



NEWSLETTER

u3a
Vall del Pop



July 2026





July 2026

President's Message

Dear Members,

For those of you who have chosen to remain in Spain, I hope you are enjoying or enduring the unusually hot summer, according to your tastes! For those of you who are or have been away, I hope you have travelled safely and enjoyed seeing family and friends or just visiting different locations.

Paula and I have stayed here and have both struggled with the heat. We have enjoyed the break from most u3a activities, but it was good to see so many friends on the lovely sunset cruise. Paula has been as busy as ever in the Paws shop in Jalon. We have also been having some work done at the house, which was completed just in time for the family arriving this week!

Looking ahead we have decided that the September General Assembly, to be held at the usual time on Thursday 3rd September, will include the bare minimum of administrative activities. As we announced previously, our main aim is rather to celebrate the first 20 years of our Association!

Best wishes
Chris

Chris and I had another visit to the Men's shelter at Gandia and delivered all the donated medicines, clothing and toiletries many of you have kindly donated. They were so grateful.

We estimate the 5 deliveries we have made so far have been worth approx 50,000e based on what we were advised the first delivery of drugs etc was valued at, and the deliveries have just got bigger and bigger.

So a massive THANK YOU and please keep collecting. Paula





July 2026

Your Travel Team Needs You!



Trips are a popular part of the U3A and organised by the Travel Team.
Like all areas of the U3A many hands make light work!

To ensure we are able to continue offering a varied choice of trips
throughout the year we need new members to join the team.

You will not work alone, we operate as a team!
You will be supported and guided through current processes
or may come up with one of your own!

Please do not hesitate to contact us if you wish to know more
about joining the Travel Team

travelentertainment@u3avallpop.com

Carole Wardle



July 2026

**CELEBRATING
20 YEARS**
u3a Vall del Pop

3RD SEPTEMBER

DOORS OPEN **10AM** General Assembly
Polivalent, Murla.

Entertainment by
Forever Young

Complimentary
Bubbles & Snacks

Bring own nibbles to share on your table



July 2026

Summer Party - June 2026

What a wonderful summer party we had on Thursday 18th June in Murla with the fabulous Entertainers performing for us.

Members arrived to a beautifully decorated Polivalent with pretty tablecloths, chair covers and sashes, lovely floral arrangements on the tables with twinkling lights, bunting and lit lanterns. The Goodwill team had once again worked their magic to make it look special and the air conditioning kept it beautifully cool on a warm evening.

Members brought their own picnics and enjoyed a 1 euro bar.

Once the room was full The Entertainers took to the stage and gave the most spectacular performance of almost 3 hours of well known, popular songs. The first set was deliberately slower whilst people ate and chatted, then the pace picked up and the dance floor was full with most people cutting some moves! It was lovely to see so many people dancing the night away.



The repertoire of songs was excellent and there was lots to sing along to. As usual Abba was a winner and Linda's rendition of Bridge over Troubled Water was spine chilling. They really do give a fabulous performance and we are so grateful to all the group for giving up their time for our Goodwill charities.

If you missed them you have a chance to see them at our December GA Christmas party when they will be performing their Christmas repertoire for us which is always wonderfully festive. We thought it would be nice to do something different for our Christmas meeting and we hope members will enjoy it.

Guests were very generous in supporting the raffle and we are delighted to announce we made an incredible 1120 euros which will be shared with local charities at the end of the year.

A huge thank you to everyone who came, who helped make it happen and, of course, to The Entertainers. Another wonderful evening for our members.

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Summer BBQ June 2026

130 u3a members and friends and supporters of Paws joined us in our garden on Friday 26th June for a summer bbq in support of Paws Xalo dog rescue and u3a Goodwill, 2 charities close to our hearts.

It was a hot one so we had put up plenty of shade and provided lots of cold drinks at the 1 euro bar which was very popular, not surprisingly!!

Thanks to our team of great barmen, Chris and Neil and Jon from Paws , who did a fabulous job keeping up with demand. Jon had amazing energy up and down the steps providing table service!!

