

Taking the First Step

Perhaps you're reading this in a quiet room, not another soul within sight or sound, enjoying a tranquil half hour in your otherwise busy social life. If so, that's a good place to be. There are times to be busy and times to be still. It's a privilege to be able to choose.

For some people though, solitude isn't a life choice, but a lifestyle. Not for them, the pleasure of getting ready to meet friends, of welcoming visitors at the door, children eager to tell of their school day, or family returning home. No outings planned, no friends or acquaintances with whom to exchange friendly gossip or opinions. Long, solitary days stretch out before them.

It's true that there's a multitude of societies and community groups they could join that would open the door to companionship and new interests. Many such groups meet regularly at Stag Community Church, amongst which are several Rotherham u3a (Ru3a) groups. But taking the first step towards joining a group can be difficult.

Many Ru3a members remember how that felt, but if asked, say that once they took that step into the "unknown", they never looked back.

As the following members' comments confirm, the u3a strapline "Learn. Laugh and Live" is a truly apt description of the fun, laughter, and sense of achievement generated within each group.

"I was new to Rotherham and knew no-one. Joining the Ru3a changed all that".

"(I've found) new interests, a new circle of friends. it's been a life-changer"

"(My group) is a lovely group. Everybody is friendly and we have lots of fun".



The u3a is an international organisation with independent, local branches for people of any age that aren't in full-time work. On our easy-to-use website you'll find more than 35 different Ru3a activities, ranging from Art and Bridge to Walking Netball and Yarn Addicts,

held in different venues around Rotherham. Sharing an interest with other people, learning something new, or reviving an existing skill is a great confidence booster.

Check this out on Sunday 8th September at the Rotherham Show, where the Walking Cricket team invite members of the public to join a game on their pitch close to the Museum car park. (Comfortable clothing and trainers are all that's needed). You can talk with members and pick up Ru3a information here.



You're also assured of a warm welcome at our annual Open Day at the user-friendly Stag Community Church S60 4JN between 11am to 3-30pm on Saturday, 20th September. There's free parking at the Church and a nearby bus stop for routes X1, X2, and 114. There will be displays of work and demonstrations of many of the activities we offer, plus the opportunity to chat to members about the Ru3a. Drinks and light refreshments will be available.



Whether life is busy, but you're looking for something new, or too quiet for your liking, why not take that first step?

Explore:
rotherham.u3asite.uk

or
Call/text:
07359 778361.