

u3a



Penrith & North Lakes

U3A is an international movement with the first Université du Troisième âge being founded in Toulouse (France) in 1972 and the first in the UK starting in Cambridge in 1981. Founded in 1982, the UK U3A movement adopted an approach which moved away from having a direct connection with a university and adopted a collaborative approach, with the term 'university' representing a group of people who gather together to learn from one another. Members, who are in their 'third age' of life – no age limit though mainly retired or those no longer in full time employment - form self-help interest groups covering a wide range of topics and activities, from art & archaeology to scrabble & walking. Learning is for pleasure and for its own sake - there are no qualifications or exams to pass. It is all voluntary and self-funded, with the emphasis on life-long learning and on keeping body and mind active.



U3A Publicity and Information Day at the Bandstand, Cornmarket.

Penrith & North Lakes u3a was founded in 1996 and is an independent charity with a board of trustees/executive committee. It is affiliated to the u3a national body, the Third Age Trust www.u3a.org.uk which provides educational and administrative support. UK wide there are over 1000 u3a's with over 400,000 members. Penrith & North Lakes u3a has over 500 members and over 40 groups; for details of all the groups, please see our website <https://penrithandnorthlakesu3a.org.uk> We encourage and help members to start or suggest new groups.

Each of our interest groups has a convenor who helps to coordinate the group's activities and is a point of contact. Some convenors have specialist knowledge and act as a group tutor or leader, but it is not necessary to have an expert as a leader as members also learn from and with each other. Depending on group size, meetings take place in members' homes or in community venues, village halls etc. and costs are kept to a minimum.

Government guidelines regarding safety during the Covid 19 pandemic have restricted some groups from meeting, and others have 'met' on Zoom. Many are now 'up and running' and the remainder plan/hope to start-up again in September.

For full details visit: <https://penrithandnorthlakesu3a.org.uk>

If you would like more information: email: pnlu3achair@gmail.com

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