



## What's New for November 2023

**Wednesday 8<sup>th</sup> November from 2–3.30pm – An Open Meeting**  
**The Green Centre, Gresham Road, WR2 5QS**

**Tasting the Tudors: Food and Drink in the Tudor Period**

*Guests are very welcome at any of our Open Meetings.*



This will be a super talk. Find out lots about the Tudors' eating and drinking habits that you perhaps didn't know.

Our speaker is Kat who will be in historical costume for the talk. Kat works for the John Moore Museum in Tewkesbury.

The John Moore Museum sent us some lovely recipes. The one for Elizabethan Naughty Cake is printed on Page 5 of this newsletter. It sounds gorgeous, if a little calorific – great to try out for Christmas perhaps. It sounds very easy, and no baking.

**Thursday 23<sup>rd</sup> November at 7pm – An Online Talk**  
**You've Never Had It So Good**

With the nights getting darker, what could be nicer than an online talk taking a wonderfully nostalgic look back at society, culture, news and music from the great golden decade which was the 1950's. Our Speaker is Paul Robbins (BSc(Hons), BA, ISEB Cert, PHF) who is a highly experienced presenter, historian and author.



**Pat Davis will email details of how to join this talk a few days beforehand.**

**Thank you** – to Paul and Margaret from the Gentle Bridge group for their support at the Butch and Sundance talk on 4<sup>th</sup> October.

**New Members' Welcome Invitation –**  
**Just drop in when you can**

**Wednesday 15<sup>th</sup> November, from 2–4pm**

The Hive, the Butts, WR1 3PD, Studio, Ground Floor

Meet other new members

Meet Group Leaders and committee members

Find out more about u3a in Worcester



## New Year's Lunch

**Wednesday 10<sup>th</sup> January at Browns, The Quay, WR1 2JJ**

The menu for our 2024 New Year lunch sounds extremely appetising – but you don't have to make up your mind now, you can wait until you are sitting down before you choose. If, after your starter and main course you fancy a dessert or a coffee, this can be ordered at the time. Full menu details and reply slip are on Pages 6–7 and can also be found on our website

<https://u3asites.org.uk/worcester> under Events.



## Worcester u3a Committee

March 2024 seems (and is) a long way off. But that is when some of our committee members are due to retire. This time our Chair Laurence, Group Coordinator Adie, and me, who writes the newsletter, will be stepping down from the committee. So, we have to start planning to ensure that Worcester u3a continues to thrive and grow. This month Laurence shares his thoughts on the Chair's role. If you would like to find out more about this role, please email Laurence at [chair@worcesteru3a.org](mailto:chair@worcesteru3a.org).

## Laurence writes

I will be standing down as Chair at our AGM in March having completed my 3-year term.

My time as Chair has been both rewarding and varied. There have been challenges to face but even when in the midst of an issue, meeting up with fellow members is a great lift and a reminder of why the effort is worthwhile. Thank you for your support and encouragement.

I am sometimes asked what is the role of the Chair – after all, most of the work is done by the Group Leaders. This is something I wouldn't deny – our interest groups and activities are key to the success of our u3a. As a Committee we work to create an environment where groups and activities can flourish and as Chair, I am proud to be associated with the near-40-year history of our u3a and build on the enthusiasm and commitment of our previous Chairs and Committees.

As Chair, I see the position as having four separate but necessary parts:

- First, to ensure members value their membership of our u3a and we remain an attractive opportunity for potential new members.
- Second, to build on the success of our u3a while making sure we evolve as the interests of our membership change.
- Third, to support the members of our excellent Committee in their chosen roles.
- Fourth, to make sure that we, as a Committee, work as one and that all the things that happen behind the scenes are both coordinated and to the benefit of members.

I spend 2–3 hours most days looking at or thinking about u3a – more when we're busy, but equally less at other times. I've had time to run a group and get involved in the region and nationally – not for everyone, but it does show that being Chair is not a full-time role.

There is no one way to be Chair and we all play to our strengths. This is reflected in how we each approach the role, but if there is one thing in common, it is the focus on helping members get the most from our u3a.

If you think being Chair might be for you, please get in touch – I'd be happy to share more.

Please email [chair@worcesteru3a.org](mailto:chair@worcesteru3a.org) or phone/text 07753 746092.

