

# Wu3a's News January 2026



✧ *Happy New Year to all of our members* ✧

## New Year Message from Chris Scott, Chair of Worcester u3a

**Happy New Year to all of our members and their families and friends**

For all of us the past year has been extremely busy and successful for the u3a. The 40<sup>th</sup> Anniversary Celebrations were very enjoyable at the Guildhall. Fabulous dancing, a beautiful display of Artwork. A gardening display. It was a very good exhibition of all that is great about Worcester u3a. With fun, friendship and learning together.

Looking forward I would especially like to thank all the Group Leaders for their commitment and time given to their groups.

We have a healthy membership of almost a thousand members, lots of new Groups to join including Travel by Train, Birdwatching and Culture Vultures.

However, we do need people to step forward who could help on our Members committee perhaps in one of the teams. But particularly, we are in need of a Secretary. If you think you could help then do get in touch through the website.

Just a reminder: our vacancies are for Secretary and Communications Officer. If you think you would prefer to be an assistant, your help at certain times of the year would be very welcome, particularly for our Groups Coordinator and the Social Secretary team.

## Groups News....

**Tuesday Tramps Collective:** Chris reports that she had lovely 7 mile walk on the 23<sup>rd</sup> December with the Tramps Collective, followed by a delicious meal at the Cross Keys at Ombersley. Luckily the paths were quite dry even along the river. Thanks to Chris Mann, an excellent walk leader.



## Upcoming Events



### New Year Lunch – Browns at the Quay

7<sup>th</sup> January 2026

I hope everyone enjoys themselves! If anyone takes photos, may I please have them for the next newsletter?



### “The Bard’s Italy” with Pamela Holland

The question is, did the Bard visit Italy or not? This talk illustrates Shakespeare's love of Italy, how masks and fans play such an important role and the background of different cultures and religions that feature in his plays.

Date and time: **29th January 2026 at 7:00 pm**

This is an online talk, open to all members – a Zoom link will be sent out by email in advance of the event.

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## Worcester u3a AGM with lunch and talk, open to all members

Date and time: **Wednesday, 25th March 2026, 12:30 pm – 3:00 pm**

Venue: **St. Peter’s Baptist Church**

Following the AGM, Les King, will present his light-hearted and fascinating talk, **“Tales of Policing, Parleying, and Pontificating”**.

Les spent a total of 55 years working as a senior police officer, probation officer, criminal justice consultant, university lecturer and Trade Union national representative.

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## 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 at our new venue on the west side of the river, Ego at Manor Farm, WR2 4BS.

The next meet-up will be on **Tuesday 20<sup>th</sup> January 2026, anytime from 11.00 to 12.30pm**

## Recent Events

### Christmas Quiz

Oh, you do love a quiz! As usual, this was a sell-out event with a waiting list! Many thanks to Karen and Tim Austin for setting a perfectly pitched quiz and may they continue to host many more quizzes. Congratulations to winning team, The Famous 5+1.

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## A message from George Marshall Medical Museum.....

Good afternoon,

Members are being asked to come forward and share their birth stories at events being run across the county this autumn and winter. The project, run by the George Marshall Medical Museum and funded by UK Research and Innovation through a partnership with the University of Worcester, has been designed to both celebrate the strides made in maternal health and rediscover some of the naturalness of birth. Events are being held across Worcestershire over the next few months to talk about changes in birth and hear mothers' memories of their pregnancy and births. Those who are willing to be part of more in-depth research might be asked to audio record their stories to add to the collection at the museum.

Our next event is at Droitwich Spa Community Hall, Heritage Way, Droitwich, on Friday 16 January from 10:30am to 12:30pm.

Event listing is here: <https://medicalmuseum.org.uk/whats-on/2025/11/21/community-drop-in-event-birth-stories>

We can't do it without your stories.

Best wishes,

Louise Price

Curator (part-time) | George Marshall Medical Museum

Charles Hastings Education Centre | Worcestershire Royal Hospital

Worcester | WR5 1DD

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## Having trouble with technology?

AbilityNet, a charity in partnership with BT Group, offers free support for anyone 55 and older, who might be struggling with using their tech to do the everyday things this increasingly digital world requires of us. Helen Hodges provides support across Worcestershire, and would like to extend an invitation of support to members of Worcester u3a.

More info here: <https://abilitynet.org.uk/news-blogs/bt-group-and-abilitynet-partnership-drives-ongoing-digital-inclusion-success> or contact Helen Hodges at [helen.hodges@abilitynet.org.uk](mailto:helen.hodges@abilitynet.org.uk)

## News from a neighbouring group.....

I've lifted the following from the u3a Friends newsletter:



### Yuletide yarning

Pershore & District u3a have a tradition of creating distinctive handcrafted displays for Pershore's significant public events. Most recently, the group have contributed their creations to the *Christmas Wreath Festival* at Pershore Abbey.

Pershore & District u3a Chair Sally says, "There are three active and thriving crochet groups in Pershore & District u3a, two more established, and one more recently formed of beginners and improvers, and everyone's work is valued

and celebrated. The groups demonstrate the u3a ethos of live, laugh, learn!"

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### 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 free online talks via Zoom, on a wide variety of topics, free for u3a members. These range from cookery demonstrations to staying safe online. Here are just a few of the talks coming up this month:

**Exploring World Faiths: The Effect of Mother Language in Shaping and Understanding Faith. Jewish people read the Torah in Hebrew and Muslims pray in Arabic and Catholic Christians conducted services in Latin until Vatican 2 - what is the effect of these texts being translated into English?**

A talk by Exploring World Faiths subject adviser, Dr Peter Rookes.

**Monday, 12<sup>th</sup> January, 10am to 11.30am.**

### Brew Monday – Bollywood Laughter Dance Yoga

Judith Walker and Merrie Maggie offer a session of Bollywood Laughter Yoga Dance. It's a gentle aerobic exercise combining the four elements of joy - laughing, singing, dancing and playing and it comes from Dr Kataria of Laughter Yoga International.

**Monday, 19<sup>th</sup> January, 10am to 11am.**

### **The World's Most Enchanting Archipelagos – Through the Scottish Hebrides**

A talk by ex-Royal Marine, Monty Halls, Brand Ambassador for HX, guiding us on an inspiring voyage of discovery through the Scottish Hebrides. Drawing on his deep knowledge of the region's natural cultural heritage, he will explore the rich and fascinating history behind the foundation of the Commandos, rooted in the very heart of Scotland's west coast.

**Wednesday, 21<sup>st</sup> January, 3pm.**

### **Why Snails might hold some answers to age-related memory loss**

This event is hosted by the u3a Science Network with speaker Professor Mark Yeoman, exploring how molluscs can help us to understand how we learn and remember, and how they can be used for studying age-related memory loss.

**Tuesday, 27<sup>th</sup> January, 11am to 12pm.**

Click on [Online learning](#) to find out more and book.

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](#).

Plus, a digital version of the u3a Matters magazine (formerly known as Third Age Matters) has been launched. You can now read u3a Matters free online. See <https://www.u3a.org.uk/news/u3a-matters#taster> for a taster!

If you have something for the next newsletter or questions about anything in this newsletter, please email [communications@worcesteru3a.org](mailto:communications@worcesteru3a.org). Comments, suggestions and ideas to improve the group are always welcome.

**P.S** For those who have joined our **Facebook group page**, on most group pages, you can decide how you want posts to be sorted. I can't see this as I'm an Administrator, so receive all posts. If you can see a symbol that looks like two black lines with two black dots, the top one to the left and the bottom one to the right, click on that, and you can sort your posts.