

# u3a friends

Click [here](#) to open the newsletter in your browser.



The u3a movement is full of sharing, as members form friendships with each other through the exchange of ideas and skills. Our new film series, *Share Something Brilliant Today*, celebrates this element of the u3a movement.

The first film features Chichester u3a's Practical Science group (pictured above), where members explore scientific experiments together - something that would be hard to find outside of u3a. You can watch the film further down this newsletter.

Later on this year, a team of u3a runners will be sharing their love of sport by

taking part in *The Great North Run* to raise money for The Third Age Trust. This is a first for u3a. We are so grateful to these u3a members who are giving their time and effort to support the u3a movement - see more about them below.

I would love to hear from you about your stories of sharing within the u3a movement. Get in touch by emailing [communications@u3a.org.uk](mailto:communications@u3a.org.uk).

With very best wishes

Sam Mauger

CEO of the Third Age Trust

---

## In this issue...

Meet our Great North Run runners

The winners of the u3a poetry competition are...

Living life to the full

---

## Bitesize Newsletter

[Download here](#)



...from the Trust



## Meet the u3a Great North Runners

On Sunday 8 September, five u3a members will be taking part in The Great North Run to raise money for The Third Age Trust. We are delighted to announce the members taking part are (pictured above, L-R, top to bottom): Sidmouth u3a member Ken, Stafford u3a member Lesley, Southport u3a member Stephen, Newcastle u3a member Joyce and Wokingham u3a member Ashley.

Find out more about the runners and how you can support them on our [u3a Fundraising page](#).

## u3a Friends Extra

Thank you to everyone who signed up to our new offers and benefits scheme, u3a Friends Extra, after its launch in the April u3a Friends newsletter. There are now almost 5,000 of you.

If you haven't yet signed up and would like to benefit from the exclusive offers available, you can find out more on [the u3a Friends Extra website](#).



## Share Something Brilliant Today

We're delighted to showcase the Practical Science group at Chichester u3a which enables u3a members to explore scientific experiments, from cloud chambers to the power of static electricity.

Members Peter and John talk about their shared love of science in our latest

film. Watch it above and please share the film with u3a friends who you think may be interested.

[Download the transcript of the film](#)



## Last chance to book Festival 24 tickets

Thank you for the amazing response to u3a Festival 24. We look forward to meeting so many of you at the event.

There are only a few days left to book Festival 24 tickets - **sales will close on Tuesday 28 May at 5pm**. There are no tickets available for Friday 19 July but there are still a small amount of other ticket types available. [Book your tickets now.](#)

For those who have booked tickets, the link to book specific activities will be shared with you in early June. If you have any questions or queries, please email [festival@u3a.org.uk](mailto:festival@u3a.org.uk)



## The history of UK's War Memorials

On Friday 7 June at 2pm, Callum Brogan from the Imperial War Museum's War Memorials Register will be explaining how you can help record the unique historical details of war memorials in the UK.

Other upcoming national learning events include *Much Ado About Numbers*, *The Olympics: from Olympia via Much Wenlock to the World* and *Darkness On the Edge of the World: Bruce Springsteen and the American Dream*.

[See all online events](#)

[Join your local u3a](#) to be able to come to these events, and more.



## **And the winners of our u3a poetry competition are...**

Eve from Stubbington u3a, Gerrard from Knutsford u3a and Isobel from Callander u3a.

Congratulations to our winners and a huge thank you to everyone who took part. You can read the winning and shortlisted entries on the theme of 'What If' on [the Poetry Competition page](#).

## **u3a short story competition launched**

The u3a Short Story Competition is now open for entries. The theme of this year's competition is 'Escape'. [Find out more and enter your short story](#)

[HOW](#). Entries close on Monday 8 July at 12pm.



## Learning more about Walking Football

Walking Football Subject Adviser John is a member of Barnsley u3a and formed their walking football group eight years ago.

