

Learning & Volunteering

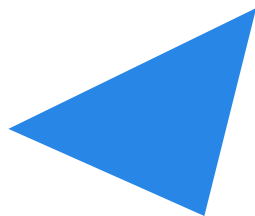
The Third Age Trust



Learning

Susannah Hodge

Head of Learning and Volunteering



Learning Activities

- Competitions – Essay and short story
- Paint or draw
- u3a eye
- Find a u3a speaker
- Found in nature
- Walkers' Exchange
- Maths challenge
- Quiz Library

Link: www.u3a.org.uk/learning/learning-activities

Read the top three essays:



The Spark Behind the Sizzle (Albert Marsh and the Nichrome Revolution)

Claudette of Porthcawl and Bridgend
u3as

[Read essay](#)



The Revolutionary Road Traffic act of 1934

Diana of Guildford u3a

[Read essay](#)



Let's Cut to the Chase

Liz of Chester u3a

West Midlands

[Read essay](#)

Online Learning Events – free for u3a members

Monthly events via Zoom sharing knowledge and skills.



Staying Safe Online – A u3a Presentation with Q&A

Keeping you safe in an electronic age: A repeat talk by Barry Linton, Police Volunteer attached to the Cybercrime Protect and Prevent team.

Friday 1 August at 10am

Free – online via Zoom



Flight Inspiration Aviation Meeting: August

The Future and History of Drones

Drones have evolved from simple military tools to advanced autonomous systems reshaping warfare, commerce, and disaster response. As autonomy grows, drones promise major benefits but raise regulatory and ethical challenges for future integration.

Tuesday 5 August at 10am

Free – online via Zoom



Exploring Alternatives to Mainstream Social Media

Peter Lord discusses the history of social media and concerns raised. It then examines some alternatives and how these might be different!

Monday 11 August at 2pm

Free – online via Zoom

Book these and more for free on [the events page of the u3a website](http://www.u3a.org.uk/events) (www.u3a.org.uk/events)

Queries to learning@u3a.org.uk

Interest Groups Online

- Online u3a community that provides the opportunity to join groups, talks and courses from home.
- Activities are run by members and are a great way to meet people from all across the u3a movement.
- £12 membership (or £6 if joining between October to March)

Link: www.u3a.org.uk/learning/interest-groups-online

u3a Podcast



Link: www.u3a.org.uk/learning/u3a-radio-podcast

Additional learning support for u3as:

- Subject Advisers – nearly 90 different subject areas
Link: www.u3a.org.uk/learning/subjects
- Subject Network Volunteers – including Walkers' Exchange and Let's Talk Tech
Link: www.u3a.org.uk/learning/subject-networks

Provide advice on getting an interest group set up, ideas for interest groups or providing additional information about their subject area.

Leaflet and newsletter

- Online learning events newsletter

Sign up: www.u3a.org.uk/events/educational-event

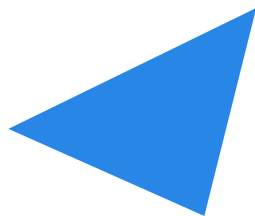
- u3a Learning leaflet

Available to download from: www.u3a.org.uk/learning



Trust Volunteers

Liz Woodman
Senior Volunteering Officer





Who is a Trust volunteer?

A u3a member who supports the aims and objectives of the Third Age Trust across the UK

Trust Volunteer roles are separate from other volunteer roles that a member may undertake for their local u3a and/or network

Trust Volunteers bring a wealth of knowledge and experience to support the u3a movement in many ways.

u3a vision

Our Vision is to make lifelong learning, through the experience of u3a, a reality for all third agers.

