



Introduction from Iain Cassidy

Dear Friends,

It's shaping up to be a lovely summer with a lot of exciting things coming up for the u3a movement.

We're delighted to announce the u3a members who will be taking part in the *Great North Run* to raise money for The Third Age Trust. This enables us to continue to support u3as across the movement and facilitate the creation of new u3as. We're also in the fortunate position to have charity places in the *TCS London Marathon* for 2026. If that's in your personal to-do list, or if you know someone who would love the opportunity, all the information is below.

I want to pass on a huge congratulations to the u3a members who were awarded MBEs in the King's Honors list last weekend. It's always worth being reminded of just how experienced and talented our members are. Older adults can be underestimated, but they are often the same people who have spent many years giving back to society. It's great to see that recognised.

You'll also be able to read about last week's event with *The Office of National Statistics* where members were able to voice their opinions about how their data is shared. It was another opportunity to use the u3a voice to share members' concerns – and it's great that we get to be a part of these really important conversations.

With very best wishes

Iain Cassidy

CEO of the Third Age Trust

Meet the u3a members taking part in the *Great North Run*

We're delighted to announce that Romsey Archway u3a member Nigel, Rickmansworth u3a member Frances, Chorleywood u3a member Rik, Lymm & Thelwall u3a member Duncan and Haslemere u3a and Guildford u3a member Elizabeth will be taking part in the *Great North Run*. They will be taking their marks on Sunday 7 September to raise money for The Third Age Trust.



Support the runners on u3a.org.uk/fundraising.

Run for team u3a at the *TCS London Marathon*

We have a limited number of charity places for runners at the *TCS London Marathon*. This iconic race is the ultimate challenge and by taking part you can raise money for the Third Age Trust.

These places are open to anyone – so please do share this with family or friends. If you are interested in taking part, email fundraising@u3a.org.uk for more information.

u3a members share their views on data sharing

The Office for National Statistics invited u3a members to an exclusive in-person event where members debated data sharing, privacy and how personal information is collected and used. The event helped *The Office for National Statistics* better understand public attitudes towards data sharing while also informing members about their rights regarding their personal data.



Through Dulwich & District u3a, I've met so many wonderful people – some familiar faces from other local groups, and others I might never have crossed paths with otherwise.

I get a real buzz from being involved, from connecting with others, and from helping things run smoothly. Being a volunteer with u3a has given me purpose, connection, and joy – and I wouldn't have it any other way.

Caroline, Dulwich & District u3a

Busy, busy, busy: April, May and June have been quite intense. Both the new Council and new Board have met on two occasions and there are signs that members are getting more comfortable in their roles. But there's a long way still to go.

During the same period, I've also had the opportunity to visit u3as, networks and regional teams in Northern Ireland and Scotland, as well as visiting the North West, South West and the Yorkshire and the Humber regions. It's been great to meet u3a members and see how they view the future, where they need support, and how they deal with particular issues.

Almost irrespective of geography, the same issues pop up whether it's committee vacancies, membership renewals, or managing a transition to cashless. However, I always say that there are no new problems in u3as – merely problems that someone, somewhere has already faced and solved. So, a focus of my visits is to encourage sharing through network and regional events and I'm delighted to say that everywhere I've visited, there are energetic and enthusiastic members, always ready to help.

I'm also looking forward to sharing some of my workload with a new Trust Vice Chair. Nominations are now open, and all details of the role and how to apply are on the national website under [Events/Elections 2025](#). This is an exciting role for the right person, and it's a great opportunity to play a significant role in our new chapter.

u3a members recognised in King's Honours

A huge congratulations to Haslemere u3a member Ken and Hampstead Gardens Suburb u3a Chair Carole who were named in the Kings Birthday Honours list.

Ken was recognised for services to the Haslemere community. At his u3a he enjoys the Cooking for Men group and the Railway Research Group.

Carole was awarded an MBE for her work in the field of stress management, mental health and wellbeing. Carole believes u3a can be hugely beneficial to wellbeing. She says, "Sadly, many older individuals can lose their sense of purpose. At Hampstead Gardens Suburb u3a, we aim to help them rediscover it."

Southport u3a support town's bid for UNESCO City of Learning status

Southport has been recognised as a Learning Town, with plans to reach UNESCO City of Learning status in two years. Southport u3a Chair Chris has been heavily involved in the project, ensuring that later life learning is a key part of the bid.

The launch event was attended by Southport u3a committee members and North West Council Representative David Blanchflower.

I Volunteer Because...



Helen from Stratford-upon-Avon u3a (pictured, fourth from right) talks about why she enjoys volunteering at her u3a.

I have belonged to two u3as since I retired. I feel strongly that members of the u3a are all volunteers.

At Eastbourne Meads u3a, I served as Minutes Secretary on the Committee for a while and ran several groups. Then I moved away to Stratford-upon-Avon and started again. I joined the Committee as Speaker Secretary three years ago. There is a lot of organisation and record keeping involved but I enjoy the satisfaction that the talks bring to the general meetings.

I lead an Italian Improvers group which is going well, with eight members of varying abilities. I provide materials and run it from my home. We also go out for Italian meals together (pictured).

I have also started a Music to Share group which is in development. Similarly, I started a Free Time group but we do not go out very often as people seem not to have much free time! However, I have made contacts and an outing can go ahead with just two of us.

Although there is considerable work involved, I feel that I am making a contribution to the u3a and also making friends who have similar interests. Certainly, as a newcomer to a place, it is a good way to make contacts, and even friends, whilst learning something interesting and broadening the mind.

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Headline photos: Southport u3a Chair Chris and member Jo with a floral arrangement they created for the launch of Southport as a Learning Town; *Let's Dance*, photographed by Brunswick, West Hove and Portslade u3a member Les and submitted into u3a photography challenge, *u3a Eye*; *Happiness*, painted by Thorley u3a member Rita and submitted into learning activity, *u3a Paint or Draw*.