

# Yorkshire & Humber NEWSLETTER

June 2022

<https://yahru3a.uk>

## NOTES FROM THE CHAIR

As the newly appointed Chair these are my first notes from the Chair so I will introduce myself to those I haven't contacted through Beacon. My home u3a is Cottingham where I am currently Vice Chair and Groups Co-ordinator, having previously held the roles of Chair and Treasurer.

At the YAHR AGM in May Brian Cave became Vice Chair, Hazel Ward and Heather Turner continue as Secretary and Treasurer respectively.

YAHR, like all u3as, has had to work in different ways throughout the time of the pandemic. The Management Team is now looking at how we can work most effectively with the member u3as as we all move forward. Angie Grain, who organises our workshops, has already run our first couple of workshops since the AGM and has many more in planning. Hugh Bevington and Nick David are also working on ideas for future events and Trevor Barrowcliffe is continuing to produce our newsletter. These are the eight elected members of the YAHR Management Team.

Three members stood down from the management team, Mick Richings, Samina Aslam and Beryl Pemberton. All three were thanked warmly for their contributions. Mick was Chair for three and a half years and kept everything going during the turbulent times caused by the pandemic. We are fortunate that Mick has agreed to remain an associate with the management team so we will still be able to draw on his experience and knowledge. Samina has been responsible for the YAHR Summer Learning Breaks and we are grateful that she is retaining that role until after this year's event.

Management Team meetings are also attended and supported by our Regional Trustee, Margaret Fiddes, Helen Leech, Regional Public Relations Adviser, Doug Hirst and Frank Bailey with technical support.

Our next MT meeting is in mid-July and we welcome your input into our annual planning. What are the main issues affecting your u3a now? How could YAHR support your u3a? How does your u3a want to work with YAHR?

We don't have all the answers but we will support where we can as well as offer opportunities for u3as to support each other and share good practice and ideas. If you have ideas, queries or suggestions or if you would like to join or support the Management Team please email me at [chair@yahru3a.co.uk](mailto:chair@yahru3a.co.uk)

I would appreciate hearing from you and I look forward to meeting members from all over the region at the Summer Learning Break in July.

Pat Collard

## **York Forum**

Our first major event of 2022 was the York Forum on 22nd March, which was well attended and well received both in person and on Zoom. It ran successfully as a hybrid event, thanks to the technical support programme provided. We were delighted to welcome Liz Thackray, the Chair of the Third Age Trust, as our keynote speaker, although it had to be via Zoom as Liz was unable to travel at the last minute.

She spoke 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 was fascinating to hear her speak on "Life begins at 40 – where next for the u3a movement?" Her slides are available on the website.

## ***Public Relations Adviser***

YAHR are seeking a new PR Adviser to take over from Helen Leech. The role involves supporting u3as across the region with promoting their work and engaging new members, as well as publicising the work of the u3a generally. In this role you will be a Trust volunteer and meet regularly with other regional PR advisers from across the country and link in with the Trust communications team. To find out more email: [hcleech@aol.com](mailto:hcleech@aol.com)

To express your interest contact Pat Collard, YAHR Chair, or Margaret Fiddes, Regional Trustee.

## **Summer School - back by popular demand!**

**When? July 25<sup>th</sup> – 28<sup>th</sup> 2022**

**Where? The Hawkhills, Easingwold, YO61 3EG, [www.thehawkhills.com](http://www.thehawkhills.com)**

Residential places are now fully booked, but there are some day places still available at £190.

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

Booking can be made by downloading the application form from the website and returning it by post.

## **Workshops**

We have had three successful workshops since the last newsletter. "Running your u3a", on 21st April was designed for Chairs and Secretaries but attended by various committee members from different u3as. The Post AGM Workshop on 18th May was designed to enable attendees to discuss with YAHR Management Team how we might all work together in the coming year.

We are very pleased that these have been able to run as face to face events again as members who attend find it beneficial to meet with colleagues from different u3as and appreciate the opportunities to discuss many of the issues facing all u3as.

