

WELCOME TO
YORKSHIRE !!!!



Housekeeping (AG)

- ❖ Fire exits, FRPs
- ❖ Toilets
- ❖ MOBILE PHONES - off or to SILENT please
- ❖ Questions at the end of each session

Covid –

Please wear masks (unless exempt) when moving about, and
Keep social distances, especially at lunch time



*Welcome !!!!
to our*

YORKSHIRE FORUM

22nd March 2022

David Maughan Brown
(Chair of York u3a)

Mick Richings
(Craven u3a & Chair of YAHR)

Programme for this morning

10.30	Housekeeping	Angie Grain (Ilkley u3a/YAHR)
10.35	Welcome and Introduction from Chairs of York u3a and YAHR	Mick Richings/David Maughan Brown
10.40 – 11.55	Life begins at 40 – where next for the u3a movement? Followed by Q&A and general feedback and discussion (11.55 – Short Comfort Break)	Liz Thackray (Chair of TAT)
12.10	The Yorkshire and Humber Region; its role, activities, challenges etc. Regional Volunteers (RVs)	Margaret Fiddes (Sherburn/YAHR Trustee)
12.30	BUFFET LUNCH (Please allow those with dietary requests to go first)	

Liz Thackray

CHAIR – Third Age Trust



u3a Regional Workshop

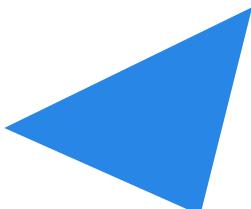
Supporting our u3as across the Region



YORKSHIRE FORUM

Life begins at 40

where next for the u3a movement?



Liz Thackray

Chair – Third Age Trust

u3a



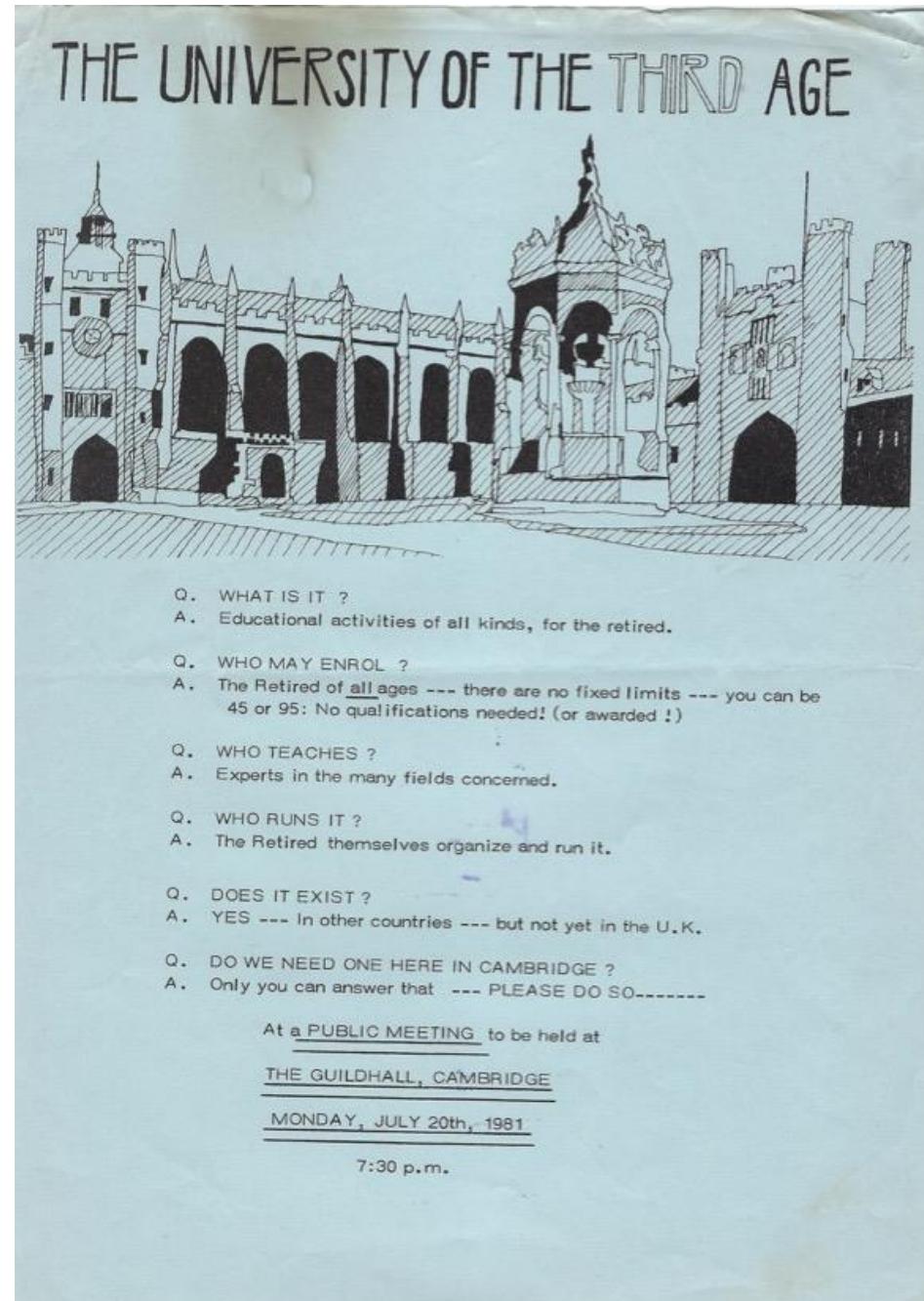
40 years old

- **Where have we come from?**
- **Who are we?**
- **Where next?**

20th July 1981

Publicity poster for the first meeting
to discuss u3a in the UK

drawing by James Norton
son of Dianne Norton, the
unrecognized founder of our
movement



