



Wu3a's News September 2026



Hello, dear Member, I have returned to take over the Newsletter for the foreseeable future, and apologies to those of you who were enjoying the new format. I have reverted to the old one! I find it easier to edit.

Recent events.....

The Worcester Show

Thank you to all the volunteers who came to help at our stand at the Show. It was an extremely hot day, so regular hydration was needed!! Many people visited us during the day – people just moving to Worcester, people sent to us by family and friends to find out about the groups available, queries about how to join, etc, etc.

We also had several people volunteer as Speakers, including the new Worcestershire Poet Laureate, Jay Rose Ana.

After an 8-hour shift, we retreated to the Dragon pub for the Chair's birthday drink!

Chris Scott



Groups News

The Genealogy Group Afternoon

On the afternoon of Monday 10th August, the Genealogy Group hosted an Open Meeting at Lyppard Hub with two presentations. It was well-attended by u3a members and local people with an interest in Genealogy. The Group Leader Sue Ash opened with a brief overview of the Third Age Trust and the Group's structure, then presented an outline of the process of family history research, finishing with some quirky findings from census records throughout the decades. Helen Barton then gave a talk about her Sinnett family from London's Docklands highlighting some of the interesting historical features of the area. In the interval refreshments provided by the Worcester u3a team were very well-received.



The Culture Vultures

We plan trips to the theatre or cinema or visit restaurants linked in some way by place or culture to the books we read. These are lovely social events to discuss our latest book or visit to the theatre.

The Book Group is an eclectic one, drawing on different genres e.g. historical, crime, etc. and a variety of authors from around the world. Group members are able to choose books from a wide list, rather than having a set book each month. This means we can share our enjoyment of books we have read.

Our next meeting will be at Pasha Indian restaurant in St. John's at 7pm on 16th September – you are welcome to join us. Please phone Annie Patterson before 16th September on 07900 244766 for more information or to book your place. If you prefer, you can email anniemagical@gmail.com.

Discovering Classical Music

Have you ever wondered who composed 'that' piece of classical music you liked so much or when the music was written? Would you be interested in finding out the different eras of classical music (over the last 1000 years) and their musical characteristics? What about discovering how differing art forms have impacted on the classical music genre or how technology influenced its direction?

These questions and more are addressed in the Discovering Classical Music group sessions. Alternatively, would you just like the opportunity to listen to various classical music compositions and immerse yourself in their content?

The Discovering Classical Music group successfully completed its first year in 2025/26 and sits again this year at the Perdiswell Young Peoples Leisure Centre on alternate Wednesday afternoons (2 – 4pm) beginning 23rd Sep.

There are still places available for additional members and no prior experience/knowledge is required, just a desire to hear classical music pieces. If interested, either look at the group page on the Worcesteru3a website or contact Adie Ditchburn at adrian.ditchburn@sky.com

New Groups

Beginners Bridge

Chris Scott will be leading a new Beginners Bridge Group in September. It will be tutored by an experienced Bridge player every Wednesday morning, 10.30 to 12.30, at Lyppard Community Centre, Ankerage Green, Warndon Villages. If you would like to join this group, please contact Chris at chair@worcesteru3a.org

Possible new Beginners Italian Group

We have a number of people very interested in learning Italian and are looking for a teacher. If there is someone in our membership (or knows of someone) who might be interested in helping out, please contact Stewart at groupscoord@worcesteru3a.org

What else is going on?

A bit of a slow month owing to people being away on holiday after the school holidays, but we **do** have.....

Coffee at the Café

Come and join us for a cuppa and a chat with other Worcester u3a members. We meet the third Tuesday of the month at Ego, Manor Farm. We are looking for another venue in town as it appears that Café Piano has closed.

Our September meet-ups:

Ego at Manor Farm – 15th September, from 11am

Partners and friends welcome!

Coffee and Cake

September 18th, at St Peter's Village Hall at the Community Centre, Eden Close, Worcester, WR5 3TZ.
The doors open at 1.45 pm.

Here is an opportunity for members to catch up with friends, old and new or just enjoy the camaraderie and refreshments! Plus, if you are looking for a group to join there will be an opportunity to meet several Group Leaders and of course,, Stewart White, Groups Co-ordinator.

There is ample parking in nearby Tesco and the church car park.

