

WELSHPOOL U3A NEWSLETTER JANUARY 2026

Chair News

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.

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 soon I'll send out a follow up email with full details.

Update: Exercise Group – Due to unforeseen circumstances, the group will not begin next week as planned. We are now aiming to start at the end of February. Thank you for your understanding.

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.

Hope you all had a good Christmas and a Happy New Year.

Hopefully another good year is ahead for all groups and your members. We are looking at having a group leader meeting at The Raven on either Monday, Tuesday Wednesday or Friday afternoon in week beginning 26th January. Can you please let me know your preferences by this Friday so we can go with the majority.

I will also be asking Brian if he can attend so that anyone who wants beacon access but hasn't already got it can speak to him to get it sorted

Elaine

Groups listed by category

Art and Design

- [Art and Design](#)
Status: Active
On Monday mornings 10:30 am-12:30 pm
Alternate Mondays

Board Games and Card Games

- [Board Games](#)
Status: Active
Monthly on Friday mornings 10:30 am-12:30 pm
First Friday in month

Dining and Food

- [Lunch Group](#)
Status: Active
Monthly on Wednesday afternoons 12:30 pm
3rd Wednesday in month
- [Supper Club](#)
Status: Active
Monthly on Wednesday evenings 6:30 pm
4th Wednesday in month

Discussion

- [Focus Discussion](#)
Status: Active
Monthly on Friday mornings 10:30 am-12:00 pm
Last Friday in month

Films

- [Film Group - Montgomery](#)
Status: Active
Monthly on Thursday mornings 11:00 am
2nd Thursday in month

Gardening

- [Gardening](#)
Status: Active
TBA

General

- [Welshpool Local Research Group \(WLRG\)](#)
Status: Active
Monthly on Tuesday afternoons 2:00 pm
3rd Tuesday in month

History

- [Local History Group](#)
Status: Active
Monthly on Wednesday afternoons 2:00 pm-4:00 pm
3rd Wednesday in month
- [Medieval History](#)
Status: Active
Approximately every two months as arranged
-

Knitting and Textiles

- [Everything Textiles](#)
Status: Active
On Monday afternoons 1:30 pm-4:00 pm
Alternate Mondays
- [Knit and Natter](#)
Status: Active
Monthly on Thursday afternoons 2:00 pm-4:00 pm
3rd Thursday in month

Literature

- [Book Club](#)
Status: Active
Monthly on Wednesday afternoons 2:30 pm-4:30 pm
Last Wednesday in month
- [Poetry](#)
Status: Active
Monthly on Thursday afternoons 2:00 pm-4:00 pm
2nd Thursday in month
- [Writing Group](#)
Status: Full
Monthly
Date and time of meeting is agreed month by month

Natural History

- [Birdwatching Group](#)
Status: Active
Monthly on Thursday mornings 10:00 am
First Thursday in month

Philosophy

- [Philosophy/Mythology and Civilisation \(PM&C\) Group](#)
Status: Active
Monthly on Tuesday mornings 10:30 am-12:30 pm
2nd Tuesday in month

Photography

- [Digital Photography](#)
Status: Active
Monthly on Thursday mornings 10:30 am-12:30 pm
3rd Thursday in month

Psychology

- [Psychology - NLP](#)
Status: Active
Monthly on Wednesday afternoons 2:00 pm-4:00 pm
Last Wednesday in month

Sport

- [Bowls](#)
Status: Closed
Fortnightly on Friday afternoons 2:00 pm
2nd and 4th Friday of the month

Travel

- [Chuffers - Outings by Train](#)
Status: Active
Outings by arrangement

Walking

- [Dog Friendly Walking](#)
Status: Active
Fortnightly on Thursday mornings 10:30 am
2nd & 4th Thursday in month

- [Strollers Walking Group](#)
Status: Active
Monthly on Monday mornings 10:30 am-12:00 pm
2nd Monday in month
- [Walking Group](#)
Status: Active
Monthly on Friday mornings 10:00 am
4th Friday in month
- [Wellbeing Strollers](#)
Status: Active
Weekly on Monday mornings 10:30 am
1st, 3rd & 4th Monday in month

Wine

- [Wine Appreciation](#)
Status: Active

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 first meeting will be in February:-

19 Feb: Members to bring along and show some winter photographs

19 March: Hints and tips on using a mobile phone to take photographs including linking to computer.

16 April: Bring own laptops in and how to use photo editing programme.

21 May: Visit to Newtown to take photographs

June and July will be outside - members to discuss potential places to visit. There will not be a get together in August.

Looking forward to seeing you in 2026.

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).

Play Reading Group

The new play reading group will have its first meeting on Tuesday 27th January at 2pm. We will meet at The Institute Arthur Street, Montgomery, SY15 6RA, in the upstairs meeting room. Refreshments will be available.

Free parking is available on the street outside and near the Town Hall. There is also a small car park 5 minutes walk away by Maldwyn Way.

If you would like to give it a go, please join us. No performance skills required; the object is to enjoy ourselves, and to become better acquainted with the works of different playwrights. Our first play will be Tom Stoppard's 'Travesties'.

We aim to meet fortnightly, and members are asked to make a small contribution towards the room hire, library charges for scripts, and refreshments.

Contact Catherine Boswell cathboswell@icloud.com or telephone 01686639531, or just turn up on the day!

Poetry Group

January meeting, 8th at 1400, turnout was understandably affected by the weather, non the less it was a very pleasant meet where American Poets were given voice.

Our next meeting at the Neuadd Maldwyn home will be on 12th February 2026 at 1400, with a suggested topic of 'Tomorrow'.

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.

Hello Everyone and a happy new year to you all. Susie is leading our walk this

month from Bwlch-y-Cibau. We will meet in the car park, which is on the right hand side of the road just as you enter the village on the A490 from Welshpool at 10.00

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 fourth 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>

am. The walk is about 4 miles to break us all in slowly after our Christmas break. Look forward to seeing you then and hoping for some nice weather. Best Regards, Penny 07485475176 or 01686650172

Kind Regards, Penny Tozer

Strollers

u3a
 Walsley South District
 walsleyu3a.co.uk
 Learn, laugh and live.

U3a is a great way
 to meet people
 make friends
 and
 have fun

NEXT
WELLNESS STROLL
MONDAY 19TH
JANUARY
MEET
10.30AM
POWIS CASTLE
CAR PARK



WELLNESS STROLLING GROUP
 A SHORT STROLL, FRIENDLY CONVERSATION ,REFRESHMENT—COME GIVE IT TRY

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 Llangollen 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 Llanstfraid
Wednesday	18th November	Planning Meeting
Mon 7th		
December		Christmas Lunch

If 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.

To help speed up communications within the group I'm suggesting we set up a Wellness Strollers WhatsApp Group.

I hope you think this is a good idea and would like to join, please reply confirming your Mobile Number, and I'll get it set up.

Alan

Wellness Strollers

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

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.

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

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