

# u3a

## Newsletter

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



**In u3a week, Bromley u3a held a Discovery Day with Bromley Little Theatre. Not only did they recruit six new members but it also gave volunteers a chance to get to know to other members better.**

# September

Dear friends,

**Over the last few years the newsletter has grown and developed and you have shared within it many stories and opportunities from across the movement.**

We are now a community of people and the conversation we are having with each other covers a whole range of topics, ideas and interests.

**Many of you have emailed following the newsletters, setting out your personal experiences about what u3a means to you.**

This feeling of friendship is at the heart of the newsletter, because that is what is so special about u3a. Going forward we want to reflect our sense of togetherness in the newsletter.

We are people who support all that the u3a movement stands for as Friends of u3a. **As Friends we can identify all the continued opportunities, ideas, services and interests that our great community bring together to share with one another.**

With very best wishes

Sam Mauger

CEO of the Third Age Trust



emailing [communications@u3a.org.uk](mailto:communications@u3a.org.uk)

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***In this issue...***

u3a week celebrations

**South East Forum u3a Summer School**

The joy of ballroom dancing

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## **Bitesize Newsletter**

As a special treat for u3a week, we've got a bumper version of the bitesize newsletter for you - this time six pages long.

[\*\*Download the Bitesize Newsletter\*\*](#)

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# News From the Trust



Photos: Lymm and Thelwall u3a, Upholland & District u3a, Barnsley u3a

## Our movement celebrates u3a week

From Dundee to Penzance, u3a members got out and about in their community during u3a week. There were beach cleans, table tennis tournaments and open days. The smiling faces in your pictures are a testament to how much fun being a member of the u3a movement can be.

We'd love to know how successful u3a week was for you - please email [u3aweek@u3a.org.uk](mailto:u3aweek@u3a.org.uk). We will be sending out a survey in the next few weeks for your feedback and suggestions for next year. This feedback will help evaluate



do ask them how they first heard of u3a.

We shared lots of photos of u3a week on our social media platforms - click the buttons below to join in the conversation.



## **Over 5,000 views on our sea shanty film**

We have had incredible support of our latest promotional film, showcasing Hayling Island u3a's Sea Shanty group. Thank you for watching and sharing the film - and please do feel free to use the film to boost your own promotional



## Update on our anniversary woodland

The u3a movement planted almost 10,000 trees as part of our u3a anniversary woodland. We are regularly in conversation with the arborists who look after our woodland. We are delighted that our trees, whilst still very small and growing amidst competitive vegetation, are generally doing well. This is after surviving the hottest and driest summer in south Wales in modern history.

Our woodland is planted for future generations and we will enjoy seeing them take root and grow over the years to become strong and established. We hope to organise a u3a visit at a suitable time in the future when there is more to see.

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Can you help strengthen the u3a movement?

As our integral newsletter community, we really need your help to strengthen the movement. Most of the work of The Third Age Trust is done by a strong team of volunteers. There are opportunities to join the following committees:

**Third Age Matters:** The Trust's magazine is produced by a professional team, guided by a TAM Committee of volunteers, who have an interest in print and digital publishing.

**Third Age Trust Trading:** The Board of the Trust's Trading Company oversees the Beacon membership system, support for u3a web sites, TAM, and other activities.

**The Third Age Trust:** Could you contribute to our working groups on communications and external affairs or u3a development and support?

If you are interested in learning more please email the Trust's CEO at [ceo@u3a.org.uk](mailto:ceo@u3a.org.uk). Please use Third Age Matters, Trading or Trust in the subject line of your email to indicate which opportunity interests you.

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# Sources

## u3a One Movement

u3a week showcased how, though we are spread across the UK, we are all connected together as 'one movement.' We asked Trustees to tell us what they think 'One Movement' really means when it's used to describe u3a.

"To me, the term One Movement sums up the vision the founders of the u3a had at its inception.

