

Yorkshire & Humber NEWSLETTER

May 2021

<https://yahru3a.co.uk>

u3a

NOTES FROM THE CHAIR

The online AGM was held on 28th April, a massive Thank You goes to all who helped and contributed to make it happen, thank you. Let's hope we see each other in person next year, from comments after the official business it's possible it'll be a hybrid event.

Discounting the Management Team 34 members attended from 17 u3as, which is a good representation from the 51 u3as in the Region. A big thank you to everyone who attended.

The draft minutes from the AGM are available to view on the website, as is the link to the recording of the official business.

A plea to all those accountants out there - we are looking for a new treasurer to take over from Janet Matthews, who would dearly like to stand down. The work, unlike being treasurer for a u3a, is minimal. For further information please contact me on chair@yahru3a.co.uk

The Management Team plan to resume workshops, initially online, and when the situation allows in a venue. If you have a topic you would like us to cover, please contact me. Examples of workshops which have proved very successful are:

- Chair and Secretary workshop
- New trustees' workshop
- Treasurers' workshop.

The next workshop is Recruitment and Retention on 20th May, registration via the website, where details are also available (see also later in this newsletter).

Request from Helen Leech, Regional Publicity Officer.

In order to show the benefits of u3a membership Helen Leech, YAHR PR Adviser, is looking for short (two or three sentences fine) case studies / stories about u3a members, whose lives have been changed for the better through their involvement with the u3a. It could be due to making friends and reducing loneliness, learning new skills, better physical or mental health etc. It could be following major life changes such as bereavement, divorce, retirement! Actual names would not be used, and members need to give permission for their story to be shared. She is also always looking for positive quotes, interesting u3a stories and innovative u3a day plans.

All replies to hcleech@aol.com

Getting Back Into the Spin of Things

The Yorkshire Cricket Foundation (YCF) recently announced the launch of the Yorkshire Walking Cricket team. Walking Cricket is an adaptation of the traditional game of cricket to suit those with less mobility.

u3a member Mac Mckechnie had no idea when he was struggling with serious illness in hospital, that several months later he would be getting this new sport off the ground, and encouraging older men and women to participate through his local Barnsley u3a . Now three years on the Yorkshire Cricket Foundation is making Mac the first Walking Cricket Manager for the newly formed Yorkshire team.

Prior to accepting this role Mac had already recruited 53 retired men and women to play for his local u3a team and supported other walking cricket teams to set up across the country. Pre Covid the Barnsley team won the Yorkshire Cricket Foundation annual Walking Cricket Shield and they are now planning for this year's Shield event to be played on June 2nd, which is national u3a day. Other Shield competitors to sign up to date are u3a teams from Doncaster and Sheffield.

Mac says "I have always considered it an honour to represent your county in any capacity, so I am honoured that at the age of 70, I still have something to offer ".

And maybe the icing on the cake is support from International Cricket umpire Dickie Bird who commented as follows " I have only recently found out about the fine work that the organisation for older people , the u3a, is doing in partnership with YCF around walking cricket , what a marvellous idea. I shall be throwing my weight around the new sport initiative and will be attending and supporting them in any way I can ".

Many older people have had a hard time through the pandemic often with enforced isolation, minimal exercise and poor mental wellbeing. Now could be a great time to consider participating in this new sport!

For further information on the u3a and Walking Cricket please contact Mac on 07557 903264 or mckechnie31@btinternet.com

And its goodbye from me.....

Very much sooner than expected I am having to give up my role as Trustee for Yorkshire & the Humber. It's such a disappointment to me having only taken up the role last year, but unfortunately my health won't let me carry on.

So the most important thing is who will be able to come forward and take on the role from September of this year. Its an interesting role, one where you become much more aware of the way the Third Age Trust works, and one where you can become involved in all kinds of national projects, if you want to, and if they interest you. One of the most important things though is to be there to represent our region on the board of trustees. They meet mostly online at the moment and will probably continue to do so, with just a couple of face to face meetings each year.

