

WELSHPOOL U3A NEWSLETTER 2025

Chair News

As autumn deepens and the evenings draw in November brings us together in the spirit of community, learning and friendship. Thank you for supporting our events and groups, your enthusiasm keeps our U3a thriving.

November has been a really encouraging month for attracting members as the New Members Afternoon proved. It was lovely to welcome them, along with their exciting new ideas.

We are pleased to announce the launching of two new groups this month.

Bridge; whether you're a seasoned player or curious beginner come and join in and enjoy the fun.

Also: A Play Reading group, a relaxed and enjoyable way to explore scripts together.

It's a fun way to discover plays, enjoy lively conversations and share love of theatre. Look forward to you giving it a try.

Bowls group: I'm sad to announce that due to rising costs and not having enough member interest the group will not continue in the new year.

Last sessions:

Friday 29th November 2pm

Friday 12th December 2pm

The Cowshacc, Welshpool.



A big thanks to all who supported the group. We gave it our best try, you can't win them all!

After months of trying to get it off the ground I'm please to say that we will be trialing an exercise group starting 16th January 13th & 27th February. I'll send out a follow up email with full details.

The exercise group will follow Qigong practice, it's an ancient Chinese form that combines gentle movement, controlled breathing, and focused meditation to cultivate and balance the body's vital energy. It is often described as both a health exercise and mentally uplifting.

Our first face to face meeting to revive the Mid Wales network is in Aberystwyth

on Monday 1st December. Hopefully opening the doors for collaboration and shared events across our region. Watch this space for updates.

 We're now in the final stages of planning our Christmas lunch on Tuesday 2nd December, 12.30pm at the Cowshacc. It promises to be a festive friendly event, thank you to everyone who has helped bring it together. Look forward to seeing all those of you that have booked. 

Closing Thought: November reminds us of Dickens words:

Reflect upon your present blessings, of which every man has plenty. Let's carry on that spirit into our U3a activities - celebrating learning, laughter and friendship together.

Important Notice of New Groups

I'm delighted to share that two new groups are being proposed with our u3a.

It's a wonder opportunity to broaden our activities and bring fresh ideas to our community. Details of both are listed below, we'd love to hear from anyone interested in joining these groups.

Contact Elaine https://welshpool.u3asite.uk/u3a-contact-form?contact_id=1812

New U3A Bridge Group – Expressions of Interest

We're pleased to announce that a new U3A Bridge group is being started by Cath. This group will be open to anyone who enjoys playing Bridge, whether you're experienced or looking to build your confidence in a supportive and social setting. We look forward to welcoming new players!

New U3A Play Reading Group – Expressions of Interest

We're pleased to announce a new Play Reading group, which will be run by Cath. Play reading is a relaxed and enjoyable way to explore scripts together - each member reads a part aloud, bringing the characters to life without the need for acting, staging, or memorising lines. It's a fun, social way to discover new plays, enjoy lively discussions, and share a love of theatre.

We hope you'll come along and give it a try. Alan

Art & Design group (previously Learn to Draw)

Will be meeting from 10.30 to 12.30 at The Raven every 2 weeks from 7 July.

Why not call in & see what the group do & consider joining them. All welcome! No fee, just enthusiasm to discover and develop your artistic side, while enjoying a hot drink or something cooling.

Welshpool & District U3a Digital Photography Group

During 2025 the photo group has enjoyed a number of photo trips covering a number of photo opportunities- the village of Berriew, nature photography at the nature reserve and the Montgomery Canal and an Autumn trip to Lake Vyrnwy. We meet at the COWSHACC on the third Thursday of the month but we generally take a winter break with our next meeting scheduled for 19th February 2026 where we will show our photographs taken over the Winter break. If you are interested in photography there is no requirement to own an expensive SLR or mirrorless camera some of our group produce some fabulous photos with their phone cameras and we are looking to hold a session where all pictures will be exclusively produced with phone cameras. We also cover the editing of photographs, which offers the opportunity to further enhance your photographs or indeed produce some really innovative artistic edits. Next year we will explore editing with the recent release of CANVA, a superb editing program built on Affinity Softwares much acclaimed photo editing software which has now been made available FREE; so there is no need think that the world of digital photography is an expensive experience.

