

October 2021

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



## Introduction from Sam Mauger

Dear members,

As we move into autumn and the nights draw in u3as are even more prepared to meet and spend time together.

**Many u3as are hosting both face to face and online meetings and thereby extending the opportunity to spend time in learning and friendship to those who may not otherwise be able to travel at night or during the day** – for example as a result of caring for another or lack of public transport.

We know there is more to do to support people to feel confident online, and to keep in touch with those for whom online activity remains a step too far. **We know too how valuable those face to face interest groups are, and how supportive u3a members are of each other in appreciating and sharing the skills, and experiences and knowledge that each u3a member brings.**

The pandemic has been a harsh time for many of us, and as we begin to negotiate this time of year, **the kindness and respect that many u3a members show for each other and their committees in so many ways will be important to help us stand together** in what we all hope will be the last part of this challenging pandemic period.

**Please keep sending us your examples of the u3a spirit of support and we will share them with others in the newsletter.**

With regards,

Sam Mauger

Chief Executive

## u3a day dates for 2022 and beyond

Michaela Moody, coordinator of the day, says, "The Board has responded to members' feedback and has extended our u3a day celebrations throughout a week. That will fall every year on the third week of September and u3a day will be celebrated on the Wednesday – which next year is 21 September."

The dates for the next five years are:

**17–25 September 2022, 16–24 September 2023, 21–29 September 2024,  
20–28 September 2025, 19–27 September 2026**



## Scarborough u3a reach new heights



Scarborough u3a undertook a 'Three Peaks Challenge' this month. Devised by member Elaine during lockdown, the walk saw members climb three of the hills surrounding Scarborough u3a. It was open to all members – who were encouraged to come along for all, half or just meet the group for lunch. The walk was intended to raise the profile, with members carrying a Scarborough u3a banner, and there were stories in the local press.

## Subject Advice News

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. In this new feature, we will put a spotlight on a particular Subject Adviser each month.

### Learning More About Philately with Subject Adviser, Jeff

#### What is philately?

Philately (stamp collecting) is an interest which is more than 150 years old. There are countless themes to collect, from Christmas to Military aircraft.

#### When and why did you become a Stamp Collector?

When I was a child, I started buying packets of stamps most of which were bought for the variety of colours rather than what was on them. This continued for about 4 years until, one day, I had an interaction with a spitfire. Since then, I have been passionate about Thematic collecting with mine entitled "Flight". It is a "pictorial" history of flight to the present day.

#### Why join a group?

Postage stamps are a wonderful way to relax and enjoy what was 'the world's greatest hobby'. Philately can incorporate many u3a groups such as Art, Architecture, Birds, Botany, History, Sport, Transport, Travel to Zoology.



## News from the Board

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

*Photo, right: The Board and staff meeting together to discuss the future u3a strategy*

"At our two day Board meeting, staff and Trustees worked together on the first day discussing our future strategy, exploring our aspirations, culture and priorities. New initiatives were discussed together with what we might stop doing. We all welcomed the opportunity to work together.



**Meeting together highlighted how much the restrictions of the past months have influenced us, our relationships and expectations. We all face additional pressures. More than ever we need to be patient with each other in what is still a difficult time.**

TATTL (our trading company) and the Governance committee have successfully recruited new members through adverts here and in Third Age Matters. **Now other committees will adopt this approach. If you see an advert that interests you, please consider applying, however much or little u3a experience you have.**

Scotland was congratulated on obtaining slots for the u3a at COP26. There are plans to develop training material to address the question sometimes asked by u3a members about what is permissible action in the u3a, a non-political organisation."

## u3a 40 Anniversary

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The movement celebrates its 40th year in 2022. You can already get involved by planting a tree as part of our u3a woodland – already more than 1,000 trees are on their way to be planted thanks to u3a members.

Other u3a members are busy creating squares for the commemorative quilt, including the Crafty Crafters group from Newcastle Emlyn u3a (right.) Submissions are closing 15 November so if you would like to take part, please ask a u3a friend to take a photo of your square and enter it on the 40th anniversary web page.



## Your Stories

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"I've always been fascinated by Magic but never dreamt of performing until I joined the Barnsley u3a Magic Group. Within a short time I was standing in front of an audience of 150 people doing a 'Derren Brown' inspired mentalism performance with audience participation."

– Alan, Barnsley u3a

## Spotlight On:

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### Nick, Ruthin & District u3a, Trust u3a



"My career was in environmental work of various kinds, including for the Welsh Development Agency and then Welsh Government.

I am currently facilitator for the Ruthin u3a 'Sustainable Living' group. It is the largest group in our u3a. This came about because of a conversation my wife and I had with our son a couple of years ago, about how daunting it is for the individual in terms of doing something effective about climate change.

His response was that if you can influence others, and hopefully they themselves further 'spread the word', then you are having a much greater impact than you could ever have acting on your own.

My wife and I have three children, all in their 30s now. We brought them up to be environmentally aware but did not steer their career choices; however, all three have ended up doing work related to climate change. Either this is just an amazing coincidence or more likely it is an illustration of how one generation can inspire and influence the next."

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Headline photos: Belfast u3a's Photography Group on a trip to a butterfly sanctuary, Ayr u3a's Tree Spotting group with a cedar tree, Evesham u3a on a Canal Cruise, u3a day 2022 dates photo – Ravenshead u3a on u3a day 2021

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