

Welcome to Kingston **U3A**



The University of The Third Age is a national network of self-help groups run by and for older people. It was started in England in 1982 and all U3As are members of the Third Age Trust (a registered charity), which is the national support and advisory body.

There are now over 1,000 U3As across the UK, with more than 400,000 members nationally, each running their affairs independently. The idea of setting up classes for retired people was started in France in 1971 and the organisation has spread throughout the world.

The Third Age Trust

The Third Age Trust believes that retired people have a wealth of knowledge, experience and skills which they might like to share with others. Members form groups to learn or take part in an activity but there are no examinations and no 'terms'. New groups can start at any time during the year and may be held weekly, fortnightly or monthly.



Kingston U3A was established in 1991, it has over 1,000 members and more than 90 groups. Most are held in members' homes, which limits their size but means costs are minimal.

If you cannot join the group of your choice because it is already full or held on an inconvenient day, please email or phone the appropriate group leader and ask to be put on a waiting list.



Join Our Groups

Contact details can be found in the newsletter which is sent when you join. When a few people are listed we try to find a leader to take a new group. There is further information available on our website www.kingstonu3a.org.uk, which is updated regularly.

Groups are self-financing. Some, such as Singing and Art, hire a hall or engage a tutor. Other groups have books on loan, use tapes, videos, DVDs or magazines. All these items are funded by members of the groups concerned and it is usual to contribute to refreshments provided.

There are coach trips and visits to places of interest in and around London and holidays in the UK and Europe

arranged. The Walks section offers walks locally and in London. Such events are an opportunity to get to know what others are enjoying.

Guest Speakers

Interesting speakers can be heard at the afternoon Monthly Meeting, usually held on the first Monday of the month, unless it's a Bank Holiday when it is held on the following Monday.



National Office sends out the magazine *Third Age Matters* five times a year and this is free and posted to your home. It contains information about a range of activities in other U3As.

There are Shared Learning Projects usually held in museums where members from several U3As work with museum staff.

Study Days are held at the Yehudi Menuhin School, Stoke d'Abernon, Cobham, Surrey KT11 3QQ. Three-day Summer Schools on a range of topics are held at a university campus each year.

Regular Newsletter Updates

A printed newsletter is produced by Kingston U3A every three months and posted to members giving an up-to-date list of classes, events and trips, and a digital newsletter is emailed in the intervening months.





Some members assist leaders to run their groups, some host groups and a team makes and serves tea at the Monthly Meetings. We are totally dependent on people willing to give up some of their time to the organisation and it is an excellent way to get to know other members.

Subscription Fees

The annual subscription (from 1st October to 30th September the following year) is £13 for a single person and £20 for a couple at the same address.

New members joining after 31st March and before 31st July pay 50% of the appropriate fee for the current year. If you require further information, please email the Membership Secretary at: membership@kingstonu3a.org.uk or phone 0208 399 0163.

