



What's New for November 2024

Ah November, what can be said except it's the time of year where many of us want to snuggle down, draw the curtains etc. but not for Worcester u3a. The Pickleball groups continue to expand and our membership is bubbling towards the 1,000 mark. A warm welcome to those who have joined in recent months and looking ahead, next year is when Worcester u3a will celebrate its 40th Anniversary. How that will shape up, I don't know yet, although we do start with a New Years Lunch (see towards the end of this newsletter) but ideas for its celebration would be lovely. You could talk to your group leader or contact a member of the committee from the website.



Art Discussion Group: reforming

In March 2020 Worcester U3a's Art Discussion group came to an untimely end. They had shared their enthusiasm for and interest in many favourite artists with each other for two years. The subject matter was freely chosen by the presenter and ranged from Benjamin Williams Leader to Lubaina Himid. Val Kennewell decided to resurrect the group not least because at least one member has a presentation prepared that they were unable to give in 2020.

The group will meet on Wednesday mornings at 10.00am at The Hive, starting on 15th January and then fortnightly. Group members will be expected to make a contribution to discussions about any artist or art work being presented and it is hoped that all members at some stage will introduce an artist they find interesting. If you wish to join, please contact Val Kennewell from the **Art Discussion** page under Groups, on the U3A website



What's going on

Coffee at the Café meetings:

1st November 2024, Friday from 10:30am to 12.20pm at Café Piano, followed by **21st November 2024**, Thursday from 1.30pm to 3.30pm at Café Piano. After that, there is a break until New Year when the first date will be **3rd January 2025**, Friday and then **16th January 2025**, Thursday.

Don't forget to check the u3a website for other events such as meetings and online talks. The talk on the 2nd October, **Musical Satire of the 20th Century**, given by **Peter Gill** was attended by 50 people and showed a welcome return to personal attendance.

14th November 2024 at 7pm, there is a Zoom talk on **Robert Dudley, Elizabeth 1st...** given by Dr Gillian White.

27th November 2024 at 2.30pm -3.30pm, there is an in-person talk on **My Policing Journey**, given by Mike Layton.

11th December at Woodgreen Church, Warndon at 2pm – 4pm is the **Christmas Quiz**.

Maintaining our health is always very important and the next piece I received, brings a broad perspective and also signposts members to walking activities outside of u3a.



The benefits of Walking for Pleasure

Getting out and about, especially in autumn is particularly uplifting as we embrace the beauty of the trees as they change colour (see photographs taken on Thursday 17th October whilst leading Walking Group 2 on a walk around Worcester). One was by the river and the other outside the Commandery Café where we stopped for our coffee break.



Walking is beneficial to all but especially in helping to achieve and maintain our physical and psychological health and wellbeing. As we get older, many of us experience aches and pains as well as joint stiffness and walking is one of the best ways to maintain our mobility and balance. The U3A has various walking groups that cover different walking distances, so please check the website for availability. However, for those who are unsure of their fitness, there are several other walking groups available in the Worcester area including

“Walking for Health” groups which are a great way of starting to walk distances.

The University of Worcester also offers a great range activities for seniors at a very reasonable price (£3.50 per session) The Senior Physical Activity & Adapted Sport (SPAAS) programme is a senior engagement programme run by the University of Worcester. SPAAS provides weekly adapted exercise, sport and physical activity sessions, led by qualified and experienced instructors. SPAAS is an inclusive programme for all, with no upper age limit.

As well as supervised gym and circuits classes, the adapted sports include:

- walking football
- walking netball
- walking basketball
- walking cricket
- short mat bowls

Statistically, increased chronological age results in a higher risk of falls. Falls can be disastrous for maintaining independence during older age. Physical activity has been proven to improve flexibility, strength, coordination and balance, all of which reduce the risk of falls. As age increases, so does the recovery time from falls meaning anything that helps avoid them should be viewed as very important.

