

NEWSLETTER

u3a
Vall del Pop



March 2025



March 2025

President's Message



Dear Members,

I am amazed by how quickly my first year as president has passed!

I have enjoyed the challenge and will always be grateful for the support I have received from the other committee members and from so many members who help and support in different ways.

Those of you who were able to attend the March General Assembly and AGM will have heard my formal report for the year, which will also appear in the minutes of the AGM. In brief, I reiterated my comment at last year's AGM that our Association was in a strong position and that my aim therefore was to build on these strengths, with no need for any radical changes.

I went on to mention some of the actions we have taken through the year, including the refresh of the website, production of our first Friendship & Support information booklet, our new leaflets and the decision to increase the annual membership fee, which should further strengthen our financial position going forward.

I said that we could all be proud of the achievements of our Goodwill team, which raised a record sum of close to Euros 13,000. A personal highlight was collecting all the bicycles that you kindly donated for Valencia. It was good to be doing something physical to help those in need and our Ford people carrier proved invaluable. Along the way Paula and I got to know some of our members for the first time, which was an added bonus!

Looking ahead our Travel & Entertainment and Goodwill teams have planned some wonderful events and trips for us all to enjoy in the coming year. The chance to do things together with like-minded people, whether in our activity groups or on trips and at events, is why many of us join the u3a.

I look forward very much to getting to know more of you as the year unfolds.

With best wishes to you all.

Chris



March 2025

A talk by Ken Scott, author, ghost writer & book coach.

At our March General Assembly our speaker was Ken Scott, author, ghost writer and book coach. A ghostwriter is a skilled, professional writer hired to write content that is officially credited to someone else. He has written or collaborated on nearly 50 books and reached the Sunday Times top 10 best seller list on several occasions. His books have been translated into more than a dozen languages.

Ken is from the borders of Scotland originally but was brought up in Newcastle. His career was in finance but at the age of 43 he decided to leave the rat race and start a new career. Up until then he had been an avid reader, having read some 2-3000 books, and written a book himself, and found it came easy to him to write.

So, he and his wife took the plunge, sold up and came to Spain to write, not only to write for himself but to be a ghost writer where people pay you to write a book for them.

His first book, "Race against me", was about an Olympic sprinter, Dwain Chambers, whose biography he wrote following his testing positive for the use of a performance enhancing drug and subsequent sports ban. The book was entered for Sports biography of the year.

His second book was his first best seller entitled "Do the birds still sing in hell?", a moving love story about a Prisoner of War in WW11, and made the Sunday Times Top 10.

He ghost wrote "The Argentine Affair", a true story about a major drug smuggling operation and drug dealer, for a lady who had married an Argentinian, not knowing he was a drug dealer, and the price she paid.

Ken explained he looks for great stories that are potential best sellers and it's about bringing other people's stories to the marketplace. He also writes fiction and has written his own books under his name and has worked on screen plays.

Ken was a very charismatic and engaging speaker and the audience was captivated by his talk. Many of us were excited to buy several of his books at the end and we look forward to enjoying them.

A full list of Ken's books can be found on his website www.kenscottbooks.com





March 2025

Forthcoming speakers & events at our General Assemblies

Another great speaker at our March General Assembly/AGM : the author Ken Scott. Members seemed to really enjoy his talk.

We try and arrange a variety of speakers to appeal to all members and you may be interested to know who we have booked (although they may occasionally be subject to unavoidable changes beyond our control).

At the **April** GA we will welcome a representative from Age in Spain, similar to Age UK (was Age Concern). They are going to guide us to planning for the future should we need support or care, a subject close to our hearts but we often don't like to think about.

We will also be celebrating Easter, albeit a little early, and Sally Ellis has kindly offered to make some beautiful themed floral decorations for us to enjoy and buy to take home. This will be instead of preloved so please bring your spending money. Sally always makes beautiful arrangements.



Goodwill will be selling Easter themed home made cakes and Graham will be there with his books. We are excited that our Digital Photography group will be telling us about what they do under our Meet a Member slot and hopefully showing us some of their work. We will also be collecting donations of household goods and toiletries on behalf of Caritas for local families in need. We do this at our Christmas and Easter General Assemblies.



On 8th **May** we will be celebrating the 80th anniversary of VE Day, WW 11 Victory in Europe, and we have lots of exciting plans. Bill White is busy practising on his keyboard a repertoire of old songs from that era. We love Bill's playing! Let's Sing Together will be leading the singing of a few old favourites and a special guest singer or two will perform.

