

u3a

Newsletter

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



Share your photos of the incredible sights you've seen in the natural world on [our Found in Nature page](#). This photo was taken by Richard from Leigh Estuary u3a.

June

There is a lot to celebrate this month, and this newsletter is full of action and energy. Singing and dancing, expressing creativity and the uplifting experience of a u3a music festival are all included.

A plea to you all from me to remember to listen to the [u3a radio podcast](#) and to ask your friends to [sign up for the newsletter](#) so that as many u3a members as possible can share their stories here.

Finally sending our very special wishes to all our members celebrating Eid.

With very best wishes

Sam Mauger
CEO of the Third Age Trust

In this issue...

What would you say to your younger self?

Holiday discounts with Offers and Services

Spotlight On: What Pride means to me

Bitesize Newsletter

[Download the Bitesize Newsletter](#)

News From the Trust



The u3a Nottinghamshire Network celebrating u3a week in 2022

u3a week

u3as across the country are gearing up for this year's u3a Week which runs between 16 - 24 September. Read about some of the ways u3as are planning

The Conversations With The Communications and Policy team on Wednesday 12 July will focus on u3a Week as well as other communications questions.

[Book your place.](#)



Could you help us with our u3a radio podcast?

Our u3a radio podcast showcases the incredible things happening across the movement. Listen to the latest episode on [our website](#) or on the podcasting platform of your choice.

A vacancy has arisen in the team which produces the podcast. If you have experience with editing audio or working on radio or podcasts, this volunteer role could be perfect for you. If you are interested, [please get in touch](#) to learn



Buy your u3a diaries for 2024

The u3a pocket diaries for 2024 are now in stock at the u3a [Brand Centre](#). The vibrant orange organisers are available individually or in packs of 10 and 20 - which works out at just £3.75 per diary.

Social Impact

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



u3a members with Labour MSP Colin Smyth

Members of u3a support the Older People's Commissioner for Scotland

Four u3a members attended the launch of a bill proposing an Older People's Commissioner for Scotland.

Allana was one of those who attended the event and explains why she supports

own Commissioner will facilitate best practice examples across Scotland."

Read more on [the latest news section of the u3a website.](#)

u3a News

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



Photo taken by Alex Svenson

A celebration of musical talent

u3a members from the Yorkshire and the Humber region gathered together for a music fest earlier this month.

Trustee for the region, Margaret Fiddes, says, "Two stages at the University of St John in York were filled with music of almost every kind. There were choirs, guitars, flutes, piano, a full blown band – and, of course, ukuleles."



Newark & District u3a dance the night away

Newark & District u3a celebrated the season with a 'Spring into Summer Social'. Members danced along to hits from the 1960s and '70s.

Chair of Newark & District u3a Maggie says, "As the evening progressed, the mood was as bright & sparkly as the disco lamps which leant a colourful glow to the room. By the end of the night, with sore feet but happy, smiling faces, it was generally agreed that we'd had a blast & absolutely must make this a regular event. We've even had requests to form a Disco Dance group."



Eight u3a choirs from all across Northern Ireland came together for a SongFest.

Learning Across the Movement

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



What would you say to your younger self?

For our new learning initiative, we are asking members to write a letter to their younger self.

One member wrote in their letter, "I am writing to you (or is it me?) to let you know that life is wonderful and yet tragic on occasions but you/me are stronger than we think we are. It may not always be apparent at the time but life will edge onwards and before we know it, we will be in reminiscence mode and giving advice to other people."

Find out more on [the learning pages](#).



Sharing digital skills

Many u3a members across the movement are helping other members of their u3a with digital support. We would like to start a network for members to share what works well and to help each other.

Are you running digital skills sessions or groups within your network? Or would you like help getting these sessions running? Please get in touch by emailing learning@u3a.org.uk

Where do you play Aileen's Game?

We know many of you love playing East Suffolk u3a member Ian's word challenge, Aileen's Game. Whether you play it on the bus, in the park on a sunny day, or at home on the sofa, we'd love to see where you're playing it. [Email us your photos](#) and tell us why you love the game.

News from the Board

Chair of the Third Age Trust, Liz Thackray, has been busy visiting u3as in the South West, which you can read more about in the July newsletter.

In her absence, we would like to introduce two of our more recent Trustees, Karen Green and Stella Morris. See all of the current Trustees



Karen Green, Trustee for Wales

Hi there, I have been in the role of Trustee for Wales for just a short time. So far, I have attended the South Wales network group online and the North Wales network group face to face. I am currently arranging to attend all the Wales network groups as often as I can.

Liz Thackray and I are in the process of planning a 'road trip' to visit u3as in South Wales, hopefully in early Autumn. I am very much looking forward to meeting as many Wales u3a members as I can during my time as Trustee.

