

Yorkshire & Humber NEWSLETTER

February 2021

<https://yahru3a.co.uk>



NOTES FROM THE CHAIR

It's been a strange ole time, here's looking forward to the return of actual meetings. The Management Team's plan during these difficult times has been to encourage u3as to be as active as possible using online platforms, publicise local and national events and disseminate information from the National Office.

The AGM will be held on Wednesday, 28th April, virtually; details will appear on the website in due course.

Summer break with learning, due to be held at Hawkhill, Easingwold planned for July has been postponed until 2022. Samina Aslam and Pat Collard are the organisers, if you have any queries please contact either via the website contacts.

The Management Team is actively planning virtual workshops / events; the first was on Facebook in February, the next is "Meet the Chair – ever wondered what the national chair does" on 11th March, please sign-up on the YAHR website. If you have any questions about this workshop please email Margaret Fiddes. It is still planned to hold workshops for • Chairs and Secretary, • New trustees' • Treasurers' in the near future. Details will be circulated to Chairs & Secretaries in due course; these will be arranged by our Events co-ordinator Angie Grain.

The YAHR website provides a link to all u3as in the region. Please could I make a plea to u3as to ensure that your websites are up to date, this ensures that only the correct people are contacted. A reminder that to keep up to date with what's happening nationally, where masses of events are being organised, sign up to the National Newsletter on the u3a website Homepage.

WHAT'S IN A NAME?

This is the second communication of 2021, and you will notice that we have changed the name from Bulletin to Newsletter. This is mainly to reflect the inclusion of news from u3as in the region, as well as information from YAHR and National u3a – we want it to be your newsletter, and hope to continue to do this with a frequency of every 2-3 months.

THE MANAGEMENT TEAM

For those of you who missed the previous bulletin, here is a list of members of the YAHR management Team; contact details can be found on the website.

| Position in Team | Name | U3A |
|--------------------------|---------------------|---------------------|
| Chairman | Mick Richings | Craven |
| Admin. Secretary | Hazel Ward | Swanland |
| Treasurer | Janet Matthews | Leeds |
| Regional Trustee | Margaret Fiddes | Sherburn & Villages |
| Events Administrator | Samina Aslam | Sheffield |
| Public Relations Advisor | Helen Leech | Whitby Whaler |
| Learning Networks | Angie Grain | Ilkley & District |
| Beacon Coordinator | Frank Bailey | Ripon |
| Web Manager | Neil Stevens | Ilkley & District |
| Speaker Directory | Beryl Pemberton | Bedale |
| CEAC * | Sue Stokes | Barnsley |
| Newsletter Editor | Trevor Barrowcliffe | Whitby Whaler |
| Member | Hugh Bevington | Ilkley & District |
| Member | Pat Collard | Cottingham |

* Communications and External Affairs Committee (of the National U3A)

A NOTE FROM THE TRUSTEE

Hi everyone, I hope you are all doing well and looking forward to the spring....there are signs out there and I feel that better weather and better things for our u3as are just around the corner.

It has been a busy winter even though we have all been stuck indoors – news of u3as' efforts to continue with group activities comes in every day, and the efforts of the group leaders and convenors who make this happen is very much appreciated by members who are able to continue to live, laugh and learn no matter what is thrown at them.

Efforts are being made to help everyone who needs a hand making the best of the technology we are coming to rely on. If you take a look at the national website you will find links to all manner of help as well as free to access talks, competitions, and craft initiatives, so go and take a look – there are links through to everything from the front page: [u3a - Home](#) and to keep up to date please do sign up to the national newsletter which is available to all members: [u3a - Newsletter](#)

Our focus this year looks likely to be recruitment and retention, especially as we emerge from restrictions. Our Chair, Ian McCannah, is very much focused on the efforts being made to support u3as in their endeavours. We look forward to welcoming Ian to the region on 11th March. We hope you'll join us and sign up for the session. Details appear here in the newsletter.

