



Saltash u3a Handbook for Group Leaders

Interest groups are a core part of the ethos of the u3a and one of our priorities is to ensure we have a wide range of successful groups available for members.

The success of our groups is a direct result of the inspiration, leadership, and the efforts of our group leaders.

We have prepared this handbook to help group leaders in setting up new groups and running established ones. It sets out some ideas on setting up and running groups but focuses on the support available from within Saltash u3a and from elsewhere in regional and national u3a networks.

We sincerely hope that you enjoy being a group leader with Saltash u3a and find it rewarding but please remember that we are here to offer advice or support that we can.

Groups can be led by one or more people.

Purpose

To provide advice and support to Group Leaders.

Scope

The handbook is based on common practice.

The title 'Leader' is used throughout this document.

Introduction to interest groups

Thank you for agreeing to organise an interest group. We are sure you will find it very rewarding, however, it might seem a bit daunting initially. This handbook is intended to provide advice and support with this.

It is often said that interest groups are the life blood of the u3a, and each group will develop its own structure. However, it is important that your group follows the u3a ethos of shared, participative and self-help learning. The result will not only be an increase in knowledge, but a supportive and friendly atmosphere which enables everyone to participate.





u3a principles

The u3a ethos is based on three principles:

The Third Age Principle:

- Membership of a u3a is open to all in their third age.
- Members promote the values of lifelong learning and the positive attributes of belonging to a u3a.
- Members should do all they can to ensure that people wanting to join a u3a can do so.

The Self-Help Learning principle:

- Members form interest groups covering as wide a range of topics and activities as they desire.
- Learning is by the members, for the members.
- No qualifications are sought or offered. Learning is for its own sake, with enjoyment being the prime motive, not qualifications or awards.
- There is no distinction between the learners and the teachers. They are all u3a members.

The Mutual Aid principle:

- Each u3a is a mutual aid organisation, operationally independent but a member of the Third Age Trust, which requires adherence to the u3a movement.
- No payments are made to members for services to any u3a.
- Each u3a is self-funded with membership subscriptions kept as low as possible.
- Outside financial assistance should only be sought if it does not imperil the integrity of the u3a.

The first steps to forming a new group

You may be taking over from an existing Group Leader or starting a new group. If you are starting a new group, these are the recommended steps to undertake:

- Agree the development of your group with the Groups Coordinator/u3a committee.
- Liaise with the Groups Coordinator/Treasurer regarding the financing of the group and how this needs to be reported.
- Consider what interest there might be in the subject perhaps by speaking to other members at a monthly meeting or asking the Group Coordinator to publicise.
- Consider what the aims of the group are – what are you hoping to learn/achieve/ share by offering the group?
- Is there an existing [Subject Adviser](#) who can support with ideas for the development of the group? There is a list of all Subject Advisers on the [u3a website](#). An alternative could be to contact neighbouring u3as to see if they have a similar subject group and talking to the Group Leader. It may also be possible for you to sit in on a group meeting.
- Identify a suitable venue and the time slots available.
- Generate interest by promoting your group using as many different methods as possible. This could include developing publicity in the form of a flyer, poster,



promotion via existing groups, via your u3a newsletter, sharing at a monthly meeting and talking to members in groups that you attend. The more methods you use, the more successful you are likely to be.

- You should consider whether there are any risks that might occur as a result of the group's activities. Download the relevant [Risk assessment checklist\(s\)](#) to help you identify any and talk to the Groups Coordinator who will advise you on risk assessment procedures. If you are unsure or want further advice to speak with your committee or contact the [u3a Office](#)
- Identify what you want to achieve from your first meeting.
- Organise an initial meeting and invite those who have expressed an interest to attend.

