



## Regional Memory Newsletter

Issue 1: 22 March 2012

### The Workshop

Following the very successful regional workshop on 7<sup>th</sup> March we were excited to learn that a good number of U3As intend to or would like to provide the memory courses initiated by Auton and Ormskirk U3A.

Some U3As will offer the courses to their own members very soon and others have indicated they would like some support before they begin.

This Newsletter is designed to keep you up to date with the initiatives the region is taking to help those U3As which ask for it. So this is what we are doing first.

### Making Progress

We are seeking guidance from Sylvia and Wendy, two of those instrumental in launching the courses at Ormskirk, about how we might best progress. Getting things right is more important, we feel, than rushing in. And there is help available from the people who designed and have run the courses.

Next we are looking to provide a series of further workshops across the counties of the East Midlands which will deal with: how the courses can be run and how the content can be dealt with. As soon as we have 'talked to' Wendy and Sylvia we will let all U3As in the region know what we can offer.

So, we intend to build on the experience gained by Ormskirk and our support will be for courses of the same design: 4 sessions of one and a half hours for 12 people. Our support will not be targeted for other types of provision. We feel the Ormskirk model has been well researched, trialed and carefully thought through.

### Coordinator

To date we have appointed Lynne Cox (Whitwick U3A) as the Regional Coordinator and she would like to work with other U3A members to take these initiatives forward.

### Questionnaire

**Please help us by letting us have your replies to these questions:**

#### **U3As which attended the Workshop**

Do you plan to provide Memory Courses in your U3A before the regional support becomes available?

Do you wish to provide the Memory Courses after attending one further workshop organised by the region?

Is there anyone in your U3A who is interested in helping in some way with regional initiatives.

#### **U3As which did not attend the Workshop on 7<sup>th</sup> March**

Are you interested in learning from the Region more about what might be available on Memory Courses?

**Please reply to Lynne Cox ([lynnettecox@aol.com](mailto:lynnettecox@aol.com)) as soon as you can.**

### Named Person

It would be helpful if each U3A which is interested in being involved were able to name a member with whom we could be in touch about Memory Courses. Please let us have their name and email address.

At the moment we intend to produce Memory Newsletters when we have things to report.

Alan Morris, Chair for the U3A East Midlands Region

Distribution: Workshop Participants; Regional Contacts in all U3As.