





**33** Sandbach u3a, Jinty Pyke, **Juggling keeps us young**, *Individual*  
I've been a u3a member since 2003. My hobbies include all types of craft work and painting in watercolours and acrylics. We no longer have a dog of our own so my husband and I now enjoy hosting dogs on their holidays through Barking Mad which covers us with insurance and provides back up if we need it. I belong to a variety of groups in u3a, all in all retirement is busy and fulfilling.

**34** Hordean & District, Sue Dobson, **For the Time of our Lives**, *Individual*  
When I first saw the u3a 40th Anniversary Quilt challenge early last year, the sign-post idea came to my mind, to highlight the variety of activities available to u3a members, but I wanted to use photos. These are: Food Group; Walking group; Science group; Needlecraft group. I think the 'bubble' headline adds a bit of humour. This was a perfect lock-down project, which I enjoyed enormously.

**35** Wigan u3a, Sheila Wignall, **Enhancing the Quality of Life**, *Interest group*  
Wigan u3a's Craft group block highlights health and wellbeing with "Positive Ageing" majoring on the blue and yellow of the u3a logo: the star depicts positivity and hope; the yellow flowers, friendship; the chevron border, inclusion; the tree at the centre, the tree of life. The group challenges cognitive development, enhances positive mental health and equips us with new skills. It generates social connections, creates new friendships, promotes self-esteem and the opportunity to engage in wider u3a activities.

**36** Gloucester u3a, Gill Whiteley, **Learning from others and with others**, *Individual*  
I thought this image summed up the aims of u3a to laugh, learn and live. The book symbolizes the sharing of knowledge, the figures the friendship that grows from this. When I retired, I joined u3a which gave me the opportunity to meet new people and enjoy new activities in a welcoming, friendly atmosphere. Recently I moved to Gloucester from Essex and joined the local u3a which enabled me to learn laugh and live with new friends.

**37** Mapperley & District u3a, Stefka Samus, **The Perfect Recipe for Positive Ageing**, *Individual*  
I was taught to embroider by my mother in the Ukrainian cross-stitch tradition but my latest bout of enthusiasm was rekindled when I couldn't find anything for a 'Four Seasons' sampler project so I decided to design my own. The u3a 40th Anniversary Quilt competition was just the right project to stimulate my interest in designing and creating a unique commemorative embroidery, using my cross-stitch skills once again. It took me a thoroughly enjoyable 3 months of mindfulness embroidery.

**38** Stafford u3a, Gwyneth Oulton, **Learn, Laugh Quilt**, *Individual*  
In 2011, I discovered the art of Quilting in Zurich. I found the u3a Quilt group in Stafford which has filled the gap my previous quilt group left. During Covid we had zoom meetings. We all acquired new Technical skills and a lot of laughs when things didn't go right. My block is entitled 'Celebrate, Share, Care' and is designed around the u3a strapline – Learn Laugh Live and two, using English paper piecing and appliqué.

**39** Canterbury, Sylvia McNally, **Learning and Teaching**, *Individual*  
Since a child I have always knitted and sewn, now with more free time I can concentrate on my art side. After visiting an exhibition, some years ago at the V&A, I started making quilts and later through U3A I learnt bookbinding. u3a gave me the confidence to teach a course last year, the first time I have ever taught anything. As they say, you are never too old to learn something new.

**40** Liphook u3a, Ann Butler, **Stepping out with the u3a**, *Individual*  
The Liphook u3a Walkers Group quilt block showcases one of the fantastic walking opportunities in our area – the South Downs. We have taken inspiration from one of our many photos to develop a landscape quilt, capturing the rolling downland and sweeping meadows. Our walks definitely enable us to step out and to Learn Laugh and Live.



**9 Newcastle Emlyn u3a, Hazel Towle, The Plus Side of u3a, Individual**  
I started my square with the idea of being positive and made a patchwork plus sign from the blue and yellow u3a colours and then appliquéd two silhouetted figures on to the square. I feel these show u3a members with a positive attitude towards keeping going and doing what they can. We have both walking and Petanque/Boccia groups in our u3a and a wheelchair table tennis player!

