


USK


u3a


SUMMER
NEWSLETTER
2025

INSIDE THIS ISSUE

 Our
Anniversary
Members' Event

 A warm
welcome to three
new Committee
members

 A huge thank
you to our retiring
Membership
Secretary

 Some
important dates
for your diary

 Pushing back





Once again, we are inviting members to join us to celebrate the anniversary of the start of Usk u3a, which also takes place during the celebration week of the national u3a organisation. So, a local and a national event!

You will be welcomed with a glass of prosecco or sparkling fruit juice. This will be followed by our special speaker and entertainer. Helyn Latimer of Puppet Theatre Wales, is a children's author, teacher and puppeteer. She studied Drama in Birmingham and later completed her PGCE in Swansea. She has over twenty five years of experience working in education and presenting puppet shows. Helyn's first children's book- Bully Goat Griff- won the Smart Education Wales Book of the Year in 2022. Finally, we will enjoy a delicious afternoon tea, provided by M&S Party foods.

We hope you will join us and enjoy a very special afternoon. You should have already received the booking form. Please complete as soon as possible. Last orders should be received by 5th September to enable us to cater for the event.

- **A very warm welcome to three new Committee members**

We are really pleased to announce that three members have come forward to join our

small Committee. Margaret Caygill, Lynda Price and Heather Taylrr recently attended our meetings and liked what they saw! We are also very grateful to Heather who has agreed to replace Maggie Corke as our Membership Secretary. We look forward to working together as a team to ensure Usk u3a continues and grows.

A reminder of Committee members and officers

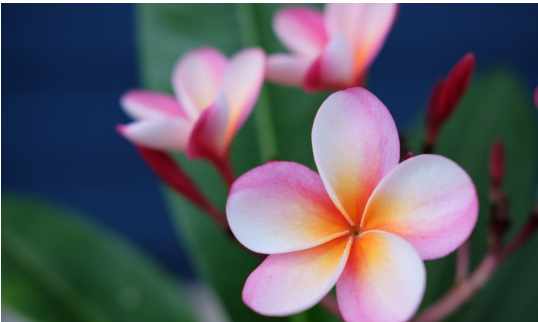
Usk U3A committee for 2025/6

Chair	Vacant
Treasurer	Keith Edwards
Business Secretary	Joan Clarke
Membership Secretary	Heather Tayler (previously Maggie Corke)
Convenor Link	Judith Lindwall
Committee member	Debbie Bainbridge
Committee member	Margaret Cayhill
Committee member	Lynda Price
Committee member	Keith Renshaw
Committee member	Wendy Young

Non committee officers

Website	Jon Prince
South Wales Group Link	Mike Faraday
Refreshment support	Pauline Faraday
	Rosemary Evans

• A huge thank you to our retiring Membership Secretary



Maggie Corke has made a huge and important contribution to Usk u3a over many years. She has contributed to many roles, including as Chair, Convenor, Membership Secretary and stalwart Committee member.

Usk u3a has been fortunate to have Maggie working tirelessly for members and she will be sorely missed. We

wish her all the best and look forward to her continuing as a valuable member and supporter of Usk u3a.

- **Members' meetings**

Here are some important dates for your diary in 2025.

Friday 25th July- 'The last invasion of mainland Britain' a speaker meeting at the Memorial Hall at 2pm

Friday 19th September – our special anniversary event at the Memorial Hall at 2pm

Friday 24th October – the annual team quiz at Llangybi Hall at 2pm

Friday 28th November - our Christmas Lunch with raffle and entertainment. We shall be sending out details closer to the date.



Pushing back on Ageism – the u3a Trust initiative

The u3a movement believes that everyone has a positive contribution to make to the community around them and age should not be a factor in this. Push Back Ageism is a multi-layered, nation-wide initiative by the Trust to change the narrative and challenge preconceptions around age and older adults and what it means to grow older.

In the UK, ageism is the most prevalent form of discrimination, with one in three people experiencing age-based prejudice or discrimination. A survey of u3a members found that nearly 40% had heard ageist language used about their age group. A fifth (20%) of surveyed u3a members in their sixties said they had been described as 'elderly' with nearly two fifths (37%) of them finding the term offensive.

By providing people opportunities to come together, learn, volunteer and stay active, the u3a movement is integral to promoting health and wellbeing as we age. Emphasising a positive view of ageing and working in a collaborative way with others holding the same values will show that there is a different way of looking at ageing and older people.

The Trust is promoting a world where people are seen for who they are not based on preconceptions to do with their age. This means a society which accepts that every age brings with it many new and exciting opportunities.

If you have any comments or suggestions about Push Back Ageism, you can email impact@u3a.org.uk.