

Welcome Pack



Contents

Introduction	3
All about Us	4
Benefits of Membership	5
Interest Groups	6
Ethos and Principles	7



Introduction

Words from our Chair

“I didn’t realise I had so much to offer and sharing my skills and experience through the u3a has meant a lot to me”

This is a recent quote from a new member and, for me, sums up a lot of what u3a is about. Even more so since Covid, our wellbeing and those of others resonates with us and is at the heart of our Communities - I strongly believe our u3a reflects the values that encompass “wellbeing”!

David Platt

Thank you for joining Lostwithiel Area u3a. Our u3a gives you opportunities to develop your interests, make new friends and have fun. It gives you new ways to keep connected with other like minded people as well as keeping up your cultural, educational and social activities.

Our amazing members have found a variety of ways to meet and continue their learning. We have nearly thirty ways of sharing ideas, skills and learning.

In this pack you will find what’s available in Lostwithiel u3a including interest groups, Open Meetings and our informative website. You will also have access to the national Third Age Matters magazine, to the national online newsletter and various social media sites.

To keep up-to-date with Lostwithiel area u3a news go to our website at lostwithielu3a.org.uk

All about us

Formed ten years ago we draw most of our 280 plus members from Lostwithiel and the surrounding areas of Lerryn, Lanlivery, East and West Taphouse, Bodmin and Fowey.

The group is run by an Executive Committee currently made up of:

David Platt (Chair)

Annie Singer (Vice Chair & Groups Co-ordinator)

Lalita Madhvani (Treasurer)

Liz Hemsley (Business Secretary)

Also Stephanie Thomas (Membership Secretary), Mark Hemsley (Publicity Officer), Karen Dickin (Speaker Secretary), Zeb Banks, Sheila MacKinder, and Sandra Marten

We currently have over 20 groups ranging from Acoustic Guitar for Beginners to Wine Appreciation. Each activity group is facilitated by a Group Leader/Contact. Meetings are either held in members' homes, local halls, or on Zoom. Some groups visit venues, places and locations across Cornwall and the wider South West. Each group has their own page on the website giving details of group leader/contact and additional plans (see quick links to groups).

In addition to group activities, there is a bi-monthly (January, March, May, July, September and November) Open Meeting held in the Church Rooms, at which a guest speaker is invited to give a talk to the whole u3a and friends. [Click here](#) for further details

If you enjoy a cup of Coffee/Tea (refill included) and a biscuit in an informal atmosphere and would like to meet up with other u3a members, alternating with the Open Meetings we offer a Beverage 'n Banter" meeting. This happens on the first Monday in the month (February, April, June, August, October and December) in the foyer at Fowey Valley Hotel, Lostwithiel at 11:00. Cost just £3 per head. [Click here](#) for further details.

The group uses the national u3a Beacon Membership Management System because

- It allows us to manage our data and communication with our members easily and efficiently
- It is a huge time saver for those of us who manage membership and group information

- With new regulations on Data Privacy it ensures that we comply with all legal requirements

We may be contacted by any of the following methods:-

- E-mail: info@lostwithielu3a.org.uk
- Twitter: https://twitter.com/la_u3a
- Instagram: <https://www.instagram.com/u3a.lostwithiel/>
- Telephone: Please contact appropriate committee member
- Post: c/o Polmena House, Polmena Lane, Lostwithiel, PL22 0LB
- Or via the contact form on the website .Please [click here](#)

Mark, Publicity Officer sends out a regular newsletter highlighting the speaker at the Open Meeting as well as giving details of any activity planned by groups. The most up-to-date information about the group activity as well as group leader contact information is the website: lostwithielu3a.org.uk

Benefits of Lostwithiel Area u3a membership



Interest Groups

You membership subscription includes the membership of our interest groups. Some groups have additional costs such as equipment or entrance fees.

Quick links to group web pages, simply click on the group's name

[Acoustic Guitar for Beginners](#)

[Lunch Group](#)

[Art & Craft Experiments](#)

[Mahjong for Beginners](#)

[Art Appreciation](#)

[Nature and Bird Watching](#)

[Beverage 'n Banter](#)

[Photography](#)

[Bridge](#)

[Poetry](#)

[Creative Writing](#)

[Pop and Rock Music Appreciation](#)

[Creative Writing 2](#)

[Scrabble](#)

[Day Trippers](#)

[Theatre](#)

[Electric Bikers](#)

[U3Art](#)

[Family History](#)

[Ukulele Workshop](#)

[French](#)

[Walking](#)

[Garden Visits](#)

[Wine Appreciation](#)



Ethos and Principles

The u3a movement began in 1981 and has remained a non-religious and non-political group with three main types of principle:



Life long Learning

and

Self Help

Membership of a u3a is open to all people who have retired from full time work.

Members promote the values of lifelong learning the positive attributes of belonging to a u3a.

Members form interest groups covering as wide a range of topics and activities as they desire; by members, for members.

No qualifications are sought or offered. Learning is for its own sake, with enjoyment being the prime motive, not qualifications or rewards.

There is no distinction between the learners and the teachers; they are all u3a members.

The Mutual Aid Principle

Each u3a is a mutual aid organisation, operationally independent but a member of The Third Age Trust, which requires adherence to the guiding principles of the u3a movement.

No payments are made to members for services rendered to any u3a.

Each u3a is self-funded with membership.