The management team here at YAHR have been tremendously supportive. There are some great people working for the Region and they'll be there to help you too if you are interested in becoming a trustee. If you would like to know more please do email me and we can fix an informal chat - margaret.fiddes@u3a.org.uk

Margaret Fiddes

SUMMER EVENTS

Summer School

As mentioned in the previous Newsletter the Summer School has had to be cancelled this year and we hope that we will be able to run the event in 2022.

Captain Cook Event

Good news! Whitby Whaler u3a are going to run this event this year, but in September rather than June as originally planned – the new dates are: Wednesday 22nd and Thursday 23rd September. As previously planned there will be lectures and films about Captain Cook and his association with Whitby, and visits to the Captain Cook museum in Whitby, the Birthplace museum in Marton, Middlesbrough and the schoolroom in Great Ayton.

There are still a few places left; you can register your interest either via the website or directly with Trevor Barrowcliffe on 01947 600963, email twbarrowcliffe@yahoo.co.uk

Beacon update

Frank Bailey (National Lead for Beacon & Ripon u3a member) reports “that there have been issues between the Trust and APT, the company involved with Beacon 2. It has not fulfilled promises made in 2020 nor has it kept to the schedule planned for this year. Consequently Beacon 2 may now not go ahead. There are financial implications which are currently under discussion involving lawyers”.

“The Trust has engaged a consultant to advise on the way forward for the Trust digital platform upgrade and Beacon. Beacon 1 is now going to be developed via the internal Beacon Management team and Siftware, the company supporting and maintaining the Beacon code. Additional funding will be granted to ensure that Beacon 1 will be reinforced and continues to be stable and where possible will be extended and deploy improvements”.

Recruitment and Retention Workshop, 20 May, 10.30, via Zoom

Your YAHR Committee would like to invite trustees and members of all u3as in our Region to this workshop, highlighting the importance of retention of existing members and recruitment of new ones. Both of these are real challenges, particularly after the problems of this last year, and as we come out of Covid restrictions we need to plan accordingly.

In addition to guest speakers on the subject (one of whom is Paul Martinez, the co-ordinator of the recent national u3a project on this issue) we would like to follow the normal YAHR practice of sharing good ideas and make the session interactive by inviting attendees to contribute ideas of schemes that have worked well for you.

We have plenty of spaces available but 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>

Missing Face-to-face Bridge?



If you're missing your regular Face-to-face Bridge club meetings, you're not alone! Like you, Great Yarmouth U3A Bridge Club wanted to keep playing during these strange and difficult times, so they decided to go online.

Back in July during the first lockdown, Steve & Tony from Great Yarmouth U3A arranged to join forces with Bridge players from Palmers Green and Southgate U3A to play online, using Bridge Club Live (BCL) as a platform. This hybrid Bridge club had been such a great success that they decided to invite other players from other U3As using an entry in Third Age Matters. More U3A Bridge Groups joined resulting in a trebling of weekly playing sessions and increasing interest.

Bridge Club Live's main function is to provide a service for players from around the world to play with real people (not robots!) at whatever level they choose. Where it's great for U3A clubs, though, is that it also provides a space for them to meet each other and play in a friendly and comfortable atmosphere.

BCL also has an audio/visual facility whereby members can chat to each other while actually playing, which brings back some of the social aspect of Bridge that we all miss. The club also offers new players the added buffer of BCL's Coaching Corner where they can practise and ask question before playing in other 'rooms'. U3a members are on hand to offer taster sessions and mentoring as well as to direct newcomers to social Bridge and the weekly 'friendly duplicate' sessions that are available.

The cost of playing online is hardly any different to our normal 'table money' except that whereas we would normally pay £2 - £3 for a (typical) 2-hour session, for the same money you can play 24 hours a day, 7 days a week. This includes unlimited play in all rooms and competitions as well as the 'Face-to-face' club session.

So why not come and join like-minded U3A Bridge lovers?