## **Trip to Bath and the Christmas Market**

**Wednesday 6<sup>th</sup> December** – this trip is already fully booked. Ruth has a waiting list, but please do not send any money unless she confirms that there is a place on the coach for you. [ruth.r.saunders@gmail.com](mailto:ruth.r.saunders@gmail.com) .

## **A Super Day Out to Leamington Spa and the National Guide Dog Training Centre** – thank you to Liz Hill for organising this very enjoyable trip.

## **A Fitting Tribute to Elizabeth Coxon**



We now have permission for a bench to be installed as a memorial for Elizabeth Coxon as a thank-you for her generous legacy to Worcester u3a.

The original plan for it to be situated by the Diglis Fish Pass could not be agreed upon, but we hope there will be a consensus for the position that is now suggested. This will be on the cathedral side of the river bank, close to the cathedral steps and the ferry crossing point.

Members have already expressed their support for this proposal and so it is hoped that the bench, and of course an appropriate plaque, will be in place by March, 2024. Any thoughts please to Laurence as soon as possible at [chair@worcesteru3a.org](mailto:chair@worcesteru3a.org) or leave a message on 01905 887579.

## **Shan South, Walking Groups' Leader, tells us about the u3a Walking Holiday in St Ives**

24 members of the Walking Groups went to St Ives on our walking holiday this year. We were there from 2<sup>nd</sup>–9<sup>th</sup> September – one of the loveliest weeks of the year weather-wise – so warm that several of us swam in the sea as well as enjoying the pool at the hotel.

We all enjoyed some fabulous walks – especially the coastal walks; some more strenuous than others!! A large group visited St Michael's Mount and as you can see from the attached photo, most of us (17) enjoyed the open-top bus to Lands' End and then walked to the Minack where we lounged on the beach and enjoyed our lunch.

All of the buses (including the open-top buses) were free with our bus passes so we all took advantage of them travelling out to the various starting points for our walks or just relaxing and enjoying the scenery.

There is so much to do and see in St Ives, so all of us took the opportunity to have rest days and enjoy other activities such as boat trips, and train journeys as well as visiting the various galleries (including Barbara Hepworth's), museums and of course The Tate. Having the 7 days was definitely worthwhile as the week was generally much more relaxing and a great time was enjoyed by all.

## Memories of the St Ives Holiday



## And Time to Book for the 2024 Walking Holiday



Next year's u3a walking holiday is in the **South Downs**, staying at the HF Holiday Hotel Abingworth which is close to Winchester and Eastbourne. Unfortunately, there are no single rooms left, but double/twin rooms are available to anyone who may be interested. The dates of the holiday are **23rd to 27th September 2024**.

The holiday is full board, with great breakfasts, packed lunches and good choices for the evening 3-course meals. The cost of the holiday will be around £500 to £550 depending on the number going and the rooms available. We do benefit from group discounts which does reduce the costs.

We are a self-guided group and are able to organise and lead our own walks offering a choice of 2 walks each day, a shorter walk of around 5 to 6 miles and a longer walk of 8 to 10 miles which can be more challenging. This is a great opportunity to enjoy a walking holiday with great company. If you are interested, please contact Louise Radford **07407 301659** or email [b.w.radford@btinternet.com](mailto:b.w.radford@btinternet.com) as soon as possible.

## u3a Diaries for 2024



The u3a pocket diaries for 2024 are now in stock at the u3a Brand Centre. The vibrant orange organisers are available for £4, excluding postage – <https://u3abrand.org.uk/>



## Elizabethan Naughty Cake

85g butter

3 tbs honey

115g mixed dried fruit

55g of glace cherries

85g mixed nuts, roughly chopped

115g crumbled biscuits

1 tsp mixed spice

Heat the butter and honey in a pan. Simmer for 2 minutes, stirring constantly. Leave to cool.

Mix the remaining dry ingredients with the honey. Spoon into a 7-inch dish.

Leave in a cool place to set – serve with whipped cream.

These are details from Age UK Worcester & Malvern Hills. Would any of our members be interested in this project?



A digital life story book, specially designed for ease of use and recording what is important to you. Create books, add photos & share with family or friends, on the Life Stories app.

Collect thoughts, memories, images and videos, together in one place.

Develop or create your own life story and share it with friends, family or carers.

'This is me' area, where important information to you is kept. Like your daily routine and your physical health

Your book will be securely kept and shared only with the people you choose.

