

# NEWSLETTER

u3a  
Vall del Pop



September 2024



September 2024

## President's Message

Dear Members,



Welcome back after the summer break. I was delighted to see another very good attendance at the September General Assembly and to welcome several new members, as well as the excellent speakers from Cancer Care Javea. Jeannette and Jayne not only made a very informative presentation of their own valuable services but importantly also explained how they work with other charities in our area, to the benefit of all.



This year we made several changes to our previous summer routine. We issued a single summer edition of this newsletter to fill the otherwise long gap between June and September, and we continued to hold our monthly coffee mornings every month. Both initiatives were well received, and we are therefore likely to do something similar in future years.

We have also been busy behind the scenes. Linda Burns and Klickhere (our external service providers) have been working hard on a refresh of our website which has now gone live. In addition we will be launching a public Facebook page to sit alongside our existing private Facebook group for members only. We are very conscious that for many new arrivals in our area Facebook will be the first place they look for information on local groups and activities. The new page can therefore serve as our shop window.

We continue our efforts to develop the Sharing and Caring group and its activities. Brigid has recently attracted two more volunteers to her team, and we are also compiling a comprehensive booklet of information which should help any of our members facing different challenges. This will soon appear on the website and we will also make hard copies available at future meetings. We have learned from experience that some of this important information is not easy to find and therefore believe that the new booklet should save members both time and worry.

Finally, we have also decided to rename the group as the Friendship and Support team, which best describes what we strive to offer to our members in need, while avoiding any suggestion that we ourselves can provide hands-on care.

Kind regards  
Chris

[www.u3avalldelpop.com](http://www.u3avalldelpop.com)



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cancer care javea

*Living for today with hope for tomorrow*

At our General Assembly on Thursday 5th September we were delighted to welcome Jeanette Missons and Jayne Nuttall Blake, President and Director of Nursing Services/Lead nurse respectively, of Cancer Care Javea.

Members may recall we held a Celebration of Life for Sandra Welham at the end of June at Los Arcos where we raised the incredible sum of 2500 euros which was donated to Cancer Care Javea.

Jeanette explained that the organisation was started over 25 years ago to help those with cancer both in hospital and after they left hospital, and raised funds through it's first charity shop in Javea. Their vision has been to provide a nursing team, similar to Macmillan nurses, so that anybody who is suffering from cancer, or is close to the patient, can obtain help and support. This is called the Lynwen Cancer Care Nursing care and advisory service. The charity has continued to grow in numbers of clients they support, the number of volunteers and shops it has, and in it's fundraising efforts, and now covers the whole of the Costa Blanca.

They currently support 201 clients, 120 of whom are seen regularly by 3 nurses, 51 of whom live in the Jalon and Orba valleys, so their area of support extends far and wide beyond their base in Javea. We have a dedicated nurse, Alison, who covers the valleys. They work closely with Jalon Valley Help by the sharing of equipment and Alison also holds a drop in session every Thursday at Animo, Alcalali from 11.30-1.30pm for anyone whose life is affected by cancer. No appointment is necessary.



They also work closely with MABS, another local cancer charity, who do not have their own nursing team, but who have a budget for care and can pay for nursing care in certain cases. They can provide a list of recommended carers and offer bereavement counselling. Jayne joins Bob James on Valley FM once a month on a Sunday 11-12am to talk about cancer related topics. Jayne then explained that the charity funds its own research programme/laboratory at Denia hospital into genetic sequencing so that biopsy results can be screened genetically to provide the best treatment for individuals. This is an amazing programme and members were impressed to know it is happening so close to home. An informative and impressive talk by two passionate and caring individuals and we are fortunate to have this amazing support team close at hand should any of us need it.



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## NEW WEBSITE *Now Live*

After several months of team effort we are pleased to announce that our new revamped web site is now live.  
Same address just a new look and feel

**[www.u3avalldelpop.com](http://www.u3avalldelpop.com)**

Take a look around and let us know your thoughts.

Constructive feedback is welcomed

**[team@u3avalldelpop.com](mailto:team@u3avalldelpop.com)**

We are currently in the process of streamlining email addresses across the organisation.

When complete all official contact email addresses will have the format **????@u3avalldelpop.com**

Please note for the newsletter the new contact email

**[news@u3avalldelpop.com](mailto:news@u3avalldelpop.com)**

and general enquiry new email

**[team@u3avalldelpop.com](mailto:team@u3avalldelpop.com)**

All other emails will be notified as they are phased in across the organisation.



