

"Leading u3a groups has given me so much pleasure"

"Leading u3a groups has given me so much pleasure"

Hayling Island u3a member Anne runs five interest groups and says she has never been so busy than since she's retired.



During Volunteers' Week (1 – 7 June), we're shining the spotlight on some of the exceptional members who share their time and skills to keep the movement going.

Anne (pictured, far right) is the president of Hayling Island u3a and runs five interest groups, including the thriving Walking Netball and Pickleball groups.

Volunteering at u3a is a huge part of Anne's life. She says: "Leading u3a groups has given me so much pleasure – making new friends, having fun, and learning new skills. I had never played pickleball before starting the group and hadn't played netball since school. And I am self-taught in card making. I have never been so busy since I retired!"

Anne continues, "Walking Netball just seemed to tick all the right boxes for having fun, meeting like-minded people and taking exercise which will improve mental wellbeing while having a giggle.

"Most of us hadn't played since school and I didn't know the rules, but fortunately one lady who joined at the start had been playing more recently and was prepared to help. This is how the u3a perpetuates the self-help ethos, which is wonderful.

"Walking Netball is a lovely, friendly and very supportive group. During the time we have been playing there have been life-changing events for some and the group have been brilliant and rallied round. I feel honoured to be part of it."

There are more than 1,000 u3as across the UK with many hundreds of different interest groups – everything from Egyptology to crafting. [Join u3a today.](#)

Our new film, 'u3a off the wall - be part of something bigger' celebrates volunteering within u3a. [Watch it now on the u3a YouTube channel.](#)