To start your life story or for more information:

**01905 724294 | 01684 560666**

art@ageukwmh.org

www.ageukwmh.org

Age UK Worcester & Malvern Hills is a registered charity (1114858) and company limited by guarantee, registered in England and Wales (5688674).

Herefordshire & Worcestershire

**Life Stories**

**NHS**

Herefordshire and Worcestershire Health and Care

North Trust



Any updates for What's New by 16<sup>th</sup> November for the December edition, please.

Email: [newsletter@worcesteru3a.org](mailto:newsletter@worcesteru3a.org) Or leave an answerphone message on **01905 887579**.

The Worcester u3a website can be found by clicking <https://u3asites.org.uk/worcester>

Under 'Groups' there is up-to-date news and a list of the groups you can join with the Worcester u3a. You can also contact individual Committee members by clicking on the 'Contacts' heading. Here you can leave your email address and your comments.



**NEW YEAR LUNCH**  
**WEDNESDAY 10<sup>th</sup> JANUARY 2024**  
**BROWNS AT THE QUAY, 24 South Quay, Worcester, WR1 2JJ**

Arrive from: 12.00 p.m. for pre-dinner drink and chat at the bar  
LUNCH will be served at 1.00 p.m.

**MENU**  
**STARTER AND MAIN – £25**

Choose on the day from the following:

**STARTERS**

**PARSNIP & THYME SOUP**

Root vegetable crisps, sourdough baguette (G,D,CE,SD) V,GFO,VGO\*

**CHICKEN LIVER & PORK PATE**

Apple & celeriac remoulade, crostini, fruit chutney ((D,E,G,SD) GFO\*

**WHITE CRAB AND PRAWN TIAN**

Celery, pickled cucumber, baby capers, sourdough croutons (CR,E,SD,CE,G) GFO\*

**MAIN COURSE**

**All served with seasonal greens**

**ROAST TURKEY BREAST**

Sage & onion stuffing, pigs in blankets, honey root vegetables, roast potatoes, red wine gravy.  
(G,D,CE,SD) GFO\*

**BUTTERNUT SQUASH & RED ONION WELLINGTON**

Root vegetables, roast potatoes, red wine gravy. (G,SD)VG\*

**PAN FRIED SEA BASS**

Spinach, crushed new potato, lemon & dill beurre blanc (F,D,E,SD) GF\*

**DESSERT (£5.00) and COFFEE (£1.99) can be ordered and paid for at the end of the meal**

**\* ALLERGENS**

**C** CRUSTACEANS **CE** CELERY **D** DAIRY **E** EGGS **F** FISH **G** GLUTEN **L** LUPIN **N** NUTS **MO** MOLLUSCS **MU**  
MUSTARD **P** PEANUT **S** SOYA **SD** SULPHUR DIOXIDE **SE** SESAME

**V** VEGETARIAN **VG** VEGAN **VGO** VEGAN OPTION **GF** GLUTEN FREE **GFO** GLUTEN FREE OPTION

**TO SECURE YOUR PLACE AT OUR LUNCH PLEASE COMPLETE THE FORM on the next page.**

**NEW YEAR LUNCH  
WEDNESDAY 10<sup>th</sup> JANUARY 2024  
BROWNS AT THE QUAY, 24 South Quay, Worcester, WR1 2JJ**

**I/we would like to attend the New Year Lunch**

**Name(s):** .....

.....

Is there someone you would prefer to share a table with?

Yes please: .....

No thank you, I am happy to sit with a mixed group.

**Payment – £25.00 per person**

**Form & Payment to be received at u3a by Friday, 8<sup>th</sup> December 2023**

**Please return the order form (and cheque if applicable) to:**

Social Secretary – Worcester u3a, 2 Pevensey Close, Worcester, WR5 2HZ

**or email:** [social@worcesteru3a.org](mailto:social@worcesteru3a.org)

**BACS Payments:** please see notes below

**Cheques** payable to: Worcester Area Group u3a

**Paying by Electronic Bank Transfer (sometimes called BACS)**

You can now pay for your lunch by sending the payment directly from your bank to ours instead of sending us a cheque. Here is the information you need to set up the payment from your bank account.

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 **LUNCH** and **your surname**.

*Please note that cheques/ bank transfers must be received **before Friday 8<sup>th</sup> December 2023**. 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.*