



# What's New for May 2024

## Photography, Audio Visual Group.....



Summer holidays are almost here! Lots of you will return from a marvellous and fulfilling trip, camera or 'phone bursting with pictures and videos that you're dying to show everyone. Almost all of us are committed to some kind of interest – a hobby, a pastime, a project. Very likely, we'd like to share this passion with others.

Everyone has family – probably albums and reels full of family pictures and memorabilia are lying idle in a cupboard somewhere. Those family stories are worth putting on record, and handing down.

The perfect way to share these interests (and lots of others) is to make an Audio Visual (AV) – an easy but compelling way to put your story across. The 'Photography, Audio Visual' group can provide you with the wherewithal to do all of this and much, much more. An AV can be just about anything you want it to be and it's very easy to master.

All of us in the group have different levels and areas of expertise and we welcome beginners, helping them to make an easy start with not too much technical stuff to cope with. The **Summer Programme** presents an opportunity for you to sample what we do and how we do it. Come and look – you'll be very welcome and find out how to tell your story with us!

For more information contact Group Leader Andrew N Gagg at: [andrewngagg@gmail.com](mailto:andrewngagg@gmail.com)



## Summer Programme

We are putting together an exciting summer programme as Group Leaders are continuing to confirm sessions booked for the summer months. There will be opportunities for non-members to join in selected group sessions, so if you have a friend curious about u3a and interested in attending a

group session, please let them know. More details will follow here, on the website and through your group coordinators.



## Some thoughts about u3a Worcester

At the AGM in March, attendees could provide views about u3a if they wished. It's always interesting to see what others think, so below is a sample of quotes from members.

"U3a has been a revelation. We thought we were busy before we joined but wow!, what did we used to do with all that time we now use for walks, Bridge, History, Socials, Quizzes, etc., etc. Not forgetting the amazing Beetle Drive. Also, wonderful social group with amazing new friends."

"U3a was recommended to me by people I met on a County Council Art course. I retired in 2022 and joined that Autumn. I've attended groups regularly ever since and I love it. The range and diversity of the groups, the talks, the events, are all really interesting. I cannot believe how the organisers manage to give us so much for our money. Thank you."

"I wanted to keep my brain active and, in particular, wanted to learn Spanish. I joined the u3a after retirement, in 2014. Since then, I've studied several different subjects and also been a Group Leader. For me, the educational side has always been the most important but it has also extended my friendship group."

"I joined u3a 14 years ago – it is a wonderful organisation. I have been on many trips, and try to attend all main meetings. I have been a member of several groups, learned so much and met lovely, friendly people. In fact, I have run a group where we have so much fun, it's like a therapy group – we enjoy our time so much."

"Always a happy time playing music and singing together. Many good trips and enjoyable main meetings. Joined u3a approximately 14 years ago and will continue as long as possible."

"I don't know what I would have done without Worcester u3a! I moved to Worcester, not knowing a soul, shortly before lockdown so was completely isolated. I'd heard of u3a from a former colleague and found Worcester u3a online. I have met so many lovely people and have such an active life now, what with group activities and Committee involvement. We need to spread the word as so many people don't know about this amazing organisation."



## Walking Tennis Sessions

There is a proposal for a four-week introductory course to walking tennis for 12-16 participants. Dates are not confirmed as yet and this is to invite interest initially from members.

### What is walking tennis?

Modified forms of tennis have been played for years, but the officially recognised Walking Tennis, registered as a Lawn Tennis Association product, was created in 2019.

Essentially, walking tennis is a version of tennis that's designed to be accessible for all. It's still tennis – but with a few simple modifications. You can't run or jump; you use slightly different balls, and you can let the ball bounce twice for extra time.

Like other increasingly popular walking sports, such as walking football and walking rugby, it can be purely social. Or it can be pretty competitive.

### Who can play walking tennis?

Walking Tennis is for anyone who wants to play tennis, but at their own pace. It's ideal for:

- People who used to play tennis but have had to stop, perhaps due to injury or age-related mobility issues
- Absolute beginners. For those who have never played tennis before, the easier pace can help to build racket skills. Many players even find their fitness and skills improve so much they move into playing full tennis.
- Regular tennis players who are recovering from an injury – walking tennis is a great way to build up strength gradually after an injury or operation, or when recovering from a condition such as tennis elbow.
- People who are looking to get more active – it's a fun and relatively gentle way in to exercise.
- Anyone who wants to play an interesting, challenging sport at their own pace.
- For older people, walking tennis is a perfect game to take up to keep their bodies and minds active – while also enjoying the social side of being part of a tennis community.