For more information about the SPAAS programme, or to make an enquiry about any of the sessions within the timetable, please contact: SPAAS@worc.ac.uk

Shan South; Leader for U3A Walking Group 2 and 10+ Walking Group

Next, here is what 20 members of mostly Walking Group 2 (but not all!) got up to at the end of September.



Walking Holiday; South Downs

The group travelled to the South Downs and stayed at Abingworth Hall HF, Thakeham. The house was lovely and managed by a couple of very friendly ladies who went the extra mile to ensure our stay with them was enjoyable. The food throughout the week was excellent; probably some of the best we have had in HF houses (HF Holidays Ltd).

With the exception of one long (10 mile) walk which I did, and went from Abingworth Hall, through the village of Storrington and then ascended to the summit of the South Downs Way (SDW) at Kithurst Hill, then descended at Washington Common and Sleepy Hollow; all the other walks required driving to the starting point. However, this worked out quite well as people divided themselves into groups of 4 or 5 quite naturally and linked up for the particular walk they wanted to do; most of which were around 7 or 8 miles.

Walks included Amberley Circular Walk, Ditchling Beacon and of course Beachy Head and the iconic Seven Sisters which is justifiably one of the most popular walks in the South Downs area with stunning coastal views. There were many places of interest including Beachy Head, Tout Lighthouse, Birling Gap and Cuckmere Haven.

Some members of the group also did other visits to places such as Pulborough Brooks RSPB Reserve and Winchester. The weather throughout the week was quite good up until the last day, when a couple of the groups encountered some heavy rainfall on their final walk of the week but they kept smiling! Elaine, one of the HF guides, who was resident during the week supported and advised on walks as needed as well as organising some nice evening entertainment. This included the ever-popular HF Quiz and a great talk/presentation from a Master Bee Keeper.



Next September we are going to Church Stretton for the U3A holiday staying at Longmynd Hotel which has been recently refurbished. It's many years since we have been to this delightful area which offers fabulous walks so we are looking forward to it.

The dates are: **September 22nd – 26th, 2025**. If you would like to sign up for this holiday, please contact Louise Radford from the **Walking Holiday Sept 2025** page, under Groups on the u3a website.



New Year Lunch

Come and enjoy good food, good company and start the New Year on a high note. You are welcome to bring non-members with you if you wish. Below are all the details for choice of dish and booking.

NEW YEAR LUNCH MENU

Wednesday 8 January 2025

12.00 - 3.00 (Lunch served at 12.30)

CROWN & SANDYS

MAIN ROAD, OMBERSLEY, WORCESTER WR9 0EW

TWO OR THREE COURSES - PRE-ORDER

Two courses - £24.00 including tea/coffee

Three courses - £28.00 including tea/coffee

STARTER

SOUP OF THE DAY, FOCACCIA (GFO, V)

DUCK LIVER & BRANDY PARFAIT, RED ONION MARMALADE, TOASTED CIABATTA (GFO)

SALMON & COD FISHCAKES, SAFFRON AIOLI, ROCKET

BREADED BRIE, ROCKET, PLUM JAM (V)

MAIN

BLADE OF BEEF, CONFIT GARLIC MASH, LEEKS, GLAZED CARROTS, RED WINE JUS (GF)

BRAISED BELLY PORK, FONDANT POTATO, CABBAGE & BACON, APPLE PUREE, CIDER & MUSTARD SAUCE (GFO)

PAN FRIED FILLET OF SEABASS, PARMENTIER POTATOES, GREEN BEANS, SAFFRON & ORANGE CREAM (GF)

WILD MUSHROOM, SPINACH & LEEK RISOTTO, TRUFFLE OIL, PARMESAN (GF, V)

DESSERT

CHOCOLATE BROWNIE, WHITE CHOCOLATE ICE CREAM, CHOCOLATE SAUCE (V, GFO)

LEMON POSSET, ALMOND TUILLE (V, GFO)

BAILEYS CRÈME BRULÉE, SHORTBREAD BISCUIT (V, GFO)

STICKY TOFFEE PUDDING, SALTED CARAMEL SAUCE, VANILLA ICE CREAM (V)

GF - Gluten Free GFO - Gluten Free Option V - vegetarian

To secure your place at our lunch, please make payment and complete and return the attached form.

