## What are the benefits and services the Third Age Trust provides to its member u3as?

The Trust provides a wide range of advice, support, services, volunteer opportunities and benefits for u3as.

Below are some examples of what is offered:

- Daily advice and support via email, telephone, website, mailings.
- Insurance policies and advice covering u3a activities.
- Advice to enable u3as to stay legal on issues such as copyright, accessibility, insurance, data protection and good governance.
- Licences for interest groups to photocopy, play music or show films either fully paid for by the Trust or available at a discounted cost.
- Beacon membership management system a tool that eases the administrative burden of running a u3a.
- Support and training of Trust volunteers to provide advice on running a u3a.
- Workshop Programme of in-person and online support for u3a committees and interest groups.
- Support for Subject Advisors (all of whom are volunteers) and resources to assist in running interest groups.
- Coordinating and providing an online facility for member led national educational and cultural events for individual members.
- Keeping u3a members in touch with news and information about learning opportunities through the u3a monthly newsletter, Sources Online and social media.
- Regular mailings with advice and news from across the movement.
- Third Age Matters magazine.
- Provision of resources and merchandise for promoting the u3a and publicity to raise the u3a profile and support recruitment.
- A collective voice for making an impact and promoting what it means to have a good later life. By raising the profile of the u3a at a national level, the Trust supports awareness of the value of u3a membership at local, regional and national levels.

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