

Third Age Matters talks to record breaking Paralympian and u3a member

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In the autumn issue of our members' magazine, our editor talks to Waterlooville u3a member Rosalinda Hardiman

The autumn issue of members' magazine Third Age Matters is hitting doorsteps this month. In it, Waterlooville u3a member Rosalinda Hardiman, who lost the use of her legs through polio, talks about her achievements as a world record-breaking Paralympian swimmer and how she swam both Loch Ness and the English Channel when in her 50s and 60s.

Speaking to Third Age Matters editor, Joanne Smith, about what spurred her on, Rosalinda puts it down to "sheer bloody-mindedness and determination".

Other stories in September's issue include an interview with Great British Sewing Bee star Esme Young, photos of the movement's u3a day celebrations and an exclusive interview with new Third Age Trust Chair, Liz Thackray.

Third Age Matters is a magazine for u3a members - filled with u3a stories, exclusive offers and interviews. If you are a u3a member who does not currently receive Third Age Matters, talk to your committee about becoming a subscriber. If you are not yet a u3a member, [join us now.](#)