



Wu3a's News June 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 – QUIZ. Karen and Tim Austin will host an Evening Quiz, 7 to 9pm, Perdiswell Young People's Leisure Club, Droitwich Road, Worcester, WR3 7SN. (See further details page 6 below).

Thursday, 12th June – New Members' Joining Event, 10.30 to 12.30, Café Piano, Friar Street, Worcester.

Thursday, 19th June – Afternoon Tea, 2 to 4pm, Ombersley Road Methodist Church, 11 Ombersley Road, Worcester, WR3 7BW. (Booking is necessary – see booking form page 7 below).

Wednesday, 25th June – Trip to Shrewsbury.

June 6th, 13th, 20th, 27th (11am – 12pm) – Four week Zen Meditation course run by Ian and Karen Spencer at the URC Church Hall, Albany Terrace, Worcester, WR1 3DU. If you are interested in taking part, please email publicity@worcesteru3a.org or leave a message on our answerphone (01905 887 579) and I will make sure you receive further information.

Friday, 4th July – Guildhall Showcase Event.

Friday, 4th July – Evening Celebration Buffet, exclusively for members and guests, 5.30 to 9.30pm, Café Piano, Friar Street, Worcester. (Booking is necessary – see booking form page 8 below).

Wednesday, 9th July – Walking tennis taster session, run by Anne Holmes.

Sunday, 10th August – Worcester Show.

Saturday, 30th August – Groups' Fair.

Plans for the showcase event at the Guildhall on 4th July

The following groups will be there.....

Garden Club	Crafts	Backgammon in progress
Bridge in progress	Jazz & Big Bands	History groups
Art - Oil painting	Practical Photography	Walking groups 1 & 2

The Medium Walks Group will, on the day, be doing a 5 mile 40th anniversary walk, ending at the Guildhall at around 12.30pm. We hope many members will be there to welcome them.

Plus.....A collage detailing all of our groups made by the Calligraphy Group will be on display and we will have our fabulous BellyBelles and Spanish dancers performing routines both morning and afternoon.

The Mayor will be present for the cutting of our 40th anniversary celebration cake at 3pm.

Come along to join the celebration - Let's make it a great day!

A little more about.....

Beginner's Guide to Zen Meditation – Karen and Ian Spencer have very generously offered a four-week course to Worcester u3a members covering the basics and the opportunity to experience this ancient practice together in an authentic way.

Karen is a founder member of the Wild Goose Zen Sangha and has led the Worcestershire group for around 12 years. She was invited to train as a Zen Sensei (teacher) and has been undertaking study and practice for 2 years. Ian is a retired Anglican Priest, Yoga teacher and Zen practitioner, also training as a Sensei with the Wild Goose Zen Sangha.

The Wild Goose Zen Sangha has groups across the UK who meditate both in person and on zoom.

<https://www.wildgoosezensangha.org/>

As the course is starting on June 6th, please get in touch as soon as you can. Email publicity@worcesteru3a.org or leave a message on 01905 887579. Thanks to those who have already registered your interest.

Walking Tennis – members and visitors alike are invited to attend a Walking Tennis taster session on Wednesday, July 9th or, in case of rain, Wednesday, July 16th, between 2 and 3pm, at Hallow Tennis Club, Main Road, Hallow WR2 6PW. If you would like to give Walking Tennis a go, please contact Anne Holmes at anneholmes2@gmail.com or as usual, if you don't have email, leave a message on our answerphone, 01905 887 579, and I will pass your details to Anne.

See https://worcester.u3asite.uk/u3a_events/walking-tennis-taster-session/ for more details.

Pickleball News!

As part of our 40th anniversary celebrations, around 80 of our Pickleball players will be taking part in a Pickleball festival on Sunday, 27th July at Perdiswell Leisure Centre, in celebration of the game. All eight courts at Perdiswell have been booked from 12 to 4pm. You are invited to come and spectate – non u3a members welcome!