The historian, Angela Chandry, will present a talk about the last few months of the war, what brought about the end, the part/roles ordinary people played and how Britain recovered. This promises to be a very interesting talk. Bill White will share a few family anecdotes re the war in our Meet a Member slot.



March 2025

The Polivalent will be decked in red, white and blue and we invite all members to dress accordingly in patriotic red, white and blue. There will be a prize for the most patriotic attire.

Marian White is kindly baking her wonderful traditional English scones to buy, to be served with jam and cream. And there will be a glass of free cava to celebrate the occasion!

We will host a plant sale in **May** and **June** instead of preloved, so we invite all gardeners to bring along cuttings and unwanted plants to sell for charity. Time to start potting up!



In **June** Richard Green from Jalon Valley Help has kindly agreed to talk to us about their role in the community and the services they offer. They are a very important charity in the area and we are pleased to work closely with them and support them.

Goodwill will be baking savoury goodies for your enjoyment: quiches, sausage rolls etc. Perfect to take home for lunch.

And then it will almost be time for our summer break, although our coffee mornings will continue throughout the summer so members can still meet up and book trips and events.

We have lots of fabulous trips and events arranged so please don't miss out.

One very special event is the **Party in the Park on 19th June** with the fabulous Entertainers. This is open to non members so why not get a table of friends, family and neighbours together and have a fun night out? And it only costs 10 euros!

Also our **summer dinner dance on 29th June** at Vall de Pop restaurant, Lliber with great food and wine, live music and lots of dancing! We still have a few places available. The menu will be available in the next few days.

And coming soon to book, a special early **evening catamaran cruise on 16th July** from Denia with optional coach transport and optional dinner after. Watch this space to book!

We look forward to seeing you soon.



March 2025

A visit by Tony Cabban, Chairman of the Arts Society Marina Alta (TASMA) and committee member of the Javea Players.

Tony kindly attended our General Assembly on 6th March 2025 to tell us what both organisations have planned. We are keen to support and collaborate with external organisations that may be of interest to our members so we hope you may wish to support these.

The Javea Players are in their 49th year and have 120 members. Their production this year of the musical, Beauty and the Beast, is their 180th production but only their 3rd musical. It will run from 2nd to 7th May in the theatre in Gata de Gorgos and tickets will go on sale on 28th March.

There are 164 seats and they rent the field next door for parking.

Tony explained there are 22 cast members of 10 different nationalities taking part in this production, accompanied by a 4-piece live band. Budding thespians are invited to apply for future productions!

The opening night is a gala night with a buffet and cava reception and tickets for all shows can be bought online.

Tony then talked briefly about TASMA, which is an affiliate of The Arts Society UK, has been active since 2016 and provides high level lectures on arts related subjects. They engage professional world-renowned lecturers brought over from the UK to present the Arts, which appeal to all ages and nationalities.

He provided pamphlets detailing their 2025 programme with forthcoming talks on L.S Lowry, Francis Bacon, The Age of Jazz. The Architecture of Mughal India, Art of the 21st Century and The Adoration of the Magi.

Lectures take place in Moraira in the morning and Javea in the evening.
Anyone wishing to join should view their website www.artsocma.org/join

Finally Tony talked about a trip they have planned to Madrid from 6-10th October 2025 to visit "the hidden gems of Madrid", including museums and a palace. They have 3 places remaining which they are offering to u3a members and if anyone is interested, they should contact TASMA.

We have been asked by members to provide cultural activities and we hope sharing these fabulous trips and professional productions will be of interest and some members will want to book and attend.



March 2025

Working in Collaboration with other organisations

Javea Players

Exciting News!

The magical musical *Beauty and the Beast* is coming to the Union Musical, Gata de Gorgos from May 2-7.

This enchanting production will be the Jávea Players' 180th performance in their 49-year history. The show features a live band with two pianos, a violin, and flute, promising a truly immersive experience. Expect imaginative costumes, cutting-edge lighting and sound, a dynamic set and on Gala Night, May 2, a delicious Cava Buffet after the show.

Our talented cast come from Spain, UK, USA, Belgium, Italy, Kazakhstan, Denmark, The Netherlands, Ireland and Sweden. Collectively they bring over 350 years of theatrical experience to the stage.

