

Workshop Link

This sheet is a prompt for the information mentioned in u3a workshops and will be accompanied with the workshop slides and other relevant attachments.

For further information **visit the u3a website:** www.u3a.org.uk

Advice and Guidance	• Visit the u3a website advice & guidance • u3a information and advice downloads You must be registered to access both pages, which any u3a member can do themselves on the website. • Contact the u3a Office via email u3a.office@u3a.org.uk or call 020 8466 6139 (Mon–Fri 9:30–16:30) • Trustees for your region and nation • Networks in your area to join and provide support • Register for monthly Third Age Trust workshops
Learning	• Learning in the u3a movement* (see the attached Learning leaflet for further information) • Swap talks between different u3as Speaker swap • u3a blog Sources
Tech Support	• Let's Talk Tech resources for hybrid meetings • Visit Barclays Digital Wings to boost your digital know-how • For Zoom help email mingma.norman@u3a.org.uk
Useful links	• The Guiding principles of the u3a movement • The Trust has a range of Grants available for u3as • The Recruitment and Retention Toolkit covers a variety of topics suggesting ways u3as can retain and recruit members • Resources for u3a Trustees • Sign up to the u3a National newsletter • Equality, Diversity and Inclusion links and email dandi@u3a.org.uk for guidance on Equality, Diversity and Inclusion issues.
Beacon	• Visit the Beacon website: https://beacon.u3a.org.uk/ • Beacon User guides • Beacon YouTube playlist • Get in touch with the Beacon team info@beacon.u3a.org.uk