Our only additional costs are the hire of the room and display equipment at COWSHACC, for which we each make a small contribution about twice a year. Come along for your first exploration of photography for free just contact us first (Vince.howells@gmail.com).

Poetry Group

Our next meeting at the Neuadd Maldwyn home will be on 11th December 2025 at 1400, with a suggested topic of Dylan Thomas

Psychology/NLP group

I don't think most people know much about our group. It started life as just 'NLP', but then I expanded the name to make it more intelligible to newbies.

NLP stands for Neuro-Linguistic Programming and is about how people get good at things. It started – in its present form – about sixty years ago, although its roots were very much earlier. Its basic principle is that you can analyse five elements of how people function – their objectives, their behaviour, their thought processes, their emotions and their beliefs – and you can do this in micro-detail. You can then use the information to help that person make changes (if they want to) or use one person's patterns to act as a 'model' for others.

NLP is used in education, health, sports, business, therapy and much more. It can help you improve your confidence, motivation, relationships and skills. It can help you reduce anxiety, learn how to spell and get through Christmas (yes, that last one was a topic we covered in the group a few years ago).

Although this may sound serious, the group is very lively and interactive and we laugh a lot of the time! We also have a (long) break for tea and biscuits. And in December we have a 'bring and share' lunch.

To give you a quick example of what we've done recently, a couple of meetings ago we chatted about metaphors. A metaphor is simply substituting one thing for another. Some examples: My life is a merry-go-round. My cat is an eating machine. My armchair is heaven.

No, of course, that isn't true (well, perhaps the cat one is), but metaphors serve as useful shorthand to explain things. However, they can also be used therapeutically, to help people deal with difficult things. In that case, using metaphors becomes like story-telling; you use something that parallels a situation to help someone cope, get insights or break through difficulties (and, of course, breaking through is, in itself, a metaphor – the English language is full of (another metaphor) them!

So, an example. Suppose you have a friend who has a health problem. Perhaps a bug that simply won't go away. You might say: "*There was a lot of rain last night, but it's done the gardens such a lot of good. Once the rain stopped, everything was so fresh and energised. The leaves all perked up and you could almost see the flowers smiling*". That's a metaphor. The garden parallels the person, the rain parallels the infection, the leaves perking up parallels the recovery process. And you don't explain the metaphor, because it works on the unconscious mind – the conscious mind takes in the actual words, but the unconscious mind takes in the implied meaning which, in this case, is that the bug will go. And, of course, if your mind believes something, that has an impact on how you function – so it's possible that using the metaphor can help the person get better.

Of course you need to learn how to do this effectively and without causing harm – and that's what our group's for. We learn together how to make our own, and other people's lives better.

How about coming to one of our meetings and experiencing it for yourself?

Carol Harris

info@carolharris.uk

Walking Group

Hello Everyone, We have today planned our walks for 2026. Each month I will confirm the details of the walk and the start points as usual. There is always a possibility details will have to be changed nearer the time. Could I also ask if there is anyone receiving this email who no longer wishes to continue with the group, they let me know, so I can keep the records up to date please.

This year we are also planning to introduce some short notice walks. That is, if you are planning to do a walk and want some company, let me know and I will circulate it to anyone who asks me to put them on the list of 'those interested in additional walks'. I will need to know when, where, and details.

I look forward to seeing those of you who are going to our Christmas Lunch on Monday and wish everyone a Merry Christmas and a very Happy New Year.

Welshpool u3a Walking Group

Program 2026

We are a friendly group who enjoy our walks of around four to seven miles and pace ourselves according to everyone on the day. Most walks are on the forth Friday of the month. We take a snack and share lifts where possible. All walks begin at 10.00 am from the given start point, full details are sent to all members prior to the walk date.