Our Founders

and the first national committee



Eric Midwinter Michael Young Peter Laslett



Dianne Norton

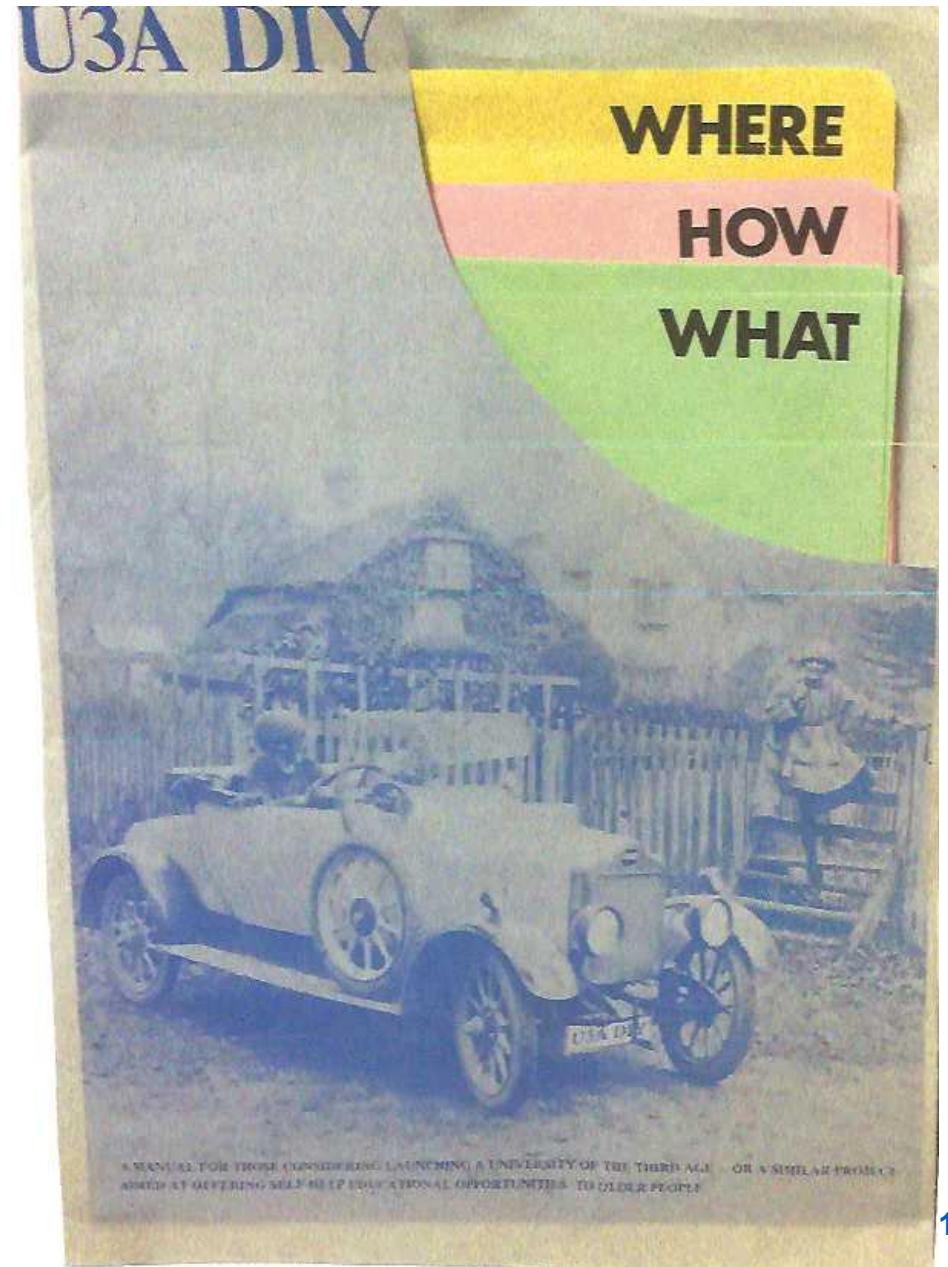
Requirements for a u3a

It must:

- Be open to all Third Agers
- Have an educational purpose in the broadest sense
- Be democratically run

September 1982

Potential u3a organisers were sent a manual giving guidance on how to set up a u3a



The first u3a in the UK
was founded in 1982

The Third Age Trust
was registered as a
Company limited by
Guarantee and as a
Charity in October 1983



Charity Commission
14 Ryder Street St James's London SW1Y 6AH
Direct line 01-214 6222
Switchboard 01-214 6000

Messrs Bates, Wells & Braithwaite,
Fleur-de-Lys House,
81 Carter Lane,
London EC4V 5EP.

Your reference AWP. STL. PM
3309

Our reference KF-288007-1

Date 15-11-83

Dear Sirs

CHARITIES ACT 1960 REGISTRATION OF CHARITIES

TITLE: The Third Age Trust.

The application submitted in respect of the above-mentioned organisation for registration under section 4 of the Charities Act 1960 has been considered and I am pleased to be able to inform you that in my opinion registration may proceed.

The formalities relating to the entry of the charity on the Central Register are in hand and formal confirmation of the completion of registration will be forwarded to you as soon as possible. In the meantime I can state that the registration number of the charity will be 288007.

Until the registration process is completed the charity will not appear on the Central Register of Charities which is open to public inspection.

Yours faithfully

K. Paul (Mrs)

RE16(A)