By playing Bridge online we can keep our love of the game alive while waiting for the day when we can actually sit at a table with our friends, Face-to-face.

For further information email Bridgeclubs@eastnorfolk.org or 'phone 07749 888830 (voicemail)

or go online at https://www.bridgewebs.com/cgi-bin/bwoo/bw.cgi?club=eastnorfolk&pid=display_page5

News from roundabout the Region

Filey u3a - Sea Shanties and Online Storytelling

Robert Hartley of Filey and District u3a tells us about his u3a Shantymen group and how his YouTube channel reading stories has been a success over lockdown.

Being able to take early retirement at age 60 gave me the opportunity to loosen up from my previous formal roles in the community. I created the Filey Folk Festival, which is still going strong, was able to entertain widely and fund-raise for charities, and was a founder member, and secretary, of the Filey & District u3a.

Out of that mixture emerged The Ramshackle Shantymen, five “gentlemen”, all with bus passes, and willing and able to sing unaccompanied anywhere up and down the Yorkshire Coast, in pubs, cafes, bandstands, on board ships, and at any community events that would have us. We have been going over seven years now but, of course, have not even been able to meet for over a year. Just today, however, I received an enquiry asking if The Ramshackle Shantymen would be free for an event in September. So we may be dusting off the fishermens’ jumpers and lubricating our tonsils with a drop of navy rum again.

News from roundabout the Region (continued)

U3a Day - from Public Relations Adviser Helen Leech

Hopefully everyone is now aware that June 2nd 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

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. Some of the plans in individual u3as are as follows.

Tadcaster - Open Day at The Barn with refreshments and displays.

Scarborough - Open gardens with tea and cakes together with activity demonstrations. Tie in with library who have had a grant to transform their garden.

Whitby - Whaler Band and Singing group performances in central spots across the town. Kite flying, the big fancy dress paddle, and walking cricket on the beach.

Easingwold - History Hunt, a hike and a flash mob line dance routine.

Sherburn in Elmet - Yarn bombing, decorating outside of member houses with blue and yellow bunting, group leader activity displays in their gardens.

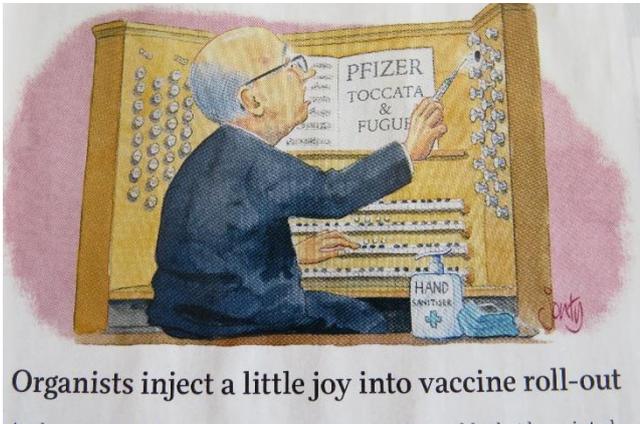
Barnsley - Walking Cricket match and

Harrogate – Big display in foyer of St Peter’s Church, Mayor, Mayoress, local councillors and several organisations invited.

Lots of publicity is planned, with articles in the Dalesman and Yorkshire Life magazine, and in several local newspapers around the region, as well as mentions on local radio stations.

Thanks to all contributors, we would still like to hear more from u3as in the Region, perhaps next time we can have reports on how your activities on u3a day worked out.
Trevor Barrowcliffe.

And finally.....



Vaccines with music

Salisbury Cathedral has been converted into a vaccination centre, and as well as admiring the fine architecture, vaccinees have been able to listen to organ recitals whilst waiting for their jab. So enjoyable has been the experience of the vaccinees, it's said, that some of them, having been ticked off the **Liszt** and gone out **Widor**, have said that they are looking forward to coming **Bach** for their second injection.



Thanks to Clair Stones of Whitby Whaler U3A for the jokes, and BBC Music magazine for the article .