Group leader is Penny Tozer email ptozer39@gmail.com tel. 01686 650172 mob. 07485475176. Please contact me if you would like to join the group.

<u>Date</u>	<u>Walk Leader</u>	<u>Location/Area</u>
<u>23/01/2026</u>	<u>Susie Ives</u>	<u>Bwlch-y-Cibau</u>
<u>27/02/2026</u>	<u>Steve Holloway</u>	<u>Montgomery</u>
<u>27/03/2026</u>	<u>Jim Tozer</u>	<u>Llandyssil</u>
<u>24/04/2026</u>	<u>Susie Ives</u>	<u>Welshpool</u>
<u>22/05/2026</u>	<u>Steve Holloway</u>	<u>Much Wenlock</u>
<u>26/06/2026</u>	<u>John Williams</u>	<u>Oswestry</u>
<u>24/07/2026</u>	<u>Penny Tozer</u>	<u>Dylife</u>
<u>28/08/2026</u>	<u>Grant Edwards</u>	<u>Bishops Castle</u>
<u>25/09/2026</u>	<u>Pat Moore</u>	<u>Meifod</u>
<u>23/10/2026</u>	<u>Penny Tozer</u>	<u>Llansilin</u>
<u>27/11/2026</u>	<u>Jim Tozer</u>	<u>Berriew</u>

Kind Regards, Penny Tozer

Strollers

I'm excited to share next year's programme of strolls! I've simplified the schedule to make it easier to follow, and chosen routes that are accessible and enjoyable for the wide range of abilities within our group. My aim is to ensure that everyone can take part comfortably, whether you prefer a gentle wander or a slightly longer stretch.

As always, the social side of our strolls remains just as important as the strolling itself. Each outing will finish with the opportunity to come together for a relaxed group lunch, giving us time to catch up, share stories, and enjoy each other's company. I look forward to us enjoying another year of good strolls, good conversations, and good fun together.

Date	Time	Location
Mon 12th Jan	10.30am	Meet up B&M or Smithfield Bell car park for stroll along canal - lunch at Smithfield Bell
Mon 9th Feb	10.30am	Meet up at The Horseshoes Inn, Berriew, stroll along canal with lunch at The Horseshoes Inn
Mon 15th March	10.30am	Meet up in Liangollen stroll to St Tysilio Church with lunch at The Chainbridge Hotel.
Mon 13th April	10.30am	Stroll by Golf Course with lunch at the White Lion, Llynclys
Mon 11th May	10.30am	Stroll from Bridges Inn car park Ratlinghope village to The Church. Lunch at The Bridge Inn
Mon 8th June	10.30am	Trip to Barmouth stroll across Mawddach Bridge
Mon 13th July	10.30am	Gregynog House stroll around grounds with lunch in cafe
Mon 15th August	10.30am	Arddleen canal stroll lunch to be arranged
Mon 14th September	10.30am	Shrewsbury river stroll with lunch
Mon 12th October	10.30am	Chirk Castle stroll in the grounds lunch Bistro cafe
Mon 9th November	10.30am	Meet up Four Crosses stroll along Montgomery canal, lunch The Lion Llanstraid
Wednesday	18th November	Planning Meeting
Mon 7th		
December		Christmas Lunch

Welshpool Local Research Group (WLRG)

Would you like to join a lively new research group? This is an opportunity for us to discover more about Welshpool, its way of life, and the benefits of living, working, and enjoying retirement here.

We'll start by developing and testing a flexible research process using our findings to learn more about our community and what's on offer in the town.

We'll collaborate with other u3a groups and organisations and then present the information we collect in an attention-grabbing way, which will also help to raise the profile and promote the work of u3a.

I never knew that about Welshpool

Together, we'll show what makes Welshpool special and why it's a great place to visit or live. We'll pool our resources and uncover remarkable individuals, clubs, support groups, businesses, services, facilities, fascinating facts, and snippets of information.

How can I be involved?