Under the direction of co-directors Cherry Cabban and John McDonald, with Musical Director Aileen Lightfoot and Choreographer Rachel Gibbons, this show promises to leave you spellbound.

Our designated charity for 2025 is **CancerCare Javea**



Bookings open March 28 at 08:00 www.javeaplayers.com
Performances: the Union Musical 160 seat theatre, ample parking.
Gata de Gorgos: <https://javeaplayers.com/jp/find-us/>

19:30 on 2 May 2025 Gala Night with Cava buffet - ticket price €26
19:30 on 3,5-7 May 2025 Evening performances - ticket price €20
16.00 on 4 May 2025 Matinee performance - ticket price €20



March 2025

Working in Collaboration with other organisations



L.S. Lowry: A Visionary Artist

An exclusive and illustrated lecture by Michael Howard

Wednesday, 2 April 2025, in Moraira and Jávea

L.S. Lowry is one of Britain's most famous artists, known for his portrayal of the human condition. Our lecturer, Michael Howard, who has published a book of the same title, is an independent scholar, writer, painter and curator. He is a Fellow of the Royal Society of Arts, has taught at the History of Art Department of the Manchester School of Art and given lectures at universities, Christies, Sothebys and art galleries in Europe and USA.

In this lecture, Michael will present the case that Lowry's work is the visual counterpoint of T.S. Eliot's poetry and can be claimed as the British Van Gogh. **Too much? Listen to this fascinating presentation and decide for yourself!**

We welcome you at two locations on Wednesday, 5 March:

Morning session: Espai La Senieta, Crta. Moraira a Calpe 8, 03724 Moraira

Doors open at 10.15 for 11.00 h lecture.

Evening session: Casa de la Cultura, Plaça de Baix 6, 03730 Jávea

Doors open at 18.45 for 19.30 h lecture.

**FREE ADMISSION FOR MEMBERS. GUESTS WELCOME BY PREPAID DONATION
VIA: WWW.ARTSOCMA.ORG**

Sign up for a Free Subscription to TASMA's What's On E-Journal of national and local arts and social scene, plus Newsletter, by emailing: marinaalta@theartsociety.org. Better still, why not join the Arts Society. For just a €35 Membership over a 12-month period, you can attend 3 lectures of your choice. Check out the Many Benefits on WWW.ARTSOCMA.ORG.

ENJOY THE STORY AND STAY for the COMPLIMENTARY DRINK and SOCIAL!

We thank our Sponsors: Blevins Franks, Currencies Direct and Harvey Lawyers.
We donate to local charities and schools.



www.u3avalldelpop.com





March 2025

A Musical Afternoon at Benimeli Residential Home



The Let's Sing Together group was kindly invited to sing at Benimeli residential home on 3rd March as part of their carnival week. We have visited before and it was lovely to see some familiar faces as well as new residents.

We had chosen 15 catchy, uplifting, sing along songs from the 1950s onwards that some residents might know including Doris Day and Dean Martin, John Denver, The Carpenters, Herman's Hermits, Sandie Shaw and Neil Diamond's "Sweet Caroline".

From the start some residents sang along, others clapped and foot tapped and a couple even enjoyed a dance. It was apparent music is a great source of pleasure and triggers memories, which is what we had hoped for.



When we had finished our repertoire we sang 3 favourites again and everyone seemed to thoroughly enjoy the session, both residents and ourselves. They applauded enthusiastically and there were lots of happy faces. Once gentleman even remarked we were the best group they had to entertain them, but maybe he was being polite and says that to every group!

It is an honour to be able to give back in our community and bring pleasure to people less fortunate than ourselves. Thank you to everyone who gave up their afternoon to come along. The coconut cake and mistella was a very welcome treat afterwards!



March 2025

Ladies at Lunch February 2025



Tuesday, February 18th 2025 saw 18 Ladies take lunch at Nou Portet, Muria.

After a little hiccup with the menu being changed, everything ran smoothly on the day.

We took a few moments to raise our glasses in memory of Sandra Welham, a founder leader with myself, of the Ladies At Lunch group, and Secretary of our u3a, whom we sadly lost last year.

Nou Portet provided a very tasty three course lunch with pan and aioli and a drink, with friendly and attentive service.

We filled the restaurant with laughter and chatter.



Our next Lunch adventure is at Restaurant Del Hierro, Carrer Major, Jalon, not far from the Plaza and Farmacia. On Tuesday, 18th March 2025. This is a new venue for us to try and I have reserved 25 places, presently!