Forever Young provided the music and they were fabulous. Non stop well known songs from across the decades which kept the dance floor full throughout despite the heat. Lots of singing along and lots of fun.

You will have another chance to see them at our 20th anniversary party of the u3a Vall del Pop at our September 4th GA meeting at Murla. Definitely not to be missed! They really are great.





July 2026

Summer BBQ June 2026



Huge thanks to Shaun and Jeni and Karen from Paws on the bbq. Amazing work to feed everyone in such a short space of time and offer a great selection, including vegetarian options, to go with the 6 different salads, including Sonia's famous potato salad!

Ice creams followed to top it off.

As always guests were very generous with the raffle so thank you all.

Thanks to Marian White, Linda Burns and Sonia H for all their help. Great teamwork by both charities which is lovely to be part of.

Most of all thank you to everyone who came and supported the evening. We raised an amazing 2225.50e which we share between both charities, so a great night for all.



July 2026



Your u3a invite you to a spooky Halloween evening of music and dancing with the fabulous Paul and Judy: Saturday 31st October 7pm-11pm at Pepe's, Alcalali.

Dress to scare if you dare!!! for a prize. Only 17e, monies raised by Goodwill for local charities.

Meal choices on booking please:
Chicken pie, hake florentine, roast pork, veg lasagne,
Bread and alioli and ice creams included.

Please note this year we will be seated inside the venue (not in the conservatory) to keep warm!

To book e mail Goodwill@u3avalldelpop.com with menu choice. Pay at GAs or monthly coffee mornings

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GUADALEST

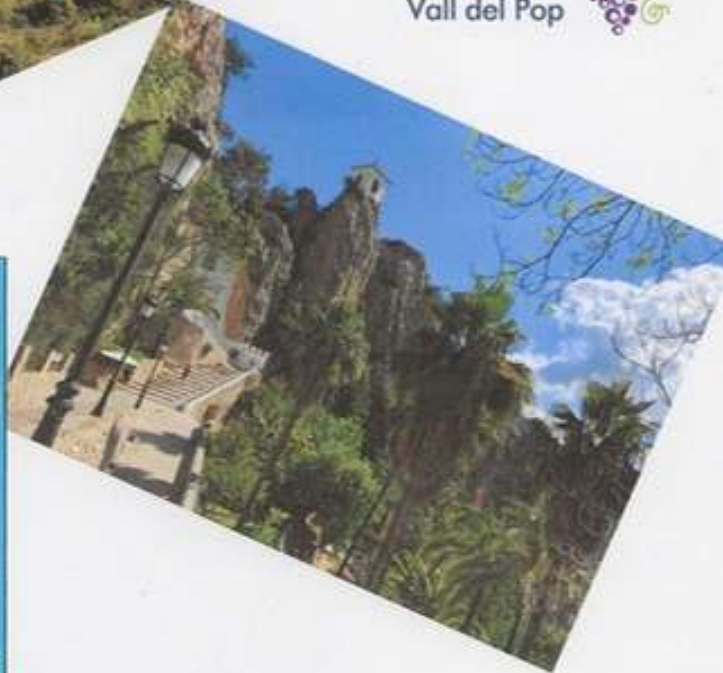


u3a
Vall del Pop



U3A VALL DEL POP
TUESDAY
3RD NOVEMBER 2026
GUADALEST &
THE VALOR FACTORY
TOUR

Coach leaves Xalo at
8.45am, leaves Guadalest
at 3.15ish to go to Valor
for 4.30 tour (45 mins). Est
time back to Xalo 6-
6.30pm



VALOR



PRICE:- 15 EUROS PP

To book contact:-

Paula Barrett
At
secretary@u3avallpop.com
or
book at the GA's or coffee
mornings



July 2026

Jalon Valley Help
&
u3a Vall del Pop

Raising Money for Local Charities

**Xalo Christmas Fayre
& Car Boot Sale**

Sunday 15th November 2026
Xalo (Rastro Site) 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



July 2026



Come and join us for a day Christmas
Shopping at La Zenia Boulevard
Thursday 19th November - €15.00 euros



Coach departs Rastro car park Jalon at 08.30
Book & pay at GA or general coffee mornings.

