

Third Age
Matter



National U3A February 2018 Newsletter



PAINTING HIS TOWN'S HISTORY

How joining the U3A led to an exhibition that helped rescue a town from its detractors

National U3A

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February

This issue includes...

Lifelong Learning

National Summer Schools

Advice from U3APlus

News from the Trust

EGM

A reminder that the Third Age Trust EGM is on 21 March 2018 in the University of Birmingham's Great Hall. For more information see the national website.



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Keeping it Legal

The U3A has begun its national workshop series with 'Keeping It Legal' at the Met Hotel in Leeds. This is a new series of training events run by the Third Age Trust, aimed for U3A committee members, covering the General Data Protection Regulation, Insurance, Safeguarding, and Equality, Diversity and Inclusion. Due to a high level of interest in the two pilot workshop days - both of which are now full - a third is being organised. The date and venue are yet to be confirmed and communication will take place regarding this event as soon as the details are finalised. Further information regarding these events is available at sources.u3a.org.uk

Volunteering update

The Trust is thrilled to now have over 200 volunteers who are involved in roles supporting the U3A movement both regionally and nationally. These roles include: supporting implementation of Beacon, Subject Advising, Troubleshooting and supporting the Start Up process for new U3As - amongst others. Following the last newsletter, we have also just recruited 12 volunteers who are interested in assisting with proofreading for the Advice section of the website. Advice and Volunteering Manager for the Trust, Sophie Wellings, said, "The volunteering offer being developed by the Trust is completely in keeping with the volunteering ethos espoused by the U3A movement and fits with both the 'mutual aid' and 'self help' principles. Recruitment for volunteers is ongoing so please contact me at sophie.wellings@u3a.org.uk if you are interested.

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Legal helpline

Please note that the subscription to the legal helpline has now expired. Please do not promote or use the number as it is no longer valid.

Login

A gentle reminder that you currently need to login to access the Advice section of the U3A national website. You do not need one to access any other part of the website. If you have not visited the site since September 2017 then you will need to recreate your login.

Lifelong Learning



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Sources Online

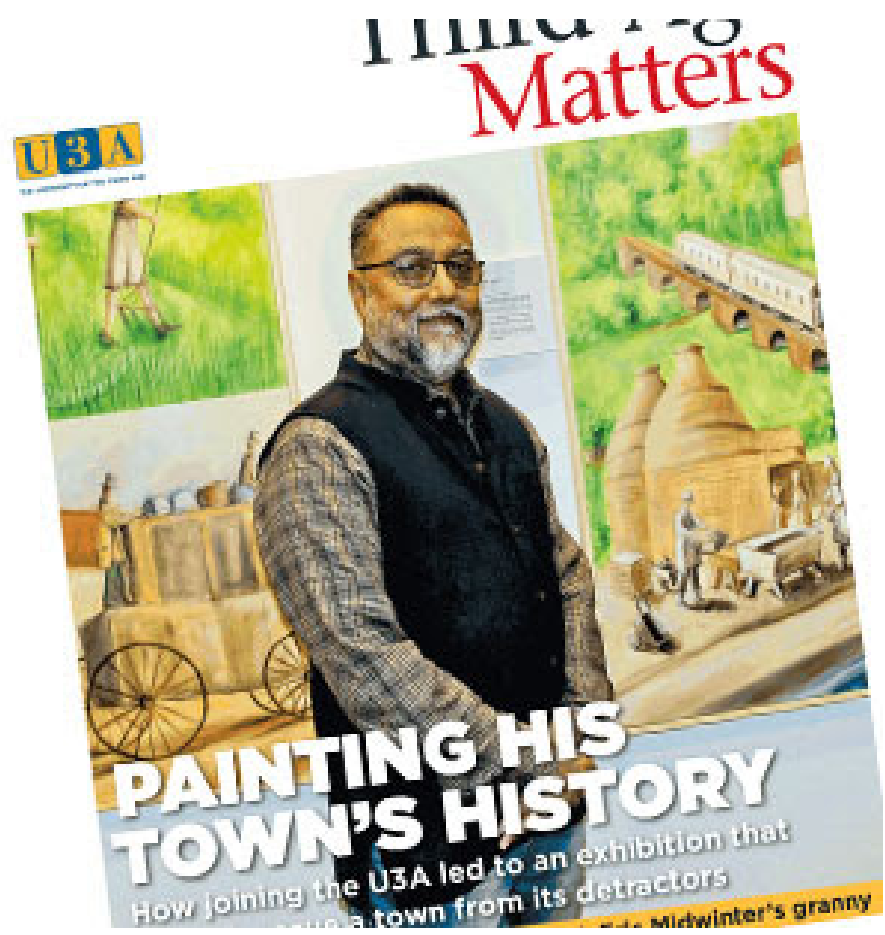
Details of an exciting new Shared Learning Project (SLP) on

