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u3a Newsletter Express - A new film for u3a week

1 message

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Our new film showcases a group at Hayling Island u3a dedicated to singing sea shanties. The film celebrates how u3a can transform lives.

Dear Peter

On the eve of u3a week, we are launching a new film celebrating u3a.

This film showcases the sea shanty group at Hayling Island u3a. Like many groups across the u3a movement, the members find friendship, fun and laughter in u3a.

It is because of this that we are celebrating u3a week - to share with as many people the benefits of the u3a movement and how it can change lives.

u3a starts tomorrow and runs until next Sunday (16-24 September.) I hope that you have an opportunity to take part in the joy of u3a this week - whether that's by joining one of our online events, attending one of the regular u3a sessions near you, or doing something special for the occasion.

However you celebrate, thank you for being part of our special u3a community.

very best

Sam Mauger,
Chief Executive

Positive Ageing



What does positive ageing mean to you?

We are excited to announce the premiere of two new u3a films exploring positive ageing.

Launching on Monday, these two conversations feature prominent figures and

academics, Susan Murray, Dr Melanie Lovatt, Dr Dwight Tse, Dr Alan Gow and Shelagh Young, discussing what it means to age well and the barriers that might stop that happening. Adding to the conversation are u3a members including the Trustee for the North East, Sandi Rickerby, and the Trustee for Scotland, Liz Ervine.

These films will be launching at 11am on Monday. [Subscribe to our channel](#) on YouTube to be the first to see them once they are live.

Let us know what positive ageing means to you by emailing communications@u3a.org.uk

Online Events

Find out more about all these events and how you can get involved on [our u3a Week page](#).

There are still limited places available on our online events for u3a week.

We'll be joined by exciting guests - the Commissioner for Older People in Wales, Heléna Herklots, John Tucker from the Woodland Trust, and journalist, activist and TED speaker Carl Honoré.

Find out more and book your places on [the u3a week page](#).

Don't forget to send your photos of your u3a week celebrations to us by emailing u3aweek@u3a.org.uk

This is an easy way to share the newsletter. Click [this link](#) and copy and paste the URL to share on other platforms, including Beacon.



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