

Welcome to

Tavy District u3a



u3a learn,
laugh,
live

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History

The British **u3a** movement began in the early 1980s when three academics in Cambridge, who were approaching retirement, met to discuss the intellectual and cultural prospects for older people.

In France there was an organisation called Université du Troisième Age and this was taken as the model. The first **u3a** group was set up in Cambridge and this was followed shortly by one in London and the rest, as they say, is history. There are now around 1,000 **u3a** groups in the UK and our own **Tavy District u3a** was formed in 2002.

Structure

The Third Age Trust is the national representative body of **u3as** in the UK and is a registered charity. It provides support to local **u3a** groups and individuals.

Our own **u3a** is also a registered charity which is autonomous and self-financing through members' subscriptions. Our constitution and other governance documents are available on the governance page of our website: tavydistrictu3a.org.uk

Aims and Objectives

The **u3a** aims and objectives are to enhance the lives of people no longer in full-time employment, to provide opportunities for ongoing education through the medium of self-help learning and by providing a social network of those with similar interests.

Leaders of special interest groups are volunteers and the **u3a** relies on members to contribute skills or knowledge that they might possess.

Subscriptions

Subscriptions are due on January 1st. These can be paid by bank transfer, by cheque, by cash or via Paypal (via the Membership portal on the webpage). Members who pay tax are encouraged to complete a Gift Aid declaration which enables **Tavy District u3a** to reclaim the tax which such members will have paid on their subscription.

Monthly Meetings

We have a monthly meeting in Tavistock Town Hall, which is normally on the first Wednesday of the month at 2.00pm. Each month, there is a presentation from a speaker. A wide range of different topics are covered. Teas and coffees are served afterwards with the opportunity to socialise. At the monthly meeting, the activities of all current interest groups are displayed together with information on theatre visits and a variety of events open to all members.

As well as monthly meetings, coffee mornings are held from time to time at which new members are particularly welcome.

Interest Groups

Interest groups are at the heart of the **u3a**. At **Tavy District u3a** we have a wide range of interest groups which provide a variety of educational, leisure and recreational activities.

Groups are organised on a self-help basis, where members share knowledge and experience. Some groups meet in members' homes and these groups may have to restrict numbers. There may be a waiting list to join such groups but, if there is enough interest, we will try to set up a new additional group.

To find if a group is suitable for you, you are advised to contact the leader. Names and phone numbers are available at monthly meetings and are on the Members Area of the website.

Newsletter

We produce a newsletter on a bi-monthly basis. Copies are emailed to all the members for whom we have an email address, and we post a hard copy to other members. A few copies are available at the monthly meeting for those who need them.

Articles of any nature are always welcome.

Website

Our website address is tavydistrictu3a.org.uk. Here you will find information about groups, social events, forthcoming speakers and the most recent newsletters.

To access the Members Area of the website you will need to use the password which you will be reminded about on a regular basis via email.

Code of Conduct

Members are asked to abide by the following code of conduct.

Tavy District u3a members are expected to conduct themselves in line with the Movement's Guiding Principles. They are also expected to treat each other with dignity and respect. Specifically:

Members are expected to know, follow and promote the Principles of the u3a Movement at every opportunity.

Members must always act in the best interests of Tavy District u3a and the u3a Movement, strive to uphold its reputation and never do anything which could bring their own, another u3a or the u3a Movement into disrepute or expose it to undue risk.

Members are expected to use Tavy District u3a's resources responsibly and only to further its stated charitable objects/purposes.

Members are expected to reflect the current organisational policy of Tavy District u3a, regardless of whether it conflicts with their personal views.

Members are expected to abide by Tavy District u3a's procedures and practices.

Members are expected to treat each other with dignity and respect at all times.

The Movement's Guiding Principles can be found on the governance page of the website.

Additional suggested guidelines are that you:

Contribute to the cost of any refreshment provided in a member's home. A donation of 50p would be welcomed.

Make a payment towards the cost of any materials as appropriate to your group.

Contribute to the driver's expenses if the group activity involves a car share; 30p per mile per vehicle to be shared between all the occupants of the vehicle including the driver.

Let the group leader know in advance if you have signed up to something and later find that you are unable to attend.

For outdoor activities, e.g. walking, please make sure the group leader has your contact details.

Committee

Committee members are volunteers who fulfil the role of trustees of the charity. The names of the current committee members are in the newsletter.

At meetings, committee members wear blue u3a lanyards indicating their **u3a** role and are therefore identifiable if you have any questions. We always welcome an interest in joining the committee: have a chat with any of the committee members.

Virtual u3a

Particularly suitable for people who are less mobile, this is an online community of older people who follow the same principle of the **u3a**. You can find it at www.vu3a.org.uk.

And finally

We are a lively and thriving **u3a** and we hope you will be happy participating in and contributing to it.

It is a wonderful opportunity to learn and to share knowledge and skills, to increase your social circle and to take part in the many leisure pursuits on offer.