[Legends, Myths and Spirits](#)

from the Sussex Network (SUN), and updates on

[Cottonopolis](#)

and the [Wales Coast and Borders](#) SLPs are available now at sources.u3a.org.uk



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U3A magazines – out now!

Third Age Matters (TAM) and Sources have reached a landmark circulation of 250,000 households. TAM - as well as news and competitions - features Sukhpal Grewal from Slough U3A who has held an art exhibition of paintings of the town. Four of his larger pieces depict the town's history and the fifth, a future vision of Slough. Money from the paintings is going to Slough Foodbank. Sukhpal said, "I really wanted to celebrate Slough's history as one of the most diverse communities in Britain. I didn't expect to be on the front cover of the magazine and I'm really honoured to have this interest in my work. I've been a member for over two years and U3A has changed my life. I love it." See Sukhpal's art in the

This edition of Sources has a new feel and links to an accompanying website – Sources online – with articles and news on all aspects of our learning by the members for the members. Send articles all year round to... localpresssources@u3a.org.uk and be sure to visit sources.u3a.org.uk

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Educational events

National summer schools

The national residential Summer School programme is now open for booking. The two residential programmes held in July and September cover subjects ranging from Opera and Cryptic Crosswords to Musicals and writing a TV Soap! See the full programme and book a place on the summer school page at

summer-schools.u3a.org.uk

Two more interviews from last year's summer school have been included in the internet radio show on local community radio Corinium radio.

Regional events

The Manchester U3A Network is organising a Big Sing Concert to be held at the Royal Northern College of Music in Manchester on Wednesday 12th September 2018. A programme of popular songs and songs from the musicals will be rehearsed under a Halle orchestra conductor, with piano accompaniment, and a single mid-afternoon performance will take place. Members are invited to register their interest on the Events page of the U3A North West Regional website.

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Members are invited to register their interest on the Events page of the U3A North West Regional website (<https://u3asites.org.uk/north-west/events>). The cost for participation will be in the range of £15 to £20. The number of registrations received by 28 February 2018 will be used to determine the performance fee, advice on the payment of which will be given at a later date.

Study Days

Jazz

The U3A

Jazz Study Day

will now take place on Wednesday 19 September in Cecil Sharp House in Camden, London. The day will feature international Jazz Performer Alan Barnes, who, with a band assisting, will tell us a bit about the history of jazz and illustrate some jazz styles and composing methods. The band will end the day with an exclusive concert. Details on how to buy tickets will be out soon.

Science

Deeside and Wirral U3A Network is hosting a day dedicated to

Science

. The day, which is aimed at science group members, will include discussions and an interactive talk from For more details please go to

<https://u3asites.org.uk/north-west/events>

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Creative Writing

Please note that the...Yorkshire and the Humber regional subject study day on Thursday 22 March on creative writing – the basics and beyond will be held at the Priory Street Centre, York. Tickets are £25 to members and you can find more details and how to book [here](#).

[Document link TBC](#)

National events



Click the boxes to book the above events

The National Events team are exploring a potential

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Driving Matters Day at the British Motor Museum in Gaydon, Warwickshire on 30 June 2018. The Day is aimed at helping you to improve your driving skills, regain your confidence or simply have an interesting day trying out different types of driving techniques. The cost is estimated at £80.00. Please register your interest by emailing

events@u3a.org.uk

by 26 February so that we can establish whether to go ahead with the event.

