

## Your National u3a Podcast


Our national u3a Radio Podcast is a fascinating 30-minute monthly programme showcasing inspiring stories, activities, and insights from members across the country. Produced by a team with professional radio experience, it features interviews with group leaders, Trustees, volunteers, and subject advisers.

### **Why share this with your members?**

- The u3a Radio Podcast shines a light on the very best of our movement — from creative projects to inspiring individuals. It helps members feel connected to the wider u3a community, sparking fresh ideas and opening new opportunities
- Listening is easy, enjoyable and free — a simple way to learn, be inspired, and feel part of something bigger
- Even better, the podcast is open to contributions.....

*'Do you have a story to tell, a learning experience to share, or a passion that could capture listeners' imaginations? Whether it's a piece of history, a unique hobby or something thought-provoking, we'd love to feature it in a future episode. Just let us know, and we'll do the rest!'*

Contact us: [communications@u3a.org.uk](mailto:communications@u3a.org.uk)

 Listen free on our [u3a YouTube channel](#)

### **Please Help Us Spread the Word!**

We'd love regional networks and local u3as to give our national podcast a regular spot in their newsletters and on their websites. The article below includes a direct link that can be embedded easily, making it simple for members everywhere to listen and enjoy.

### **HAVE A LISTEN TO YOUR u3a RADIO PODCAST**



I'm Maggie West, your u3a Radio Podcast presenter and a member of Reigate & Redhill u3a.

Each month, in just 30 minutes, our production & reporter team share fascinating stories and learning experiences from across the country – from life as an executive airline pilot, to being a maid at Buckingham Palace, to “quantum physics made simple,” and even the mysteries of the ancient archaeological site Göbekli Tepe in Turkey.

It's all part of our u3a spirit: Learn, Laugh, Live. If you have a story or passion, to share, just tell us - we'd love to feature you.

Get in touch: [communications@u3a.org.uk](mailto:communications@u3a.org.uk)

 Listen: Just 30 minutes each month — simply [click here](#) to enjoy!