u3a Newsletter

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The Western Suburbs Newsletter, Tips and guides created by Sally Simpson, Jan Ashton and Ann Ashton. Click to open in your browser

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January

Dear Civic

As we start the year, I'm sure many of you will be thinking of your plans for 2024 - whether that's learning something new, joining clubs for the first time, or continuing with your existing club groups.

In our new video, the final in our Lauren Greenberg Richard Tolley series, member Richard Tolley shares his thoughts on why he joined the U3A and why he thinks it's more than just a way of meeting like-minded people and friendly community that Barnet has found within her u3a interest group.

Looking forward to later in the year, I wanted to let you know that in October, other eight years with u3a, I will be leaving the Trust Edge Fund and Barnet Community Harvest.

2024 will be an exciting time as the Trust begins to look for a new Chief Executive who will take up the reigns to work with u3as across the movement. It will be a time for us to reflect on what we have achieved and celebrate people that make our organisation so special.

The staff team and the volunteers here at the Trust are dedicated to the movement and are second to none and can fortunate to work with them as well as the many Trustees that I have worked with during this time.

I look forward to sizzling with many of you between now and October

With very best wishes

Sam Seager
CEO of the Third Age Trust

In this issue...
- Investing in Volunteers
- Fine Supporters of Lancaster Women Tennis Tournament
- Sunnyside Urban Vegan and Vegetarian group

Bilanoo Newsletter

Download the Bilanoo Newsletter

Your Stories

Joining u3a was one of the best things I ever did. I am now helping the committee with the website and I feel I have made a difference to the organisation and u3as in Kingston upon Thames, and I have made many friends. Thank you, Kingston u3a!

Helen, Kingston u3a

News From the Trust

Investing in Volunteers

We are delighted to announce that we have received the Investing in Volunteers Quality Mark. This is the result of months of hard work from our staff and Volunteer Ambassadors.

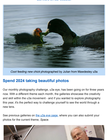
Thank you to all of the volunteers of the Third Age Trust who give their time to keep the movement thriving. You can read more on our website.

u3a News

Sunny climes for Lancaster walkers

Twelve members of the Lancaster and Morecambe Walking Group enjoyed a week's walking in the Algarve, Portugal, staying in Carvoeiro, Lagoa, Silves. As the name of the River Arade and the coffee shop with Pom Pom au Lait in Lagoa. There was still time for some activities including swimming in the sea, visiting a local tuk tuk city, enjoying Valentine's cake and celebrating Valentine's day.

If you love walking and would like to share walks with other u3as in Kent, you may be interested in the u3a walking exchange. Find out more on its events page.



Members of Yeovil u3a at a picnic event in 2022

Haverhill & District u3a celebrate 20 years

Haverhill & District u3a are celebrating their 20th anniversary this year with a picnic on the Great Bradfield on Hedingham, and later in the year, a Victorian Tea Dance and a Garden Party. Members will also be visiting the Holy Trust garden in the near future decorated in u3a colour. Read more.

Members of the Cambridge u3a group enjoying their Valentine's Babycakes! Camera Club.

Learning Across the Movement

These are just some of the national activities members can get involved in – see more on our website.

Card making was once photographed by u3a from Wandsworth, u3a.

Spend 2024 taking beautiful photos

Our monthly photography challenge, u3a now, has been going on for three years now. With a different theme each month, the galleries showcase the creativity and talent of our photographers. Some of our members have been participating this year, to the perfect way to challenge yourself and the world through a new lens.

Your previous galleries on the u3a now page, where you can also submit your photos for this month's theme. Space

Card making was once photographed by u3a from Wandsworth, u3a.

Exploring the world of talking newspapers

At the January u3a now podcast, team member Jim gave listeners the scenes of the Knutsford Talking Newspaper.

For forty years, a team of volunteers have been creating audio files of the Knutsford Guardian, making it accessible for listeners to find out currently with what is happening in their local community. Listen to the podcast on u3a now or on YouTube channel - all information can be found on this u3a now podcast page.

Your Stories

Rules has always played a large part in my life from the time I made my first game of Ludo at the age of 5 to my current u3a group playing Cribbage. Cribbage, where all the wonderful music ranges in the scale in a jolly way, from, time to time, having to play while celebrating other people's birthdays.

