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**Paisley & District u3a Press Release:**

**No embargo: 00.00 Monday 4 December 2023**

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**Sea jewellery demo at Paisley u3a**

**During this seasonal month of gift-giving, local u3a members can enjoy hearing**

**from a local jewellery maker.**

On Thursday 7 December, presenter, Laura Hamilton shows how she creates costume jewellery. She also shares tips when making gifts like earrings, bracelets and pendants.

Paisley & District u3a chair, Kathy O’Donnell said: “We expect this year-end meeting to be extra busy. It’s always useful to learn new things and jewellery-making is a practical and popular craft.

“Laura’s display for us has a sand and surf theme. This aptly reflects the not for profit organisation, Just Dive, which she set up to make scuba diving accessible to all. We are interested to see how her work and her pastime go hand in hand. The demonstration may even encourage some of us to start a new group and have a go at this ourselves.”

Monthly u3a meetings are held in the Salvation Army Hall, Mill Street (PA1 1ND) with seasonal refreshments from 1.30pm. Anyone not in full time work is welcome to attend.

Laura Hamilton, who is a professional scuba diving instructor based in Paisley remarked: “The work I do is all about capturing a moment, from the ocean or beach, and using it to create a holiday image. I like to use rare and unique ingredients to craft something which can conjure up a thousand memories. Experimentation is all part of the fun!

“I do include tiny sand particles in our beach art. These are collected mainly in Japan but also from other beaches across the world. We like to think that people who take home a piece of Just Dive art will love it. Plus, they know their purchase supports a not for profit organisation which is changing lives through aquatics right here in Paisley.”

Find u3a groups/activities and how to join at: [https://u3asites.org.uk/paisley/welcome](about:blank)

**ENDS**

**Notes to the Editor**

**Photo: Laura Hamilton** (**copyrigh**t Laura Hamilton). She’s guest presenter at Paisley & District u3a’s monthly meeting on Thursday 7 December 2023 at 2pm in the Salvation Army Hall, Paisley, PA1 1ND. For more details or to interview Laura, contact PR Advisor, Allana Parker on **M: 07483 820027**

Laura Hamilton has been a professional scuba diver for almost 20 years and has 16 years of global diving experience. She established Just Dive, a local, friendly, not for profit scuba diving & mermaid training provider based in Paisley. This not for profit organisation is available to those with ADHD, ASD, ASN, physical disabilities, mental health or confidence issues - and those with fiscal challenges Full details at the Just Dive website: <https://www.just-dive.co.uk/>

Paisley & District u3a is Scotland’s 50th self-help learning organisation for people in part time work or no longer working full time.  u3as are run by local volunteers freely sharing their knowledge and skills. Members are part of a UK-wide and international educational movement. The u3a motto is ‘Learn, laugh, live.’  Scotland has around 12,000 members in 55 u3as who enjoy the social side of new activities, interests and hobbies: <https://u3asites.org.uk/scotland/members> Details on this nationwide peer-learning for fun movement, with more than 1,000 u3as in the UK, at: <https://www.u3a.org.uk/>