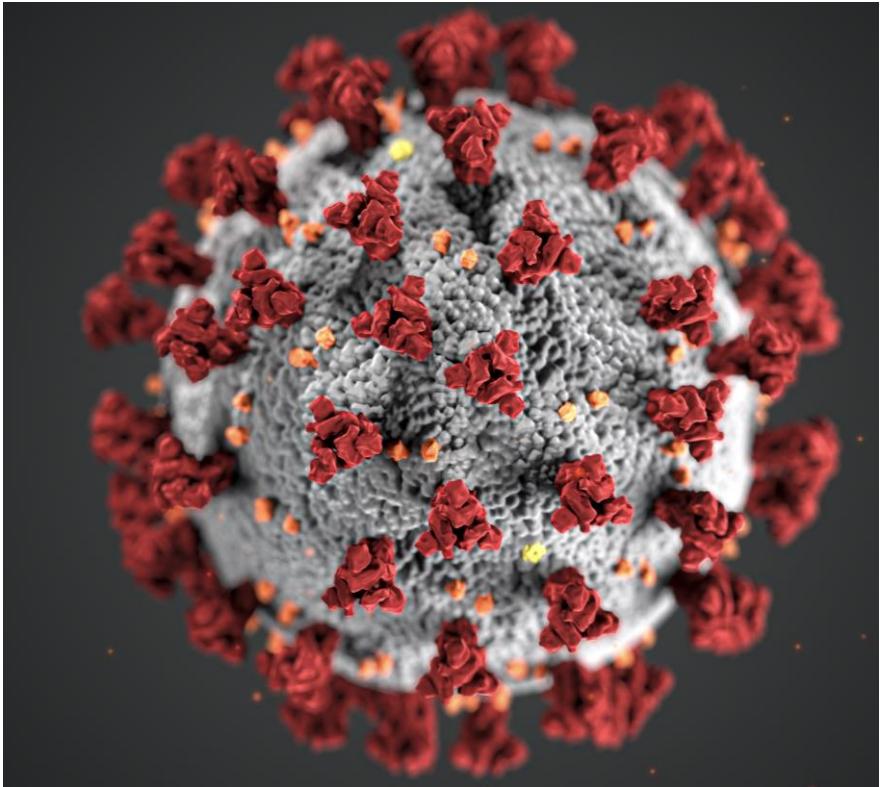
Growth and Change

Initial goal was 100 u3as, with potential for 250

Today we are a movement of over 1000 local u3as and 400,000+ members

Regional and national representation on Board established in 2008

Focus on local u3a, but increasingly interconnected



March 2020



New ways of working



u3a



1982

2022

Challenges for today and tomorrow

- Raising our profile - National, Regional and Local
- External competition
- Recruitment and Retention
- Remaining agile and able to adapt and change

Looking ahead – being fit for the world of tomorrow

Raising our profile

- **Presenting ourselves in public**
 - u3a week and 40th anniversary
 - Press and publicity
- **Demonstrating our relevance**
 - Partnering with other organisations
- **Developing our voice**
 - Being source of information for policy makers and journalists

Looking ahead – being fit for the world of tomorrow External competitors?

- What do they offer – similarities and differences
- How are we different? ‘Unique selling point’
- How might we work together?
- How does our online image compare?

Looking ahead – being fit for the world of tomorrow Recruitment and retention

- Restarts and new u3as
- What can we learn from growing u3as
- Are we willing to grow?
- Ensuring new members know what u3a expects of them

Looking ahead – being fit for the world of tomorrow

Being agile and able to adapt and change

- Building on experience of the pandemic
- Being prepared to “Murder our darlings”
- Recognising the u3a is more than the sum of its parts
 - local, regional and national
 - in-person and online

The Third Age Trust and the u3a movement



The parts of the cake

- Over 1000 u3as and 400,000 plus members
- Regions, Networks and Clusters
- The Board of Trustees and Committees
- The staff team
- Volunteers
- Trading Company
- Resources
- Online and in-person
- PR, Information, Training, Advice

Something to think about

By the members for the members

With the members for the members
(and the wider community)

“u3a shows the value of communities of interest and learning which are not defined by age, or by past experience, but instead are defined by the experiences still to be explored”.



**Each of us has a part to play in
determining what the u3a movement
in the UK will be in 5, 10, 15, 20, 40
years time**

Questions and Discussion



U3A

156 Blackfriars Road
London, UK
SE1 8EN

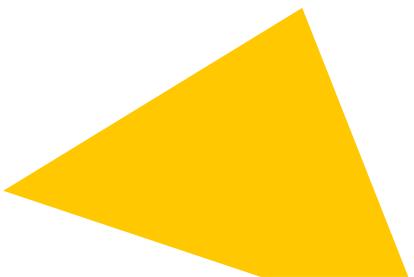
Contact the National Office

Tel: 020 8466 6139

Email: info@u3a.org.uk
u3a.org.uk

twitter.com/u3a_uk

facebook.com/u3auk



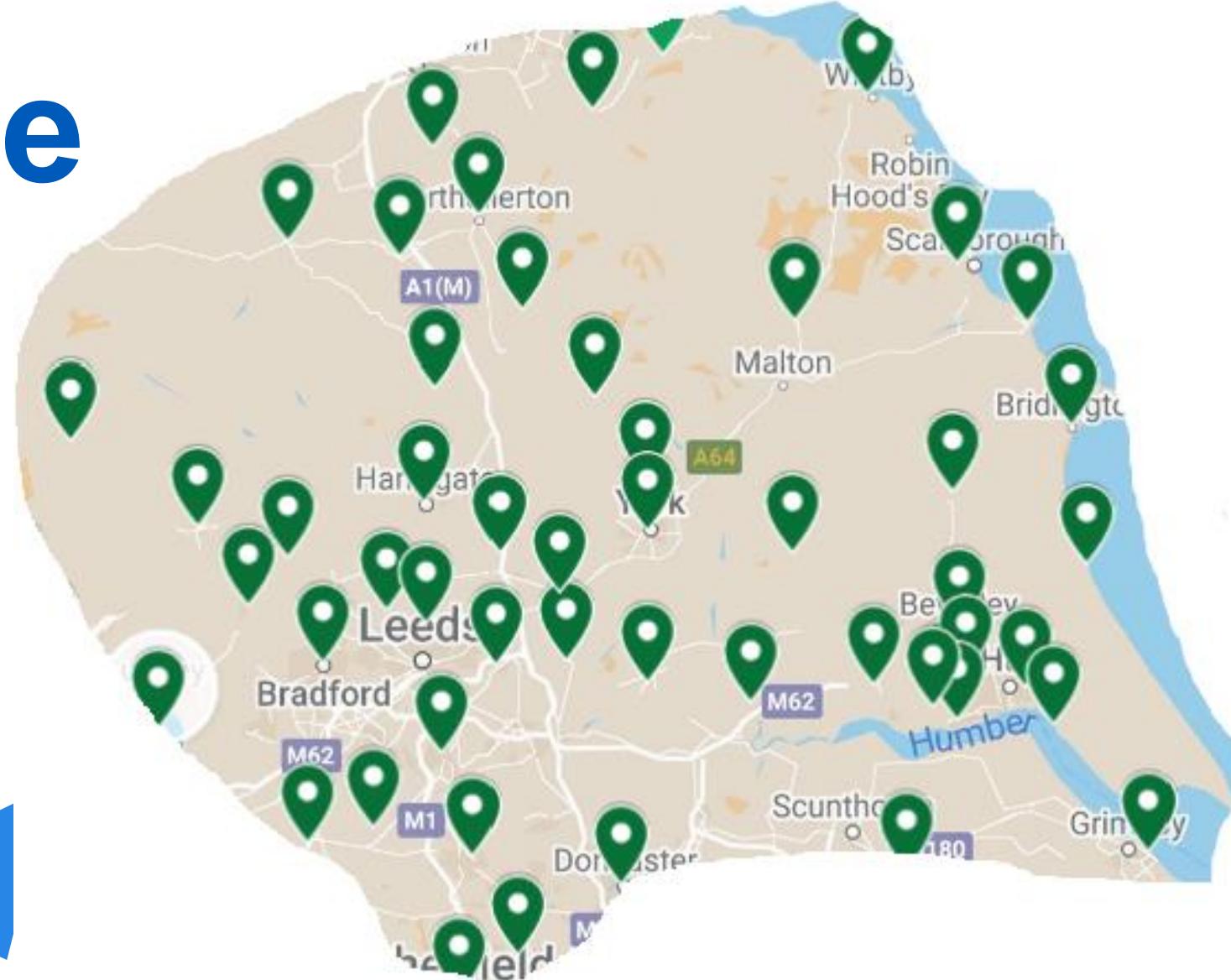
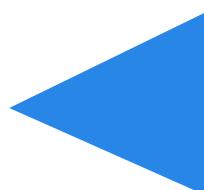
Margaret Fiddes.

