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**Your u3a Friends Newsletter - March** 🌸

1 message

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**Sam Mauger at u3a office** <info@u3a.org.uk>  
Reply-To: Sam Mauger at u3a office <info@u3a.org.uk>  
To: sysadchinnoru3a@gmail.com

21 March 2024 at 15:04

# u3a friends



**Salford u3a shared this lovely picture of their walking group on [their X page](#).  
See more media news further down this newsletter.**

Click [here](#) to open the newsletter in your browser.

Dear Peter,

**Welcome to our u3a friends newsletter - another great month of u3a action and adventure, community and friendship.**

This month, we have had International Women's Day as highlighted in the newsletter. I also thought of another International Day in March which reflected u3a in action - the International Day of Happiness, with the theme "Reconnecting for Happiness: Building Resilient Communities." This is a good description of u3as all over the movement.

**You will soon be receiving your new-look redesigned magazine with its new title, u3a matters.** Thank you to everyone who gave us your views and ideas about what this should include. The magazine looks amazing and I hope you will enjoy it when it lands on your doorsteps next month.

**April will also see the launch of Friends Extra - a wide range of benefits and offers exclusively for members of our Friends newsletter community.** You will be the first to know about these offers - but do encourage friends and colleagues to [sign up to the newsletter](#) so they can also access these benefits.

I wish a happy Easter to all of you who will be celebrating next week - and that you all have a happy long bank holiday weekend.

With best wishes to all of you.

Sam Mauger  
CEO of the Third Age Trust

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## In this issue...

Bromley u3a dances the day away

An Easter maths challenge

Finding a new community through u3a

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## Bitesize Newsletter

[Download here](#)



## ... from the members



### Dancing the day away

Bromley u3a's newest group is 'Daytime Disco' and 30 keen dancers have already joined. The first session had atmospheric lighting and throwback tunes - and everyone was on the floor from the moment the music started.

### Uncovering the lives of incredible women from history

This month saw International Women's Day. For three years, Northwood & District u3a have been learning about the remarkable lives of women in their Women in History group.

It all began at a session of their u3a American Politics group focussing on the life of Victoria Claflin Woodhull, who was the first woman to run for President of the United States of America in 1872. It led the group to wonder about the other amazing women from history they had not heard of yet - and so their group was born.



## Discovering new wines with Guernsey u3a

Guernsey u3a's Wine Discovery group meet regularly to explore wines from their local supermarket that they may otherwise not have tried.

Group leaders Karen and Mark say, "Our unique feature of tables of eight ensures that the event has a very social aspect. Even if you attend on your own, you will quickly find yourself in a group making new friends."

**For more u3a stories, read our blog, Sources**

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## Share your online u3a experiences with us

We would love to know the ways that online activity has enhanced your u3a experience. Let us know by emailing [communications@u3a.org.uk](mailto:communications@u3a.org.uk)

## Advertising campaign with Boom Radio

We are thrilled to announce that we will be running an advertising campaign with Boom Radio, which has over half a million listeners over the age of 55. The three month campaign will start in April, alongside a u3a social media campaign, and will feature three u3a members sharing their stories about what u3a means to them. [Listen to Boom Radio](#) and let us know what you think by emailing [communications@u3a.org.uk](mailto:communications@u3a.org.uk).



### u3a members in the spotlight

Members of Brighton, Sussex and Worthing u3as appeared as extras in the film Vindication Swim (Worthing u3a members pictured above.) As a result, u3a received a mention in press about the film, including on [the Guardian website](#) and on BBC Radio Sussex. You can listen to the interview on [BBC Radio Sounds](#) - the interview starts at 1.51.50.

Also this month, Southport u3a members Christine and Diane spoke to [World Radio Gardening](#) about how much they enjoy their u3a gardening group. u3a also featured in an article in [The Lady](#) for International Women's Day.

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**friends stories** 

Somebody asked me what u3a was. I said "Er, well, it's like a youth club for retired people."

Afterwards I thought "Why did I describe it like that?" Then, I thought, "Well, my main activity in the u3a is table tennis and I used to play table tennis at a youth club in my teens, It feels the same now!

The only difference from when I was young is that I now enjoy helping beginners to learn the strokes while, at the same time, trying to learn more myself to improve my game as well.