We welcome new members, to join please go to the website u3avalldelpop.com and register your interest.

Sally Ellis



March 2025

U3A Monday Ramblers

The mild weather continued throughout February. There were a few wet days, but fortunately none on a Monday. Most days were warmer than normal at this time of year, more like Spring than Winter. This made for excellent walking conditions, when it was a joy to be able to enjoy our lovely valley and surrounding area in excellent company.

3 February – Alcalali to Parcent

Our first walk was towards the Col de Rates from Alcalali, then along the pipeline to Parcent. After a short picnic stop at the font we returned to Alcalali through the valley. Lovely blue sky and pleasant warm temperatures.



10 February – Jalon to Alcalali

The second walk in February has always been our Almond Walk. In previous years this walk was planned to view the almond blossom from the best vantage points in the valley, and a great opportunity to take photographs. Unfortunately over the past few years the almond blight has destroyed most of the trees, with them the beautiful blossom. However we did manage to find some trees in blossom and tried to recreate the wonderful views of just a few years ago.



17 February – Parcent to Alcalali

Our third walk was cross country from Parcent to the Alcalali mirador, where we had our picnic break. Then through the valley back to Parcent, and a well deserved drink at the Cooperativa.



If you would like more details please send an email to paulleniston@hotmail.com



March 2025

U3A Monday Ramblers



20 February – Lliber to Senija

Our last walk was almost cancelled. On the previous day we had heavy rain on Sunday. This had also happened the last time we did this walk, and the valley paths were flooded. We had to detour through the nearby fields, which were muddy and hard going. Fortunately the rain stopped early Monday morning, and the sky was blue as we met in Lliber. To avoid the problems of the previous walk, it was agreed to take the “high road” to Senija. This involved some climbing and was 12km rather than our usual 9km. However the weather was lovely, with warm sunshine and a pleasant cool breeze. Better still the water had run off the hills, and the track was surprisingly firm. A lovely walk, and enjoyed all the more because of the miserable weather of just 24 hours earlier.



When possible we always finish our weekly walk at a local bar. There are many throughout the surrounding area, and most of us, if not all, consider this the best part of the walk. It is a great opportunity to relax and wind down after the walk, and on a sunny day is often the highlight of the walk. This particular one is Bar Varettes in Lliber, one of my personal favourites.

If you would like more details please send an email to paulleniston@hotmail.com



March 2025

Events & Trips

All are/will be on Facebook and our website (when confirmed) and in our newsletter. All can be booked and paid for at General Assemblies and monthly coffee mornings or reserved via e mail. Don't miss out! They can sell out fast.



Trips

17th April day trip to Valencia

6th May shopping trip to La Zenia

28th May day trip to Port Saplaya **FULL with waiting list**

July - watch this space about a possible evening catamaran cruise and dinner – tbc
(not yet on sale)

9th September day trip to Santa Pola with optional boat trip to Tabarca Island (not yet on sale)

14th October day trip to Elche (and possibly shoe factory tbc)

Possible trip to Cocentaina medieval market - tbc

20th November Xmas shopping trip to La Zenia (not yet on sale)

13th December trip to see Christmas lights and market (Valencia or Alicante tbc) not yet on sale
We are exploring a possible trip to the Ford factory, Valencia – watch this space.



27th April Spring fayre and car boot sale, Jalon

20th May cava afternoon tea, live music, clothes sale

19th June The Entertainers musical evening at Los Arcos

28th June Summer party/dinner and dance Vall de Pop, Lliber

31st October Halloween event Pepe's, Alcalali with live music and dinner (not yet on sale)

30th November Christmas fayre and car boot sale

7th December Christmas party/dinner and dance (not yet on sale)

Lots to look forward to!

Thank you to Travel and Entertainment and Goodwill for planning and organising for us.



March 2025

Yarn & Thread

At the end of last year we found ourselves with a lot of things we had made and for various reasons no outlet to sell them.

JVH came to the rescue by having a separate table in their Orba charity shop to display our goodies. They kept an account of how much they sold for and I am pleased to say our items raised 140 euros for JVH.

In fact it was such a success they have agreed to do the same next year.

Many thanks
Lorna Botten - Leader of the group.



March 2025

GROUP ACTIVITIES





Join in and meet new friends in 2025!