Regional Trustee for

Yorkshire and the Humber



Yorkshire & the Humber



Who's in the Management Team and what is it?

**12 members:
from across the region – some
ex trustees, some not.....**

What does YAHR do?

- We aim to support you – if we can we will come and help
- We want to run events you want to attend: workshops, peer to peer support sessions, etc.... Let us know
- Summer school is back! After a 2 year break we're back at Hawkhills this July
- Our programme for the year is under development now.
- We can help to set up new u3as
- We meet roughly every 2 months





Fancy
Joining
us?

Here's what to
do!

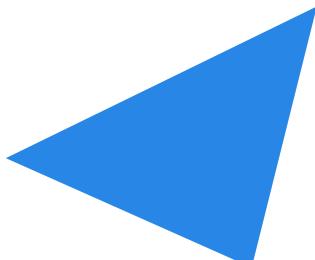


*YORKSHIRE & the
HUMBER REGION*



Regional Trust Volunteers

Who they are and why they matter?





Trust Volunteer Roles....

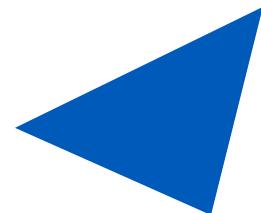
Resolving issues

Supporting the start up of new u3as

Supporting and developing networks

Subject Specialists

PR Advisers



And finally, me.... What do I do as Regional Trustee?

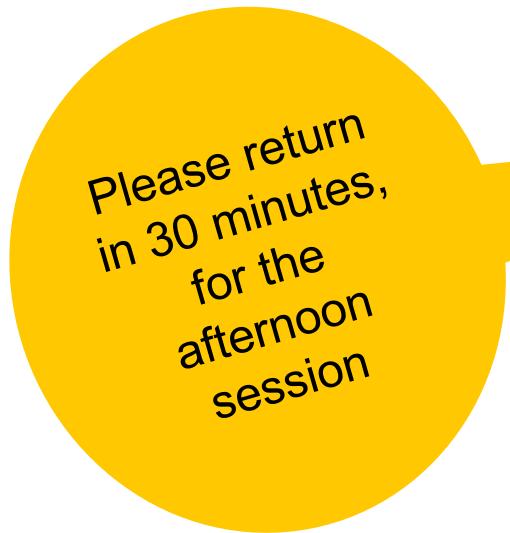
My main role is to promote the ethos and principles of the Third Age Trust

I am a member of the Board of Trustees

Plus I have a responsibility to the Region and to all of you

I'm in post for 3 years until 2023.





Please allow the vegetarians and those with special requests go first.

Remember social distancing

2022 - DIARY DATES FROM YAHR.....

21st April – ‘Running your u3a’ – a workshop primarily for Chairs and Secretaries at St George’s Centre, Leeds

18th May – AGM and workshop (half day event) at St George’s Centre, Leeds

25th – 28th July – YAHR Summer School at Hawkhills, near Easingwold

*Information about all our events are on our website:
<https://yahru3a.co.uk/events/>*

Programme for this afternoon

1.00	Starting a new u3a – Tadcaster's story: Issues and Achievements	John Fielden
1.20	Recruitment: Ambassadors scheme (Ilkley & District u3a)	Angie Grain
1.40	York u3a Open Day experience	Anna Baldwin
2.00	Shared Learning and Research Projects: A Partnership Approach	Phil Long (<i>Sheffield u3a</i>)
2.20	Beacon Update	Frank Bailey
2.40	Audience Feedback/Review of the event	AG/MR/MF
3.00	The Meeting Closes	

John Fielden

Chair and Treasurer
Tadcaster & Villages u3a

Tadcaster & Villages u3a

Starting up in difficult times

Tadcaster is known for

Its three breweries.

Roman origins as *Calcaria*.

A viaduct for a York-Leeds railway line that was never built.

Tidal river Wharfe up to a weir

A church that was taken down and rebuilt 6 feet higher because of floods.

Tad in the headlines

The famous
bridge collapse
Dec 26th 2015



Repaired

**Opened in
February 2017
after works
costing £4.4m**



Characteristics of Tadcaster

Stagnant population for about 20 years.

Large number of derelict shops and houses in the town centre.

Good facilities with swimming pool, leisure centre and the Riley Smith Hall.

Many active societies and community groups.

Regular flooding.

