

Wrekin u3a Newsletter May 2026

Notes From The Editor

Did you know that the official recommendation for regular exercise is currently 150 minutes of moderate activity a week? A recent Active Lives survey has reported a 7% rise in activity levels in the 55-74 year old age group and a striking 11% growth in activity levels among over 75s in the past decade. I would like to think that Wrekin u3a has been playing its own small part in this impressive statistic. We currently have 7 groups totalling over 150 members which provide an opportunity for physical activity, ranging from walking to dancing to Tai Chi. Another example of the great benefits of u3a membership.

We should follow Angela Rippon's lead: *I still wake up every morning, stretch for 10 minutes, and think: "Excellent. Another great day ahead."*

Karen Appleby

Dates for the Diary

Monday 11 May	Members' Coffee Morning 10.30-12 Park House, Shifnal
Friday 15 May	Lunch at The Huntsman, Little Wenlock
25-29 May	Lake District Holiday
Monday 25 May	New Member/ Visitor Drop-In 10.30-12 Park House, Shifnal
Wednesday 27 May	Houses and Gardens trip to RHS Bridgewater
Wednesday 10 June	Away Days trip to Salford Quays

Cultural Visit

The Kynren and The History & Beauty of North East England 10–14 September 2026.

The brochure, with full details and a booking form can be viewed on the Wrekin u3a website

<https://wrekin.u3asite.uk/cultural-visits/>

The price is £645pp, based on 2 people sharing. There is a £120pp supplement for sole occupancy of a room. Any queries to Denise via email denisemarg@yahoo.co.uk

Monthly Meeting

Book Donations

A huge thank you to all those who brought books to the April meeting. We now have so many to sort we ask you **NOT** to bring any more books until further notice. There will be a very full book stall to peruse at the next meeting.

Last Month's Meeting

Many thanks to David and Diane for stepping in at short notice to cover our speaker's absence with a very informative talk on the lives of women and girls in Africa. As requested here are the website addresses for further information:

<http://yoursmallsappeal.org/>

info@paddingafrica.com

<http://thepachamamaproject.org/>

<https://gomakeadifference.co.uk/>

<http://iriseinstituteeastafrika.org/>

From The Comms Team

As we enter the busy spring and summer months of activity, don't forget to send us photos and brief reports of what you have been doing in your groups so that we can update our website.

We are also looking for volunteers who are interested in joining our small team to help further develop our various communication channels. In particular we would like to hear from anyone with IT skills who might be interested in helping us to create a Wrekin u3a Facebook page.

comms@wrekinu3a.org.uk

From The Third Age Trust

Wrekin u3a has been specially selected to take part in research to understand the profiles and perspectives of u3as across the UK in 2026. The last survey to profile the membership was in 2019 so it's time to get an up-to-date profile of the movement. Look out for the invitation email which will come to you via the newsletter this week.

Next Monthly Meeting

Tuesday 28 May 2026 2pm

The Boys: Laurel and Hardy

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