

u3a

Newsletter

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



For the second year in a row, Southport u3a were at Southport Flower Show and made quite the impression. Read more on [our u3a blog Sources](#).

August

We are all looking forward to u3a week which is nearly upon us, and we are already hearing about the plans that u3as are making to mark this event. **u3a week is our chance to show to communities across the movement how they can take part in u3a life and learn, laugh, live.**

I have heard so many stories from members about how life-changing their local u3a has been for them. **It gives members the opportunity to make a whole group of new friends and to pursue interests close to home (and sometimes in their homes too).** Not to mention that great feeling of walking down the high street and knowing so many people who are u3a members. Some members have said that they only got to know local people when they retired and joined their u3a.

A very special welcome to Frinton, Walton and District who have got off to a magnificent start. **For all u3as, I look forward to hearing your many stories about how you celebrated u3a week.** I am sure it will be a week to remember.

With very best wishes

Sam Mauger
CEO of the Third Age Trust

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Bitesize Newsletter

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News From the Trust



Less than a month to go until u3a week

The movement's annual celebration - u3a week - is taking place **16-24 September** and we would love you to be a part of it.

Alongside local u3a activity, we're running online events throughout the week, including a special talk with Carl Honoré focussing on how ageing should be embraced as an adventure. Find out more about how you and your u3a can get involved on [the u3a week page](#).

If you're planning a promotional event within your u3a, let us know and send us pictures by emailing u3aweek@u3a.org.uk

We'll be posting throughout the week on our social media channels - follow us by clicking the icons below.

Pictured: Wigan u3a taking part in u3a week, 2021





Get your u3a merchandise at a discount

We are holding a special u3a week sale on the brand centre to help you get all the publicity materials and merchandise you need for your u3a week events. Discounted items include polo shirts, bunting and caps, with up to 36% off until 16 September 2023.

Get everything you need on [the u3a brand centre](#).

Your Stories

The East of England region recently embarked on a series of

u3a member Don, a former US Air Force pilot posted at RAF Lakenheath during the Cold War, who subsequently became a commercial pilot. His enthusiasm is boundless as is his knowledge of all things aviation.

Don and I decided to set up an aviation group. It now has 80+ members and we are opening this up to u3a members across the UK.

We meet monthly on Zoom for a presentation and discussion and we are also looking into arranging visits to airfields and museums.

Join us on this flight of interest by emailing barbara.cordina@u3a.org.uk.

Barbara Cordina, Trustee for the East of England

u3a News

Every newsletter, we share news from your u3as. Whatever you're doing, we want to know about it - [get in touch](#).



Summer learning in the North West

80 members from across 40 u3as in the North West Region of u3as took part in a Summer School at the University of Cumbria. Subjects included Archaeology, Architecture, Art Challenges, Female Artists, Literature and Japanese Encounter.

The above photo is from the Art Challenges exhibition and shows the



A new u3a launched in Essex

"Brilliant!" "A triumph!" "What a wonderful group!" - These are three of the comments Frinton, Walton and District u3a received at their launch event. The day was split into two two-hourly sessions of displays, presentations and discussions. 133 members had already joined before the launch - and over one hundred people attended on the day.

Good luck to Frinton, Walton and District u3a. You can find out more about them on [their website](#).

Learning Across the Movement

This is a snapshot of the [learning initiatives](#) - see more on our website.



Interest Groups Online Fair

Interest Groups Online is hosting an online fair where people can try taster sessions for free. Between **2 and 6 October**, a selection of our group leaders will deliver 30 minute taster sessions, from Laughter Yoga to British Cemeteries, to give prospective members a flavour of what you can enjoy if you decide to join.

Some of our members, *above*, have taken part in a short film to promote Interest Groups Online which will be released in the next couple of weeks.

Taster sessions are open to everyone, including non-u3a members, so please make note of the date and share this with your friends. You can find out more



What do you wish you'd known when you were younger?

u3a members across the movement have been sharing their reflections in letters to their younger selves. The results are thought provoking and moving.

Read the letters, including from Teignmouth & District u3a member Pauline (pictured), on [our learning pages](#).



Would you like to interview members from across the u3a movement?

Our u3a radio podcast team are looking for a new reporter. We are looking for

enthusiasm to tell stories from across the u3a membership. If you would like to find out more, please email communications@u3a.org.uk.

Media News



u3as in the news

Sperrin u3a's recruitment drive is going so well that they made headlines in Northern Ireland World this month. It was great promotion for the Mid-Ulster group whose numbers are steadily growing thanks to walking (pictured), Tai Chi and genealogy interest groups.