Having watched the play, anyone who wishes to avail themselves of a free one hour taster session can leave their details with us and we will contact them in due course to make the necessary arrangements. Worcester u3a members can request a taster session any time. Please contact Paul Yeo at paulyeo@hotmail.com if you would like to do so.

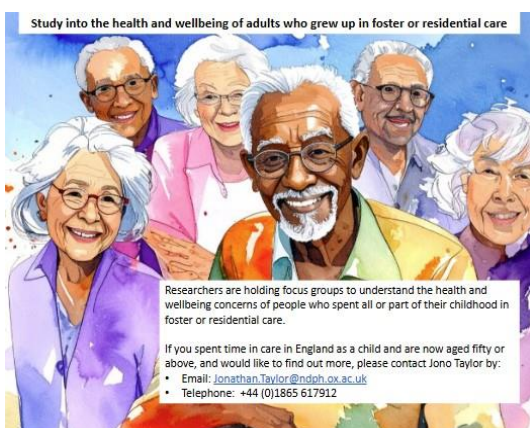
Reminder

Jacki Ager would be glad to hear from you if you would be interested in joining a Scrabble Group in September. The group will meet on the second Thursday of the month from September '25 through to April '26, from 2.00 to 4.00pm. The venue is Claines Parish Hall, WR3 7NY, corner of Cornmeadow Lane/St Anne's Road. Please contact Jacki directly at bramleyjacki@gmail.com to register your interest, or, if you don't have internet, please ring me on 01905 887 579, leave a message and I will pass it on.

Possible new group

We are hoping to set up a Birdwatching/Wildlife group. This group will not have formal meetings as it is intended to hold regular field meetings where members meet at sites to observe and listen to birds and wildlife.

Please contact groupcoord@worcesteru3a.org to register your interest in joining.



Study into the health and wellbeing of adults who grew up in foster or residential care

Research has shown that care-experienced adults face a greater risk of negative health outcomes compared to the general population.

Researchers, at the University of Oxford, are holding focus groups to understand the health and wellbeing concerns of older care experienced adults and explore the types of support they would like to receive from health and social care services.

If you, or someone you know, would like to learn more, please contact Jono at Jonathan.Taylor@ndph.ox.ac.uk, or call 01865 617912.

MEMBERSHIP MATTERS

From Debbie Spooner, Membership Secretary

NEW MEMBERS

We have come to that stage in the year, where we welcome new members to join for our summer programme, our 40th Anniversary and in advance of our u3a renewal period starting in September. New members who join from the 1st June will enjoy 15 months membership for the price of 12 months and this will take them through to September 2026. The new rates are: Guest £32, Standard £43 and Standard plus £60. If you know of anyone who would like to join then please ask them to:

- Apply online;
- Email me at membership@worcesteru3a.org; OR,
- Phone me on 07786 342 399; OR,
- Join me on 12th June at Café Piano, Friar Street, Worcester between 10.30–12.30pm

Alternatively pass me their contact details and I will get in touch with them. There is also further detail under the **Join Us** tab on the main menu of our website.

RENEWALS

I will be contacting all current members towards the end of July about the renewing process. Please do not try to renew until the 1st August onwards. At that point you will be able to:

- Renew online through the Members Portal
- Renew face to face at the Group's fair and Worcester Show
- Renew face to face in a café in your post code area (times, dates and venues will be published at the beginning of August
- Renew by post by downloading/printing off the renewal form from the website.

UPDATING WEBSITE MEMBERSHIP MENU & PAGES

We are adding a new menu called **MEMBERSHIP** which will include the present **JOIN US** menu and adding options to make it easier for everyone to find what they need quickly. The revised page on joining will be ready to use as of 1st June, whilst the renewals page will be ready for our normal renewal period from 1st August.

ACCESS YOUR PERSONAL U3A ACCOUNT

Less than 50% of members have set up access, so I will be undertaking an exercise to help you to access your personal account on our membership database (you may have heard it called Beacon or Members Portal). This account is private to you and allows you to update your contact details and renew membership conveniently online. There will be a new page with instructions on how to go about this and I will send out an email providing guidance as well. This exercise will take place well before the renewal period.

