

## Our Meetings

### January Meeting

The monthly meeting held on 15 January was dedicated to the renewal of membership. Group leaders were present to facilitate members who were interested in joining existing or potential new groups. New groups will be created to focus on IT, Poetry and Cinema Going. A second Mahjong group is also to be established. These will be added to the group calendar for March.

Northwich u3a has grown steadily over the past twelve months and now has over 620 members. All members who have renewed/joined, and paid the annual fee, have been sent a copy of the programme of monthly meetings in 2025

### February Meeting

**Please note that the next monthly meeting scheduled for 19 February will be held at the Winnington Park Recreation Club CW8 4EB.**

The talk will be given by Ken Pye, a well-known Liverpool historian who has entertained us on previous occasions. This time we have chosen his talk on the Triangular Trade -the story of Liverpool's dominant role in the Transatlantic Slave Trade, during the 18th and early 19th centuries. The talk also highlights how modern slavery still thrives, right around the world, including in Britain!

## National News

### Website

The national organisation is in the process of undertaking elections for new members of the Board and Council which share responsibility for the Governance/Strategy of the Third Age Trust. Northwich Committee members will vote on behalf of

our branch, and provide an update on the outcome of elections, in the next newsletter.

The national website has been updated and contains lots of useful information and access to learning opportunities, competitions and workshops.

**There is a request for anyone interested in becoming an essay writing competition judge to register their interest at <http://u3a.org.uk>**

## North West News

### Website

The u3a North-West Region is pleased to announce the launch of its new website. The design is modern and visually much more appealing than the old website. The site contains lots of useful information that is designed to assist the regions 98 u3a's in providing an excellent and meaningful experience for their members.

**The new address for the region's website is <https://northwestregion.u3asite.uk>**

### Volunteer

#### Alder Hey Children's Hospital Liverpool

u3a has been contacted by Liverpool Alder Hey Children's Hospital who are about to launch a "Social Prescribing" initiative to support children. The hospital is one of the largest children's hospitals in the north of England. This is a wonderful opportunity for u3a members to make a meaningful contribution.

**Full details can be obtained by contacting Barbara Smith: email: [Barbara.j.smith@alderhey.nhs.uk](mailto:Barbara.j.smith@alderhey.nhs.uk)**

#### Manchester Metropolitan University

The University is asking for u3a members to volunteer to participate in a positive collaboration and co-design experience with its Manchester School for Art's Product Design Programme. The school has been working with North-West u3a members since

2021 on various design projects. Volunteers have previously participated in projects related to medical packaging, remote controls and exercising for positive aging. The university has an exciting new design project, commencing in 2025, and would love to recruit u3a members to participate in this new project. By 2043, 1 in every 4 people in the U.K. will be aged 65 or over. So, now that we can live longer, how can we live better? Labelled the “century of centenarians”, this is an exciting time to rethink how we live and what we live with, to create more inclusive, aspirational design that challenges ageist stereotyping and supports living better. We have a responsibility to equip our design students with the tools to “design for our future selves.” We believe in design projects where no assumptions are allowed! We collaborate with the u3a so that our students can design with people not for people. We would like to invite u3a members to co-design ideas with our students to improve products that annoy and frustrate you in your daily life. This could be a can opener, a gardening tool or changing a duvet - we will work from products or challenges you identify and work together to create better solutions for all users. We are looking to recruit 20 u3a members to co-design with. We are running the project in February 2025 and would need you to come to our studio in Turing House, Birley Campus M15 5RL (there is free parking nearby). We are planning 2 sessions, each lasting 2 hours, dates and times to be confirmed.

**If you are interested in this project, please email: [s.moriarty@mmu.ac..](mailto:s.moriarty@mmu.ac..)**

## Outreach

### School visit

The Chair and Membership Secretary have visited Hartford Primary School at the invitation of Lindsay Cade, Deputy Head. The school would like our help in determining ways in which their pupils can interact with older people- to learn from them, to develop respect for them and to learn to talk to them. Lindsay undertook to send Geoff a list of events coming up in the next term which could lead to our involvement. Some of you might be interested in sharing your knowledge /interests with small groups of pupils. For example, groups such as Social/ Local History, Geology and Archaeology might be of interest, or activities like boules/bowls.

