

Yorkshire & Humber NEWSLETTER

November 2021

<https://yahru3a.co.uk>

NOTES FROM THE CHAIR

I really hope that things are getting back to normal for you all, and you are enjoying being involved again.

Since our last newsletter its very reassuring to note that most u3as are returning to face to face meetings, and becoming increasingly active. We at YAHR MT decided we should restart our workshops, but in hybrid form, with a face to face meeting, but also available on zoom for those who were unable or unwilling to attend. I'm therefore pleased to report that in November we held our first hybrid workshop on Diversity presented by Angie Grain & Margaret Fiddes, with approx. 24 attending face to face, and 10 on zoom.

Details can be found on the YAHR website, and a brief summary is given in this newsletter. Following this event, we will be providing workshops in February for Chairs & Secretaries and March for new Trustees. Details will be circulated in due course, and will be available on the website. If anyone has ideas for future workshops, please get in touch.

In January our new National Chair Liz Thackray will be visiting our region for 2-days on the 10th & 11th, details of her programme will follow.

Since the last Newsletter Brian Cave, the ex Sheffield u3a Chair, has been co-opted to join the Management Team, welcome Brian. Brian will be our Networks link with the National office and the u3as in the region.

Finally, a few of the Management Team will be standing down at the next year's AGM - if anyone is interested, please contact me in the first instance at chair@yahru3a.co.uk

A few lines from our new member, Brian Cave

I was recently seconded to YAHR's Management Team and given the responsibility to promote beneficial Networks throughout the Region. In my previous life I have worked for Barclay International Bank, Shell Mex & BP Ltd, and then to various computer companies including Olivetti and ICL. Towards the end of my working career I moved to project management including setting up Technovation Centres on behalf of Local Authorities and finally I worked for an Education Dept managing the building of new secondary schools under the Government's Building Schools for the Future Programme. I joined Sheffield u3a over 10 years ago to play croquet and am now the coordinator for the group. However, as most of you will understand, I soon joined a number of other groups and now organise 2-3 trips to Europe each year as well as day and weekend trips for the weekenders group. I was asked to join the Sheffield EC and was an active member and became the Vice Chair in 2016. In 2018 I was privileged to be elected Chair of the country's largest u3a and stepped down last July after my 3 years in office. All of which, I believe will help me in working with all the u3as to establish Networks that will be beneficial to the Region, the u3as and their members.

Workshops

Diversity and Inclusion Workshop – 27th October 2021

This was our first post-lockdown YAHR face-to-face event so it was very good to have a room full of interested keen delegates to discuss this important subject.

One of the main aims of the day was to expand the idea of 'Diversity' as it is so much more than dealing with ethnic issues. We considered many ways that individuals may feel 'other', isolated and unwelcome in our u3as.

The accent of the day was really on the 'Inclusion' part, as this moves away from problems, to looking at opportunities to do things differently to make our u3as more accessible to a wider spectrum of members. We considered aspects both of recruiting across a more diverse population but also about retaining members by offering them what they want and need to thrive within a u3a environment.

There was very lively discussion amongst the delegates who raised and discussed their local individual issues. In comments at the end, quite a few were grateful that we had widened the discussion from what they were expecting; they came along thinking 'this doesn't affect us' and then realising the Inclusion issue affects us all and really valued the opportunity to share ideas. .

For those who were unable to attend the workshop, the PowerPoint presentation and the feedback notes can be found on our website.

A big thank you to all those who attended, and made the workshop a success, thank you. *Angie Grain.*

The next workshop is planned for February 2022, and it is intended that it will be another hybrid meeting at the St George's Centre in Leeds; the workshop is designed for Chairs and Secretaries. Further details will be posted on the website.

Captain Cook Event (from Trevor Barrowcliffe, joint organiser)

After 2 years in the planning, and a postponement from June 2020, this 2-day event, hosted by Whitby Whaler u3a, finally went ahead on September 22nd and 23rd. There were 53 delegates from 19 different u3as across the region. It offered delegates a chance to learn all about the history of Captain James Cook and his association with Whitby and the local area.

After a welcome reception in the evening of the 21st, the event opened on the 22nd with lectures given by co-organiser Clair Stones, showing how James Cook went from being the son of a local farm labourer to Lieutenant, and eventually Captain, in the Royal Navy. Captain Cook's three voyages round the world were described in great detail, as was his skill as a navigator and his legacy in demonstrating the ability to carry out long voyages with minimal losses of men to disease.

In the afternoon there was a visit to the Captain Cook Museum in Whitby, and the first day was concluded with a dinner followed by musical entertainment by Richard Grainger and friends - this was a performance of his folk opera about Captain Cook, "The Eye of the Wind".

On the second day there were visits by coach to the Cook Birthplace Museum in Marton, and to the village of Great Ayton, where the family's cottage was situated and where James went to school. The event closed with a debriefing session to allow for questions and comments.

