

Nottinghamshire Network of u3as

Organisation, Purpose and Structure

The Network

There are currently 85 networks listed on the National Office website.

We have 33 Nottinghamshire u3as in this Network. Collingham is a Nottinghamshire u3a but because of its location is a member of the Lincoln Neighbourhood Group of u3as, rather than the Nottinghamshire Network.

Arnold, Ashfield (Kirkby-in), Beeston, Bingham, Burton Joyce & District, Calverton & District, Carlton & Gedling, Collingham, Cotgrave, Dukeries, Eastwood, Edwalton Gamston & District, Forest Town, Hucknall, Keyworth & District, Mansfield & District, Mapperley & District, Newark, Nottingham, Park Nottingham, Radcliffe-on-Trent, Rainworth, Ravenshead, Retford, Ruddington, Sherwood, Southwell, Stapleford & District, Sutton-in-Ashfield, Warsop, West Bridgford, Wollaton and Worksop. The Vale of Belvoir were initially members but are not at the moment.

Network Officers:

- Chair: Chris Niven – chrisniven1@yahoo.co.uk
- Vice Chair: Maria Gabrielczyk - maria.newsbytes@gmail.com
- County Contact: Margot Gale – margot.nottsnetwork@outlook.com
- Treasurer: Jean Hogg – jean.hogg10@yahoo.co.uk
- Secretary: Sue Blackley - susanblackley@hotmail.com
- Support Officer: Rosie Allen - rosieallen21@outlook.com
- Web Administrator: Peter Edge – peter.edge@ntlworld.com
- PSG Co-Ordinator: Carole Harrison – caroleharrison82@gmail.com
- Committee Member: Paco Saucedo - wbu3aexec1@gmail.com
- East Midlands Regional Representative: John Lewis - bingham.u3a.chairperson@gmail.com

Membership: runs from the previous August to the following July.

Benefits of belonging to the Notts Network

- The opportunity to learn from the experience and expertise of other u3as
- The opportunity to ask questions and explore issues
- Support for u3as as they open, change and grow
- Support in times of difficulty.
- Sharing of resources to put on Network activities such as Study Days or social gatherings
- A communication channel through the Network Contact.
- Sharing events, speakers and training sessions
- The opportunity for members to join some Interest Groups run by another u3a
- Help and support to new u3as
- Launching new u3as or support where a relaunch is felt worthwhile.

Meetings

There are held four times per year: January, April, July and October. Normally meetings are held at The Centre, St Peter's, Ravenshead, Notts, NG15 9FD.

Meetings can also be held via Zoom if required.

Membership

The cost of membership is currently £15.00 and invoices are sent out by Jean Hogg, Treasurer, in November for payment either by on-line banking or cheque.

Contact

Margot Gale is the County Contact and distributes all paperwork to the Network contact that she has for each u3a. It is imperative that Margot is informed by each u3a of the name and email address for their current Chair, Treasurer, Secretary and Network member. **Please ensure that you do this whenever membership of one of these post changes: margot.nottsnetwork@outlook.com**

East Midlands Regional Trustee

Our representative is John Lewis.

Website – www.nottsu3anetwork.weebly.com/

Peter Edge is the Administrator for the website which is full of information about the Network and current news. There are links to all the Network u3a websites under the 'u3as' tab. It is well worth recommending to all your members to go on the website regularly.

Facebook Page – facebook.com/u3anottsnetwork

Set up and Administered by John Butler from Ravenshead u3a

YouTube Channel – <https://youtube.com/@u3anottsnetwork>

Set up and Administered by John Butler from Ravenshead u3a

Retention & Recruitment Toolkit

This very informative and easy to use document has been produced by Paul Martinez on behalf of the Third Age Trust with support from various u3a Network members. It can be found on the Website nottsu3anetwork.org

You can access the whole document or just work through each module as and when required. It's useful for retaining and recruiting Committee members.

Newsbites

This publication is issued bi-monthly and contains information sent in by each u3a. It also includes details of forthcoming training and events from the Third Age Trust. Each u3a is encouraged to submit articles for inclusion which can be sent to Maria Gabrielczyk by email on maria.newsbytes@gmail.com with Arial x 10pt font.

Peer Support Groups (PSG)

- **Chairs' PSG** administered by Rosie Allen rosieallen21@outlook.com
- **Groups Co-ordinators' PSG** - Administered by Jean Hogg:
jean.hogg10@yahoo.co.uk

- **Publicity PSG** (includes Webmasters) Paul Martinez: pkmartinez14@gmail.com
- **Membership Secretaries' PSG** Pat Lockett:
- **Secretaries' PSG** administered by Yvonne Haynes: wbu3asec@gmail.com
- **Social Events & Trips PSG:** Set up as an Email Group contact list where members can send one another details of trips and events which they need additional people to attend. Contact Carole Harrison caroleharrison82@gmail.com to be included.
- **Speaker Seekers' PSG** set up as a Google Group to contact one another. Contact paul.fileman@btinternet.com to be included in the group to share information on speakers
- **Treasurers' PSG** – Administered by Jan Clarke-Humphries: treasurer1su3a@gmail.com
- **Beacon PSG:** to be set up

How to contact the relevant Peer Support Group

The Co-ordinators for the relevant PSG can be accessed via Beacon. Co-ordinators of PSGs' will be given a password to access their group.

- **If you do not have access to Beacon, then please contact Margot Gale -** margot.nottsnetwork@outlook.com, who can pass your contact details to the relevant PSG Co-Ordinator.

Why were PSGs set up

- Peer Support Groups were set up at the request of u3a members at various Network meetings in order to provide help, support, assistance and knowledge to new and longstanding Committee Members
- Some PSGs are meeting by Zoom (if you need help with accessing Zoom, then please contact Margot Gale who can provide you with the name of someone who can assist)
- PSGs are all run by volunteers normally in that specific role
- Other PSGs just email one another with details of speakers or events and trips
- Each group sets their own agenda and decides how regularly they wish to meet. This is dependent on the needs of each group.
- Some PSGs have set up their own WhatsApp group where members of the group can message with a particular question which is usually answered quite quickly so is a very useful resource in between meetings
- Some groups meet monthly, others less frequently
- Membership changes when volunteers step down from their role
- It is a good way of meeting others performing the same role and they can help by sending you information or directing you to who can help so you do not feel alone.

PLEASE ENCOURAGE YOUR COMMITTEE MEMBERS TO JOIN THE RELEVANT PEER SUPPORT GROUP, THEY WILL FIND IT VERY USEFUL