*Alan, South Manchester u3a*

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**friends learning** 

Learning more  
about the  
recorder



**friends learning** 

## Learning more about the recorder

Subject Advisers are u3a members who volunteer to share their expertise on their specialist subject. We have a new Subject Adviser for Recorder, Val, who fell in love with the instrument at weekly music lessons at school.

She now plays recorder with her u3a group and says, "Recorder u3a groups are a

great place to develop friendships and, as I have discovered, a great place to have a social life with people who are like-minded and welcoming."

Val has shared her tips for members who might want to join or start a u3a recorder group. Read it on [our u3a blog](#), [Sources](#), and you can contact Val on [the Recorder Subject Advice page](#).

## This month's podcast

Make yourself a cup of tea and take some time out of your day to listen to March's u3a radio podcast where Knutsford u3a member Ann talks about her former career as a professional ballet dancer. Also in this episode are top tips to becoming a cryptic crossword whiz, insights into the world of aviation and more. Listen on podcasting platforms or [the u3a website](#).



## An Easter Puzzle

Every week for three years, Maths and Stats Subject Adviser David has created a selection of maths puzzles for u3a members. Below is a question from next week's challenges - which will be the 200th challenge and themed around Easter.

***Helen organised an Easter Hunt, hiding eggs of three sizes, large, medium and small in the ratio of 1:2:6. She hid 36 eggs. How many eggs of each size did she hide?***

The Easter Maths Challenge will be released next week. Until then, see all the previous challenges on [the u3a learning pages](#).

**See more learning opportunities on our website**

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**friends news** 

**... from Chair, Liz Thackray**

I recently received a letter drawing my attention to a question in the most recent copy of TAM: "Are our lives driven by technology?"

The letter was handwritten and spoke of how she, and probably other members, can feel cut off from their u3as because, for whatever reason, they are not users of computers. She longed for a contact list of interest group leaders – in printed form. Though this might not be realistic, it would be good to share experiences of how u3as across the UK keep their 'analogue' members informed of what is going on in our u3as – and also engaged in interest group activities.

If you have access to Facebook, you might use [the Keeping in Touch group](#) to discuss this further – or email us at [communications@u3a.org.uk](mailto:communications@u3a.org.uk) to share what has worked for your u3a.

Incidentally, I responded to the letter with a handwritten letter using my favourite fountain pen 😊

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## **u3a Fit for the Future**

We are nearing the end of the consultation process on the proposed governance changes, and at the last count there have been around 40 presentations held both online and face to face all around the UK.

Allan Walmsley, Vice Chair said "There has been a real interest shown by many u3as, and up to now there has been an overwhelming positive reaction to the concept of introducing a representative Council and a smaller Board. There's lots



of water to go under the bridge, and lots of detail to understand how the new arrangements could work in practice. I would like to thank all chairs, committee members and individual members who have shown an interest and particularly to those who have submitted comments so far."

The u3a Fit for the Future presentation can be accessed on [the website](#). If your u3a would like to have a presentation or if you want to know more, email [governance@u3a.org.uk](mailto:governance@u3a.org.uk).

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## friends offers



### **Book a holiday with Riviera Travel and help support your u3a**

When you book a holiday with Riviera Travel, your u3a will receive 10% back. Mention your u3a when booking any city break, river or ocean cruise, escorted tour or bucket list adventure, and Riviera Travel will donate 10% of your holiday cost to your u3a\* when you travel.

Start planning your next adventure - call 01283 901 085 or go online to [www.rivieratravel.co.uk/u3a](http://www.rivieratravel.co.uk/u3a).

*\*10% of the basic cost goes to the Third Age Trust, who will forward 90% on to the nominated u3a.*

*While many of our offers are open to all members of our u3a Friends community, this offer is exclusively available to u3a members.*

Don't forget Friends Extra is coming next month with a wide range of additional offers and benefits for members of the u3a Friends community, so do encourage u3a Friends and colleagues to [sign up](#).

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## friends advice

### Growing your u3a

If you are looking at recruiting new members or encouraging your u3a to grow, the Growth Matters workshop on Monday 15 April covers the benefits of recruiting new members, some of the challenges that might arise and how they can be overcome.

There are also several resources on the u3a website for u3as who are exploring this topic, including the refreshed [Recruitment and Retention Toolkit](#) and [guidance on recruiting new retirees](#).

