise and help in a variety of ways. There are many articles written about the benefits of volunteering from which we all reap the rewards.

Interest Groups are at the centre of our U3As' activities and are often described as the 'life blood of a U3A. We are delighted that one of the Trust's National Workshops, 'Interest Groups Matter', is being held at the Gateway, Warrington on Wednesday 20th November. We are also planning a variety of regional workshops and events next year and hope that they all prove to be as popular. Please check our website regularly for news about these events.

You may have noticed some changes to our website which we hope will improve the information that we provide. Q and As have been updated and other amendments are afoot. We would like to collate a new Speaker

List with up to date information. If your U3A has experienced a particularly good speaker, please contact us with their details and a brief note as to why you can recommend them.

I hope that you have an enjoyable and fruitful autumn and remember to 'Learn, Laugh and Live'.

Best wishes,

Mo Eccles

North West Summer School 2019

We held our Summer School at the end of August this year, hosting the largest number of participants who came from a wide variety of U3As.

Most of those attending were from the North West Region but others came from all over the UK. Participants enjoyed a variety of the courses on offer and these included Art Challenges, Art Appreciation, Geology, Archaeology, Philosophy, Etymology, Ukulele and Music Appreciation.

Over three quarters of those taking part rated their personal Achievement as excellent or good.

The Summer School was held at Newton Rigg College near Penrith and its rural campus helped to create a collegiate atmosphere. Many enjoyed the evenings' entertainment too. There was a quiz, theatre visit, wine tasting and a guest speaker, Steve Barrett, who spoke about the 'Lighter Side of Astronomy'. On the last full day, there were 3 field trips, an Art exhibition and a performance by the newly formed Ukulele group. There were many positive comments from those who took part, including 'very happy, another stimulating summer school.' and 'a huge thank you to everyone who has given up their time to give us such a wonderful experience'

Our next summer school is being planned for 24th - 27th August 2020 so look out for details on our web site in the future.

Mo Eccles

National Conference and AGM

**Held on August 27 - 29 at the East Midlands Conference Centre.
Summarised by Arnie Laing, Chairman of Sandbach U3A and member of NWREC**

Over the three days access was given to a large range of workshops, talks and opportunities for social interchange between delegates, all of which improved understanding which encouraged reflection and increased the ability to look at the wide diversity of the U3A as a movement - giving also a fuller realisation of how unique the U3A movement is as an offering the Third Agers.

The Development Plan, which was launched at the Conference, has been designed for the medium term and recognises the opportunity that exists to reach out to the balance of 10 million Third Agers in the UK not already involved in the U3A. This ensures that the potential to get new members recruited now can further support maintaining the U3A as a movement that can be sustained for future generations of members.

100 x 100

September 2019 heralded the Inaugural meeting of our 100th North West U3A. Now they have 100 reasons to celebrate. West Pennine Villages U3A has notched up 100 members in just six weeks.

The Chair, Ann Furlong said she was thrilled. 'The committee has worked hard to spread the word and we are delighted at the U3A's success'.

Congratulations to all concerned.

NW Region Launches Health App Library

With almost half a million members, in more than a thousand locations across the UK, U3A is unique. It enables people who've finished working full-time or raising a family to pursue interests and continue learning for pleasure. Members learn everything from art to zoology; and now, thanks to an agreement with ORCHA, the world's leading health app advisor, its members will also be able to safely explore digital health.

The North West Region of U3As has worked with ORCHA to put in place a library of health apps for members to search, download and use. Aware that app stores include no regulation, NWU3A chose to partner with ORCHA, to ensure all apps included are effective, safe and secure.

The app library, which can be found at u3a.orcha.co.uk, will let members read an app's independent review. They can then make an informed choice on the apps they use, safe in the knowledge that Orcha has checked them for medical reliability and e-safety.

The apps included in the library help people to manage their health in new and engaging ways. It includes apps to help achieve fitness goals, such as losing weight and stopping smoking, plus apps to help manage existing health conditions such as high blood pressure, diabetes, asthma or anxiety.

Commenting on the library, Neil Stevenson, former Chair of the NW Region of U3As said: "We're delighted to support our members with fast and safe access to brilliant health apps. Our members are inquisitive and I know will enjoy exploring the library and finding apps that will best support their health."

Liz Ashall Payne, CEO, ORCHA added: "It's fantastic to see U3A support its members in this way. We look forward to hearing about the impact the apps have on its members' health."

WEBSITE UPDATE

**Our regional website is gradually being updated.
We would love to have news from our members and also some photographs.**

If you send us anything please make sure you have complied with GDPR by obtaining the permission of the members as the website is not password protected.

Forward Planning

Workshops

Please check the regional website events page for updates on all events.

Interest Groups Matter: November 20th Warrington Gateway.

So many members have enrolled that it is now full with a waiting list. We hope that this workshop can be repeated in the near future to fulfill demand.

Active Living: February 12th 2020.

Programme to be confirmed. Venue Quaker meeting House, Liverpool

Communications: provisional date April 23rd 2020. This date, programme and the venue will be confirmed soon.

Dates for your diary:

- June 9th 2020 Regional Conference and AGM in Preston.
- August 24th - 27th 2020 Regional Summer School in Newton Rigg.
- August 25th - 27th 2020 National Conference and AGM at the East Midlands Conference Centre.
- June 3rd 2020 National U3A Day. There will be more information about this from National office soon. It is a day to celebrate U3As and could be planned by an individual group or a network.

THE BIG SING

Thursday 5th September 2019, 10.30 a.m. – 3.30 p.m.

at

Big Sing

This event, held in Liverpool in September was a huge success.

It was attended by over 120 members and led once again by Stuart Overington, supported by pianist Tom Pieczora. Stuart is a teacher, conductor and composer who works with choirs of all ages and particularly with the Halle Youth Choir.

Stuart has already agreed to come back next year for another Big Sing, so keep an eye out for more information in due course.

RESEARCH AND SHARED LEARNING PROJECTS (SLPs)

There is some information about events and ideas linked to projects on the research section of the regional website. we are always interested in hearing about any projects you are already part of.

For more details check the website or contact Maggy

Simmsmaggy15@gmail.com

Or text 07565 327 598

Aughton and Ormskirk U3A Musical Theatre Group presents 'CHANCES.'

A musical loosely based on a true story of fortune, opportunity, betrayal and chance, encounters, tragedy and heartache.
Nov 8th: 7.30pm; Nov 9th: 2.00pm and 7.30pm

Full details can be found via the Events page of the Regional website.

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