**Those who are interested in getting further information or suggesting an activity, please contact Janice or Geoff.**

|  |   |   |   |   | <b>Saturday 1</b>    | <b>Sunday 2</b>     |
|--|---|---|---|---|----------------------|---------------------|
| <b>Monday 3</b>  | <b>Tuesday 4</b>  | <b>Wednesday 5</b>  | <b>Thursday 6</b>   | <b>Friday 7</b>   | <b>Saturday 8</b>    | <b>Sunday 9</b>     |
| 10:00 WG1 Striders<br>10:30 Spanish 1<br>11:00 German<br>14:00 Latin   | 10:00 WG2 Striders<br>10:00 WG3 Stride & Stroll<br>14:00 French 1<br>14:30 French 2 | 10:30 WG6 Walking<br>14:00 Drama/Script Reading<br>14:30 Art Appreciation<br>14:30 Family History | 10:15 Art<br>10:30 WG4 Walkers<br>10:30 WG5 Strollers<br>11:15 Tai Chi<br>13:30 Mahjong<br>14:00 Knitting                               | 13:15 Bridge<br>13:30 Bowls                                     |                      |                     |
| <b>Monday 10</b>   | <b>Tuesday 11</b>   | <b>Wednesday 12</b>   | <b>Thursday 13</b>  | <b>Friday 14</b>  | <b>Saturday 15</b>   | <b>Sunday 16</b>    |
| 10:00 WG1 Striders<br>10:30 Spanish 2<br>13:30 Scrabble<br>14:00 Latin | 10:00 WG2 Striders<br>10:00 WG3 Stride & Stroll<br>14:30 Wine Appreciation          | 10:00 Dog Walking 1<br>14:00 Drama/Script Reading<br>14:30 French 3                               | 10:00 Cards and Things<br>10:15 Art<br>10:30 WG4 Walkers<br>10:30 WG5 Strollers<br>11,15 Ukelele<br>13:00 Current Affairs               | 10:00 Badminton<br>13:15 Bridge<br>13:30 Bowls                  |                      |                     |
| <b>Monday 17</b>   | <b>Tuesday 18</b>   | <b>Wednesday 19</b>   | <b>Thursday 20</b>  | <b>Friday 21</b>  | <b>Saturday 22</b>   | <b>Sunday 23</b>    |
| 10:00 WG1 Striders<br>10:30 Spanish 1<br>13:30 Canasta<br>14:00 Latin  | 10:00 WG2 Striders<br>10:00 WG3 Stride & Stroll<br>14:00 French 1<br>14:30 French 2 | 10:30 WG6 Walking<br>14:00 Drama/Script Reading<br>14:00 Monthly Meeting                          | 10:00 Dog walking 1<br>10:15 Art<br>10:30 WG4 Walkers<br>10:30 WG5 Strollers<br>11:15 Tai Chi<br>13:00 Social History<br>14:00 Knitting | 10:00 British History<br>13:15 Bridge<br>13:30 Bowls            | 14:00 Tea and Plants | 12:30 Singles Lunch |
| <b>Monday 24</b>   | <b>Tuesday 25</b>   | <b>Wednesday 26</b>   | <b>Thursday 27</b>  | <b>Friday 28</b>  | <b>Saturday</b>      | <b>Sunday</b>       |
| 10:00 WG1 Striders<br>10:30 Spanish 2<br>13:30 Rummikub<br>14:00 Latin | 10:00 WG2 Striders<br>10:00 WG3 Stride & Stroll                                     | 10:30 WG6 Walking<br>14:00 Drama/Script Reading<br>14:30 French 3<br>15:30 Geology                | 10:15 Art<br>10:30 WG4 Walkers<br>10:30 WG5 Strollers<br>11:15 Ukelele<br>13:30 Tea and Quiz  | 10:00 Badminton<br>13:15 Bridge<br>13:30 Bowls<br>14:00 Reading |                      |                     |

For more information regarding the content of groups and locations, please contact Group Leaders. Access the group page at <http://northwich.u3asite.uk>  
**Up-to-date subscription is a requirement for ALL group membership; individual groups may also request payment to cover room hire, equipment or materials.**  
**Monthly meeting; the members' check-in desk is a legal requirement for health and safety reasons.**