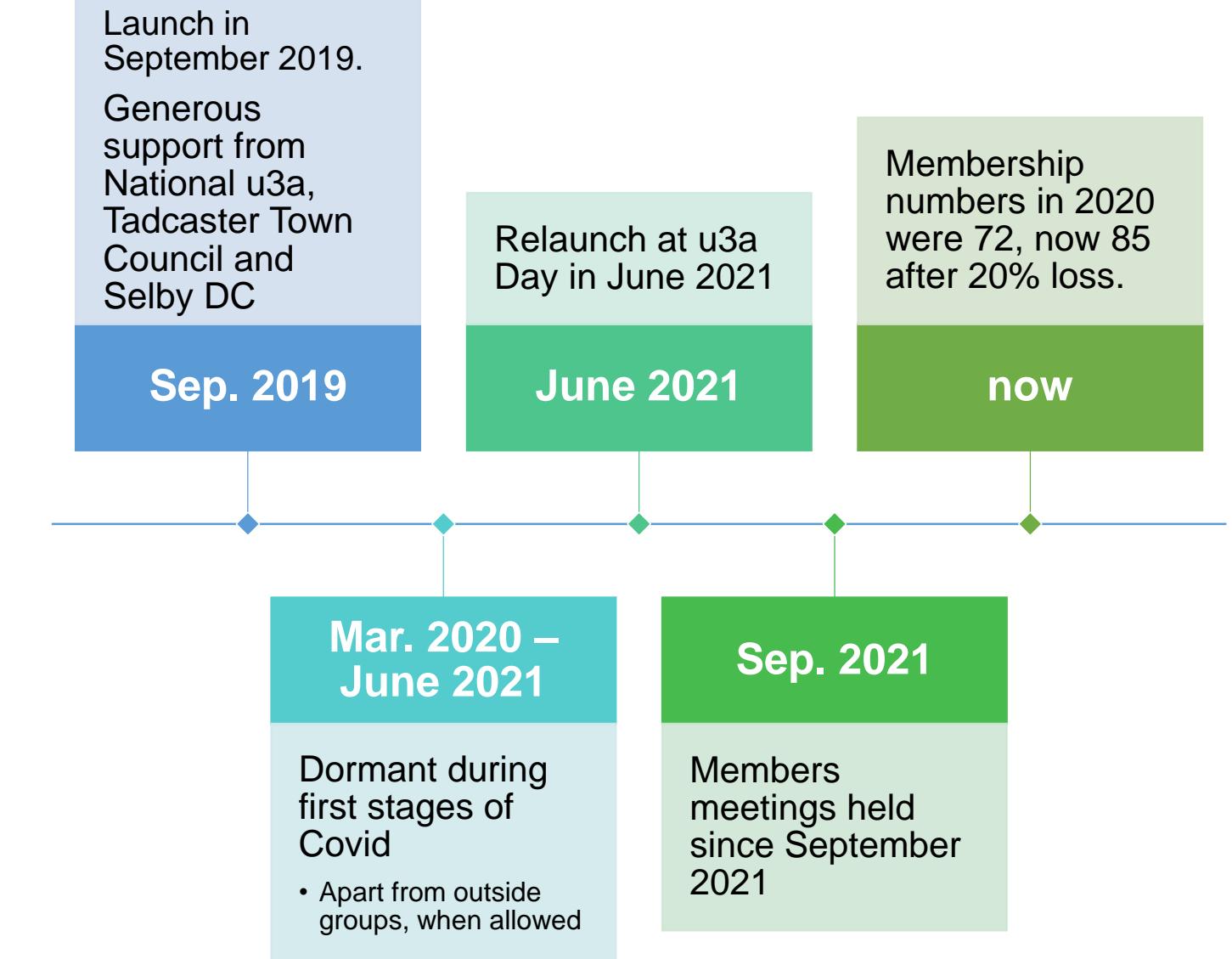
Tadcaster & Villages u3a – our u3a neighbours

Tadcaster	Wetherby	Sherburn
Population 6,349 (2020 estimate)	Population 11,564	Population 8,069
25% over 65 (2020 estimate)	31% over 65	17% over 65
97.9% white (2011 census)	97.7% white	98.5% white
10 interest groups	108 interest groups	Over 60 interest groups

How it started

- Community meeting in Tad offering tables to local groups
- Sue Stokes had a table which got 40 interested signatures
- Steering Committee formed
- It met throughout summer with support from Sue Stokes and Frank Bailey
- Admin and technical issues agreed: level of subs, committee roles, frequency of meetings, basic constitution etc
- Inaugural public meeting in July
- Ready for formal launch in September

Our short history





Town mayor opens our u3a Day event



Activity Group stalls at a u3a Day event.



Display stand outside Sainsbury's on u3a Day.



Entries in *Tad Today*, the newsletter of the Town Council.



Regular coffee mornings for members and guests.



A Guide for new members.



A shop window in the High Street (next slide please!)

Our shop window in the High Street

- Not yet fully decorated



Current concerns (possibly common)

Difficulty of getting group leaders.

Many ideas for new groups lie fallow because of this.

20% loss of members during Covid period.

Very slow response to our promotional activity for new members.

Present groups biased to physical activity (eg: walking, dancing, Days Out).

Help/Advice wanted, please

Biggest problem is getting committee members.

Trustees doubling up (I am both Chairman and Treasurer)

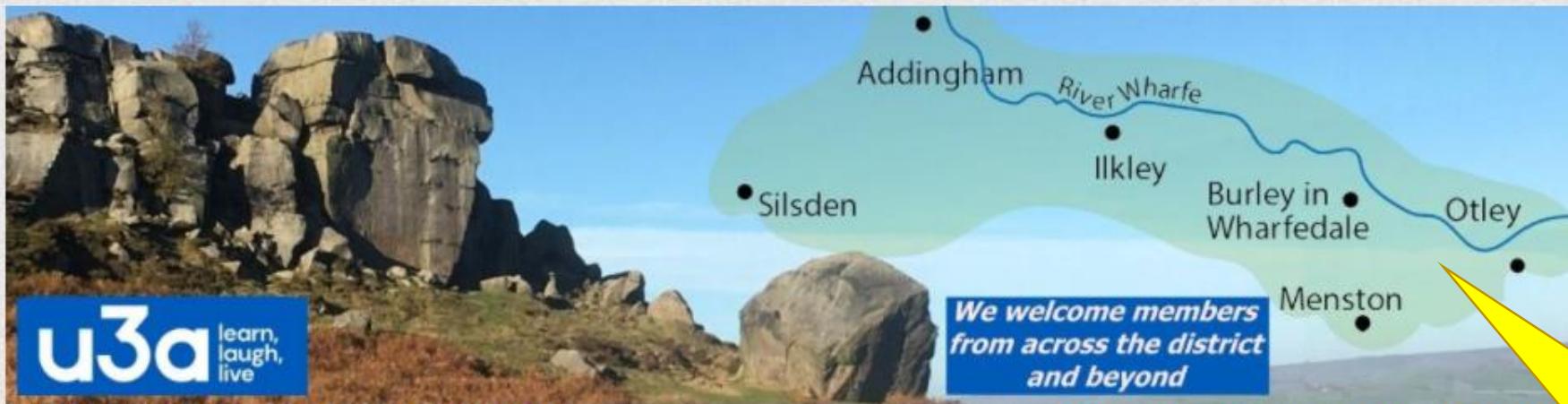
Desperate pleas at each members meeting get no response.

