

u3a Newsletter

August 2022

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Introduction from Sam Mauger

Dear members,

u3a has not slowed down one jot over the summer with our friends in the newsletter community always bursting with energy and enthusiasm. This edition is packed full of opportunity and activity.

Members are getting ready for our first u3a week (September 17 to 25) which will showcase the positivity of being part of our community. Please let us know what you are planning so we can share with all our u3a friends and colleagues.

We are launching the latest in our series of Do Something Brilliant Today films, for you to use when promoting the experience of being part of u3a to others. u3a has also supported Stirling University on its Reimagining the Future film which features many of our members and promotes positive ageing. You can watch it below.

Thank you to the 5,000 members who took part in our Express Newsletter Future Lives survey on housing. Your contribution will hopefully help influence those shaping the way we live in the future.

As August heatwaves and floods batter us wherever we are in the UK – it is uplifting to know our u3a spirit continues to make friendships, reach out to communities and forge new experiences.

With very best wishes

Sam Mauger

CEO of the Third Age Trust



Nearing Our Target of 10,000 Trees

Your support in creating our 40th Anniversary woodland has been incredible. We reached our target of planting 5,000 trees in just three months and we're now close to our new target of 10,000 trees.

It's a huge achievement and reflects the legacy and impact u3a members can have when they come together.

40th Anniversary

u3a Week, 17–25 September

u3a week is our time to showcase the learning, fun and connection u3a members are enjoying everyday. We have loved hearing from all of you about your plans.

One of those plans is Northants Network's Walk A Mile A Member challenge. Eleven u3as are taking part and the challenge will culminate in a celebration in u3a week. Pictured, Northampton u3a walking their miles.



Southport u3a's Show Garden celebrates 40 Years

Southport u3a created a show garden at the Southport Flower Show which showcases the learning and joy of being part of the u3a movement. The garden was recognised by the show organisers who awarded them the Perpetual Challenge Trophy and a Gold Medal for Community Garden.

The garden attracted lots of interest and publicity: it was visited by Strictly Come Dancing's AJ and Janette, and u3a members Dianne and Lisa were interviewed for ITV News North West about the garden and u3a.

u3a Quilt On Display at Witney Blanket Hall

u3a members can now see the 40th Anniversary Quilt at the Witney Blanket Hall where it will stay for a year.

The address is Witney Blanket Hall, 100 High Street, Witney, Oxfordshire, OX28 6HL. Booking is not required, though recommended for larger groups. To book, call 01993 706408



Third Age Matters



Read all about the ground breaking discoveries by Burnham u3a's Archaeological Group in the Autumn issue of Third Age Matters magazine, including uncovering a medieval palace. Also in the issue, genealogist Dr Nick Barratt, who has worked on BBC's Who Do You Think You Are? talks about tracing your family tree.

Photo of Burnham u3a Archaeology group by Russel Sachs

News from the Board

As the AGM comes closer, we prepare to say goodbye to some Trustees of the Board. Trustees give so much time and dedication to their region/nation and the movement. In thanks, we are handing over this section of the newsletter to hear about their experiences.

Jean Hogg, Trustee for the East Midlands

Looking back on my four years as the Trustee for the East Midlands, I realise that it has always been interesting, mostly enjoyable and sometimes challenging.

All those aspects combine into four very worthwhile years, when, though I may be retired, I have continued to feel purposeful, engaged with society and confident that I have continued to gain new skills and knowledge.



Those of us who agree to give our time and effort to supporting this wonderful organisation all do our best to make the right decisions that will ensure the success and future of u3a for many years.

I could not have managed without the support of other volunteers in my region and, of course, from the wonderful staff in the office. **I would love to know that someone will come forward at the next opportunity offered to take over the role, and to enjoy, as I have done, meeting so many wonderful and enthusiastic members of u3a.**

Third Age Matters



Over 110 u3a members in the Yorkshire & Humber Region gathered together for the Summer Learning Break. Activities included an Introduction to Spanish conversation, The Air we Breathe, Four Philosophers from Four Centuries, Archaeology of Britain since the Normans, Greek Mythology, Women Artist from the Renaissance to the Present Day, Introduction to Jewellery Making and Portrait Drawing and Painting (pictured).

Your Stories

Congratulations to Mildred Green on her 101st birthday and still an active member of the Bury St Edmunds u3a Travel group through walking a mile each meeting to join in. Now an honorary member, Mildred also attends the monthly meeting talks which she says are educational and 'keep our brains alive'.

Bury St Edmunds u3a

Social Media Post of the Month

Many u3as are using social media platforms to connect with their members. This month, a post on Ashford & District u3a's Facebook page caught our eye.



"Our member John was lucky enough to carry the baton last week on its way through Staffordshire to tonight's Commonwealth Games opening ceremony. Congratulations John, what a buzz that must have been."

Congratulations John – and to Ashford & District u3a for such a compelling Facebook page.

Media News



Congratulations to the many u3a members who have been helping to publicise the u3a movement.

David from Teignmouth u3a (pictured) visited BBC Radio Devon studio to appear on the David FitzGerald show, where he has become a regular contributor.

Witney u3a members featured on BBC Radio Oxford talking about their contribution to the 40th Anniversary Quilt.

Richmond Upon Thames member Pramila featured in a segment on Good Morning Britain on 28 July in which older adults took part in life drawing.

Tunbridge Wells u3a have had several appearances in local newspapers, the Times of Tunbridge Wells and the Courier.

Wyre Forest u3a member Trevor featured in several local media platforms due to a nature website he has set up to help grandparents connect with their grandchildren.

u3a Office In Focus

This section puts a spotlight on the staff who work at u3a office.

Meet Katie, Learning Officer

I'm Katie and I'm the learning officer. My role includes working with national Subject Advisers to share information and create networks, alongside hosting our wonderful online learning events, which is my favourite part of the role so far. Being able to share the vast skills of u3a members on a national level is really rewarding and I look forward to meeting some members in person soon.



Spotlight On:

Bernd and Irmi, Penzance u3a



We're originally from Moenchengladbach, Germany but since retiring, we split our time between Germany and Penzance in Cornwall.

The Brexit referendum led to our friendship with u3a member Susan, who introduced herself, knowing we were from Germany. She invited us to the u3a Current Affairs Group and forwarded a u3a newsletter containing a list of u3a groups.

What especially appealed to us was the fact that it included a lot of non-academic activities such as painting, table tennis, walking, photography. Having been teachers for more than 30 years, we longed for something different from academic studies.

We have since met many friendly people in u3a groups and at the monthly socials, which helped a lot to feel at home in Penzance. You could say we are cross-Channel commuters rather than second home-owners.



Although we spend only half the year in Penzance and the other half in Germany, we found it important for us to make contacts in the town and feel that we are welcome and part of it. And joining u3a helped a lot to achieve that.

Headline photos: Pershore & District u3a's Ukulele Group performing at their 21st Anniversary Celebration (photographed by SamielPix Photography), members of Southport u3a celebrating after receiving the awards for their show garden (see more in 40th Anniversary News), Northallerton u3a's ukulele group performing at their open day.

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