A national, and international, organisation encouraging third agers to partake of self-help, lifelong learning through local u3as.

Each independent but interdependent, and enjoying the profile and reputation that a movement of over 450,000 members (in 2020) warrants."

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*John, Trustee*

Read more on [our u3a blog, Sources.](#)



## u3a in the Media



### u3a week results in a media splash

It has been wonderful to hear of all the u3as securing coverage in the local media, which has been especially common in the run up to u3a week.

- **Yahoo UK News** - Hayling Island u3a Sea Shanties.
- **The Pensioner magazine** - full page splash on u3a.
- **The North Edinburgh News** - Judith from Edinburgh u3a spoke about laughter yoga.
- **The David Fitzgerald Show on BBC Radio Devon** - David from Teignmouth u3a had his ninth guest appearance.

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- welcoming their 500th member.
- **Hassocks Life** - a feature on Hassocks, Hurts and Ditchling u3a where they were described as 'thriving'.
- **Sussex Life** - a feature on Lancing & Sompting u3a's showcase.
- **The Oban Times** - an article about Oban u3a's birthday.
- **The Finish Line** - Telford u3a member Rita appeared on the quiz show and spoke about her u3a groups.

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## Our Impact

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



## Debating Positive Ageing

To challenge ageing stereotypes, u3a members joined prominent voices in a conversation on positive ageing. When asked what positive ageing meant to her, Trustee Sandi shared her experience as a u3a member striving to live her best life in older age. Watch the playlist of videos on [our YouTube channel](#).

We'd love to know what positive ageing means to you - let us know by emailing [communications@u3a.org.uk](mailto:communications@u3a.org.uk).

## Being Brain Healthy: Our latest Future Lives talk

Professor Alan Gow, who appears in our Positive Ageing films, is giving a talk hosted by the Future Lives group on Wednesday 25 October at 2pm. He will be exploring how our thinking skills change as we age and what we can do about



## **93% of u3a members agree that digital health could help support healthy ageing**

u3a recently worked with the University of Ulster and the Agile Ageing Alliance on research into digital health technologies. The majority of u3a members agreed that digital health could support healthy ageing and 70% felt that widespread use of health apps could reduce the costs of healthcare provision. The full results will be shared in the November edition of Third Age Matters.

If you are interested in learning more, the Agile Ageing Alliance is offering a few u3a members the opportunity to join the forthcoming AAA ISO Leaders Forum in London on Friday 3 November. The event brings together expert practitioners and thought leaders from across the world, who will be discussing



healthcare. Admission is by invitation only. [Register interest in attending.](#)



## **Older people and the climate: a new report**

We are delighted to have contributed to a new report by NPC and Re-Engage exploring the impact climate change will have on different communities. The report showed that, as u3a members already know, older adults care about the impact of climate change and are concerned about the impact it will have. [Read the report.](#)

# Learning Across the Movement

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



The STAR awards took place yesterday, where the winner of the 2023 Short Story competition was announced. See all the entries on [the learning pages](#).

## u3a Podcast: Back after a summer break

We're back after our summer break with an exciting September episode. Tune in to hear John Tucker from the Woodland Trust on environmental action, a member's memories of being in Aden in the 1960s, and Neville Lyons talking about the first work computer, the Lyons Electric Office.

Ela, who have been amazing contributors for three years. Their presence will be greatly missed. Join us in celebrating their journey by [listening to this special episode.](#)



## A World of Online Learning

Five members of the u3a Interest Groups Online Community have shared what they loved about their groups in a new video.

If you would like to learn something new and connect with people across the country, you can try a taster session of Interest Groups Online in the fair they are running between 2-6 October. Find out more on [the Interest Groups Online](#)



## What do you want from a national learning programme?

If you haven't already, please share your thoughts with us about the national learning programme.