**10 Stafford u3a, Joyce Hardy, Create-Join-Quilt, Individual**  
I had so many craft-based hobbies including wood carving, papercrafts, lacemaking, felting crafts, embroidery and stitchery of all sorts. Just before the age of 60, I completed a foundation course in arts followed by a degree course in contemporary crafts. On learning about u3a at a public display in Stafford town centre, I soon started to learn new skills including patchwork and quilting.

**11 Witney u3a, Jane Clarke, Tree of Knowledge, Individual**  
After my husband died I moved to Witney to be near my daughter and family and after a few months in Witney u3a was asked to take over as Groups coordinator. I chose a Tree of knowledge to show that knowledge is something that grows. The branches represent the structure of u3a, the leaves illustrate the wide Time Quilt Square.

**12 Witney u3a, Ann Francis, Scrabble, Individual**  
For most of my life I have embroidered, patchworked and stitched. I entered the u3a anniversary Quilt Competition independently and decided to submit a Scrabble Board design for my Competition to include the words "Learn, Laugh, Live". Scrabble is a popular Group so I wished to depict the friendliness and support that u3a can give.

**13 Cheddar Valley u3a, Wendy Booth-Boyd, Patchwork and the u3a bring us together and keep us young, u3a**  
The creation of the Cheddar Valley u3a banner was undertaken in Autumn 2020 and the group continues to thrive. We meet regularly via zoom, to share news and sewing tips, skills and successes. In July 2021 we were able to meet once again in person, that's where we discussed ideas for the group quilt block and most of the pictures were taken.

**14 South Manchester u3a, Russell Ramsden, The next stage, Individual**  
I had a long-standing interest in embroidery and was a rare, male member of the Embroiderers' Guild for many years, but retirement gave me time to develop my skills and knowledge. I enjoy it very much and I find it challenging and mindful, especially during the pandemic. I decided to enter the quilt challenge to test myself, hoping to show the diversity of u3a.

**15 Potters Bar u3a, Sylvia James, Variety adds spice to positive ageing, Interest group**  
The first project Potters Bar u3a Machine Patchwork Group worked on together, twenty years ago, was a banner depicting the dozen or so group activities of our u3a at that time. Taking inspiration from the old banner and the new motto of Learn Laugh Live, we've tried to show simple, colourful and meaningful things on our block. Through lockdown we have tried to keep in touch and plan to resume normal meetings soon.

**16 Gloucester u3a, Penny Harper, Circle Dancing, Individual**  
After a move from Essex about 10 years ago, I joined Gloucester u3a with my husband, in the hope that I would make a new circle of friends. I was persuaded to start a craft group. Now with triple vaccinations, well ventilated venues and socially distanced spaces, our u3a groups have started up in several places and we have high hopes of returning to as many activities as possible.



**17 Saltburn u3a, Liz Read, Learn, Laugh, Move, Individual**  
The seminole patchwork border is made using scraps of patterned and plain cottons and then appliquéd onto the background. The figure has been deliberately made slightly larger than the border and overlaps it to give the impression of movement and vitality. I hope it conveys the importance of continuous learning while having fun and remaining active in later life.

**18 Great Glen u3a, Sue Russell, Learn something new today, Individual**  
I started quilting several years ago and I enjoy developing my skills. Designing this block introduced me to paper piecing and machine embroidery, techniques I had not used before. I joined Great Glen u3a when I retired and soon joined the Committee. For me joining the u3a is a new start, the dawn of a new phase of learning. I have made many new friends and this is the theme of my block.

**19 Witney u3a, Jane Clarke, Time, Interest group**  
I have been a needleworker since childhood and over the years have tried most crafts but only in the last few years have I taken up quilting. I chose Time as the theme for my square - being a member of a group and sharing your knowledge with fellow members means you sometimes have to do some research, refreshments are an important part of meetings hence the mugs.