If you would like to contact me, my email is karen.green@u3a.org.uk

Stella Morris, Trustee for London

Since becoming u3a Trustee for London, I have been kept very busy with Board work and meetings. I've been getting to know more about the Third Age Trust and the role by way of induction sessions.

I attended my first London Region u3a network meeting which was very informative. Most of all I am very much looking forward to meeting u3as across London over the next few months and finding out all about you, your activities and news!



Your Stories

This month, Kettering u3a celebrated our 20th anniversary with an afternoon tea. We had a local caterer supply the delicious cream tea and some of our members baked celebration cakes. Tea was served in a variety of wacky teapots, again provided by our members.

There was a talk about the history of our u3a which illustrated the 20 years

Richard, Kettering u3a

Social Media News

Follow us on social media by clicking the icons below.



u3a is now on LinkedIn

u3a has extended our social media platforms to include LinkedIn. This will help us reach a new audience, who may work part-time or be about to retire. We want to grow the presence of our page so if you use LinkedIn, please [don't](#)



Isle of Bute u3a sketch away

The Paisley u3a sketching group joined us today in a sunny garden. Very enjoyable session.

On the Isle of Bute u3a Facebook page this month, they shared the beautiful sketches created in an art group session with Paisley u3a. See more on [their Facebook page](#).

If you have a u3a social media account that you would like to be featured in this section of the newsletter, [get in touch](#).

Sources

Read more member-led stories on [our u3a blog, Sources.](#)



Mawdesley u3a give it a go

What's something you've always wanted to try? From paddle boarding to bell ringing and having a gong bath, members of Mawdesley u3a have been trying new experiences with each other as part of their give it a go group.

Also on the blog this month, LGBTQ+ members of u3a share their thoughts on Pride and we marked National Writing Day and World Music Day with reflections from our subject advisers. Read all this on more on [the u3a blog, Sources.](#)

Media News

"I would recommend u3a to anyone no longer in work, whether they were lonely or not. I moved to a new area knowing no one locally. I was made welcome and quickly made friends...[u3a] provides a wide range of activities and opportunities to meet up for company and fun."

u3a member Janet, quoted in the Guardian letters section

In the news recently...

u3a was mentioned in [The Guardian letters section](#) by a member recommending it to anyone no longer in full time work.

Ann Keating made headlines in the [Edinburgh Reporter](#) during National Volunteers' Week for her role in organising the Off the Wall event in



Zoe and Alastair, from Oban u3a, have appeared in the well-respected journal, *Geology Today*. The article focussed on the incredible efforts they make to lead their u3a geology group each month - which requires them to travel by bus and ferry. Read more on [the latest news page of the website](#).

Your Stories

The Antonine Wall was the Roman Empire's northern-most frontier - and it runs directly underneath the hall where we hold our u3a meetings. So we decided to organise events parallel to the Hadrian's Wall event.

Over 50 members joined a tour of the fort and bathhouse led by

a roman soldier.

The Local History group walked in the footsteps of Roman legionaries who occupied Bearsden almost 1900 years ago. A strenuous hike arranged by the Walking group took members along the route of the wall taking in two more forts and a further Iron Age fort.

Plenty of signs of active human settlement in the area well before u3a arrived.

Julia, Bearsden and Milngavie u3a

Third Age Matters

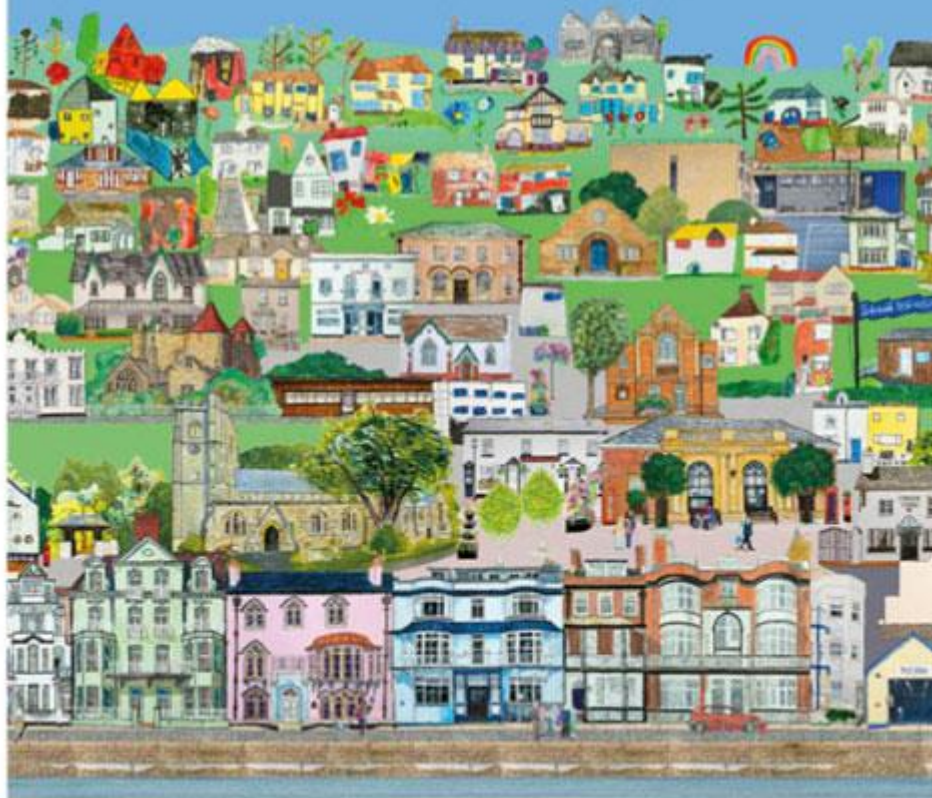
Third Age Matters magazine is the u3a's national members' magazine and is posted to around 200,000 homes five times a year, showcasing all the wonderful things going on in the movement, plus puzzles, competitions

