u3a
Worcester Ar-



Wu3a's News
November 2026



Upcoming Events.....

November Open Meeting

"Surviving the Great War – The Songs, Humour and Words That Kept The Boys Going"



A fifty-minute presentation in words, music and visuals exploring how the Arts helped those embroiled in the devastation of the First World War to survive to the end of the day, or perhaps the week, or even to come home safely again. We'll examine some of the Great War's poetry, the songs that emerged and the wonderful satire which all worked to keep spirits up.

Peter Gill has been in a host of bands and performed to a multitude of people. Today he is still a performer and also spends a good proportion of his working life-giving talks on a number of eclectic topics to groups and audiences throughout the country. In 2023, he fulfilled a lifelong ambition in opening an animal sanctuary, which he and his wife run as a not-for-profit company, to provide a safe and healthy environment for any animals that come into their care. Ahh. Let's give Peter a warm Worcester u3a welcome.

When: Wednesday, 11th November, 1.30pm

Where: Perdiswell Young Peoples Leisure Club, Droitwich Road, Worcester, WR3 7SN

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 and the first Friday of the month at our new venue in town, Hangar Café in Reindeer Court.

Our November meetups:
Friday, 6th November, from 10.30am: Hangar Café
Tuesday, 17th November, from 11am: Ego at Manor Farm

Partners and friends welcome!

Save this date! The ever-popular Christmas Quiz will take place on 9th December. Details coming later.

Registered Charity No. 702588

Groups' News

Practical Photography – an introduction

This is a newly formed group run by Stu Booth who has many years of professional expertise doing something that he loves and now brings his enthusiasm as can be seen at the end of session 2.



u3a Practical Photography Group 2026-7

It doesn't matter what standard you may be at, or what you think you can do, as the whole point is getting stuck in and having a go. We meet fortnightly and the first topic was portraits; going into pairs and taking turns. To stand on the receiving end of a camera was daunting for some but any doubts were soon squashed as the mood and energy changed, bursts of laughter mixed with concentration took over the room. There were simple props such as a black cloth background, a white cardboard sheet and a white photo frame.

The idea then is to send the best 10 shots from each person and that forms a showing at the next session.

Here was the winning 'shoot' from the 1st session. Well done to everyone. Our next topic is 'Still Life' and we can bring along props – anything that might take our fancy. I wonder where that will take us.....!.



Photographer...Brian Haden
Model....Jill Clarke

Pickleball News

Paul Yeo, the Pickleball Groups' Co-ordinator, was interviewed on the BBC Hereford and Worcester Susan Hanks show on 17th October. The theme was "its never too late". Paul spoke about how he was hooked on Pickleball after one session, joined Worcester u3a, and was instrumental in setting up more existing Worcester u3a Pickleball groups, first started by Ian Raven, and now comprising more than 160 players. If you would like to listen to Paul's interview, find it at....
https://www.bbc.co.uk/sounds/play/m0032ml1

P.S. Paul also bigs up u3a, hoping for some new members!

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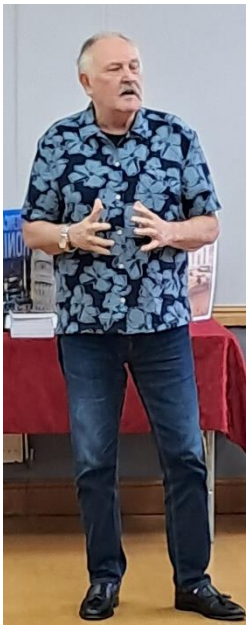
u3a
Worcester Area Group

Recent Events

We enjoyed a very interesting and amusing talk by author, Philip Caine on 14th October – "From Barrow to Baghdad and Back Again" – regaling us with tales from his extensive career, including seven years in Iraq, managing multiple accommodation bases for the American coalition.







The Third Age Trust's 2026 AGM



The Thid Age Trust's 43rd AGM was recently held in Manchester. I spot our previous Chair, Laurence Wale, in the audience!

Iain Cassidy, CEO of the Third Age Trust announced an event coming up at the House of Lords, when a new report will be launched- *Retirement Rewired* - an exciting opportunity to raise our profile with external audiences and highlight the impact of learning in later life.

If you would like to learn more, presentations and recordings are available online. See u3a - Third Age Trust AGM

Registered Charity No. 702588

Step back in time with u3a Rewind



u3a rewind is a project that will create a unique archive of everyday cultural history, capturing the defining experiences and memories of u3a members.

Do you remember dancing to rock and roll, discovering a favourite band through pirate radio? What was the first single you bought and what was your most memorable live performance?

The national body would like to hear about the music, subcultures and communities that shaped your youth to be part of this archive. It will be shared with the Museum of Youth Culture to ensure that the stories of today's older generations become part of the wider story of Britain's youth culture.

As John from Shrewsbury u3a remembers:
"Our go to hangout was the Cafe Continental, a coffee bar at the foot of Richmond Hill... there was a jukebox and there was dancing... It was our place, and it was freedom."

Here are suggested contributions:

- **Write down your memories** – of the concerts, dances, songs, fashions, records, radio stations that defined your youth.
- **Submit photographs that help tell your story** – perhaps of yourself, an outfit, a concert, a favourite record, memorabilia or a place connected to your musical memories.
- **Suggest a song for the u3a Rewind playlist** and tell us why it matters to you. This could be a defining song of your youth, or just one that means a lot to you.

Find out how to contribute here... u3a - u3a Rewind

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

u3a members can access a wide range of free online talks, workshops and courses through their membership. Most sessions are led by fellow members, sharing their expertise, with additional talks from notable speakers and organisations. Here are just a few of the talks coming up this month:

Melancholy as a Creative Force: Joni Mitchell's Blue Album – Christopher Dowrick
Christopher Dowrick is a member of Orrell Park and District u3a. He is Emeritus Professor at the University of Liverpool, with a career focussing on mental health. He has a long-standing interest in how the humanities and science can combine to enhance our wellbeing. This is one of a series of talks by Professor Christopher Dowrick, illustrating how the creative arts, including literature, poetry, music, sculpture and painting, can enhance our wellbeing.
Friday, 6th November, 2pm to 3.30pm.

Shaping Fashion: The Elizabethan Bodice, Buckram and Busks – Constance Mackenzie
Constance Mackenzie is a professional costume maker working in the film and television industry, specialising in the recreation of historical garments using original techniques and combining historical research with practical experimentation. She will look at how the fashionable fitted bodice developed and how women achieved the distinctive structured silhouette that we associate with Tudor and Elizabethan clothing.
Wednesday, 25th November, 10am to 11.30am.

Thinking ahead: Housing, Care and Support Options in Later Life – Jane Ashcroft
Jane Ashcroft CBE, has spent her career working to improve care and support for people in later life, including 13years as Chief Executive of Anchor, England's largest provider of specialist housing and care for older people. This presentation provides a factual and practical overview of the options, including ageing in place, co housing, services at home, retirement villages, extra care and care homes, and considers the different housing, tenure and financial models available
Wednesday, 25th November, 2pm to 3pm.

And for the Creative Writing Group……

The Ultimate Guide to Editing Your Creative Writing – Sarah Grant

Sara Grant discusses her systematic approach to editing and shares practical tips and simple exercises to help you improve your short story.
Thursday 26th November, 10am to 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. 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://ww.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.