**20 Olton and District u3a, Patricia Goodwin, Positive Thinking, Individual**  
I don't have a sewing machine, but I have always enjoyed embroidery so I chose that. My block has a man's and a woman's head thinking about the groups they could join to keep active and their grey cells working as well as socialising within the community. One of the saving graces during the pandemic has been our involvement in u3a.

**21 Swansea u3a, Sue Shannon-Jones, Keep us growing, Individual**  
I suppose I started my sewing life when I was about 8 or 9 years old on my mother's Singer Treadle machine. As I grew older and had children of my own, I honed my sewing skills by making their clothes. When I retired I found I had the time and the head space to start again, this time in a more creative way.

**22 Shenfield u3a, Brenda Major, Never too Late, Individual**  
My block depicts the brain and heart, connected by the double helix of the DNA. I feel the design reflects a theme that gave me vital knowledge and provoked lively, contentious ideas about the ethics of genome coding. u3a is marvellous for friendship and learning and I have relished the opportunity to engage with a complex subject in a supportive and inclusive way. It was a thrill to sew this block and boldly show that it really is NEVER TOO LATE to learn!

**23 Stafford u3a, Gill Tursely, Stafford Quilting Friends, Individual**  
When I joined Stafford u3a one of the first groups I joined was the Quilting Group. The block represents Stafford Castle, some of the sewing equipment we use and a hand-shake for friendship. I have used foundation quilting technique, a patchwork of squares, appliqué and machine embroidery. The u3a Quilting group has been a positive ageing experience for me.

**24 Shotton u3a, Cicely Freeman, Turning Leaves, Individual**  
I heard about u3a from my parents who were members of Guildford u3a from 1985 so when I retired after 50 years as an Orthoptist I joined Shotton u3a and have been an active member ever since. I help at a local Dementia Café, play tennis and attend Yoga Classes. We have lived in a Hamlet in Warwickshire in a real Tudor House for the past 48 years.



**25 Exeter u3a, Steph Ward, My well rounded u3a world, Individual**  
A Chartered Accountant by profession, I married and moved to France. We spent five years in France then had a couple of years in Greece before returning to the UK. Later we set off on a new adventure, returning to the UK after three years and moving to Exeter. I had learned to play mahjong in China and looking for a group, I found u3a.

**26 Olton and District u3a, Jan Burchell, It's great to be together, Individual**  
As I thought about the subject of positive aging, I felt that being able to talk and laugh keeps you young. My block shows a diverse and happy group, with a small nod to Covid from the man in a mask. I used photos and clip art for the basic drawing, then machine appliqué pieces to the background. I then highlighted the faces and thumbs-up by hand and machine.

**27 Ards Peninsula u3a, Elaine Gillespie, Hands of Friendship, u3a**  
The Ards Peninsula group has used our county colours in the Hands of Friendship block and is silhouetted with the main u3a groups shown. As a new u3a, we're finding our feet. In making this block, we used English paper piecing as it was a new technique to patchwork and meant more of the group could be involved in the project.

**28 Weston super Mare u3a, Diane Whitfield, Colourful Life, Individual**  
I brought up my two sons as a single parent, living and working overseas and in the UK, finally moving to Weston super Mare where I was invited to join the local u3a and discovered a whole new world of other like-minded souls. It has opened up a wonderful world of new opportunities and new friends. My Quilt Block Colourful Life" demonstrates the variety of activities available and the Rainbow Smile indicates diversity and acceptance.

**29 Wanstead and Woodford u3a, Rhonda Anderson, Harmony, Diversity, Unity, Individual**  
My mother taught me embroidery and when I became a primary school teacher, I had to learn the stitches to teach my pupils. In 2000 after an illness, I took ill health retirement and to aid my recovery, I enrolled in City and Guilds Patchwork and Quilting which was a huge challenge and learning curve for me. I have exhibited at Sutton Hoo and Marsh Quilters' exhibitions. I convene Sew Crafty, in Wanstead and Woodford u3a.

