

Yorkshire & Humber NEWSLETTER

February 2022

<https://yahru3a.co.uk>

NOTES FROM THE CHAIR

Just when we were planning to restart workshops along came the Omicron variant, however after the period we've been through, I think many of us are looking forward to new opportunities and getting back to the "new normal". It's very reassuring to note that most u3as are returning to face to face meetings and becoming increasingly active and enjoying being involved again.

The planned visit of the National Chair Liz Thackray for 10th & 11th January was postponed due to the surge in Covid concerns; the visit has been rescheduled for 21st & 22nd March. The programme for Liz is to meet various u3as on the 21st, then be a part of the "Yorkshire Forum" on the 22nd at the Priory Street Centre, York. Further information is in this newsletter and a full programme can be viewed on the YAHR website; it's still not too late to sign up, again see the website.

The way we communicate with u3as in the Region is changing, we will be using the Network version of Beacon, with a planned changeover in the next few months. Also, the website will change as the present one isn't owned by us. There will be presentations at all future events/workshops.

The AGM is presently being planned for Thursday 21st April; details will be circulated in due course to all u3as.

Updates from the Regional Trustee, Publicity Relations Co-ordinator and Summer School are included elsewhere in the Newsletter.

Finally, a few of the Management Team will be standing down at this year's AGM, if anyone is at all interested in being involved with the Team, please contact me in the first instance at chair@yahru3a.co.uk (see also article in this newsletter).

Join us in York

We are delighted to be holding our first major event of 2022. On 22nd March the Chair of the Third Age Trust, Liz Thackray, joins us for the Yorkshire Forum. It's a chance to hear from Liz about the movement's 40th Anniversary year. There is much happening and as an organisation which is constantly looking forward and aiming to enrich the lives of our members it will be fascinating to hear her speak on "Life begins at 40 – where next for the u3a movement?".

There will be plenty of time for questions and feedback and we look forward to seeing many of you there and taking part.

In the afternoon we will be hearing from u3as in our region too about their experiences, challenges and successes.

It's a full day, and an exciting opportunity for us to get together. We hope you will be there, nothing's better than getting together to meet others, network and share, but we do appreciate that not everyone can travel, so we also will be offering a chance to join us online.

We look forward to meeting old friends and new on Tuesday 22nd March, 10:30 – 15:00 at The Priory Street Centre, Priory Street, York YO1 6ET

For full details, to book and to see the programme for the day please go to:
<https://yahru3a.co.uk/events/>

FUTURE EVENTS IN THE YORKSHIRE REGION

We already have the Yorkshire Forum on 22nd March and the YAHR AGM in late April, but we are also planning a number of other events.

They will primarily be workshops for u3a leaders to help us all in running our organisations. The first one in late Spring will be for Chairs and Secretaries, to be followed hopefully, by workshops for Treasurers and for New Trustees.

To make sure that we cater for your needs and keep them relevant for you, we would welcome your feedback on what you wish to see included. What good ideas do you have that can be shared with others? Do you have any issues on which you would appreciate some discussion, advice and help from the experience of other u3as?

Please pass them to me at chair@ilkleyu3a.org and I will try to include them if possible. Then just keep an eye out for information about our future events which will be e-mailed to you via our Secretary.

Angie Grain

Summer School - back by popular demand!

When? July 25th – 28th 2022

Where? The Hawkills, Easingwold, YO61 3EG, www.thehawkills.com

The Hawkills is a perfect place to run our Summer School. Set off the A19 just south of Easingwold and set within a 240 acre estate, the venue boasts well-appointed conference facilities and a modern accessible accommodation block providing comfortable, hotel style double en-suite bedrooms with all amenities. The Hawkills has a reputation for first class cuisine as well as providing a cosy bar, relaxing lounge and conservatory areas, and magnificent landscaped gardens opening out onto woodland with waymarked walks.

Course Topics to choose from:

Four Philosophers of Four Centuries
An Introduction to Jewellery Making
The Air we Breathe
Greek Mythology
Women Artists from the Renaissance to the Present Day
Researching Family History
The Archaeology of Britain since the Romans
Flower Arranging for Fun
Casual Conversation in Spanish for Beginners
Portrait Drawing/ Painting

Costs for our 3-night top class residential Summer School:

Full Board Delegate £380pp, Day Delegate £190pp

** We are pleased to offer this year's event at the same price as last time **

Booking can be made any time from now; to reserve your place download the application form from the website and return it by post.

