



Wu3a's News March 2025



Hello everyone! I'm Ferne Langdon, responsible for publicity and promoting Worcester u3a and now taking over production of our newsletters. I have some big shoes to fill and would like to thank Debbie Spooner for her work over the past year. I hope to fulfil my newsletter duties with the same enthusiasm!

To kick off.....



Worcester u3a's 40th Anniversary

Plans so far

Worcester Guildhall – We have booked the Guildhall in Worcester for **4th July** for our showcase event. We will have use of the lower hall, forecourt, Green Room, Courtroom and kitchen. We are hoping that many of our groups be represented to demonstrate what they do.

Yearly events – Worcester Show and Groups' Fair

The 2025 **Worcester Show** takes place on **10th August**, and we will have our regular stand to promote Wu3a to visitors to the show. Our annual **Groups' Fair** takes place at Nunnery Wood High School on **30th August**. If you would like to help at either of these events, please let us know.

The Choir's 40th Anniversary Celebration of Worcester u3a



Wednesday 21st May 2025

Worcester u3a Choir invites you to come along to Bromyard Road Methodist Church Hall, [Bromyard Road, St John's, Worcester, WR2 5DL](#) at 10am to enjoy some musical entertainment and join in with some of the songs which you will know. Everyone is welcome and there will be refreshments too.

Our leader Liz, conductor and pianist Geoff and all the choir members look forward to seeing you!!

Any queries please contact Liz on 07749 087535.

Recent events.....



HEART HEALTH – ADVICE ON EXERCISE AND DIET

Our February in-person meeting was held at the Green Centre in St John's. Jenny Davis, our Speaker, is a fitness instructor specialising in cardiac rehab fitness, and has close links with our local British Heart Foundation group. Jenny gave an interesting, light hearted and informative talk on the myths around heart disease, and ways in which we can stay heart healthy through diet and exercise. Her talk was very well received and prompted many questions from the audience.

Members who would like to have more information on Jenny or her classes for over fifties can contact her on: Email jennydavisfitness@gmail.com, Mobile no.07886 726102 or on Facebook: jennydavisfitness

Coming up in March.....

An Open Meeting **PLUS** our AGM with lunch – 26th March, 12.30pm to 3.00pm, Woodgreen Church

Order for the day:

- 12.30pm Registration and lunch with a variety of sandwiches and soft drinks
- 1.15pm Annual General Meeting followed by a short break before our talk
- 2-3.30pm Fakes, Fortunes, Art & Antiques, Forgers and Dealers and refreshments after the talk



Fakes, Fortunes, Art and Antiques, Forgers and Dealers – Chris O'Grady

Why do we collect art and antiques? Where can we buy them? How do we avoid being scammed?

Hear stories of amazing finds, of money made and money lost in the world of art and antiques. Chris promises a light-hearted journey through the pleasures and pitfalls of collecting art and antiques, and the challenges we face when tempted to buy them. If there is time, Chris has offered a short 'Guess the Value' quiz at the end of his talk.

Woodgreen Church is situated in Warndon Villages at the end of Hastings Drive, WR4 OSR.

Exciting news.....Movie Night group

We're launching a new group, meeting on Wednesday evenings at the Talbot pub in Kempsey. As well as the usual amenities you'd expect in a pub, the Talbot has some excellent film projection equipment which we're planning to use to show a range of mainstream classic films, including from the era when many of us probably first started our cinema-going.

I've listed a few possibilities below to give an idea of what we have in mind – this is just an initial list and inevitably largely reflects my own tastes (including a few classics on my own personal bucket list that I'm embarrassed to admit I've not yet got round to seeing!) but as we get established we'll be open to suggestions and members' preferences.

To avoid any confusion, this group is distinct from the excellent Film Appreciation group that meets on Monday afternoons, and we're not in any way competing with them – quite the opposite, as the ethos of each group is quite different. Whilst we'll enjoy discussing the films we've just seen afterwards over a drink, the main emphasis of our Movie Night group will be the social side of movie-going rather than critical analysis. Our meetings will be in evenings with films starting at 8 p.m., and in a social setting with the Talbot's well-stocked bar open throughout for both alcoholic and non-alcoholic drinks, and food from their comprehensive menu will be available before the films. And we think it could be prudent to plan for intermissions for obvious comfort reasons (and to re-charge glasses if wanted)!

If you'd like to join, please message me via the link on the group's website page, stating your name, u3a membership number, and mobile phone number (if you have one)? – thanks.

NB we won't be using the latter to phone you, but the leaders of some other groups have suggested it could be useful to set up a WhatsApp group of members once we get going, so that I can easily update you with news.