Walking Holidays in 2025 and 2026

In September 2025 (22nd September 2025) our group is planning to visit Church Stretton in Shropshire for a 5 day u3a holiday staying at the Longmynd Hotel, which has been recently refurbished. Its many years since we have been to this delightful area which offers fabulous walks so we are looking forward to it. All of the single accommodation is now fully booked, but if you would be happy to book a double or twin room there are still some available. To sign up for this holiday and join us, simply get in touch with Louise Radford who organises the U3A holidays with HF - b.w.radford@btinternet.com.

In April 2026 (17th April 2026) we are going on a 7-day walking holiday in Tuscany! Following our very successful holiday in Mallorca which we booked through "Explore Holidays" we decided to continue with the theme of a European holiday as well! "Explore" offers great value for money and is so easy and straight forward to deal with. So Tuscany is the place of choice next year! It's a 7-day trip starting on 17 April 2026.

Tuscany is a beautiful area of Italy, stunning scenery and included in the trip is a free excursion to the fabulous city of Florence.

- The cost is £1289 per person. There are no single supplements.
- The flights are with Ryanair from Birmingham to Pisa.
- Luggage allowance 20 kilos.
- The hotel is Hotel Joseph on the Marina di Pietrasanta which is by the beach, with fitness room facilities and is on a half board basis.
- This has a booking.com with a very good rating of 8.3
- There are 3 organised walks included and there is a free excursion to Florence.
- Payments and booking direct to INVOLVED HOLIDAYS, tel no. 01858 896111 under the group name of Worcester U3A.

Please quote Louise Radford and as a matter of courtesy, please let Louise know you have booked (07407 301659).

In September 2026 (28th September 2026) we are off to the Peak District staying at the lovely Peverill of the Peaks. Once again, all the single rooms are rapidly going but if you would be happy to book a double or twin room there are still plenty available. The Peak District makes for some stunning walks and even if you are not a particularly great walker – the hotel is a fabulous place to stay with easy access to some lovely villages. We have stayed at this HF Hotel before and it really is a lovely well-appointed hotel with all that HF holidays has to offer with good food etc.

Once again, if you would like to sign up for this holiday and join us, simply get in touch with Louise Radford who organises the u3 holidays with HF - b.w.radford@btinternet.com

Shan South
Group Leader, Walking Group 2 and 10+ Walking Group

BOOKING FOR 40th ANNIVERSARY QUIZ

TUESDAY 10TH JUNE 2025, 7 pm – 9 pm

Perdiswell Young People's Leisure Club, Perdiswell Park, Droitwich Road, Worcester WR3 7SN

Quiz Hosts – Karen & Tim Austin

Our quizzes have proved very popular in the past, and this one is extra-special. PYPLC is a super venue, and it will be a great chance to meet up with everyone and test your memory with some fun questions. You are welcome to bring along partners/friends as guests. Cold drinks and nibbles will be provided, but you can bring your favourite tippie and snacks, if you wish. There will be a charge of £3.00 per person. Come as a team (up to six) or join other members to form a team (we will arrange this on the day). There is plenty of parking on site. There is a limit to the number of attendees, so please reserve your place by **2nd JUNE**.

As the cut-off date is imminent, rather than provide a form for you to fill in and forward to our Social Secretary, Pat Davis, please email her at social@worcesteru3a.org with your name and the name of your team. She can then advise whether places are still available. Please do not make a payment until you know there is space for you. If there is, the following ways of paying are:

Paying by Electronic Bank Transfer (BACS): You can now pay for your place by sending the payment directly from your bank to ours instead of sending us a cheque. Please check you have entered our bank account details exactly: Recipient Name: Worcester Area Group u3a (some banks ask if this is a personal or business account – please choose business), Account no: 46119168, Sort code: 30-90-89. To ensure we can identify the payment is from you, please enter **QUIZ40** and your **surname**.

If paying by cheque, make cheques payable to Worcester Area Group u3a, and post to: Worcester u3a Social Secretary, Pevensey Close, Worcester, WR .

