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Registered Charity 1159091  
NORTH WEST NEWS Number 64,  
DECEMBER 2020

Message from the Trustee

**Dear Members,**

**My first eleven weeks as trustee for the North West of England have been busy. I have attended as many of our network and cluster meetings as I can and have dealt with numerous requests for information or help from u3as. It is wonderful to see how u3as are managing to keep their groups active, despite the challenges.**

**I have attended meetings of national committees and have also been invited by several u3as to be their guest speaker. In one sense, it is “thank goodness for Zoom”, without which, I would not have been able to travel to half as many meetings!**

**With the prospect of Covid-19 vaccinations in the new year, we can look forward to getting back to some form of normality, perhaps by springtime. With our u3as unable to function fully for, what will be, over a year by then, it will be almost like launching a new u3a rather re-starting an existing one. The Recruitment Campaign and Beyond Lockdown programme will provide help and support to our u3as to fully function again. I am sure that we are all looking forward to that. With that in mind, we are looking for volunteers to be regional PR Advisers. If you have**

**communications please do get in touch. We need your help. My email address is [neil.stevenson@beacon.u3a.org.uk](mailto:neil.stevenson@beacon.u3a.org.uk). Best wishes and season's greetings  
Neil**

### Message from the Chair

**Dear Members,**

**I do hope that you are well and have been able to take part in the many digital events that have been happening within your u3a, nationally and in our own region.**

**I am delighted by the response that we have had to the events that we have introduced. We have held three 'Tuesday Talks' using some of the online speakers or performers that have been recommended. These were well subscribed and attended and we appreciated the comments made by our members both within our region and beyond. It was at the request of our members that we initiated the two sessions of Zoom training. The first one, which focussed on the basics, was oversubscribed and attended by over 80 members. The second focused on more advanced options and we were pleased that members from 15 u3as attended.**

**We have planned more events to be held in the New Year and have continued to book further 'Tuesday Talks'. The first of these, Cyber Security, is on the 12<sup>th</sup> January. Our trustee, Neil Stevenson, will be telling us about his Antarctic Adventure in February. This is also an opportunity for those who have not 'met' him before to do so. We are aware that some members may wish to attend Zoom training so we have arranged another date in January. There are several National Committees working on various**

**Diversity and Inclusion. We are delighted that members of this team are holding a session for us in February. Please look at the Events section in our updated NW website to find out more about our programme. We recommend that you book early to secure a place as our Zoom licence is limited. One project that is not entirely dependent on the use of computers is our newly launched 'My Street' that asks you to take part in showcasing a local feature through pictorial and written work. The details can be found in the Newsletter, the NW website or through your own u3a. I do hope that you or a small group can take part in this new venture. With all good wishes for now and 2021,**

**Mo Eccles**  
**Chair of NWR of u3as**  
[nwrworkshop@gmail.com](mailto:nwrworkshop@gmail.com)

### The role of the North West Region of u3as Executive Committee - NWREC

The main role of the regional committee is to support the trustee of the North West and, under their guidance, to provide a service to the members, the u3as and the networks in our region.

We organise and run a variety of events for members. These can include workshops, seminars and conferences. Since 2019 we have arranged 9 such events, most of which, we have organised and run ourselves. These included a Creative Thinking workshop, a Summer School and an Active Living Day. We do not receive funding directly so sometimes we have to charge for events or use our balances to subsidise them.

Several Shared Learning projects have been developed in the region too. Other events that we have supported were organised by our National Office, networks or individual

**During this year we have developed a number of sessions using Zoom that have been available for all members in the North West. These have included talks given by members, musical sessions and training in using Zoom. Using Zoom has allowed us to have contact with more members from the region which has been one of the benefits. More events are planned for 2021.**

**Another area where the committee supports our Trustee is by helping u3as who request help and assist with the formation of new u3as. In 2019, two new ones in Lancashire and Merseyside were formed. To enable this supportive role, many training days were held for members of the regional committee and other Trust Volunteers last year. This year most of the committee have become Regional Support Volunteers who further support the Trustee and communicate with u3as in the region.**

**We communicate with members of the region through the regional newsletter, which is produced by the Trustee and supported by other members of the committee. We also develop and maintain our NWR website.**

**The role of each member of the committee is determined by the title they hold and the skills and knowledge that they have.**

**Everyone works together as a team to uphold the message of the u3a – to learn, laugh and live.**

**If you would like to attend one of our committee meetings as an observer to understand more about what we do, you would be very welcome. The next meeting is scheduled for January 19th so if you would like to attend, please get in touch with me before 10th January by using this email address: [nwrworkshop@gmail](mailto:nwrworkshop@gmail)**

