



October 2024

All the Latest News for Victorian U3As

In This Edition

Click on the live link to jump to the article.

Click the 'Back to the Top' button to return here.

[From the President](#)

Updates and news from Annie Grigg

[Registration as a Charity](#)

[Come and join Ricky FM Law, Founder of Sunshine Seniors, Singapore](#)

[RMIT Consumer Wellbeing Research Group](#)

[Regional Meeting Dates](#)

[Quick Links](#)

Links to our website

[Support to Member U3As](#)

[Contact Us](#)



Apologies- wrong date in version 1 for Ricky's session- Should be Tuesday 8 October

In this busy and exciting week as we lead into the **Annual General Meeting, Members Council Meeting, the State Conference** and our slot at the **Celebration Day for the Seniors Festival on Sunday 6 October**, please find an update on some of our regular activities.

Our usual **Network News** will not be produced this week; but will be back in production in November!

I wrote to all U3As 16 September about **ACNC** registration as a charity. After a further meeting with them I have provided an update and clarification for the questions you have asked.

There's information below about an **exciting workshop opportunity** for **Tuesday 8 October**. Ricky FM Law, founder of Sunshine Seniors, Singapore will run an interactive workshop at Network Office. **Limited places available!**

I look forward to seeing many of you at our events later this week.

Live Learn Enjoy!

Annie Grigg

[Back to the top](#)

REGISTRATION AS A CHARITY

After my letter to you on 16 September, U3A Australia has met again with ACNC reps to clarify information and answer questions you have raised with us. I have included this information in the **NOTE** (below)

Remember:

You may apply yourself **OR** take advantage of a streamlined bulk process.

As incorporated organisations eligible to apply for an Australian Business Number (ABN), U3As must apply for recognition as a charity. Once your U3A is registered, annual compliance reporting to the ATO (which begins this year) will no longer be necessary; instead, it will be managed by the ACNC.

Your next steps:

1. Check if your incorporated group is already registered as a charity.
 - If your U3A is registered, no further action is required.
2. If your U3A is not registered but is eligible:
 - Ensure you have an ABN or apply for one if necessary.
 - Complete the attached registration form.
 - Return the completed form to U3A Network Victoria at info@u3avictoria.org.au by **30 November 2024.**

NOTE:

- The **contact person** is your Public Officer/Secretary
- The **responsible persons** are the committee of your U3A
- The form has many **rows** – you only must complete only your own row
- Once your U3A is registered **your Secretary** will lodge the documents via the ACNC website after your AGM each year. Lodgement with Consumer Affairs Victoria (CAV) will no longer be necessary. This is **not** the responsibility of Network.
- **Network will be sending the bulk form on 2 December.** Any applications not with us by that date will need to be lodge individually

[Back to the top](#)

Come and join Ricky FM Law, Founder of Sunshine Seniors, Singapore

Thrive Beyond Retirement: Discover New Joy and Fulfilment!

Ricky is in Australia to attend our State Conference and has offered this workshop.

Who Should Join?

Seniors who are ready to rediscover their purpose, have fun and engage with others while exploring new possibilities for a fulfilling life post-retirement.



It's a one-off event for 20 U3A members

On Tuesday 9 October

From 9.30am to 12.30pm

At U3A Network Victoria office- Level 4, 50 Queen St, Melbourne.

Places will fill quickly so please click [this link](#) and send an email now to secure your place.

Here's the workshop outline and Ricky's information

Thrive Beyond Retirement: Discover New Joy and Fulfilment!

Transitioning from work life can be challenging, but it doesn't have to be dull! This interactive workshop helps seniors **actively** explore their hidden potential and redefine their sense of purpose through the **7 Sunshine Principles**. You'll engage in fun, thought-provoking activities to craft a new, meaningful identity while building strong routines and creating a vibrant community around shared interests.





Learning Objectives:

- 🌀 **Find a New Role in Life**

Develop a Daily Routine That Inspires You

Create a Community Around Your New Purpose

Course Highlights:

- **Interactive Exercises:** Bring the 7 Sunshine Principles to life!
 **Activity:** Define your personal life position in a dynamic group setting.
- **SWOT Analysis:** Discover your strengths and opportunities in a fun, collaborative way!
 **Group Activity:** Share insights and help each other unlock potential.
- **K.E.N.T. Principles:** Learn practical strategies for personal growth and contribution to society.
 **Hands-On Exercise:** Adopt tools that support continuous learning and self-improvement.
- **Charting a New Lifestyle:** Turn ideas into action. Build a roadmap for your next exciting chapter.
 **Exercise:** Design your ideal daily routine and set meaningful life goals.