We used the workshop at the end of the AGM to ask those attending how they think YAHR could support their u3as. The Management Team then met to consider the suggestions. We need more feedback on what you would like - workshops, forums, discussion groups, newsletters, support within u3as or networks, opportunities for u3a committee members and officers to work together, other thoughts? Please let us know to inform our plans. You can email the Chair at [chair@yahru3a.co.uk](mailto:chair@yahru3a.co.uk)

Our most recent event was the Treasurers' workshop on 14th June. The keynote speaker was Derek Harwood, the National Treasurer, who came up to Leeds to join our workshop. There were 23 attendees and the feedback was positive.

Slides from past events and information about upcoming events can always be found on the YAHR website.

<https://u3a.org.uk/events/u3a-day>

## Challenging Ageism

*from Helen Leech, Publicity Advisor*

An [Ageism Toolkit](#) has been designed by the Centre for Ageing Better and the u3a to support u3a members in challenging ageism and promoting age-positive narratives.

One of the biggest obstacles faced when it comes to embracing later life is that the way we think and talk about ageing is consistently negative. It is hoped that this new toolkit will help facilitate conversations between people across the age spectrum and give people the confidence to embrace positive and realistic representations of ageing and later life.

Evidence shows ageism is widespread in society and can be found everywhere from our workplaces and health systems to the stereotypes we see on TV, advertising and in the media.

Over 1000 u3a members participated in a survey to find out their experiences of the use of ageist language.

When asked about the type of language they had encountered, nearly two fifths (37%) had heard ageist language used about their age group (50-90+). After TV and radio, members most commonly identified the general public as the source of this ageist language (62%).

Terms most commonly described by members as offensive included 'wrinkly', 'past it' and 'geriatric'. A fifth (20%) of u3a members in their sixties said they had been described as 'elderly' despite nearly two fifths (37%) of members in this age group finding this term offensive.

Members were asked why they disliked these terms and the top three reasons given were the terms being patronising (60%), disrespectful (62%) and unrepresentative of people in later life today (69%).

When asked what terms they did identify with, members said independent (87%), curious (74%), intelligent (85%) and friendly (84%).

The toolkit explains that we don't always think carefully about what we say and people can perpetuate ageism without even realising they are doing it. It suggests that when we hear people using ageist stereotypes or displaying ageist attitudes, we should try to explain how the language they use can impact on people. People in later life have rich life experiences, a wide range of interests and continue to make huge contributions to society. It's important that this is reflected in how people talk about ageing.

Sharing stories and personal experiences that challenge common stereotypes can be a really effective way of changing people's perception of later life and showing that the ageing process is different for everyone. The toolkit gives support in having these conversations, and includes important facts and statistics on later life as well as a 'Top tips' guide to talking about age.

The tool kit suggests that having more people in later life active and vocal online, such as through blogging and on social media platforms can help to combat stereotyping of later life.

## Regional News

### Norah's Story

My name is Norah, I just wanted to mention a bit about my journey to Walking Cricket, which I know is the fastest growing sport in Yorkshire. I am a Yorkshire lass, and proud of it, Barnsley born and bred. Coming from a large family, in my early years at school I was always a great sports lover, and particularly enjoyed Netball, Rounders, and Hockey. I left school at 15, and went to work for Yorkshire Traction in Barnsley. Married at 23 to Terry, and went on to have 3 children. I had a lovely marriage which I enjoyed for 30 years before I lost Terry when he was only 52. So, at 53 it was not a nice age to be left widowed, but myself and the kids rallied round and stayed strong for each other, for which I am truly proud. - So, travelling through life, widowed so young is hard, very hard. You can go down with it, or fight it and survive. – And here I am today, at nearly 82, and I have survived – Thank God!

It has not always been smooth, I nearly lost out at 40 with blocked intestines, and Peritonitis, in 2010 breaking my Pelvic bone by falling down coming home from a Barnsley football match, - Couldn't walk for 6 months!! Worked hard at that one!!

