

Wrekin u3a Newsletter September 2026

From The Editor

This month sees the annual u3a week celebration (19-27 Sept). This year's theme is "Expanding Horizons" and we are being encouraged to try something new. This newsletter might give you some inspiration. You could join our Communications Team, sign up for our forthcoming Curling Taster Session, or try out an online activity through the main u3a website (highly recommended by my other half). I'm tempted by "A history of the world according to sheep". Ewe heard it here first!

For further information and ideas visit <https://www.u3a.org.uk/what-we-do/events/u3a-week>

Karen Appleby

Honorary Membership

After 20 years managing our website, [David Winterbottom](#) has decided to step down from his role as Webmaster. In recognition of his long service and significant contribution to Wrekin u3a the committee have decided to award him an honorary membership. We are immensely grateful for all the hard work he has put into our website over such a long period of time and we send him our very best wishes.

September Happenings

Mon 14 Members' Coffee Morning @ The Park House 10.30-12.00

Tues 15 Lunch on the 15th @ Radici's, Shifnal

Tues 22 General Meeting @ Shifnal Village Hall

Wed 23 Houses and Gardens trip to Little Moreton Hall

Mon 28 New Member/Visitor Drop-In @ The Park House 10.30-12.00

Notices

Get Well Cards

If you know of anyone who is unwell and who would appreciate a card, please give details to a committee member and an appropriate card will be sent.

Book Stall

We are unable to accept any further book donations at the present time.

From The Groups

Country Dancing

We're taking a break this month. We'll be back at the Shifnal War Memorial club at 2pm on the 2nd Thursday in October. New members always very welcome.

Houses and Gardens

Wednesday 23 September Little Moreton Hall (NT)

Coach leaves Shifnal 9.40am. Cost £15. BACS payments with reference "Moreton".

Away Days

Wednesday 16 December Black Country Living Museum

The museum will be decked out in its Christmas finery to get our Christmas feeling kick-started before the big day. Leave Shifnal 9.30 and depart BCL Museum 4pm.

Total cost (entry + coach) £34. Names and payments now being taken.

Payment by BACS is always preferred, but cash accepted. See Moira at the General Meeting.

Save The Dates

Saturday 17 October 2.30pm Street Curling Taster Session @ Shifnal Village Hall

£10 inc. soft drinks and biscuits. Accessible to all and lots of fun.

Sign up with Pam via groups@wrekinu3a.org.uk

Tuesday 12 January 2027 Wrekin u3a Annual Lunch at The Hundred House, Norton TF11 9EE

12.30 for 13.00. £35 per person.

Booking form available via the website https://wrekin.u3asite.uk/u3a_events/annual-lunch/

or from Linda and Erica at the September, October and November General Meetings. Payment via BACS or cheque. Closing date Tuesday 24 November.

Committee Corner

Members without Portfolio

[Linda Tipper](#) has recently relinquished her roles as secretary and speaker secretary but remains on the committee to provide experienced support to the new post holders and newly elected members.

[Paula Rushton](#) was already supporting the New Member team and volunteering on the book stall when she agreed to join the committee. She is also part of the Shifnal Village Hall management team which helps to facilitate seamless communication with our monthly meeting venue.

[Sue Cheshire](#) joined Wrekin u3a in 2024 and quickly became a willing supporter of the New Member team and monthly meeting volunteer. She brings extensive experience in hospitality to our table.

This Month's Focus: [Communications](#)

Paul is our Comms Coordinator who oversees our various comms strategies and ensures we "sing from the same hymn sheet". Mandy's IT skills are now being put to excellent use as interim Web Manager and Karen edits the monthly newsletter. It's a small but enthusiastic team however we need to expand. Interested? Contact Paul via comms@wrekinu3a.org.uk or come have a chat at a General Meeting.

You can find out more about the committee on the website via the following link:

<https://wrekin.u3asite.uk/wrekin-u3a-committee-2024-2025/>

From The Third Age Trust

Online events

This month our very own David Tordoff is delivering an online talk via Zoom entitled "Life in your smallest rooms: the history of personal hygiene" Wed 16 Sept 2pm. Find out more and book via <https://www.u3a.org.uk/what-we-do/events/educational-events>

u3a week 19-27 September

This year's theme is "expanding horizons" with a programme of free online events, designed to present new perspectives:

Monday 21 Sept	Secrets of the human brain: sleep and dreams
Tuesday 22 Sept	The Enchanted Archipelago: a journey through the Galapagos with HX
Thursday 24 Sept	Promoting brain health: from evidence to action
Friday 25 Sept	Live cookery demonstration: try something new

Places can be booked via <https://www.u3a.org.uk/what-we-do/events/u3a-week>

Next Monthly Meeting

Tuesday 22 September 2.15pm

[Lesley Smith: Anne Boleyn](#)

In another intimate and powerful costumed portrayal we meet Anne in the final 45 minutes of her life as she prepares to face her fate at the Tower of London on the morning of her execution in May 1536.

*To celebrate u3a week, Paul Masterman has collated a photo montage to illustrate the many activities and events enjoyed by Wrekin u3a members. This will be running on our rolling screen display. In addition, the committee will be providing **cake** to accompany our usual tea and coffee.*

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October

Alison Utting: A Shropshire Lass A celebration of every day life in Shropshire over the last 150 years

The key to continued social and economic inclusion in later life is threefold: prevention of ill-health and disability; a major effort to combat age discrimination; and generous lifelong learning and reskilling provision.

Alan Walker

Emeritus professor of social policy and social gerontology, University of Sheffield

Early next year, NHS England will launch a "marathon a month" challenge, asking people to walk for around 30 minutes a day.

Those who do it every day will hit roughly 26 miles a month - the distance of a marathon.

Users will be able to log their walks online, or through their phone or smartwatch.

And the NHS says those who complete the challenge will then be eligible for rewards - which could include incentives and discounts.

The scheme is being developed in partnership with Olympic medallist Sir Brendan Foster, founder of the Great North Run, who was asked by NHS England to set up a campaign to get people walking.

"I'm known for running, but the ambition here is far simpler. We just want people to walk. Simple," he says.

It is part of the 10-year health plan for England. He told the BBC that getting more people active is his mission.

Physical inactivity is associated with one in six deaths, according to NHS England. A person is classified as physically inactive if they do less than 30 minutes of moderate-intensity equivalent physical activity per week.

A survey by Sport England showed that in the year to November 2025 nearly a quarter of adults, or around 12 million people, were in that category.

"If someone walks 30 minutes five times a week, they could gain up to four extra years of healthy life," he says.