

Newsletter for September 2014 No. 32

From the Chair,

As we plan our events for the year we become enthused with the topics, concentrate on the detailed planning and then are sometimes pulled up short by someone who says "How are you going to get this information out to those U3A members who are not yet internet enabled?" One such moment occurred recently and we wondered how best we can inform all our 33,000 plus members in the Region about events that might interest them.

We need your help to do this. The North West newsletter goes out only to each U3A Business Secretary and/or Chairman plus individual copies to anyone who has requested it – currently over 1,200 mailings. We know that some U3A Secretaries then forward it to members and much appreciate this help. We give detailed information about events and booking processes; use references to documents that are now only available on websites but everything can be downloaded, printed out and put on notice boards, included in printed newsletters or announced in U3A meetings.

Please help us to inform ALL our members: we will always accept telephone enquiries or postal bookings but those who have the computer skills must be our allies in this.

If you are reading this newsletter and know of another member who might be interested but hasn't got email then do please share the information with them.

Sue Watkinson

In this edition of the newsletter you will find:

Details of our autumn programme including:

Information about a Study Day on Well-being, organised by the Wirral & Deeside Network

A Medical Screening Study Day in Lancaster, organised for the Region by Lancaster & Morecambe U3A

A Science Forum for Group Leaders

A U3A Support event on running an AGM will be held later in the year, not in September as originally intended
Trustee Topic -

Deeside & Wirral U3A Network
www.u3asites.org.uk/deeside-wirral

In the mood

A Day to promote well-being and active aging and to enhance the feel-good factor

Friday 24th October 10.30 a.m. – 4.00 p.m.

at

**Hoylake Community Centre,
The Parade/ Hoyle Road
Hoylake, CH47 3AG**

See the poster and booking form on the website for full details

Committee member Gill Russell is the contact for enquiries, via contact page on NW website

This event is being promoted by the North West Region but it funded independently.

North West Region Medical Screening Study Day

**Thursday 27th November
Lancaster Friends' Meeting House
Meeting House Lane
Lancaster
LA1 1TX**

**Directly adjacent to Lancaster Train Station
10.30 a.m. – 4.00 p.m.**

Gill Baynes, Chair of Lancaster & Morecambe U3A, is presenting a Study Day concentrating on the uses and benefits of Medical Screening, including an overview, the roles of Pathology and Radiology with a guest speaker from Cancer Care who will speak about national cancer awareness and early detection.

Coffee is provided on arrival and at lunchtime but lunch is not included

This event is funded by the North West Region and is free to all North West U3A members

Early application is essential and all forms are now available on the website

Committee member John Harman is dealing with registrations

Forum for U3A Science based groups

Friday 31st October

Penrith Methodist Church, CA11 7QY, close to Penrith rail station

Repeated

Friday 7th November

Liverpool Central Library, William Brown Street, L3 8EW close to Lime Street rail station.

10.30 a.m. – 3.30 p.m.

The objective of the day is to expand the quantity and improve the quality of U3A groups which have a science and/or technology nature. It is not a day for learning about any specific science/technology topic. Discussions will be focussed on how successful groups are run, what pitfalls to avoid, the frequency of meetings and their location, ways of collaborating with other U3As, what subjects are popular, the importance of member participation and use of external material (e.g. Internet, U3A Resource Centre, Future Learn, YouTube videos, The day will be facilitated by

John Ellison supported by Jenny Carley

Coffee will be available on arrival and at lunchtime

Lunch is not included. Please bring your own lunch

This event is funded by the Third Age Trust

An application is available on the NW region website

Jenny Carley will be dealing with registrations or queries about this forum

From the Trustee September 2014

It's the last day of the NW Region Summer School. We have been educated and enlightened in an enjoyable atmosphere for three days. On behalf of those who attended a big thank you to the organisers, Sue, Chairman, Peter, Treasurer and David of the regional committee. If anyone from your U3A attended ask them about their experience and maybe we will see you at the next one. The National AGM/Conference will be taking place on September 9/10th I hope to see some of you there. If not, plan now to attend the next one in Nottingham on August 26-28th 2015. Each U3A should be able to subsidise or reimburse one of your committee to attend. Every member in the U3A life should aim to attend and experience a National AGM/Conference.