Activity groups meet regularly to pursue common interests. You can learn new skills or brush up on old ones, and it's a great way of making new friends!

The Group Co-ordinator is available to assist and advise in starting new groups or to help existing groups to recruit members etc

Teresa - Group Co-ordinator - activitygroups@u3avalldelpop.com

**If you would like to promote your group in a future Newsletter
Please contact Linda at news@u3avalldelpop.com**

	Activity	Contact
	Allotment - We have a large 6m x18m allotment in Jalon. There is a shed and water on site.	SUE HARVEY & BRIGID REDMOND brigred4119@gmail.com
	Ballroom, Latin & Sequence Dancing - Whatever your level of fitness, ballroom dancing is a great way to exercise and meet new friends.	<u>DUNCAN THOMPSON</u> dtheys14d18m@gmail.com <u>Telephone: 634 33 46 89</u>
	Bridge - The aim of this group is to provide an opportunity for people to play bridge in a relaxed and friendly atmosphere. Library in Jalon.	WENDY SIM wendy.sim1@hotmail.com Telephone: 711090516
	Canasta - We meet every Tuesday afternoon at Casa Claudia in Jalon. New members would be very welcome to join us.	MARY WOOD marywoodspain@gmail.com Telephone: 675 674 301

NEWSLETTER

u3a
Vall del Pop



March 2025

	Activity	Contact
	Card Making - We are a group who enjoy crafting and, in particular, creating beautiful greetings cards.	CAROLE MARTEN & DEE ADKINS Dadkins1953@yahoo.co.uk Cvicary2@gmail.com
	Cinema - We aim to show a wide range of films in English. If you want to be included in the Cinema Group mailing list please contact Group Leader.	CHRISTINE BRAZIER justnanny@live.co.uk
	Digital Photography - Our aims are to develop our digital photography skills in a social and safe group setting; and importantly, have fun doing so.	DAVID BROCK Davidandeileen50@yahoo.co.uk Telephone: 606 995 919
	Dining Experience - We visit different restaurants mostly within the valley. Members can recommend an old favourite that they enjoy.	DIANE HOLMES ondrakiri@yahoo.com
	Dru Yoga - A gentle but powerful workout. It calms and reduces stress, improves focus, physical strength, balance and energy.	SALLY MILLANE Sallysunshine436@gmail.com
	Game Addicts - We are a group that likes to keep those grey cells active, and pride ourselves on being a friendly, light hearted crowd.	GORDON RODMAN boneinjalon@gmail.com Telephone: 693 725 199
	Ladies At Lunch - We want to 'spread the wealth' so we plan these lunches at a variety of restaurants across our region.	SALLY ELLIS U3aladieslunch@gmail.com
	Let's Sing Together...For Fun - Love to sing anywhere, any place, when a tune pops into your head. We sing songs that we enjoy, are fun and lifts our spirits.	PAUL CORAZZO paulcorazzou3a@gmail.com Telephone 603717784
	Mahjong - RIU RAU Jalon, Friday at 2.30pm A game rumoured to be around 2,500 years old, that is similar to Rummy, played with tiles.	BERYL COMAR berylcomar@gmail.com
	Men Who Munch - What happens at "Men Who Munch" stays at "Men Who Munch" Come on Guys, join in with our get togethers at various local bars or restaurants.	GORDON SIM Thomassim007@gmail.com

NEWSLETTER

u3a
Vall del Pop



March 2025

	Activity	Contact
	Mosaic 1 - We create decorative mosaics using glass and ceramics. Join us to learn how to do this fascinating hobby. Contact group leader	LIZ WILLIAMS Lizwilliams2008@live.co.uk Telephone: 684116089
	Mosaic 2 - Group buys materials to share, and have all the necessary equipment to create Mosaics. Contact group leader for more information.	SUE WILLIS suewillis2@hotmail.com MONIQUE LECKIE monileck@aol.com
	Open Forum - We meet fortnightly to discuss a variety of different topics, both serious and light-hearted. We are all different but we are all equal here!	ANNESLEY SINCLAIR annesleysinclair@gmail.com Telephone: 965730605
	Petanque - We meet every Wednesday morning in Lliber	GERRY BACON Gerard.bacon@yahoo.com Telephone: 600 652 821
	Spanish Conversation - An opportunity to practise Spanish you have learnt in a casual conversation. Beginner, expert, or somewhere in between?	HEIDI MORGAN mike_heidi@hotmail.com
	Spanish Lessons - The tuition is informal, in English, with plenty of opportunities for conversation and gaining confidence in a friendly and relaxed group.	CARMEN carmenmasfemenia@gmail.com
	Walking Groups - Make friends with others who enjoy exploring the excellent hill, valley and coastal walks. When possible we visit a local bar for refreshments.	JAN AND PAUL LENISTON pauleniston@hotmail.com Telephone: 651 633 198
	Yarn & Thread - Anything to do with yarn and thread is welcome. We meet on the 2nd and 4th Monday morning of the month in Orba.	LORNA BOTTEN lornabotten@gmail.com Telephone: 96 558 3484