**Find our workshops and other support for u3as on the members area**

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## Our Future Health

u3a members may be interested in 'Our Future Health', a major public health project which involves testing and tracking the health of a large number of people. The long-term aim of the research is to contribute to preventative healthcare and early intervention to prevent illness – helping people to live better for longer. You can find out more on [the Our Future Health website](#).

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## From Pleasure Gardens to Theme Parks

In this event on Friday 5 April at 2pm, Moira from Guildford u3a will look at the history of pleasure gardens from the 18th century until the present day.

Other upcoming national learning events include *Suffering and Hope in Tolstoy's Anna Karenina*, *Electing the President in 2024* and *The Arts and Crafts Designs of May Morris*.

**See all online events**

## Events in your region this summer

There are a range of activities happening in u3a regions across the movement this summer.

The London Region of u3as is launching a Summer Walks and events programme, with 31 guided walks and visits across central London, exploring iconic areas and institutions for just £10 per event. More details can be found on [the London Region website](#).

Meanwhile, [the South East u3a Forum Summer School](#) is returning for another year

with an extensive lineup ranging from Art & Mythology to Cycling.

The North West region is hosting a summer school at the University of Cumbria where members can learn about topics including archeological sites in the county. Find out more on [the North West region website](#).



## Ticket sales for festival

We will soon be opening ticket sales for u3a Festival 24. We are just finalising the details on Eventbrite then we will be in touch with everyone who is signed up to [receive festival updates](#).

Tickets will be issued in a few stages; first to activity leaders and stewards, then to musicians and sports facilitators, and then to the membership. Keep an eye out!

[Join your local u3a](#) to be able to come to these events, and more.

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# friends impact

## Living with purpose

In April, the u3a Future Lives group will be joined by George Lee from the Newcastle Centre for Innovation on Ageing, to talk about how living with purpose relates to longevity, happiness and global change, and what it means for you.

This event will take place on Tuesday 16 April at 2pm. Book your place and watch recordings of our previous events on the [u3a Future Lives page](#).

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## friends features



### Finding a new community through u3a

We love hearing from members of our Friends newsletter community and sharing your stories. This month, Barbara from Daventry & District u3a (pictured, above, third from the left) talks about joining u3a and how it connected her with a larger community.

My membership of u3a has been such a good thing. Suddenly on my own after many years, and not wanting to impinge on children for support, membership made me 'brave' enough to venture out and meet new people. It is such a friendly group to be in, I love it!!

I saw the advert for u3a in my local village magazine. The thing that swayed me most was the long list of trips that were arranged to all sorts of places and events. To me, this meant I could visit places of interest with others rather than on my own.

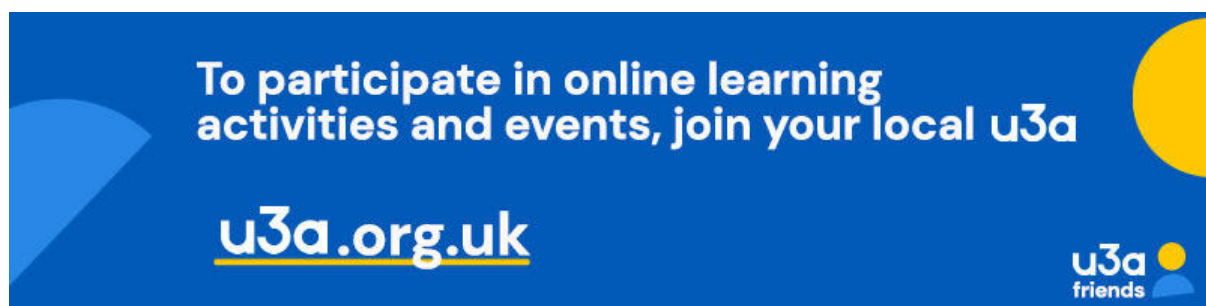
I can't really recall how I ended up as a committee member but am very grateful that I did. It led to me starting my own group for people with an interest in motoring, and we now number 16 members. We have had some super experiences, and some that were only available to us as a group (a local technology park for one – involving a ride down

a test tunnel used by F1 teams!)

My u3a has a real mix of groups to join. Naturally I joined the supper club – it being another very social event with the added benefit of not having to cook for one night.

With the friends I have made, and the enjoyment of not feeling lonely, I am so glad I took the plunge and joined Daventry and District u3a.

*Share your u3a story with us by emailing [communications@u3a.org.uk](mailto:communications@u3a.org.uk)*





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