The aim of our Summer School is to:

- ❖ Provide members with new learning opportunities
- ❖ Enable our members to explore a topic your U3A may not be able to offer
- ❖ Enable delegates, in a magnificent setting, to share time out with other u3a members from across the region and beyond

We look forward to seeing many of you this July

40th Anniversary plans from *Public Relations Adviser Helen Leech*

40th Anniversary Planned national Events

Picnic In the Park Live Cookery demonstration - 16th May

A live online cookery demonstration will be held from 10:30 -11:30 to give you ideas about preparing food for the Picnic in the Park event. Chef Alex from the charity 'Vegetarian for Life' will give a live demonstration with lots of tasty, interesting ideas. A link to the event will be provided on 15 May. There will also be an article in TAM with recipes provided by a u3a member.

Picnic in the Park - 1 June 2022

June is the time to take advantage of the great British weather, the wide-open spaces and to embrace the great outdoors!

On Wednesday 1 June, u3as are being encouraged to hold picnics to celebrate not just our 40th Anniversary but also the Queen's Platinum Jubilee. We want to ensure that a significant number of u3a members make themselves visible across parks in the UK, demonstrating the fact that an active life needs to include fun. Bands and discos have been suggested to make a greater impact (but of course you should check any regulations in force in your area and get permission).

Do please arrange a Picnic in the Park event for your u3a or a group of nearby u3as and enjoy a great day out with fellow members. There's lots to plan with activities, publicity, a programme for the day and of course the delicious picnic food! Don't forget to send a Press Release as part of your publicity.

We're sure there are many picnic hotspots locally that you can choose from. If you're a coastal u3a, you might be interested in holding a *Brunch on the Beach* as an alternative.

Please sign up and share your ideas with us:

- You can download the Picnic Planner and adjust it to suit your plans for the event
- Complete the Wufoo form to let us know who's taking part and what activities you've planned
- There's also a grant for which you might be eligible
- Visit the Brand Centre for information on bunting, banners, balloons, picnic rugs and water bottles.

Information on all these can be found on the National u3a website

<https://www.u3a.org.uk>

Reveal of the Anniversary Quilt - June 2022

We have started creating plans to 'Reveal' the Anniversary Quilt during June. The 40 winning squares/blocks have been received and are currently with the quilter who'll produce the final anniversary quilt.

An event is being organised for the quilt to be revealed to u3a members, public and press at the Whitworth Gallery in Manchester. It is in the early stages of planning but, after the Reveal, the quilt will hopefully go on display in locations in Northern Ireland, Scotland and Wales as well as in the NW region. An article on the Quilt has been requested by the Patchwork and Quilting magazine and will appear in the August issue.

u3a Science Network virtual meetings in 2022

The three short virtual meetings in April, August and October 2021 were very well attended. In u3a's 40th Anniversary year, we plan 3 virtual meetings in April, July and October. The July meeting will be designated as the Anniversary meeting with an external speaker, see below. Two additional meetings for u3a members will be held in April and October 2022.

In the meantime, we have finalised the programme for the April meeting and invite you to apply using the Registration button.

u3a Science Network meeting 5 April 2022 10:30 AM to 3:00 PM

A science-based learning event with 3 presentations of 45 minutes followed by questions after each, with a break for refreshments and for lunch. The meeting will start at 10:30 (doors open at 10:15) and will end with a short Summary and Thanks session at 3 o'clock.

Booking

To book a place on this Free event, please go to the u3a Science Network website and click the [Registration](#) option for the April meeting. Presentations will be made on:

The Manhattan Project and the British bomb

Glass: a look inside

The scale of the Universe

The day will conclude with Thanks, a Summary and an announcement about the July meeting.

We hope that the July meeting will be open to members of the public as well as to u3a members as we believe this would help to raise the profile of the movement. One of the speakers will be Sir Paul Nurse, an English geneticist, former President of the Royal Society and Chief Executive and Director of the [Francis Crick Institute](#). Details of the programme will be published as soon as they are known. The website will be updated as soon as we have firm details.

October meeting

A third virtual meeting will be held in October.

Research & Shared Learning Projects Conference – August 2022

There are many possible ways to run a Research and Shared Learning project, from an individual u3a negotiating a working partnership with a local organisation, to members from a network, a region or across the UK working together to a single goal.

