

## Keeping members in touch with the wider u3a Movement

Chelmsford u3a is part of the **East of England Region**. The region includes the six counties of Norfolk, Suffolk, Essex, Hertfordshire, Cambridgeshire and Bedfordshire.

We are a very diverse region, from isolated rural villages to city metropolis, from agriculture to service industry, manufacturing to technology and the people are excitingly diverse too.

At present there are 140 u3as within our Region, and with the success and growth of the movement we are welcoming more u3as all the time. You can read about the activities of some of these u3a's in the **East of England monthly news bulletin** which you can find here:

<https://eastofengland.u3asite.uk/publications/>

From time to time the Region organises special on-line forums. The next one is scheduled for Wednesday 13 May, when Sheila Crawley, Vice Chair of the Third Age Trust, will be explaining all about the recruitment benefits of Outward facing Facebook. The session will run on Zoom from 10am to 11.30am. You can sign up by Contacting Ray at [rayhardisty.east.u3a@gmail.com](mailto:rayhardisty.east.u3a@gmail.com)

Chelmsford u3a is also a member of the **Third Age Trust (National u3a)** and all our members can benefit from their Learn and Share activities - see details on the national u3a website under 'What we Do/learning activities'.

U3a members can also access a wide range of free on-line talks, workshops and courses. Most sessions are led by fellow members, sharing their expertise, with additional talks from notable speakers and organisations. There are a number of ways you can find out **What's on** – Our own u3a website features a national u3a events calendar, the East of England news bulletin features the current month's events. Alternatively, you can find them on this link: <https://www.u3a.org.uk/what-we-do/events/educational-events> where you can also sign-up to receive your own 'monthly events email'.

Lesley Wood

East of England Team member & Third Age Trust Volunteer.