

NEWSLETTER

u3a
Vall del Pop





Summer 2025

President's Message

In my previous message I looked forward to the Party in the Park at Los Arcos on 19 June and to our summer dinner dance at the beautiful Vall del Pop restaurant in Lliber on 29 June. Both have now passed and were resounding successes.

Paula and I also greatly enjoyed the recent catamaran sunset cruise from Denia. I am therefore very grateful to the many organisers who made it possible for us to spend such wonderful moments together!

At the same time, I am very aware that a number of our members are currently suffering serious health problems. Sadly, this is almost inevitable given our demographic. Nevertheless, each case is a real heartache for the individuals concerned, their families and friends and we should try to offer our help whenever we can. We send them all our very best wishes.

I know that in a few cases we have already been able to arrange care and/or the supply of medical equipment through our connections with Cancer Care, Jalon Valley Help and others. This is an important reminder of the value of these relationships, in addition to the good work of our own Friendship & Support team.

It then only remains for me to wish you all the best for the remainder of our well-earned summer break. Hopefully we will all return in September full of energy and enthusiasm for the very busy last four months of the year!

With best wishes,
Chris





Summer 2025

Trip to Port Saplaya May 2025



46 members travelled to Port Saplaya, often referred to as Valencia's Little Venice, on May 28 2025. It is a picturesque marina which flows into tranquil canals that wind their way through the streets. Rows of colourful houses and apartments with beautiful gardens hug the canals.

Most of us took leisurely strolls around the canals enjoying the vibrant colours of these houses and gardens stopping at bars for refreshing drinks. It was a very hot day and some of us spent time on the beaches.

Port Saplaya boasts two splendid long beaches. We had a choice of several restaurants in the main square. They all offered very reasonable menus del dia. It was a tiring day with a lot of walking but I believe we all enjoyed our day in Port Saplaya.





Summer 2025



Ladies Lunch June 2025



On Tuesday, 17th June 2025 twenty ladies arrived for their monthly lunch at La Piscina, Parcent, our last lunch before the summer recess. Thankfully, although weather reports were threatening rain and lightning, we had nothing but beautiful sunshine which we enjoyed under the canopy and pine trees.

Paula offered a toast to myself, for my birthday on the previous day. Paula gave us all an update on Paul Corazzo's health and said that his surgery had gone well, and we raised our glasses to wish him well for his recovery.

Drinks were served and the restaurant gradually brought out a multitude of starters, kindly providing for all culinary needs. We had all selected our principal courses prior to arrival, together with sweets.

All very tasty and very filling.!

There was lots of chat about summer plans and upcoming u3a events. We now take a break and resume our lunch dates on Tuesday, 16th September 2025. Details will follow in due course.

In the meantime enjoy your summer time.

Sally





Summer 2025

Evening at Los Arcos with The Entertainers June 2025

With a very welcome cloud cover fortunately blocking the fierce heat of the sun and a very pleasant breeze blowing, a full house of 147 guests at the u3a Vall del Pop's Picnic in the Park gathered in the gardens of Los Arcos, Pedreguer, in the early evening of Thursday 19th June to raise money for local charities in need.

Paula Barrett, the event organiser, welcomed everyone and explained that the Goodwill Team's charity fund raising activities were unique within the u3a organisation and that every euro raised is distributed to local charities, such as Jalon Valley Help/Caritas/PAWS/Project 4 All, Benissa Children's home to name just a few, to help those in need in our community. They are honoured to be able to help so many worthwhile causes, some 14 charities and charitable initiatives in the past year, and are very grateful for everyone's support and generosity.



She introduced the "amazing" Entertainers who she promised would provide an evening spectacle of super songs and dance whilst the guests initially enjoyed their picnics, before she hoped everyone would join their friends on the dance floor.





Summer 2025

Evening at Los Arcos with The Entertainers cont.

A spectacular evening it was, with each member of the Entertainers offering different styles of singing and song genre, Sway/Build Me Up Buttercup/Purple Rain/ I Will Survive/Tiger Feet, and with Dolly performing her dance routines, with the support of Pete who was released from his mixing desk to perform in Gee's absence. The other unique feature of an Entertainers' performance is the moving and superbly presented duets by Jo & Marc, which no other group locally can offer, tonight featuring You Are The Reason and Islands In The Stream.