As Subject Adviser, John aims to “encourage the development of Walking Football across the national u3a movement so that we can hold regional league and cup competitions.” John continues, “Barnsley u3a are leading the Walking Football tournament at Festival 24 which gives us the opportunity to showcase the sport and provide advice to interested spectators who may be thinking of starting their own group.”

If your walking football team has tickets for the Festival and is not already taking part in the u3a Walking Football tournament but would like to, contact John via his [Subject Advice page](#). There is a tight deadline so please get in touch as soon as possible.

[See more learning opportunities on our website](#)

---

## friends stories

Today I met the Interest Groups Online Recorder group. As the u3a Subject Adviser for Recorder, it is an honour to play with such agreeable and recorder savvy players.

From across the country, these fantastic people meet regularly online. Play together, laugh together and more importantly work together to make music.

I can't find the words to say how much they welcomed me in. If you are stuck without a local u3a recorder group, it is a great way to get playing!

*Val, u3a Subject Adviser for Recorder  
Find out more about [u3a Interest Groups Online](#).*

---

## friends news

... from the members



## **Newbury and Hungerford u3as battle it out in a pickleball match**

Newbury u3a pickleball players took on their first friendly match challenge against members of Hungerford & District u3a. The event was co-organised by Newbury u3a member Ron and Hungerford u3a member Brian.

Ron says, "It was a fun event, played in a good spirit. The event aims were for every player to learn from each other as the u3a normally does. The two u3a pickleball groups are now planning to do a return event and joint practice sessions."



## Dutch students take part in u3a activity

The Third Age Trust has been working with two students from the Netherlands to support them with research for their BA thesis exploring how social contact can mitigate loneliness. Utrecht University students Tess and Sherida joined in activities at Croydon u3a (pictured above) and with Interest Groups Online and spoke to members about their experiences being part of the u3a movement.

Chair of Croydon u3a, Jenny, has talked about the experience of working with the students on [our u3a blog, Sources](#).

[Read more u3a stories on Sources, the u3a blog](#)

## u3a in the press

In the last month, u3a has been featured in online publications including Psychreg News, Outdoor Insight, London Daily News, Women Talking, News Anyway. These stories covered the u3a Boom Radio campaign, walking within the u3a movement for *National Walking Month* in April, Friendships as we get older, and why u3a matters in *Mental Health Awareness week*.

---

# friends news

## ... from Chair, Liz Thackray

I have just returned from interrailing in Germany – a much needed holiday. During the coming weeks many u3a members will be planning time out. I do hope all your holidays and explorations are as good as mine was.

The coming weeks are a busy time for u3a. Personally, I am looking forward to visiting Scottish u3as in June. I will then have spent time in all the regions and nations apart from the West Midlands during my time as Chair of the Trust.

In June, the Board will decide whether to bring a resolution on Fit for the Future to the AGM in October. Many questions have been asked and there will be more information on the website shortly. In July many of us will enjoy meeting each other at the York Festival. Currently a successor to Sam Mauger is being recruited and nominations are being invited for Trust officer and Trustee vacancies.

However you plan to spend the summer months, I hope it will be a mixture of recreation, new experiences, lots of fun – and perhaps some learning, whether accidental or intentional!



## Introducing the new Trustee for the North West

David Blanchflower recently joined the Third Age Trust Board as the Trustee for the North West. He has been actively involved in Aughton & Ormskirk u3a for the past 18 years, where he leads a walking group and sits on their Finance Committee. One of the initiatives he introduced was a programme of short five or ten session courses, which were very popular.

Contact the Trustee for your region [on the u3a website](#).

## Making an impact at a national level

What do you think a national u3a campaign should look like? How should we as a movement choose an issue? We know that our founders always intended for the u3a movement to have a strong public presence and to use its voice on issues of importance. It's our chance to make this a reality. You can shape what this might look like by completing our short survey in the button below, where you can also express interest in attending a focus group.

