

March 2024

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## Introduction from Sam Mauger

Dear friends,

**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.

**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

### 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.

### Discovering new wines with Guernsey u3a

Guernsey u3a's Wine Discovery group meet regularly to explore wines from their local supermarket.

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 and making new friends."



### 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 American Politics group focussing on the life of Victoria Claflin Woodhull, an American leader of Women's Suffrage, who ran for President of the United States of America in the 1872 Elections.

It led the group to wonder, what other amazing women from history had they not heard of yet – and so their group was born.

### An Easter Puzzle

Every week for three years, a group of u3a members led by Maths and Stats Subject Adviser David have created a selection of maths puzzles, available on the u3a website. Below is a question from his Easter maths challenges – which will be the 200<sup>th</sup>.

**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?**

Find the answer on the final page of this newsletter.

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 engaged in interest group activities.

If you'd like to share what has worked for your u3a, please do call u3a office.

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

## friends media

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### u3a members in the spotlight

Members of Brighton, Worthing and Sussex u3as got a taste of the spotlight as extras in the new film, 'Vindication Swim.'

As a result, u3a received a mention in press about the film, including in the Observer and on BBC Radio Sussex.

Suzanne from Brighton u3a said of her experience as an extra, "We spent the day walking up and down a road, in crowd scenes and best of all, interacting with a beautiful old 1920s bus with outside stairs, open top deck and being issued with authentic 20s tickets by a very smart 20s dressed conductor."

"We got on and off many times, were driven along the museum's roads for numerous takes, both downstairs and upstairs with a little black car of the period following us. It really was an extremely interesting and enjoyable day."

The film tells the true story of swimmer Mercedes Gleitze who in 1927 became the first British woman to swim the English Channel and was released on 8 March.

### Boom Radio Advertising campaign

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 and will feature three u3a members sharing their stories about what u3a means to them.



## Finding a new community through u3a



We love hearing from members of our Friends newsletter community. This month, Barbara from Daventry & District u3a (pictured with her motoring group, third from the left) shares her u3a experience.

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 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 a motoring group 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.

Headline photos: Easter eggs, to go alongside our Easter maths challenge; Salford u3a's walking group; the dancefloor before Bromley u3a's first daytime disco group.

Maths challenge answer: If Helen hid  $e$  large eggs, then she hid a total of  $e + 2e + 6e = 9e = 36$  eggs i.e.  $e = 4$  and so Helen hid 4 large, 8 medium and 24 small eggs.

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