Email: angela.lish55@gmail.com

WhatsApp: 685738851

To reserve your place.



July 2026

Novelda Trip May 2026

48 Members arrived for our first U3A trip to Novelda, a town in Alicante Province important for quarries and mines of marble, limestone, silica, clay and gypsum. It is a major centre of the marble industry.

First port of call was a little out of town at the Monastery of Santa Maria Magdalena which has a church designed by a disciple of Gaudi. There were plenty of photo opportunities and some stunning views. Some of our group also visited the Moorish Mola Castle. Others enjoyed a coffee and enjoyed the views.

After our stop here our driver Oviedo dropped us in town where we had a few hours to discover the town and of course find somewhere good for lunch! Many of us headed straight to the Tourist Info Office where the very helpful staff recommended places to visit.





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Novelda Trip May 2026



One of the recommendations was a visit to the Casino de Novelda which was built in 1888. It has various architectural styles – Art Nouveau, Neoclassicism and Baroque! In its past it was used as a military hospital. A few of our group were in the lovely bar/restaurant enjoying a glass of the local wine and an early lunch.

Other members visited the Casa Museo Modernista, built in 1903. It has 3 floors, unique staircase and a patio bedecked with white marble columns.

We enjoyed an excellent Menu Del Dia and it was soon time to be heading back to the coach. It was good to hear about the meals other members of the group had enjoyed and what good value they were.

We had a good trip back to Jalon and a raffle with some shopping centre vouchers to be won.

A great day out topped by lovely weather too!
Carole Wardle



July 2026

u3a Vall Del Pop coffee mornings

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**

Resto Bar Quijote Orba

19th August

**Blanca Bikes
17th September**



**Friendship & Support
Coffee Mornings
Weds 10.15am**

My Mercat, Jalon

August 12th & 26th

September 9th & 23rd



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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!

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

Please check with contact for activities over the summer

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.

DUNCAN THOMPSON
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. Cooperativa in Parcent.

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

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ACTIVITY

CONTACT



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
Davidandeleen50@yahoo.co.uk
Telephone: 606 995 919



Dining Experience - Is now venturing outside the valley. Members can recommend an old favourite that they enjoy or a new venue to try.

Paula Barrett
secretary@u3avalldelpop.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
boneinjalou@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

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ACTIVITY

CONTACT



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 Friday from 2.00pm
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"
Join in with our get togethers at various local bars or restaurants.

Chris Barrett
president@u3avalldelpop.com
Whatsapp +44 7772 106472



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



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!

SUE HARVEY
shirleylliber@yahoo.com
Telephone: 965730605



Pétanque - We meet every Wednesday & Friday mornings in Lliber

GERRY BACON
Gerard.bacon@yahoo.com
Telephone: 600 652 821

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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



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

If you would like to promote your group in a future Newsletter
Please contact

Linda - news@u3avalldelpop.com





July 2026

Stay Connected What's on, Where & When....

Do you know how to find out about all the groups, trips and events we organise for members' enjoyment or the general information we pass on?

Please don't be afraid to ask if you can't find the information you are looking for.

We are here to help.

There are several ways we communicate.

Our monthly General Assembly meetings are a great face to face way to find out lots of up-to-date information, book trips and events, find out about our group activities, listen to interesting speakers and enjoy socialising. Usually held on the first Thursday of the month at the Polivalent, Murla. Doors open 10am, meeting starts 11am. No need to book, just turn up.



Our 3 coffee mornings a month, (1 run by the Travel and Entertainment team and 2 by the Friendship and Support team), are another 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.

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 Members Facebook group 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. Click this button to join ...

[CLICK HERE](#)

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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.

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

Roger Bentley treasurer@u3avalldelpop.com

Barbara Bentley membership@u3avalldelpop.com

Goodwill goodwill@u3avalldelpop.com

travelentertainment travelentertainment@u3avalldelpop.com

Teresa Tillbrook activitygroups@u3avalldelpop.com

Linda Burns (Asst. Secretary PR/News) news@u3avalldelpop.com

General enquiries team@u3avalldelpop.com

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

Please note original mail addresses other than the above are now being deleted and therefore no longer in use.

