

The Bray Heads U3A' is a 'University of the Third Age' (or U3A) group based in Bray, Co. Wicklow, which was launched on 6 September 2018 and has over 200 members.

Our main programme consists of a series of lectures from experts on a very wide range of topics, many of which relate to various aspects of the SDGs. For example, we have had talks on Climate Change (SDG 13), the oceans (SDG 14), Sustainable energy (SDG 7), healthy ageing (SDG 3) and many more.

But probably the core of our activities and mission is most closely related to SDG 3, namely the promotion and practice of lifelong learning and active, creative, ageing for senior citizens in local communities through learning and doing new things, meeting new people, having some fun and sharing skills, experience and interests with others.

There is a vast body of evidence now which demonstrates conclusively that keeping the mind and body active as well as on-going social interaction are critical to ensuring healthy ageing.