March 2025

Cinema Club



All welcome, sit back and enjoy a fabulous movie.

Variety is the spice of life and we aim to show a good mix of movie genres.



2nd and 4th Mondays in the month
Doors open 6.45pm for a 7.30 start.
Jalon Salon (next to Town Hall)
2 Euro donation

Non-members can enjoy a 1st taster visit
You can bring a friend or guest along for one visit

For further information contact
Christine Brazier
justnanny@live.co.uk





March 2025

u3a Vall Del Pop coffee mornings 2025

We look forward to seeing you at the following events.

No need to book, just turn up.

Please note, occasionally dates and venues may have to be amended so please keep an eye on the new website or Facebook for updates.



Members General Coffee Mornings Weds 11.00am

19th March
Restobar Quijote - Orba
23rd April
Blanca Bikes - Parcent
21st May
Restobar Quijote - Orba
June 18th
Blanca Bikes Parcent

Friendship & Support Coffee Mornings Weds 10.30am

My Mercat, Jalon

12th March

26th March



NEWSLETTER

u3a
Vall del Pop



March 2025



U3A VALL DEL POP SPRING CAR BOOT
SALE AND CRAFT FAYRE

SUNDAY 27TH APRIL 2025

RASTRO SITE JALON

10-2PM

LOTS OF FABULOUS STALLS AND
BARGAINS, LIVE MUSIC,
REFRESHMENTS, BBQ etc.

To book a pitch (car boot) or stall (craft) e mail
goodwill@u3avalldelpop.com Only 10e (15e vans and trailers)
payable on booking by bank transfer. Set up from 8am.

NB Craft fayre and car boot will operate in separate areas.

Vall del
Pop 1

www.u3avalldelpop.com



March 2025

Non Members Welcome

INVITE FAMILY & FRIENDS

Tea Party

You are invited to a fabulous charity Afternoon tea at Los Oliuos, Lliber, on Tuesday 20th May 2025 from 2-5pm.

Live music by the amazing Paul and Judy, lots of cava, delicious home made sandwiches, cakes and scones with jam and cream.

Also a clothes and accessories sale and raffle. Who can resist?



All proceeds will be donated to Paws Xalo dog rescue and u3a Vall del Pop Goodwill team.
Only 15€ including oodles of cava!

To book please e mail: p.heffron433@btinternet.com, book at u3a meetings or coffee mornings or purchase tickets in Paws shop, Jalon.

Venue: Los Oliuos, Ctra Benissa Jalon 13 (CV 750.) opposite old Lady Elizabeth school.
Parking available inside gates.





