



Hola  
Hello Bonjour  
Languages  
Salve Hallo  
Helo



## Welcome to Chepstow u3a and our friendly, lively community

### What is u3a?

#### A place where:

- Members share knowledge, skills and interests and learn for fun
- Members organise their own activities and learn together in a friendly environment
- Group and social activities promote friendship and well being

Explore our website and discover the activities, social events, and outings set up by members.

We have over 70 activity groups for you to enjoy – all run by members for members.

From Art to AwayDays, Philosophy to Photography, Walking to Wine Appreciation, there is something for everyone.

We are committed to creating a welcoming environment for all members.

**Live Life to the Full!**



## Frequently Asked Questions

- Q. How do I find out if you have a group for an activity I would like to do?  
A. See: <https://chepstowu3a.org.uk/all-groups/>
- Q. How do I join a group?  
A. Contact the group leader via our website or via contact details in the magazine.
- Q. Are there extra charges to join a group?  
A. Group members share any costs between them. This may involve the cost of a meeting place and any equipment.
- Q. What happens if a group is currently full?  
A. The group leader will put you on their waiting list. Once there are a few people on a waiting list we will help to set up an additional group.
- Q. What happens if you don't have an activity that I would like to do?  
A. Talk to our group support team [groups@chepstowu3a.org.uk](mailto:groups@chepstowu3a.org.uk) They will find out if other members are interested in that activity, and help you all to form a new group.
- Q. Is u3a mainly for couples?  
A. Not at all. We are socially inclusive and a large proportion of our members are not part of a couple.
- Q. Can I bring along a friend who isn't a member?  
A. People can try a group or activity twice before becoming a member. AwayDays and Theatre group are not included.
- Q. If I need to bring a carer to help me, will they have to be a member?  
A. No, a carer does not need to be a member or to pay towards any costs of running the group.



## Giving back to the u3a community

### We are all volunteers.

We encourage all our members to volunteer and share in running our groups and events. It is how we keep Chepstow u3a the friendly, vibrant and thriving community it is today.

Ways to volunteer:

- Be part of RUG (Really Useful Group), an umbrella group for volunteers to help on a regular or occasional basis. Contact [chairman@chepstowu3a.org.uk](mailto:chairman@chepstowu3a.org.uk) for more details
- Help out on the technical team at Tuesday Live
- Be part of the welcome team at Tuesday Live
- Join the programme team
- Help out at our monthly coffee mornings
- Be a co-leader and take on one part of a group leader's role
- Start a group
- Join the magazine team
- Join the Facebook team
- Join the committee

**Chepstow u3a is run by the members for the members**