Martin Bennett

P.S. a few examples of the sort of films we'd like to show are:-

Casablanca
One Flew Over The Cuckoo's Nest
On the Waterfront
Guess Who's Coming to Dinner
Das Boot
Shawshank Redemption
Apocalypse Now
Twelve Angry Men
Bridge over the River Kwai
Taxi Driver
Dr Strangelove
Goodfellas
Kind Hearts & Coronets



What else is going on?

Coffee at the Café

Come and join us for a cuppa and a chat with other Worcester u3a members. We meet the first Friday of the month at Café Piano in Friar Street and the third Tuesday of the month upstairs at Chapter One, a new bookshop and café at 1 St. John's, WR2 5AE.

The next Friday meet-up will be on **7th March 2025, anytime from 10.30am to 12.30pm**
The next Tuesday meet-up will be on **18th March 2025, anytime from 10.30 to 12.30pm**

Partners and friends welcome!

A Request from a PhD Student.....

Rebecca Temple, a PhD student based at the University of York, is undertaking research into later life transitions. Her current study is looking at the impact retirement and work-related changes, such as role or career change, can have on mental health and wellbeing.

She is hoping to interview people aged 50 and over who have experienced a negative impact on their mental health or wellbeing as a result of undertaking a work-related change, such as retirement, within the past 5 years.

The study involvement will be a 30 minute interview into their experience of the transition/change.

Rebecca has received ethical approval from the Health Sciences ethics board at the University of York to undertake the research.

If you would like to take part in Rebecca's research, please contact her on rebecca.woodhouse@york.ac.uk

P.S. Rebecca says you are welcome to pass on her contact details/study information to a friend/family member who may be interested in taking part.



The Cotswold Link has Great Pleasure to Present Special Interest Day 2025

“The Influence of Music on our Society and Culture”

12th June 2025, 10am to 4pm

The Pavillion, Hatherley Lane, Cheltenham, GL51 6PN

Four experienced and qualified speakers, will explore different aspects of how music has impacted our society and culture. Doors open at 9.30am for registration, tea and coffee. 10am start.

AM Edward Elgar – His life, compositions, and influence on today’s world
Speaker – Wendy Hill

AM Baroque on a roll!
Speaker – Tony Rawlins

PM Nowt so queer as folk!
Speaker – Alan Tumber

PM Brian Jones, Founder of the Rolling Stones, and his ignominious end.
Speaker – Chris Hucker

**Cotswold Link Special Interest Day Tuesday, 12th June 2025
The Pavilion, Hatherley Lane, Cheltenham GL51 6PN**

BOOKING FORM

I/we would like to attend the Special Interest Day **THE INFLUENCE OF MUSIC ON OUR SOCIETY AND CULTURE** (Add a sheet for each applicant from a different address)

Full Name (s) _____

Name of your u3a _____ Your u3a membership number(s) _____

Your address _____

Post Code _____

Contact telephone No. _____ Email address _____

Any Special dietary requirements _____

Special Access Needs _____

The fee of £32 includes access to all lectures, car parking, all refreshments and lunch.

Register by emailing Ann Kelly on annMK6571@hotmail.com attaching your booking form(s) in your email.

Pay by BACS to Lloyds Bank Account Name: Cotswold Link, A/C No. 02375425 Sort Code: 30-92-06. Please quote your surname/u3a as reference and advise Ann that you are paying electronically.

Alternatively return completed form and cheques made payable to **Cotswold Link** to:
Ann Kelly, White Cottage, Martley Road, Lower Broadheath, Worcester WR2 6QG

DEADLINE FOR ALL BOOKINGS WILL BE 1ST MAY 2025.

Day Trips Coming Up

Worcester u3a Trip to Powis Castle and Garden
National Trust Property
Thursday 15 May 2025

Built in the 13th century as a medieval fortress, the castle and garden you see today reflects the changing ambitions and visions of the Herbert family, who occupied the castle from the 1570s.

Furnished with decorative fabrics, world-class paintings, furniture, tapestries, and the unique Clive Collection of South Asian objects, the interior reflects the Elizabethan period through to the Edwardian period.

With views across the Severn Valley, the world-famous garden retains many of its original features including 17th century Italianate terraces lined with vibrant herbaceous borders and 30ft clipped yew trees, an Edwardian formal garden with century-old apple trees and rose beds, and a peaceful woodland area.

<https://www.nationaltrust.org.uk/visit/wales/powis-castle-and-garden>

Full details and booking form are on the u3a website.

Any updates for What's New by **21st March** please for the April edition.

Email: communications@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 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.

Please do check the EVENTS page on the website for talks and events taking place further ahead. Click on <https://worcester.u3asite.uk/events/>