Learning resources

Subject adviser news

The latest updates and news from the national subject advisers are now available on the Subject Advice section on the website. Click the subjects to download them:

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- [Genealogy](#)
- [Maths and stats](#)
- [Opera](#)
- [Play reading](#)
- [Psychology](#)
- [Tai Chi & Qi Gong](#)

Beyond the Ballot

There are still two weeks left to sign up for a free online course on FutureLearn run by Royal Holloway, University of London and the UK Parliament, to mark the centenary of votes for women. Beyond the Ballot explores the history of women's rights in the nineteenth and twentieth centuries and the campaign for the vote from the first mass petition calling for women's suffrage in 1866 to the 1918 Representation of the People and 1928 Equal Franchise Acts. (

<https://www.futurelearn.com/courses/womens-rights>

) A big thank you to Royal Holloway who have provided ten U3As with free upgrades, enabling their groups to access the course and its materials for an unlimited period.

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News from the NEC

Advice from U3APlus

Hilary Jones, Trustee for Wales and Chairman of U3APlus has some advice for any U3A planning an event.

Before planning an event or booking a venue here is a check list to make sure that it is accessible to all our members regardless of impairment or disability.

1. Is it accessible by wheelchair? What exit arrangements are in place in case of emergency evacuation?
2. Are there disabled toilets?
3. Is there a working hearing loop, that you know how to use?
4. Is there good lighting in the rooms being used?
5. Is there parking near the entrance for those with limited mobility?

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Thank you – because taking time to have this checklist will help make your event accessible to ALL your members.

U3APlus aims to help, support and advise U3As to ensure that all their members can access the informal learning and the many activities in their U3As, regardless of impairment or disability.

Other news



Cryptic crossword technology

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National Subject Adviser on Cryptic Crosswords, Henry Howarth (Bournemouth U3A), has helped software company Teazel develop an interactive app for teaching how to solve cryptic crosswords. Teazel approached Henry after reading his book 'Learn How to Solve Cryptic Crosswords: A Course for Beginners' and were keen to use the learning content from the book. Henry said: "I was very excited by the opportunity to work on this project because of the potential an app has to provide an interactive learning experience. All of the practical work – basic skills, practice clues and practice puzzles – can be done on screen, and the learner can track their progress through the course." The first version of the app Learn Cryptic Crosswords is now available for iPhone and iPad from the Apple App Store. An Android version for phones and tablets is also being developed.

Find out more at <http://www.learncrypticcrosswords.com>.

Go wild

Wildfowl & Wetlands Trust Caerlaverock Wetland Centre in Scotland would like to invite U3A groups to

Get Close to the Wild Side

in an event designed exclusively for them. For more details, email

groups.cerlaverock@wwt.org.uk

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The Brandenburg Spring Concert

This event, in association with U3A, is an open event to which U3A members are invited on 24th April.

[Click here for information](#)

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Promoting U3A

Retired Police Officer, Bob Thompson from Fife U3A has had his article promoting the U3A published in the quarterly magazine for members of the Retired Police Officers Association in Scotland, which has a circulation shy of 10,000 copies.

[You can read it here](#)

A new TV comedy show

TV production company CPL Productions Ltd are producing a brand new TV comedy programme called 'Run Through'. Award-winning comedian Jimmy Carr is joined by three celebrity guests but the audience has the opportunity to ask the celebrity guests anything they like – no question is off-limits! CPL are looking for people who can really speak their mind, people who would really enjoy chatting to celebrities, or those who are unafraid to ask quite personal questions – and they thought of U3A! The show is a non-broadcast run-through, meaning it won't be aired on television at this time, but if it becomes a series we may well get back in touch with applicants to be involved again. If you are interested in taking part you can apply following the link here

<https://www.shortaudition.com/public-inquiry>

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In Focus



Kelvin, Wooler U3A

Kelvin is one of the Trust's volunteers

After my wife died of a brain tumour, I began the next phase of my life in Seahouses, on the glorious North Northumberland coast. Around six years ago, I discovered U3A in Berwick-upon-Tweed and, a few years later, I realised Wooler U3A existed in the foothills of the Cheviots. I joined their new group, 'Enquiring Minds', and had a great time. I trained as a middle school teacher but, aged thirty, I began my "life's work" as an Assistant Director of the national mental health charity Mind, responsible for North East England and Cumbria. From the age of thirteen, alongside my paid employment and into retirement, I have been a volunteer. For me, adjusting to living alone in a new area had many challenges. There is no doubt that U3A provides a wonderful, welcoming social network: kindred spirits and friends galore! Being recruited as a U3A volunteer by regional trustee Elizabeth Porter has been a delightful extension of my U3A involvement. Learning new skills, meeting new people, discovering other U3As ... all very positive.