

Do Something Brilliant Today

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u3a members reveal how u3a has changed their lives for the better in a new film

u3a members across the UK reveal how the u3a has changed their lives for the better in a new film.

From line dancing in Croydon to kayaking in Devon, members share their stories about what it's like to be a part of the u3a experience.

In the film, Brenda from Trust u3a's online climate change group, says, "We enjoy each other's company and we have all learned such a lot from each other. A lot of us come alive through it."

2022 is the u3a movement's 40th anniversary. This film is just the beginning of our celebrations – throughout the year, u3a will be releasing short films of u3a members sharing their story in greater detail.

u3a enables members to learn new things, laugh with friends and live life to the full. [Find a u3a near you and join the fun.](#)

Watch 'Do Something Brilliant Today' on [our YouTube channel now.](#)