The first group meeting

Recommended steps to take at the first meeting:

- Introduce yourself and the purpose of the group as you see it.
- Ask about the skills and experience within the group.
- Agree the tasks that need doing to run the group and who is willing to support these – for example, who is willing to help with developing the programme, sort the refreshments or keep the register.
- Agree, if relevant, the level that the group will be aimed at – beginners, improvers, advanced.
- Agree how the group will work – discussion, instruction, presentation etc.
- Agree when and where the group will run.
- Identify any accessibility needs that group members may have. Refer to the Equality, Diversity and Inclusion information on the [national u3a website](#) for advice and guidance.
- Agree the costs for running the group and what members will pay.
- Discuss how group members will communicate with each other bearing in mind data protection guidance (e.g. always using the BCC function on emails to avoid sharing addresses between all members) and always seek permission and agreement.
- Agree some ground rules e.g.
 - Be punctual
 - Listen to each other
 - Allow others to speak
 - Let someone know if you are unable to come
 - Agree to disagree amicably and be respectful to other group members
 - Every contribution matters
 - Have patience with and encourage those who are slower to learn

After your first meeting it is a good idea to feedback what was agreed to your Groups Coordinator to finalise arrangements.

Participative learning and learning styles

The value of the u3a style of learning is that everyone can contribute and by doing so will gain a feeling of self-worth and integration. We all learn in different ways and variation in





content, method and style can make the learning experience more vibrant and appealing which you can bring to your group. Many of us will have particular skills but most of us will use a combination of the following:

- **Visual:** using pictures, diagrams, images and spatial understanding.
- **Verbal:** using words – both spoken and written.
- **Auditory:** using sounds, rhythm, music, spoken presentations.
- **Physical/kinaesthetic:** using hands, body, senses and acting things out.
- **Logical/Mathematical:** using logic, systems, sequences, data, statistics.
- **Social:** learning as part of a group, sharing experiences and explaining your understanding to others.
- **Solitary:** studying on your own.

These are some suggestions of how to make your group engaging and exciting by mixing the methods and opportunities for learning:

- **A visiting speaker:** A one-off visiting paid speaker, non-paid tutor or someone from another interest group or u3a.
- **Group member presentations:** A short presentation by a member of the group or a member leading the meeting on a specific topic.
- **Discussion groups:** Some activities will lead to discussion e.g. ‘What the papers say’, ‘Which way does water go down the plug hole – and why?’
- **Project based:** A project chosen by the members. Each person (or pair) allocated an area of research which they bring to the group. This can be a good way to learn new technology.
- **Practical work:** This might lean towards specific subjects such as science, craft, photography, creative writing, storytelling.
- **Drama:** Create a short sketch and provide some entertainment for your monthly meeting.
- **Themes:** Have an event or presentation linked to a specific topic.
- **Liaise with a school or community group:** E.g. local history presentation, art exhibition, debate.
- **[Research and Shared Learning Projects](#):** These are opportunities to work on short term projects with other u3as or outside organisations. They usually involve some type of research and have a definite outcome.
- **Study days and workshops:** Plan one for your own members or as part of a local network. E.g., family history day, language day, story-telling workshop, debate, quiz, music.
- **Online learning:** e.g., MOOCS (Massive Open Online Courses) are free courses on [Future Learn](#).
- **Regional Summer Schools:** Speak to your Regional Team for information about any plans they may have. Many of these are open to any member, not just members within the corresponding region.





Help and support Resources

- **Subject Advisers** are Trust Volunteers with specialist knowledge in a wide range of topics. Their contact details are available on the [u3a website](#) and in the Third Age Matters magazine. Subject Advisers can provide advice on both the setting up of a group of their particular subject area and the sustainability of ones already in existence, which may benefit from new ideas or a different approach.
- [u3a Subject networks](#) provide a platform for u3a members to connect and come together around their interests.
- [u3a subject surgeries](#) are an opportunity to share resources and ideas, as well as access help setting up a group within your u3a, all members are welcome.
- [National u3a learning programmes](#) showcase a wide range of learning activities online for members to get involved in.
- [Networks, regions and neighbouring u3as](#) allow you to draw on experience from within the movement.
- [u3a website](#), in particular the support for u3as section
- [u3a newsletter](#) is a monthly e-newsletter, which can be subscribed to on the u3a website.
- [Your Regional Trustee](#) will provide an overview of the region.
- [The u3a office](#) can be contacted by any member if you have questions or concerns. Email: u3a.office@u3a.org.uk or telephone: 020 8466 6139
- **External organisations** such as museums, libraries, schools, universities.