## Thank You!

### Marina Alta Arts Society

A huge Thank You to the Committee and Members of the U3A Vall del Pop from Tony Cabban, Chair, and the Committee of The Arts Society Marina Alta, for contributing towards the revival of our Society in the past year and, consequently, Tony winning the Marsh Charitable Trust International Award.

**[www.u3avalldelpop.com](http://www.u3avalldelpop.com)**



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## Los Arcos Fundraiser

### Jalon Valley Help

We have now bought a van, It was a barn find and it has done a lot of miles but it will give us more flexibility in handling donations. It cost three thousand euros plus on the road costs and is a good runner. So on behalf of JVH I would like to thank U3A membership for their considerable contribution. It will save a lot in van rental fees and it also means we do not miss out on donations as we can fit in with the donors timing requirements. We also can deliver medical equipment much easier and not squeeze it into private cars.



### New Shop

We have also embarked on a significant project to turn the Store in Jalon into a new Shop. Eventually to replace the existing one. This is a big undertaking but we expect a big improvement in our takings. It is important now that we are paying taxes to improve the sales in the shops.

The bed is now back in store, cleaned, checked and ready to be reissued. Sadly, the gentleman patient passed away, but the family were so grateful for the bed, making care and comfort much easier and better. They had a collection, I think at the Wake, and made a very generous donation to Jalon Valley Help. Many thanks to U3A and members for making this possible.  
Julian Leckie



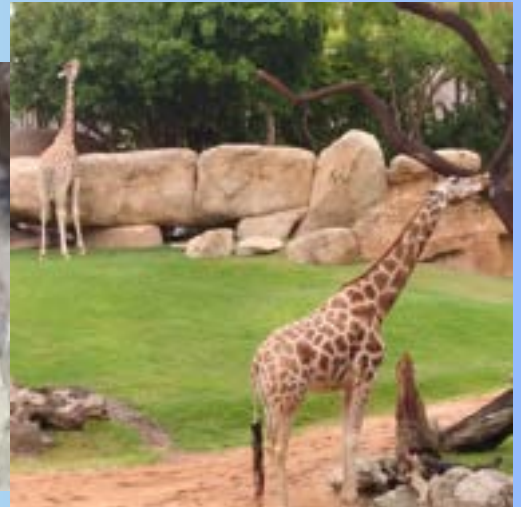


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I hosted the June 12 trip to Bioparc / IKEA. Members were given the choice to spend the whole day at Bioparc or shop all day at IKEA and the surrounding Alfafar commercial centre. Thirty members travelled.

We dropped off 18 people at IKEA and then proceeded to the Bioparc which was just a 20 minute drive away. Attached are photos of the Bioparc group. Unfortunately I do not have a photo of the 18 shoppers.

June 12 was the day of the torrential storm. I could see that the worst weather was going to hit at 2.00 pm. Most of us were able to visit all areas of the park in 4 hours and then shelter in the restaurant where we could watch the animals weathering the storm through the panoramic windows. So the weather didn't ruin our day.

Many of the shoppers spent all their time in IKEA . Others dodged the rain and when we picked them up on the return journey they all had happy faces and had enjoyed their day.

Regards  
Carole Knott





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## Friendship & Support



During the Summer Break we have enjoyed 6 Coffee meet ups from July 3rd until 28th August in our new venue ' My Mercat ' Jalon.

It has proved a very good move where we have been made very welcome. There is plenty of parking & also people can do their shopping there too...

Our numbers have increased & we are pleased to welcome two people have joined the Freindship & Support Team: Geof Buckley who has previous experience when living in Dublin as a member of ' Friend's of Dublin ' and Beryl Comar who is an International Stress / Dementia expert to mention but a few of her many talents.

To have this additional support is most beneficial to our increasing membership.

Brigid Redmond





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u3a Vall del Pop holds two Coffee Mornings each month, where you can join us for a chat, tea/coffee, and cake if you choose. A great way to meet old and new friends and keep in touch.

At our Members coffee mornings you can also book and pay for trips and events.

These will be held at various locations across the valley on the following dates from 10.30am

Wednesday 16th October 2024  
Wednesday 20th November 2024  
Wednesday 18th December 2024



Friendship & Support coffee mornings are generally a smaller group, and a member of the F&S team will be present to offer any personal support and advice you may need.

