



u3a learn,
laugh,
live



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Hello u3a NWR Newsletter recipients

“Learn to Live: a blueprint for better health and wellbeing”

u3a are delighted to have launched a new report on 1 October, International Day of Older People. The report shines a light on the u3a non-formal learning model and the benefits of promoting and maintaining happy, healthy lives.

Non-formal learning is a crucial tool for strengthening community resilience and reducing the impact of social isolation and loneliness, especially in the wake of the pandemic. This report draws attention to the immense value of the u3a low-cost, non-formal learning model in promoting health and well-being in later life.

You can download your copy of the report below to publicise/promote locally.

[u3a Learn to Live report 2024 \(6.08 MB\)](#)

Thanking your terrific u3a Trustees

Earlier this month, I hope that your u3a celebrated annual Trustees' Week by thanking those of your u3a volunteers who commit themselves to ensuring the continuation of your u3a, in addition to the many other u3a roles which they perform. If not, no need to worry, plan to celebrate in 2025! Follow this link to see information from the 2024 celebrations, which might be useful : [2.TrusteeDuties-PRA-Nov24.pdf](#)

**Trustees'
Week**

Celebrating, supporting and inspiring trustees



Thanking all of those other wonderful u3a volunteers

Of course, u3as rely on lots of other u3a volunteers – group convenors, website managers, newsletter editors, room arrangers, refreshment organisers etc etc. Plan to thank them in some way on UN International Day of Volunteers, which is on Thursday 5 December 2024.

PLEASE publicise anything that you do, externally in print/social media, and internally on your website, in your newsletter, u3a Friends monthly newsletter, u3a Matters and Sources.

With very best wishes to you and your u3a members
Kelvin

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