

Upton and Lytchett u3a

Newsletter March 2026

Greetings Members!
A special welcome to our new Members!
Please keep in touch.

Join Sheila for Skittles! Come and Play!

Skittles Evening. Friday 24th April at 6.30pm Clay Pipe Inn. The cost is **£15 per head** and includes a **basket meal**. Menu choice is Chicken, Scampi, Sausages or Vegetarian option. Your food choice is needed when you book. Cash payment on the night please. There is a limit of 20 people, so it's first come first served.

Respond via email uplytu3a+social@gmail.com.

I look forward to hearing from you.

Best wishes, Sheila Twelvetrees – Social Secretary



News of our Groups - Groups - Groups and more Leaders !!

*Info from Gwyneth;.....*As part of our drive to improve the **range of Groups we offer** and to ensure the continuation of existing Groups, we would be interested in talking with anyone who may be willing to lead a Group in the future. To make this easier for potential recruits we will hold an **informal session later in the Spring** where we will outline what is involved and answer any questions you may have. More information to follow but have a think about whether this is an opportunity you'd like to pursue. Leading a Group can be interesting, stimulating and rewarding and will help to ensure a healthy future for our u3a.

Almost **half of our u3a Groups are full** so we are keen to start new Groups but also to create spaces in any full Groups where existing members might like to switch to another Group to enable new members to join. Please let your Group Leader or me know if you are no longer interested in being part of a particular Group.

Gwyneth Harrop - Groups Coordinator uplytu3a+groups@gmail.com

Invitation from Ginny

“Dear fellow u3a members, would any of you be interested in a **Writing for Fun** group? I am thinking we could meet once a month, maybe in a pub? We can share suggestions for writing prompts, or there are lots of suggestions online - I will come with a few for the first meeting. We can then have a month to write maybe 500-1000 words which we can share with each other (if we want to - no pressure on anyone to share) next time we meet. Please could you let Gwyneth know on uplytu3a+groups@gmail.com if you are interested, and if there are enough of us, we will find a venue and arrange a start date - possibly around Easter to begin in the summer term.

Maybe the first writing prompt could be *'Walking into the pub for the first time, I.....'*

best wishes, **Ginny**



Requests for a **Line Dancing Group** have come in, but we **need a caller** to lead this. **Is anyone able to help?**

We have also been approached to see whether we would like to hold a second **Conversational Advanced French Group** entitled **Le Monde Francophone**. The Group would focus on all aspects of French life and culture (and not just high culture but also considering such topics as why France has the highest consumption of Nutella in the world!). If this sounds intriguing, **then get in touch**.

Another proposed Group would look at any, and all **Aspects of History**, and in particular sharing research methods to encourage individual research on family histories or more general history topics.

Please make contact if any of this sounds interesting.

Gwyneth Harrop - Groups Coordinator uplytu3a+groups@gmail.com

ON THE TOPIC OF HISTORY –

- The **Discovering Wessex Group** had a very enjoyable visit to **Poole Museum** with all its newly renovated display areas, where there are also archives to **research family history** and a research room. Please **tell us what you enjoy** in your Groups and generate new ideas.
- Our **History of Art Group** enjoyed a splendid tour with the **curator of Kingston Lacy** to **see the artworks** many recently re-hung – **Titian, Rubens and Velasquez** and finally contemplated the much-publicised **Rembrandt**.



ON THE TOPIC OF PAINTINGS –

- **National u3a** run an interesting scheme at present called '**Paint or Draw**' <https://www.u3a.org.uk/what-we-do/learning/learning-activities/paint-or-draw> Paintings submitted by u3a members – the theme is 'Reversed' this month (*one of them makes me smile when I think of Harry Worth!*) Which one? Take a look! There are loads to peruse when you have a moment. Our History of Art Group will enjoy it, also the **Photography Group** who create superb photos – recently displayed on our **u3a Facebook**. It's a monthly gallery and *any* member can submit their artwork. **Tell us if you do!**
- There are many **free online Groups** available for us to partake in – also **creative writing**. Especially good if we cannot get out much and prefer to be at home or are caring for someone. <https://www.u3a.org.uk/what-we-do/events/educational-events>

A separate subscription only group called **Interest Groups Online (IGO)** is an online community of learners. Those who subscribe to IGO can participate in online interest groups and access the u3a national learning programme which is free to all u3a & IGO members. You do not need to belong to a local u3a to be a member of IGO. This may be of interest perhaps where one person joins **Upton & Lytchett u3a** but their partner prefers to simply be an online member. It could satisfy their interest in learning without joining a local u3a, also available when abroad, as there are several overseas members. **Third Age Matters** magazine is included in the £12 subscription fee.

Has anyone booked to Visit York? We are delighted to announce that iconic TV legend, **Johnny Ball**, will be opening **u3a Festival 26**. Subscribe to the Newsletter and see the website and our magazine **u3a Matters** for details about a stay at the **University of York from 1-3 July** for **three days of learning, fun** and u3a community. This type of venture is offered every year by our outward looking Third Age Trust.

Who looks in on our **Facebook** site? Please give our page a 'like' – see what is going on, paste something and – Join up!

https://www.facebook.com/groups/1027772781953761/?ref=share_group_link



The **Thursday Walkers** found rest, sustenance and conviviality at The Cockerell in Gussage All Saints after a very long winter trek – all good fun! By chance I was lucky to join them for lunch and invited to take the photo.

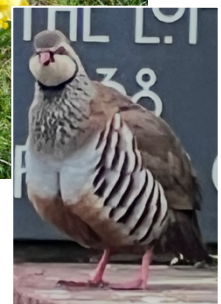
We hope to have a **very current topical talk coming soon – Drones!!** Watch out don't miss it!

Another **Tea + Talk** is booked for **2pm on 11th June at St Dunstan's Church Hall, Upton**, when **Paul Stickler** will entertain us with one of his fascinating talks. This is the opportunity for all our members to gather and enjoy a social tea afterwards and a special occasion **to greet our new members** as well as catching up with friends.

Opportunity for a **Friendly Walk on Wednesday** mornings at **10:30** for a walk around the **Recreation Ground in Lytchett**. No need to be u3a, anyone can walk there, sit



and chat or bring your dog. An opportunity to spread friendship, enjoy the views and the huge skies. Venture down to check the wildlife Pond, see the primroses - or note what has been chucked in and needs removing! **We may take some exercise too!** Cherry plum blossom now gone, are plums forming? Just one last year! The car park banks have **wild daffodils** – especially planted for us to enjoy if we cannot get out to see them wild in our lanes and fields. Enjoy the sun and



harbour views from the benches. u3a Matters magazine has good articles on Nature in Spring 2025 edition – see online. **Do we have any more leaders for Nature?** A very popular topic?

Seen in Lytchett!

South West Region u3a have a new representative – **Paul Ward** will join **Marian Luck** as **Council Representative for the South West** from April 2026. They are involved in supporting all the u3a communities in the area. U3a have advisors for a vast number of topics and interest groups. Do take a look at the national website. **Subject Networks** provide a platform for u3a members to join in and come together around their interests with articles on YouTube and Facebook groups with many diverse topics - available for us and are just part of what u3a offers its members – a Radio Podcast on YouTube, Science and even Sailing. <https://www.u3a.org.uk/members-area/subject-networks> .

Greetings from your committee