

## Burgess Hill U3A

### Activities and Interests include:-

#### Arts & Crafts

Art, Card Making, Needle Crafts, Flower Arranging

#### Outdoor Activities

Walks, Ornithology, Boules, Photography

#### Gardening

Discussing seeds, flowers, fruit & vegetables

#### Holidays and Day Trips

4/5-day Holidays, Theatre Trips, Outings to Museums, Fun Days

#### Music and Song

Playing Folk Music, Recorder, Jazz Appreciation

#### Food

Lunch Clubs, Discussing Food

#### Reading and Study

Bible Study, Book Circles, Classic Vehicles, Creative Writing, Discussion Groups, Family and Social History, Francophile, Geology, Architecture, Meditation, Poetry, Science & Technology

#### Languages

French, German, Greek Italian, Spanish

#### Physical Activities

Dancing for Fun, Fit & Active, Swimming, Table Tennis, Tai Chi, Yoga

#### Table Games

Bridge, Canasta, Mah Jong, Rummikub, Scrabble, Upwords

# BURGESS HILL



**Come and join our group of local people who live in Burgess Hill and the surrounding areas. If you are retired or nearing retirement, you could open up a whole new world of learning and socialising by joining Burgess Hill U3A. The only qualification needed is life experience! We meet in both small and larger groups to enjoy those activities we never had time for when we were working or had a family to look after.**

**Overleaf are further details and a selection of what we have on offer. As we are a self-help organisation, it is inexpensive to join our friendly and welcoming group.**

## What is the U3A – the University of the Third Age?

**University** - means a group of people getting together to share ideas and learn from each other.

**Third Age** - describes a time after full employment and/or family responsibility.

### Aims of Burgess Hill U3A

To provide a framework where lives can be enriched through learning from each other, finding fresh interests and making new friends.

### How the U3A Works

We are primarily a self-help organisation and we learn from each other in an informal and friendly way. Meetings are mainly held in the daytime with a few in the evening. Smaller groups meet in members' homes whilst larger groups meet in various halls in Burgess Hill, Wivelsfield Green and Hassocks. There is a small charge for the larger groups to cover the cost of the hall.



### Come and Join Us

Everyone who is not in full-time employment is welcome to join us. Our age range is from 50+ to 80+ and beyond! All our groups are run by members for the enjoyment of the members. If you have a skill or an expertise in a particular subject and would be willing to share it, please let us know.



## Brief History of U3A

Burgess Hill U3A was founded in 1993. The parent body of the U3As is the Third Age Trust which was developed from an organisation in France.

The French have never enjoyed adult education as offered in the UK, so to meet this need a legislative decree in 1972 directed French Universities to provide learning facilities for older people. This led to the establishment in Toulouse of the first Université du Troisième Age (now called the Université Tous Ages).

In 1982, the first U3A in the UK was created in Cambridge, but unlike the French model it was not guided by a university. The UK model for a U3A is far more egalitarian than in France, as our U3As organise themselves and do not use teachers but learn from each other, whatever their backgrounds or experience. There are now over 1,000 U3As in the UK with a combined membership in excess of 400,000.



### How to Join

**Please complete the membership form attached to this brochure and send to the Membership Secretary with the annual fee or pay by bank transfer. The fee details and the Membership Secretary's address and contact details are shown on the attached form.**