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.

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, and is available at the GA meetings.

Don't miss out on groups, trips, events, socialising just because you didn't know about them.

Linda Burns

www.u3avalldelpop.com





July 2026

Working in Collaboration with other organisations

 DOG RESCUE 

FABULOUS FASHION SHOW

A 'FUN' - DRAISING EVENT
Wednesday 7TH OCTOBER 2026

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

TICKET ONLY €8
TICKET PRICE INCLUDES CAVA & CAKE/SAVOURY

SHOWCASING

- FABULOUS AUTUMN/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

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PAWS XALO

invite you to an afternoon with



theOKband
+ friends

doors
open

Sunday 4th October - 2pm
at theOKband corral - Benissa Campo

B.Y.O. Picnic
Bar available
wines - beers - soft drinks - waters

€ **10** p.p. door donation
ALL door and bar proceeds will be donated to the charity

to book email Sandie
sandie7armer@gmail.com
please request a map if needed

Bookings can also be made at the 'Paws' shop in Jalon

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July 2026

Working in Collaboration with other organisations

STRONGER *Together*

CANCER SUPPORT GROUP

A new group for people who have had or are going through cancer treatment.

You are not alone. Support, understanding and hope – **together** we can get through the tough days and celebrate the good.

NEW GROUP

You're
WELCOME!

FRIENDS & FAMILY
are more than welcome.
Your support makes a huge difference.

IT'S IMPORTANT
for you too. Come along
on your own – it's okay
to put yourself first.





FOR PEOPLE
who have had or are
going through cancer
treatment.



FRIENDS & FAMILY
are more than
welcome. Your
support makes a
huge difference.



IT'S IMPORTANT
for you too. Come
along on your own
– it's okay to put
yourself first.



Last Friday
OF EVERY MONTH

Starting
26 JUNE 2026



**12PM
–
2PM**



HELP ACTIVITY CENTRE
La Xara
Avenida del Oeste 29
La Xara 03709

♥ A safe space. | ♥ Real conversations. | ♥ Practical support. | ♥ Renewed hope. | Everyone is welcome. ♥

TOGETHER, WE ARE STRONGER. *Hope. Strength. Support.* YOU BELONG HERE. ☀

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July 2026

Working in Collaboration with other organisations



HELP
of
Marina Alta
Reg. No. 3706

NEW
IN MARINA
ALTA!



WE ARE LAUNCHING A
MEMORY
CAFÉ

**FOR PEOPLE
WITH DEMENTIA
AND THEIR
CARERS**

*WHERE
MEMORIES
ARE SHARED,
CONNECTIONS
ARE MADE*

A warm, welcoming space for support, friendship and connection

A Memory Café is a welcoming space where individuals living with dementia (Alzheimer's Disease, Vascular Dementia, Dementia with Lewy Bodies or Frontotemporal Dementia), and their loved one can come together to socialize, share experiences, build meaningful connections with others in a similar situation and access emotional support, activities and advice.



*More than
just a coffee*

WHAT YOU'LL FIND AT OUR CAFÉ:



Socialise & make new friends



Emotional support for you & your loved ones



Meaningful activities & engagement



Share experiences & advice



Support for carers in a understanding environment



A relaxed, friendly atmosphere



HELD MONTHLY AT:
HELP of Marina Alta Activity Centre
La Xara

WHO IS IT FOR?

- ✓ People living with dementia
- ✓ Family members
- ✓ Carers
- ✓ Friends and loved ones

*You are **NOT ALONE.***
Let's do this together.

**FOR FURTHER INFORMATION
PICK UP A LEAFLET HERE OR CONTACT:**



Kevin Hellan-Sole: 675 771 285
Between 10am & 2pm
Monday to Friday



mail
office@helpmarinaalta.org

GET IN TOUCH TODAY!

Together we can create a community full of understanding, support and moments that matter.