

Forth Valley u3a

Learning in the Third Age

What does it cost?



Because the u3a is a voluntary organisation and many groups meet in private homes, there are few overheads. Our membership fee for 2021-22 is £12. A reduction is available if joining in January 2022. 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 Forth Valley u3a contact the Membership Secretary, Jenny, at

Telephone: 01786 359835

Email: membership@fvu3a.org.uk

INFORMATION

Forth Valley



Scottish Charitable Incorporated Organisation (SCIO)
Scottish Charity SC037928

www.fvu3a.org.uk



Background

The u3a is a global organisation that encourages older people to keep active minds and bodies by discovering the pleasure of learning in friendly surroundings. No academic qualifications are 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.

Learn, Laugh, Live

The focus of the u3a is on lifelong learning through shared knowledge.

If you are no longer working or raising a family, u3a gives you the chance to develop your interests, learn new skills, make new friends and enjoy yourself.

There is no lower age limit for membership and people who are working part-time are welcome to join.

What area does Forth Valley cover?

The Forth Valley area is shown in the map though there is no hard definition: we have members from as far afield as Callander and Falkirk.

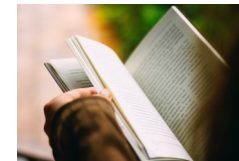
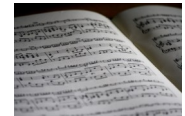
Groups meet in a variety of locations though mostly in members' own homes. Some groups, for example table tennis, use local community halls, and others the great outdoors!



What does Forth Valley u3a have to offer?

Interest Groups usually run from early September until May and 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

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.