Third Age Trust Workshops

The u3a office runs a number of online workshops to support all Trustees, including 'Interest Group Matters' which covers the information in this handbook and more. The workshops also provide an opportunity to meet other u3a members from across the country. More information about other workshop topics and how to book can be found on the [u3a workshops page](#).

Sharing information

It can be good to share information about your group which can be done in several ways:

- On your u3a website
- By setting up a Facebook group or page
- Using your u3a's social media accounts
- In the u3a newsletter
- At regional, network or local events
- Via your Regional / National PR Adviser. If you are unsure as to who they are please contact your [Regional Trustee](#).

Policies and procedures

Your committee and/or Groups Coordinator will advise you of the u3a insurance arrangements as well as policies and procedures that you need to be aware of. These will include matters concerning:



- Finance
- Data protection
- Safeguarding
- Equality, diversity and inclusion
- Accessibility
- Complaints
- Incident reporting

There is also more information about all these areas on the [Support for u3as](#) section of the u3a website. (You will need to set up a log in to access this page if you haven't already done)

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Problem solving

Sometimes issues can arise within a group that disrupt the smooth running and can spoil the enjoyment for everyone. Don't leave a problem too long before trying to resolve it. Talk to your Groups Coordinator or committee if you are unsure how to resolve the problem or just want someone to explore options with. You can also contact the [u3a Office](#) if you want to talk something through or check something out.

Issues between group members

Where there is potential for friction it is advisable to begin by bringing it into the open. Either you or another person could try to facilitate a discussion either with the members concerned or with the whole group, but it is important that the facilitator remains neutral and non-judgemental. If you cannot reach a resolution informally speak to your Groups Coordinator or a member of your committee. If a situation does not resolve and becomes acrimonious your committee may need to implement their disciplinary policy. The u3a office can be contacted for advice if necessary.

Other issues you may encounter:

- If a member's behaviour is regularly disturbing other members of the group consult the Groups Coordinator for help. If you feel comfortable dealing with the issue in the first instance, then you can do so. Alternatively, you can seek additional support from your Groups Coordinator.
- If there is a very serious problem in a session, it may be necessary to ask a member to leave for the remainder of the session. If this occurs please contact the Groups Coordinator as soon as possible after the end of the session.

- If a member who is not able to cope independently comes to a meeting without a 'carer', inform the Groups Coordinator as soon as possible to discuss how best to resolve this situation.

Accidents and incidents

If an emergency incident happens during a group you should call the emergency services as soon as possible. Report all accidents and incidents to your committee as soon as possible and complete an incident form. An [Incident Report form template](#) is available on the u3a website. It is important to have an accurate record in case of future problems relating to the incident. For example, if damage is caused to property by a member of the group, take full details, as it may be the subject of an insurance claim. The Third Age Trust provides insurance for group activities, and although personal accident insurance cover is not provided by the Third Age Trust, the insurance does cover all u3a members. Further details (including excess levels) can be found on the [u3a website](#).

At the start of each group session Group Leaders must check that members present have their membership cards containing emergency details with them.

Log book

This section of the handbook is for you to develop in whatever way you feel would be most helpful. It could include:

- Statement of the group's aims
- Key contacts
- Registers
- Venue, timing, costs
- Accounts where relevant
- Materials and support available
- Local information

Related documentation

All of these documents can be access on the [Support for u3as webpage](#)

- Interest Groups Matter
- Growth Matters
- Finance Matters and Finance FAQs
- Risk assessment templates
- Equality, Diversity and Inclusion sample policy
- Data Protection Policy template
- Accessibility sample policy (England, Scotland and Wales)
- Insurance FAQs

Support, Advice and Information

All members can also contact the u3a office for information and advice by calling 020 8466 6139 or emailing: u3a.office@u3a.org.uk.



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