

NEWSLETTER

u3a
Vall del Pop



September 2025



September 2025

President's Message

After our long summer break it was great to see so many members, old and new, at our September General Assembly. We have been approaching for a while our informal target of having 100 people in the room and this time we finally broke through and reached 105.

Another informal target that we have been discussing for a while is to take our membership back above 500. Barbara reported at the GA that with our recent new joiners the membership number now stands at 474. There is therefore a small chance that we will also reach this target before the end of the year. Fingers crossed!



Returning to the meeting I was, like everyone, impressed and amazed by Christina Garcia del Campo's presentation. Thanks to her tireless efforts I think by now we are all aware that Nolotil and Metazimole represent a major danger, in particular for the British and Irish and other Northern Europeans. However, I for one had no idea of the scale of the problem and the number of known cases of death or serious illness.

It was equally shocking to hear how often the medical and pharmaceutical establishments have joined forces to block Christina's efforts to shine light on this vital problem. This makes her persistence and steady success over eight long years all the more remarkable. We should certainly continue to publicise her campaign whenever we can, not only for our own sakes but also for the wider population. The truth is that we will never know just how many people may already have benefitted unwittingly from her work and there will be countless more in the future.

To end on a more cheerful note, we have a wonderful variety of trips and events to look forward to between now and Christmas, with both the Travel & Entertainment and Goodwill teams continuing to do a marvellous job. I look forward to seeing many of you at one of these.

Best wishes
Chris



September 2025

Visit to the Franciscan Shelter for Men at Palma de Gandia

On Sunday August 10th Paula and I made our first 'drugs run' to Gandia, delivering to the Shelter boxes and bags of medicines kindly donated by our members. You will see that the boot of our car was quite full!



The Shelter has developed over 40 years from very modest beginnings and now has capacity for 65 homeless men, many of whom suffer from mental or physical illness and some of whom are terminally ill. The doors are open to all nationalities, and the men can be of any or no religion.

The hospice is funded entirely by charitable donations, not a cent is received in State aid. The buildings have been paid for over the years by generous donations and bequests, often from members of the Catholic and Church of England congregations, both of which use the Shelter's church for their services. It seems that the monks are also not shy about asking for help. You might well wonder why we have included a picture of the smart new car park. It turns out that this was completed for free shortly before our visit, after the monks approached the contractors working on a nearby motorway extension!



The day-to-day work is performed by just three monks supported by a team of volunteers who together care for the residents around the clock. As you may be able to see from our photos the buildings and gardens are beautifully maintained. Everything is very calm and peaceful and walking around there is the feel of more traditional cloisters, which was surely the intention. Paula and I were both awestruck by how special it all felt. Another photo shows the large paella pan and vegetables that were being prepared for the communal lunch.



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Visit to the Franciscan Shelter for Men at Palma de Gandia cont.

We were told that the men in the Shelter had often worked for cash as fruit pickers etc and had never been registered in any State records. For this reason, they cannot obtain the medicines they need through the SIP system. Fortunately, three doctors offer their services pro bono, and they can decide which of the donated medicines can safely be used.



Denia u3a has been collecting and delivering drugs for a year and we will also continue to make regular visits. So please bring any unwanted medicines (in or out of date) to future General Assemblies or coffee mornings. The monks also appreciate any gifts of men's underwear or easy to dress clothes such as jogging bottoms.

We really enjoyed our visit and felt privileged to be there. A big thank you therefore goes to Lewis Rudge from Denia u3a, who contacted us with the request for help and then welcomed us on-site and showed us around. Rather like the bicycles that we collected for Valencia last year, it is great that we can be of help to those less fortunate than ourselves, even when we are not handing out cash donations.

Chris Barrett





September 2025

U3A Monday Ramblers

We suspend walking during July and August, when it is just too hot to enjoy even short walks.

During June and September we do the same walks, but start at the earlier time of 0900 and aim to finish before 1200 and the hottest part of the day. If the weather forecast is for hot, or wet, we will usually cancel the walk.

This summer has been particularly hot, and they are still high even in September. But we did our first walk after the summer break on 1 September. We started half an hour earlier, and did a shorter walk than usual. We walked from Jalon to Alcalali, and were in bar Claudia by 1100.



