

Celebrating the skills of #GenerationWOW

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As part of our ongoing campaign with Specsavers, u3a members are showcasing their skills from flower arranging to laughter yoga

u3a members are sharing their skills in #GenerationWOW videos as part of our ongoing partnership with Specsavers.

The campaign celebrates the wealth of experience within the older generation and intergenerational skill sharing.

In the videos currently on the hub, Sherburn & Villages u3a member Margaret demonstrates how to create an elaborate flower arrangement with shop bought flowers whilst Edinburgh u3a member Judith shares an introduction to Laughter Yoga. These videos reflect the skill sharing that happens across the u3a movement every day.

Watch the videos on [the Specsavers hub](#).

Do you have a skill, from DIY to soap making, that you would like to share? [Get in touch with us](#).

If you're not yet a member of u3a, join our community of skill sharing and learning for fun. [Find your u3a now](#).