

# Roding Valley u3a

## A Guide to Groups and Activities

### Welcome!

Roding Valley u3a was inaugurated in May 2004 and the membership is currently nearly four hundred.

u3a is a world-wide organisation dedicated to people who are either retired or no longer in full-time employment but who want to continue to learn and socialize together. No formal qualifications are required, nor are any awarded. All that is needed is a willingness to share one's knowledge and to learn from others.

### Monthly Meetings

On the 3rd Monday of each Month there is a Meeting with an invited speaker for approximately one hour. It is at Theydon Bois Village Hall at 10.00 am and is open to all members. The talks are varied, often illustrated, and are chosen to reflect different tastes and interests. A list of our speakers can be found on our website and newsletter.

Doors open at 9:30 am and refreshments are always available before the meeting when there is also an opportunity to chat to other members, sign up for new groups and book social events and outings. In the small hall we also have tables where you can swap CDs, books and jigsaws.

### Interest Groups

Interest groups, which are the heart of u3a, are organised by members, vary in size, and meet in local halls or members' homes. If you try to join a group and find it is full, please pass this information on to Groups Coordinator. If possible, another group will be formed. More details about our groups are provided on the following pages.

### Events

Events (including walks, concerts, theatre trips and outings) are open to all members and announced in the monthly newsletter and on our website.

### Staying Connected

A monthly newsletter keeps members up to date with outings, social events, and group news. All members also receive a copy of the Third Age Trust magazine, 'Third Age Matters', five times a year through the post.

### Accessibility

If you have any questions about accessibility, please call 07968174388 or email [RVu3a@hotmail.com](mailto:RVu3a@hotmail.com)

### General Costs

The costs for meetings in Theydon Bois Village Hall are normally between £1 - £2 per session. For meetings in people's home, the only costs are normally a contribution towards the teas and coffees. Where equipment is needed there may be extra charges.

**For further details on all of the above see our web site**  
**<https://u3asites.org.uk/rodingvalley/welcome>**

# Roding Valley u3a

## Interest Groups and Activities- 2023/24

Please find below a list of all our current interest groups and organised activities. For more information about the groups, and details of upcoming activities and social events, please visit our website <https://u3asites.org.uk/rodingvalley/welcome> or google "Roding Valley u3a" and click on the link. Our newsletter also provides updates on everything we are doing.

If you are interested in joining a group or would just like some more information or have an idea for a new group, please call 07968174388 or email [RVu3a@hotmail.com](mailto:RVu3a@hotmail.com).

TBVH = Theydon Bois Vill Hall    M.H. = Members Homes    JSP = Jack Silley Pavilion    TBC= to be confirmed

Group Name	Venue	Time and Date
ARTS AND CRAFTS		
Practical Art	JSP	Weekly, Friday a.m.
Stitchery	M.H.	Monthly, 2 <sup>nd</sup> Tuesday a.m.
BOARD & CARD GAMES		
Canasta	TBVH	New Group
Cryptic Crosswords	TBVH	Monthly, 4 <sup>th</sup> Tuesday p.m.
Duplicate Bridge	TBVH	Weekly, Monday p.m.
Rummikub	TBVH	Monthly, 4 <sup>th</sup> Tuesday p.m.
Scrabble	TBVH	Monthly, 4 <sup>th</sup> Tuesday p.m.
Whist	TBVH	Monthly, 3 <sup>rd</sup> Tuesday p.m.
CULTURAL ACTIVITIES		
Book Group	TBVH	Monthly, 3 <sup>rd</sup> Tuesday p.m.
Book Group Non-Fiction		New Group
Creative Writing	M.H.	Monthly, 1 <sup>st</sup> Wed. a.m.
Current Affairs		New Group
Discussion Group	M.H.	Monthly, 2 <sup>nd</sup> Wed. p.m.
Family History	M.H.	Monthly, 2 <sup>nd</sup> Monday a.m.
Film Club	Cinema & M.H.	Updates by email
Jazz Appreciation	M.H.	Monthly, 3 <sup>rd</sup> Wed. p.m.
Lives of Artists		New Group
Quiz Club		New Group
World History	TBVH	Monthly, 1 <sup>st</sup> Tuesday p.m.

FOOD & DRINK		
Afternoon Tea Group	Various	Monthly, 1 <sup>st</sup> Monday p.m.
Curry Club	Various	New Group
Pub Lunch Group 1	Various	Monthly, Last Thursday
Pub Lunch Group 2	Various	Monthly, 4 <sup>th</sup> Thursday
Wine Appreciation		New Group
HOME AND GARDEN		
Gardening Group 1	M.H.	Monthly, 4 <sup>th</sup> Monday a.m.
Gardening Group 2	M.H.	Monthly, 4 <sup>th</sup> Monday a.m.
Gardening Group 4	M.H.	Monthly, 2 <sup>nd</sup> Wed. p.m.
LANGUAGES		
Spanish Conversation	M.H.	Bimonthly, 2 <sup>nd</sup> & 4 <sup>th</sup> Wed. p.m.
PHYSICAL ACTIVITIES		
Keep Fit	TBVH	Weekly, Tuesday p.m.
Mindfulness & Movement	TBVH	Monthly, 2 <sup>nd</sup> Tuesday p.m.
Walking Group	Various	See latest Newsletter
SCIENCE AND TECHNOLOGY		
Science Group	M.H.	Monthly, 1 <sup>st</sup> Thur. p.m.

## Activities

### OUTINGS, THEATRE AND CONCERTS

Outings -Visit places of Interest, by Coach or Public Transport
Theatre - Plays / Musicals in London
Concerts- Sunday afternoon concerts at the Royal Festival Hall

**Members are reminded that they are personally responsible for their own safety when attending groups, activities, and main meetings.**


## KEEP UP TO DATE BY USING [RODING VALLEY U3A WEBSITE](#)

Our website has all the up-to-date information about our u3a. There are pages about each group, social event, outings, walks, concerts, theatre trips and speakers. Just click on the tabs at the top of the page.

### **How to find us**

Go to [Roding Valley u3a: Welcome \(u3asites.org.uk\)](#) or google “Roding Valley u3a” and follow the links.

### **How to message us**

On each page there is an envelope in the top right-hand corner.  Just click on the envelope and you can send us a message. No need to go to your email.

## THE THIRD AGE TRUST

Roding Valley u3a is affiliated to The Third Age Trust (sometimes called National u3a). Benefits of this affiliation include:

### **Online Learning**

u3a members can join a wide range of online talks, workshops and courses for free with their membership! Examples include Mindfulness and Meditation, Exploring World Faiths and Cryptic Crossword.

### **Events**

The National u3a organises events such as concerts, study days, and visits which are open to all members.

### **Insurance cover**

The National u3a provides insurance cover for most u3a groups and activities

### **Summer Schools**

U3a Summer Schools offer a wide selection of courses, tutored by members of different u3as.

### **Shared Learning Projects (SLP)**

SLPs offer all members the opportunity to do short research projects with national institutions

### **Email Newsletter**

Members are also encouraged to sign up for the National monthly newsletter

**For further details on all of the above see the National u3a website <https://www.u3a.org.uk/>**

## u3a PRINCIPLES

### **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.