The High Street is a national project containing a mixture of survey work, local projects and partnerships. Barnsley u3a for example made an extensive survey of the town centre and has become involved in the local council's Heritage Action Zone. Braintree u3a has created walking tours and potted histories to accompany its survey work. Overall, the High Street Project has encouraged u3a members to express their own 'sense of place', with all participants' work available in one searchable website.

A partnership has developed with the Design Age Institute, identifying the top 25 items with which the u3a demographic experiences problems in using. They are currently running Wisdom Hours – one on Banking is scheduled for March.

The Foundling Hospital project, our partnership project with The Coram Foundation, will be included in the conference and Helen Berry, who specialises in British history from about 1660 to 1830 and who has a particular interest in social, cultural and economic history, has agreed to participate.

We should be able to announce a date for the Conference shortly. This is planned as a hybrid event but the location and date have yet to be confirmed.

One Foot in the Future - September /October 2022

The aim of this project is to engage older people from across the UK in telling real or imagined stories about older people who are taking positive steps to make a better future for themselves and others. Members were asked to provide ideas which could then be translated into short plays and a large number have been received. Starting in February, a selection will be turned into short plays and recorded as videos. One at least should be produced live this year and, in 2023, hopefully at the Edinburgh Fringe and a London theatre.

As with u3a Week, we believe these events will help to challenge negative perceptions of older adults and bring together everyone in the community to learn about the contribution u3a makes to the quality of life for older people.

Celebrating u3a Week - 17 to 25 September 2022

Michaela Moody, now coordinator of u3a Week, said: "The Board has responded to members' feedback and has extended our u3a Day celebrations to cover 10 days, to be known as **u3a Week**. It will fall every year in the third week of September and u3a Day will be celebrated on those days which each u3a finds appropriate. Some u3a members live in areas where shops still have half day closing, perhaps not the best day on which to celebrate u3a Day when footfall could be lower!

u3a Week is an opportunity to celebrate our activities, our contribution to the local community, the innovative ways members had responded to the restrictions under lockdown and to share plans about the future delivery of our u3a programme. It's exciting to know that from now on, every year, there will be a day dedicated to learning, staying active and having fun by people no longer in full-time work We believe this day can help to challenge negative perceptions of older adults and bring together everyone in the community to learn about the contribution u3a makes to the quality of life for older people.

The dates for celebrating u3a Week for the next five years are:

- 17-25 September 2022
- 16-24 September 2023
- 21-29 September 2024
- 20-28 September 2025
- 19-27 September 2026

You can join our [u3a Day Facebook community](#) to get ideas. To receive regular updates, [sign up for the monthly national newsletter](#).

If you want to find out more about organising u3a Day, and what other u3as are planning, please visit our [FAQs page](#). Visit the [u3a Day Toolkit](#) page for downloadable templates and materials to help you make u3a Day a success.

If you are not currently a u3a member, we'd love you to come along to your local u3a event and help us celebrate the new experiences and fun we are having in the third stage of our lives. If you want to get involved but you are not yet a member – why not consider joining a u3a? You can use our map to [find your local u3a](#) and get in touch with them about joining.

u3a at the RI 31 October

Until March 2020, u3a members were able to take part in 2 afternoons a year at the Royal Institution in Albemarle Street in London until the pandemic struck on the day before the first RI session that year. The event will return, as a hybrid event, on 31 October 2022.

Regional celebrations

If u3as plan regional celebrations, this will create a much greater impact and will attract the attention of press and media. An interesting idea was suggested at a recent regional gathering, that of a town or city Ring Walk so watch this space. The path round Greater London is 70 miles long!

Come and join us

The YAHR AGM is in April 2022 - Are you interested in joining the Management Team?

How quickly a year goes. Here we are planning the 2022 AGM which will take place on Thursday 21st April. There will inevitably be changes on the Management Team and new members will be very welcome.

What is the purpose of the YAHR MT? The regional group exists to support member u3as in various ways and to provide a forum in which all u3as in the region have the opportunity to liaise with each other, our Regional Trustee, Margaret Fiddes, and with the Trust. You can find out more about our aims in our constitution which is available on the YAHR website.

