



# NEWS RELEASE

24/03/20

## How we learn, laugh, live through uncertain times

*{Name} U3A members embracing new ways to Keep in Touch*

U3A Members across the country are finding creative ways to stay engaged, active and connected with each other in these unprecedented times.

Members are embracing technology to keep their learning and activities going. Meetings, activity groups and much more are going online and virtual. Members are using digital platforms such as Zoom, WhatsApp, YouTube and Facebook t and Facebook to keep connected with each other. And it is not just online, U3As have set up buddying schemes or phone trees to stay in touch regularly.

We have even gathered together nationally holding a movement-wide Shared Learning Project asking members to keep a diary in written or photographic form of the coming days and weeks. We believe it will be an amazing example of living history and already many of you have shown an interest in this project. If you would like learn more please contact us at [diary@u3a.org.uk](mailto:diary@u3a.org.uk)

At {Name} U3A is {Fill in what your U3A is doing below}.....  
.....

Chair of {Name} U3A said, “We are facing unprecedented times. The health and well being of our....(number) members is a priority. I am so proud of our members in {Name} U3A

have stepped up to make the best of the situation and stay learning, connected and in touch with each other.

We have { Fill in examples and case studies }

Chief Executive of the U3A Movement, Sam Mauger said, “We have a movement of incredible people. Our members have shown their support, empathy, willingness to share ideas and experiences, and more importantly, to carry on learning, laughing and living”.

**ENDS**

#### **Notes to editors**

- {Name} is available for a phone interview please contact {Name} on {Contact}
- U3A movement has around 450,000 members and over 1,000 U3As across the UK.
- {Name} U3A has {Number} members and {Number} of interest groups.
- Nationally we have a U3A: Keeping In Touch Facebook where members can share what they are doing with each other
- Please sign up to our national newsletter. [sign up to the newsletter.](#)
- Membership entitles you to receive editions of magazine - Third Age Matters

*There are more than 1,000 U3As – spread right across the UK - and members are making the most of life by continuing their educational, social or creative interests in a friendly and encouraging atmosphere.*

*From Walking to Talking, Gardening to Cookery, Yachting to Yoga, Current Affairs to Supper Clubs – the choice is endless – and the decision about what to do is made by the members for the members.*

*For a modest annual fee, you can join as many groups as you wish. Joining in is made easier when you're surrounded by others who have similar interests to you.*

*And once a month, each U3A invites its members to a meeting where you can get together, chat and listen to some great speakers.*

*As long as you are no longer in full time work, U3A welcomes you - whoever you are, wherever you live and whatever your circumstances.*

*A world of new experiences is open to you in your third age – so what's stopping you?*

[www.u3a.org.uk](http://www.u3a.org.uk)