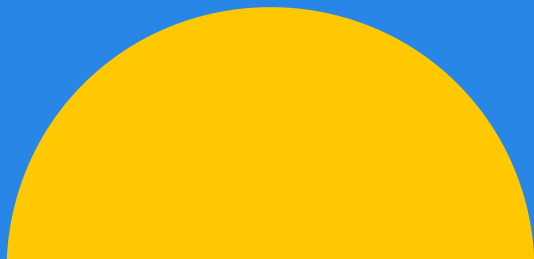


**u3a** learn,  
laugh,  
live

**Welcome to  
Christchurch u3a**



## Our Presentation covers

- **Who we are**
- **Our Activities**
- **Benefits for you**
- **Become a Member**
- **Contact Us**

## About Us

“The future of every community lies in capturing the passion, imagination and resources of its people”



## Background of u3a

Established in France 1970's, the ideas for u3a came to the UK in 1982 and now has a membership of over 400,000.

The founding principle was to promote non-formal learning through self-help interest groups covering a wide range of topics and activities as chosen by their members.

There is no minimum age, but a focus on people who are no longer in full-time employment or raising a family

A collaborative approach where peers learn from each other

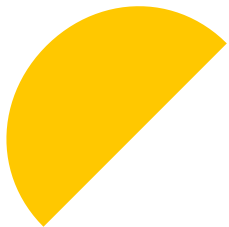
The u3a movement is to be self funded, with members not working towards qualifications but learning for pleasure

The u3a's national body is the Third Age Trust which provides educational and administrative support to over 1000 u3a charities across the UK.

They offer online learning, podcasts, events and workshops to members

Each local u3a charity is autonomous and has its own operational independence

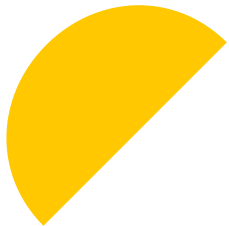
See the national u3a website for more information and the latest news: [www.u3a.org.uk](http://www.u3a.org.uk)



## Christchurch u3a



- Our charity, Christchurch u3a, has nearly 1000 members and operates over 90 activities for its members every year.
- We are managed by a committee of volunteers and all our activity leaders are volunteer members.
- Our activities provide both physical and mental exercise combined with great social interactions. These groups vary from weekly to monthly meetings.
- The activities are operated out of over 20 locations in the Christchurch area ranging from Group Leaders' houses to church halls to community centres
- We operate a 3 term calendar, with groups meeting up to 34 times a year. .
- Our AGM is held every November, for you to get a full understanding of how our u3a operates.
- Unlike some u3as our operating model is to charge a one off low membership fee, and then to operate the activities and venues free of charge



# Our Activities

“Learning never exhausts the mind”





## Examples of some of our 90 activities

Recreation	Sport	Science / Technology
Walking	Cycling	Computer Help
Gardening	Bowls	Meteorology
Lunch Clubs	Badminton	Photography
Wine Appreciaton	Table Tennis	



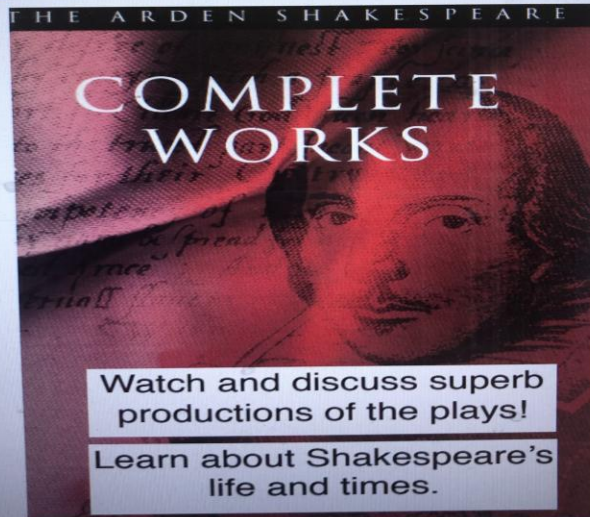


See Our website for the latest activities on offer

Languages	Literature	Others
German	Creative Writing	Naval & Military History
Spanish	Reading Groups	Yoga
French	Shakespeare	Introduction to Psychology
	Poetry Appreciation	Current Affairs

**u3a**  
Christchurch

*Enjoying Shakespeare*







See our annual brochure for all the details of each Group

Arts & Crafts	Music	Games
Drawing & Painting	Singing	Bridge
Crafting	Ukulele	Chess
Calligraphy	Blues Music Appreciation	Scrabble
Sewing	Great Composers	Board & Card Games





## Great Opportunities to Learn, Laugh and Live

### Social Activities

#### Travel Group

Researching and visiting towns and areas of interest.

