



PORT FAIRY
UNIVERSITY OF THE THIRD AGE



ANNUAL REPORT 2019

A partnership with



TABLE OF CONTENTS

COMMITTEE OF MANAGEMENT _____	2
BACKGROUND: ABOUT U3A _____	3
BEGINNINGS OF U3A PORT FAIRY _____	3
U3A PORT FAIRY: PURPOSE AND MODEL _____	4
DEVELOPMENT AND PARTNERSHIPS _____	4
COURSES AND ACTIVITIES _____	6
ACHIEVEMENTS _____	7
LOOKING AHEAD _____	8

COMMITTEE OF MANAGEMENT

President: Kate Donelan
Vice President: Maggie Currie
Secretary: Maureen Joyce
Treasurer: Carole Howlett
Course Programs: Sue Goy
Curriculum: John Walker (Aug 2018—Mar 2019)
Membership: Jill Burgoyne
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BACKGROUND: ABOUT U3A

The University of the Third Age (U3A) is an international organization embodying the principles of lifelong learning and social interaction for seniors who are retired or semi-retired. Through participation in U3A courses and activities the health and well-being of seniors within the community is enhanced.

The U3A movement offers a low-cost model of active, positive ageing. Retired and semi-retired people come together and learn together, not for qualifications but for its own reward:

the sheer joy of discovery!

Members share their skills and life experiences: the learners teach, and the teachers learn, and there is no distinction between them.

BEGINNINGS OF U3A PORT FAIRY

In mid 2018 a steering group from the Port Fairy Community House Committee of Management commenced the process of setting up a University of the Third Age (U3A) in Port Fairy.

This initiative followed ACFE-funded research conducted through PFCH that investigated the adult education needs of the Port Fairy community and the surrounding region. It found that retired and semi-retired people were not adequately catered for. People in their 'third age of life' expressed a desire to continue to learn and engage with others, to explore new ideas and knowledge.

U3A PORT FAIRY: PURPOSE AND MODEL

These findings informed the mission and purpose of U3A Port Fairy:

- *to promote lifelong learning for people who are no longer engaged in full-time work;*
- *to provide opportunities for members to share knowledge, skills and experiences through a wide range of courses and activities;*
- *to develop programs which advance healthy, active and positive ageing through social inclusion and engagement.*

U3A Port Fairy is an organisation that is run entirely by volunteers who develop and lead courses, organise activities and provide leadership and governance. The U3A model enables costs for members to be kept low.

In 2019 the U3A membership was \$60 which included \$10 for membership of PFCH. This annual fee enables U3A members to access as many courses and activities as they wish.

DEVELOPMENT AND PARTNERSHIPS

In September 2018 U3A Port Fairy was accepted by the peak body, U3A Network Victoria, as the newest U3A in Victoria.

During Victorian Seniors Month in October 2018, U3A Port Fairy, the only U3A in Moyne Shire, was officially launched by Moyne Mayor Mick Wolfe.

The Port Fairy Community House Committee of Management formally accepted U3A Port Fairy as an auspice group and the two Committees of Management signed a Memorandum Of Understanding to work in partnership to deliver community education programs. It was agreed that in 2019 U3A Port Fairy would hold its classes at the Port Fairy Community House and pay for the use of the rooms and administrative costs.

By December 2018 following extensive adverting at the local markets and around town, U3A Port Fairy had gained 80 members.



Moynes Shire launches U3A Port Fairy

In January 2019, with a grant from U3A Victoria, information about U3A Port Fairy was sent to every residential and roadside mail box within the area -- this included: Koroit, Illowa, Crossley, Killarney, Kirksdale, Southern Cross, Tarrone, Tower Hill, Warrong, Willatook, Yangery, Yarpur, Orford, Port Fairy, Codrington, Rosebrook, St Helen, Toolong, Tyrendarra and Yambuk. This resulted in new U3A members from local and outlying areas. After a successful Open Day in early 2019 U3A membership had risen to 120 and following an informative training day for course leaders 16 courses were ready to start. Continued growth throughout the year resulted in 160 members for 2019.



COURSES AND ACTIVITIES

In February 2019 1st Semester classes commenced with strong enrolments, some to capacity with over 40 participants. Courses included: *Current Affairs, History of Port Fairy, Western Philosophy, Passion for Poetry* and *Beginners Bridge*. *Science - Naturally* was particularly popular, with lectures and field trips conducted by local scientists who shared their expertise about the region: its ecology, geology, flora and fauna and its weather.

Two very well-attended and interesting lectures were presented by distinguished and knowledgeable Port Fairy residents. One was on the topic of Power and Politics and the other on Food for Good Brain Health.



Foods for Brain Health Lecture



Women Doctors WWI

Second semester commenced in July with continuing and new courses including *Great Australian Literature, Essays and Ideas, Mahjong* and *Great Trials of the Western World*. New activities included visits to regional art galleries and presentations on travel to diverse places in the world.

Another two lectures were presented during semester two: the first on the role of Australian Women Doctors during the Great War and the second on a local celebrity shipwreck, The Mahogany Ship. This was open to all Moyne Seniors and organized in partnership with Moyne Shire Council as part of the Victorian Seniors Festival.

The end of the first year of operation was celebrated by members, course leaders and guests at a Cocktail Party at local venue the Limestone Gallery.

ACHIEVEMENTS

- U3A membership has grown from 120 to 160.
- In its first year U3A Port Fairy has been able to offer high quality, stimulating and engaging programs
- We have attracted excellent course leaders and presenters, volunteers with academic and practical skills, diverse interests, and a passion for lifelong learning.
- More than 14 courses offered each semester.
- U3A has also offered its members many opportunities for social interaction, engagement and new friendships which is vital to a sense of well-being in the community.
- The U3A Port Fairy Committee of Management is experienced and committed to good governance. It values U3A's volunteer culture,
- Through our strong partnership with Port Fairy Community House, and relationship with Moyne Council, we demonstrate a commitment to the health of seniors in the community through programs that encourage social inclusion, mental activity and positive ageing.

✪ *15 Courses running each Semester 2019*

✪ *4 events as part of Lecture Series - various locations*

✪ *160 Members in 2019*

✪ *Participation from Port Fairy and surrounding communities*

✪ *Partnership with Moyne Shire Council for Victorian Seniors Festival*

LOOKING AHEAD

Into the future, we envisage membership numbers continuing to increase and diversify which strengthens U3A's influence and benefits to the community. Through our strong partnership with Port Fairy Community House, and relationship with Moyne Council, we continue to show a commitment to the health of seniors in the community through programs that encourage social inclusion, mental activity and positive ageing.

K. J. Donelan

Dr Kate Donelan
President, U3A Port Fairy

10 February 2020

