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On u3a day Esme Young, judge on the Great British Sewing Bee, talks to u3a members about her fashion career

At an exclusive event for u3a members, Esme Young, judge of TV's The Great British Sewing Bee, talked to u3a members about her fashion career.

Esme spoke about how her love for sewing began, her time creating costumes in film and the experience of being on The Great British Sewing Bee. The event included questions from members which ranged from sewing techniques to the wider issues on age and style.

At the event, Esme said, she had felt nervous about being on television but thought, "hang on a minute, take a risk, you've got nothing to lose and a lot to learn." It's a philosophy that u3a members will relate to, as lifelong learning is a key element of u3a.

The event was part of the first ever national u3a day, celebrating the experiences still to come in later life. Learn more about u3a day and read what u3as are doing on our [u3a day blog](#).

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