



July

Welcome to the July Newsletter.

We have just launched "learning not lonely", a report which demonstrates the enormous impact that U3As have on communities throughout the United Kingdom.

The U3A model offers an alternative experience in retirement built on shared learning and volunteering. Together we believe that the U3A movement enriches local communities. Members support each other, care for each other and reach for new opportunities together.

The report was drawn from contributions from U3A members across the members, and we can all use it to raise the profile of the movement wherever we are.

I hope that you enjoy reading it.

With very best wishes
Sam Mauer
Chief Executive

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Making an Impact

Often the conversations on ageing are based on a "deficit and dependency approach". The U3A

model is the opposite. It is a learning co-operative and not about service provision. It is by the members for the members.

Its great success is that it is learner led. The research found that the U3A model contributes to wellbeing in later life and is the anthesis of loneliness.

In U3A age is irrelevant, retirement is only the start of new opportunities to come.

The U3A challenges conventional stereotyping of people in later life and rewrites retirement.

Please do share the impact report with anyone that is interested and help us continue the conversation. You can see the report and more about the launch on our website at <https://u3a.org.uk>



[iDEA - @idea_award](#)

Great to see such inspirational work by [@U3A_UK](#) bringing people together to [#learn](#), have fun and stay active in mind, body and spirit. Some groups using [iDEA.org.uk](#) to hone develop valuable [#digital](#) [#skills](#) Brilliant U3A summary = [#LearningNotLonely](#) [@yoursmagazine](#)

[Shirley Cramer - @ShirleyCramer28](#)

A welcome new report from [@U3A_UK](#) [#LearningNotLonely](#), which show the holistic public health benefits of their work [@R_S_P_H](#)

The Social Care Workforce – the Research Unit at King's College London had the story and shared the report on their blog. [Click here to read it.](#)



Spreading the word

If you or your U3A use Twitter or Facebook we would love you to share your tweets/messages about 'What U3A means to me' using the hashtag **#myU3A**

Follow us on **Twitter** - **@U3A_UK** and **Facebook** - **@u3auk**

In other news



National programme of workshops

The Trust is offering various workshops, designed to provide advice, support and information to U3A committees and potential committee members.

Workshops are offered on request, are participative and delivered by Trust volunteers alongside

national office staff. For more information or to request a workshop please visit workshops.u3a.org.uk.

Membership subscriptions

Finance Manager, Kevin Traynor said, "Following advice from the Trust's VAT consultant, we are now using the term **membership subscriptions** to describe the annual sum paid by U3As to the Trust and not 'capitation fees' or any other term.

"To fully comply with this advice, the Trust is now also reviewing all of its documentation and websites. Thank you for your continued support."



Places are booking fast for U3A National Conference and AGM held at the East Midlands Conference Centre in the grounds of Nottingham University from 28 to 30 August 2018.

Throughout the three days there will be [workshops](#) and plenty of time to discuss, debate and share ideas with colleagues from across the movement. [Book now to secure a place at conference.u3a.org.uk](http://conference.u3a.org.uk).

Volunteers

Three questions:

- How well do you know the U3A movement?
- Are you good on the phone?
- Do you live in London or the Home Counties?

National Office is looking to recruit a small pool of volunteers to act as advisers. Those interested would be offered training in order to respond and log the diverse range of enquiries that come into the office both on the phone and via email.

The advice line is open Monday to Friday 9.30-4.30. Volunteers would be asked to offer a minimum of

3 hours per day. Those interested may want to visit the office first in order to see the working environment as our office is 'compact and bijou'. If interested please contact the Advice and Volunteering Manager, Sophie, at sophie.wellings@u3a.org.uk. Travel expenses will be reimbursed.

Lifelong learning

iDEA

U3A is delighted to be partnering with the iDEA programme which helps develop digital and enterprise skills for free.

The Duke of York Inspiring Digital Enterprise Award programme, led by Kerensa Jennings from HRH The Duke of York's Office, is a new initiative to help bridge the digital skills gap with participants taking part in a free series of online challenges and events.

Guernsey U3A members have had great success running the first pilot iDEA learning group. Kerensa will be running two iDEA workshops at the [national conference](#) in August.

Learn more at iDEA.org.uk.



Old Royal Naval College

Eight U3A photographers, selected from London U3As, have been recording the volunteers, staff, contractors and members of the public in a unique Shared Learning Project working with the Old Royal Naval College, in Greenwich, South East London.

The Old Royal Naval College has embarked on a major conservation project of the Painted Hall, supported by the Heritage Lottery Fund; cleaning and conserving the Painted Hall walls and ceiling. There is currently an exhibition of the U3A photography on view to visitors to the Painted Hall, where it will remain until the ceiling tours cease on September 29th 2018. At the exhibition opening Roger Mead the U3A team leader said " That the team had enjoyed the photographic challenges and that all of the team felt it was a real privilege to be involved in such an amazing conservation project."