They also performed an extremely moving rendition of Bette Midler's Wind beneath my Wings in memory of Sandra Welham who sadly passed away last year, and whose musical celebration was held at Los Arcos a year ago and at which The Entertainers kindly performed. What a super performance throughout the first set, and in the second set hit after hit kept everybody on the dance floor.



A super raffle of 16 great prizes took place during the break and guests were very generous. At the end of the evening Paula advised that €1,651 had been raised thanks to the generosity of everyone, an incredible sum which was sufficient to purchase either a hospital bed for JVH or to pay Caritas supermarket bill for a month for local families in need or to buy Christmas gifts for the children in the Benissa home.

She thanked Pacqui's team for their wonderful service throughout the evening and The Entertainers for a superlative show as everyone had had a ball, dancing the night away. We can't wait for next year as The Entertainers have very kindly agreed to perform for us again. We hope members and friends will support it next year.



Summer 2025

Summer party Vall de Pop restaurant, LLibre, Sunday 29th June

On a glorious, if a tad warm!, summer evening, 84 members and friends gathered at the beautiful Vall de Pop restaurant in Llibre for our u3a Vall del Pop summer party. We were delighted Paul and Judy (Corazzo) were able to be there and Paul was treated to a huge round of applause from his many fans!

It was also a special occasion for Margaret and Jeremy Turner who were celebrating their upcoming 64th wedding anniversary. Many Congratulations!

We started with cold refreshing sangria on the terrace on arrival taking in the stunning views and enjoying a cooling breeze while Forever Young entertained us with some relaxing songs.



Dinner was served at 7.30pm and everyone enjoyed a stunning 4 course meal of various starters, a water melon gazpacho, generous main courses and a choice of light desserts. The home cured gravadlax which I had chosen was delicious and those who ordered the spare ribs were treated to a very substantial feast.

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Summer 2025

Summer party Vall de Pop restaurant Cont.



Feedback on all meal choices was very positive and the staff did an excellent job serving us all so quickly and catering to all requests. Wine flowed and very soon Jayne and Colin of Forever Young were upping the pace and the dancing commenced.

Despite the heat the dance floor was full almost the whole time and everyone seemed to have a great time. There was certainly a lot of laughter and fun including one person who took a refreshing dip in the fountain with the ducks (no name mentioned)!!

11 lucky winners won prizes in the raffle including a generous voucher for dinner for 2 at Vall de Pop restaurant kindly donated by Elizabeth and Wout, our wonderful hosts, and won by a delighted Denise and Bill Benbow.

Sadly one of our members suffered a fall in the car park when leaving and we wish her a speedy recovery and send her lots of love.

A very special evening and a great way to celebrate summer together. Thank you to everyone who came and supported the event.

We hope you will join us for our Christmas party there on Sunday 7th December.

www.u3avalldepop.com



Summer 2025

Denia sunset catamaran cruise July 2025



On Wednesday evening, 16th July, some 50 members enjoyed a wonderful evening sunset cruise organised and led by Carole Wardle, Travel and Entertainment.

We boarded the coach at 5.15pm for the short drive to Denia on what was possibly the hottest day of the summer so far! Thankfully the coach was air conditioned and we were dropped off right by the restaurant where drinks and tapas awaited us. Some of us found the ice cream parlour close by for a sneaky treat!

At 7.30pm we boarded our catamaran which was moored just a stone's throw from the restaurant. It was very spacious with a bar and DJ and accommodated up to 150 people comfortably. Younger guests settled on the trampolines at the front while us "oldies" found our seats.

Before long we headed out of the harbour, past the marina, out to the headland leaving Denia and the castle behind us. A beautiful much appreciated cool breeze blew and the sea was flat, perfect sailing conditions. A complimentary glass of cava was served and a few brave souls danced to a mix of English and Spanish music.

Sadly we didn't see any dolphins, but the views were lovely and the highlight was returning into harbour in the sunset. The cruise takes over 2 hours and our coach awaited us for our return to Jalon.

I think we all agreed it was a super evening and one worth repeating in future. Thank you to Carole for organising this for us.





Summer 2025

Research project on the retired British population of Alicante Province

Dear All

I would like to extend my warmest thanks to everyone who kindly took the time to speak with me during my recent visit to Jalón. It has been a real pleasure to listen to your stories and reflections.