We want to know what support you need to help your u3a groups to grow; what subjects you would like to know more about; your experience with online learning; and what subjects interest you. This will help us to identify what learning and networking opportunities members would like. [Take the survey.](#)

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# News from the Board

## Liz Thackray, Chair of the Third Age Trust

This is a busy time of year. **We have just celebrated u3a week – and it has been great to see the photos and hear of all the events.** Now the final preparations are in hand for the AGM. The newly elected Trustees, who will join the Board following the AGM, are meeting staff and others as part of their induction process. We are saying our goodbyes to colleagues who will be leaving the Board.

**During the past months we have been exploring the possible benefits and format for a u3a council and have held a number of pilot council meetings.** The third of these was on 20 September and included representatives from all the regions and nations and from Network Link. The summary of the meeting will be made widely available through mailings and also on the [Fit for the Future](#) and [Keeping in Touch Facebook pages](#).

If you want to have your say in the future development of the u3a movement, and, in particular, its governance structures, do consider joining the discussion on the Facebook page - [u3a Fit for the Future](#). When you register, please make sure you answer the membership questions – otherwise your application is automatically refused. **The views of all u3as and all u3a members are important as we consider possible changes in our governance structures.**

## u3a News

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



### South East Forum Summer School

u3as across the South East braved the heat to learn and have fun together with sessions including Cycling (pictured), Yoga and Mindfulness, Archaeology and a Quiz. Everyone was in high spirits and, despite the high temperatures, had fun learning new things and connecting with other members from across the county. There will be more stories from u3a summer schools in the November



## Crawley u3a Open Afternoon

Over 250 potential and existing members visited Crawley u3a when they held their Open Afternoon earlier this month. The event was an opportunity not only to recruit new members, but for existing members to renew their annual membership and to discover new groups.



## Culm Vallev u3a showcase their artistic talent

Culm Valley u3a recently showcased the work of their art groups in an arts and crafts exhibition - including drawings by members who did not draw at all a year ago (pictured.)

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## Your Stories

I was delighted to visit Verulam u3a in St Albans for a second time. I am very pleased to have been involved with this u3a during my time as Trustee and wish them very well for the future. I have been invited to attend as a guest whenever I wish, and I shall do just that.

I recently also had the pleasure of joining Thurrock u3a for their 21st Anniversary lunch. The lunch was delicious and the friendliness of the members outstanding. The chair, Paul, is clearly doing something right. He has a very proactive and enthusiastic committee of 18, with five waiting to go on the committee. Absolutely wonderful. I wish Thurrock well, keep up the good work!

*Barbara Cordina, Trustee for East of England*

*Read more on [our u3a blog](#), [Sources](#)*

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## Subject Advice News

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





**Judith meeting Dr Kataria, the Founder of Laughter Yoga.**

## **Learning more about: Laughter Yoga with Subject Adviser, Judith**

**When did you first start practicing laughter yoga?**

I discovered laughter yoga 12 years ago, and I was fascinated by the idea. At that time, I felt that my life could do with a bit more joy in it, a bit more playfulness and fun, but I didn't know how to make that happen – and then laughter yoga came along and I've been practising it ever since. And sharing it with others – because it really can turn your your life around.

**What do you enjoy about laughter yoga?**

self-confident. They make friends, and a sense of community develops. These are big claims, but there are many in my laughter yoga groups who will testify to the truth of this.

### **How can u3a members get started with laughter yoga?**

Come along to some of the online laughter yoga sessions. These sessions take place on the second Wednesday of every month, from 10am-11am and are open to any member of any u3a. And please don't just come once. Laughter yoga can feel very weird at first. Come several times before you make up your mind! These can be booked onto on [the events page of the website](#).

#### **A warm welcome to our new Subject Advisers:**

**Roger - Metal Detecting, Patricia - Yoga, Ian - Quizzes, John - Climate Change & Environment, and Angela - Walking Netball.**

**See all the current Subject Advisers on [our Subject Advice page](#).**

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## **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](#)**



## **Royal Presence and Royal Presents: A Commonwealth History**

Thursday 5 October, 10am

Rachel Peat Underhill, Curator of Decorative Arts at Royal Collection Trust, traces the early origins of the modern Commonwealth.



