



December 2020

HAPPY CHRISTMAS EVERYONE AND BEST WISHES FOR 2021

I apologise for sending this out so close to Christmas, when I am sure you are all ready to relax and forget about U3A for a while. I do hope that you do that over the festive period as well as keeping yourselves safe.

Here we are, 9 months after the start of the first lockdown, and we finally have a glimpse of light with the approval of a vaccine. However, there is no doubt that we are not out of the wood yet and so I know that u3a committees will continue to do all they can to keep things going. I have heard so many positive stories from u3as in this region and am delighted that ideas are being shared through the Networks.

Diversity and inclusion guidelines can now be found on the national website. There is also a page for Network Link there.

SURVEY - U3As have been sent a survey enquiring about current activity. It will be a great help if someone can complete and return it to enable the Trust to continue to provide appropriate support.

U3A in the Time of Corona

This book is based on the Diary Project and has been created using contributions from U3A members all over the country.

It chronicles our reactions to coronavirus and isolation, as well as how to get a supermarket delivery, how to cut your own hair and what to do with all that free time. Some people sent drawings, photographs and poems, which have been included.

The book is A4, 120 pages, colour printed and costs £10 including postage.

If you would like to order a copy, please go to the national website

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

RELAUNCH?

So, what will happen as we are able to get back to normal? Will it be enough to just resume activities and groups as they were before, or would it be a good idea to consider a relaunch event, almost like a start up? We know that some members will have left and will not rejoin. At the same time there will be newly retired people looking for things to do. Do share your ideas on what you are thinking of doing. It could be in conjunction with U3A Day on June 2nd, or a separate event. Some of you will have heard our national Chair, Ian McCannah's, presentation on this topic after the recent EGM.



PR Advisers – please send request to ALL members

Do you want to help raise the profile of u3as in your part of the world, and support the national campaign to celebrate and promote awareness of the u3a movement?

We are looking for volunteers with knowledge and experience of working in a PR, media or marketing capacity to join their Regional Team and be linked to the national Communications Team. Volunteers will be part of a UK wide team with other PR Advisers.

The role is home based but could include travel around the region or country, as necessary. Most meetings will be conducted online but occasional team meetings in London (when permitted) will be required, but no more than twice a year. Expenses will be paid under the Expense Policy of the Trust.

For an informal discussion – *even if you feel you could only do part of this role* - contact Sue Stokes, Chair of Communications and External Affairs: email sue.stokes@u3a.org.uk or call 07931 865903

VOICE

VOICE is an organisation based in Newcastle and part of the National Innovation Centre for Ageing. It has a large number of members who contribute their insights and ideas to improve health research and drive new innovations. They are keen to work with other organisations who contribute to healthy ageing, the Third Age Trust being one of them.

They have agreed to set up a discussion tab on their Groups section, which will be a private group for the sole use of u3a members. Questions or statements will be posted with the idea of generating a discussion which will contribute to ongoing u3a research projects or Shared Learning Projects. The first discussion was about Ageism. The instructions for joining the Group are in the attached document. I do hope that many of you will sign up and join the discussion!

Sandi Rickerby Trustee for the North East & Chair of the Research Committee

Thank you!

On behalf of the Third Age Trust, as well as myself, I do want to thank you all for your hard work and commitment this year, and to wish you a very happy Christmas and an easier and safer 2021.

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