As you already know, my doctoral research focuses on how retired British citizens experience life in Spain in the post-Brexit context, especially in relation to their transnational ties and sense of belonging.

At this stage, I am now transcribing and beginning to analyse the interviews. The aim is to identify common themes and patterns that help explain how retirement migration is evolving under new political and social conditions. I will be continuing my fieldwork over the summer and autumn in other parts of the province, and I am looking forward to returning to these conversations later in the writing process.

In this regard, I will be sure to let you know of any partial publications I make on the subject, as well as to inform you when I deposit and defend my thesis (expected in November 2027). If you're interested in the broader context of this study, you may enjoy a recently published article I co-authored with my PhD supervisors, Professor Raquel Huete and Professor Alejandro Mantecón, and other researchers in this field.

The article looks at the impact of Brexit on older British migrants in Spain, including changes in residency, mobility, and familistic wellbeing.
<https://reis.cis.es/index.php/reis/article/view/2342>

Thank you once again for your generous participation and support. It truly means a great deal.

Best wishes,
Raquel Gil Monllor – PhD Researcher, Univ



Summer 2025

Jalon Valley Help - New Van

Jalon Valley Help (JVH) is one of the fabulous local organisations that our Goodwill team has supported for a number of years. You may be aware from articles in previous newsletters that we are developing an increasingly close relationship with them.

For example, a number of us have already benefitted from hospital beds and other equipment provided by JVH or from their assistance in applying for UK Attendance Allowance.



Recently JVH sent us these photos of a more modern, wheelchair friendly van they have acquired to move both people and equipment. I am pleased to report that this can be available to our members for hospital trips or for help in attending our meetings. In return JVH would be delighted if any of our members could on occasion act as volunteer drivers.

Richard hopes to bring the van to our GA meeting in Sept so members can see it along with some items of equipment that are available to borrow.



May 2025

Stay Connected During the Summer



Our coffee mornings are a great face to face way to find out what's going on, to book trips and events at the Travel and Entertainment ones, and to socialise.

No need to book, just turn up. Dates and location in this newsletter or on the web site.

Our monthly newsletter provides a wealth of interesting information about what is/has been going on, what is planned, links to external events and trips, and general useful information. This is sent out to all members by e mail and is also available to read on our website. Most members really enjoy this, and we welcome input.



If you use Facebook we have a Facebook group u3a Vall del Pop which again gives lots of current information and is updated almost daily.

This is available to current u3a Vall del Pop members only and not members of the general public.

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May 2025

Our website is another great source of information and has been designed to make it easy to use. You can access it via a smart phone (i.e. if you have internet access on your phone), a tablet or iPad or a computer/laptop.

All you have to do is open e.g. Google or whichever search provider you use and type in **www.u3avalldelpop.com** and our website will appear.

http://



From the first page (the home page), you can look at Events/trips, Activity Groups, Friendship and Support, read about past and future activities, coffee mornings, newsletters etc.

Everything we have on offer is on here and it is constantly updated.

You can email us anytime on the following e mail addresses:

Chris Barrett president@u3avalldelpop.com

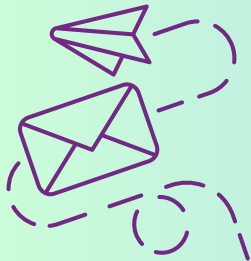
Paula Barrett secretary@u3avalldelpop.com

Goodwill goodwill@u3avalldelpop.com

Carole Wardle travelentertainment@u3avalldelpop.com

Linda Burns (Newsletter Editor) news@u3avalldelpop.com

General enquiries team@u3avalldelpop.com



We send out emails to all members with important and timely information.

Peter Ellis is our IT guru and is very happy to help anyone learn how to use any of these methods of communication safely on your phone, tablet or computer.

He is very patient and helpful!

He will be at the GAs or on the **[team@u3avalldelpop](mailto:team@u3avalldelpop.com)** email address.

We appreciate many of us are not IT savvy
(computers and the internet weren't around in our younger days!)
but we do our very best to ensure you receive all the information you need
in a safe way that you can easily access so you feel involved and informed.