third age **matters** u3a learn, laugh, live

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HOME IS WHERE THE ART IS!

Which seaside u3a created this dazzling billboard?



WIN A CRUISE! • ZIP LINE HIGH-FLYERS • u3a ON THE ONE SHOW

The Summer issue of Third Age Matters magazine is now out. Read all about the u3a that created a stunning seaside billboard, the u3a cricketers that will be starring on The One Show, and your chance to win a cruise worth £7,500.

Subject Advice News

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



Learning more about: walking Netball with Subject Adviser Angela

How did you get started with Walking Netball?

I had attended a few Walking Netball sessions in my local area and enjoyed playing the game. It occurred to me that this was something other u3a members in my area (East Suffolk) would enjoy.

Walking Netball is growing in popularity within the u3a. Check out whether there is a Walking Netball group locally. If not, then why not start a new group with support from your local u3a and the Subject Adviser?

Can you give two tips to members who want to start their own group?

Emphasise the wide range of benefits (physical, social and psychological) provided by this sport. Make the sessions as inclusive as possible, to meet the needs of your membership.

Find out more and contact Angela on [the Walking Netball Subject Advice page](#).

Gloria's Suggestion

As it is the 75th anniversary of Windrush, members of u3a could go to their local Caribbean club and ask for someone to come along to their next membership meeting to talk about the Windrush generation who have achieved so much.

Gloria, Woodley u3a

If you did celebrate Windrush Day, please [let us know](#).

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](#).



Richborough Roman fort and amphitheatre

Thursday 6 July, 10am

Join White Cliffs u3a member and volunteer guide Jenny for a virtual tour of Richborough Roman fort and amphitheatre.

Photo credit: Ad Mesken



Expedition Cruising: The Scattered Islands

Thursday 20 July, 2pm

Upholland & District u3a member Neil shares his experience of rarely visited, French occupied, coral atolls



The history of US military aviation in East Anglia

Tuesday 25 July, 10am

Stowmarket u3a member Don reviews four eras of US military aviation throughout East Anglia: WWI, WWII, Cold War and Post Cold War.

News for Committees

Grants

The Trust offers a number of different types of grants to u3as. In 2023/2024, we are trialling a new grant of up to £5000 to enable u3as (or groups of u3as) to have a presence at events that attract a large national audience with a significant number of visitors in the u3a demographic. To find out more about the grant and application process, please email alison.may@u3a.org.uk for an initial discussion.

CLA Licence

Please be advised that the Copyright Licencing Agency are increasing their price from £60.00 to £64.20 (including VAT).

2024 you will be charged the new amount. For further information see [the advice section of the u3a website](#) (in the 'Legal' section.)

To purchase your CLA Licence from the Trust complete [the CLA Licence Application Form](#).

u3a Office In Focus

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

Meet Heather

Hello, I am Heather and I have two roles, the first one is admin support to the Chair and CEO (Chief Executive Officer). The role is managing both their very busy diaries, monitoring their CEO and Chair email accounts, as well as supporting them on any projects. The second role is minute secretary for the six main committees of the Trust. This involves attending the meetings and writing up the minutes, as well as any other admin support



I live in Sutton, Surrey and in my spare time, I have a challenging garden to maintain, I love walking and photography. Recently, I learnt how to do patchwork and quilting and am now considering my third creation. I am a Trustee of a local mental health charity, which I find very fulfilling.

Offers and Services

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



Save 5% at Airbnb

Looking for the perfect getaway? At Airbnb, there's plenty to choose from to suit

apartments in the heart of the city. You can also take advantage of immersive experiences – from guided tours, lessons and tastings led by local experts. Airbnb gift cards never expire and you can use them to spend at once or apply to multiple bookings.

