



## Introduction from Sam Mauger

Dear Members,

I wanted to send you this special Newsletter Express because we have an exciting opportunity to use our movement-wide voice – we're pleased to be working with the Design Age Institute to put our members' feedback at the heart of design for the future.

The Pushback Ageism group are currently gathering information to challenge designers about the design of walking frames using the lived experiences of u3a members. See more in the box below.

Very best wishes

Sam Mauger

Chief Executive

**Do you have a story to tell about walking frames, good or bad, funny or serious? Would you be happy for us to use your story? If you do have a story that you would be willing to share, please call u3a office and tell us your story by 20 August.**

 u3a  
 156 Blackfriars Road  
London, UK  
SE1 8EN

### Contact the National Office

Tel: 020 8466 6139  
Email: [info@u3a.org.uk](mailto:info@u3a.org.uk)  
[u3a.org.uk](http://u3a.org.uk)

[twitter.com/u3a\\_uk](https://twitter.com/u3a_uk)  
[facebook.com/u3auk](https://facebook.com/u3auk)

Headline photos: a painting submitted by Salim of Harrow u3a into the u3a Paint or Draw learning initiative, a photo of a walking frame, a photo submitted by Andrea of Guildford u3a into the u3a eye theme 'Different Sizes.'