Burgess Hill u3a celebrated three decades with a fantastic fair, which was featured in The Sussex Express, Mid Sussex Times and Yahoo. Their celebration cake is pictured.

Strictly Come Dancing will soon be on our screens again. We know there are many dancing groups in u3a and we would love to hear from you if you discovered, or rediscovered, a love of ballroom

News from the Board

Liz Thackray, Chair of the Third Age Trust

At the end of July we launched a new Facebook group, [‘Fit for the Future’](#). It has a focus on governance, finance and what kind of organisation we need to be in order to be fit for the future.

Last year, following the AGM, we introduced some of our thinking about what kind of governance structure we need moving forwards. This was to correct some of the problems with our current arrangements. **A Steering Group has been established comprising the Chair and Vice Chair of the Trust together with five Trustees and our CEO.** This group has terms of reference set by the Board and reports to it. It, in turn, is responsible for overseeing the Pilot Council which is chaired by a regional Trustee and is exploring different models for engaging the u3a membership in discussion with u3a Board members.

The core membership of the Pilot Council comprises regional and national Trustees. In addition there are representatives of Network link and the main Board committees. Each Trustee invites an additional person, not the same person each time, to attend the meetings, so as to enable different perspectives to be expressed. At present the Pilot Council has no official status, but we hope it will become an important part of our governance structure.

If there is something you think the Council should be discussing about what u3as

do or should be doing, please email your thoughts to council@u3a.org.uk –

who knows, you may get invited to join in a pilot council discussion.

It is early days for these developments, but just as our founders created an organisation that made the most of what society was like in the early 1980s, **we need to ensure we are relevant and responding to society today.**

u3a Festival 24

u3a Festival 24 is taking place 18-20 July 2024 – please note the date has



Bringing members together

The first ever u3a festival, Festival 24, is open to all members. Come and join us in York next July to celebrate - register your interest by emailing festival@u3a.org.uk.

To make the event as affordable as possible for everyone we are looking at sponsorship. If you know a business or organisation that shares u3a's values and might be willing to sponsor any part of the festival, please do get in touch. Please email any suggestions, with a few details or contact information, to festival@u3a.org.uk.

Your Suggestions

As the new National Subject Adviser for Jazz Appreciation, I would very much like Jazz to be a part of the festival and so I am suggesting why not form the Jazz Orchestra of the Third Age.

It may seem crazy, but it is possible to bring people together with different musical abilities and create something that is both artistic and amazing.

If you think this is an exciting idea then as a first step, please let me know who you are, which u3a you belong to, what musical instrument you play, what standard you are at, whether you play by ear or can read music and/or chord symbols.

Howard, u3a Subject Adviser for Jazz Appreciation
You can contact Howard through [his Subject Advice page.](#)

Equality and Diversity

Join the Equality, Diversity and Inclusion Committee's Presenting Team

The Equality, Diversity and Inclusion committee are looking for presenters to share their new presentation with u3as. This presentation aims to raise u3as' awareness of their responsibilities under the Equality Act 2010. The role includes presenting online and occasionally face-to-face.

Our Impact

u3a is developing the movement's voice to make a social impact. Read about ongoing projects [on Our Impact page](#).



Do you think we need a Commissioner for Older People?

u3a is part of the campaign calling for a Commissioner for Older People and Ageing in England and Scotland. This role acts as an independent champion of older people, raising awareness and working to resolve issues that people face in their later life.

We want to ensure that the perspectives of u3a members are heard. Let us know what you think by clicking the blue button below.

[Take the survey](#)

If you're interested in learning more about the impact this role can have, we are hosting a Future Lives session with Heléna Herklots, the current Commissioner for Older Peoples in Wales. This is taking place in u3a week - [book now.](#)

Image credit: Centre for Ageing Better image library.

Subject Advice News

[See all the latest updates and the full list of Subject Advisers on the Subject](#)



Subject Adviser for Egyptology, Neil, leading a group in his u3a

Three ways Subject Advisers can help your u3a

We have a fantastic team of over 80 national Subject Advisers who help the u3a membership in the following ways:

1. **Sharing resources and ideas:** Subject Advisers can offer fresh ideas to keep your group engaged. They can also provide useful resources and materials such as presentations, newsletters and blogs.
2. **Brainstorming:** Subject Advisers can act as a sounding board and provide inspiration when needed. They have a wealth of knowledge and experience to help work through any roadblocks in running your group.
3. **Building connections:** Subject Advisers can help you connect with

4.