I've been working to recruit PR Advisers to assist u3as in their PR efforts. We now have covered England – it's onto Scotland, N Ireland and Wales next! But here in Yorkshire and Humberside we are very lucky to have Helen Leech from Whitby Whaler u3a. If you need her she is here to help! Of course our PR focus this year has to be on u3a day... which I'm sure we'll hear much more about as the day itself approaches but it's been good to hear about some of the efforts already being made. To help you plan Sue Stokes is hosting social media and PR planning workshops. If your u3a team wish to sign up, here are the links: [u3a - u3a Day](#) – and there is a dedicated Facebook page for u3a day which you can be a part of if you want to join the conversation – here's the link <https://www.facebook.com/groups/485363562065891>

Hopefully as the year rolls on I shall be able to get out and meet some u3as. It has been a strange time taking on the role of trustee and not really having met anyone in person. However, in the meantime if you do need to get in touch with me my email address is margaret.fiddes@u3a.org.uk

Thanks everyone for all your efforts to keep our movement in good heart, with very best wishes.

Margaret Fiddes
Regional Trustee
Yorkshire & the Humber

U3a Day - from Public Relations Adviser *Helen Leech*

Hopefully the word is out and everyone is aware that the 2nd June is u3a day. The aim of the day is to raise the profile of the u3a and the hope is for it to be a platform to gain national as well as local media attention. It's also hoped that the day will influence those providing services for older people and challenge negative perceptions of older adults. Whatever the situation with Covid, it is planned that the event will take place this year, however it's probably wise to plan for both physical and virtual activity. It would be brilliant to aim to have hundreds of eye catching events across the region. National u3a has a multitude of tools to help in planning the day and have also been providing support sessions. The next session is on 2nd March and can be booked on the website www.u3a.org.uk/events/u3a-day The dedicated u3a day Facebook group can also be joined from this link. From April merchandise will be launched from the brand centre and templates for press releases and marketing materials will be available to customise as desired.

There are many ideas being considered, from "have a go" activity tasters spread across a variety of town / city outdoor venues, to member parades, music performances, treasure hunts and flash mobs. A choreographed flash mob routine is possibly being planned by national, in order to be performed by u3as across the country. We can practise it in advance from our living rooms as we continue to stay at home! And in terms of online events there is no shortage of ideas, from desert island discs to lectures and quizzes, with the idea of inviting non-members to join in.

Invite key local organisations and individuals, eg local press and radio, council leaders, Mayors, representatives from organisations such as Age UK and other voluntary sector organisations working alongside older people, Clinical Commissioning groups, Adult and Community Services, Adult Education and more.

Whatever your u3a plans to deliver, aim to get the word out as soon as possible to ensure that the date is saved. Let's make this a wonderful day to remember and to share with others who are currently unaware of the hundreds of activities the u3a has on offer.

To get in touch with Helen email on hcleech@aol.com

SUMMER EVENTS

Summer School

It had been hoped to run the Summer School, postponed from 2020, this year, but because of the uncertainties around the restrictions which may still be in place, in particular social distancing for indoor gatherings, and the need for advance planning at the venue, it has been decided to cancel this year's event. We hope that we will be able to run the event in 2022.

Captain Cook Event

At present this event has not been cancelled, and is currently scheduled for June 22nd – 24th. It is expected that the museums will be open, and according to the most recent information all restrictions will be lifted by June 21st, though there is some uncertainty about this. If restrictions are still in place we may seek to hold the event later in the year, possibly September. Further information will be given in the next Newsletter and also posted on the website.

Workshops

Our first "virtual" Workshop was held on zoom on 8th February on the topic of Social Media, led by Jean Jackson of Lichfield u3a. The following questions were discussed. How can we seize the opportunity to promote and run u3a online? What is social media, what is of most use to us, and how is it changing? This talk used recent 2020 data and analysis to suggest what we might think about and what we can do.

Details of our next zoom workshop are as follows.

