

## Forth Valley U3A Learning In the Third Age

### What does it cost?



Because it is a voluntary organisation and many groups meet in private homes, there are few overheads. Our membership fee for the year 2019-20 is £15, payable in September. A reduction is available if joining part way through a year. This allows you to sign up to as many groups as you like. Some activities require a small additional payment for materials, hall hire or travel.

So, now that you know a bit more about Forth Valley U3A,  
why not complete an application form and join us?  
We look forward to welcoming you.

### Need More Information?

To enquire about how to join FVU3A contact:

**Membership Secretary Jenny      01786 359835**

To enquire about groups and topics contact:

**Interest Group Coordinators Linda      07525 212469**  
**Arlene      07473 723222**



# INFORMATION

## Forth Valley



## Learn, Laugh, Live

Scottish Charitable Incorporated Organisation (SCIO)  
Scottish Charity SC037928

[www.fvu3a.org.uk](http://www.fvu3a.org.uk)



## Background

U3A is a global organisation that encourages older people to keep active minds and bodies by discovering the pleasure of learning in friendly surroundings. There are no academic qualifications needed to join and none are awarded. The first U3A in the UK was established in 1982 and membership has increased since then to more than 1,000 branches across the UK with over 400,000 members. Forth Valley U3A branch was set up in 2004.



## What does "U3A" stand for?

U3A stands for University of the Third Age. "University" refers simply to our focus on learning. "Third Age" is described as coming after both the first age of youthful growth & learning, and the second age of maturity, career and/or home making. It is a time to explore new interests, **share** and **acquire** new skills and knowledge, and to make new friends. This is captured in the U3A phrase: Learn, Laugh and Live. There is no age requirement for joining though members should no longer be in *full-time* employment.

## What area does Forth Valley cover?

The Forth Valley area is shown in the map through there is no hard definition: we have members from as far afield as Callander and Falkirk. Groups meet in a variety of locations though mostly in members' own homes. Some groups use local community halls, e.g., table tennis, and some the great outdoors!



## What does Forth Valley U3A have to offer?

**Interest Groups** run from September until May each year. Interest Groups are led by someone who shares their skill, knowledge or passion with the group. All group members, though, share their skills and life experiences: the learners teach and the teachers learn. Interest Groups cover many topics such as:

- **Looking at Art**
- **Book Groups**
- **Languages**
- **Scrabble**
- **Mah-jong**
- **Bridge**
- **Walking**
- **Current Affairs**
- **Table Tennis**



For details of all our interest groups visit our website at [www.fvu3a.org.uk](http://www.fvu3a.org.uk)

We run a **Programme of Events** throughout the year. Some are talks, some are performances and some are events like Christmas Lunch or a Burns Supper. These are open to all members plus anyone who would like to try us out before joining. There are weekly **Coffee Clubs** that run in Dunblane, Stirling and Alloa where members and potential new members meet to enjoy coffee/tea and a chat. In the summer months the Board may arrange **Outings** such as visits to Art Galleries, historic buildings, gardens or festivals.

In addition, you will receive a monthly **Information Update** and a quarterly **Magazine** that give details of what is happening in our branch plus a copy of **Third Age Matters**, the UK national magazine published several times per year.