Don't miss out on groups, trips, events, socialising just because you didn't know about them.
It's our job to make every effort to inform you so you enjoy your u3a Vall del Pop to the full

Paula - Secretary - u3a Vall Del Pop

www.u3avalldelpop.com



June 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 11.00am

21st August
Blanca Bikes Parcent

17th September
Restobar Quixote, Orba

Stay Connected
Join our
Summer
Meetings

Friendship & Support Coffee Mornings Weds 10.30am

My Mercat, Jalon

6th August
20th August
27th August





May 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.



9th September day trip to Santa Pola with optional boat trip to Tabarca Island - **SOLD OUT**

14th October day trip to Elche & Pikolinos shoe factory - **PLACES AVAILABLE**

2nd November Cocentaina medieval market - **PLACES AVAILABLE**

16th November Benidorm Palace - **SOLD OUT**

20th November Xmas shopping trip to La Zenia - **PLACES AVAILABLE**

13th December Christmas lights Alicante - **SOLD OUT**

UPCOMING EVENTS

21st September OK band afternoon picnic concert

31st October Halloween event Pepe's, Alcalali with live music and dinner - **ON SALE NOW**

30th November Christmas fayre and car boot sale

7th December Christmas party/dinner and dance - **ON SALE NOW**

Lots to look forward to!

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

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Just got this from my friends Spanish neighbour.....

Dear neighbors and citizens, for your information: High Security Notice:

Please be aware that there is a group of people going door-to-door posing as Internal Affairs employees. They have documents and letterheads from the Ministry of Interior, Justice, and Peace, claiming they need to verify that everyone has valid ID for the upcoming census.

**They are everywhere and look smart.
Someone will come to your house and say,
"I want to take your photo/fingerprint according to some scheme."**

**They have a laptop, a biometric machine, and a list of all the names.
They show the menu and ask for all this information.**

Please be aware that no such initiative exists on the part of the government.

Please know that all of this is false.

Do not give them any information.

**Everyone should be vigilant and aware!
Forward this to all your community groups.
Please inform your family and friends.**





Summer 2025

NOLOTIL



A REMINDER NOT TO TAKE THIS DRUG EVEN IF PRESCRIBED

Press coverage of tragic deaths associated to the drug Nolotil/Metamizole really concerns all of us.

If you are in the unfortunate situation where you require strong painkillers, whether prescribed by your local doctor, clinic or hospital, you need to know this. Please be aware and make sure you are not prescribed either of these widely used drugs. They can have serious side effects, which seem to manifest themselves amongst Anglo Saxons/Northern Europeans including us Brits.

Over the last few years a Spanish medical translator has been fiercely campaigning to have the drug banned in Spain as it is in the UK, USA and many more countries. The tragic case histories make frightening reading: horrific side effects, organ failure, loss of white blood cells, sepsis, gangrene, amputations and permanent disability are documented side effects of Nolotil associated with these victims and a number of tragic deaths, all of which could have and should have been avoided.

Denia Hospital issued several years ago ADVICE against NOLOTIL being prescribed for Anglo Saxons. Only advising, not prohibiting, and with the pressure of work and staff turnover this advice may not always be heeded.

We know of one of our own Members, fortunately aware of Nolotil's deadly reputation, who had refused it in the hospital but then picked it up on her discharge post op painkiller prescription. **FOR YOUR SAKE** Make sure you are aware of what you are being administered or prescribed under medical care. Query it and avoid it.

It can also appear as METAMIZOLE, a post-op painkiller. This is NOLOTIL under another name. The medical governing body, whose job it is to decide whether there is a case to ban NOLOTIL, as has already happened in 40 other countries, are still reviewing evidence. In the meantime we all need to take responsibility too and make sure that we don't become part of that evidence.

We have recently purchased/sold bracelets to be worn stating we must not be given Nolotil or Metamizole which many members purchased. If you didn't get one we have invited the campaigner to be our guest speaker at the September General Assembly in Murla and she will bring some more which can be purchased.

Please stay safe.

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Summer 2025



The
Goodwill
Team.

