



Wu3a's News April 2025



Worcester u3a's 40th Anniversary

The programme so far.....



Wednesday, 21st May – The Choir's 40th Anniversary Celebration

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 songs 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.

Tuesday, 10th June

Back by popular demand, Karen and Tim Austin will host an Evening Quiz, 7 to 9pm, Perdiswell Young People's Leisure Club, Droitwich Road, Worcester, WR3 7SN

Thursday, 12th June

New Members' Joining Event, Café Piano, Friar Street, Worcester

Thursday, 19th June

Afternoon Tea, 2 to 4pm, Ombersley Road Methodist Church, 11 Ombersley Road, Worcester, WR3 7BW

Wednesday, 25th June – Trip to Shrewsbury (see details further down)

June (dates TBC) – Four week Zen Meditation course run by Ian and Karen Spencer

Friday, 4th July – Guildhall Showcase Event

Friday, 4th July

Evening Celebration Buffet, exclusively for members, 5.30 to 9.30pm, Café Piano, Friar Street, Worcester

July (date TBC) – Picnic in the Park

Sunday, 10th August – Worcester Show

Saturday, 30th August – Groups' Fair

Recent events.....

Our 40th AGM

It was great to see so many members at the AGM. All resolutions were passed unanimously and we were delighted to welcome our new Executive Committee members into their new roles. The sandwich lunch obviously went down very well and we enjoyed a fascinating talk by Chris O'Grady titled Fakes, Fortunes, Art and Antiques, Forgers and Dealers.

Here are the outgoing and incoming Committee Members:

Role	Outgoing	Incoming	Email address
Chair		Chris Scott	chair@worcesteru3a.org
Vice-chair	Stephen Thorneycroft	Stewart White	vicechair@worcesteru3a.org
Membership	Beryl Curtis	Debbie Spooner	membership@worcesteru3a.org
Web editor	Claire Lucas	Helen Rendell	webeditor@worcesteru3a.org
Groups Liaison (new)	Adie Ditchburn	Stewart White	TBC
Newsletter editor	Debbie Spooner	Ferne Langdon	communications@worcester u3a.org
Training Officer		Adie Ditchburn	TBC

On behalf of the membership, I would like to thank the outgoing Committee members for the invaluable contribution they have made to running Worcester u3a and welcome the new Committee members to their roles.



Stephen Thorneycroft



Chris Scott addressing the audience



Chris O'Grady delivering his talk



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 **4th April 2025, anytime from 10.30am to 12.30pm**

The next Tuesday meet-up will be on **15th April 2025, anytime from 10.30 to 12.30pm**

Partners and friends welcome!

Exciting News! New groups.....

Tech Surgery for Non-Techies is a new training group for Group Leaders initially, on the use of u3a systems – Beacon, website editing, Google Drive. It will kick off on the 1st May at 10am at the Mount Battenhall Retirement Village. The two hour sessions will be fortnightly and participants will learn how to carry out various actions with specific IT systems. The first session will cover Beacon activities relevant to a Group Leader. A separate group webpage on the Worcester u3a website will provide further information on what capabilities will be taught on which dates.

Unlike the website training provided last year, this training will be run at a slower pace, so the instruction will contain both basic and advanced capabilities in separate sessions. The maximum number of participants per session will be fewer than last year's sessions (likely a maximum of 4 users).

If you are a new Group Leader or an existing Leader, these sessions will be essential to help you provide communication within your group, and advertising your group to Worcester u3a members and the public at large. Once the initial Group Leader demand has been met, it is intended that training on basic computing skills for any Worcester u3a member (depending on need) will be covered in the later sessions.

The group will be led by Adie Ditchburn (groupasst@worcesteru3a.org) and Alan Russell (computing@worcesteru3a.org) or contact via the group's page on the website.

Pickleball! Yes, even more Pickleball groups! We are starting new groups from Thursday, 17th April at Perdiswell Leisure Centre. These will be weekly sessions from 2.30 to 3.30. If you don't know anything about Pickleball, there are a huge amount of videos on Youtube and if you have played tennis or squash, you will pick it up very quickly – the same if you haven't had any racquet experience! It is fun and addictive. The new groups will be led by Ian Brown. Please contact me at publicity@worcesteru3a.org if you are interested.

A Request from a PhD Researcher.....

Ellie Johnson, a PhD researcher from Coventry University and Imperial College London, is doing a study about how views around ageing relate to fear of falling. She would like to invite you to complete an online survey, which takes around 20 minutes.

She writes....."Ever feel a little shaky on your feet? Worried about taking a tumble? You are not alone! It's a common concern as we get older, and sometimes, even the fear of falling can hold us back. Researchers at Coventry University and Imperial College London are on a mission to understand this fear and how it affects us. A short survey explores the thoughts and feelings that might contribute to these worries. By taking part, you will be helping them unlock the secrets to overcoming the fear of falling. Your answers could be key to developing new programs that help people feel more confident and steady on their feet.