This is a valley walking group, not a mountain walking one. We explore the Jalon valley and surrounding area, with walks starting from Alcalali, Jalon, Lliber and Parcent. Most walks are 9km and take about three hours. The group is suitable for anyone who is reasonably fit.

This is a great way to explore the area we are fortunate enough to live in. It is also a great way to make new friends.

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

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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

17th September
Restobar Quixote, Orba

23rd October
Blanca Bikes Parcent

19th November
Restobar Quixote, Orba



Friendship & Support Coffee Mornings Weds 10.30am

My Mercat, Jalon

24th September

8th October
22nd October

12th November

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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



www.u3avalldelpop.com



September 2025

GROUP ACTIVITIES

Join in and meet new friends!

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!

Please find below and on the following pages current activities and groups with contact details to find out more information about when they meet and cost etc.

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

We would like to remind Group Leaders to regularly check your spam/junk folders to ensure you do not miss any emails from interested parties or important information.

	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 Telephone: 634 33 46 89
	Bridge - The aim of this group is to provide an opportunity for people to play bridge in a relaxed and friendly atmosphere. Riu Rau in Jalon.	WENDY SIM wendy.sim1@hotmail.com Telephone: 711090516
	Canasta - We meet every Tuesday afternoon at Riu Rau in Jalon. New members would be very welcome to join us.	MARY WOOD marywoodspain@gmail.com Telephone: 675 674 301

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	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 - Vinyaters Xalo Thursday 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

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	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 paulleniston@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



September 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.



**Santa Pola with optional boat trip to Tabarca Island -
now scheduled for 29th September.**

14th October day trip to Elche & Pikolinos shoe factory

2nd November Cocentaina medieval market

16th November Just My Imagination - The Temptations tribute - Waiting List

20th November Xmas shopping trip to La Zenia



21st September OK band afternoon picnic concert

31st October Halloween event Pepe's, Alcalali with live music and dinner

30th November Christmas fayre and car boot sale

7th December Christmas party/dinner and dance

Lots to look forward to!

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

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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