Throughout the event we were blessed with marvellous sunny weather, and from the positive feedback received it appeared that delegates had enjoyed the event - not only the chance to learn about Captain Cook, but also the opportunity to socialise with people from different u3as, having been denied such opportunities during the previous 18 months.

PUBLIC RELATIONS from Public Relations Adviser Helen Leech

Over the past months, in my position as PR Adviser for YAHR, I have had the opportunity of participating in zoom meetings with other Advisers across the country. It has been really valuable to learn about communication planning (anniversary woodland, recruitment and retention campaign, centre for ageing better partnership, kinder transport event etc) for the Third Age Trust as well as plans for the 40th anniversary (see table below). As u3as across Yorkshire and Humberside, if we haven't started already, it would be good to be thinking about how we can participate in these activities as well as share the information across our members and the general public. In addition to being YAHR PR Adviser I am also the PR committee member for Whitby Whalers, and I am really excited to have this information to promote the work of the u3a whether it be in the local paper on the radio, through social media or whatever!

As u3a members it's really helpful to read the national newsletter and Third Age Matters, check the national website regularly and maybe join the new YAHR Facebook page to keep abreast of all the exciting events taking place. And finally It's been so valuable for me to have stories from YAHR members of how the u3a has impacted on their lives. If you have a story to tell do share it.

40th Anniversary plans

- **An Anniversary Quilt competition** was launched for members to create blocks for a 40th Anniversary quilt on the topic of Positive Ageing. Any individual member, interest group or u3a was eligible to enter before the closing date of 16 November. The completed quilt will be revealed on Wednesday 1 June 2022 before the start of the Queen's Platinum Jubilee holiday weekend.
- **Picnic in the Park:** over the Queen's Platinum Jubilee weekend, u3as will be encouraged to hold picnics to celebrate not just the Queen's Jubilee but also our 40th birthday.
- **A round table discussion** on the original u3a Vision and whether/how this has changed will be recorded and made available in May or early summer, 40 years after the first u3a was established at the Easter School in 1982. Participants will include Eric Midwinter (our remaining Founding Father), a member of a very new u3a, the u3a national chairman who was elected at the 2021 AGM and a well-known national figure with a longstanding interest in Positive Ageing.
- **A Webinar** will be held in July on the *u3a High Street project*. Tentatively entitled *Open for Business* it will promote the results of surveys carried out by over 500 u3a members of High Streets across the UK and describe the changes which have occurred over a 12-month period. The database, licensed for 10 years, will be launched at the AGM, together with a project report, providing a useful database for research and opportunities for u3as to add to their database information.
- **The u3a Science Network** will host an anniversary meeting, *Futures, Foresight and Horizon scanning*, in July to highlight u3a scientific activities and take the opportunity to engage the scientific community. Two additional meetings for u3a members will also be held during 2022.
- **The u3a Wood** was launched in September 2021 with the intention that u3as would plant 5,000 trees as a contribution to the environment and the community. The wood will be 'revealed' in Tree week, 17-25 November, showing how many trees have been planted by u3a members. (See article below)
- **Positive Futures in older Age** is a project started between Edinburgh u3a and the University of Stirling to demonstrate the impact older people can have on the community. Short stories will be collected from members from which plays will be written and performed at the Edinburgh Fringe and a London theatre.
- **AGM 6 October**, a hybrid streamed event to show how the profile can be raised further in the next 40 years.

Creating a u3a wood

GROWING the future, an ambitious mass tree planting project to help generations to come, is being launched by the Third Age Trust, in celebration of 40 years of the u3a. It will also contribute to the Queens Green Canopy initiative to mark her Platinum Jubilee.

The project, called u3a Woodland, began in September this year, with the plan to plant more than 5,000 trees between October and March on 10 acres of low- grade agricultural land on the eastern slope of Sugar Loaf Mountain, within the Brecon National Park on the England/ Wales border.

It is then hoped the scheme will extend across England, Northern Ireland, Scotland and Wales.

The scheme is part of an ambition to increase the UK's percentage of woodland and the benefits that come with it, such as flood protection and increasing bio diversity.

Trees can be bought by individual members or u3a groups or as gifts. One tree will cost £7.50, and on further purchases the price is reduced. Anyone purchasing a copse of 100 trees will receive a specially designed certificate to download as a memento of their contribution to the environment and to the u3a movement.

On purchasing a copse members can select their preferred species of trees which will be native to the UK and around two years old. Choice will include Alder, Birch (downy), Birch (silver), Cherry (wild), Crab apple, Dog rose, Hawthorn, Hazel, Oak (pedunculate), Oak (sessile), Rowan and they will be planted with a specially dedicated plaque with the members chosen wording. Every copse sold will make a difference and help the movement get nearer its target of planting 5,000 trees by the end of the planting season in Spring next year. The purchase will include the cost of planting the trees, plus 12 years of maintenance to ensure the trees become established. Planting will mainly be done by volunteers.

The new wood will be called "u3a 40th Anniversary wood"

"Each tree planted in the u3a Woodland will help benefit the environment, wildlife and climate", said Michaela Moody, head of u3a 40th anniversary celebrations and u3a vice chair.

