

November 2021

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Introduction from Sam Mauger

Dear members,

This is the United Nations Decade of Healthy Ageing which they describe as "galvanizing concerted action to change how we think, feel and act towards age and ageing."

The u3a in action is a perfect example of doing just that, leaving age where it should be, a number, and concentrating on what can be enjoyed, learned, experienced and shared by members together regardless of age.

The u3a ethos looks forward, not back at the past, and what there is still to be achieved, or tried or changed as this newsletter demonstrates. **Already u3as are planning for 2023, looking ahead and shaping their futures, many planning relaunches after the difficult times behind.**

Many have used the two threads of face-to-face meeting and online zoom meetings to maximise member participation and plan to continue to do so. **We hope that with the 40th anniversary in 2022 we have a year of celebrations to look forward to – and we know all along the way – we will galvanise action to live life to the full – the u3a way.**

With regards,

Sam Mauger

Chief Executive

Planting 5,000 Trees – Halfway There

Thank you so much for your support on our u3a woodland. We are over half way to achieving our goal – over 2,500 trees are on their way to being planted.

The u3a woodland is part of our 40th anniversary celebrations – trees or copses can be bought on the u3a brand centre. If you would like to buy a tree, please talk to your local u3a committee.



Your Stories

"West Cheshire Rural u3a held an open day, which was a great success. Some visitors joined as members on the spot.

The success was made possible by the collective efforts of all members including those involved in the preparations and set-up on the day, our Interest Group leaders, who created some wonderful displays and chatted with visitors, and our catering team who produced hot drinks and home-made cakes & sandwiches.

After a difficult 18 months, it is clear the future of West Cheshire Rural u3a as a vibrant community-based organisation is not in doubt. We look forward to building on this firm foundation."

– Anne, West Cheshire Rural u3a

Learning more about: Film with Subject Adviser, Claire

Subject advisers are u3a members who volunteer to share their expertise on their specialist subject and the movement can contact them for advice on their subject.

What are the best parts of running a film group?

The best parts are meeting other people who love film, sharing tips and ideas with each other, having a fertile ground for lively discussion. It's the enjoyment and the company, over a coffee!

Do you have any tips for others who want to start their own film group?

My main tip is – enjoy the films and the company!

Any films to recommend?

For me, it's all about the cinema. 'Spencer' I thought was very good. Upcoming treats include 'Last Night in Soho', 'Dune' and 'Mothering Sunday'. For watching at home, I recommend 'Journeys End' and Alfred Hitchcock's 'Suspicion'.



News from the Board

Chair of the Third Age Trust, Liz Thackray

""**My last couple of weeks have been a kaleidoscope of different activities** ranging from 3 days spent in London meeting with staff, seeing the office and attending a variety of meetings to a walk along part of the River Dee with u3a members from Chester and Flintshire to attending a meeting of the online learning and research group to hearing the winning stories in the Wales short story competition.

These activities all represent a positive and vibrant image of the skills, knowledge and ongoing learning activity of u3a members, Trust volunteers and staff. It is a real privilege to participate in these events.

However, the kaleidoscope has also presented challenges – suggestions we remove words like ‘learning’, ‘retirement’ and ‘older’ from our vocabulary. Next year we celebrate our 40th Anniversary – an appropriate time to take stock like any 40 year old. **As we do so, let’s accentuate and celebrate all that is positive about our movement and be wary of shedding our perceived negatives before checking whether they really are bad for us!**"

u3a take on COP 26



u3a members from Scotland, Wales and England offered four workshops in Glasgow on ‘Intergenerational Climate Action’, during the COP26 conference.

Held on an electric bus, the workshops offered members and friends an opportunity to hear about how climate action is playing out in some of their own families.

Kindertransport: Conversations with Dame Esther Rantzen

On National Kindertransport Day, u3a will be hosting an event on how the some 10,000 children who came to Britain, the experiences they had and the impact they have gone on to make to the lives of so many.

Dame Esther Rantzen will be hosting the event which will feature u3a guest speakers, including Kindertransport evacuees themselves, children of ‘the kinder’ and those who have grown up calling these rescued children their siblings.

One of the Kindertransport children, John Kary, wrote in his diary, “Although I could not have known it at the time, my arrival in the UK was the start of my life as an outsider, a state of affairs which was to prove irreversible for the rest of my life.” His wife Una, has submitted his recollections as part of the project.

The event will take place online – more information can be found on the u3a website.

Photo – Kindertransport children – the Goldberger Siblings, including Markus Goldberger, father of Sue of Shepway u3a



Spotlight On:

Barnsley u3a committee members, Alan (Chair), Trudy (Risk Assessor) and Helen (New Members' Secretary)



“Why did you become a trustee?”

Trudy: Because I thought that I could help with Barnsley u3a and I wanted to give something back.

What one big difference has your committee made for your members?

Alan: Created a vibrant and positive ethos which enables members to enjoy being a part of the u3a and for them to act as your emissaries in the wider public arena.

What one piece of advice would you give to anyone thinking of becoming a trustee?

Trudy: Give it a try and you might find that you enjoy making a difference.

What is your favourite memory since you became a trustee?



Helen: Speaking to new and prospective members especially when they are really nervous and have plucked up courage to phone. Seeing them integrate into the groups and become valued members of the group.

To find out more about becoming a trustee, talk to your local u3a committee.

Headline photos: members of Ruthin u3a’s Sustainability group planted wildflowers alongside a local road, Dawlish & District u3a have started a new Adventure group which tried kayaking as it’s first activity, Malvern u3a celebrated their 25th anniversary by planting a Black Worcester tree in a local park.

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