Who can join the Management Team? Any member of any u3a in the Yorkshire and Humber Region can be nominated to stand for a place on the Management Team and will be very welcome. You can find the list of member u3as and MT members on the YAHR website, where you can also find nomination forms. www.yahru3a.co.uk

If you are interested in joining us and want an informal chat please contact a member of the team or our Regional Trustee, Margaret, who will be happy to hear from you. We also have a YAHR Facebook page for members. <https://www.facebook.com/groups/yahru3a>

Pat Collard (Vice Chair) cottbungalow@gmail.com

Regional Trustee Margaret Fiddes margaret.fiddes@u3a.org.uk

Chair Mick Richings chair@yahru3a.co.uk

Secretary Hazel Ward secretary@yahru3a.co.uk

News from around the region

Swanland u3a

25th Anniversary Celebrations.

Swanland u3a began in 1996 on a wave of enthusiasm in a packed Church Hall. As the year came to a close Swanland u3a had 200 members and 20 interest groups. The Committee at that time then went on to help to set up u3as in the local area. 25 years later in July 2021 there were now almost 500 members and 50 interest groups. One thing that has not changed in 25 years is the enthusiasm and commitment of its members.

A booklet with a photo of the original Committee and one of the Current Committee with contributions from various interest groups had been printed and sent to all members.

Following a Christmas concert in the Church a special celebration was held to mark the events and achievements of the past 25 years. After giving a presentation about how Swanland u3a had progressed, Peter and Delia Bingham were thanked for their original drive and vision which had benefitted so many people.

Members were then treated to a celebration cake helped down by tea or coffee with the opportunity to relive, discuss and enjoy personal memories of their individual Swanland u3a Experience.

Looking ahead now to June 2022, it is planned to hold a much bigger event to celebrate the Queen's Jubilee which will coincide with other local events, especially those organised by the Swanland Village Association.

The sun will shine and the focus will be on learning, laughing and living. Bring it on.

Whitby Whaler u3a

3rd Age Stagers

Despite most events being cancelled in January, our drama group the 3rd Age Stagers were able to put on three performances of their pantomime "Snow White and the Seven Giant Dwarfs" at the end of January and the beginning of February, to great acclaim from Whitby u3a members.

Here is a picture of the group trying out their costumes.



National u3a News – from Regional Trustee Margaret Fiddes

Money, money, money

You don't need me to tell you that it's been a difficult time for u3as financially. Membership numbers are a bit unpredictable and some u3as are in need of a recruitment drive or a profile-raising event to relaunch and regroup. There is help at hand. There are grants available to help fund your events and activities.

You can find the full details on the u3a website but to give you an idea here is some of what's available:

- **Exhibition grant (£500):** a maximum of £500 to help towards the cost of taking a stand/exhibition space at a local or county show.
- **Start Up grant (£300):** a maximum of £300 is available for all new u3as during the set-up process.
- **U3a Day grant (£100):** Specifically, to support u3as planning events for the annual u3a Day. To supplement the u3a's own spending. u3a Day this year will be in September and is raise the profile of the u3a
- **Open Day grant (£200):** a maximum of £200 to help towards the cost of an open event to increase awareness and recruit new members.

- **Relaunch grant (£100):** To cover some of the expenses made of a relaunch. This grant is for u3as whose membership has fallen considerably and who would not have the funds to cover a relaunch.
- **Picnic in the Park (£100):** This grant is to help towards the cost of holding a picnic as part of the u3a's 40th Anniversary celebrations. u3as are encouraged to have a picnic in the park over the June Bank Holiday weekend.

To apply for a grant:

- Please submit your application to me at margaret.fiddes@u3a.org.uk.
- I can then pass it for payment by u3a office
- Following the event please let me know what the money has been spent on and let me know how you got on.

If you're not sure but would like more information the full details are on the website: <https://www.u3a.org.uk/advice/financial-matters/1189-the-third-age-trust-payment-of-grants-policy?highlight=WyJncmFudHMlXQ==>

For any further advice please do email me – if I don't know I'll try to find out for you.

Margaret Fiddes

Regional Trustee

Should have gone to.....Specsavers!

I hope some of you might have noticed that Specsavers have begun to work with the Third Age Trust. They're making a series of short films with our members showcasing some of the skills we have and aiming to pass them on to the wider world.

It's started with 3 short films released on 18th February featuring Steph McGovern's Dad – who happens to be an artist and a u3a member in the North East, then there is laughing yoga with Judith from Edinburgh and finally flower arranging with me.

We are all there on the Specsavers website and also on their social media channels and we expect to be joined by a series of other u3a members passing on skills and ideas. They've nicknamed us 'Generation Wow'. I'm not so sure about that but it's certainly better than calling us the older generation or any other oldie terms so I'm going with it.