"This gives us an opportunity to buy trees in a sustainable way and contribute to celebrating the movement's 40th anniversary in 2022."

Trees can be bought through the u3a brand centre u3abrand.org.uk

News from around the region

New Heights for Scarborough u3a

Scarborough u3a undertook a 'Three Peaks Challenge' this month. Devised by member Elaine during lockdown, the walk saw members climb three of the hills surrounding Scarborough u3a: Oliver's Mount, Jacob's Mount and Scarborough Castle. It was open to all members - who were encouraged to come along for all or part of the walk, or just meet the group for lunch. The walk was intended to raise the profile, with members carrying a Scarborough u3a banner, and there were stories in the local press.



The Healthy Lifespan Institute at The University of Sheffield establish new partnership with Sheffield u3a

The Healthy Lifespan Institute at The University of Sheffield is helping people live fulfilling, independent lives for longer. By shifting the focus from old age to the ageing process across the lifecourse our research aims to delay or even prevent multimorbidity, the presence of two or more chronic health conditions, and age related frailty. Led by our co-directors Professor Ilaria Bellantuono & Professor Alan Walker, who are excited to work with the u3a community to inform their research. Our partnership with Sheffield u3a One of the core principles of The Healthy Lifespan Institute is to understand, listen and respond to the experiences of patients, service-users, carers and other service providers to inform our ageing research.

Based on this principle, , they have formed a collaborative partnership with Sheffield u3a to establish relationships with the community and to ensure research into healthy ageing incorporates the lived experiences of older people.

To achieve these aims, The Healthy Lifespan Institute and Sheffield u3a have created a Shared Learning and Research Advisory Group. The group will review proposed and active research projects being undertaken by researchers in the Healthy Lifespan Institute and will identify opportunities for knowledge exchange activities between academic researchers and u3a members.

National u3a News – *from Regional Trustee Margaret Fiddes*

National Kindertransport Day u3a Event

On 2nd December Steve Williams, of Arun East u3a, will be delivering his engaging and informative presentation which gives context to the events of 1939. Steve will present some of the key people, many with a u3a connection, involved in rescuing 10,000 children from the threats of Nazi occupation. After a break, Dame Esther Rantzen will be talking to u3a members whose lives were saved and transformed by the Kindertransport migration. Hear about their different experiences, from those who lived through it, from the next generation ensuring their family's remarkable past is not forgotten, and from the British hosts, who have grown up with Kindertransport foster siblings.

Book your place at this special u3a learning event, and many other opportunities, via our online events page

As noted elsewhere in the newsletter Liz Thackray, our new National Chair will be visiting the region in January. We're delighted she will be with us to speak to us about the work on the u3a's future strategy, and also, I know she wants to hear from you and take your questions about the future of the movement.

Let's talk tech

This is to let you know that a new National u3a Facebook group has just launched. This is called ***u3a:Let's Talk Tech*** and is part of a wider project developed by a dedicated group of u3a members addressing the need for more information around alternative ways of working, for example virtual and hybrid meetings.

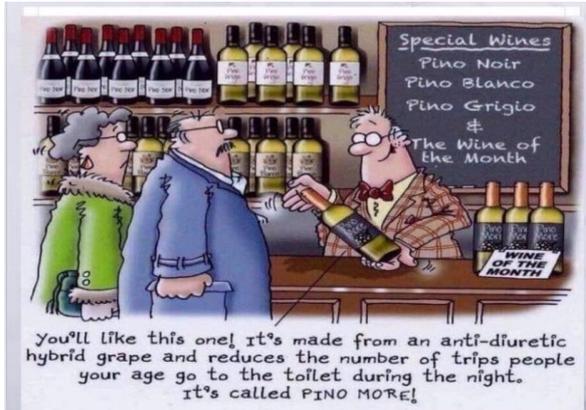
The link to the group, for any interested u3a/member is:

<https://www.facebook.com/groups/1002726203847774>

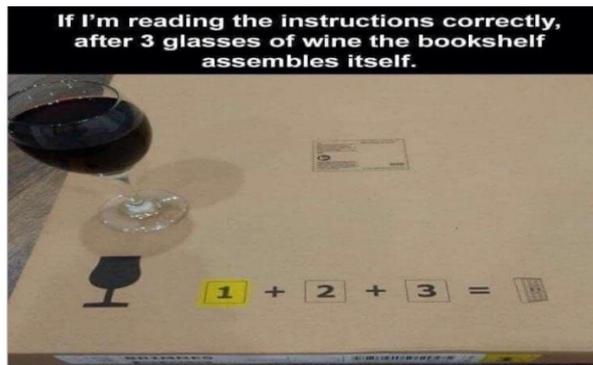
Margaret Fiddes

The YAHR Management Team would like to wish all our readers a very happy Christmas and a healthy and u3a filled 2022!

And finally.....



Isn't it nice to escape the hustle and bustle and get out into the countryside?



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

Trevor Barrowcliffe