We are delighted to be able to welcome **Ian McCannah**, our national u3a Chair, to the Yorkshire and the Humber region at **10.30 on Thursday 11th March 2021** to an open forum meeting to be held via Zoom. This will be an opportunity to share and discuss issues and ideas and to ask him about the future direction of our u3a in these very difficult times.

Across the region there are many examples of u3as that are keeping very active, embracing new technology and offering varied programmes for their members. Many are also already making plans for when regulations change and we can resume more normal ways of meeting, accepting that things will probably have to be different from a year ago.

We will aim to share examples of good practice and discuss some of the projects being developed in the region.

It is important that every u3a within our YAHR region is represented at the meeting, so could you **please ensure that this event is publicised across your whole membership and encourage any member to attend, not just the Chair and Trustees.**

We do need to ensure that we plan for numbers at this event so everyone is asked to please REGISTER for it via the 'events' tab on our website: <https://yahru3a.co.uk>

The Zoom invitation is below and will also be on the website.

Margaret Fiddes is inviting you to a scheduled Zoom meeting.

Topic: Ask the Chair

Time: Mar 11, 2021 10:30 AM London

Join Zoom Meeting

<https://us02web.zoom.us/j/87433786718?pwd=UIZOTi9pSTAySzZDeFFCcmpscWo0QT09>

Meeting ID: 874 3378 6718 Passcode: \$pJV5q

News from roundabout the Region

Recognition for Barnsley u3a

Barnsley u3a have received an Age Friendly award for their work bringing social and learning opportunities to older adults in their community.

Since the beginning of the pandemic Barnsley u3a have been finding ways for their members to stay connected, with around 70 Zoom groups meeting every month. Chair of Barnsley u3a , Alan Swann, said, “ Barnsley u3a is proud to receive this award which recognises the work that we do in promoting the need for older people to continue learning , undertaking leisure activities and ensuring regular social interaction after retirement.”



“We don’t do what we do to win awards but it is gratifying to realise that others recognise the benefits of what we do for older people in the Barnsley area.”

Wendy Lowder , Executive Director Adults and Communities , Barnsley Council congratulated Barnsley u3a and wished them a Happy 25th Anniversary saying “ I commend Bu3a for their tireless efforts delivering such a varied programme of activities and support, particularly in such challenging times . So many people across Barnsley benefit from this reflecting the spirit of Age - Friendly Barnsley and supporting people to be the best they can be regardless of age.

Welcome
to **Yorkshire**
yorkshire.com

Walking Groups Wanted!

Welcome to Yorkshire have been in touch about their Walkshire Campaign. They are aiming to publish a walk every day of the year to get us out there and enjoying our beautiful county. Maybe we will only be walking near home but with a directory of so many walks to go later in the year we might be venturing a little further, and the walks on their site will prove a useful resource.

To make it more interesting they are looking for walkers to blog on their site about their favourite walks – they will help with the maps, so don't worry about that, so, are any of our walking groups up for it?

If you want to check out what's happening already take a look at the website:

<https://www.yorkshire.com/walkshire>

And if you are interested please get in touch with margaret.fiddes@u3a.org.uk

News from roundabout the Region (continued)

Cottingham u3a

Here in Cottingham we have a lower percentage of members online than many u3as but we do have members that appreciate the opportunity to meet together for a chat and a coffee. So, before lockdown, we ran twice monthly get-togethers. They were very popular so we had to introduce the need for people to register for them to ensure we stayed within the allowed numbers.

We are fortunate to have in Cottingham the Darby and Joan Hall which is a Covid secure hall so some of our interest groups were able to meet again as well, keeping socially distanced and meeting the necessary requirements. Our quizmaster runs a quiz every two weeks online and our newsletter editor has kept our bimonthly newsletter going while our Sunday strollers strolled in 6s round the village. Many of our members have appreciated these different ways of keeping in touch and returning to enjoy some of their previous activities. Lockdown, of course, stopped all face to face activities but we look forward to reinstating them when we can.

