

## Workshop Link

This sheet is a prompt for the information mentioned in u3a workshops and will be accompanied with the workshop slides and other relevant attachments.

For further information **visit the u3a website:** [www.u3a.org.uk](http://www.u3a.org.uk)

<b>Advice and Guidance</b>	<ul style="list-style-type: none"> <li>• Visit the <a href="#">u3a website advice &amp; guidance</a></li> <li>• <a href="#">u3a information and advice downloads</a> <b>You must be registered</b> to access both pages, which any u3a member can do themselves on the website.</li> <li>• Contact the u3a Office via email <a href="mailto:u3a.office@u3a.org.uk">u3a.office@u3a.org.uk</a> or call 020 8466 6139 (Mon–Fri 9:30–16:30)</li> <li>• <a href="#">Trustees for your region and nation</a></li> <li>• <a href="#">Networks in your area to join and provide support</a></li> <li>• Register for monthly <a href="#">Third Age Trust workshops</a></li> </ul>
<b>Learning</b>	<ul style="list-style-type: none"> <li>• <a href="#">Learning in the u3a movement</a>* (see the attached Learning leaflet for further information)</li> <li>• Swap talks between different u3as <a href="#">Speaker swap</a></li> <li>• <a href="#">u3a blog Sources</a></li> </ul>
<b>Tech Support</b>	<ul style="list-style-type: none"> <li>• <a href="#">Let's Talk Tech</a> resources for hybrid meetings</li> <li>• Visit <a href="#">Barclays Digital Wings</a> to boost your digital know-how</li> <li>• For Zoom help email <a href="mailto:mingma.norman@u3a.org.uk">mingma.norman@u3a.org.uk</a></li> </ul>
<b>Useful links</b>	<ul style="list-style-type: none"> <li>• <a href="#">The Guiding principles of the u3a movement</a></li> <li>• The Trust has a range of <a href="#">Grants available</a> for u3as</li> <li>• The <a href="#">Recruitment and Retention Toolkit</a> covers a variety of topics suggesting ways u3as can retain and recruit members</li> <li>• <a href="#">Resources for u3a Trustees</a></li> <li>• <a href="#">Sign up to the u3a National newsletter</a></li> <li>• <a href="#">Equality, Diversity and Inclusion links</a> and email <a href="mailto:dandi@u3a.org.uk">dandi@u3a.org.uk</a> for guidance on Equality, Diversity and Inclusion issues.</li> </ul>
<b>Beacon</b>	<ul style="list-style-type: none"> <li>• Visit the Beacon website: <a href="https://beacon.u3a.org.uk/">https://beacon.u3a.org.uk/</a></li> <li>• <a href="#">Beacon User guides</a></li> <li>• <a href="#">Beacon YouTube playlist</a></li> <li>• Get in touch with the Beacon team <a href="mailto:info@beacon.u3a.org.uk">info@beacon.u3a.org.uk</a></li> </ul>