

Welcome

“Nobody needs to stop learning just because they have finished working.”

The **u3a** is for people who want to keep active in mind and body, enjoy socialising, and are no longer in full time employment.

u3a Members also benefit from being able to join any of the growing number of Interest Groups which cover a wide variety of subjects. Some members join the u3a just to be able to participate in our Friendly Groups led by knowledgeable and enthusiastic leaders.



Forthcoming Meetings

March 15th 2023	Carol Dean. "I did it for the kids"
April 19th 2023	Dr McManners. "Shafts of light"
May 17th 2023	A.G.M. and "Care and Toy Boys" Co-op Financial Services.
June 21st 2023	"are you Superstitious?" Dave Dene.
July 19th 2023	Anthony Atkinson "Terry Wogan".
August 16th	"The History of the Peoples Theatre" David Faulkner.
September 2023	"Emily, Death and Dastardly Deeds" Pat Stevens.
October 18th 2023	Gary Bankhead. Diving into Durham
November 15th 2023	Who was William Morris? John Stirling.
December 20th 2023	Christmas Social- The Committee.

What you can enjoy: Joining the u3a, you enter a stimulating organisation quite unlike others. Besides fostering friendships it encourages lifelong learning. And it does it both entertainingly and informatively. Keeping active mentally and physically, we know by now, is a key to staying happy and healthy as we get older.

The u3a offers excellent talks and discussions, and chance to participate in small groups that will widen your knowledge – or cater perhaps for special interests you have already. Whitley Bay u3a is like all other u3a, a fellowship of self-help in which members share with each other their own knowledge and experience, and seek to further that together.

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How it works: Interested so far? Then here's how it works. Members can meet altogether one afternoon a month, when a guest speaker is the special attraction, a wide range of topics being covered each year. Also at that meeting, besides the opportunity to meet existing friends and make new ones, you will be kept abreast of what's going on, and can enjoy light refreshment and a raffle. You can get to know your [Committee](#) and group leaders too.

At other times you will be free to take part in the group activities held at various times and in diverse places. These groups are central to the organisation, and if you don't join one or more (though there is no compulsion) you will not derive the full benefit of your membership.

The groups are run by leaders well informed in their chosen subject, and in many groups members will be welcome to share their own knowledge and experiences. Groups cover indoor and outdoor interests, cultural and otherwise, while social events also feature on the calendar. It is within these smaller groups that many new friendships are made.

Anything up to 30 may be attending a group, and depending on its nature it may meet at a local public venue or in a member's home. Some groups may make a small charge to cover the cost of hiring their meeting place.

There are over 30 groups flourishing presently, and if a topic you would like to see is not covered, then our group co-ordinators can help you start a new group, taking you through the initial stages. Check our [GROUPS](#) and [New Groups](#) pages.

A wide fellowship: The Whitley Bay u3a, had its 25th anniversary last year, has a convivial membership of over 300 presently. And remember, in joining Whitley Bay u3a, whose members come from all over North Tyneside, you will be part of an even wider fellowship. In the Northumbria Regional u3a alone there are 49 other groups with possibly more to follow, and beyond that a Third Age Trust National and International movement flourishes. The organisation holds many national and regional events as well as local ones.

How can you learn more? Click on the u3a [national](#) Tab at the top of the page, which will take you to the National site that details history of the organisation. There are a limited number of free courses available online.

How can you join us? Easy. Contact the membership secretary (by phone or email) from the [Contact](#) or [Join](#) us pages.

How can you get a flavour? Join Us at one of the monthly meetings as a visitor.

What, finally, should you consider? You can contribute to the u3a at any level. Everyone is a volunteer. And help is always welcome, whether in helping with refreshments, putting out tables and chairs for meetings, organising and running a group, or standing for election as a [committee](#) member at the annual general meeting.

To enjoy the satisfaction of helping others and yourself to enjoy more interesting and fulfilling years in your third age, please take the time to explore our site. And if you want any more information click on the [CONTACT](#) tab at the top of the page.

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