Trustee Topics – from Jenny Carley, the North West Region Trustee

My last “Topics” on Constitutions was appreciated by quite a few U3As. I hope now that all U3As have been able to check their current charitable status and take any appropriate action. This time the topic is COMMUNICATIONS. The region uses this newsletter as a means of communication to all 36,000 (is) members in the North-West Region. If any members wish to receive this newsletter please send me an e-mail address and their U3A and an electronic copy will be sent to them. It is an ideal way for members to discover U3A activities outside their own U3A. If you have a query about any procedure or aspect of your U3A, Charity Law, constitutions, group and or committee activities or any other U3A or Network procedure then please use the National website www.u3a.org.uk to search for the information that you require or contact myself nwregiontrustee@gmail.com Tel No: 01244680460 or National Office, we usually have the latest information and are aware of any recent updates, relying on a friend or neighbouring U3A may not always be the best answer to a query.

Take a look at your Communications within your U3A. Is every member aware of activities of their own committee their Network, The NW Region and the Third Age Trust? Do you have a policy for re-assessing your communication links within your U3A? This could be an agenda item for your next committee meeting. Reminder – There are some Q&As on the NW Region website. Go take a look there may be an answer to your query.

Jenny Carley, NW Trustee

Other News

Information passed to us from Third Age Trust

“Don’t get in with a Loan Shark, it will cost you an arm and a leg”. Perhaps this won’t ever apply to you but it might happen to someone you know. A new body has been set up in conjunction with Trading Standards and we are all asked to be more aware of the dangers posed by anyone becoming involved in this activity. Posters, advice and information are all available on the website: www.direct.gov.uk/stoploansharks

Lancaster/Manchester Research Project on Computer monitoring for Dementia/Alzheimers

An update from Alastair Sutcliffe, who is conducting the research using SAMS
(Software Architecture for Mental health self-management)

Alastair has already contacted the U3A people who participated in the stage 1 study. In the next phase he is looking for 30 volunteers (and is now himself a U3A member). He highlighted help from U3A members in a poster presentation on SAMS at the Alzheimers Society Annual Conference. He writes:

“Many thanks to all the U3A volunteers from North West who helped in the requirements study for the SAMS project on computer monitoring for early detection of dementia/Alzheimers disease. The interviews in late 2013/early 2104 gave us a good idea of how the SAMS system should work. It also became clear that SAMS should detect other mental health problems, such as signs of Parkinson’s disease or depression. We have to analyse all possible signs from the computer recordings and email to give appropriate alert messages. Consequently SAMS is becoming more like a general computer based mental health checkup.

“In September to October this year we will be looking for volunteers for the next study to test the real working system for half a day at the University, and a follow up test of two weeks with the SAMS software installed on your PC/laptop. We hope U3A volunteers can continue to help with this important research which should benefit us all. Contact him at Manchester University Professor Emeritus, University of Manchester

<http://www.manchester.ac.uk/research/Alistair.sutcliffe/>

North West Regional Executive Committee members

Chairman	Susan Watkinson, Aughton & Ormskirk U3A
Vice-Chairman (acting)	Bill Fowler, Sandbach U3A
Hon. Secretary	Beverley Jones, Clitheroe U3A
Hon. Treasurer	Peter Monaghan, Carlisle & District U3A
Members	John Harman, Lancaster & Morecambe U3A David Joseph, Macclesfield Rural U3A Gill Russell, Hoylake & West Kirby U3A Neil Stevenson, Upholland & District U3A (co-opted) Margaret de Wolf, Hoylake & West Kirby U3A (co-opted)
Regional Trustee	Jenny Carley

Our webmaster is Derrick Fewings of Aughton & Ormskirk U3A

All committee members can be contacted by email through the links on the Committee page of the website

STOP PRESS

In the next few days your business secretary will be receiving the Mailings from National Office.

I would like to draw your attention to the following article

HOUSE OF LORDS CHAMBER EVENT 28th November 2014

The Third Age Trust has been invited to take participate in a second intergenerational debate

Topic: - In a digital society, is politics for politicians or is everyone a decision maker

Prior to the event the English Speaking Union will be running training events. It is expected that one of these events will take place in Liverpool. Exact location and date are not yet known.

If you are interested in participating then please e-mail Lin Jonas as soon as possible

I attended the last event and can recommend the experience – you may get to sit on the coveted red seats in the House of Lords

This event is open to **ALL** U3A members, so please communicate to your members