

March 2022

Phone National Office: 0208 466 6139 [u3a.org.uk](http://u3a.org.uk)

---



## Introduction from Sam Mauger

---

Dear members,

I know that these uncertain times in world events are troubling. **We cannot but be moved by events that are unfolding, much of which may seem incomprehensible.**

Along with coming out of the pandemic many of us are looking for some certainty.

**Throughout the last few years, the value of the friendship and support provided member to member in u3as has been extraordinary.**

This culture of collaboration, respect and community is ever more important.

**Despite everything u3a members continue to search out new experiences, enjoy new skills, and strengthen the community around them.** What a movement to be proud of – how great it is to be part of it.

With very best wishes

Sam Mauger

Chief Executive of the Third Age Trust

## A Message to Ukraine

---

### A message from the staff and Trustees of the Third Age Trust which supports the u3a movement:

Our thoughts are with u3as in the Ukraine, their members, family, friends and neighbourhoods during this terrible and unprecedented time. We know many of our members wish to make personal donations to the humanitarian effort in Ukraine. Please see the Commissions guidance for safe giving to Ukraine.



For any of you that wish to make a donation in your personal capacity, The Disasters Emergency Committee brings together 15 leading UK aid charities to provide and deliver aid to ensure successful appeals. The charities include Oxfam, Save the Children UK, Age International, British Red Cross, Cafod, Christian Aid and Islamic Relief. To donate to the Ukraine Humanitarian Appeal, please call 0370 60 60 900.

## u3a news

---



### u3a members step up to bat for International Women's Day

Yorkshire u3a allcomers and Leeds u3a women teams played in an all-women's walking cricket match to celebrate International Women's Day. The match was organised by the Yorkshire Cricket Foundation along with u3a Subject Adviser Mac.

The match was attended by Dickie Bird OBE, retired international cricket umpire who umpired in 66 test matches. Dickie has been supportive of walking cricket since it launched in 2019 and at the match, became an honorary member of Barnsley u3a. (left.)

## Subject Advice News

---

### Learning More About: Science with New Subject Adviser, Leigh

#### What do you love about science?

I love science because I was born insatiably curious, and science provides me with some answers, it also has the downside of throwing up even more questions, but I can't let that deter me! After a varied career in the sciences, I am currently the Science Group Leader for Exeter u3a.

#### What does your new role as Subject Adviser entail?

I am here to help Science groups to start in u3as and to provide ideas for adding variety to their activities

#### What current topics may science groups want to look into?

I'm currently very interested in fuels, sources of energy and energy storage systems that are suitable for the future and that will allow humanity to stop using fossil fuels. Energy storage, and lots of it, will help us to make the most of the rapidly increasing capacity in renewable energy sources such as wind and solar.

## News from the Board

---

### Chair of the Third Age Trust, Liz Thackray

The next few months are going to be a busy time for all of us – and hopefully also enjoyable. **There are so many interesting events being planned by u3as as part of our anniversary celebrations, between us we should be able to ensure everybody knows what u3a is – and also gain new members.**

As we prepare to put on our blue and yellow displays, **I am sure we will also be aware that the same colours represent Ukraine – and will be doing what we can to support those suffering the consequences of the war in that country.**

A u3a member recently shared her concerns about her grandson, a young man of call up age living with his parents in Russia – this conflict has far reaching consequences! **Let's ensure we make the most of our anniversary whilst being aware of the needs of others.**

## We Are 40

---

### u3a “proves that older people are full of adventure, resource and creativity”

Presenter and journalist, Dame Esther Rantzen wished u3a a happy birthday in a video message shared on u3a's social media platforms.

In the video, Esther says, "Happy 40th anniversary u3a. Life begins at 40, as we all know, or 50, or 60, or 70.



"It's a terrific achievement. You've become a national institution, a national treasure. You prove, if anyone doubts it, that older people are full of adventure, resource, creativity and of course, you can teach an old dog new tricks.

"Many happy returns and here's to the next 40. With fondest regards, from your respectful admirer and sometimes columnist, Esther Rantzen."

## We want to hear from you

---

Have you got a story you would like to share with us – about your u3a experience, your u3a group or a recent u3a trip?

We want to hear from you – and your story could end up in a future newsletter.

You can contact us by phone or post. Our phone number is 0208 466 6139 – ask to speak to communications – and our address is the Communications Department, u3a, 156 Blackfriars Road, London, UK, SE1 8EN.

We look forward to hearing your u3a stories.

## Spotlight On:

---

### Marian, Saxon Shore u3a

*Marian, pictured with her Mum*



At the age of 60 my husband left me, leaving me devastated. Added to which I had to move to Whitstable in Kent.

**Not a clever age or state of mind and emotions with which to make new friends.**

Luckily I plucked up courage to go along to my local u3a – Saxon Shore and I have not looked back since. I **encountered a host of lovely, friendly folk who encouraged me to join in various activities and groups and I have made some fabulous long lasting friendships.**

I volunteered to help members learn chess; joined a Creative Writing group and somehow even became the group leader; am part of the gardening group where we discuss gardening problems and swap plants; visit new places with the Bus Pass Outings group, continue my hobbies as part of the craft group; belong to the Family History group and am also refreshing my Spanish. I even found myself on the committee! **That just about leaves time to take my rescue dog out for walks, spend time cuddling up with my three cats and having lunch out with my new girlfriends.**

**All I can say is 'Thank goodness for the u3a – it pulled me out of a deep dark place and into the light!'**

---

Headline photos: Calverton & District u3a at a local fayre, photos by Bridlington u3a members featured in an exhibition this month including this photo of a butterfly by member Helena, the two teams taking part in the all-women walking cricket match which took place on International Women's Day, 8 March.

**u3a**  
156 Blackfriars Road  
London, UK  
SE1 8EN

**Contact the National Office**  
Tel: 020 8466 6139  
Email: [info@u3a.org.uk](mailto:info@u3a.org.uk)  
[u3a.org.uk](http://u3a.org.uk)

 [twitter.com/u3a\\_uk](https://twitter.com/u3a_uk)  
 [facebook.com/u3auk](https://facebook.com/u3auk)