



THE UNIVERSITY OF THE THIRD AGE



HIGHAM AND RUSHDEN U3A

For anyone who is Retired or Semi Retired

U3A membership offer new challenges, new opportunities and new friends

Let us Introduce Ourselves!

U3A is an international association of men and women, no longer in full-time employment who willingly share their time, knowledge and experience with others.

We meet mostly in members' own homes in a friendly atmosphere, with no restrictions on how many group activities you can join.

All members are invited to our monthly meetings where we always have a Speaker on a different topic each month and a chance to get together over a cup of tea or coffee with other U3A members. Group leaders and committee members are available to answer any queries.

Enjoy the merits of retirement, social and intellectual, with like-minded people in many interest groups.

Contact our Membership Secretary Jessica Walker 01933 418653 or email: u3ahighamrushden@outlook.com Website: www.highamandrushdenu3a.org.uk



Registered Charity Number 1164952.



www.highamandrushdenu3a.org.uk



For more information about the Higham and Rushden U3A, either come to our next meeting as a visitor (£3), or fill in this enquiry form and send it by post to: The Membership Secretary, 3 Hecham Way Higham Ferrers NN10 8LX

Name:

Address:

County: Postcode: Telephone:

E-mail: PLEASE PRINT IN CAPITALS for clarity

Grid of boxes for postal address

Please send me a Membership Application form by:- E-Mail, Post, I will collect at the meeting

What is the Third Age?

The Third Age refers to the period of time after the First Age of childhood dependence and the Second Age of full-time employment and parental responsibility. One in four of the UK population is in the Third Age.

The Third Age Trust

The Trust is the national representative body for the U3A movement in the UK (Registered Charity 288007) providing a wide range of support services to U3As.

For National U3A information please visit www.u3a.org.uk

Why are we called U3A?

U3A is short for University of the Third Age. We are a university in the original sense of the word: a collective of people devoted to learning with members not students, enhancing your lifestyle with learning and social activities. all of whom are in their Third Age.

Group Leaders

Group Leaders are the backbone of U3As. There are no qualification requirements just a willingness and thirst to learn and share with others. You may wish for instance to learn a foreign language, meet to share photography tips, take up computing, or begin to play bridge; as a group, you can learn together. Maybe you would like to lead a cycling group, or organise an outing or trips?

Who can join U3A?

Anyone in the Third Age can join U3A and this includes people who are working part time. No qualifications are required, and none are given. There is no lower age limit for membership.

No Qualifications Needed!

Together we can keep our minds and bodies active. There are hundreds of possibilities when you join a U3A. Whatever your interest we can together help form a group and start a new learning experience.

In Higham and Rushden U3A we have a Group Coordinator who can help set up a group when enough people are interested in a particular subject. Normally small groups are held in a host home, if the groups are large we help to find a suitable local hall. Activities could include lifestyle, gym, swimming, dance and much more. There are holiday trips, lectures and workshops available from National and Regional Offices. U3A also offers virtual online learning and much, much more.

Whatever your Interests ...
U3A is run by members for
members for example

Music - Wine Tasting - Art
French - German - History
Guitar Lessons - Badminton
Reading - Singing - Outings
Gardening - Computing - Theatre
- Indoor Games - Genealogy
Wine & Dine - Safe Driving
plus many more



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How to join Higham and Rushden U3A

The Higham and Rushden U3A is one of more than 1,000 U3As in the UK with over 385,000 members. By joining Higham and Rushden U3A you will become a member of a growing, dynamic, outward looking organisation, which has a positive and creative approach to life after full-time work.

To enquire about becoming a member simply fill in the enquiry form on the back of this leaflet

Alternatively, you can come as a visitor (for a small charge of £3.00, only two visits before joining) to our monthly meeting on the third Wednesday of the month, 1.45pm at the Pemberton Centre, H.E. Bates Way, Rushden, Northants, NN10 9YP.

How much to join?

A small annual fee of £15.00 is charged to help run the U3A, out of which a capitation fee is paid to National Office.

Groups are free unless they meet in a hall when there is a nominal charge depending on hall charges and group size. There is often a small fee for refreshments.

The committee members are volunteers from among the membership and are elected on an annual basis.

You will find U3As all over the world – go anywhere and make instant friends, keep your mind and body active, take up things you never had time for.

The Third Age - a time of creativity and fulfilment for older people

In the Higham and Rushden U3A we have many groups all of which are listed on our Website www.highamandrushdenu3a.org.uk