

Supplementary Guidance for Groups 2025:

2. Sources of discussion and study resource material

Local sources plus media and online sources

- Local library
- Local educational institutions
- Local, regional and national print newspapers and online publications
- Course material for GCSE, A level, further and higher education courses
- Ideas from similar groups in Chesterfield u3a or other u3a's (try local ones first, via the Derbyshire u3a Network website)
- TV programmes, Videos, DVDs provided by members
- Online learning resources – YouTube, eg TED talks (TED = Technology, Entertainment, Design) , MOOCS (Massive Open Online Courses) <https://www.mooc.org/>, plus other free online courses.

From u3a nationally (the Third Age Trust)

- **Subject Advisors:** these are u3a members throughout the UK with specialist knowledge in a wide range of topics. Their contact details are available on the u3a website page <https://www.u3a.org.uk/learning/subjects> and in the *Third Age Matters* magazine. They can provide advice on both the setting up of a group on their particular subject area and the sustainability of ones already in existence, which may benefit from new ideas or a different approach.
- **Subject Networks** <https://www.u3a.org.uk/learning/subject-networks> provide a platform for u3a members to connect and come together around common interests.
- **Third Age Matters magazine** (the national u3a magazine) provides information on the above options and showcases ideas and activities from u3as throughout the UK.
- Online u3a blogs, forums etc.