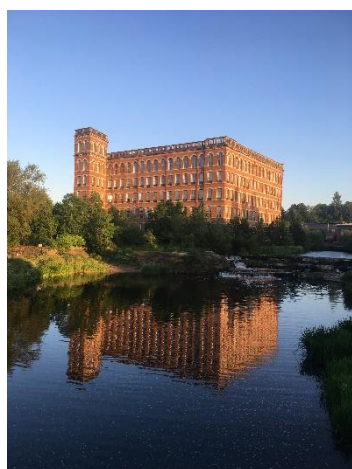


**Paisley and District u3a Press Release:
No Embargo: Friday 29 May 2026**

Paisley Mill Girl weaves tales for u3a

Local heritage fans and creatives can soon enjoy a free and insightful talk by Paisley Mill Girl, Tricia McKinnon. She's guest speaker at Paisley and District u3a on Thursday 4 June.

Tricia will share stories from the needlework section where she worked. She will also detail how embroidery and tapestries were developed by J&P Coats threads.



Tricia remarked: "I learnt all my embroidery skills from working in J&P Coats head office. There are very many different types of embroidery which are all very interesting - from free style to cross stitch, as well as coarse tapestries and carpet making. Our company promoted their embroidery threads well and placed articles in magazines. We also produced many books with designs for people to follow.

This event in the Salvation Army Hall, Paisley follows on from the u3a's eighth AGM. The programme also includes a presentation certificate to its 200th member, Martin Papworth.

Refreshments will be available from 1.30pm prior to the AGM which starts at 2pm.

u3a chair, Kathy O'Donnell said: "So many families worked for the Paisley Mills. It's played a huge part in the town's history. We are keen to learn from Tricia's first-hand knowledge of how these threads came to form beautiful fabrics which then became pieces of museum art."

"Our own u3a has a more recent history – we began in 2018. It's been so encouraging that our membership is growing year on year, as do the number of groups we can offer. u3as are sociable, self-learning communities run entirely by volunteers. Anyone not in full time work can join. There's a warm welcome if you want to try new things and keep on learning."

Check out u3a groups/activities and how to join at: <https://paisleydistrict.u3asite.uk/>

ENDS

Notes to the Editor

- 1. Photo credit: Tricia McKinnon**
- 2. Tricia McKinnon** is guest speaker at Paisley and District u3a's monthly meeting on Thursday 4 June 2026 following its AGM at 2pm in the Salvation Army Hall, Paisley, PA1 1ND. For more details or to interview Tricia McKinnon, please contact PR Advisor, Allana Parker on **M: 07483 820027**
- 3. Paisley and District u3a** is Scotland's 50th self-help learning organisation for people who no longer work full time. u3as are run by local volunteers freely sharing their knowledge and skills. Members are part of a UK-wide and international educational movement. The u3a motto is 'Learn, laugh, live.' Scotland has around 12,000 members in 55 u3as who enjoy the social side of new activities, interests and hobbies: <https://scotland.u3asite.uk/> Details about this nationwide peer-learning for fun movement, with more than 1,000 u3as across the UK, can be found at: <https://www.u3a.org.uk/>