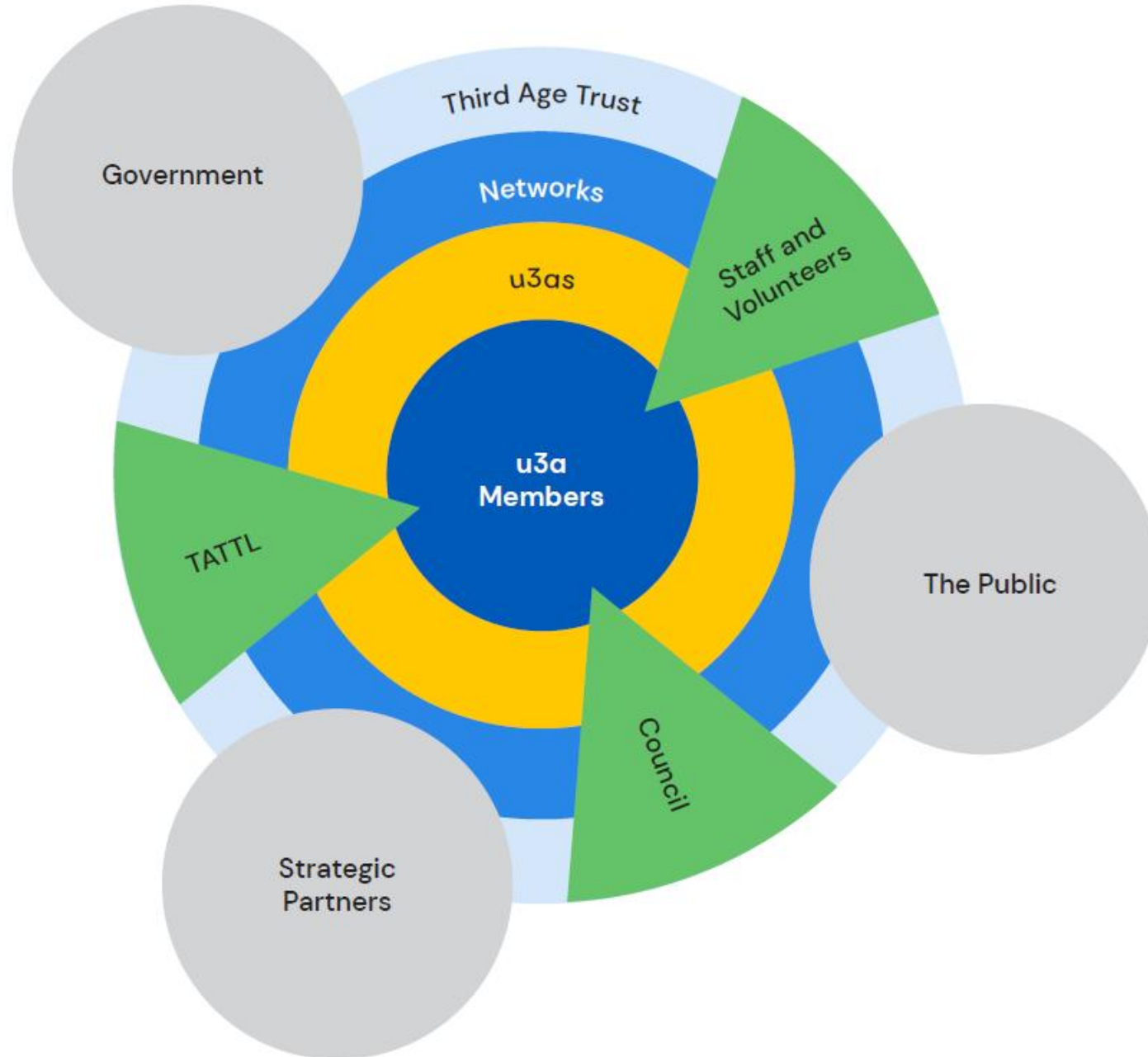
Guiding Principles

- The Third Age principle
- The Self-Help Learning principle
- The Mutual Aid principle



learn, laugh, live

The u3a Movement



Examples of Trust Volunteer roles

Policy & Communications

- PR Advisers
- Facebook Group Moderators
- Future Lives Volunteers

IT

- Siteworks Volunteers
- Beacon Volunteers

Learning & Volunteering

- Subject Advisers (nearly 90 different subject areas)
- Subject Network Volunteers
- Interest Groups Online
- Podcast Team
- Trainers

**Trust Board
and
Committees**

u3a Council

**Regional
Support Teams**

Advice and Information

- Advice and Information Volunteers

Trust Volunteer journey



Recruitment &
Registration



Trust Volunteer
induction



Training & Support



Review and
Recognition

Trust Volunteer journey – Survey results 2024

- I feel like my contributions as a Trust Volunteer are meaningful and rewarding – 84% agree or strongly agree +
- I feel valued for the time and effort I give – 77%
- I would recommend being a Trust Volunteer to other u3a members – 76% agree or strongly agree
- I feel like I am part of the u3a movement – 81% agree or strongly agree

Advice, guidance & support

- The Third Age Trust website: www.u3a.org.uk,
- u3a Office – 020 8466 6139, u3a.office@u3a.org.uk
- Learning – Learning@u3a.org.uk
- Volunteering – Liz Woodman – Liz.Woodman@u3a.org.uk



Thank you &
Questions

