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Journalist and presenter Dame Esther Rantzen is the latest figure to wish a happy birthday to the u3a movement. She says, "Happy 40th anniversary u3a. Life begins at 40, as we all know, or 50, or 60, or 70."

"You've become a national institution, a national treasure. You prove, if anyone doubts it, that older people are full of adventure, resource, creativity and of course, you can teach an old dog new tricks."

Esther is the latest celebrity to record a video, with TV personality Jay Blades, known for BBC's The Repair Shop, sharing a happy birthday message to the u3a movement in January.

Watch Esther Rantzen's video on our social media now - [Facebook](#), [Twitter](#), [Instagram](#) - and follow us for more videos from familiar faces throughout the year.

Find out the latest updates on [our 40th anniversary page](#).