The Facilitator

Ricky FM Law is the founder of *Sunshine Seniors*, an impact-driven online community with 2,600 members based in Singapore. As an advocate of “Contributive Aging,” Ricky has shared his insights in Singapore, Hong Kong, and Toronto. His work has been recognized by the **Alibaba-Cloud SUSS Entrepreneurial Program**, where *Sunshine Seniors* was accepted into the incubator program. Ricky won the **SUSS Genronpreneurial Innovation Award** and has designed three government-subsidized courses under the **Singapore National Silver Academy**. Most recently, he secured government funding for the “*Digital for*

Life” program, inspiring seniors to embrace technology. He currently teaches **Digital Marketing** at the RMIT Australia Singapore campus and is widely recognized for his interactive, engaging, and approachable teaching style.

*SUSS – Singapore University of Social Sciences

#It is a condensed workshop from one of three recognized courses under the Singapore National Silver Academy.

[Back to the top](#)



Volunteers Needed for Digital Health Engagement Research

RMIT University PhD Candidate **Joyce Lau** is conducting a study on how older adults engage with digital health technologies.

This research explores the use of health-related mobile apps and wearable devices, such as those for medication management, healthy eating tracking, fitness monitoring, and other health-related functions using wellness apps on smartphones or tablets, as well as wearable devices like smartwatches and fitness trackers.

The findings from this study aim to improve the design and implementation of digital health systems.

Your insights will contribute to creating more inclusive and effective digital health solutions, helping to shape the future of digital health for the aging community.

Joyce is seeking volunteers aged 55 and above to participate in a one-hour interview about their experiences with these technologies. Whether you are just starting out or very experienced, your perspective is valuable. Even if you have only tried using these technologies briefly, we want to hear from you!

If you are interested in contributing to this important research, please contact Joyce Lau by email joyce.lau@student.rmit.edu.au for more information or to participate. For additional information, visit RMIT's [Consumer Wellbeing Research Group](#) website.

[Back to the top](#)



Regional Meeting Dates

Regional meeting dates 2024 - October

Regions: Dates:

South West Victoria Friday 11 Oct
Grampians Tuesday 15 Oct (F2F)
Northern Metro Wednesday 23 Oct
Outer South East & Mornington Peninsula Friday 25 Oct

Please note that dates may be subject to change
F2F = Face to Face

[Back to the top](#)



Quick links

In this section, you will find quick links to the U3A Network Victoria Website.

[Network News](#) - past 6 months of newsletters.

[Online Activities](#) - browse the list of what is currently on offer.

[U3A Network Victoria's Constitution](#)

[2023-2024 Annual Report](#)

What's new in the **Members' Section** of the website:

Events has been updated with meeting dates and U-MAS and Website Template Masterclasses.

Resource pages specifically for U-MAS and Website Template. We are currently working on the Member's section of the website to enable easier access to information.

[Back to the top](#)



[Support to Member U3As](#)

We can provide support to your U3A for a range of topics and issues.



Technology

- IT support for Zoom use and training
- provision of digital literacy programs
- U-MAS IT system and support
- Website Template support

Members - new and current

- help and support for establishing a new U3A
- help and support for local issues and challenging situations
- Educational Copyright & One Music Licence
- Handbooks
- partnerships with external parties, eg Officeworks, NBN.



Governance

- policy and procedure templates
- advocacy to State Government
- Leadership and Governance workshops
- template assistance for local lobbying
- VMIA coverage - result of U3A NV's funding agreement with government

Marketing and Communication

- Canva Pro account
- Canva training
- proforma promotional material, videos and templates
- branding / logos / colour palettes
- Social Media assistance



Education

- support for Course Coordinators
- training for Course Coordinators and Tutors
- establishment of Communities of Practice for selected courses
- establishment of Facebook Closed Groups to support technology, art, science, First Nations and Course Coordinators

[Back to the top](#)

Contact Us

President - Anne Grigg

anne.grigg@u3avictoria.org.au | 0408 638 151

Secretary - Neil Head

secretary@u3avictoria.org.au | (03) 9670 3659

Education Program Officer - Nellie Collier

epo@u3avictoria.org.au | (03) 9602 2033

Membership Support Officer - Kylie Gerber

mso@u3avictoria.org.au | (03) 9614 2657

Technology Project Officer - Chris Charalambous

tpo@u3avictoria.org.au | (03) 7067 8713

Administration Support Officer - Nicole John

aso@u3avictoria.org.au | (03) 9614 2207



Copyright © 2024 U3A Network Victoria, All rights reserved.

You are receiving this email because you opted in via our website or you represent a Member U3A.

Our mailing address is:

U3A Network Victoria
50 Queen Street
Melbourne, Vic 3000
Australia

[Add us to your address book](#)

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).