



Sevenoaks u3a

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Main activity

Sevenoaks u3a started in 1994 and currently has a membership of around 700 members. Our members reside within Sevenoaks and its surrounding locality; members may join from other local U3As. Members are also members of the national body, the Third Age Trust. We offer a wide range of enjoyable social, mental and physical activities; around 70 different groups in total.

Sevenoaks u3a started in 1994 and is part of the national u3a network of over 1000 u3a's. In Sevenoaks district there are four u3a's - Sevenoaks, Westerham, Knole and Swanley. All follow the ethos of the u3a movement of providing activities for all people who are no longer in full time employment and there are no age limitations. The u3a is a charitable trust, run by, and for its members. Our motto is 'Learn, Live, Laugh'. This is reflected in Sevenoaks u3a running around 70 activity groups covering a wide range of interests for collaborative self-learning, physical and social engagement which taken together provide an environment for wellbeing for all of its members.

Who is welcome or qualified to join?

No Age Limitation. Anyone no longer in full time work or parenting is welcome.

What is the route for a new starter?

To join and engage with running our u3a, please visit our website at <https://sevenoaks.u3asite.uk/> 'how to join' page for more information on membership and find out about all our activity groups.

How can new members engage and try?

The Sevenoaks u3a membership year runs from September to August. Applications for membership can be made at any time by residents of Sevenoaks and its surrounding locality.

Members from other local u3as may also join. Members are recruited throughout the year and will be invited to attend a joining event which enables them learn about our u3a, to meet some of the Executive Committee and how Interest Groups work.

In addition an Open Afternoon is held annually. You can apply using the Membership Application form. More information can be obtained by emailing the Membership Secretary. Alternatively, a joining pack containing a Membership Application Form (with a Gift Aid Declaration¹) can be sent by post.

Costs

Membership costs £13 for every member and is payable by cheque or bank transfer. Prospective members can attend a free session or meeting before deciding to join.

We offer...

If you are no longer in full time employment and live in Sevenoaks or the surrounding area, we can offer you the opportunity to participate in a wide range of enjoyable social, mental and physical activities.

What do new members need to bring?

There are no qualifications, pressures or expenses needed beyond the basic materials and/or kit required for the chosen activity or sport.

The members themselves form Interest Groups covering as wide a range of topics and activities as they desire; by the members, for the members. They also serve on committees, provide administrative help, organise outings, study days, etc, on a voluntary basis.

Everyone is expected to help in some way in the running of the organisation if they can, whether that is helping in a practical way e.g. helping with refreshments, running an event, joining a committee or offering to be a Group Organiser.

New friends

New skills

What is the club trying to achieve?

'Collaborative learning, Social interaction and wellbeing'

Community

The Newsletter, together with flyers and booking forms for special events, is distributed to all members either by email. Reading the newsletter and regularly reviewing the website is the best way to stay informed about what is going on.

The Interest Groups are self-help learning groups of various sizes. They normally meet during the day, often in the home of a group member. There is usually a Group Organiser who also acts as secretary, and the meetings vary in frequency, generally weekly, fortnightly or monthly. The objective is to pursue a common interest in the company of like-minded people.

The monthly General Meeting is an open meeting, which all members may attend. It offers a chance to meet others, hear a speaker who is an expert in a subject of general interest, as well as enjoy refreshments. There are other open meetings each month, details can be found on the Open Groups page.