

u3a membership

Why join the u3a?

People from all walks of life and all personal situations can take part. Many people have a desire to explore or extend existing interests or find a new interest. Some wish to offer something meaningful in retirement. Almost all join the u3a because it is a good way to meet new people.

Our members keep the u3a movement running by offering an extraordinary breadth of skills – from committee roles, to leading groups, to those working away behind the scenes putting out chairs and making teas.



Keeping the brain active.

Hidden benefits

Loneliness and depression affect 1 out of 5 older people – social interventions and exercise are effective alternatives to drugs in treating depression. From our 2018 national research survey: **Learning not lonely**, 801 u3a members responded when asked about the benefits of participation:

Make new friends and feel supported	91%
Learn new skills	84%
Feel healthier	55%
Become engaged with your community	50%
Manage life changes – retirement, illness, bereavement	50%
Build confidence	59%



About

We meet socially, outside, in pubs and coffee shops and regularly at the Courtenay Centre, Newton Abbot for group activities and our monthly meeting. We try to arrange venues that are situated near to a bus stop to enable members who do not have a car to attend. We also share information, ideas and suggestions via our monthly newsletter (email or post).

Join

Member who can contribute specialist skills from their working life are especially welcome.

Fee

We are a self-funding charity with each participant contributing a yearly amount of £25, which includes **free** access to any group or groups, **free** tea or coffee and biscuits at our monthly meetings and special open days. Also, a **free** copy of the magazine: Third Age Matters, delivered to you 5 times per year.

Phone

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Email

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Visit

www.teignu3a.org.uk
facebook.com/groups/TeignU3A

Philosophy

Founded in 1982, u3a is a UK-wide collection of locally run interest groups that provide a wide range of opportunities to come together to learn for fun. There are around 1,000 local u3a groups totalling approximately 430,000 members nationally. The u3a is open to everyone who's no longer in full-time work. Anyone in their third age can benefit from the u3a movement.

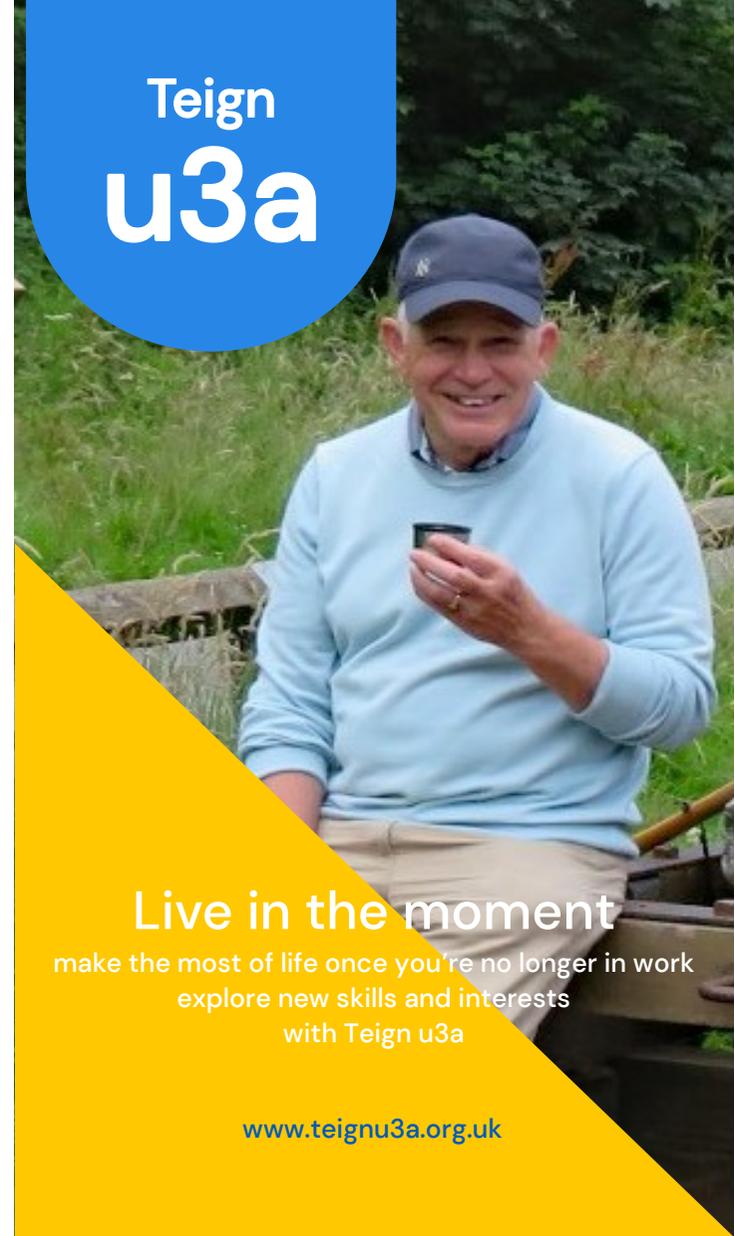
Teign u3a

Newton Abbot | Devon | United Kingdom

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Teign
u3a



Live in the moment

make the most of life once you're no longer in work
explore new skills and interests
with Teign u3a

www.teignu3a.org.uk

learn laugh live

Learning, social interaction, positive ageing

We are a leading organisation in delivering an active and positive third age based on learning cooperatives – a lifelong learning concept of skill sharing, and being part of something inclusive.

Almost all of our activities take place during the day and on weekdays. Occasionally, we meet in each other's homes, but mostly at the Courtenay Centre in Newton Abbot, for groups, committee meetings, and for get-togethers where we listen to a guest speaker.

At the time of writing, we have determined the re-instatement, or continuation, of around 20 interest groups. Our members learn subjects together – they choose the subject area, the content, and the pace. Any member can start an interest group.

This is our current offering:

- Armchair Travel
- Book Club
- Create Jewellery
- Discussion
- Family History
- Focus Photography
- French Conversation
- Great Lives
- History
- Local History
- Mah Jongg
- Music Appreciation
- Photography
- Questers
- Ramblers
- Science
- Sewing
- Spanish Conversation
- Table Tennis
- Walking Groups (2)



It doesn't get much better than walking on Dartmoor.

Monthly General Meetings

Teign u3a has many specialised groups but we also like to meet all together once a month to hear a speaker. We meet at the Courtenay Centre in Newton Abbot at 2:00 for tea and cake and a chat then at 2:30 listen to speakers on a range of topics.

Lock down hasn't stopped us! Using the medium of Zoom we have visited the Arctic, looked at beauty spots of the South West, heard about the plight of the wolves in Yellowstone Park, the history of Gilbert and Sullivan and how we can help keep Newton Abbot Plastic free. The downside is that we have had to make our own cups of tea!! We are planning to meet face to face from September 2021 (Covid permitting!).



Is it a bird? Is it a plane?

Our people are the most important asset to the u3a movement. Join your local u3a to meet new people and enjoy exploring a wide variety of interests, at low cost.

Make new friends

We also hold social gatherings such as a summer picnic in August and a Christmas social in December. We tour gardens and look for events of interest that happen around Devon for members to attend. We are especially on the lookout for events that are an excuse to "dine out" together.



Pub lunches are always popular.

Our members are recognised for their everyday enthusiasm and sense of community that makes our organisation what it is today. For u3a members, having fun is normal, whether at the pub, regular coffee mornings, monthly meetings with guest speakers, or at an all member event. A world of new experiences is open to you at Teign u3a – so what's stopping you? You'll be very welcome.