



## Stamford U3A Membership Form 2024/25

**Name:**

**Address:**

**Postcode:**

**Tel:**

**Mobile:**

**Email:**

**EITHER :** send this form with your cheque, made payable to Stamford U3A, to:  
**Mrs Beverley Meader**  
**46 Churchill Road Stamford PE9 1JG**  
**OR** arrange a BACS payment – account name Stamford U3A, account no. 00655135, sort code: 30-98-02 **Please state your name in the reference field.**  
If you wish to arrange a Standing Order please see the Treasurer, Martin Lander.

**PRIVACY STATEMENT:** I have no objection to your holding my information for membership communication purposes with particular reference to those groups of which I am a member. I consent to my data being used as detailed above.

Signed.....

**I enclose my sub**

**I would like to have the U3A quarterly magazine 'Third Age Matters' delivered to my home address**

**£10 for your annual subscription**  
(Concession available if you are a member of another u3a branch of £5.00)

**Please add £3.80 for the magazine**

**GIFT AID**

**If you can** and would like to help our U3A in this respect, please sign below:  
Please treat this subscription and any donations I make in the future or have made in the last 4 years to Stamford U3A as Gift Aid donations. As a UK taxpayer I pay an amount of income and/or capital gains tax at least equivalent to the amount claimed by the Charity.

**SIGNED**

**DATE**

**Thank you**  
**Beverley Meader**  
**Membership Secretary**

**FOR SECRETARY'S USE ONLY**

**Paid by: cash/card/cheque/BACS/Standing Order**

**Date:**

**How did you hear about us**

**Newsletter**

**online**

**Word of mouth**

The £10 subscription includes a £4.00 capitation fee we pay to National Office and this means that you can join other U3A clubs at a reduced rate **AS LONG AS YOU CAN PRODUCE YOUR MEMBERSHIP CARD**. This can be obtained at the monthly meetings held at Barn Hill Methodist Church on the first Monday of the month (unless this is a Bank Holiday, when the meeting is on the following Monday).  
The card also gives you access to any other club you may visit as a guest subject only to any "attendance" fee payable at that club.

## Stamford u3a Health & Safety Policy 2023

### 1. Opening premise

1.1 Stamford u3a is an organisation made up entirely of voluntary members, none of whom has a duty or responsibility of care over and above that due between citizens. Group Leaders may make arrangements to ensure that events are carried out safely but that does not make Health and Safety solely their responsibility.

1.2 The legislation concerning Health and Safety is about the duty of employers and employees. The Charity Commission says: 'This responsibility (for Health and Safety) ultimately belongs with employers, who have a duty of care for the health, safety and wellbeing of all workers under their control.' Stamford u3a does not employ staff.

1.3 The Group Leaders role is that of a volunteer co-ordinator and facilitator, it is not supervisory. Everyone in a group owes a duty of care to everyone else in the group, both singularly and collectively. Similarly, each member of a group is responsible for ensuring their own Health and Safety.

1.4 Group Leaders may be requested by the Committee to do certain tasks which have a Health and Safety implication, such as opening each meeting/event with information on what to do in event of a fire, and how to evacuate the building. That does not imply that they assume a Health and Safety role for the group.

### 2. Risk Assessments

2.1 The vast majority of Stamford u3a events happen within the public domain which u3a members and the public use daily. Stamford u3a does not require written risk assessments to be carried out on paths, roads, byways, or public buildings which are in everyday use and known by the Group Leader.

2.2 A risk assessment may be necessary if the activity is viewed to be one outside of the normal activity of an older person or outside the wider Stamford area. In that case the Group Leader should consult with the Chairman as to whether a Risk Assessment is necessary and its scope.

2.3 For Stamford u3a members the greatest areas of risk which may arise when taking part in Stamford u3a events are from their own infirmities, health, or personal circumstances. Each member therefore needs to make their own judgement as to whether they will participate in an event, and what precautions they need to take against foreseeable risks or hazards. If they are concerned that there may be risks or hazards specific to themselves, such as stiles on a walk, they should contact the Group Leader for information. However only the member can take a decision about participating as all events are voluntary.

2.4 Taking everyday activities as the baseline for low risk, in November 2023 all the activities of Stamford u3a and the Activity groups were rated as low risk except for Table Tennis where there is a moderate risk from slipping or inadvertently colliding with the table or other participants. In this instance participants are asked to be aware of the risk and to ensure that they wear appropriate footwear and play within their capabilities.

### 3. Meeting in Private Houses

Where a meeting is being held in a private home the householder is requested to consider the Health and Safety of visiting u3a members. The householder's responsibilities are no more than a duty of care such as pointing out trip hazards or hidden steps. The visiting u3a member is requested to treat the householder's property with respect, proceed with caution in unfamiliar surroundings, and take care not to damage any of the furniture or fittings.