CLOSING DATE FOR PAYMENTS - FRIDAY 13 DECEMBER 2024

**NEW YEAR LUNCH
WEDNESDAY 8 JANUARY 2025
CROWN & SANDYS MAIN ROAD, OMBERSLEY, WORCESTER WR9 0EW**

I/we would like to attend the New Year Lunch

Name(s):

.....
.....

Email Tel No.....

Is there someone you would prefer to share a table with?

Yes please:

No thank you, I am happy to sit with a mixed group.....

Payment - £24.00 (2 courses) £28 (3 courses) per person

Form & Payment to be received at u3a by Friday, 13 December 2024

Please return order form (and cheque if applicable) to:

email: social@worcesteru3a.org

post to: Social Secretary Worcester u3a, 2 Pevensey Close, Worcester, WR5 2HZ

BACS Payments: please see notes below.

Paying by Electronic Bank Transfer (sometimes called BACCS)

You can now pay for your lunch by sending the payment directly from your bank to ours instead of sending us a cheque. Here is the information you need to set up the payment from your bank account.

Please check you have entered our bank account details exactly as shown below:

Recipient Name : Worcester Area Group u3a

(some banks ask if this is a personal or business account – please choose business)

Bank account number: 46119168

Sort code: 30-90-89

Payment details (this is to ensure we can identify the payment is from you): Please type:

LUNCH and **your surname**.

Cheques payable to: Worcester Area Group u3a

*Please note that cheques/ bank transfers must be received **before Friday 13 Dec 2024** . After this date, if you wish to cancel your place, you will need to find a u3a member replacement yourself and the financial transaction will be between the two of you. We will not make any refunds after this date.*

PAYMENTS MAY ALSO BE MADE AT OPEN MEETINGS AND COFFEE AT THE CAFE SESSIONS.

PRE-ORDER FORM
U3A NEW YEAR LUNCH
CROWN & SANDYS MAIN ROAD, OMBERSLEY, WORCESTER WR9 0EW
WEDNESDAY 8 JANUARY 2025

Name(s).....

Email: Phone:

Please tick your choice(s) for each course - one tick per person

STARTER

SOUP OF THE DAY, FOCACCIA (GFO, V)

DUCK LIVER & BRANDY PARFAIT (GFO)

SALMON & COD FISHCAKES (V)

BREADED BRIE, ROCKET, PLUM JAM (V)

MAIN

BLADE OF BEEF, CONFIT GARLIC MASH, VEG (GF)

BRAISED BELLY PORK, FONDANT POTATO, VEG (GFO)

PAN FRIED FILLET OF SEABASS, PARMENTIER POTATOES, VEG (GF)

WILD MUSHROOM, SPINACH & LEEK RISOTTO (GF, V)

DESSERT

CHOCOLATE BROWNIE, (V, GFO)

LEMON POSSET (V, GFO)

BAILEYS CRÈME BRULEE (V, GFO)

STICKY TOFFEE PUDDING (V)

If you have any allergies or dietary requirements, please set out below

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Please return this form to: **email:** social@worcesteru3a.org **post to:** Social Secretary
Worcester u3a, 2 Pevensey Close, Worcester, WR5 2HZ



Christmas Trip to Winchester

There are a few places left, if you want to join the trip. It will take place on: **THURSDAY 28 NOVEMBER 2024** and the cost is **£25**.

Details about the visit and booking can be found under the Events page on our website.

Any updates for What's New by **21st November** please for the December edition.

Email: newsletter@worcesteru3a.org Or leave an answerphone message on **01905 887579**.

The Worcester u3a website can be found by clicking <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 'Contacts' heading. Here you can leave your email address and your comments.