



Message from the Chair—Lynda Brettell

*“To thine own self be true.
And it must follow,
As the night the day,
Thou cans't not then be false to any man.”
Hamlet. Act 1 Scene 3.*

As a timid ten year old, (I hear you laugh), on my last day of term at Junior School, I remember standing in a queue for my headmaster to sign my autograph book. My autograph book is long gone, but I have never forgotten that quote from Shakespeare.

There were 30 children, all dutifully waiting, in line down the corridor. But, our headmaster, John Cooper, took the time to write these words in every autograph book. He didn't know what our paths in life would be. University? like Laertes, the son of Polonius, in Hamlet, or many more, like myself, in the 1960's, would receive education in the university of life.

These words have become a maxim about integrity and self awareness in personal conduct. A different time, I think you will agree, but a time that I am glad that I have lived.

Dates for your diary

Speaker meetings from 10am, speaker at 11am

April No speakers meeting due to Membership Renewals

May 15th—The Optimistic Decades: the 50s and 60s by Philip Bowen

June 19th—Himley House, past present and future by Alan Peace

Coffee mornings from 10am to 12 noon

April 24th—AGM & Membership Renewals

May 22nd

June 26th



Day Trips

April 21st—Black & White Villages Trail and Leominster £18
Tkts on sale from Feb 2026

May 19th—Shuttleworth Collection of early 20th century aircraft and RHS Swiss Garden. Tickets £40

June 10th—Nottingham Boat Trip

Social events

8th May—Skittles at Ashwoods Social Club Tickets £3
Booking required

Online groups—No time to go to all the groups you want?

Did you know there are lots of groups and events online see www.u3a.org.uk/what-we-do-events/educational-events#ONLINE-EVENTS

April events are British Airman of the First World War (7th) and Staying safe online (10th)

Membership Renewals

This year renewals will only be available from **1st April 2026 to 30th April 2026.**

Late renewals will incur an extra £5 discretionary fee. Members may renew by BACS, cash, cheques or card. There will be face to face renewals in April. Full details are available on the website under **Renewals.**

Membership Fees

An extraordinary meeting took place in January 2026 to discuss Membership Fees. It was agreed by those present that fees for 2026-27 will be increased to an all-inclusive **£30 fee** so that we can move towards cashless group meetings, speakers meetings & coffee mornings.

The Annual General Meeting will take place on 24th April 2026. Papers will be issued 3 weeks prior to the meeting. If you want to be involved in your u3a and

This year is our u3a's 25th anniversary so look out for some celebrations this summer! There will be cake!

Committee Vacancies — Treasurer

3 trustee posts

Beacon administrator

Next issue for July—September comes out in early July. Items to **Newsletter by 24th June 2026** via **Contacts** on the website

Quiz Question

What is the only sea that has no land borders?

(Answer page 2)



Jess's Law

One of our members, Doreen Darby, wanted everyone to know about Jess's Law. This is for all NHS patients in the UK and all GPs have been informed by the Department of Health.

If a patient has been to see their GP 3 times for the same complaint without a diagnosis the GP must refer them to another health professional. This law came into being after a young girl was seen by her GP more than 3 times and she was finally diagnosed as having cancer which was at too late a stage to be successfully treated.

Poetry Group

Most of us learned poetry at school and can recite certain poems by heart. We asked Group Leader Don for his favourite short poem. Why not join Don and the group this year and rediscover a love of poetry.

The Lake Isle of Innisfree

I will arise and go now, and go to Innisfree,
And a small cabin build there, of clay and
wattles made;
Nine bean-rows will I have there, a hive for
the honey-bee,
And live alone in the bee-loud glade.

And I shall have some peace there, for peace
comes dropping slow,
Dropping from the veils of the morning to
where the cricket sings;
There midnight's all a glimmer, and noon a
purple glow,
And evening full of the linnet's wings.

I will arise and go now, for always night and
day
I hear lake water lapping with low sounds by
the shore;
While I stand on the roadway, or on the pave-
ments grey,
I hear it in the deep heart's core.

W B Yeats, 1888

Group News

Gardening Group

Some day trips for gardening group members have been arranged. In April the group will visit Hergest Croft Gardens near Hereford and in June they will visit Highfields garden centre and Tewkesbury OR Cheltenham.



MOTO group members continue to meet up monthly for a pub lunch and get together. Quiz nights are also a popular activity usually at the British Oak. Our quizzers recently won 1st prize! Well done! Photo with Cllr Shaz Saleem.

There has been some interest in setting up an offshoot group called **Men Alone** exclusively for men to get together for activities and as a support group. Contact MOTO for more information.

U3a Matters is the official magazine of the U3a for all members.

Some of you may have opted out from receiving this but if you want to have a look online you can find a shortened version. Just go to the u3a website at www.u3a.org.uk

Thinking of booking a holiday? There are lots of travel companies offering discounts to u3a members and your own u3a can claim this money back from the. Last year we received over £700 from Riviera Travel. Other holiday companies offering discounts include Mistral holidays and Viking Travel. The u3a also have a travel department website www.traveldepartment.co.uk/u3a.



Our first musical event for 2026 was on 27th March when Sandy Lawrence entertained us with songs through the decades. Despite the rain this did not deter members

from coming along and having an en-

joyable afternoon. She was one of the best singers we have had!

Look out for more events on our website.



Answer to Quiz Question **The Sargasso Sea**