These will be held at My Mercat supermarket in Jalon on the following dates from 10.15am

Wednesday 9th October 2024  
Wednesday 13th November 2024

ALL members welcome to both Coffee Mornings  
We look forward to seeing you at one of the above soon!

[www.u3avalldelpop.com](http://www.u3avalldelpop.com)





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## Goodwill Events 2024

Further details on following pages and website

A music quiz/dancing/ supper evening  
25th September



Car boot sale on the rastro site, Jalon  
27th October



A Halloween dinner and dancing at Pepe's Alcalali  
31st October



Our very special Christmas dinner and dance  
at the fabulous Vall de Pop restaurant, Lliber,  
Sunday 8th December

A super Christmas craft day with lunch.  
Learn how to make your own Christmas table decorations  
Wednesday 11th December



The team are happy to plan events  
New ideas are exciting, so please let us know if you have an idea for us to consider in the future

The Goodwill Team  
[goodwill@u3avalldelpop.com](mailto:goodwill@u3avalldelpop.com)



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## *HALLOWEEN EVENING*

**Thursday 31st October 2024**

**@ PEPES Restaurante, Alcalalí**

***Ticket Price €15***

***Entertainment from the lovely Paul & Jude***

***Fancy dress is optional but there will be a nice prize for the best costume!***

***Bread & Alioli, main meal of your choice.***

***& ice cream***

***Price includes table quiz entry***

***Contact any member of the GOODWILL Team to***

***purchase tickets or email the team on***

***goodwillevents2@gmail.com Or phone 650052962***



The Goodwill Team  
Supporting Local Charities

u3a Vall del Pop 



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u3a Vall Del Pop  
Raising money for local Charities

## CHRISTMAS FAYRE

(Previously ARC Fayre)

### Feria de Navidad

Sunday 1st December 2024  
Jalon (rastro Site)  
10 - 2pm

Step into the enchanting world of our Christmas Fayre,  
where creativity meets the spirit of the season! .

**A well supported annual event**  
Stalls are only 15 euros,  
to book your place contact  
[goodwillevents2@gmail.com](mailto:goodwillevents2@gmail.com)  
Donations of raffle and  
tombola items, cakes and  
savouries gratefully received.

**Meet Santa in his Grotto**  
Rastro & Craft stalls for  
holiday creations  
Gourmet treats,  
Tombola, Raffle  
and Live Music



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You are invited to a wonderful party night of drinks,  
dining and dancing

Celebrate Christmas with friends.

Dress in your finest and prepare to enjoy!

Ticket price 30 euros

Wine/drinks included

Places limited so book early to avoid disappointment

## Christmas dinner dance menu Restaurant Vall del Pop, Lliber

Sunday 8<sup>th</sup> December 2024 7pm for 7.30pm

Welcome drink on arrival

**Starter:** Creamy chicken and mushroom vol au vent

Or

Homemade parmesan croquettes

**Soup Course:** creamy leek and potato soup served with bread

**Main course:** Turkey supreme (stuffed turkey breast) served with roast potatoes,  
roasted winter vegetables, Yorkshire pudding and gravy

Or

Sea bass with cava sauce (same potatoes and veg as above)

Or

Vegetarian tagliatelle with cauliflower and gorgonzola cream

Or

Pork filet in a creamy mustard pickle sauce (same potatoes and veg as above)

**Dessert:** Homemade tiramisu

Or

Vanilla ice cream with red fruits

Water and wine, beer or soft drink included

Please provide starter, main course and dessert choices by e mail to  
[goodwillevents2@gmail.com](mailto:goodwillevents2@gmail.com) or at coffee mornings or General Assemblies.

Payment can also be made at coffee mornings and GAs.

Please advise of any special dietary requirements which the restaurant will be  
happy to cater for.

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## GROUP ACTIVITIES

### Welcome Back

Our activity groups meet regularly to pursue common interests, and most of them have room for extra members.





You can learn new skills or brush up on old ones, and it's a great way of making new friends!

### New Activity, New Friends

Contact group leader for more information. If you lead a group and would like to be featured in a future Newsletter please contact Linda, Editor, at [news@u3avalldelpop.com](mailto:news@u3avalldelpop.com)

Updates of activities always welcome and deadline for next publication is Monday 7th October 2024.