Raising money
for
local charities

u3a
Vall del Pop




Invite you to an afternoon picnic party

Sunday 21st September - 4pm

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

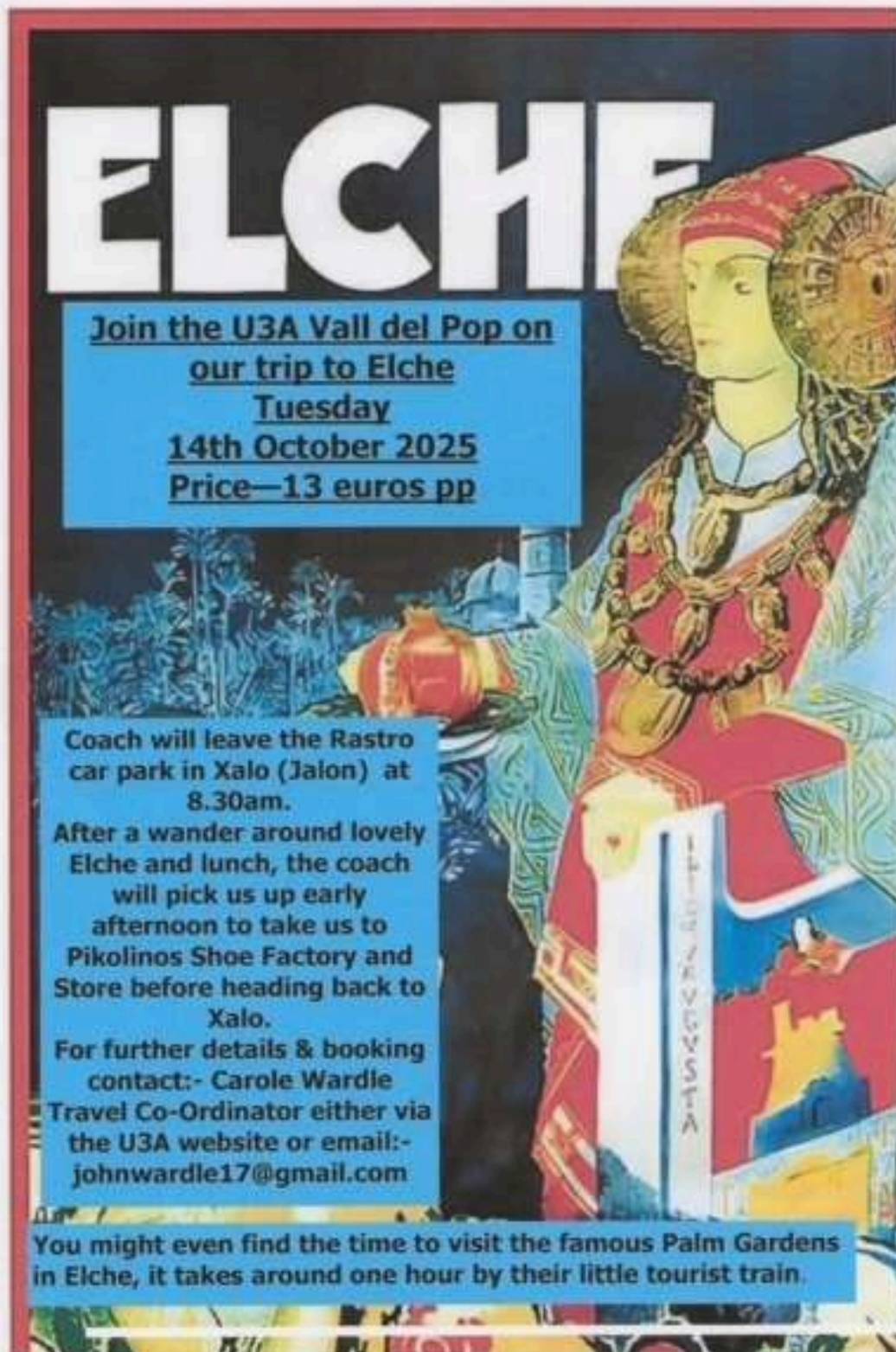
sandie7armer@gmail.com

Please request a map when booking

www.u3avallpop.com



June 2025



ELCHE

Join the U3A Vall del Pop on
our trip to Elche
Tuesday
14th October 2025
Price—13 euros pp

Coach will leave the Rastro car park in Xalo (Jalon) at 8.30am.
After a wander around lovely Elche and lunch, the coach will pick us up early afternoon to take us to Pikolinos Shoe Factory and Store before heading back to Xalo.
For further details & booking contact:- Carole Wardle
Travel Co-Ordinator either via the U3A website or email:- johnwardle17@gmail.com

You might even find the time to visit the famous Palm Gardens in Elche, it takes around one hour by their little tourist train.