March 2025

Non Members Welcome

INVITE FAMILY & FRIENDS

**U3A
VDP**
PRESENTS
THE ENTERTAINERS

Summer Party
in the Park

19TH JUNE 2025
LOS ARCOS GARDENS,
PEDREGUER
GATES OPEN 7PM

Bring Your Own Picnic, Buy Drinks at the Bar

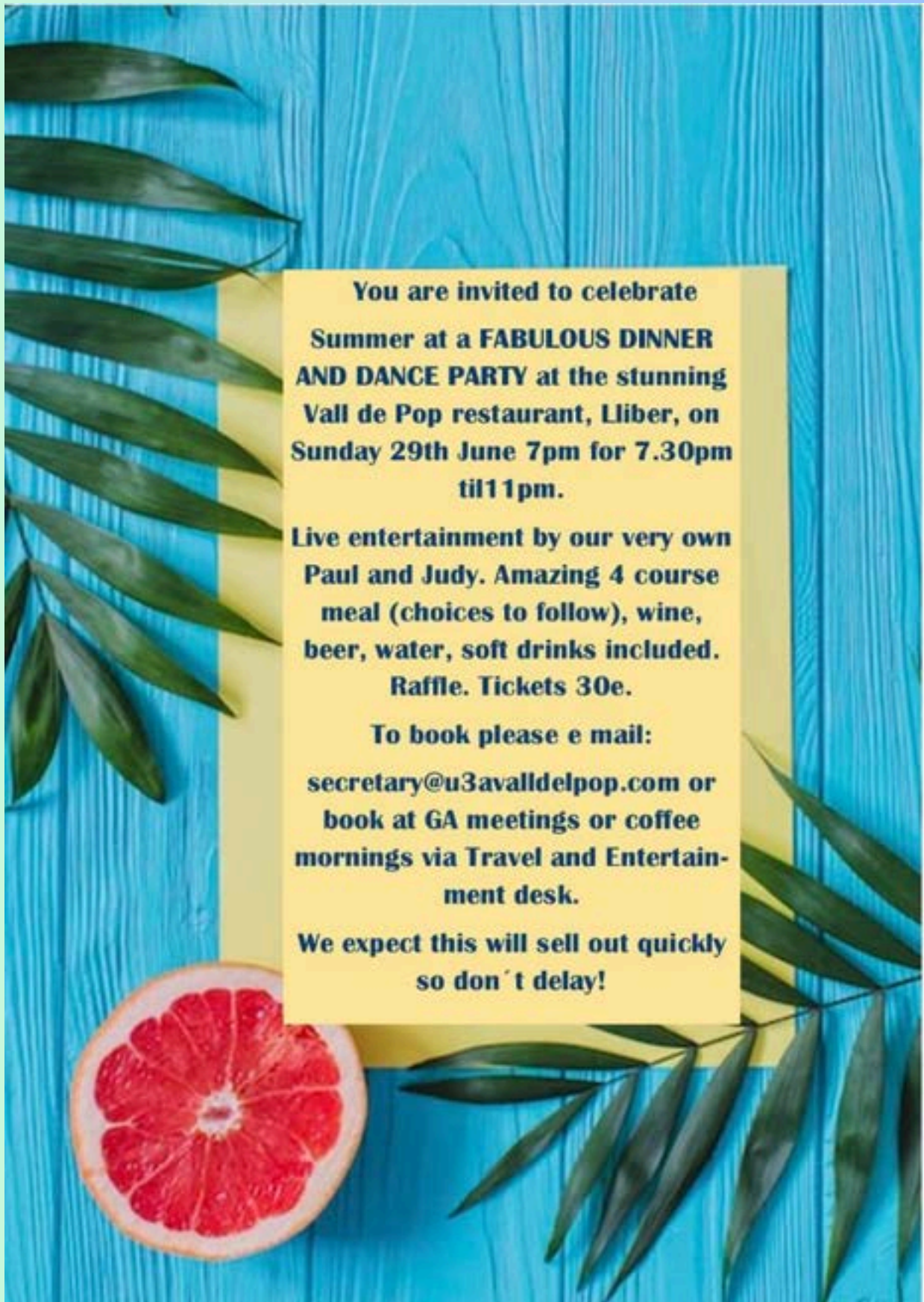
 The Goodwill Team.

MONEY RAISED FOR U3A GOODWILL CHARITIES

Tickets from GA, Coffee Mornings or goodwill@u3avalldelpop.com



March 2025



NEWSLETTER

u3a
Vall del Pop



March 2025

Always a fantastic afternoon enjoying live music in great atmosphere with a picnic and bar, indoors with tables and chairs provided. These events sell out fast so book early.



The
Goodwill
Team.

Raising money
for
local charities

u3a
Vall del Pop




Invite you to an afternoon picnic party

Sunday September 21st - 2pm

at the OK band corral - Benissa campo



 the OK band

€10 door donation p.p. **10€**

B.Y.O. PICNIC - DRINKS FROM THE BAR

To Book

goodwill@u3avallpop.com

or

sandie7armer@gmail.com

Please request a map when booking

www.u3avallpop.com



March 2025

Working in Collaboration with other organisations



Jalon Valley Help is a voluntary organisation helping those in need in the Jalon Valley and surrounding areas and also supports local charities and organisations. Their main source of funding is via their shops.

