

u3a*Newsletter express*

Dear Derek

I can't believe we are already in December and nearing the end of another busy and energetic year. **I hope you are keeping safe despite storm Arwen and the weather turning distinctly frosty.** We are thinking of all of those of you who have been affected by the loss of power.

We have a few updates in this newsletter express but the normal full newsletter will go out later this month.

Covid guidance may change as we move towards the festive season. We will continue to monitor the government in Westminster, authorities in Wales, Scotland and Northern Ireland and NHS advice and nation-based health advice and will keep you updated on how it relates to u3a. As always please encourage your friends and colleagues to [sign up directly to the newsletter](#) as **we will be putting more newsletters out throughout the coming weeks - sharing news and keeping us all connected during these wintry times.**

Our main newsletter is due out in the next week but we had a couple of important requests in this newsletter express below. **Our u3a newsletter community is so important - your connection and commitment to u3a continues to be inspiring.** Please continue to keep in touch with us, we love hearing about all you are are doing.

very best

With regards,

Sam Mauger,

Chief Executive



Are you supporting your local community this festive season?

We are looking to collate stories of u3a members who are spending the festive period volunteering in the community. We would like to share your inspiring stories - with your permissions - on our communications platforms, on our social media and potentially for outside media.

If you are working with the homeless; serving food to your local community; or in any way giving your time to others over the festive season, [please share your story with us](#). We would really like to know the details of what you're doing, when you're doing it - for instance, on Christmas Day - and where.

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

Last Orders Before Christmas

The last date to order on [our u3a brand centre](#) for arrival before Christmas is Wednesday 15 December. However, orders will continue to be processed and despatches will recommence from Tuesday 4 January. Digital Downloads will continue to be available as usual.



Challenging Ageism - How did you do?

In November, we set you the challenge to have a look at our [Anti-Ageism toolkit](#) and put some of the actions into practice.

We'd love you to let us know how you went and what you thought of the toolkit, by responding to [this short survey](#). Even if you didn't look at the toolkit, that's important for us to know and we want to hear from you.

We are also interested in your experience of ageism in the news media. Your examples may be used to support work to promote better regulation of news reporting in relation to older people.

We'll share the findings with you early next year and what we plan to do as a result. If you have any comments or questions about the toolkit, please contact: impact@u3a.org.uk

Later this month....

A big milestone for Beacon is coming up and we've been celebrating with interviews across our platforms - read more [on our website](#) and find out about joining Beacon on the [Beacon website](#).

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