

Visits and social events

These are organised by the Events Secretary and are open to all members. Details and costs are advertised in the News Sheet and at the monthly meetings. As we need to cover costs, events may be cancelled if there is insufficient interest.

What else does my annual subscription cover?

- **Access to groups offered by Blackwater, Limebrook and Maldon U3As**

In accordance with a reciprocal agreement we have with the above U3As, fully paid-up members can access each other's interest groups provided spaces are available.

- **A monthly News Sheet**

This is essential reading if you want to keep up to date with what is going on in our U3A. If you have provided an email address, it will be emailed to you. If you do not have email, you can either pick up a copy at the monthly meeting or it will be posted to you.

- **You will also benefit from services offered by the Third Age Trust.** These include:

- Receipt through the post of the national U3A Magazine, 'Third Age Matters' which is published 3 times a year
- Third Party Liability Insurance to cover you should you be involved in an incident while taking part in a U3A activity.

Details about all our activities and forthcoming events can be found on our website:

<https://u3asites.org.uk/heybridge>

June 2017

Heybridge



THE UNIVERSITY OF THE THIRD AGE



Welcome to Heybridge U3A

This leaflet aims to provide you with information about our U3A and how we operate. We hope you will find it useful in answering some of the questions you may have.

If you have any queries, please do not hesitate to contact a Committee Member. Contact details are listed on page 1 of the monthly News Sheet (see below).

What is a U3A?

U3A stands for University of the Third Age. U3As are learning co-operatives of older people no longer in full-time employment, who come together to share educational, creative and leisure activities.

Members, through sharing their knowledge, skills and experience, learn from each other. There is no distinction between the learners and the teachers; they are all U3A members. The emphasis is on learning for pleasure and personal satisfaction - there are no entry qualifications or exams.

The U3A movement in the UK started in the 1980s and has grown rapidly. Currently, there are some 1,000 U3As throughout the UK, with new U3As opening at the rate of 50 a year.

Heybridge U3A was established in 2009 and is one of four U3As in the Maldon area. The others are Blackwater, Limebrook and Maldon, with whom we work closely.

How is the U3A managed?

U3A is the only national education organisation in the UK run entirely by its own members.

Local U3As have no paid employees – everyone gives their services voluntarily. The overall organisation is run by a Committee elected at the AGM in accordance with the Constitution. Group Co-ordinators are members who volunteer to start a group because they have an interest in the subject matter. In line with the self-help ethos of the U3A, group members are encouraged to support the Group Co-ordinator by sharing the tasks involved in running the group

Each U3A is self-funded. Our main source of income is membership subscriptions, supplemented by the Gift Aid we can claim in relation to those members who have signed a Gift Aid declaration. The Committee is responsible for ensuring that the finances are well managed and an annual report is given at the AGM.

Local U3As are supported by their national organisation, the Third Age Trust, which provides guidance to ensure that all U3As operate within the Trust's objectives and guiding principles. If you want to find out more about the Third Age Trust, visit their website:

<http://www.u3a.org.uk>

What activities does Heybridge U3A offer?

Monthly meetings

Monthly meetings are held on the 2nd Friday of each month in the Plantation Hall. Meetings start at 2 p.m. and there is usually an external speaker who talks for approximately 1 hour, after which refreshments are served and there is an opportunity to chat with other members.

For safety purposes, The Plantation Hall requires all visitors to sign in and out of the building. You will find the signing in book on a table on the left hand side of the ante-room from which you enter the main hall. We will also tick you off on our attendance sheet. There is a notice board in the ante-room with details of events, as well as signing-up sheets for group and social activities.

Interest groups

Interest groups are at the heart of the U3A's activities and are run by the members for the members. New groups can be started by any member who is willing to organise the group. You don't need to be an expert, just talk to the Interest Group Coordinator about your idea.

Most groups meet once a month, usually in hired accommodation or in each other's homes, depending on the size of the group. Some groups, such as Local History, Walking, Gardening or Bird Watching, will meet at different external venues each month. Please note that, while your membership subscription covers you for attendance at as many interest groups as you wish to join, there may be additional charges to cover room hire, materials, refreshments, entry fees, etc. Details of all interest groups, including contact details of the Group Covenors (known in Heybridge U3A as COGs, are contained in the monthly News Sheet, together with a monthly calendar of events.