I belong to Cribbage and Ukulele u3a groups, Kent Rules, and the wonderful music ranges in the scale in a jolly way, from, time to time, having to play while celebrating other people's birthdays.

Tony Westcombe on ABC Radio.)

Jean, Barnsley u3a

In 2023, we added your favourite talk stories. Read more members' experiences on our Blog. Remember

Subject Advice News

See all the latest updates and the full list of Subject Advisers on the Subject Advice page.

Learning more about: Film with Subject Advisor Dieter

Where did your love of cinema begin?

My interest in film is grounded in my childhood growing up in post-war Hamburg, Germany. Back then, there was a lot of cinema-going, and I remember being astonished at the cross-paying travelling fair and annual circus. We did have three cinemas in our part of town. The cheapest cinema seats near our school and home were in the stalls, for 1 Deutsche Mark, which was about 25 pence in 1960 Pence. We squeezed in by the middle aisle and sat on seats that folded up. It felt as if we were in figures out our strategic mistake. I loved every minute of it.

What are your favourite films?

All Quiet On The Western Front (1930). Its a hanger-for-most effective anti-war film I have seen.

2001: A Space Odyssey (1968). Leaving the cinema I felt like Shrdlacious Rice was all worthy.

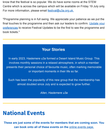
Bicycle Thieves (1948). Simultaneously a film for post-war Italy and modern day anywhere at all. It's a powerful amazing analogue in a nutshell cinema.

How will you help u3a members planning to set up a new group?

I'm a bit of a cinema-goer and I'm happy to talk about films, from the silent era to the first screening.

Read more about Dieter's Learning and Memories Group and Dieter's Film Appreciation Group.

You can contact Dieter or the Film Subject Advice page or if you'd like to know about their Subject Advisers and support your u3a interest group, visit Subject Advisers and what they can offer you.



Your Stories

What are we working towards in u3a? Well, for our newest group, - time whizz-bum-ugh and roar!

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Welsh Online Groups

During lockdown I was invited to join a Welsh group in Manchester which had gone online. It was marvellous to be able to improve my confidence in my native language. Sadly, Welsh people in my Surrey town are very few and far between and none of them are members of my u3a. Why couldn't there be a network of such groups sharing their knowledge with those unable to access a group locally?

With this in mind, some Welsh groups have offered to open their doors to other u3a members - with no cost. You can find a list of these groups on my Subject Advice page.

Cher, Subject Adviser for Welsh Language

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 workshop

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 the next introduction to Influencing and Social Change online workshop on Wednesday 13 March at 10am. All u3a members are welcome.

Offers and Services

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

Save on your weekly grocery shopping with u3a Click and Save

Through u3a Click and Save, you can save money at the UK's biggest supermarkets including ASDA, Iceland, Morrisons, Sainsbury's and Tesco*.

Find out more.

**Terms and conditions apply. See website for details. Offers subject to change without notice. The exclusive discounts are 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 £9.61 depending on value. u3a Click and Save is managed and run for u3a by Parliament Hill Limited.*

Spotlight On:

Brian, Bourne End and District u3a

I grew up in Dundee and moved to the South East after completing my studies. I now live in Maidenhead with my wife Val - we have three grown up children and seven grandchildren.

In 2019, I joined Bourne End and District u3a. A few years later, I saw an article in Third Age Matters about Third Age Trust Trading Limited (TATTL). This is the Trust's subsidiary company that manages activities aimed to provide additional benefit for individual members.

My career was in business management and I wanted to help the movement at a national level so I applied to become a volunteer non-executive director. I was appointed in 2022.

In addition to being on the TATTL board with the opportunity to input to all its activities, **I became involved in the new u3a Friends initiative.** This is being launched in February through this newsletter. **It will enable individuals to access a variety of resources, services and benefits.**

One strand of Friends is Friends Extra, which will be launching in April. There is a wide range of planned benefits. I believe these will provide more choices, opportunities and real savings for those who register (free of charge) to join the Friends community. Testing is now underway for the dedicated Friends Extra website with the launch and communications preparations progressing.

I really enjoy my role and have been impressed by the enthusiasm and professionalism of all my colleagues and the u3a staff, as well as everyone's team spirit.

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