National Events

Expand your horizons this September with *u3a week*

From 19-27 September, we'll be celebrating *u3a week* and we are delighted to announce our programme of online events, designed to present new perspectives.

Monday 21 September – *Secrets of the human brain: Sleep and dreams (see more below)*

Tuesday 22 September – *The Enchanted Archipelago – a journey through the Galapagos with HX*

Thursday 24 September – *Promoting brain health: from evidence to action*

Friday 25 September – *Live cookery demonstration – try something new*

Alongside our online events, we are encouraging members to try something new just for fun. Visit [the u3a week page](#) to book your place at an online event and discover ideas for getting involved – and don't forget to [let us know](#) what you try.

Monmouth u3a turn up the volume at local festival



A musical festival in Monmouth saw u3a bands play across four different pubs over eight hours on Saturday 25 July. This was the second year of the free pop-up festival, *Monstock*, which attracted audiences from across the Monmouth community.

The event was organised by Monmouth u3a Chair, Averil, and powered by u3a members, who created the festival website, photographed the event for publicity and produced video content.

A message from Coughton Court.....

Here at Coughton Court, we are busy planning our Christmas events and we would love you to come and join us. The House will be dressed for Christmas from 25th November and will be open Wednesdays to Sundays until 23rd December.

In addition, we have evening Candlelight Tours on 6th, 7th, 13th and 14th November and the Crescent Theatre Christmas Wassail on December 12th. More details and opportunities are on our website, coughtoncourt.co.uk

A message from Fernhill House Care Home.....

My name is Tania, and I am the Community Customer Experience Manager at Fernhill House Care Home. I'm reaching out because we are organising a vibrant, community led event in Worcester City Centre on Saturday, 19th September (A Flash Mob) and we would love to collaborate with u3a.

The event coincides with National Fitness Day and aims to bring the local community together to celebrate active aging, health, and wellbeing, while raising crucial funds for Alzheimer's Research UK.

As part of the day, we are highlighted by one of our incredible 100year old Fernhill House residents, whose passion for staying active recently went viral on social media, reaching over 2 million views worldwide.

Given u3a's wonderful commitment to lifelong learning, activity, and community connection, we thought this would be a fantastic opportunity to join forces.

Members are warmly invited to join us in Worcester City Centre on the day to take part, and help represent active living in our city.

For Group Leaders.....If any of your subject groups would like a dedicated role or showcase on the day, we would be delighted to feature you. We would love to discuss how we might work together to make this an impactful day for Worcester. Please let me know if you'd be open to a quick chat or if I can send over some flyers and digital details for your members.

(If anyone is interested, please drop me an email (ferne@worcesteru3a.org) and I will pass on your interest to Tania.)

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:

Triumph to Trauma (940 to 1042): The Conquest before the Conquest

Author Charles Boundy returns with a dramatic new chapter in England's early story: Discover how Queen Emma of Normandy, Cnut and the Danish conquest reshaped England before 1066.

Monday, 7th September, 2pm to 3.30pm.

"The Titanic Sails at Dawn" – Punk in the 1970s

Join Lee Wellbrook (part-time musician, full-time music nerd and a peripheral participant in the London punk and new wave scene in the 1970s) to explore the origins, growth and legacy of punk in the UK in the 1970s.

Thursday, 17th September, 10am to 11am.

Secrets of the Human Brain: Sleep and Dreams

Join Dr. Bob Pullen, retired University Lecturer, for a talk explaining how different parts of the brain are responsible for keeping us awake and making us go to sleep. The talk continues to explain how we have different kinds of sleep and how we dream. The meaning of dreams is discussed.

Monday, 21st September, 2pm to 4pm.

And for Cryptic Crosswords fans:

Find out how cryptic clues work and try your hand at solving on this two-hour Zoom taster session for beginners. You will learn about two of the simplest and most common types of clue, be shown the basics of clue construction and be introduced to the variety of cryptic clues.

Tuesday, 13th September, 2pm to 4pm.

See <https://www.eventbrite.co.uk/e/introduction-to-cryptic-crosswords-tickets-1996971987973?aff=oddtcreator> for materials you will need to take part.

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 ferne@worcesteru3a.org. Comments, suggestions and ideas to improve the group are always welcome.