

Welcome



Bird Watching



Sewing



Strollers walking

Welcome to Carlton, Gedling and District u3a. By joining us, we hope you will:

- Make new friends
- Take part in our fabulous range of interest groups
- Attend our monthly meetings and social events
- Read and contribute to our monthly newsletter
- Enjoy our national magazine: *Third Age Matters* (quarterly) and a monthly online newsletter.

This Welcome Pack is to help you make the most of your membership

Who we are

We are one of over 1000 u3a's spread across all parts of the UK and the national motto is *Learn, Laugh, Live*. We are a friendly, self-help, registered charity and we want to involve you in pleasurable, sociable and active learning.

We have around 500 members, mostly living in Carlton, Gedling, Bakersfield and Netherfield, but we also attract members from across Nottingham.

Most of our activities take place during the day as our membership is primarily for people who have left full time work.

How we work

We are a self-help group and we rely on your and other people's energy, enthusiasm and activity. Everyone can contribute something from welcoming new members, making tea and clearing up all the way through to organising and coordinating our activities through our Committee and our Teams (*see below*).

Our Interest Groups

We have over 50 varied interest groups, all organised by fellow members where we meet together for social activities and for learning. Our interest groups range from:

- Art to Art Appreciation to Table Tennis
- History to Gardening to Science
- Music Making to Music Appreciation and Theatre
- Walking and Cycling
- Trip and Visits to Bird Watching to Wine Tasting
- and more . . .

You can find details of all our groups on [our website](#). Reports from our groups also appear in our monthly newsletter. Meetings take place in all sorts of venues from pubs and cafes to community centres and people's houses, scattered all over Carlton, Gedling, Mapperley and Netherfield.

We are always looking to start new interest groups and if you have an interest you would like to pursue with others, please contact our [Interest Group Coordinator](#).

Joining an interest Group

All our interest groups are open to new members. You can sign up for a group or arrange to visit the group by contacting the Convenor of the group in which you are interested. Groups generally meet on a regular basis, once or twice a month. There are contact details for each group on our website and also in the monthly calendar which is published in our newsletter and on the website.

You don't need experience for most groups, except for the obvious. Yes, you do need to be able to ride a bike to join the cycling group!

Most groups have a range of experience and expertise and you will be able to fit in whatever your prior knowledge. So bring along your energy and curiosity and give the groups a try.

General Meetings

We have a monthly General Meeting held at the **Carlton Pentecotal Church** on Station Road. You are welcome to bring along a friend or relative as a visitor on one occasion only. The meetings are on the third Thursday of every month 10.30am to 12.30pm. We normally have a speaker recommended by one or other of the u3as in Nottingham and Nottinghamshire, except in June and December which are dedicated social events.



The meetings start with announcements and interest group news and opportunities to sign up for Trips and Theatre Visits, so bring your diary and payment cards! In the break, there is tea/coffee and biscuits (a small charge) and then the speaker has the floor. We also have a monthly Raffle with generous prizes.

The church has a car park accessed from Wallace Avenue and there are several bus stops within a short distance:

- Service 25, 26, 45 (Manor Green stop)
- Service 27 (Carlton Square stop)
- Service 44 (Elm Drive or Manor Road stops)

Newsletters

We have an attractive and lively [monthly newsletter](#) with lots of photos and reports from our interest groups and a calendar of activities for the next month. The newsletter is published online and circulated via an email link, so you can download and print. If you don't have access to the internet, you will be able to pick up a printed version at the General Meeting (or arrange for a friend to pick up your copy for you); extra copies are available for sale at cost price.

There is also a monthly national newsletter published on-line with news and ideas from u3a's around the country. You can [sign up to the newsletter](#) without charge.

Website

Our [website](https://carlton.u3asite.uk/) (https://carlton.u3asite.uk/) has information about:

- Our Interest Groups
- A Calendar of events
- Current and previous Newsletters
- Members of our Committee
- A link to our admin system, Beacon.

Beacon allows you to [Login to the Members Portal](#) where you can:

- view additional Groups and Calendar information
- add yourself to Interest Groups
- create a personalised Calendar
- update your personal details
- upload a photo of yourself

Facebook

We have two Facebook Groups. One is [public](#) which we use as a shop window for our u3a aimed at potential new members. We are always on the lookout for interesting posts, photos and short videos about our u3a. If you are on Facebook, why not join our public group and invite your friends and family to join as well. Our [private Facebook group](#) is for our members only.

Our Committee and Teams of Helpers

We have a Committee of around 12 people who are elected at our Annual General Meeting in July. All the main committee roles also have an assistant role for members who want to help but who are not ready to take on a full role. Our committee meets monthly, after the general meeting.

The committee is supported by teams, to spread the load and generate lots of enthusiasm, activity and ideas. Teams meet as and when they need to. We hope that you will join one (or more!) of our teams. Teams cover most of the organisational work of the Committee

- Social Media
- Greeters/Welcomers/Buddies
- Interest Groups
- Membership
- Publicity: planning and organising
- Publicity: Pop Ups
- Publicity: Posters
- Raffle
- Social Events
- Technical Support
- Website



Coffee Morning

To join a Team or find out more, please contact any of our [Committee](#)

So, tell all your friends, especially if they have recently retired or are coming up to retirement

Terms and Conditions of Membership

All members must:

- Abide by the Principles of the u3a movement
- Never do anything to bring the u3a into disrepute.
- Abide by the terms and conditions of our Constitution
- Treat fellow members with respect and courtesy at all times
- Comply with and support the decisions of the elected committee
- Advise the committee of any change in your personal details

Privacy Statement

Carlton & Gedling u3a processes member information so that we can keep you informed about events, groups and activities as part of your membership. The lawful basis for collecting this information is Legitimate Interest. In processing your information we will:

- Store it securely
- Use it to communicate with you as a u3a member
- Share your information with group convenors for groups to which you belong
- Send you information about the Third Age Trust (the national body to which u3a's are affiliated)

Photographs

Occasionally we would like to use photographs of our members taking part in various activities for our newsletter, website, displays and publicity about the u3a. If you do not wish to have your photograph used in this way please say something to the photographer.



Wild Weekenders



Wine Tasting