Find out more on [the u3a Click and Save website](#).

**Terms and conditions apply. See website for details. Offers subject to change without notice. The exclusive discounts offered by our partner, Gift Card Savings, and cannot be applied to existing cards that have been purchased elsewhere. Personal credit cards cannot be used to purchase this product. u3a Click and Save is managed and run for u3a by Parliament Hill Limited.*



Riviera Travel

When you book a holiday with Riviera Travel, you can claim Affinity Commission for your u3a – which denotes 10% of the total basic cost of

Simply make a booking by contacting Riviera Travel directly (their telephone number is **01283245322**). Mention you are a member of u3a and want to claim Affinity Commission for your u3a. At the end of your holiday, Riviera Travel make a payment to the Third Age Trust. After deducting a handling fee, the Third Age Trust will pass the donation on to the relevant u3a.

If booking online, use www.u3ariviera.co.uk.

Your Stories

As part of our contribution to the Hadrian's Wall Project, Burnham-on-Crouch u3a visited two sites in Colchester (the oldest Roman city in Britain, famously sacked by Boudicca circa AD60-61).

We first visited the Roman Circus just outside the centre of Colchester which is the only Roman Circus so far discovered in Britain. We then visited Colchester Castle where we stood in rooms that were 2000 years old.

Dave, Burnham-On-Crouch u3a
Read more on [our u3a blog, Sources](#)

Advice News

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

Get advice about your committee role

If you are an existing committee member, new to joining a u3a committee or thinking about becoming a committee member, the *Running your u3a* workshop is for you. It covers the roles and responsibilities of committee members, looks at what makes good governance and provides an opportunity to meet with other u3a members. This workshop is being run online at 10am on Wednesday 12 July. Find out more on [the workshops page](#).

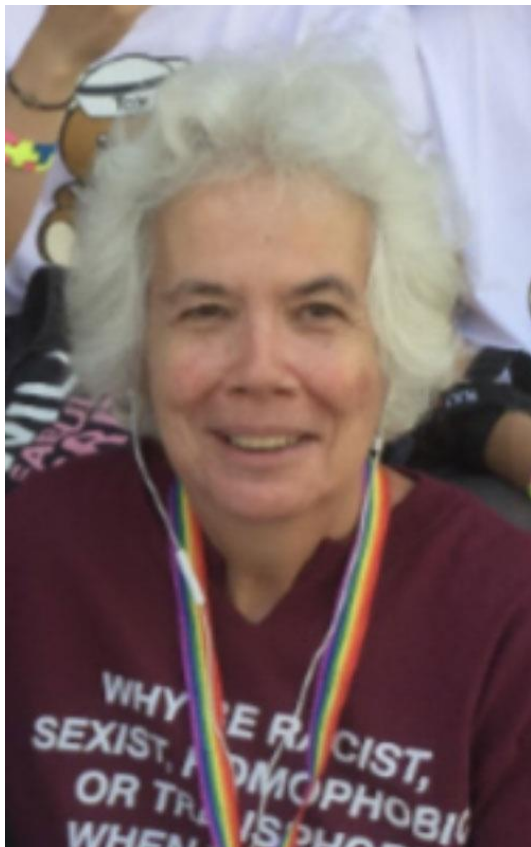


Your Stories

What a great day out in Haslemere at the Classic Car Show yesterday. We had a steady stream of visitors to our stall, and one very important member of Haslemere u3a; the new town mayor, Jerome Davidson!

Judith, Haslemere u3a

Spotlight On



Maggie, Wandsworth

u3a

June is Pride month so we spoke to Maggie, a member of u3a and of the LGBTQ+ community, about what Pride means to her.

You don't see older LGBTQ+ people often. You don't see them in magazines. You don't see them on any Twitter accounts. You never see the older – it's always the young LGBTQ+ person. People don't realise that there is an older

exist.

I have a rainbow badge on my bag
because I think we [the LGBTQ+
community] need to be seen.

I love Pride, I just love it. When I was 16 I thought I was the only gay woman in the world. So to see so many people feeling, well, pride, about being LGBTQ+ is wonderful. A lot of people think that when we say "pride", we mean being full of ourselves, but really pride just means the opposite of shame. That's what I always felt growing up, I felt such deep shame. It's about banishing that.

My first Pride was in Cardiff, it was wonderful. Just wonderful. The first time I went to a gay bar, being surrounded by other people like me – it's hard to describe what that feels like, other than life changing.

This year, I'll be going to London Pride – but I prefer to take photographs rather than march in the parade. It is such a wonderful feeling to look around and to know you're not alone.

Read more from Maggie on our [What Pride Means to Me](#) article on [our u3a blog](#), [Sources](#).

If this article resonates with you and you would like to know what support is available, please see a list of resources on [the equality and diversity pages of the u3a website](#).

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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