

May 2022

Phone National Office: 0208 466 6139 [u3a.org.uk](http://u3a.org.uk)



## Introduction from Sam Mauger

Dear members,

### **Happy 40th Anniversary.**

We are in the middle of our spectacular anniversary celebrations – and this newsletter is full of what we are doing together as the u3a family movement to celebrate our 40th birthday.

**It is a spotlight on what u3a is all about, friendship, participation, sharing and community in the unique u3a way.**

It feels special to meet each other face to face at last and to share time together.

**It is also a powerful reminder that in the middle of so much uncertainty in the world, the support, friendship and respect member to member remains constant and solid.**

We know we can rely on each other and your ideas and creativity continue to thrive.

**I wish you all very happy celebrations.**

With very best wishes

Sam Mauger

CEO of the Third Age Trust

## News from the Trust

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### What's Been Your Crowning Moment

As we mark Queen Elizabeth's Platinum Jubilee year, we would love to find out what you consider to be your crowning moments since retiring from full-time work.

Have you done something that you're really proud of, something you would never have imagined yourself doing before joining u3a?

Share your stories with us – call the u3a office (number at the end of this newsletter) and ask to speak to Harriet or Elise.



### Social Media News

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#### Happy Anniversary from Roger Black

Roger Black is the latest celebrity to wish u3a a happy 40th anniversary.

Roger Black is known for winning silver medals in the 400m sprint at the Olympic Games in 1992 and 1996 and winning gold medals at the European and World Championships.

In the video, shared on u3a's social media platforms, Roger says, "Hello it's Roger Black here, wishing everyone involved with the u3a a very very happy anniversary."

I so enjoyed spending time online the other day with some of the members. You're a fantastic organisation. Happy anniversary."

### Your 40<sup>th</sup> Anniversary Stories

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***It's less than two weeks until Picnic In The Park on 1 June, when u3a members across the movement will be going to their local park, beach or farm and picnicking to celebrate the Queen's Jubilee and the u3a 40th anniversary. Thank you to everyone sharing their Picnic in the Park plans and the other ways they're celebrating our anniversary.***

Newcastle Emlyn u3a are having a picnic in the Rugby Club! The plan is to have games and activities available for people to take part in and then share our picnics together. There is a gravelled area for Petanque, grass for croquet and badminton and outdoor seating.

We are also planning a celebratory lunch the following week to celebrate our own 25th anniversary, the u3a 40th anniversary and the Queens Platinum Jubilee.

*Hazel, Newcastle Emlyn u3a*

We will be celebrating the Queen's Jubilee and the 40th Birthday. So far, 84 of us will be there and our local Mayor is joining us for tea and to cut our cake. We will be having a Jubilee Quiz during the lunch, a Nature Trail, and we will be doing community singing too.

*Stephanie, Thatcham u3a*

## News from the Board

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### Chair of the Third Age Trust, Liz Thackray

Wow! How time flies. We are already a third of the way through 2022. **Over the next few weeks, I will be attending a number of meetings, but as importantly spending time with u3a members – something I am really looking forward to.**

Although I cannot accept every invitation, together with regional and national trustees, I am planning 2/3 day visits to a number of different localities. **I do hope everybody's plans are well in hand for all the different celebrations and activities this Summer.**

It is good to be able to meet together face to face rather than only on a screen. Looking forward to seeing the photos and hearing your stories of our anniversary summer!

## Media News

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### A New Start After 60

Thank you to Marian, who you may recognise as the Spotlight On from our March newsletter, who talked about how u3a enabled her to find friendship and independence in later life in The Guardian this week. The article, 'A new start after 60: 'Alone for the first time in my life, I learned how to be happy' was published in the newspaper on Monday 16 May as well as online.

## Subject Advice News

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### Learning More About: Local History with New Subject Adviser, Sandra

#### What got you started in local history?

It came out of an interest in my own family history and developed when we moved to the Scottish Borders and joined u3a. The local history group helped me to get under the skin of our new town. Local history groups are in a great position to contribute and understand local heritage.



#### What is your favourite local history group activity?

It's the variety that I enjoy. We've visited archives, organised training sessions, shared learning events with groups including the local Civic Society and recorded oral history for the national archives. There are too many 'favourites' to mention them all here!

#### What kind of subject advisor will you be?

Supportive: I'm keen to encourage groups to and to try out different activities. Facilitative: I'll find ways to put people in touch so that they can support one another and share experience. Listening: I'm looking forward to hearing from groups (or people wanting to set up a group) about what they do, what they can offer, and how I can help.

*Photo: members of Sandra's Tweeddale u3a Local History group.*

## Spotlight On:

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### Viju, Slough u3a



I worked in accounts and I retired in 2016. Some of my friends said 'you'll get bored' and encouraged me to get a part time job. I really didn't want to do any more work, I worked for 47 years. I thought now I can look after myself and do my thing.

That's when I joined u3a. I'm not bored at all. I do lots of activities; gardening, bridge, art appreciation, walking, scrabble, badminton, outings and the local history group. Just recently I joined the play reading group – so loads and loads of things and I'm very happy with that.

Bridge is a new skill that I'm still learning with u3a. It is very good and unique and quite social. I had never really done sports before, and now I'm enjoying badminton which is nice. I also enjoy art appreciation. In September, we went on a trip to Birmingham and that was really lovely. You do learn a lot more when you're with other people. You enjoy things more when you're with others.

I'm just so happy there is a wide variety of things you can do and learn and make loads of lovely friends. I never ever thought I would be playing bridge or playing badminton. Never, ever – especially at this age to take something up and do that.


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Headline photos: Members of Burnham-on-Crouch u3a recording finds at an old churchyard site they are surveying; Photo by Romsey u3a member Dave which he submitted into new learning initiative 'Found in Nature'; North Downs & Ards u3a's Nature Group on a trip to East Antrim.

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