For those with email the Beacon system allows me to send regular update emails round everyone which is so important during these unprecedented times. We have introduced a swap shop for jigsaws and books which are collected and delivered to members as requested.

Pat Collard

A Day in the Life of Margaret Graham, Chair of Thirsk u3a

I wear many hats: author, editor, writing mentor but perhaps my favourite is Chair of the Thirsk u3a. Thirsk is rural, deliciously so; the pace slower than the urban area where I lived. Here, members' generational roots are planted firmly in the region, but this does not mean that outsiders are unwelcome. 'Come in, come in' – but isn't this the case in all u3a's?

Lockdown has been a hurdle to overcome, but, with a fabulous committee not only have Thirsk u3a's groups continued, but our secretary, Eric, has transformed himself into a zoom doyen and saviour of the monthly talks. What's more, how wonderfully speakers have adapted to the virtual world! And lovely for us all to meet in the 'audience'.

My working life has barely altered during the pandemic as I usually work from home, though I haven't been able to get to London for lunch meetings at the Wellington on the Strand. I feel that chatting over a glass of wine, and a Wellington pie, smoothes the wheels of any discussion. But I'm a greedy lightweight.

As an author of women's fiction for over 30 years, recently concentrating on WWI and WWII sagas under various names for Random House (Arrow), I have been plotting novels much as usual on my laptop. Naturally I choose to work at the kitchen table - close to the kettle and biscuit tin.

I vary the day's work quite a bit, welcoming Facetime interruptions from the grandchildren, especially the 3 year old diva, bursting with news of her new baby 'bruvver'.

I have a charity, Words for the Wounded, which I run with two other writing grannies. One of my roles is helping with Veterans writing therapy - on line - so this has not been interrupted. Our 3 grannies Hadrian's Wall fundraising walk, taking 5 days was, however, cancelled last year, but we hope for June. Memo to self: must, must, must train.

I am also editor of digital Frost Magazine and in spite of my Drama and my Foodie critics having their wings clipped, we have been busier than ever.

I am blessed to have such a great team on Frost Magazine but the same applies to the Thirsk u3a Team and members. Where on earth would we be without our 'communities', virtually or physically, all pulling together? Bravo!

www.margaret-graham.com

Settle U3A

It's been an interesting 2020 for Settle district u3a and many people have rallied round in order to try to make our u3a thrive under difficult circumstances.

We continue to embrace the ethos of the u3a by trying to keep people connected, laughing and smiling by zooming as many of our groups as possible to which end our group leaders have been fantastic. We currently have 20 groups meeting via Zoom. Amongst the groups zooming are geology, birdwatching, great lives, the book group, bridge and dance exercise. These are well attended. In addition weekly entertainment is provided by circulating Tales from the Graveyard, a project set up by our Family History Group.

Our monthly meetings continue via zoom with an array of interesting speakers, and non-members can attend this. We held a virtual Covid exhibition of arts, crafts, pictures and words which brought praise from afar as people viewed the so very talented pieces that were displayed on our web site. We said goodbye to 2020 with a well attended Zoom AGM followed by some very humorous and entertaining Christmas sketches.

As we enter 2021 our monthly newsletter brings news and a quiz to each member. As a committee we are continually looking at new and innovative ways in which we can connect with our members. For the moment this remains on Zoom but there is light at the end of the tunnel and soon we hope to be meeting again in person.

Jan Boulding

Thanks to all contributors, we would like to hear more from u3as in the Region, perhaps others might like to follow Margaret Graham's example with "A day in the life of..."

Trevor Barrowcliffe.

And finally.....

It must be very difficult to be someone who has less intelligence than a pigeon.



**I told my wife
she should
embrace her
mistakes...
She hugged me.**



I was visiting my DAUGHTER last night when I asked if I could borrow a newspaper.

"This is the 21st century" she said. "We don't waste money on newspapers. Here, use my iPad."

I can tell you this... that fly never knew what hit him...

Thanks to Clair Stones of Whitby Whaler U3A for the jokes.