

**Paisley & District U3A Press Release:
No embargo: for Thursday 19 July 2018**

**Live and learn certificate for new Paisley &
District U3A**

After nine months of planning and hard work, Paisley & District's U3A (University of the Third Age) representatives have now received a Certificate of Membership from Pam Jones, Chair of the Third Age Trust. The Renfrewshire-wide U3A is a newly established member and joins 49 other U3As in Scotland.

Proudly displaying the certificate, Paisley & District U3A Chair Kathleen O'Donnell said: "Approaching or reaching retirement gives people a chance to try new things. Our hard-working steering group decided to establish a Paisley & District U3A. We know that when you get older you're more likely to have the free time to enjoy learning new skills. It's also a great way to meet people who share similar interests.

"We offer later life education groups - all run by local volunteers. Our members choose the topics they want to learn more about. These sessions can range from conversational Spanish and art appreciation to architecture and local history. We also have a programme of guest speakers who share their knowledge and expertise at our monthly meetings. These are held on the first Thursday of that month, from 2-3.30pm, and members and friends can come and enjoy a tea or coffee beforehand."

As well as the certificate presentations at the U3A All Scotland Assembly & AGM in East Kilbride Art Centre, delegates heard about current Scottish Government research into social isolation and loneliness. Its 2018 consultation paper, 'A Connected Scotland', quotes the late Jo Cox, Member of Parliament as saying: "Young or old, loneliness doesn't discriminate...it is something many of us could easily help with." Paisley & District U3A may play its part to assist social connections among semi or retired individuals living in the Renfrewshire area.

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