Their primary focus is the provision of care and assistance, when needed, to people of all ages and nationalities. All funds raised are used to support the most vulnerable and to provide care to the sick and terminally ill. Social care is the charity's largest expenditure and, whilst the majority is spent on social care for individuals, they also support other agencies that provide assistance to individuals and families in need in the local area.

Probably best known to most of us for their loan service of medical equipment, they also provide a weekly drop-in centre at Animo, Alcalali for coffee and friendship, have a weekly drop-in by a dedicated cancer nurse to provide support and advice on cancer related issues, and hold a weekly seated yoga class which is very popular. Anyone is welcome to attend any of these.

Chris and I met with Richard Green, President, and Lorri Harkness, Treasurer, recently to see how we can work more closely together and support each other's organisations. With some 500 u3a members it is very likely some of us will need their help at some point in our lives and they have already provided invaluable help to some of our members.

Richard was keen to encourage the u3a to be a referral service, recognising that JVH are the service deliverers. They work closely with Cancer Care, MABS and Help of Marina Alta to share equipment and support and can involve them when necessary.

Should any one of us require professional help and support they have a process in place to meet with an individual to assess needs by a qualified nurse, Alison Day. This might be in the form of equipment and aids for the home, applying for financial assistance e.g. Attendance Allowance from the UK government or suggesting private carers.



March 2025

Working in Collaboration with other organisations

In the case of Attendance Allowance claims JVH can handle the whole process from start to finish and have, to date, a 100% success rate in obtaining this. UK Attendance Allowance is an entitlement for those who have medical needs and who require additional help to manage day-to-day activities e.g. shopping, gardening, housework etc. Perhaps some of our members are not aware they may be entitled to claim this but it is available to UK nationals living in Spain.

JVH have an extensive range of equipment and aids and these can help an individual to stay safe in their home or even to remain in their own home rather than moving into care. They can advise on what may be useful now or in the future. (To request borrowing equipment please call 634 357 199).

The first step to obtaining help is to call the JVH helpline on 659 624 643 to register a request and Alison will make an appointment to visit. Please note this is not manned 24 hours and Alison may be with a patient when you call so may not be able to answer straight away.

JVH can also provide transport for those who cannot get to hospital appointments any other way and again, requests should be made in advance via the helpline. We are keen to support this service so if anyone would like to offer to be a volunteer driver please contact JVH directly. A 46 cents per mile sum is paid by JVH and users of the service must be able to walk and/or transfer safely to a wheelchair, so no lifting is required. It is a voluntary service and not a taxi service. I would stress these are not people who are sick and require an ambulance. JVH can provide appropriate training if required.

They also welcome anyone who would like to assist with preparing medical equipment to be issued. All has to be cleaned and kept in good condition at their equipment store.

In the case of hospital beds being issued to those being cared for at home, JVH are keen to provide an essentials pack containing necessary items that family carers may not even realise they need. We are looking at how we might be able to assist with these.

We all hope we will never need such a service, but the reality is some of us will and JVH and its partners can liaise with hospitals and doctors and bridge the gap between hospital and home, making sure everything is in place.

Richard has very kindly agreed to come and talk to members at our June General Assembly and hopefully introduce Alison Day, the nurse, who works with JVH and Cancer Care. He will explain JVH's own services and how these complement the offerings of other local service providers, which we know can give rise to some confusion. We are sure members will find this interesting and informative.



March 2025

Working in Collaboration with other organisations





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We bring you 2 new concerts for 2025

Gloria Gaynor in San Pedro del Pintar

12th August 2025

59 euros inc seated concert ticket

The legend that is Gloria Gaynor is coming to San Pedro del Pinatar for the opening night of the Sal de Musica Music festival. Bringing us her amazing disco hits such as I Will Survive, Never Can Say Goodbye, I Am What I Am, Walk on By and Reach Out, I'll Be There, this promises to be an amazing show to keep you on your feet dancing and singing...

Kylie in Seville

13th - 15th July 2025

299€ inc 2 nights B&B and a standing ticket to the concert

We are excited to be offering the opportunity to see Kylie in Seville. This will be a 3 day break to this wonderful city to see Kylie perform at the famous Seville Iconica fest. This will be held at one of Seville's most emblematic venues, the Plaza de España.

We have STANDING tickets in the general pista area. No seated tickets are available for this concert.

To book this or any of our other spectacular shows please visit our website at www.coachtripsonline.com or call the office on 966785910

Happy travelling,
David and the Coachtrips Team

David's Coachtrips SL

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