

## **What is U3A?**

The University of the Third Age ( U3A) is a world-wide movement established in the UK in 1982. There are over 700 in the UK with nearly a quarter a million members sharing learning experiences in a relaxed and informal setting.

A local U3A can be as small as 12 members or as large as you like.

Each group is a member of the Third Age Trust, and can join the national organisation to take advantage of the help and advice they can offer.

U3A's are self help groups for people in their third age who are no longer in full-time employment. They are managed by members who share their knowledge, skills and experience in a wide range of interest groups for the pleasure of learning.

## **Who runs it?**

Members of West Galloway U3A run their own activities. Groups are led or facilitated from within the membership.

Members are also able to access a number of courses, workshops, and summer schools, all organised nationally. Visit the web site [www.u3a.org.uk](http://www.u3a.org.uk) for more information.

## **Who can join?**

Anyone in their third age who is no longer in full-time employment. No qualifications are required to join, and no qualifications or degrees are awarded.

## **Where does West Galloway U3A meet and when?**

Groups meet during the day, usually in members' homes.

These meetings are organised by members at a time and date that suits everyone, usually, once a month, but can be as flexible as you want.

The monthly meetings with speakers take place in Stranraer Library at 10am on the first Friday of every month where possible.