However, I discovered Barnsley u3a at a time when I was really down – Winter months blow your head in – dark at 4.00pm etc. Trying to keep warm – nobody to snuggle up to!! It is a lonely existence; you hide a lot when you live on your own cos you don't want to let your friends see you down but sometimes you just can't hide it. Being sporty I looked for this type of thing that would suit me – and discovered an old friend who was in charge of Crown Green Bowling – so once spring came, I got in touch, and am now a well-established member of the u3a group at Ardsley. Then later, I discovered Walking Football, but unfortunately the men were too serious on that one, so the women gradually stopped going. I then learned they were doing Walking Cricket, 5 minutes from where I lived so I thought 'Let's have a dabble' The only cricket I had ever played was against my brothers out on the street!!

Well, - Did I enjoy it? You bet! – I was smitten!! Couldn't bowl straight, missed a lot of balls when batting, - But loved it! Came out of there feeling a different person, laughing at my mistakes, but feeling very light hearted – everyone seemed to have a spring in their step when they were walking out. We then moved because of better weather to an outdoor venue at Dodworth, and I can honestly say I've loved every minute since. The people are a real mixture, ex-cricketers etc, but also people like myself who knew nothing about cricket! But we are all there for the same thing, - to get us out of the "Doldrums", and boredom. In other words, you reach a certain age and think you are not fit for purpose! - Well let me tell you, - You are! Don't ever put yourself down. There are people there who can hardly bend, but- by heck, can they bowl and bat! They can't run, but then again it is Walking Cricket! I'd nearly gamble that everyone there is on some kind of medication - but once they get out there on that pitch, they forget their troubles, and aches and pains, they have friendly banter, they laugh at their downfalls, and jump for joy at their successes! I know that our Walking Cricket leader Mac, and Kendal from the YCF are looking at trying to evidence that Walking Cricket is good for health and mental wellbeing, and improving general fitness, they are spot on for that! People laughing, socialising and using their muscles – It's got to be good!

Guess what? I'm not 82 when I'm playing, I'm 40 again! To see people's faces when we started up again after Covid Lockdown was a real tonic, - smiling faces, - full house at the first session, everyone raring to go. Anyone thinking about it – Just come and have a go, you'll love it!

My kids worried about me during lockdown, - though I had done my best to stay motivated, I was down, and sad, at not being able to mix with friends, and do what I enjoy. My Daughter said "Mum needs her Walking Cricket"! She is too sad. - well let me tell you Norah's back with her Cricket! – In fact, at 82 next, I think I'd like my own Cricket Bat – not furs, or diamonds, and not pearls, - No, just my own cricket bat. At 82, - That would be good!

Norah. Jan 2022

### News from national

I hope you've all had a great jubilee weekend and found the time to celebrate both the Queen's reign and the 40<sup>th</sup> anniversary with a picnic or a party in your u3a. We would like to hear from some of our Regional u3as about your "Picnic in the Park" events on June 1st, and indeed about any other plans to celebrate the u3a's 40th anniversary. We have seen photos from lots of members having great fun across the region on our regional Facebook page and I would urge you to join it here:

<https://www.facebook.com/search/top?q=yahr%20u3a%20members> – lets share our happy times.

There are lots of other activities coming up this year for the 40<sup>th</sup> Anniversary which you can join either in person or online:

**The anniversary quilt** will be on display from 17th June in Manchester having had contributions from talented members from across the country who entered their squares into a competition.

**The u3a Science Network** will be holding virtual meetings in July and October

**The Research & Shared Learning Projects Conference** will take place on 3rd August

And of course we all look forward to **u3a Week** in September

For more info or to join any of these events please take a look at the national website 40th Anniversary page: <https://www.u3a.org.uk/events/40th-anniversary>

### And here in the Region

Congratulations to Pat Collard who has just taken over as Chair of the YAHR Management Team – I'm looking forward to working with her and all the team who have an exciting programme planned to support regional u3as in response to your needs.

Thanks also to Mick Richings who steps down from Chair and takes on a new role joining the Beacon team, so we know he won't be far away. Good luck Mick and enjoy!

Meantime enjoy the summer.....now we can enjoy one another's company let's make the best of it and get out and about with our u3a friends and fellow members doing what we do best..... Live, Laugh, Learn.

*Margaret Fiddes, Regional Trustee*

*And finally.....*



*Thanks to all contributors and to Angie Grain of Ilkley U3A for the jokes.*

*Trevor Barrowcliffe*