

Welcome Pack

Cardigan u3a

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Introduction



“U3A shows the value of communities of interest and learning which are not defined by age, or by past experience, but instead are defined by the experiences still to be explored”.



Thank you for joining us. Our u3a gives you opportunities to develop your interests, make new friends and have fun. During these uncertain times, demand to be part of the u3a movement is as high as ever, with people looking for new ways to keep connected with each other and keep up their cultural, educational and social activities.

Our amazing members have stepped up and found new and creative ways to keep connected with each other and continue their learning. You will see in this pack – there are many examples of new projects, ideas and shared skills and learning that our members are taking part in.

In this pack you will find what's available in our u3a including access to interest groups and communication platforms. You will also have access to the national Third Age Matters magazine, to the national online newsletter and various social media sites.

For more information about what we offer, go to our website at cardiganu3a.org.uk

Local u3a information

All about us

Cardigan u3a began in 2005 and currently has around 170 members.

Our monthly meeting is held on the fourth Thursday of each month (except in December) at 2pm in the Great Hall of Cardigan Guildhall SA43 1JL.

We publish a monthly newsletter which is emailed to all members.

Our committee currently has seven members. We always welcome new faces with new ideas, who can be co-opted on to the committee at any time.

Interest groups

Our Interest Groups include: Afternoon Tea, Astronomy, Book Groups, Digital Photography, General Studies, Philosophy, Quizzing, Scrabble, Singers, Strollers, Ukulele and Walking. Details of these are on our website and are on display at the monthly meetings.

We hold other social events such as a Summer Social, day trips and a "Lecture and Lunch".

Our monthly meetings involve either a talk on a wide range of subjects or an activity, followed by refreshments and time to socialise.

Contacts

You can contact our Group Leaders via our website: cardiganu3a.org.uk

We have a Facebook page: facebook.com/cardiganUni3

The national website is: u3a.org.uk



**From Walking to
Talking, Gardening to
Cookery, Yachting to
Yoga, Current Affairs
to Supper Clubs – the
choice is endless and
determined by each
local u3a**



History

1981

beginning of movement

2010

membership reach
quarter million mark

Our founders envisaged a collaborative approach with peers learning from each other. The u3a movement was to be self-funded, with members not working towards qualifications but learning purely for pleasure. There would be no distinction between the learners and the teachers – everyone could take a turn at being both if they wished.

From its beginnings in 1981, the movement grew very quickly and by the early 1990s, a u3a was opening every fortnight. u3as grew in Scotland, Wales and Northern Ireland and in 2008 membership was increasing by 11% every year. 2010 saw our membership hitting the quarter million mark.

At the end of 2016 the u3a movement reached the milestone of 1,000 u3as celebrated by a conference with speakers including Eric Midwinter – one of the founders of the u3a movement.

Today, our movement includes over 400,000 u3a members in more than 1,000 u3as and is continuing to grow every day.



Ethos and Principles

The Principles of the u3a Movement

The u3a movement is non-religious and non-political and has three main types of principle:

Lifelong Learning

- Membership of a u3a is open to all people who have retired from full time work
- Members promote the values of lifelong learning and the positive attributes of belonging to a u3a.

Self Help

- Members form interest groups covering as wide a range of topics and activities as they desire; by the members, for the members.
- No qualifications are sought or offered. Learning is for its own sake, with enjoyment being the prime motive, not qualifications or awards.
- There is no distinction between the learners and the teachers; they are all u3a members.

The Mutual Aid Principle

- Each u3a is a mutual aid organisation, operationally independent but a member of The Third Age Trust, which requires adherence to the guiding principles of the u3a movement.
- No payments are made to members for services rendered to any u3a.
- Each u3a is self-funded with membership.

Benefits of u3a membership

Title

The membership fee allows members to attend :

- * any of the Interest Groups

- * any events such as:

monthly meetings, which are either a social (e.g. Strawberry Tea) or a talk on a wide range of subjects

activities such as the evening Summer Social, day trips or a "Lecture and Lunch"

(There may be a small fee for hall hire for a group meeting or a fee for a social event.)

In addition, belonging to a group of like-minded people of a similar age group is wonderful for mental health, stimulating the brain to learn new things.

U3a offers friendship and comfort to the lonely, anxious or bereaved.

It also enables members to pursue an activity with friends even if their partner is not interested.