



U3A Network NSW Inc.

2023 Conference

U3A Emerging from Covid

At “Deni” on the Edward River



Program

Hosts: Deniliquin U3A Inc.

When: Tuesday 18 April & Wednesday 19 April.

Venue: RSL Deniliquin, 72 End Street, Deniliquin.

Cost: \$ 80 (Conference and Dinner)

U3A Network NSW Inc. - 2023 Conference

Tuesday 18 April - RSL Deniliquin

11.00 am to 1.00 pm: **Registration** (Participants to catch up with new and old friends and enjoy refreshments and/or lunch at Club (Own Cost).

Afternoon Session

12.50 pm: **MC, Lester Wheatley**, will invite participants to be seated so that conference can commence on time.

1:00 pm: **Welcome and acknowledgement of country** - Mayor Peta Betts.

1:10 pm: **Overview of NSW Network and Network Website as a U3A Member resource.** Resources for Members, feedback is always valued. Denis Simond / Greg Brown (RR U3A Leeton)

1.45 pm - 2.45 pm: **History of Deniliquin** - Lindsay Renwick of Deniliquin Historical Society. History has been proven to be one of the most popular topics for U3As.

2.45 pm - 5.30 pm: **Working Afternoon Tea** during which:

- **"What has worked for our U3A and what hasn't!"** Each U3A attending introduces itself and shares their best and their not so good efforts.
(For example, Most Popular Courses/Membership Growth/Technology)
Each Delegate will be apportioned time dependent on the number of U3As attending.
- **U3A Regions?** What is their purpose and what is the role of your Regional Representative.
Greg Brown, Secretary U3A Network NSW Inc.
- **Websites / Web Hosting:** Are websites worth the effort? Phil Warren, Web. Admin.

Evening Social Session

7.00 pm: **Conference Dinner at RSL**

8.00 pm: **Entertainment** - Provided by Deniliquin U3A.

10.00 pm: **Finish** - Return to accommodation.

Wednesday 19 April

8.00 am: **Early morning river walk** hosted by Deniliquin U3A. (Optional)

Wednesday 19 April - RSL Deniliquin

Morning Session

9.00 am: **Conference reconvenes: Two workshops**, each with two sessions running

concurrently; participants to select which to attend.

9.10 am - 9.40 am:

1. **Scam Awareness** – NSW Police Crime Prevention Unit Const. Pat Skinner, Murray River Police District

OR

2. **Covid Related Mental Health**, - Lourene Liebenberg

9.50 am - 10.20 am:

1. **Gentle Exercise** (Balance & Bones) - Greg Brown and Barb Anderson, Accredited Exercise Physiologist.

OR

2. **Sport for Older Persons** - Glen Wall, Chair U3AAA Overseas developments and Australian opportunities.

10.20 am - 10 50 am Morning Tea

10.50 am - 12 noon: **Technology / Data management and Course Enrolments** - Julian Attwell (Moderator)
How can Technology be used and managed by all U3As in the future? - Kevin Whelan, NFP Technology Volunteer of the Year 2022 – U3A Network Victoria
What are the possible future developments for all sizes of U3As?

12 noon: **Lunch** - Sandwiches and slices at RSL.

Afternoon Session

12.45 pm: 1.45 pm: **Speaker - Positive Ageing** – Ainslie Lamb, Lifelong Learning and Brain Maintenance.

1.45 pm - 2.15 pm: **U3A is a good news story!** - Denis Simond (RR South Coast), Volunteers make it happen.

2.15 pm - 3.15 pm: **A look at our Census 2023 data.** - Phil Warren, Can the Network apportion its fees more equitably?

3.15 pm - 3.45 pm: **Afternoon tea**

3.45 pm - 4.15 pm: **"U3A Australia Ltd"** - Glen Wall, Chair U3AAA. About U3AAA and its potential as an aid to all Australian U3As.

4.00 pm - 5.00 pm: **Future of our Network** - U3A Network NSW Committee members. Where to next?

5.00 pm: **Invitation by U3A Eastlakes to 2024 Conference**

5:30 pm: **Closing remarks and thank you to participants and speakers.** - Helen Thompson (President Deniliquin U3A)

This Evening: An opportunity for those staying in Deniliquin to sample Deniliquin's eateries with old and new U3A friends. (Own cost).