



THE UNIVERSITY OF THE THIRD AGE

Eastwood and District U3A Newsletter

July 2014 Issue 1

Eastwood Launch Meeting

Despite torrential rain almost 100 people attended the launch meeting of the Eastwood and District University of the Third Age (U3A) at Plumtre Hall on Wednesday 4th June.

Michaela Moody, the East Midlands Regional Trustee, together with Karen Taylor from the Nottinghamshire District and several other experienced members of neighbouring U3As explained what the organisation was all about and how the interest groups form the core of the U3As activities.

The meeting unanimously decided that a new U3A should be formed for Eastwood and district. This will make Eastwood the 24th U3A in the Nottinghamshire county.

The U3A is a self-help organisation offering people no longer in full time employment the opportunity of life long learning within a friendly and sociable frame work. Each U3A acts autonomously but is affiliated to the Third Age Trust that is a national representative body providing a wide range of services to the U3As.

The U3A is an amazing organisation. The word 'university' here is used in its original sense of people coming together to learn. In the UK it has been running since 1982 but is part of an international organisation begun in France in the 1970s. Membership is growing rapidly and new U3As are being opened all over the UK

Dates For Your Diary

Future meetings will take place on the first Wednesday of the month at 10am in Plumtre Hall. Meetings will usually feature a guest speaker, the opportunity to join interest groups, news updates and refreshments. New members will be able to join at each meeting.

Today's Inaugural Meeting

So we are now up and running. The new Eastwood and District U3A is here for everyone to take part in and enjoy.

For those unfamiliar with the U3A, you can think of it as a sort of youth club for retired people.

At this first meeting everyone is encouraged to sign up as a member so that you can take part in the interest groups - some are being organised from today and others are planned to start each month. Don't be shy about joining the groups that interest you, remember that other people are likely to be as timid as you to take part in something with people who are complete strangers. You will not be strangers for long - the U3A is a very good way of making new friends.

There is no requirement for you to have any qualifications to join, nor do we hand out qualifications or diplomas. We all have experience from the "University of Life" and you would be surprised how much of what you have learned over the years can be passed on to others. That is what the U3A is all about and you could use your experience and knowledge to lead or help to lead interest groups. If you have an interest or hobby that you would like to share or learn more about then let us know. There are bound to be other people interested too. Jim and Lorna Stirland are the Groups Co-Ordinators and they will help to get people together.

The initial membership fee is £15, which will last until the end of March 2015. In addition interest groups have to be self-financing so you might have to help towards room hire and other costs.

Join the U3A - and enjoy being a "Third Ager"!

Interest Groups

At the heart of the U3A are its special interest groups. These are owned and driven by members who want to learn together. Groups have a contact member and agree how often they want to meet and where. To join an interest group you need to be a member of U3A.

In Nottinghamshire - across all the other U3As - there are over 120 different types of interest group. Interest groups are self-managed and self funded. They draw on the knowledge, skills and experience of their members to prepare and deliver a programme of "work" to their members. The range of interests is very wide: art and music, both practical and appreciation, foreign languages, literature and poetry, creative writing, science and technology, history, both local and national, gardening, walking, computing, craft, card and board games, cycling, dancing of all sorts, bowling and genealogy to name but a few.

Eastwood Interest Groups

The first interest groups are:

- Art - Practical
- Book Group
- Apple Mac Computers, iPhone and iPad
- Crafts - Textiles
- Vegetable Gardening – From a Pot to a Plot
- Local History
- Rambling; Short walks and Strollers
- Board and Card games starting with Bridge
- Spanish
- Singing for Fun

Future issues of the newsletter will carry details of interest group contacts. If there is a lot of interest in a particular interest group we will try and organise an additional group.

Planned Interest Groups

We are planning to introduce four new interest groups at the August meeting:

- Art Appreciation
- Luncheon Group
- General Gardening
- History – General and Family
- Photo

There is no limit on how many interest groups we have. The number depends only on our energy and enthusiasm - plus a bit of help with the logistics!

How You Can Help

If you have an idea for a new interest group or if you would like to be the main contact for a group - and we are always on the look out for new contacts/organisers - Please contact Jim or Lorna Stirland, the group co-ordinators, mobile: 07 977 415072
email: jjms.las@talktalk.net

Newsletter Distribution

From next month we will send out copies of the newsletter by email to all who have one. Please make sure that your email details are up to date. You will need to contact Janet O'Neill, Membership Secretary of any changes, 07 961 832 864, email: EastwoodU3A@gmail.com. We will make printed copies available for people who do not have an email address.

Steering Committee

A steering Committee has been set up to help the new U3A get established. Members will hold their roles until the first annual general meeting. Future issues of the newsletter will contain further details of the jobs we do.

Eastwood Steering Committee

Name	Role
Valerie Beecham	Speaker Finder, Social Secretary
Philip Hartley	Vice Chairman, Newsletter Editor
Tom Hickingbottom	Business Secretary
Ann McGillivray	Chairman
Margaret Naylor	Treasurer
Janet O'Neill	Membership Secretary
Ali Paine	Minutes Secretary
Jim Stirland	Groups Coordinator
Lorna Stirland	Groups Coordinator

Contact us at email: EastwoodU3A@gmail.com