There will be benefits to the u3a not just in terms of PR and publicity but it really will try to show the kind of things we get up to on a daily basis. And if it helps to spread the word – well that's got to be good. Although I do have a few reservations about my film.

The crew – well 2 guys actually – turned up in December and they were with me all afternoon. They were lovely, but goodness me they shot so much material I think they could have made a feature film. They even took a few shots of my hens but I'm afraid they hit the cutting room floor.

They certainly produced a really professional film....as for my flower arrangement, well let's just say, could have done better. My excuse, they wanted me to use things that anyone could get hold of, so it was supermarket flowers and a few bits from the garden. No floral foam, which is no bad thing since it's really just single use plastic, and what they didn't tell me beforehand was that I would have to do it twice. Well, I had only bought one bunch from Morrisons so that made it a bit tricky. Still I hope it will give some folk some ideas.

If you want to see for yourself here is the link: <https://www.specsavers.co.uk/home-visits/generation-wow>

And if you fancy giving it a go and sharing your skills with Specsavers and the world, our Communications Department would love to hear your ideas, so drop them an email at: communications@u3a.org.uk

Margaret Fiddes
Regional Trustee

Do Something Brilliant Today

"It's rewarding mentally, it's rewarding physically and at the end of each session - I feel like I have done something brilliant today"

Christina – u3a line dancing

u3a members across the UK reveal how the u3a has changed their lives for the better in a new film.

From line dancing in Croydon to kayaking in Devon, members share their stories about what it's like to be a part of the u3a experience.

In the film, Brenda from Trust u3a's online climate change group, says, "We enjoy each other's company and we have all learned such a lot from each other. A lot of us come alive through it."

2022 is the u3a movement's 40th anniversary. This film is just the beginning of our celebrations – throughout the year, u3a will be releasing short films of u3a members sharing their story in greater detail.

Watch 'Do Something Brilliant Today' on [the u3a YouTube channel now](#).

Music bringing generations together

Ahead of the recent Brit awards ceremony the u3a commissioned a music related poll to explore the unexpected ways ageism presents itself in people's day to day lives. The public poll was carried out by Mortar Research and 2,006 people were surveyed online. In addition 2,065 people responded to a u3a members' survey.

The public poll showed that many people think you can be too old to listen to "modern artists". Half (54%) believe that the genre of music people enjoy should reflect their age. The survey of over 2000 u3a members however overwhelmingly (82%) rejected the notion that age should be a factor in musical tastes

Worryingly, over one in 10 (11%) of the u3a members surveyed said they've felt patronised for listening to younger artists and a number shared their experiences:

- *At a concert a girl thought a friend and I must be related to the band i.e. being their parents due to our age!*
- *Some have looked at me in shock as I sung a bit of Grime*
- *I've received comments such as 'Aren't you too old to be listening to that?'*
- *I had left a Pearl CD (American rock band) lying around the house. A tradesman asked me if I had teenage grandchildren!*

Despite the perceived differences among young and old when it comes to music, the research also shows that music can, in fact, help bring generations together.

Over three-quarters (77%) of u3a's members believe music can provide a way to bond with younger generations and a third (35%) of the public say they chat to their parents about music.

Young people would also love to explore their parents' and grandparents' music collections, with 36% hoping to get the chance.

The research also showed people are listening to similar artists with Ed Sheeran the most listened to in both the public poll (40%) and the u3a member survey (34%)

Sam Mauger, CEO of u3a, said: *"It's been fascinating to look at these perceived differences when it comes to music and equally intriguing to find out that, broadly speaking, we're more alike than we think."*

"Music is a great way to bring people together. Rather than focussing on differences and belittling other people's tastes, we'd encourage everyone to embrace other's love for music and use it as a chance to connect, whether their favourite artist is Sting or Stormzy."

Our very own Regional Trustee, Margaret Fiddes, featured on both Radio Leeds and Radio Sheffield to discuss the survey, a great opportunity in raising the profile of the u3a and particularly our Region.

And finally.....



3 Stages of LIFE:

- ① TEENS. You have all the time and energy but no money.
- ② WORKERS. You have the money and energy but no time.
- ③ OLDIES. You have all the time and money but no more energy.

Lesson:

Enjoy life and all the things you have at the moment because you can't have everything all at once.

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

Trevor Barrowcliffe

