

Connect

West Midlands Region

Shropshire, Herefordshire, Worcestershire, Staffordshire, Warwickshire.

u3a learn,
laugh,
live

February 2021

Welcome to our new-look newsletter. Thank you to Bob Brueton for volunteering to become our Editor, and I hope that you will contact him with items for inclusion in future issues: bobbbrueton@yahoo.co.uk.

I'm looking forward to "seeing" many of you at our Regional Conference in March where we have Ian McCannah, Chair of the Third Age Trust, as our opening speaker, and we offer a range of topics for you to join in – watch our talented Chef cooking for us over lunch, hear about Healthy Ageing with Professor Janet Lord, about the brand, what makes a good news story, and about recruitment within u3a – something that Member Link aims to help us all with. We even have a session on Bellydancing – proof that anything can be done online...?



Allan Walmsley, Trustee, West Midlands

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Member Link



The Member Link leaflet has links, tips and resources to help keep us connected, active and laughing, living and learning together during these difficult times when many of us need extra help and support. Take a look at the leaflet again via this [leaflet link](#).

Wednesday 2 June 2021: National u3a day – at last!



Postponed from last year, this is a great opportunity to spread the word about u3a. Let local people know we're still here! Showcase your u3a. Click to open the [u3a day webpage](#) for full details – start planning now.

Register for the Prepare For u3a Day sessions Tues 16th March.

Tuesday 9 March: Register for the WM Regional Conference:

ALL WELCOME

Click to [BOOK your place](#) on the Eventbrite site or via the WM Region website.

P.S. Make sure you choose which talks you want to join

Recruiting new members? Retaining current ones?

We don't yet know the effect of Covid on our local groups, but we'd always like more members.

For advice on recruitment go to the Sources section of the u3a website: see [SOURCES](#)

If **you** have ideas for recruitment, let us know.

REGISTER NOW to prepare for u3a day! Tues 16 Mar

Get ideas and advice – see the website for details and to register: click [REGISTER](#)

CONNECT WM Region February 2021



Look out for people from u3a WM on Thurs 11 March, 7:30pm, in a discussion on “Ageing well.”

“We may just flash up on the screen,” says Allan Walmsley, one of the 6 West Midlands members

interviewed by Martin Kemp - whom many of us may remember from his Spandau Ballet days. Sam Mauger, CEO of u3a, also took part. “But, continued Allan, “It was a great opportunity to raise the profile of u3a and point out that it’s not just a club for old people but a fun way of meeting likeminded people and keeping active in body and mind. Thanks to all who participated – we all enjoyed the experience.”

Calling all volunteers!

Volunteers keep u3a going – and we appreciate everything you do. But just in case you’d consider doing something more, there is a range of opportunities that you could look at. Or recommend to a friend?

Nationally, you could attend the next Volunteer Coffee Morning to find out more. We’re also seeking Trust Volunteers who might want to become expert in start-ups, facilitation, training, or a number of u3a national projects. The u3a depends on experienced members who are willing to advise, support, or just pitch in.

There’s also plenty of opportunity to become part of the Regional Team. Email Allan Walmsley, Trustee, to discuss what you’re interested in doing: we value all contributions.

In the Region we’re aiming to run some Subject Weeks that all u3a members can join in, starting with Exploring World Faiths Week, 12-16 April. We’d welcome help with that and other subject weeks. We’re also looking at the role and structure of the WM website, to make it more useful to groups in the Region - let us know what you think.

P.S – to all CHAIRS of WM Region u3as



Every Friday, I hold a “Fireside Chat”, a very informal Zoom session where Chairs exchange their news and views about u3a. If you’re a Chair and haven’t come along yet, please email me and I’ll send you an invitation.

And finally, **thank you to all our volunteers for their hard work**, some of which is described here – let us know what you’re up to – contact our Editor, Bob Brueton, bobbueton@yahoo.co.uk.

Do you receive the National u3a newsletter?

Sign up [here](#)

It’s a great way of finding out what’s going on in u3as across the country, and you can copy all the best ideas.

Thinking about more volunteering in u3a?

Find out more by going to the next online u3a Volunteer Coffee Morning, on **Friday 5 March**

REGISTER [here](#) without obligation.

Dates for your diary: 12-16 April, Exploring World Faiths Week

[Details in next newsletter](#)

NEED HELP WITH TECHNOLOGY?

Glynn Emery is your man! He’s recently joined the WM team and can help you to make best use of technology e.g. Facebook, WhatsApp, Zoom, etc. Email: glynnemery@gmail.com