

June 2021

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Introduction from Sam Mauger

The sun is out (most of the time) and u3a members are too.

There are lots of lovely stories on social media about u3a members getting out and about and sharing the u3a message.

Celebrating our first u3a day was a great opportunity to share the joy of u3a with members and the public generally. It was impressive to have such scale of support for the day in these restricted times.

Our message on positive ageing is demonstrated in u3a life throughout the movement.

Wishing you all a happy and healthy June.

With regards,
Sam Mauger
Chief Executive

u3a day

u3a members were out in blue and yellow on 2 June to celebrate and publicise the u3a movement for u3a day.

u3a members yarn bombed, litter picked, painted pebbles, had performances from musical groups (like Wigan u3a, right, photographed by Tony Cross), held open Zoom meetings and much more. We've seen so many fantastic photos – thank you so much to everyone for your enthusiasm.



Click Silver

Click Silver is here for any members who want an extra bit of support to get online and use a computer. Mentors will work one-to-one via the telephone initially to help with things including finding your way around a smart phone or other device, setting up and using an email account, speaking to friends and family via Facetime, WhatsApp and Skype.

To find out more and register please contact the u3a office on 020 8466 6139

u3a movement in the media



We secured over 64 pieces of coverage in the media this month – which was filled with local pieces thanks to the enthusiasm, commitment and energy of u3a members.

Trustees, Chairs and our CEO Sam Mauger could be heard on local radio throughout the country on the week leading up to 2 June and the day itself.

Nationally the movement was featured in the Daily Express, the Daily Star, Channel 5 and 5 Live Radio. u3a conducted two surveys on fashion – one with the general population and one with its members – an amazing 5,000 members responded. The surveys shone a light on our attitude to fashion as we age – and crucially how the public feel about older adults wearing certain clothes. The surveys form part of our work on Push Back Ageism and challenges negative preconceptions around age.

Picture (left): Wigtownshire u3a featured on the cover of The Galloway Gazette.

News from the Board

Chair of the Third Age Trust, Ian McCannah

"Voting for the Trust's new Board of Trustees is well underway. There are two candidates for the Chair and Vice Chair roles and one for Treasurer – Beryl Shepherd and Liz Thackray are running for Chair, Michaela Moody and Sue Southwell for Vice Chair and Derek M Harwood for Treasurer. National and Regional Trustee elections are also taking place in the East Midlands, London and Wales. u3a Committees hold the votes on behalf of their members and they are encouraged to exercise them.

Despite the imminent board changes, work continues on several key projects – a Strategic Plan for the movement post pandemic, a Digital Strategy for the Trust and the future of Trust u3a. It is hoped that this initial work will allow the new board to hit the ground running with these projects when they first meet in the autumn.

One of the many examples of the u3a spirit during these difficult times arrived in my inbox. 'GB5UTA will be on air 1-28 June promoting #amateurradio among the 450,000 @u3a_UK members.' Hear it by searching GB5UTA on <http://QRZ.com> – it is well worth a listen in a few spare moments."

u3a member awarded British Empire Medal

The Vice Chair of London u3a has been awarded a British Empire Medal (BEM) in the Queen's Honours List for Services to Education.

Amalia Michaels has been Vice Chair of London u3a for more than 10 years.

Amalia says, "I feel privileged to be part of a talented and dedicated team and that we all work hard together to keep our u3a going."

Amalia's BEM was for her services to education, and she plays a large role in London u3a. As well as being Vice-Chair, Amalia is time-tabler, Science Coordinator and writes regular newsletters and bulletins for members.

She enjoys many of the groups and Zoom meetings, including Medicine, Art Appreciation, Music and many more.



In Focus

John, Swanland u3a



As part of our u3a day celebrations, we had a meeting on 'Positive Ageing.'



I am an ex teacher – I retired in 2012 – and was always shocked at how dismissive many of the kids and their parents were of 50+ people, not always aggressively but more of a view that they were past it and not 'up to date' in their views. Many older people have so much to offer younger people and society generally, this is increasingly important in context of pandemic. Like much prejudice and general thoughtlessness ageism sometimes seems pervasive, the source and reasoning hard to pin down. So Push Back against Ageism is a good slogan!

Personally the u3a movement has enabled me to develop new interests, maintain old ones and to meet new people with many diverse life experiences.

I joined the local committee last year and feel that I have been able to contribute to this bigger picture by taking on the role of Zoom Co-ordinator. I have hosted a twice monthly Zoom lecture programme for our members as well as two virtual AGM's; initiated a Zoom Drop In for members to attend for a coffee and a chat and finally, organised a training programme in Zoom skills. None this would have been possible without the help and support of our Web Admin, Keith – another thing the u3a is about is supporting each other!

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Headline photos: A photo of a Tour De France Tatin created by Angela of Cheltenham u3a, members of Sherburn & Villages u3a yarnbombing the town for u3a day photographed by Alex Svenson, Linda of Seaham and District u3a painted pebbles with u3a details on the back and left them around the community leading up to u3a day.