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The latest film in our Do Something Brilliant series has been released and focuses on u3a Online Across Scotland's Poetry Group.

A year after losing her partner in 2015, Jane joined Edinburgh u3a as a way of moving forward. She received such a warm welcome that, in her words, she was hooked. Jane is now a member of two poetry groups - with u3a Online Across Scotland and Edinburgh. Jane says the movement has been a "lifeline" for her and has provided a way of being able to express her emotions. Jane adds: "The benefits of being involved with u3a are enormous. You make friends, you learn, I sometimes go to lectures with Online Across Scotland. I lead a Poetry group, but I also go to French Conversation and Laughter Yoga – online via Zoom.

"I pick things out. It's rather like a bowl of sweets and I can really, really enjoy it."

Jane's is the concluding film in the Do Something Brilliant series. Other films have showcased subjects as diverse as music, walking, dancing, climate action and calligraphy at u3as across the UK.

Each video shares the enormous benefits that joining the movement can bring to members – from sharing skills to building brand new friendships.

You can find all the films on [the u3a YouTube channel](#).

If you're not yet a u3a member, [why not join us?](#)