

# About Our Groups

## Discover, Learn, Laugh and Belong

The heart of Melton u3a is our vibrant programme of interest groups. Whether you are looking to learn a new skill, revisit a lifelong passion, keep active, or simply enjoy good company, there is something for everyone.

Today, Melton u3a offers **more than 100 groups** covering an extraordinary range of interests, including arts and crafts, music, languages, literature, history, science, discussion groups, games, walking, exercise, technology, outdoor pursuits, social activities and much more. New groups are created regularly as members develop new interests and ideas.

Our groups are led by members, for members, following the u3a philosophy of **learning together through shared knowledge and experience**. While some groups benefit from a member with particular expertise, most thrive on mutual learning, where everyone has something to contribute and everyone continues to learn.

## How Our Groups Work

Groups meet at a variety of times throughout the week. Some meet weekly, others fortnightly or monthly, while activities such as outings, cinema visits and theatre trips are arranged as opportunities arise.

Meetings take place in a wide variety of venues including community halls, churches, hired meeting rooms, members' homes and outdoor locations, depending on the activity.

Each group is financially self-supporting, operating on a not-for-profit basis in accordance with u3a principles. Members may be asked to contribute towards room hire, refreshments, materials or other running costs, but no member receives payment for their time or expertise.

Groups are organised collaboratively. Members are encouraged to help with the smooth running of their group by sharing responsibilities such as administration, welcoming new members, organising refreshments, managing finances or helping to plan future meetings. This shared ownership is one of the great strengths of the u3a movement.

## Finding the Right Group

With such a wide variety of activities available, you are encouraged to explore something familiar as well as something completely new.

Some groups have spaces available immediately, while others may operate a waiting list because of venue size or the nature of the activity. This is particularly common for practical workshops, language groups and activities where numbers need to be limited.

If a group interests you, contact the Group Leader who will be happy to explain how the group operates, whether it is suitable for beginners and whether places are currently available. Where demand is high, we regularly review waiting lists and, where possible, establish additional groups.

## **Starting a New Group**

One of the most exciting aspects of Melton u3a is that members help shape our programme.

If you have an interest that is not currently represented, why not start a new group? You do not need to be an expert, just enthusiastic enough to help bring together like-minded members.

Our Groups Co-ordinator will provide advice and support throughout the process, from finding interested members to helping organise an initial meeting. Many of our most popular groups began with a single member suggesting an idea.

## **Meet the Groups**

Every January we hold our popular **Meet the Groups** event, providing the perfect opportunity to discover everything Melton u3a has to offer.

Representatives from most of our groups are on hand to chat about their activities, answer questions and welcome prospective members. Whether you already know what interests you or simply want inspiration, it is an excellent way to explore the full range of opportunities available.

## **There's Something for Everyone**

From creative arts to current affairs, from gentle strolls to energetic activities, from book clubs to podcasts, from photography to philosophy, Melton u3a offers opportunities to keep both mind and body active while making new friends.

Many members join for one group and soon discover several others that capture their imagination. Whatever your interests or experience, you'll find a warm welcome, shared enthusiasm and the chance to continue learning throughout life.

**Explore our Groups Directory to see the full range of activities currently available and find your next adventure with Melton u3a.**