

Paisley and District u3a Press Release: No Embargo: Sunday 31 May 2026

Volunteering begins at u3a

Paisley and District u3a's AGM is always special. Those who attend can see volunteering in action. Each year, both established and new u3a members opt to run this 'learn for the fun of it' organisation. Moreover, its eighth AGM at 2pm on Thursday 4 June happily coincides with Volunteers Week Scotland (1-7 June).



One potential new recruit is retired policeman, Martin Papworth, who lives in Paisley. Not only is Martin a potential committee nominee, he's also being presented with a certificate as this local u3a's 200th member.

He said: "Being part of u3a allows people moving into the area to meet a circle of like-minded people. It's a friendly place where we can try new things and go places together. I'd no idea when I signed up this year I'd become its 200th member. It's just amazing."

u3a chair, Kathy O'Donnell remarked: "Volunteering is at the heart of u3a. It's how we operate. u3as are sociable, self-learning communities run entirely by volunteers. Since we started in 2018, our membership has grown year on year, as do the number of groups we can offer.

"It's encouraging to attract so many members and we value people like Martin who are willing to contribute towards its future. Lots of people join u3a for lots of reasons and it's available to anyone not in full time work. People find it's a welcoming place to try new things and to keep on learning, whatever age and stage they're at in life."

Martin added: "I understand u3as only work if people give some time and skills to it. So I agreed to be nominated as treasurer and I'll find out if they'll have me at the AGM on 4 June. The fact that this is happening during Volunteers Week could be a positive sign?"

Refreshments will be available from 1.30pm prior to the AGM which starts at 2pm in the Salvation Army Hall, Paisley.

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

ENDS

Notes to the Editor

1. **Photo credit: Martin Papworth.** For more details or to interview Martin, please contact PR Advisor, Allana Parker on **M: 07483 820027**
2. *Volunteers Week 2026* is run by Volunteer Scotland. It recognizes the contribution of people across the country who donate their time and talents: <https://www.volunteerscotland.net/>
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/>