The new group will build a diverse team of enthusiastic citizen researchers. We will have fun sharing skills and knowledge, gathering information, and learning new stuff. Group members will decide what we cover.

Who is this aimed at?

The group will be of interest to curious individuals (nosey parkers), quizzers, local historians, and anyone who cares deeply about Welshpool and the talented people who live and work here. If you have research, admin, marketing, PR, ITC, graphic design, or writing, proofreading, and editing skills that would be particularly useful, but anyone interested is welcome to come and find out more.

Want to find out more?

Elaine: groups@welshpoolanddistrictu3a.org.uk

The Local History Group

Meets on the 3rd Wednesday of each month in the COWSHACC, at 2.00pm, unless otherwise advised as we do try and arrange Field Trips during the warmer months.

We aim to cover topics of local history which is loosely based on the Welshpool area, but we have looked at topics interest to members with a 20 miles radius of Welshpool.

18 th June	Powis Castle Vist
16 th July	Snailbeach Lead Mines
20 th August	No Meeting
17 th September	10 minute Presentations – Various Members
15 th October	TBA
19 th November	A Railway Talk - Vince Howells
17 th December	Planning Meeting for 2026

Lunch Group

We meet on the third Wednesday of each month for lunch at 12.30pm at a 'local' pub or restaurant. We don't pre-order from the menu before arrival.

This extends the time for lunch but does limit how many of us can come, as many places will only accept pre-orders for larger groups.

This limits how many members we can accommodate and we are close to our max at present. PAUL HARRIS

Wellness Stroll

Come and give the Wellness Stroll a try, great way to get some exercise and socialise. We meet every 1st, 3rd and 4th Monday of the Month, 10.30am, at Powis Castle car park. Consists of short stroll and morning refreshment with time to socialise. Contact: Alan. alanmsmithers@gmail.com Strollers

I'm sorry I've not been able to join you for the past 2 strolls. Well that's it for this year - we'll start again **on MONDAY, JANUARY 5th. 10.30am Powis Castle car park.**

Thank you for your support throughout the year.

Wishing you all,

 *A Very Merry Christmas* 
and a

Happy and Peaceful New Year 

Board Game Group

Change of venue, time and day. Starting in August we shall be meeting at The Raven, at 10.30am the first Friday of each month, commencing 1st August. We play a mixture of word or number games depending on preference.

The U3A games group has just met this morning, followed by lunch. We each like to win but taking part and having fun is the essence. Trish Roberts.



Dog Friendly Walking Group

Weather-permitting, the dog-friendly walking group will meet on alternate Thursdays. More information is available from Karin Thompson karinmthompson@aol.com

Please note: we have recently expanded the group's remit to admit members who don't have a dog to accompany them. The primary purpose of the group continues to be giving canine members the chance to socialise so a love of dogs remains essential.

Chuffers

"We had a very successful first trip to Aberdovey on 7th October when 15 members joined us and explored that attractive seaside resort and sampled meals at various pubs or cafes.

Our next trip is to the Albert Dock, Liverpool on Thursday 22nd January 2026. (Date to be confirmed). There we can explore the various museums, the Ocean Terminal, the many Retail Outlets and maybe sample a meal in one of the restaurants.

In March we hope to go on the 'Heart of Wales Line' and travel from Craven Arms to Llandovery and return. If you already have a Welsh Free Bus Pass one can travel on this train for free. The line is said to be one of the most scenic journeys in the UK.

Lets hope the weather is kind to us on both occasions.

Anyone interested in joining us contact Paul.e.lucock@btinternet.com 01691-828076 or 07885-865837

Xmas Lunch

🎄 ✨ **A huge thank you to everyone who joined us for today's Christmas Lunch! It was wonderful to see so many of you together, sharing good food, laughter, and festive cheer. We hope you enjoyed it as much as we enjoyed hosting it.**

Your presence made the occasion truly special, and it's moments like these that remind us what a vibrant, welcoming community we have. Here's to carrying that spirit into the New Year! 🍷 🥂

