

# Welcome Pack


Brixworth & District u3a

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# Introduction



**“U3A shows the value of communities of interest and learning which are not defined by age, or by past experience, but instead are defined by the experiences still to be explored”.**



Thank you for joining us. Our u3a gives you opportunities to develop your interests, make new friends and have fun. During these uncertain times, demand to be part of the u3a movement is as high as ever, with people looking for new ways to keep connected with each other and keep up their cultural, educational and social activities.

Our amazing members have stepped up and found new and creative ways to keep connected with each other and continue their learning. You will see in this pack – there are many examples of new projects, ideas and shared skills and learning that our members are taking part in.

In this pack you will find what's available in our u3a including access to interest groups and communication platforms. You will also have access to the national Third Age Matters magazine, to the national online newsletter and various social media sites.

For more information about what we offer, go to our website at [u3asites.org.uk/brixworth](http://u3asites.org.uk/brixworth)



# Local u3a information

## All about us

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Located in West Northamptonshire, Brixworth & District u3a was established in 2007 and has over 200 members and over 25 varied interest groups.

We meet regularly every month at Brixworth Village Hall with talks from visiting speakers.

We are a self funded, self managed Charity and part of the World Wide u3a movement.

## Interest groups

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We offer a diverse range of interest and activity groups ; from Badminton to Scrabble, Painting to Local History. There is something for everybody.

We arrange various social events and visits throughout the year.

## Contacts

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Information on all our activities can be found on our website.

Please search the web for Brixworth u3a or go to [u3asites.org.uk/brixworth](http://u3asites.org.uk/brixworth).

You can contact our Group leaders by sending messages from the site.



**From Walking to  
Talking, Gardening to  
Cookery, Yachting to  
Yoga, Current Affairs  
to Supper Clubs – the  
choice is endless and  
determined by each  
local u3a**



# History

## 1981

beginning of movement

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## 2010

membership reach  
quarter million mark

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Our founders envisaged a collaborative approach with peers learning from each other. The u3a movement was to be self-funded, with members not working towards qualifications but learning purely for pleasure. There would be no distinction between the learners and the teachers – everyone could take a turn at being both if they wished.

From its beginnings in 1981, the movement grew very quickly and by the early 1990s, a u3a was opening every fortnight. u3as grew in Scotland, Wales and Northern Ireland and in 2008 membership was increasing by 11% every year. 2010 saw our membership hitting the quarter million mark.

At the end of 2016 the u3a movement reached the milestone of 1,000 u3as celebrated by a conference with speakers including Eric Midwinter – one of the founders of the u3a movement.

Today, our movement includes over 400,000 u3a members in more than 1,000 u3as and is continuing to grow every day.



# Ethos and Principles

## The Principles of the u3a Movement

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The u3a movement is non-religious and non-political and has three main types of principle:

### Lifelong Learning

- Membership of a u3a is open to all people who have retired from full time work
- Members promote the values of lifelong learning and the positive attributes of belonging to a u3a.

### Self Help

- Members form interest groups covering as wide a range of topics and activities as they desire; by the members, for the members.
- No qualifications are sought or offered. Learning is for its own sake, with enjoyment being the prime motive, not qualifications or awards.
- There is no distinction between the learners and the teachers; they are all u3a members.

### The Mutual Aid Principle

- Each u3a is a mutual aid organisation, operationally independent but a member of The Third Age Trust, which requires adherence to the guiding principles of the u3a movement.
- No payments are made to members for services rendered to any u3a.
- Each u3a is self-funded with membership.

# Benefits of u3a membership

## Brixworth & District u3a

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Our aim is for Members to join social, learning and interest groups covering a range of topics.

Our motto is "Learn, Laugh, Live".

No qualifications are offered it is purely learning for fun.

Do you have a talent or an interest which is not covered by any of the groups at present?

Would you like to run or participate in a new group ?

You don't have to be an expert, enthusiasm is all that is needed!

Contact our Interest Groups' Co-ordinator by going to our Groups Pages on the website.

The annual membership fee covers membership to Brixworth & District u3a and the u3a Trust, annual subscription to "Third Age Matters" magazine, regular on line newsletters and Insurance for Members participating in u3a activities.