BOOKING FOR 40th ANNIVERSARY AFTERNOON TEA

THURSDAY 19TH JUNE 2025, 2 pm – 4 pm

Ombersley Road Methodist Church Hall, 11 Ombersley Road, Worcester WR3 7BW

Come and celebrate our Fortieth Anniversary with us in traditional style with a delicious Afternoon Tea. You will enjoy an assortment of finger sandwiches, mini savouries, delicious cakes and scones with jam and cream, all served with tea or coffee.

(Please note this venue has limited parking. On street parking available nearby)

Cost: £11 per person CLOSING DATE FOR PAYMENTS: MONDAY 9 JUNE 2025

Name(s):

Email **Tel No.**.....

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

.....

Is there someone you would prefer to share a table with? **YES/ NO**

If yes, who would you like to sit with?.....

Payment of £11.00 per person & booking form to be received by Monday 9th June 2025.

Either post the booking form to Social Secretary Worcester u3a, 2 Pevensey Close, Worcester, WR5 2HZ **OR** if paying by BACS, you can email Pat at social@worcesteru3a.org with your information as requested above.

Cheques should be made payable to Worcester Area Group u3a.

Paying by Electronic Bank Transfer (sometimes called BACS): You can now pay for your tea by sending the payment directly from your bank to ours instead of sending us a cheque. 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 **TEA** and **your surname**.

*Please note that cheques/ bank transfers must be received **before Monday 9 June 2025**. 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.*

BOOKING FOR 40th ANNIVERSARY CELEBRATION BUFFET

FRIDAY, 4 JULY 2025 5.30 pm – 9.30 pm

Cafe Piano, 5 Friar Street, Worcester, WR1 2LZBW

Come and join in the celebration after our Anniversary Showcase Event in the Guildhall. Enjoy a variety of tasty buffet items as you mingle and chat with friends old and new in this stylish city centre venue. The buffet items are:

Bite size wraps

- cheese & ham
- chicken, mayo & green salad
- falafel, avocado & green salad

Canapes

- soft cheese & smoked salmon
- feta, tomato & mint
- caramelised onion, cheese & cherry tomato

Antipasti sharing board

Finger sandwiches

- tuna, sweetcorn & mayo
- brie & cranberry
- olive paste & cucumber

Salads / Dips

- humus & tortilla
- american salad
- tzatziki dip & carrot slices

Fruits / Cakes

- seasonal fruits
- bite size cakes & desserts

Cost of buffet is £20 per person with both alcoholic and non-alcoholic drinks available to purchase as you wish on the day.

Name(s):

Email Tel No.....

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

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Payment of £20.00 per person & booking form to be received by Friday 20th June 2025.

Either post the booking form to Social Secretary Worcester u3a, 2 Pevensey Close, Worcester, WR5 2HZ OR if paying by BACS, you can email Pat at social@worcesteru3a.org with your information as requested above.

Cheques should be made payable to Worcester Area Group u3a.

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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 **BUFFET** and **your surname**.

*Please note that cheques/ bank transfers must be received by **Friday 20th June 2025**. 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.*

And finally.....

The Worcester u3a website can be found by clicking [here](#).

Under 'Groups' you'll find up-to-date news and a list of all Worcester u3a groups. You can also contact individual Committee members by clicking on the 'Get in Touch' heading.

Please do check the EVENTS page on the website for talks and events taking place further ahead. Click [here](#).

National and Regional Activities

You might be interested to know that the national u3a body organises a number of online talks and demonstrations, on a wide variety of topics, free for u3a members. These range from cookery demonstrations to keeping safe online. This month there are talks on the oceans and climate change, places and peoples along the Silk Road, and "Roads were not made for Cars"! Click on [Online learning](#) to find out more.

If you want to be kept informed about the various events being held you can sign up to receive the national newsletter for u3a stories, events, advice, opportunities and more. Click on [u3a National Newsletter](#).

If you have something for the next newsletter or questions about anything in this newsletter, please email communications@worcesteru3a.org or leave an answerphone message on **01905 887579**.