



THE UNIVERSITY OF THE THIRD AGE

Hastings and Rother U3A

Registered charity number 1097214

www.u3asites.org.uk/hastings-rother

Thank you for enquiring about membership of Hastings & Rother U3A.

The U3A is an organisation of retired or semi-retired people who wish to continue in lifelong learning, sharing educational, creative and interesting activities, as well as forming new friendships. Despite the title we have no formal links with universities. No qualifications are needed or gained. You just need interest and enthusiasm.

We hold monthly meetings (usually on the fourth Monday in the month) at St Peter's Community Centre in Bexhill or the White Rock Theatre in Hastings. Coffee or tea can be purchased from 9.45 – 10.15 am. From around 10.15 notices and announcements are made and at 10.45 there is a usually an entertaining and always informative talk. The meeting ends at noon. We do not meet in August.

Members receive our Newsletter four times a year.

Details of the current monthly meetings are posted on our website. Follow the link for Events. Examples of previous talks include: *William the Conqueror*, *The Short-Haired Bumblebee Project*, *Bexhill Kursaal*, *Women Spies*, and *How to Grow Old Disgracefully*. Also, there are two coffee mornings held between 10:30 am and midday where we can meet informally; one at the White Rock Hotel, Hastings, on the second Monday in the month and the other at De La Warr Pavilion, Bexhill, on the second Thursday in the month.

If you are new to the area or to the U3A in general, you are welcome to come along to a couple of monthly meetings or coffee mornings and make yourself known as a prospective new member. No charge is made for these attendances.

The U3A movement is supported by its national organisation, the Third Age Trust, which sends out a quarterly magazine (Third Age Matters). It runs summer schools, holds a National Conference annually, and offers many exciting study days and workshops. There is also a regional Sussex U3A Network (SUN), which organises regional events, a summer school and study days.

Local U3As throughout the UK organise and provide interest groups in accordance with the wishes of its members. Hastings and Rother U3A has over 80 groups. A current list is available on our website. They include everything from analytic philosophy to wood carving with arts, crafts, languages, music, table games, science, walking, etc. in between. Once you have become a member of Hastings and Rother U3A you will be able to apply to join any of these groups with a current vacancy. Further details will be provided as part of your membership pack.

Groups generally meet in members' homes. Even if groups you are interested in joining are identified as full, it may be worth contacting the relevant group leader/convenor to join a waiting list or to form an additional group.

We always need volunteers to support the running of our U3A. If you are willing to lead a study/interest group or take on a task that would aid the smooth running of general meetings, coffee mornings, etc. please communicate your interest to a member of the committee. Lots of help and support are available for new convenors.

If you would like to join Hastings & Rother U3A, please complete the enclosed Membership Application Form and return it to the Membership Secretary at the address shown. You are welcome to make use of all that Hastings & Rother U3A has to offer from the date of payment but please allow 2-3 weeks to receive your membership pack.

For further information please visit our website:

<http://u3asites.org.uk/hastings-rother>

or contact:

Sue Shilstone on 07905 981677 or sueshilstone@googlemail.com

THE PRINCIPLES OF THE U3A MOVEMENT

The U3A Movement is non-religious and non-political and has three main principles:

The Third Age Principle

- Membership of a U3A is open to all in their third age, which is defined not by a particular age but by a period in life in which full time employment has ceased.
- Members promote the values of lifelong learning and the positive attributes of belonging to a U3A.
- Members should do all they can to ensure that people wanting to join a U3A can do so.

The Self-help Learning Principle

- 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 subscriptions and costs kept as low as possible.
- Outside financial assistance should only be sought if it does not imperil the integrity of the U3A movement.