When a key person leaves in summer we will be below our quorum

Should we warn about possible closure?
Does this work?

Angie Grain

YAHM Management Team +
Chair – Ilkley & District u3a



ILKLEY & DISTRICT

To update personal details, login & click on your name

[HOME](#) | [Join Us](#) | [Groups](#) | [Events](#) | [News](#) | [Contact Us](#) | [Search](#) | [Members Only](#) | [Paul Dobbin Test](#)

or Members # [Forthcoming Events](#) #

[Angie Grain](#) [Change password](#) [Log out](#)

Latest News - click on a link

Who We Are

u3a is a cooperative movement for those no longer working full time or raising a family. Ilkley & District u3a is a group of about 1600 individuals who enjoy meeting new people, learning new things and making friendships through shared interests and hobbies.

Join us today for £7. Annual renewal subscription due 1 August 2022

[More about the u3a](#)

[Join for £7](#)

[List of Interest Groups](#)

[Community Groups](#)

Scroll down for more content

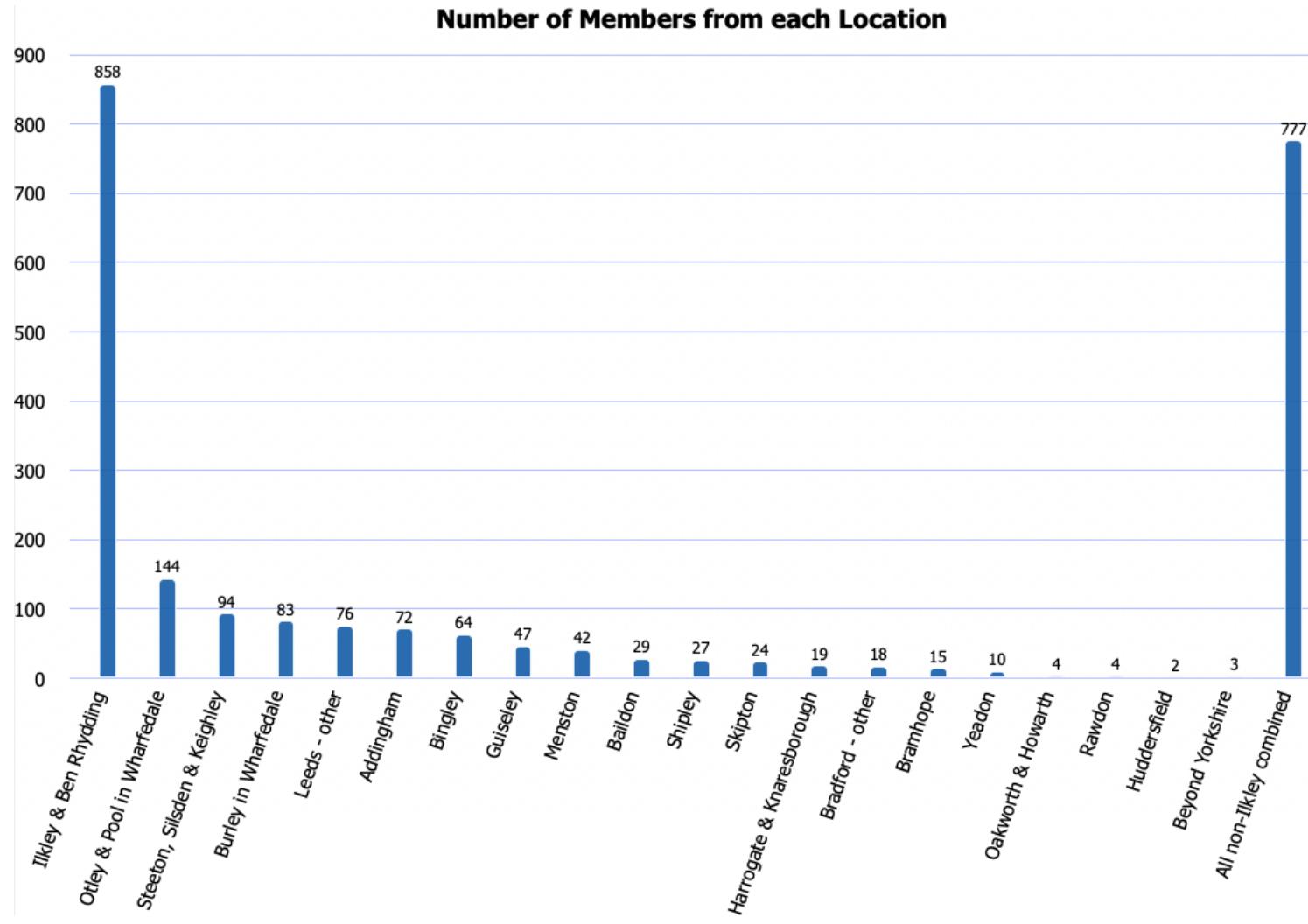
Ilkley Shops

Can you name the shops from the pictures below?

ILKLEY & DISTRICT u3a

What was the issue?

- > 858 (52%) members live in Ilkley/Ben Rhydding
- Only 144 live in Otley/Pool (similar sized towns)
- How to reach to the '**& District**' part of our membership?
- How to make our u3a less Ilkley-centric?



ISSUES AND OBSTACLES:

- ❑ Raising awareness, not 'growth for growth's sake'. Looking outside the box.
- ❑ Historic and socio-demographic differences
- ❑ Are we already large enough?
- ❑ Travelling to meetings and events
- ❑ Keeping up with the number and range of Interest Groups.



WHAT WE HAVE BEEN DOING

- Set up the Otley Ambassadors, led by Jean Smith, our VC and Membership Secretary
- Asked for THEIR views – lots of ideas
- Impetus to start many new groups in the town, to avoid travel to Ilkley
- Help with future Drop In sessions + possible outreach activity
- Presence/stall at the Otley Famers' Market
- Event in the Market Place





Really making
ourselves
heard!!



WHAT'S HAPPENING NOW?

- The Otley Ambassadors continue, but now led by a volunteer, releasing the two Trustees involved.
- The two Trustees (Jean Smith and myself) are now moving on and setting up the Addingham Ambassadors. More to follow?
- Still raising awareness in Otley (posters, events, Drop Ins, new groups)
- Otley membership has gone up to 171!