Summer 2025



Your u3a invites you to a spooky evening of magical music, dizzy dancing, fantastical food, devilish drinks, a ravishing raffle and a quizzical quiz on Friday 31st October 7-11pm at Pepe's Alcalali.

Dress to scare if you dare! There may be prizes to be won!

Only 15 euros to include: bread and alioii, a choice of chicken pie, fish and chips, roast pork or vegetarian lasagne, followed by an ice cream. Meal choices required on booking please.

Book at GAs, general coffee mornings or via goodwill@u3avalldelpop.com. DO YOU DARE NOT TO COME??



Summer 2025

u3a
Vall Del Pop

Raising Money for Local Charities

Christmas Fayre & Car Boot Sale

30th November 2025
Jalon(RastroSite) 10-2pm

A well supported annual event
Stalls 10 euros, Vans & Trailers 15 euros
Payable in advance by bank transfer
To reserve your spot contact
goodwill@u3avalldelpop.com
Donations of tombola, raffle prizes, cakes and savouries greatly received!

Meet Santa in his Grotto
Seasonal Holiday
Craft Creations
BBQ, Bar, Mulled Wine,
Refreshments, Raffle,
Tombola & Live Music



Summer 2025



You are invited to a wonderful party night of drinks, dining and dancing on **Sunday 7th December** at the beautiful Vall de Pop restaurant, Lliber, 7pm for 7.30pm to celebrate Christmas with friends.

Live entertainment. Charity raffle. Dress in your finest and prepare to party! Ticket price 35 euros. Welcome drink, wine/water/soft drinks included.

Places limited so book early to avoid disappointment at goodwill@u3avalldelpop.com or at GA meetings or general coffee mornings.

Delicious 4 course Festive menu to follow.



Summer 2025

Paws Xaló Dog Rescue

We invite you to our shelter



Open Day



28th of September

11am-3pm



Meet the dogs



Meet the volunteers



See our great location

Find us on Google maps

Or follow the purple balloons from
casa Claudia Jalón



Bar



Refreshments



Raffle



Everyone from Paws Xaló Dog Rescue is looking forward to introducing you to our wonderful shelter and dogs



Summer 2025

DOG RESCUE

Paws XALO

**FABULOUS
FASHION
SHOW**

A FUN -DRAISING EVENT

Wednesday 8th October 2025

**PENSIONISTAS/LIBRARY, XALO
(NEXT DOOR TO SPORTS CENTRE)**

TICKET ONLY €7

TICKET PRICE INCLUDES CAVA & CAKE/SAVOURY

SHOWCASING

**FABULOUSAUTUMN/WINTER FASHION
CAKE/SAVOURY STALL
RAFFLE & GUEST APPEARANCE**

**ALL ITEMS AVAILABLE TO BUY ON THE DAY PLUS
ACCESSORIES, SHOES AND BAGS
TICKETS AVAILABLE FROM PAWS CHARITY SHOP**

**DOORS OPEN 10:00AM
SHOW TIME 11:00-14:00**



Summer 2025

Escapada especial NAVIDAD

PEÑÍSCOLA 2025

420€
P.V.P.
Suplemento individual: 120€

★ **DÍA 23:** *ORIGEN - PEÑÍSCOLA*
CENA / DINNER / ABENDESSEN

★ **DÍA 24:** *PEÑÍSCOLA*
P.C / FULL BOARD / VOLLPENSION

★ **DÍA 25:** *PEÑÍSCOLA*
P.C / FULL BOARD / VOLLPENSION

★ **DÍA 26:** *PEÑÍSCOLA*
P.C / FULL BOARD / VOLLPENSION

★ **DÍA 27:** *PEÑÍSCOLA - ORIGEN*
ALMUERZO / LUNCH / MITTAGESSEN

Costa del Azahar

- Transporte en autobús ida y vuelta.
- Alojamiento en hotel 4**** H. PEÑÍSCOLA PLAZA SUITES **** SUP.
- Régimen en Pensión Completa
- Animación en el hotel
- Teléfono 24 horas
- Seguro asistencia de viaje

SERVICIOS INCLUIDOS

¡Felices Fiestas!

paisajes.es

Itinerario de salida y condiciones generales en www.paisajes.es
Organización técnica paisajes CV-Mm 048-V