If you are between 60 and 90 years young and want to make a real difference, we would love for you to share your experiences. It is quick, easy and you will be contributing to something really important. Just click here: <https://app.onlinesurveys.jisc.ac.uk/s/coventry/survey-fearoffalling>

If you have any questions, please contact Ellie Johnson at johnson4@coventry.ac.uk."

Day Trips Coming Up

Worcester u3a Trip to Powis Castle and Garden

National Trust Property

Thursday 15 May 2025

COST: £20 for NT members OR £36.15 for non-NT members *including ticket fee of £16.*



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>

A reminder that a member of any u3a can go on one of our trips, so please bring along a guest if you wish. A non-member can attend one trip only, after which our Membership Secretary will contact them about joining Worcester u3a.

*Please note that payment must be received by the trip organiser (Valerie Gorton) **before 30 April**. 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.*

Worcester u3a 40th Anniversary Trip to Shrewsbury

Wednesday 25th June 2025

COST: £20, coach only OR £30 for the coach and boat trip

Shrewsbury sits inside a loop of the River Severn, and its Tudor centre is lined with half-timbered houses. The medieval, red-brick Shrewsbury Castle houses the Shropshire Regimental Museum, where military artefacts include uniforms and weaponry. Charles Darwin was baptised in St Chad's Church, near the Quarry Park, famous for its unique circular nave. Darwin went to school in Shrewsbury and there is a statue of him outside the library. (opposite the Castle) St Mary's Church in town centre has elaborate stained-glass windows. The Shrewsbury Museum & Art Gallery is in The Square in the centre of town inc. the tourist office. The indoor Market (on the first floor) is very popular. There is a good supply of independent shops, cafes & restaurants, some in traffic free areas, in the heart of the town where many of the Half-Timbered buildings are. You can link streets by using Stuts (ginnels, alleyways, passages!) 20 minutes' walk from the Castle is Shrewsbury Flaxmill Maltings (recently restored), the grandparent of skyscrapers with its pioneering iron frame, which launched a thousand skylines. The Mill building, with the first iron multi-framed building is one of eight listed buildings on the site. Tours & café are available.

The River Severn is a great attraction with lovely walks on both sides of the river with 7 bridges to make many circular walks. The Quarry Park and Dingle were created from an old quarry with the help of Percy Thrower and is just a few meters from the boat. For those who wish to, there will be a boat trip on The Sabrina, with a particularly good explanation about the buildings and history of Shrewsbury. If you plan to bring a wheelchair/ walking frames etc. please let me know. You can be accommodated.

NB. The paths around the river are flat and the access to the old town centre is uphill.

We plan to leave from Croft Road at 8.45am and Sixways at 9am. Sixways has plenty of free parking! We plan to leave Shrewsbury at 4.30. More details will be available nearer the time.

To secure your place(s) please let Ruth Saunders have payment (and Return Slip) by Friday 6th June by BAC's or Cheque payable to Worcester Area Group u3a. Bank Account no. 46119168 Sort Code 30-90-89 Business account. Please note, this is different account to the one you use to pay your subscription. Payment details SHRW & your surname.

*Please note that payment must be received by the trip organiser (Ruth Saunders) **before 6 June**. 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.*

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RETURN SLIP – POWIS CASTLE

Please post your cheque / return by hand to Valerie Gorton, Turnstone House, Church Lane,
Little Witley WR6 6LP 01886 888551 j.gorton668@btinternet.com by 30 April 2025

Your name (s) _____

Your u3a Membership Number(s) _____

Name of next of kin _____

Relationship to you _____ Contact number _____

Amount on cheque enclosed _£_____ BACS amount & date _£_____

National Trust member(s): YES / NO

Your contact numbers: Landline _____ Mobile: _____

Your email address: _____

RETURN SLIP – SHREWSBURY

If you are not paying by BAC's please post your cheque to Ruth Saunders, 17 Lobelia Close,
Worcester, WR5 3RR, or email ruth.r.saunders@gmail.com

Your name (s) _____

Your u3a Membership Number(s) _____

Name of next of kin _____

Relationship to you _____ Contact number _____

Amount on cheque enclosed _£_____ BACS amount & date _£_____

Your contact numbers: Landline _____ Mobile: _____

Your email address: _____

Boat Trip: YES/ NO

Pick up Croft Road/ Sixways Rugby Club bus stop

Walking Frames _____



The Cotswold Link has Great Pleasure to Present the 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

www.u3asites.org.uk/cotswold-link

BOOKING FORM

I/we would like to attend the Special Interest Day **THE INFLUENCE OF MUSIC ON OUR SOCIETY AND CULTURE**

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.**

Any updates for the Wu3a's News by **21st April** please for the May 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/>