

u3a friends

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Introduction from Sam Mauger

Dear Friends,

The u3a movement is full of sharing, as members form friendships with each other through the exchange of ideas and skills.

Our new film series, Share Something Brilliant Today, celebrates this element of the u3a movement.

The first film features Chichester u3a's Practical Science group, where members explore scientific experiments together – something that would be hard to find outside of u3a. You can read the transcript of this new film further down this newsletter – and the film itself is available to watch on our u3a YouTube channel.

Later on this year, a team of u3a runners will be taking part in The Great North Run to raise money for The Third Age Trust. This is a first for u3a. We are so grateful to these u3a members who are giving their time and effort to support the u3a movement – read more about them below.

With best wishes to all of you.

Sam Mauger

CEO of the Third Age Trust



Meet the u3a Great North Runners

On Sunday 8 September, five u3a members will be taking part in The Great North Run to raise money for The Third Age Trust.

We are delighted to announce the members taking part are (pictured, L-R, top to bottom):

Sidmouth u3a member Ken, Stafford u3a member Lesley, Southport u3a member Stephen, Newcastle u3a member Joyce and Wokingham u3a member Ashley.

Newbury and Hungerford u3as battle it out in a pickleball match

Newbury u3a pickleball players took on their first friendly match challenge against members of Hungerford & District u3a.

The event was co-organised by Newbury u3a member Ron and Hungerford u3a member Brian.

Ron says, "It was a fun event, played in a good spirit. The event aims were for every player to learn from each other as the u3a normally does. The two u3a pickleball groups are now planning to do a return event and joint practice sessions. Newbury are also looking at playing groups from Didcot, Wantage and Abingdon in Oxfordshire this year."



Dutch students take part in u3a activity

The Third Age Trust has been working with two students from the Netherlands to support them with research for their BA thesis exploring how social contact can mitigate loneliness. Utrecht University students Tess and Sherida joined in activities at Croydon u3a and with Interest Groups Online and spoke to members about their experiences being part of the u3a movement.

Chair of Croydon u3a, Jenny, says, "The whole project has been very interesting, worthwhile and hugely rewarding and I have been humbled by our members' keenness to open their arms and their hearts to facilitate the students' research."

from the Trust...

Share something brilliant today: Practical Science

John and Peter are members of Chichester u3a Practical Science group. The film shows them engaged in a variety of experiments – including watching a cloud chamber and using a plasma ball to witness static electricity.



Below is a transcript of the film.

(John) – I've been a member of the science group since last September.

I joined out of curiosity and I thoroughly enjoy it.

(Peter)– People have come from a lot of backgrounds. Everybody brings their own interests and we get a chance to do things, to make things. It is a practical science group, so we enjoy experimenting.

To have the ability to revisit our schoolboy science is great fun.

(John) I now know what a cloud chamber is. When I was back in laboratories way back when, I'd never heard of them.

(Peter)– And in those times, they were exotic.

(John) – They were.

(Peter) – That was the leading edge of nuclear technology.

– [John] That's right.

(Peter) – Now you can come along and see one in front of you. And it is astonishing to think that we were looking at the actions of individual particles.

– (John) I thought it was absolutely fascinating.

[Peter) – It does bring science very much, makes it real, makes physics real.

(John) – To work with each other, share our particular interests and knowledge and experience, it has been extremely enjoyable and very satisfying. One gets a new lease on life, I think, from it all.

(Peter) – If you're interested in anything, really, and you want to share that with other people, then this u3a in particular offers that. If you can't find a group that satisfies your interests, Chichester u3a make a big effort to help you create a group and find other people with similar interests. So really, it just seems like a win-win situation.

I have just returned from interrailing in Germany – a much needed holiday. During the coming weeks many u3a members will be planning time out. I do hope all your holidays and explorations are as good as mine was.

The coming weeks are a busy time for the u3a. Personally, I am looking forward to visiting Scottish u3as in June. I will then have spent time in all the regions and nations apart from the West Midlands during my time as Chair of the Trust.

In June, the Board will decide whether to bring a resolution on Fit for the Future to the AGM in October. Many questions have been asked and there will be more information on the website shortly. In July many of us will enjoy meeting each other at the York Festival. Currently a successor to Sam Mauger is being recruited and nominations are being invited for Trust officer and Trustee vacancies.

However you plan to spend the summer months, I hope it will be a mixture of recreation, new experiences, lots of fun – and perhaps some learning, whether accidental or intentional!

Introducing the new Trustee for the North West

David Blanchflower recently joined the Third Age Trust Board.

He has been actively involved in Aughton & Ormskirk u3a for the past 18 years, where he leads a walking group and sits on their Finance Committee. One of the initiatives he introduced was a programme of short five or ten session courses, which were very popular.



friends learning

Learning more about: Walking Football

Subject Advisers are u3a members who volunteer to share their expertise on their specialist subject.

Walking Football Subject Adviser John is a member of Barnsley u3a and formed their walking football group eight years ago. It now has 22 members. They often play against other u3a walking football groups, as well as participating in local tournaments.

As Subject Advisers, John aims to “encourage the development of Walking Football across the national u3a movement so that we can hold regional league and cup competitions. Barnsley u3a are leading the Walking Football at Festival 24 which gives us the opportunity to showcase the sport and provide advice to interested spectators who may be thinking of starting their own group.”

Living life to the full



Patricia from Thorpe Bay u3a talks about her adventurous approach to life, which saw her undertake a Tandem Parachute jump earlier this month.

Looking back on my life, I have always been adventurous and sporty. What changed my attitude to life, was my brush with Breast Cancer in 2014. Once you've been hit with something like that, it changes your attitude to life. No longer was I saving for a rainy day, but looking at my life on a daily basis. Anything could happen, so do it whilst you can.

I have zip-lined in various places around the world, including Singapore (pictured above), gone white water rafting down the Grand Canyon for my 70th birthday, sky dived indoors in Singapore, jumped from the Sky Tower in Auckland this year, and tried Tandem Paragliding in Capetown.

At my local u3a, I am a member of a London walking Group, a Sunday lunch group, a Bucket list group, and the Theatre group. I am having a fabulous time, living the dream.

For my 75th birthday, I chose to do a Tandem Parachute Jump from a plane at 12,000 feet.



I have outlived my own predictions, so I will keep going, being gung-ho and living life to the full.

Headline photos: Tess and Sherida taking part in a table tennis group with Croydon u3a; John and Peter from Chichester u3a's Practical Science group who feature in our first *Share Something Brilliant Today* film; walking football – the Subject Adviser features in our Learning section this month.

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