

## Welcome to U3A Epsom

### A Guide Sheet for New Members

Please consult our website

<https://u3aepsom.nz>

for the Interest Group Guide book and monthly newsletters.

We hope you will take the opportunity to participate in our learning activities which are designed to share and advance knowledge, as well as attending the monthly meetings at Royal Oak Bowls, 146 Selwyn St, Onehunga from 10am-12 noon on the second Thursday of every month (Feb-Nov).

Greeters will meet you and can introduce you to other members if you wish.

We include a main speaker at every meeting and offer morning tea and time for socialising from 10am, before asking you to be seated for any announcements and the speaker who will begin at 10.30am.

Main speakers are given a koha.

#### Purpose of U3A

U3A was founded to foster continued learning for seniors who would benefit from being mentally and physically active while establishing healthy social connections. We are part of a world-wide body though each group functions independently. There are no teachers or students-all members are equal.

On-line study courses are also available for a very small fee. e.g. via University of the Third Age (Griffiths University of Australia). Their website is:

[www.u3aonline.org.au](http://www.u3aonline.org.au)

#### Interest Groups

The lifeblood of U3A is the interest groups, where members come together to pool their resources and make new friends. These are held in private homes or in other venues depending on the size of the group. Most groups run for two hours, e.g. 10.15-12.15 or 1.30-3.30.

Groups can be selected and your name added to the lists at the February and March main meetings. At other times you can contact the individual interest group's convenor. Their phone numbers and emails are on the monthly newsletters which are emailed to all Epsom U3A members. Please advise your group convenor if you are unable to attend a session. New interest groups may be formed at the instigation of members, so please contact the Co-ordinator if you want to set up a new group.

You are welcome to contact the president or any committee member if you have interesting ideas for speakers, outings or contributions to our newsletters.

#### Name Badges

You will have been provided with a name badge in your welcome package, together with this sheet.

Please wear your badge to every meeting.

#### Annual subscriptions

Membership is \$50 per person and should be paid before 31 March. Membership will cease if not paid by 30 April.

This should be paid into our **ASB** bank account:-

**12 – 3067 – 0204618 – 00**

Please use **subs** in the "code" section and your **name** (initial and surname) in the "reference" section to ensure we have a record that you have paid.

*Please note that you must be a paid up member to join interest groups.*

You may bring a friend to a meeting to check out if they may be interested in joining U3A Epsom. As a courtesy, please sign the visitors' register (at main meetings) or contact the individual interest group convenor to advise them (in case there is an issue with space availability for extra participants).

#### Committee:

Epsom U3A is managed by a committee which is elected every November. Please consider how you could contribute to this or if you have skills that could be co-opted for particular purposes. (See roles and contact details on our newsletter).

While we will take all due care to ensure your health and safety, the security of your belongings is your responsibility at meetings.

#### Magazine and Book Table

At each monthly meeting a table is set up for members to contribute books and magazines that they have finished with. These may be taken free of charge, but it is expected that, if you have contributed to the table and your items have not been uplifted by the end of the meeting, it is your responsibility to collect them and take them home with you.

#### And Finally

Please inform the membership secretary of any changes of email, phone number or street address, as you may not receive newsletters or other communications if we have incorrect contact details. We hope you are able to fulfil your quest for further learning in a welcoming environment.

**To contact re membership or any other queries:**

[secretary.u3aepsom@gmail.com](mailto:secretary.u3aepsom@gmail.com) or  
[membership.u3aepsom@gmail.com](mailto:membership.u3aepsom@gmail.com)