

u3a*Newsletter express*

Ageism and Fashion - Help Us With Our Survey

Dear Derek

Thank you for your energy and enthusiasm - you are all wonderful examples of what it means to age well. Over this year many of you have been involved in helping the movement change the narrative around age as part of our Push Back Ageism campaign.

Many of you took part in our survey last September which shone a light on the language which is commonly used around ageing. We wanted to develop that research - this time around assumptions and perceptions made based on the visual image and look of people as they age.

each of us choose our style. Yet often in society views and commentary is presented about the appropriateness of fashions and styles based on age.

We are asking members of the general public as well as u3a members what you think is important about how we look and present ourselves as we get older.

Please take part in the survey below - your opinions and feedback are so valuable to us. We will share the results as we approach u3a day and will pull together all the survey results into a report later in the year.

The rest of this newsletter express is dedicated to u3a day where we can showcase the many wonderful experiences, skills and talents that we have within the movement.

Please [share with us](#) what you are hoping to do on the day - whether large or small - so we have a big picture which we can share with you all.

Very best wishes

Sam Mauger,
Chief Executive

Take the Survey

Click [here](#) to view this newsletter in your browser, in which format you can zoom in to make it easier to read.



u3aday

What are you doing on u3a day?

We are hearing about all of your amazing plans for celebrating and promoting the u3a movement on **2 June**. Yarnbombing, social media campaigns, market stalls, flower beds, open virtual events - there's such an exciting variety of events happening across the movement.

If you haven't got in touch with us yet, [please do](#). We really want to have an overview of everything that is happening so that we can publicise all your hard work.

How to share your u3a day photos with us on 2 June

- Use the hashtags #u3aday2021 and #u3aday
- Tag us so we can find your photos on social media. We are @u3auk on Facebook and Instagram and @u3a_uk on Twitter
- Email us at communications@u3a.org.uk
- Please make sure that everyone in the photo is happy for it to be used on national u3a platforms - and let us know that in your email so we can use them right away.

Bingham u3a go big

Litter picking, quizzing and a treasure trail are all elements of Bingham u3a's extravaganza for u3a day. Over half of their groups will be taking part in the celebrations - for which u3a members have been knitting decorations (see right.)

Read the full story of Bingham u3a's plans on our [Sources blog](#), where we will continue to share u3a day inspiration.

Do you want to write about your u3a day plans for Sources? [Get in touch.](#)



We'll be posting throughout the day on social media - follow us by clicking the buttons below.



We'd love to see photos of you preparing for u3a day, whether that's your group planting a flower bed or members knitting in preparation for some yarnbombing or any other prep you are doing - [_get in touch now.](#)



A member of Wells u3a with the handmade bunting they will be using to decorate their stall on u3a day.

Download the bitesize newsletter which is a printable version to send to offline members.

Bitesize Newsletter

This is an easy way to share the newsletter. Click [this link](#) and copy and paste the URL to share on other platforms, including Beacon.

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