

WARSASH u3a NEWS

OCTOBER 2025

Positive Ageing with Warsash u3a Recently it was u3a week across the country. The annual celebration of the learning and fun that takes place within u3as every day. This year, the online u3a week events all focussed on the theme of Positive Ageing. If you visit the main u3a Beacon website you can see some of the many exciting activities that took place.

CHAIR'S CHAT

Our u3a was invited to spend a day at Fareham Community Hospital sharing information and inviting people to look at our display board. Thank you to Martin for donating our smart new board and to Rob for updating the information. As usual a big thank you to those members who gave their time to man the stall. The public are always impressed by what we offer and they were interested to find out more.

Positive ageing means a lot of things: learning new skills, finding purpose, building new friendships, prioritising health in later life. All through our newsletters you'll see stories showing that later life can be a new chapter filled with joy, community and new experiences.

The skills within our membership and the wide variety of groups within u3a have always challenged the misconception that later life is a time of slowing down. Many of our members remark

that they're busier now than when they were working! Visit Warsash u3a website to see some stories of what our members enjoy.

Ageing is not about slowing down—it's about opening new doors. As a member of Warsash u3a, I've discovered that later life is filled with opportunities to learn, connect, and thrive. Whether it's trying a new subject, joining an interest group, or simply enjoying good company, u3a reminds us that curiosity has no age limit. Positive ageing is about embracing each day with energy and purpose, and with u3a, the journey is shared, supported, and full of possibilities. At Warsash u3a, we believe that ageing is not about retreating from life but embracing it in new and fulfilling ways.

Positive ageing means staying curious, active, and connected. All qualities that u3a groups across the country encourage every day. From exploring new subjects to sharing skills, making friends, and enjoying fresh experiences, u3a members prove that later life is a time of growth and opportunity. Together, we celebrate learning, laughter, and the joy of discovery—because ageing positively is about living fully.

I'd love to know from you how Warsash u3a helps you live a positive life. (Picture on next page)

CATHERINE

Our next meeting is Monday 13 October at 10.30 and the subject will be *Acrylics on a Plate*.

KEN BERRIDGE

BREAKAWAY GROUP

We have a single room available on our trip to Warners Bembridge, Isle of Wight, Monday to Friday, 26-30 January. Cost £289.10 which includes breakfasts and evening meals plus activities and entertainment.

ROSEMARY SCOTT

WEEKENDERS/CHILL & CHAT

October's Chill and Chat will be held on Saturday, 25 October, at the Brambridge Park Garden Centre, Kiln Lane, Brambridge, Colden Common, Eastleigh, SO50 6HT, meeting at 11.00 am in the restaurant.

LORRAINE SEXTON

LIVE MUSIC GROUP

Live local music - Tickets are selling fast for a concert on 18 October - the Warsash Band will be playing with the Police Band and the Solent Singers at Waypoint Church, Hunts Pond Road. The evening includes the first performance of a new composition *On Warsash Shore*. Tickets £8 from the Warsash Band website

<https://www.warsashband.co.uk/index.php>

AUDREY SAWDON

THEATRE GROUP

Following on from the monthly u3a meeting 12 September 2025 - What an inspiring presentation from Sassy and Daniel from TFT. One did not realise the amount and diversity of work goes into the production of a musical - in the case described Oliver. In fact she was also responsible for *Grease* which had its final performance on 13 September. I am sure all of the u3a members who attended the performance of *Grease* on 12 September must be very disappointed that it will close. However the performances in the Acorn and Oak and of course the Barn will continue.

We should all support their efforts, where can you see a first class amateur stage play for about £8 and a musical for £13? After the presentation on 12 September a further ten members signed up for the Theatre Group. Next performance to attend is *Silver Linings* on 3 October.

DAVID KNIGHT

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GENERAL NEWS

Following on from Catherine's report about positive ageing, you may be interested to read the following extract from a letter which one of our members (Sarah Pearson) had published in the Daily Telegraph recently.

"I joined a local u3a group in my late 60's. I learnt to play Mahjong, Canasta and Rummikub, joined a book group, went on bus trips and made many new friends. Unfortunately, because of the Covid lock down, all group activities had to stop, but once they were up and running again, more people joined the many activities provided. It is probably one of the best things I ever did. My husband also joined recently.

Many of the members are single or widowed men and women and joining our u3a has given them a new lease of life and kept their brains working. The different walking groups also keep them active!"

PAM

Twenty-one members boarded a bus headed for Quob vineyard near Wickham. We eventually arrived at Quob shortly after 10:30. We were ushered into an elegant tasting room, where a very knowledgeable sommelier told us about how the wine industry has evolved and expanded in Britain. A glass of their house white called *oh deer* helped the talk go down well. We were then given a flight of three sparkling wines made with the same grape combination, but with subtle changes of flavour and asked to pick our favourite. We had a tour of some of their vines dripping with grapes almost ready for picking, before returning to finish our wines along with the cheese/cold meat platters we had pre-ordered. After an enjoyable wine tasting, we boarded our bus for another mystery tour(!) before being returned to base. (picture on next page)

KUMI COULTHARD

SHORT WALK/AMBLERS

Our August walk took us around the Swanwick Lakes Wildlife Trust Nature Reserve, where the skies kept us guessing. Some of the more cautious of the fourteen

wisely set off in waterproofs, while Catherine brightened the morning in her brand new, jazzy, U3A hoodie!

Back in Victorian times, this peaceful spot was anything but. Bursledon Brickworks rose up on the banks of the river Hamble, perfectly placed where the river's silty clay could be dug out by hand. Once loosened, the clay was heaved on to a narrow gauge railway and hauled up the steepish gradient to the furnaces where it was processed into bricks, tiles, chimney pots etc, for the home market and abroad.

Before promised rain arrived, we made it safely to the Bursledon Brickworks Museum Cafe for a welcome cuppa, rounding off the outing perfectly. (pictures on next page)

CAROLYN BOOTY

ART GROUP

September's meeting was quite a challenging subject. *Coffee Time* Still life in acrylics. But our group of sixteen rose to the challenge, thanks to Marianne's tutoring. (picture on next page)

GROUPS NEWS

VISITS

Quob Vineyard at Wickham. On Thursday 11 September,

Next Meeting Friday 10 October

Our speaker will be Ben Cross talking about British Flowers.



Catherine and Rob Johnson (right) with the u3a display at the Fareham Community Hospital for the Positive Ageing Week.

Some of the Art group have a break with their version of Coffee Time



Surely it was no surprise that the lure of crushed grapes would inspire a lot of members to visit Quob Vineyard near Wickham. The day had an extra element of excitement because the bus driver initially headed to the Hambleton Vineyard near Waterlooville.



Left Some the Short Walk group use the largest door frame in the area as a leaning post. Above The group gaze upon one of the Swanwick Lakes Right Group Leader Catherine shows off her new hoodie.