5. example of this is the u3a walkers exchange, a unique example of bringing u3as together by sharing walking routes in different areas.

Find a list of all the Subject Advisers, and contact details for each one, on [the Subject Advice page](#).

National Events

Here is a snapshot of some of the interesting events for members that are coming soon. You can book onto all of these events on the [online events page](#).



Electing the President in 2024: A three part series

Thursday 12, 19 and 26 September, 10am

Subject Adviser for UK and US Politics, Paul talks through the American election process.



Maths activities day for all

Thursday 14 September, 10am

A two-part session of mathematic activities, suitable for both beginners and more advanced puzzlers. led by

David.



Laughter yoga with Merrie Maggie

Last Tuesday of the month -

Tuesday 26 September, 3.30pm

Bring more joy and laughter to your life with Laughter Yoga - an aerobic exercise with playful exercises combined with deep yogic breathing.

Your Stories

At their Convenors' lunch in July, Porthcawl u3a presented an engraved Welsh slate plaque to leaders of the Art History group, Jenny and Graham, marking their twenty-year leadership.

Over the years Jenny and Graham have shared their knowledge modestly, and their friendly approach has attracted a large, loyal and enthusiastic attendance. Somehow, Jenny has also found time to co-lead the French group. They are stepping down now, but will continue as valued members of our u3a.

Trustee for Wales Karen Green sent a letter of thanks, and they were given flowers and a framed u3a outstanding achievement certificate.

u3a Office In Focus

This section puts a spotlight on the staff who work at u3a office and what we're doing.

Meet Liz

Hello I'm Liz Drury, Head of Communications and Policy for the Third Age Trust. I work with staff, wonderful volunteers and Trustees to help deliver all the external and internal communications for u3a. We also develop the u3a movement's voice through public policy, influencing and social change work.



There's been so many highlights for me such as our regular national press coverage, encouraging high profile people to feature in our magazine such as Prue Leith or Jay Blades, working with the writers of Coronation Street to put u3a in front of millions of viewers, working with policy makers to promote the u3a model - or even partnering with Specsavers last year to promote our positive attitude to life. And there's lots to look forward to in the year ahead as we make sure lots more people hear about us and join us

If you've got a story, thoughts or suggestions to share I'd love to hear from you - please email communications@u3a.org.uk.

Advice and Volunteering News

See all the latest advice on [our advice pages](#). Also on the Advice section is [our programme of workshops](#).

Understanding u3a model constitutions

Do you want to know more about the u3a model constitution? Our upcoming online workshop will explore the purpose and practice of constitutions, whilst breaking down some of the clauses within them. There will also be opportunities for questions.

This workshop is taking place on Monday 11 September at 10am - book now on [our workshops page](#).

Request a workshop

If your u3a committee, region or network would like to request a specific workshop to be run for you, please complete the workshops request form on [our workshops page](#). We will then be in touch with you to discuss your requirements.

Offers and Services

u3a Offers and Services is the section of the newsletter offering discounts to u3a members and friends.



u3a Click and Save: everyday savings

Through the u3a Click and Save scheme, you can receive a discount on many big brands including Sainsbury's, Costa, Currys and M&S.

To access u3a Click and Save, simply create an account or log in on [the u3a Click and Save website](#).

Spotlight On



George, Stockton on Tees u3a

*Pictured with Lynda from Sydney
u3a (in the middle) and his wife
Pamela*

My wife and I have been aware of u3a for ages but only joined a couple of years ago when we moved back to the UK from Spain. My wife enjoys the monthly meetings, as do I, but my particular interest is the creative writing group.

Our son lives in Sydney so the first time we went to see him, after joining u3a in the UK, we contacted the u3a office there.

We were warmly welcomed and granted access to their groups for the three months we were 'down under'. I joined their creative writing group and very much enjoyed participating. While we were in Spain my wife and I used to play Canasta with some friends there. On looking through the Australian u3a 'What's On' website we found out about a group who met once a week to play Bolivian Canasta so joined in. The Bolivian version of Canasta is a real 'head bender'.

We attended a u3a lecture given by an historian who'd studied the way Australia was first mapped by Dutch explorers – fascinating! We also signed up for a u3a organised boat trip around the harbour with an on-board lecture about how three Japanese submarines had infiltrated the harbour during WW2. We plan to go back to Oz again next year, to see our son, so will begin our u3a event planning the day we buy our flight tickets. Can't wait.

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