#### Social Events

Local social events and short holidays to exciting UK destinations.

#### Theatre Goers

Visits by coach to major theatres to see the latest hit plays, approx 6 times a year.

#### Out of Hours

Social activities indoors and outdoors, taking place at weekends and evenings.

### Monthly Meetings

Christchurch u3a organise a monthly meeting, held close to the town centre, where you can attend a presentation by a subject expert/enthusiast. Previous presentations include:

New Forest - A wildlife year

Fame, wealth and Rock and Roll

Rolls Royce and the Silver Lady

# Benefits to you

Learn, Laugh & Live





You can ***learn new skills*** and engage in both ***physical and mental exercise***, in a safe and caring environment.

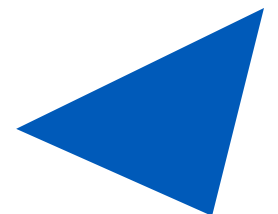
Our u3a is made up of a ***1000 local people***, so you can make ***local connections*** and form ***strong friendships***

Our Venues are all within the ***Christchurch area***, easily reached by ***public transport*** and with facilities to help with any ***special accessibility requirements***.

You can help support your local community and yourself by ***volunteering*** with us, either through ***leading*** an activity, being part of our team of ***office volunteers*** or through being a ***member of the committee***

You only pay a ***one off Annual Fee*** - Generally our Groups are totally free except for specific fees such as admission costs, transport or meals

**"It's about having fun and socialising. You meet new people with a common interest and you will find many other interests that you share with them."**





u3a

# Membership

“Do something brilliant today”

# u3a

## Become a member

### Who

- Anyone who is not in full time employment can join

### What

- In Christchurch u3a you can join as many activities as you like
- Contact the Group Leader for information on the activity and to check whether there are any vacancies
- New members can try an activity, through a free taster session, before they join

### When


- Our year starts in September and runs through to June
- This can mean up to 32-34 sessions of your activity a year
- You can join from June for the following year

### How

- You pay a one off annual fee
  - Pay in the office by cash or cheque or credit card
  - Pay online through our website via credit card, BACS or paypal
  - Notify us whether we can claim Gift Aid


u3a

# Stay in Touch



learn  
laugh  
live

2024 – 2025 Programme



We publish an annual brochure with details of all our activities, venues and special events



**ACTIVE NEWS**

OCTOBER EDITION 2024

I have been a member of Christchurch U3A for many years but I was bereaved last year and my whole life changed.

Many people find comfort and companionship by joining the U3A, sharing a meal with others rather than eating alone, learning a new skill, or picking up a dormant one. Days out with trips to the Theatre, picking up the threads of life again and making new friends. All these are valuable steps to help you go on from losing a partner which is one of the most devastating things that can happen.

So, for all of you still lucky enough to have your partner, be kind to us reluctant singles. We are in a club no one wants to join. Our brains are scrambled and we feel vulnerable as the structure of our world has dropped apart.

Lastly a big thank you to all the group leaders, committee members etc who give their time and knowledge so willingly and make the u3a the wonderful ~~organization~~ it is.

Gill Kennedy

**CHRISTMAS DAY LUNCH INVITATION**

**Don't be alone on 25 December**

**For the second year I am holding**

**OPEN HOUSE in my home**

More information from Rosemary

**ALL MEMBERS WELCOME**

Registered Charity No. 1091197

Monthly we email out our Newsletter "Active News" updating members on the latest activities and events taking place

u3a

# Contact Us

“ we are here for you “

Get in touch with us



### **Christchurch U3A**

Epicentre

27A High St

Christchurch

BH23 1AB

### **Contact our Office**

Tel: 01202 480027

Opening Hours:

Monday & Friday 10.00 - 12.00 during  
term times.

Out of term times Monday only 10.00 -  
12.00

Visit our website for all the latest  
information

**[christchurchu3a.org.uk](http://christchurchu3a.org.uk)**