[Take our survey](#)

On Tuesday 18 June at 10am, we are running an interactive session to support you to get involved in your local community on issues that matter.

Get inspired hearing about what other u3as have been doing, find out what you need to know about the legal aspects of campaigning, and share your own experiences. Register on the [Influencing and Social Change page](#).

## Make plans for the future

How prepared are you if something unexpected happens tomorrow? Find out about how you can make plans for the future from home, for free, by joining James Norris, the founder of My Wishes and Digital legacy Association, in our next Future Lives meeting, taking place on Wednesday 5 June at 2pm.

The aim of this Future Lives webinar is to empower you to do the tasks that you

haven't already completed and ensure that your future wishes are adhered to.

Register on [the Future Lives page](#).

---

**friends offers** 



## **Special u3a offer for the Queen's Reading Room Festival**

The Queen's Reading Room Festival is returning to Hampton Court Palace on 8 June. Events include *William Sieghart presents his Poetry Pharmacy:*

*featuring Helena Bonham Carter and What the Dickens with Miriam Margoyles.*

u3a members can access an exclusive 2 for 1 deal. To purchase tickets, use [this exclusive link for members](#).

---

## friends stories

Newry u3a celebrated its 25th Anniversary in March. Valerie Cobain, Northern Ireland's u3a Trustee congratulated members and leadership and cut a ribbon to inaugurate their new premises.

Newry u3a began in 1988 and had now has 400 members and rising, with 37 activities. The Celebration comprised a visual history in a Slide Show and Display Boards including comments from members like "It saved my life!" and "u3a is where I have time for myself."

*Adrienne, Chair of the Northern Ireland Regional Executive Committee*

---

## friends advice

### Legal workshop for your u3a

The Keeping it Legal online workshop covers the areas u3as need to be aware

of and understand, including insurance, data protection, equality and inclusion and safeguarding. It covers practical steps to ensure compliance and highlights where further information and support is available. The next workshops are taking place on 29 May and 25 June.

[Find our workshops and other support for u3as on the members area](#)

---

## friends features



### **Living life to the full**

Patricia from Thorpe Bay u3a talks about her adventurous approach to life, which saw her undertake a Tandem Parachute jump earlier this month.

Looking back on my life, I have always been adventurous and sporty. What changed my attitude to life, was my brush with Breast Cancer in 2014. Once you've been hit with something like that, it changes your attitude. No longer was I saving for a rainy day, but looking at my life on a daily basis. Anything could happen, so do it whilst you can.

I have zip-lined in various places around the world, including Singapore (pictured above), gone white water rafting down the Grand Canyon for my 70th birthday, sky dived indoors in Singapore, jumped from the Sky Tower in Auckland this year, and tried Tandem Paragliding in Capetown.

At my local u3a, I am a member of a London walking Group, a Sunday lunch group, a Bucket list group, and the Theatre group. I am having a fabulous time, living the dream.

For my 75th birthday, I chose to do a Tandem Parachute Jump from a plane at 12,000 feet.

I have outlived my own predictions, so I will keep going, being gung-ho and living life to the full.

*Are you doing something exciting? Let us know by emailing [communications@u3a.org.uk](mailto:communications@u3a.org.uk)*

---

**To participate in online learning  
activities and events, join your local u3a**

**[u3a.org.uk](http://u3a.org.uk)**

**u3a**  
friends 



**Did somebody forward this email to you?**

Sign up at [u3a.org.uk/news/newsletter](https://u3a.org.uk/news/newsletter) and we will send it to you directly

---

The Third Age Trust • Registered Charity 288007 • Registered Company 01759471

---

*Copyright © 2024 The Third Age Trust, All rights reserved.*

You are receiving this email because you signed up on our website.

**Our mailing address is:**

The Third Age Trust  
156 Blackfriars Road  
London, SE1 8EN  
United Kingdom

[Add us to your address book](#)

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#)