

## *What is the Third Age?*

The Third Age refers to the period of time after the First Age of childhood and the Second Age of full-time employment and parental responsibility.

## *Why are we called U3A?*

U3A is short for University of the Third Age. We are a university in the original sense of the word: a collection of people devoted to learning with members (not students), all of whom are in their Third Age. The U3A is a unique and exciting organisation which provides life-enhancing and life-changing opportunities. Retired and semi-retired people come together and learn together, not for qualifications but for its own reward. Members share their skills and life experiences: learners teach and teachers learn, and there is no distinction between them.

## *Who can join U3A?*

Anyone in the Third Age can join U3A, There is no lower age limitation and membership can include people who are working part time



## *Groups and Group Leaders*

Group Leaders are the backbone of U3As and are ordinary members who have organised an activity group, usually held in a member's home. There are no qualification requirements just a willingness to learn and share with others. As a group you learn together. If you have a particular interest or expertise maybe you might consider leading your own group with help from our Group Co-ordinator. Together we can keep our minds and bodies active

In addition to local activities, there are holiday trips, lectures and workshops available from National and Regional Offices and the U3A also offers online learning and much, much more.

## *How are U3As Organised?*

The U3As are democratic, self-funded, self-managed organisations which exist to provide a varied range of activities at minimum cost.

## *How to join Ise Valley U3A*

To become a member simply come to a monthly meeting and collect a membership form - or why not download one from our website at <http://www.isevalleyu3akettering.org.uk/> where you will also find our monthly Newsletter and range of activities.

## *How much to join?*

A **small** annual fee is charged to help run the U3A out of which a capitation fee is paid to National Office. Our Membership year ends 31<sup>st</sup> July but you can join at any time.



THE UNIVERSITY OF THE THIRD AGE

*Why not give Ise Valley U3A a try?*

## *Quotes from the National Site*

*"The U3A provided me with an anchor in the bleak time after retirement"*

*"U3A means I never have any spare time any more"*

*"The U3A taught me things I have missed along life's way"*

*"I have been a U3A member for five years and what a godsend that has been"*

*"As a U3A member, time passes so quickly, you can't be bored"*

*"U3A gave me a chance to expand my interests and learning"*

*"Belonging to a U3A has taught me that it's never too late to try something new"*

## *Retired or Semi-retired? Bored? Looking for something new? Why not try the Ise Valley U3A?*

The U3A is an international association of men and women who are no longer in full-time employment and who willingly share their time, knowledge and expertise with other members.

### *Diverse Activity Groups*

These vary from Cameras to Canasta, Discussions to Dancing and Music to Mah Jong (and many more). The Groups are organised by the members. They meet mostly in members' own homes and the atmosphere is very friendly. There is no restriction on the number of activities you can be involved in. You could even lead your own group!

For more details see our website  
<http://www.isevalleyu3akettering.org.uk/>



*The U3A is for anyone no longer in full time employment.* All members are invited to the Monthly Meetings which are held in the Eden Centre, Montague Street, Kettering at 1:30pm every 2<sup>nd</sup> Wednesday of the month and where we are entertained by speakers covering wide-ranging topics. You can attend up to 2 meetings as a non-member for a nominal fee.