

## **12 Sept. 25 Cliff Villages u3a – ‘The Wall’ POST-IT CONSULTATION exercise**

**(Exercise devised and facilitated by John, very kindly collated and delivered by Terri)**

Question ...

What do you get out of the u3a / what does the u3a do for you or anything else you would like to say ?

Results and observations from Terri were as follow....

I spoke to a lot of people. I encouraged them to participate. Explaining that any comments would be anonymous. People certainly clustered around the wall. We had 36 post-its on the wall at the end of the day. Each line is the wording on a single post it. I've roughly grouped them but there are overlaps.

### General Wellbeing

Keeps me going in mind and body

Life Line

U3A 'saved' me

Rescue for energetic souls

Rescue for energetic people

I've found my purpose again

U3A is the community glue

### Friendship

Friendship x 3

Friendship and interesting talks – thank you U3A

Fun, Friendship, Learning

Friendship and learning new skills

Friendship, brain food, laughter, exercise, learning

Friendship and socialisation

Friendship: Live life & love, be kind

New friendship and good company

New to Lincon area helped me meet new people

Making new friends

Helped me meet people & make new friends when I moved here

### Learning/ Creativity

Thank you for the chance to learn new skills

Thankful for creativity and connection

Creativity powers my days

I'm always learning

Self-improvement in everyday life

Bound to creativity

Live, Learn, Laugh

### Interest Groups/ speakers

Art Brings me alive

Church visits, socialising

I enjoy the talks and always learn something

Being with like minded age groups and enjoying the speakers and learning from them

### Other

Very good

I (heart) U3A

Good venue

Where are all the younger folk