Phil Long

Chair – Sheffield u3a



The University
Of Sheffield.
Healthy Lifespan
Institute.



Shared Learning and Research Projects: A Partnership Approach

Philip Long, Chair, u3a Sheffield



u3a Regional Workshop
Yorkshire Forum
Priory Street Centre, York
22nd March 2022



SLRP: Principles and Themes

- Inter-generational
- Inter-organisational
- Inter-cultural
- (International...?)

- Public Health
- ‘Wellbeing’
- ‘Outdoor’ and ‘age-friendly’ Sheffield
- Heritage, arts and culture



The u3a Sheffield / HELSI Relationship

- Shared interests
- Participation in critical research
- Inter-generational dialogue
- Undergraduate dissertation prize
- Early career researcher workshops
- Support for research funding proposals where appropriate and relevant
- Speakers



- The Healthy Lifespan Institute (HELSI) is the UK's first research institute entirely dedicated to the understanding and prevention of **multimorbidity & frailty**.
- They aim to better understand the development of age-related diseases, and to create new practices, policies and products that **help people live longer, healthier and more independent lives**.



Biosocial holistic approach

The development of chronic conditions is often a result of complex and dynamic interactions (biological, social, genetic, environmental). Much research and many treatments work 'in silo' so that medical and social factors are not connected.





A Lifecourse approach

Ageing is inevitable but malleable, and the focus should shift from old age, to the **ageing** process, which takes place across the whole lifecourse.

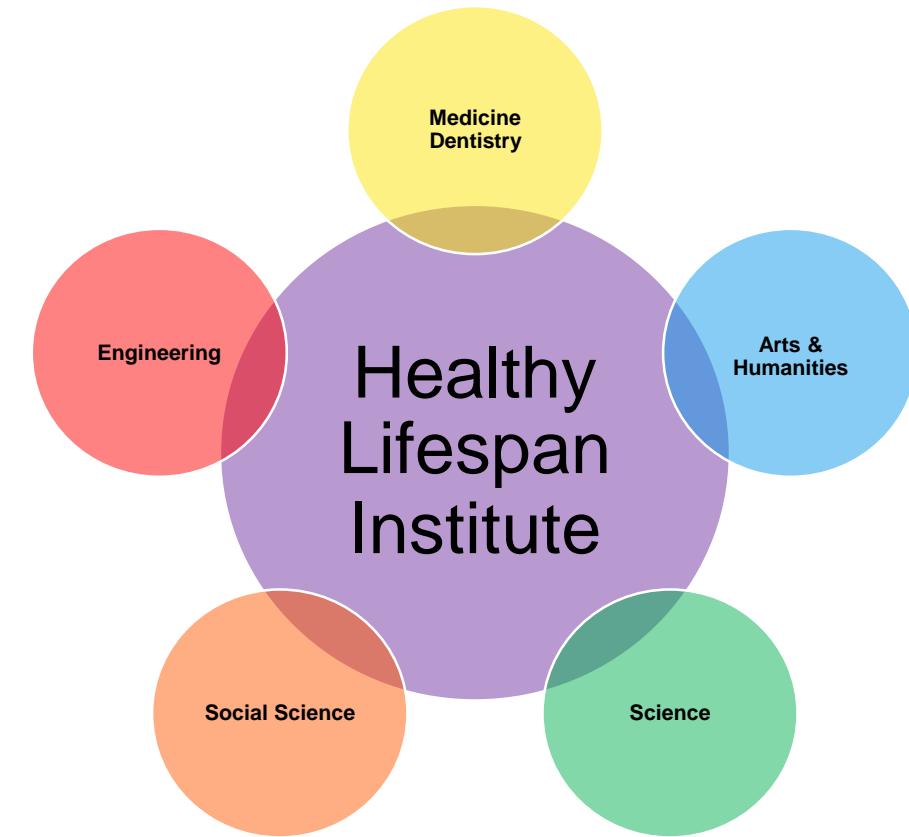
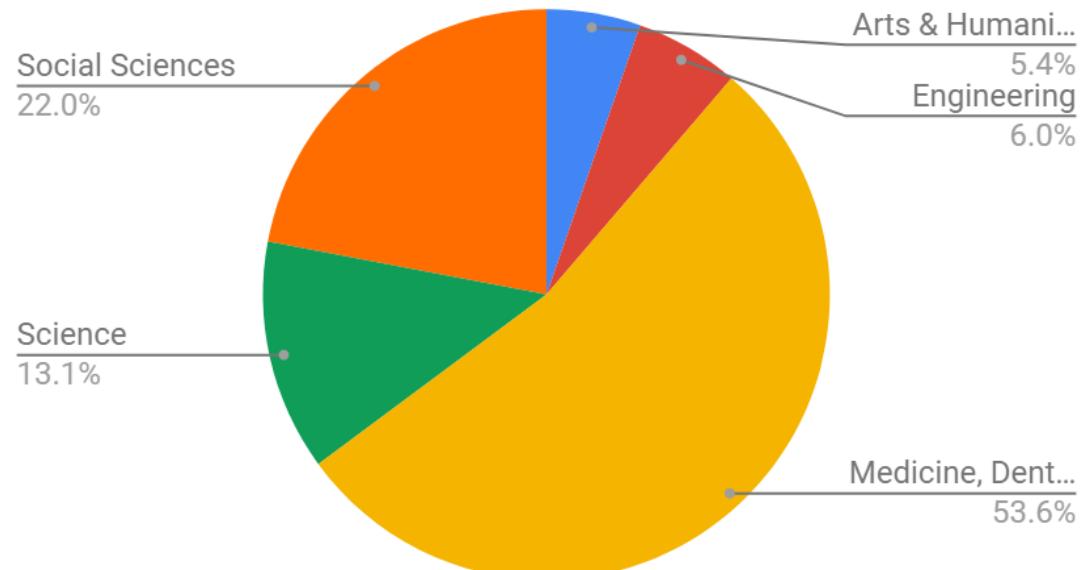