**Mo Eccles**

**[u3a on Social Media](#)**

**Did you know that we have an extensive presence on social media? Apart from the**

and Twitter accounts, nationally we have the following:

### Facebook Pages

#### Twitter

Crafts u3a

Third Age Matters @MagU3a

U3A Bridge Group

Trust U3A @TrustU3a

U3A Day

u3a @u3a\_UK

U3A Gardening Group

U3A In My Own Write

### Instagram

u3a: Keeping in Touch

u3auk

U3A sequence dancing

U3A Shared Learning

### YouTube

U3A UK

u3a

Using these is a great way to meet and discuss mutual interests with fellow u3a members, especially while we cannot meet in person. If you find any that I have missed, please do let me know. Also, please be aware that I did find some Instagram accounts using u3a, which appear to have nothing to do with our movement.

### Third Age Trust EGM

If you missed the Third Age Trust EGM and Post-Lockdown presentation last week, you can see it here:

[\(1\) Third Age Trust EGM 2020 & post-lockdown presentation - YouTube](#)

### Copyright

It is very easy to infringe copyright without realising that you have done it. Sharing that amusing cartoon with your members by including it in your newsletter or using a photograph or diagram in that talk to your history group, these could both be infringing someone's copyright. Most images that you

**they clearly state that they are not copyright and free to use, you should assume that they cannot be used. There are companies that search organisations newsletters and websites looking for breaches of copyright. The financial penalties can be significant. Under certain circumstances, exceptions to copyright are possible. However, these need to be clearly credited to the copyright owner. For further information, see:**

**[u3a - Copyright and Licences - U3A-KMS-DOC-009](#)**

**[Exceptions to copyright - GOV.UK \(www.gov.uk\)](#)**

**[‘My Street’ NW Region Collaborative Project](#)**

**Quick summary**

**Take a local photo, be it of a street, a landmark or local feature**, or make a local picture by other means such as sketching or painting, and accompany it with a short piece of text.

We aim to feature your pictures and writings on our NW website, on the ‘welcome’ page, and on new pages further inside.

**What are the aims of this project?**

- to foster both local and regional involvement, pride and awareness, in other words, a sense of place to present to the outside world
- From the NW Region website’s viewpoint, we would like to achieve a ‘winter’ and a ‘spring / summer’ photo collage for our website welcome page as well as having featured work hosted on the website. If there is a large enough response, we may extend the project beyond the proposed finish date (below) to include summer/autumn 2021

**What’s involved**

- Take a representative photo of your local area, and pen the story behind the photo.
- You can take your first photo during winter 2020 / 2021, and take a second photo (of the same view, or of a different view) when the weather warms up in 2021.
- If you took photos for the U3A national High Street Project in 2020, you are welcome to use those.
- Members can work together and submissions can be by a formal u3a group **or** by individuals acting on their own initiative (must be a u3a member though!)

Writing can be in any form:

- A narrative account
- Calligraphy
- A poem
- The history behind a scene or building
- A fictional or fictionalised account

How extensive the piece of writing is entirely up to you, but if you want us to feature it on the NW website we may edit down longer texts.

**The details**

- All individual photos must be a maximum of 10mpx in size. If you are unsure about how to gauge the pixel size of a photo, you can ask around

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website and in limited u3a publicity. Ownership and copyright of the image remains yours.

- The same applies to your written account - we will ask for permission to use your writing in appropriate ways but it remains your intellectual property.
- Only pictures accompanied by a piece of writing will count. Writing can be submitted electronically or by post

### How to take part

- You need a camera or a smartphone to take photos - and you will also need to know how you transfer the photos you take. Please ask your own contacts and family about this! There are huge numbers of devices and while some support can be had, we can't do this for everybody
- You need pen and paper, or to be able to type a document, to do your writing.
- If you create 'artwork writing' such as calligraphy, or make a painting or sketch on paper as your contribution, please send a photo of your piece - not your precious original

### Criteria to guide you

- Make sure you avoid identifiable faces of people who did not consent to be in your picture
- Also avoid identifiable car number plates
- Be careful about standing on public property if you are pointing a camera, unless you have private landowner permission to take photos on their property. *Perhaps wear a lanyard if you have one!*
- Keep Covid safe and physically safe at all times.

## Send your photo and text to

[nwregionu3a@gmail.com](mailto:nwregionu3a@gmail.com)

**State your name and/ or the names of those in the group, your U3A and a title for your image eg 'Winter Market, Bacup.'**

**If you need to send in contributions by post, contact the NW Chair Mo Eccles via the NW Region website: <https://u3asites.org.uk/north-west/home>**

**Final closing date for submissions 14th May 2021**



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