[See more at the Old Royal Naval College website.](#)



Neighbourhoods of the Future

Sue Coles from South East London U3A is asking for U3A volunteers to be part of a cohort developing the Neighbourhoods of the Future project.

Social business, the Agile Ageing Alliance – is creating the 'Neighbourhoods of the Future' project which aims to design better homes for older adults – improving health, care, design and technology.

While the role of the U3A cohort will develop over time it is likely to include informing the project at an early enough stage to influence design, give feedback on project proposals or design ideas, providing insight and contributing ideas. Volunteers need enthusiasm, a range of life experience, skills and expertise.

If you are interested in getting involved please [visit sources.u3a.org.uk for more details](https://sources.u3a.org.uk).

Events

The Big Sing

On September 12th the **North West Region** will host a singing event at the Friends' Meeting House in Manchester. It will be led by Stuart Overington who is a conductor for the Halle and other musical organisations.

North West National Trustee Gillian Russell said "There will be a selection of songs providing opportunities to develop good technique, attempt some simple harmonies and just enjoy a jolly good sing. Watch out Manchester. We'll make the rafters ring!"

U3A Expo 18

Harrogate U3A took part in a week long exhibition to help promote the U3A movement - [read the article here](#).

Learning resources

U3A Research Database

The U3A Research Database which shows all the organisations that U3A has partnered with on projects such as SLPs and Research is now available online via the [Research Subject Adviser page](#)



From U3A to ZU3A

Plans are being developed to start a U3A on the picturesque Greek Island of Zakynthos.

A potential pre-setup conference in the Autumn is being looked at with a view to ZU3A being launched next January. To read more on this story and many others including the latest on the Manchester Network SLP Cottonopolis please visit sources.u3a.org.uk.

Subject Advisers

Thank you so much to all those who have shown interest in joining the subject adviser team after the article in the last edition of *Sources*. We will be contacting you all soon to invite you to the next subject advisers' meeting.

The latest updates and news from the national subject advisers are now available on the Subject Advice section on the website. Click the subjects below to download them:

- [German](#) - guide to methodology and materials added
 - [Mah Jong](#) - useful information added
 - [Play Reading](#) - more plays available to download
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News from the board



National Chairman Pam Jones has been shortlisted for a Community Award for her work with the U3A movement promoting the benefits of lifelong learning.

Pam has been a member of U3A for over 20 years and for the last three as its Chairman. In this time, Pam has travelled around the country advocating the movement and supporting the retired and semi-retired members who love learning together.

Pam, who celebrated her 80th birthday earlier this year, said, "I am delighted to be nominated for this award but I feel the real winner has got to be the U3A movement which, at very little cost, helps build communities and promote health and wellbeing for members in the third stage of their life."

Pam and the U3A needs your support to win this award – you can [vote for Pam here](#).

Other interests

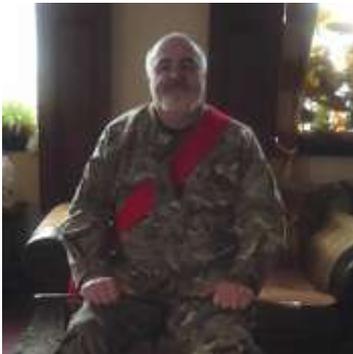
The Arthritis Research UK Centre for Sport, Exercise and Osteoarthritis are hosting a FREE public Open Day entitled "Physical Activity and Osteoarthritis" at Friends House, Euston Road 11th August.

Find out about ...

- Current physical activity and osteoarthritis research
- Current research into nutrition and osteoarthritis
- The main causes of osteoarthritis
- Approaches to managing joint pain
- How arthritis therapy research trials are run in the NHS
- Arthritis Research UK - what does it do?
- An interactive website to help support people with joint pain
- The latest innovative devices to help people living with arthritis

Sessions will run throughout the course of day and will include talks/demonstrations from experts. For session times and to register please go to https://oa_open_day.eventbrite.com or email centre-seoa@nottingham.ac.uk or call 0115 8231411

In Focus



Chris, Maesteg U3A

Chris Evans, Maesteg and Llynfi U3A in South Wales talks about his experience of U3A and why he became secretary of U3A Plus.

I suffer with MS and have been wheelchair bound since 2004, so you could say that accessibility has been my life!

I am a retired clinical psychologist and spent most of my practice within the military. In five years at U3A, I have taken part in lots of local Interest Groups including one striders event which my wheelchair covered around 2 miles before the battery ran out!

I am currently the publicity officer and have recently become the Speakers Booking Officer. So as you can see U3A keeps me busy!

Because I am a wheelchair user I have found that there are not always coaches available that can take a motorised chair. I'd like all companies to make sure they are fully wheelchair accessible.

This is one of the reasons I became involved with U3APlus.

What drives me? The hopeful thought that impaired people can enjoy their lives and not give up because believe me sometimes that is far more the easiest way.

Check U3A Plus website at plus.u3a.org.uk.