Cross disciplinary Membership

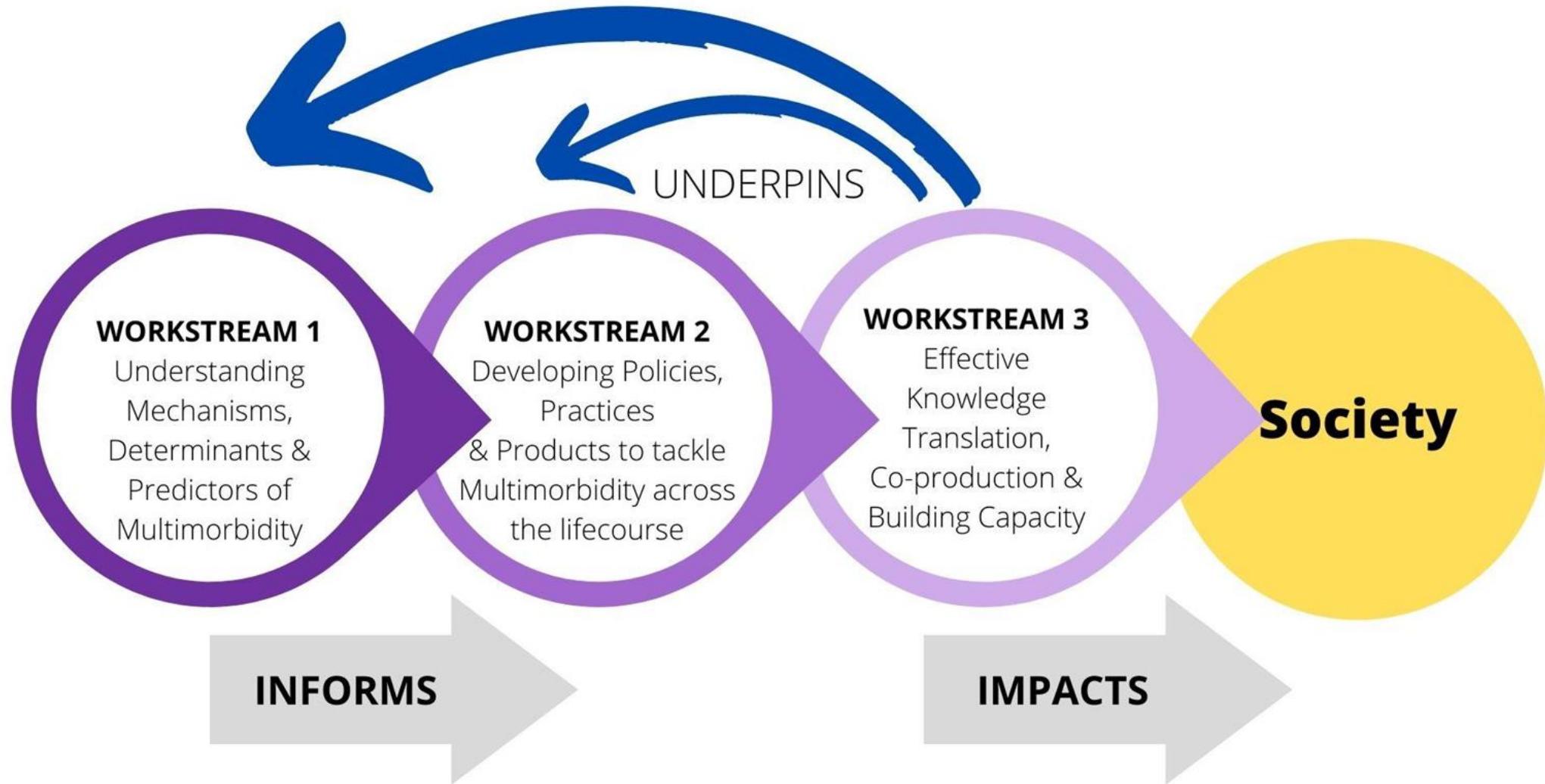
The Healthy Lifespan Institute currently comprises 170+ researchers from across 29 departments & schools, and 5 faculties.

% by Faculty





HELSI Workstream Plans





The University
Of Sheffield.
Healthy Lifespan
Institute.

u3a
Sheffield
learn, laugh, live

Other u3a Sheffield SLRP Partners

- Joined Up Heritage Sheffield
- South Yorkshire Local Heritage List
- Sheffield Theatres
- Advanced Well Being Research Centre
- Age UK
- *Public Health Sheffield*



Issues: Caution and Realism

- Whose agenda?
- Research ethics
- Commercialisation
- Member (and EC) interest
- Time
- Short notice

Frank Bailey

Beacon Project co-ordinator

Ripon u3a

Beacon

Where are we going

Frank Bailey Mick Richings

March
2022

This presentation is

1. an explanation of why to have Beacon
2. Where are we with Beacon
3. Where are we going with Beacon
4. Beacon for Networks



Beacon

Where are we

- Beacon has been around since 2015
- We now have 506 u3as on Beacon
- With over 230,000 members
- We also have four networks using Beacon
With Yorkshire and Humber being the latest
- *Beacon will change the way you work.*

Beacon

Where are we



Where are we going

- Over the past six months we have upgraded the email system to provide improved delivery reporting.
- We are currently updating the operating system and moving to a new, more flexible service provider.
- We also completed more than thirty updates and enhancements over the past year.
- *Beacon will change the way you work.* ⁷⁸

Where are we going

- As Sitebuilder is to change over the next two years, we are looking to introduce an improved integration between Beacon and the web.
- We will be introducing an updated Gift Aid package in the next six months.
- Followed by Finance Package changes.
- *Beacon will change the way you work.*

Beacon can and will

- make your life easier
- allow you to manage your time better
- let you do jobs more quickly and efficiently
- let you keep all your data up to date
- give ready access to your data
- help you to be compliant with GDPR
- and in some ways
- *it will change the way you work.*

Benefits of Beacon

- Always (and only) available to authorised users
- Security for your records
- No duplication of data and additional security
- Simple operation
- Reduced workload for officers
- Continuity when officers change



What do you need?

You will need one person to administer the site.

They will have access to every part of the site

They will manage the individual access and permissions of users in line with committee decisions.

In time they might become the trainer teacher for other users.



Beacon Team support

- Joining Team – general explanation and encouragement showing how Beacon can work for you.
- Supporters – individual support for your u3a.
- Migration Team – help with managing your data into the required format.
- Help Desk – for continuing help after migration.

Beacon for Networks

- Yorkshire and Humber Region are the latest Network to be set up with Beacon.
- Our Chairman Mick Richings will now tell you about the YAHR Beacon Journey.
-

Beacon

Where are we going

Thank you for listening



FEEDBACK

Any questions, comments etc ?



*Thank you for coming - have a
safe journey home!!!*