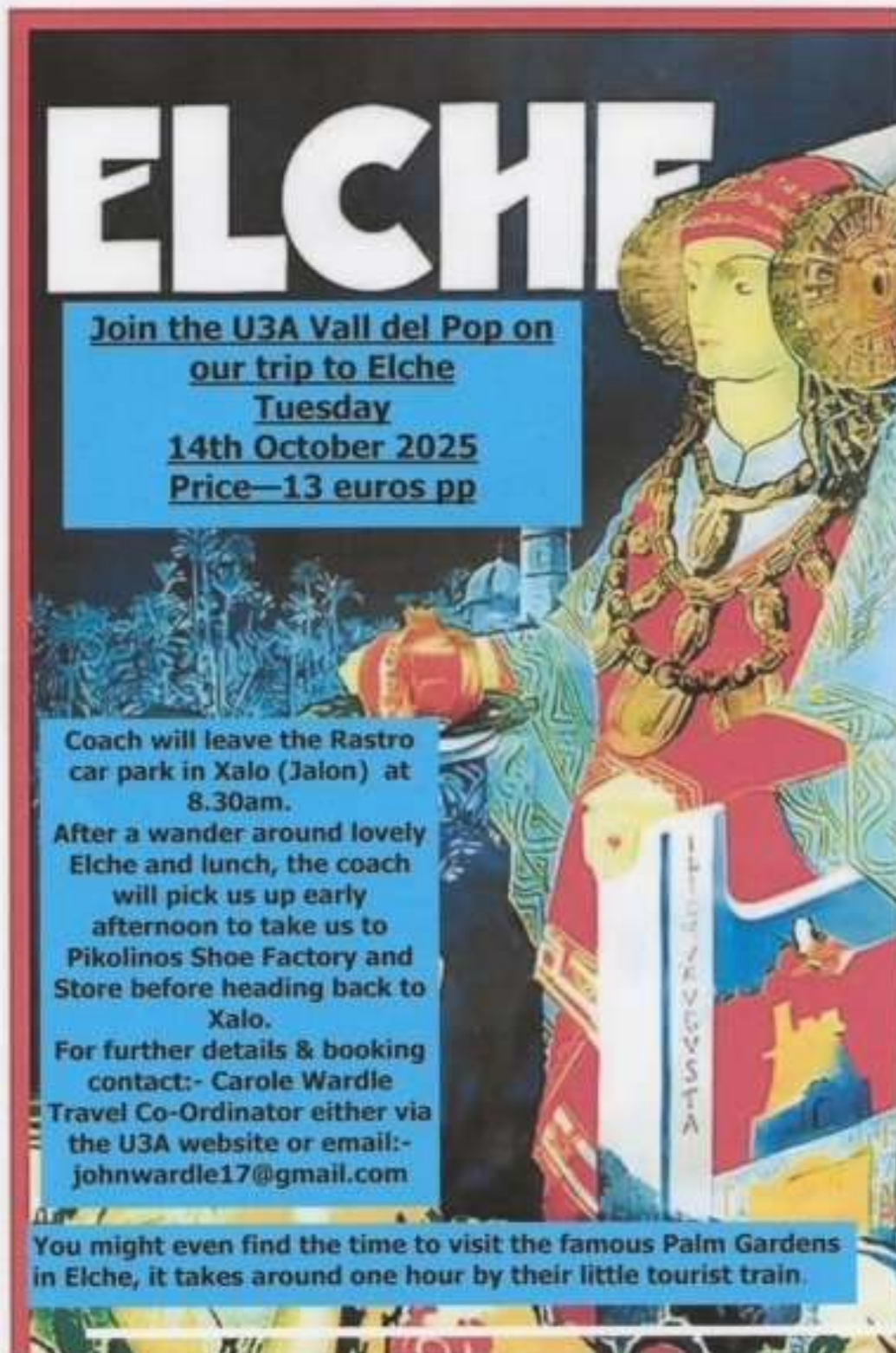
sandie7armer@gmail.com

Please request a map when booking

www.u3avallpop.com



September 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.



September 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??



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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



September 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.

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September 2025

Working in Collaboration with other organisations



CULTURAL TRIP: HIDDEN GEMS OF MADRID OCTOBER 6 - 10, 2025 5 DAYS/ 4 NIGHTS

This trip is open to both members and non-members of The Arts Society Marina Alta.

TRIP OVERVIEW: Embark on a five-day, four-night tour of Madrid's hidden gems that offer an intimate glimpse into its rich museums, palaces, and art collections. Included in the tour are the newly opened Royal Collections Gallery, the Liria Palace, the Lázaro Galdiano Museum, the Royal Palace La Granja San de Ildefonso, known as the "Versailles of Spain", and the Maria Cristina Masaveu Foundation collection. The hotel accommodation will be the 4-star hotel, **H10 Puerta de Alcalá**, in the Salamanca area near Retiro Park and the Art Triangle.

ITINERARY: Please read through the complete Trip Itinerary by **CLICKING HERE**. It details the day-by-day description of the museums we will visit and travel arrangements. The estimated price per passenger is explained.

If you are interested to join the trip, please send your name(s), telephone contact number to Lanie Geldert via email: vc.marinaalta@theartsociety.org. or Tel: +34 682 419 741.

Thank you and we look forward to have you join our group!



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September 2025

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29 OCTOBER - 1 NOVEMBER

Jávea Players Presents

at Unión Musical, Gata de Gorgos
Directed by Claire Schoonover

THORNTON WILDER'S

OUR TOWN

15 euros (30 Oct-1 Nov)
20 euros (Oct 29th) Gala Night
javeaplayers.com

 cancer care javea
Jávea Players' 2025 Charity



www.u3avalldelpop.com



September 2025

Working in Collaboration with other organisations

Paws Xaló Dog Rescue

We invite you to our shelter



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



September 2025

Working in Collaboration with other organisations

 DOG RESCUE 

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



September 2025

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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 solida y condiciones generales en www.paisajes.es
Organización técnica paisajes CV-Mm 048-V



September 2025

Working in Collaboration with other organisations

Beatles tribute night at the auditorium in Teulada on 4th October
Tickets are 23e and you can book via the auditorium website.