## **The Commonwealth War Graves Commission and its Archives**

Monday 9 October, 2pm

Learn about the history of the Commonwealth War Graves Commission and how to use their records in your own research.



## **Live Cookery Demonstration - Autumn recipes**

Friday 13 October, 10.30am

Chef Alex from 'Vegetarian for Life' demonstrates how to make three autumn



### **Family History: Why the whole family matters**

Wednesday 18 October, 2pm

Julie of Syston and District u3a will share insights, tips and examples for family historians.

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## **Advice and Volunteering News**

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

### **Influencing and Social Change**

Do you want to find out more about how we can use our combined voices and get involved in our communities to raise issues that matter? We will be running our next two-part Influencing and Social Change online workshop on Monday 23 October at 2pm. All u3a members are welcome to attend.

**Other highlights in our workshops schedule include contingency planning for your u3a, and our new presentation on Equality, Diversity and Inclusion. See details on all of these events on [the workshops page](#).**



# Offers and Services

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



## Save 3% with B&Q with u3a Click and Save

Looking to get your home winter ready? From power tools and pressure washers to heating and plumbing, shop and save at UK's leading DIY and garden centre retailer.

Use your voucher in store to save on everything you need to upgrade your home and garden. The eVoucher can be used to make purchases in store or online at [www.diy.com](http://www.diy.com). 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. Delivery charges apply for physical cards, up to £6.95 depending on value. u3a Click and Save is managed and run for u3a by Parliament Hill Limited.*

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## u3a Festival 24

**u3a Festival 24 is taking place 18-20 July 2024. Find out more about the festival on [the u3a website](#).**

### Join us as a Festival Steward

Plans for next year's festival continue to come together. Margaret Fiddes is Trustee for the Yorkshire and Humber region and is helping to organise the festival. She says "We are delighted by the incredible response we have had and we're working to get a programme together so you can see what will be on offer.

"As we gear up we need your help. We'd like to invite you to be a part of the festival by volunteering as a steward or a meeter and greeter.

"Stewards will play a pivotal role in helping the festival running smoothly. Don't worry, you won't be required to work all day, every day – we understand you're here to enjoy the festival too."

If you're interested in becoming a festival steward or meeter and greeter, please email [festival@u3a.org.uk](mailto:festival@u3a.org.uk)

Read more from Margaret on [our u3a blog, Sources.](#)

## Your Suggestions

### British History

There are at least 2,000 u3a British History interest groups across the UK. u3a members of these groups are invited to suggest imaginative ways that we can bring British History to life at the u3a Festival.

If you are interested in helping to develop a British History programme for the Festival contact [ian.mccannah@u3a.org.uk](mailto:ian.mccannah@u3a.org.uk)

*Ian, Subject Adviser for British History*

### u3a Musicians

We are looking for groups of musicians of any genre and for single performers to play at the festival. If you are interested, please contact [sandi.rickerby@u3a.org.uk](mailto:sandi.rickerby@u3a.org.uk)

*Sandi, Trustee for the North East*

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## Spotlight On:

**Gill and Greg Cockermouth u3a**



*As BBC's Strictly Come Dancing returns to our screen - this time with the oldest contestant ever Angela Rippon, u3a Subject Advisers for Ballroom Dancing Gill and Greg spoke about their love of the sport.*

Gill : "To enjoy ballroom dancing, all you need is the right attitude. It doesn't matter if you think you have two left feet, because it can all be worked on.

You don't have to be the top of the tree at dancing, if you have a ready smile on your face and you're happy to have a bit of a giggle, you will enjoy it."

Greg: "It's good for bone health, circulation, posture and it is great discipline for maintaining balance. Dancing also helps keep the memory active because you must remember the moves."

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