If you wish to know more, please contact Anne Holmes at [anneholmes2@gmail.com](mailto:anneholmes2@gmail.com)



## 'New to Worcester' Group. Starting up on May7th

This is a new group and will be led by Beryl Curtis. Please see below for more detail about its purpose, including dates, times and venue.



### "NEW TO WORCESTER" GROUP

#### Introduction

As Membership Secretary, I have spoken with many new members, who having visited Worcester, found it to be a lovely city.

#### What is the purpose of the group?

To find a welcome, by meeting other people who have moved here in the last three or four years and share experiences of (for example) shopping, garden centres, entertainment, transport, medical facilities, council services, libraries, Worcester u3a venues, local towns within Worcestershire, places further afield e.g. Cheltenham, and Birmingham.

This will give people who have just arrived the opportunity to meet others and ask questions that others have also asked on arriving in Worcester.

#### When will the group meet? Time: 10am

May 2024	June 2024	July 2024
7 <sup>th</sup>	4 <sup>th</sup>	2 <sup>nd</sup>
21 <sup>st</sup>	18 <sup>th</sup>	9 <sup>th</sup>

#### Where will the group meet?

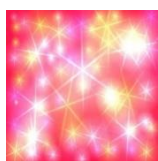
Café Zest, on the 2<sup>nd</sup> floor of House of Fraser, Crowngate Shopping Centre, Worcester

#### How much will it cost?

Nothing, except if you want to buy a drink whilst in the café. If you decide to join u3a, there will be an annual subscription. More details will be provided on request.

#### If you have any questions, please contact:

Beryl Curtis 07531 000957 or [membership@worcesteru3a.org](mailto:membership@worcesteru3a.org)



**The Retro Disco.** This was due to take place on Saturday 18th May but it has now been cancelled.



## Facebook Members' Page

Don't forget to look at our Facebook Page as often there will be items on there that may be of interest and it's a great way to get up to date news immediately. It's another way of reaching out to you, or even vice versa – see next item!

## Nominate u3a Worcester for another award! – Movement for Good & Benefact Group



Yes, we did wonderfully well when we received a £1,000 earlier this year from the same charity. How we achieved that award was through a member nomination seen on our Facebook page and we thought let's try again! Closing date is 19<sup>th</sup> December 2024.

Below is the link to the website for more information and detail.

[https://movementforgood.com/index.php?cn=702588&ct=community&i=1713894565-37620.gif&utm\\_source=holiday+card&utm\\_medium=social&utm\\_campaign=M4G2024card&utm\\_id=M4G2024card#nominateACharity](https://movementforgood.com/index.php?cn=702588&ct=community&i=1713894565-37620.gif&utm_source=holiday+card&utm_medium=social&utm_campaign=M4G2024card&utm_id=M4G2024card#nominateACharity)

## Event Reminders:



**Wednesday 15th May at 10am Bromyard Road Church Hall, St Johns WR2 5DL.**

Come along and join in with our choir – and enjoy some delicious cakes.

Any queries, please contact Liz 07749 087535 or email: [lizmarywhitehouse@gmail.com](mailto:lizmarywhitehouse@gmail.com)

**Wednesday 22<sup>nd</sup> May – Trip to Cardiff & Monday 24<sup>th</sup> June – Windsor Castle**



Details of both trips with booking forms can also be found on:

<https://worcester.u3asite.uk/events/>

### And lastly....Coffee at the Café



Pop in to the Café Piano, in Friar Street between 10.30 and 12.30pm. Partners and friends are welcome and we will be sitting towards the back of the café. Dates for May are: 3<sup>rd</sup> May and 17<sup>th</sup> May.

Any updates for What's New by 16<sup>th</sup> May please for the June edition.

Email: [newsletter@worcesteru3a.org](mailto:newsletter@worcesteru3a.org) Or leave an answerphone message on **01905 887579**.

The Worcester u3a website is changing, but you do not need to do anything. This is just to let you know the website has had a significant upgrade with people working feverishly behind the scenes. In future the website link is: <https://worcester.u3asite.uk/>

Under 'Groups' there is up-to-date news and a list of the groups you can join with the Worcester u3a. You can also contact individual Committee members by clicking on the Get in Touch heading. Here you can leave your email address and your comments.