**30 Exeter u3a, Frances Berry, Joy of u3a, Individual**  
A member of two u3a craft groups and a quilt making enthusiast but never having sewn for competitions, I felt compelled to design a square for the 40th anniversary quilt. My feelings as a u3a member are that u3a is 'pure gold' in its potential for joy making, so I called my square the Joy of u3a. In my ten years with u3a I have not only achieved joy but have also made new friends.

**31 Bolton u3a, Joyce Thornton, A Mariner's Compass, Individual**  
As a member of both Bolton and Chorley Quilters, I really wanted to take part in the 40th Anniversary Quilt project. My block is based on a well-known patchwork block entitled a 'Mariner's Compass' showing that wherever you travel, you will nearly always find a u3a with a wide variety of social and educational activities. I have embroidered a small selection of the activities available in Bolton u3a on the block.

**32 Exeter u3a, Amanda James, Wild Swimming, Individual**  
Grow old, go wild ... swimming. Learn laugh live. I have always been a swimmer and have been drawn to wild swimming, which I do with another U3A member. I think the U3A strap line embodies this activity. As for learning, well that's learning to embrace all life's challenges, including this exhilarating sport.



**1 Merton u3a; Lynda Pawley, Sew much fun, Interest group**  
Merton u3a Patchwork and Quilting group has been going for over twelve years. When the challenge to submit a block for the u3a Anniversary Quilt was issued, we were unable to meet as usual because of Covid but we decide to submit a Group Block under the heading "sew much fun". Using the u3a colours, our block consists of a large umbrella representing Merton u3a with 'pictures' of the tools and designs we used to produce our beautiful Quilts.

**2 Newcastle Emlyn u3a, Hazel Towle, Crafty Crafters go on Learning, Interest group**  
Several of the twelve crafting members in the Newcastle Emlyn Crafty Crafters group designed and completed this square and then each took a section to embroider. We learn new crafts together and teach others our skills. We translated the strapline Learn, Laugh, Live in to five other languages. We are never too old to learn.

**3 Exeter u3a, Angela Edmunds, Stretch the Body, Stretch the Mind, Individual**  
Personal development and well-being have always been important throughout my career and provide me with the opportunity to take up more exercise. Inspired and encouraged by a friend to join the u3a Quilting Bees, I also took up quilting and this block brings together my two new passions.

**4 Halewood u3a, Jackie Fearon, Variety is the Spice of Life, u3a**  
The various activities at Halewood u3a encourage members to make their own personal choice, creating a strong, energetic enthusiasm. I consider this in itself to be positive ageing. All our group activities are shown in my square, this is positive thinking that goes with positive ageing!

**5 Epsom and Ewell u3a, Evelyn Smith, 'Hopscotch Takeover', Individual**  
My square uses calico, hand-dyed and commercial fabrics and dye sticks, machine appliqué with some hand stitching and freehand machine embroidery. At 85, I resolved to concentrate on small projects but my daughter requested a queen size bed quilt which kept me busy during lockdown.

**6 Ashbourne & District u3a, Anne McSkimming, Word Play, u3a**  
During the pandemic our local group has continued with many different interest group meetings on Zoom, which has been a lifesaver. My Square, I think, is self-explanatory! Simple appliqué using the u3a strapline "learn, laugh and live" in the form of a crossword.

**7 Pembury u3a, Anne Tyson, Learning Craft Techniques, u3a**  
Our Patchwork and Quilting group experiments with new designs which we find in books and magazines, sharing ideas, templates, use of colour and fabrics. We are learning all the time and like to make items for charity as well as for family members.

**8 Coventry u3a, Christine Porch, Friendship Star, Individual**  
I came to Coventry in 1970 and graduated with a degree equivalent in Art and Design, fine art and painting. From childhood I have enjoyed working with textiles and made my first quilt top in the early 1970s which remained unfinished until about 30 years later. I now share my passions.