



# Wu3a's News February 2026

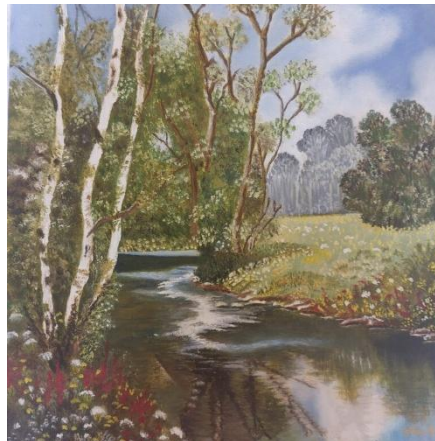
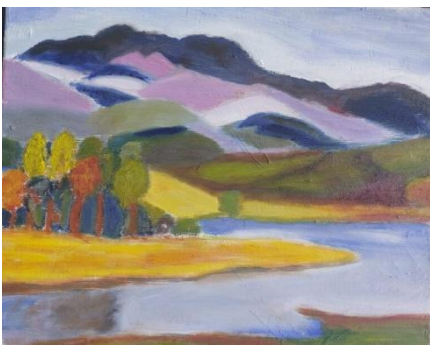


## News from Groups....

### 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.

### Art – Oil Painting



Above is a selection of the amazing work created by the Oil Painting Group members.....

If you'd like to check out more of the Oil Painting Groups' creations, see [https://worcester.u3asite.uk/u3a\\_groups/art-oil-painting/](https://worcester.u3asite.uk/u3a_groups/art-oil-painting/)

### Tap Dancing



Carol Raven's Tap Dancing group enjoyed a mini Christmas party at their last session before Christmas and also managed to get in a spot of tap dancing!

## Upcoming Events.....



### Tudor and Stuart Medicine – Unusual Cures and Blood Galore

A talk by Angela Dunsby, Museum Assistant at the John Moore Museum. Medicine in Tudor and Stuart times was a blend of classical theory, herbalism and superstition. Angela will take us through the role of apothecaries and barbers and barbaric surgical practices!

**Date and time:** Wednesday, 18th February 2026 – 1:30pm to 3:30pm

**Venue:** Lyppard Community Centre, Activity rooms 1 & 2



### Fearfully and Wonderfully Made – The Extraordinary Life of Joseph Merrick, the “Elephant Man”

Retired university lecturer, teacher and writer, Anne Featherstone, explores the life of Joseph Merrick (1862 to 1890). Who was he and what does his autobiography tell us about this remarkable man?

**Date & time:** Thursday, 26<sup>th</sup> February – 7pm

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.

## 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.

**Café Piano, Friday 6<sup>th</sup> February 2026, anytime from 10.30 to 12.30**

**Ego, Tuesday, 17<sup>th</sup> February 2026, anytime from 11.00 to 12.30**

## Recent Events



I am reliably informed that the New Year lunch at Brown's was a great success with 66 or so members attending.

There have been requests for another lunch, possibly at Easter. If you'd like to support this, please email me at [communications@worcesteru3a.org](mailto:communications@worcesteru3a.org)

Many thanks to our Social Secretary, Pat Davis, for organising such a popular do and to John Brady for providing a couple of fun quizzes to keep everyone entertained.

## News from other u3as.....

Southport u3a was awarded a medal and trophy for their show garden at the Southport Flower Show. The garden was designed, created and built by their gardening group to promote u3a and showcase the varied groups at their u3a. It impressed judges at the show and won the Large Gold Medal for 'Community/Charity Garden', and Dianne and Lisa from Southport u3a's Gardening Group appeared on ITV News North West.





Sudbury u3a has a powerlifting group – so popular that a second group has formed! It's led by Melanie, who, despite having lost weight through diet, felt unfit. She started doing exercise classes, which progressed to lifting weights. Powerlifting made her feel good, not just physically but also mentally. She now competes professionally for Team GB. Each weekly session focusses on one of the three main lifts in powerlifting; squats, bench presses or deadlifts.

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## Would you like to host a French student?

If you love French and want to speak it more confidently, this could be the perfect opportunity.

From 9th–12th March 2026 (three nights), EIL (Experiment in International Living) UK, are welcoming a small group of 16 year old French students to Worcester. They're visiting the UK as part of an organised educational programme and are looking for friendly local households to stay with during their visit.

The students will be out all day on a fully supervised activity programme, so hosting fits comfortably around normal routines.

Hosting involves providing breakfast, a packed lunch and an evening meal, a bed for each student (students may share a room), and transport. Students must be dropped off at The Croft, Worcester, at approximately 8.30am and collected at approximately 5.30pm. You may host between one and four students, depending on space and preference.

For anyone currently attending conversational French groups, lessons, or simply brushing up on their language skills, this is a wonderful chance to practice real, everyday French in a relaxed and enjoyable way.

If you'd like to know more – with no obligation – EIL is happy to answer any queries and talk everything through. Email: [host@eil.org](mailto:host@eil.org) or phone: 01684 562577.

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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:

### **After Alzheimer: Memory, Ageing and What Comes Next**

Join Dr. Mike Bender, retired consultant clinical psychologist and nationally recognised expert in memory and ageing, as he walks you through the history of dementia and evidence-based ways of slowing memory decline.

**Tuesday, 3<sup>rd</sup> February, 2pm to 3pm.**

### **Gravy or Grave? The ghost in literature**

Mary Phelan explores the development of the ghost through the history of literature.

**Friday, 20<sup>th</sup> February, 10am to 11.30am.**

### **Live Cookery Demonstration – Winter Warmers**

Chef Alex from 'Vegetarian for Life' demos his delicious winter recipes live on Zoom, especially for u3a members. On the menu – Leek and Potato Soup, Borlotti Bean and Chestnut Stew and Banana Bread.

**Friday, 20<sup>th</sup> February, 10.30 – 11.30am.**

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.