

u3a Member Link



Your regional Trustees and Team are here to support you. We know that despite everyone's best efforts, things have been challenging for many of us and there are times we may need some extra support.

This leaflet has advice, links, tips and resources to help keep us all connected, active and learning together. Whether we connect online or face to face (rules allowing) when the lockdown eases or a blend of the

two, we hope the ideas in this leaflet support us in growing a strong movement. No member should be left behind so please keep in touch with your regional trustee and team www.u3a.org.uk/board. You can find all the resources in this leaflet at www.u3a.org.uk/member-link

Stay safe and well and we look forward to talking with many of you in the coming months.

Support for u3a Members

Connecting Offline

Telephone Trees – One to one phone calls from dedicated members. You can see how Newcastle u3a used telephone trees to support its members on our blog [Sources](#)

Phone In Conferencing – You don't have to be online to join in zoom – you can call in.

WhatsApp – Talk on the phone with other members using WhatsApp groups. [Find out more](#)

WhyPay? – Offers a free telephone conference service for the price of a telephone call. [Visit our how to guidance](#)

Buddy Up with those online – Members can join others who have internet connections. Why not Volunteer to be a Buddy in your region? [Contact your Trustee](#)

Penfriends – Write regularly to other members by post in your u3a or across u3as.

Round robin Letters – Write a letter – send it to a member who will add a bit and pass it to a member who will do the same. The chain will grow.

Print and Post – A newsletter to someone not online. [Sign up](#) to National Newsletter which has a bitesize version to print and post.

Helpline – u3a has partnered with Independent Age Helpline for confidential guidance on care & support, money, benefits and health. Freephone line on 0800 319 678

ClickSilver – Provides telephone mentors to support people to get online.

Connecting Online

National learning programme – Join one of our many initiatives, competitions or challenges – creative, history, maths, crafts and so much more. [Find out more](#)

Subject Advisers – Get in touch with our [Subject Advisers](#) for their advice and ideas on interest groups.

Events and Talks – We have so many interesting [Talks and Events](#)

Find out about online platforms
Online Workshops and Tutorials
[Sign up](#) for Zoom Tutorials or book bespoke workshops to help with running your u3a.

Digital Eagles – Access to [Barclays Digital Wings](#) tutorials for 'How to session on digital skills and information'. Use code 'U3A'

National Newsletter – Keep up to date with what's going on across the movement – [Sign up](#) to receive it directly to your email every month.

Sources – Our u3a blog has interesting articles to read from across the movement. Why not send us an article about what you are doing and learning in lockdown? [Sources](#)

Trust u3a – Join [Trust u3a](#) – for access to online learning groups.

Research and Shared Learning – [Find out more](#) including the High Street Project

Time on your hands?



Join in the conversation on our Social Media – Join us on [Twitter](#), [Instagram](#) or [Facebook](#) and find out what the movement and wider community are talking about.

Or why not join Keeping In Touch or our forums? – Join the conversation on our closed Facebook group [Keeping In Touch](#) or the [digital forums](#)

u3a Radio Podcast – Listen to our [radio podcast](#) every month to hear stories from across the movement.

Volunteer to give a Talk? – Why not volunteer to be a speaker and give a talk? info@u3a.org.uk

Contact us – The Third Age Trust is always here for you. Contact us with any issues. info@u3a.org.uk 0208 466 6139