

SHARING GOOD IDEAS

YAHR Regional Workshop



**FEEDBACK from the workshop held on Friday 22nd November 2019,
at St George's Centre, 60 Gt George Street, Leeds LS1 3DL**

The meeting was attended by >40 delegates and we had four members giving presentations, followed by Q&As and discussions. We also had a Group Discussion session in the afternoon to share a variety of issues and challenges.

The comments made at the meeting, and the results of the individual feedback forms are summarised and given below.

NB – Please see also the Powerpoint presentations, which will be found on the YAHR website.

From the flip charts – Ideas for new Interest Groups

Subject	U3A	Notes/contacts
Healthy Ageing	Hessle	cbr@innovation.com In 6 'bubbles': <ol style="list-style-type: none">Diet & NutritionPhysical ActivitySleep and RelaxationMental StimulationSocial InteractionFun and Laughter
Magic	Barnsley	
Ancient Greek	Leyburn	
DIY	Leyburn	
Litter Picking	Leyburn	
Brexit Discussion Group	Ilkley & Dist	
Brass Band	Doncaster	
Enjoying Poetry	Doncaster	
Cooking without meat	Doncaster	
Stand at the Bus Station	Doncaster	
Qigong	Wakefield	
Kite Flying	Whitby	
Line Dancing	Scarborough	
Good Exercise	Scarborough	
Mental Stimulation	Scarborough	

From the Group Discussions (Pink sheets)

More ideas for new groups (not repeating above)

Sequence dancing

Singles group

Bus Pass trips

Ilkley & Dist

Includes both rail and bus journeys

Blue Sky Group

Ad hoc meetings, for lonely people

Stained glass

York

Afternoon Tea

Filey

Occasions

Barnsley

Moving to different venues

Geology

Barnsley

Biography

Bradford

Both reading and writing

Encouraging ACTIVE Learning

1. Groups need to be more interactive and encourage participation;
2. Ask members to bring something to next meeting to talk about it;
3. Sit around tables, not in rows, to encourage discussion ✓✓✓;
4. Give out tasks for next time;
5. Doesn't matter, as long as members are enjoying the group;
6. Encourage group members to present;
7. 'Round Robin' discussions;
8. Fact-finding missions;
9. Members with expertise help the beginners; and
10. Rotate Group Leaders.

Dealing with visitors to Groups

1. One month temporary membership; one visit only then have to join;
2. Small issue so of no consequence;
3. Two visits allowed;
4. Visitors Ok from another U3A or with a friend; and
5. Associate/Life membership after 7 years' membership.

Improving members' IT skills or communicating with non-internet users

1. Essential;
2. Get help from local schools;
3. Set up e-mail buddies (not worked well in the past);
4. Have tried IT skills session with varying success;
5. BT has modules at Introductory level;
6. Age UK offer beginners' courses;
7. Council's IT Ambassador;

8. Local libraries may do the same; and
9. Problem will diminish with new members through time.

Other general comments – in no particular order.....

1. Would like more practical subjects at the Summer School;
2. Some people from a U3A group will leave *en bloc*, taking the group with them. This was discussed and agreed not to worry about it, let them go and possibly start new group a bit later;
3. It is worth checking discount of 10% per booking with Riviera Travel, paid to U3A, not the individual;
4. Barnsley U3A offer free membership to the housebound;
5. Homework Maths – to enable grandparents to work with new maths of grandchildren;
6. 2022 = 40th Anniversary of U3A movement
7. Barnsley U3A has two Membership Secretaries, splitting the work between new and renewing members; and
8. Check out New Members' packs.

OVERALL INDIVIDUAL FEEDBACK FORMS (White A5 sheets)

✓ = shows the number of times a comment (or very similar one, was made)

What did you find was the most useful part of the day?

ALL the presentations ✓✓✓✓✓✓✓✓✓✓✓✓

Readers Helpers ✓✓

Regional and National events ✓✓

Membership Secretary (including succession planning) ✓✓✓✓✓

Information about walking sports ✓✓

Showed how little I know ✓

Inspired/encouraged by others ✓

Networking/ Group Discussions ✓✓✓✓✓✓✓✓✓✓✓✓

How will the day help you within your own U3A?

Going back with ideas (better informed) for cttee ✓✓✓✓✓✓✓✓✓✓✓✓✓✓✓✓

Immensely! ✓

Encouragement ✓

