

# Welcome Pack

Guernsey u3a

Guernsey **u3a**

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# Introduction



**“U3A shows the value of communities of interest and learning which are not defined by age, or by past experience, but instead are defined by the experiences still to be explored”.**



Thank you for joining us. Our u3a gives you opportunities to develop your interests, make new friends and have fun. During these uncertain times, demand to be part of the u3a movement is as high as ever, with people looking for new ways to keep connected with each other and keep up their cultural, educational and social activities.

Our amazing members have stepped up and found new and creative ways to keep connected with each other and continue their learning. You will see in this pack – there are many examples of new projects, ideas and shared skills and learning that our members are taking part in.

In this pack you will find what's available in our u3a including access to interest groups and communication platforms. You will also have access to the national Third Age Matters magazine, to the national online newsletter and various social media sites.

For more information about what we offer, go to our website at [www.u3asites.org.uk/guernsey/home](http://www.u3asites.org.uk/guernsey/home)

# Local u3a information

## All about us

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u3a Guernsey was launched in November 2015 and within a year grew to 500 members participating in 40 interest groups. Today (July 2021), we have almost 1,000 members and more than 90 interest groups.

We also have an active social programme with a monthly coffee morning on the first Tuesday of the month at the St Pierre Park Hotel, as well as many other social events, tours, visits, excursions and talks.

We publish a monthly newsletter, together with regular newsflash emails announcing new activities as they occur.

## Interest groups

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Our current interest groups include: Wine Discovery, Ukuleles, Walking (multiple), Badminton, Metal Detection, Dancing(x3), Bridge(x2), Calligraphy, Chess, Singing, Photography, Creative Stitching, Darts, Italian, Crafts(x3), Drama, Creative Writing, Family History, French(x4), Art & Drawing (x6), Gardeners, Padel Tennis(x4), Guitar, Table Tennis, Viewpoints Discussion(x2), Skittles(x3), Tai Chi(x2), Local Heritage, Kayaking, iDEA, Sea Swimming, Pétanque(x2), Euchre(x2), Music & Movement, Cribbage, Quizzers, Sunday Lunch Club(x3), Woodworking, iPad, Outdoor Gym, Metalwork Sculpture, Rummikub, Spanish, Philosophy, Poetry Appreciation, Book Club, Guernsey French, Beach Wombles, Felting, Chair Exercise Fitness, Canasta, Group Think

## Contacts

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We are always happy to help members start up new interest groups in WHATEVER subject that they think will be of interest!

To contact our Groups Team email them at: [u3aguernsey.groups@gmail.com](mailto:u3aguernsey.groups@gmail.com)



**From Walking to  
Talking, Gardening to  
Cookery, Yachting to  
Yoga, Current Affairs  
to Supper Clubs – the  
choice is endless and  
determined by each  
local u3a**



# History

## 1981

beginning of movement

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## 2010

membership reach  
quarter million mark

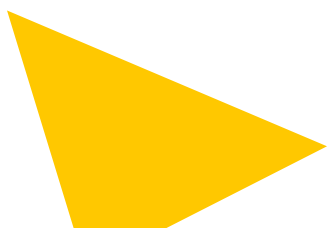
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Our founders envisaged a collaborative approach with peers learning from each other. The u3a movement was to be self-funded, with members not working towards qualifications but learning purely for pleasure. There would be no distinction between the learners and the teachers – everyone could take a turn at being both if they wished.

From its beginnings in 1981, the movement grew very quickly and by the early 1990s, a u3a was opening every fortnight. u3as grew in Scotland, Wales and Northern Ireland and in 2008 membership was increasing by 11% every year. 2010 saw our membership hitting the quarter million mark.

At the end of 2016 the u3a movement reached the milestone of 1,000 u3as celebrated by a conference with speakers including Eric Midwinter – one of the founders of the u3a movement.

Today, our movement includes over 400,000 u3a members in more than 1,000 u3as and is continuing to grow every day.



# Ethos and Principles

## The Principles of the u3a Movement

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The u3a movement is non-religious and non-political and has three main types of principle:

### Lifelong Learning

- Membership of a u3a is open to all people who have retired from full time work
- Members promote the values of lifelong learning and the positive attributes of belonging to a u3a.

### Self Help

- Members form interest groups covering as wide a range of topics and activities as they desire; by the members, for the members.
- No qualifications are sought or offered. Learning is for its own sake, with enjoyment being the prime motive, not qualifications or awards.
- There is no distinction between the learners and the teachers; they are all u3a members.

### The Mutual Aid Principle

- Each u3a is a mutual aid organisation, operationally independent but a member of The Third Age Trust, which requires adherence to the guiding principles of the u3a movement.
- No payments are made to members for services rendered to any u3a.
- Each u3a is self-funded with membership.

# Benefits of u3a membership

## u3a Guernsey offers:

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- A great opportunity to make new friends
- Anyone can join a u3a; there are no entry requirements or qualifications
- Chances to try out many new and different experiences
- Relaxed learning with others with similar interests
- Improving your knowledge on a wide range of topics
- Being able to start any interest group on ANY subject!
- Minimal cost to participate in interest group activities
- Provides you with support to continue to learn
- No exams, ever; just learning for fun!
- Being part of a group gives you that sense of belonging
- Group members share skills to help each other learn & develop
- A huge range of interest groups offered
- An organisation where you can pass on your knowledge to others
- Opportunities to work together on community projects
- Active social programme
- Collaborative way of working and learning
- Friendly and encouraging atmosphere
- Allows you the chance to share your experiences and to help others
- A time and place to catch up with old friends that you haven't seen for years
- Opportunities to be involved at all levels of the organisation – convenors, organising teams, sub-committees, executive committee, regional network teams, national committee
- As a convenor, the opportunity to share your skills with others and gain personal satisfaction from seeing members learn and improve over time
- The convenor role makes you feel (still) needed
- An organisation which allows members freedom to do it their way
- Nationally u3a provides subject support in numerous areas
- Studies show that u3a members have better physical and mental health than non-members and have a more positive attitude to their lives
- It all takes place in a friendly & fun atmosphere!

**And all for a membership fee of only £15\* per annum**

*(\*as at July 2021)*