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

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

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	Activity	Contact
	<b>Card Making</b> - We are a group who enjoy crafting and, in particular, creating beautiful greetings cards.	Carole Marten & Dee Adkins <a href="mailto:Dadkins1953@yahoo.co.uk">Dadkins1953@yahoo.co.uk</a> <a href="mailto:Cvicary2@gmail.com">Cvicary2@gmail.com</a>
	<b>Chess</b> - Meets weekly, Contact group leader for further information.	RAY PIERROT <a href="mailto:raypierrot@btinternet.com">raypierrot@btinternet.com</a>
	<b>Cinema</b> - 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 <a href="mailto:justnanny@live.co.uk">justnanny@live.co.uk</a>
	<b>Digital Photography</b> - Our aims are to develop our digital photography skills in a social and safe group setting; and importantly, have fun doing so.	DAVID BROCK <a href="mailto:Davidandeileen50@yahoo.co.uk">Davidandeileen50@yahoo.co.uk</a> Telephone: 606 995 919
	<b>Dining Experience</b> - We visit different restaurants mostly within the valley. Members can recommend an old favourite that they enjoy.	DIANE HOLMES <a href="mailto:ondrakiri@yahoo.com">ondrakiri@yahoo.com</a>
	<b>Dru Yoga</b> - A gentle but powerful workout. It calms and reduces stress, improves focus, physical strength, balance and energy.	SALLY MILLANE <a href="mailto:Sallysunshine436@gmail.com">Sallysunshine436@gmail.com</a>
	<b>Game Addicts</b> - We are a group that likes to keep those grey cells active, and pride ourselves on being a friendly, light hearted crowd.	GORDON RODMAN <a href="mailto:boneinjalon@gmail.com">boneinjalon@gmail.com</a> Telephone: 693 725 199
	<b>Ladies At Lunch</b> - We want to 'spread the wealth' so we plan these lunches at a variety of restaurants across our region.	SALLY ELLIS, LIZ MILLER <a href="mailto:U3aladieslunch@gmail.com">U3aladieslunch@gmail.com</a>
	<b>Let's Sing Together...For Fun</b> - 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 <a href="mailto:paulcorazzou3a@gmail.com">paulcorazzou3a@gmail.com</a> Telephone 603717784
	<b>Men Who Munch</b> - 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 <a href="mailto:Thomassim007@gmail.com">Thomassim007@gmail.com</a>



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	Activity	Contact
	<b>Mosaic 1</b> - We create decorative mosaics using glass and ceramics. Join us to learn how to do this fascinating hobby. Contact group leader.	LIZ WILLIAMS <a href="mailto:Lizwilliams2008@live.co.uk">Lizwilliams2008@live.co.uk</a> Telephone: 684116089
	<b>Mosaic 2</b> - Group buys materials to share, and have all the necessary equipment to create Mosaics. Contact group leader for more information.	SUE WILLIS <a href="mailto:suewillis2@hotmail.com">suewillis2@hotmail.com</a> MONIQUE LECKIE <a href="mailto:monileck@aol.com">monileck@aol.com</a>
	<b>Open Forum</b> - 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 <a href="mailto:annesleysinclair@gmail.com">annesleysinclair@gmail.com</a> Telephone: 965730605
	<b>Pétanque</b> - We meet every Wednesday morning in Lliber.	GERRY BACON <a href="mailto:Gerard.bacon@yahoo.com">Gerard.bacon@yahoo.com</a> Telephone: 600 652 821
	<b>Spanish Conversation</b> - An opportunity to practise Spanish you have learnt in a casual conversation. Beginner, expert, or somewhere in between?	HEIDI MORGAN <a href="mailto:mike_heidi@hotmail.com">mike_heidi@hotmail.com</a>
	<b>Spanish Lessons</b> - The tuition is informal, in English, with plenty of opportunities for conversation and gaining confidence in a friendly and relaxed group.	CARMEN <a href="mailto:carmenmasfemenia@gmail.com">carmenmasfemenia@gmail.com</a>
	<b>Walking Groups</b> - 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 <a href="mailto:paulleniston@hotmail.com">paulleniston@hotmail.com</a> Telephone: 651 633 198
	<b>Yarn &amp; Thread</b> - 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 <a href="mailto:lornabotten@gmail.com">lornabotten@gmail.com</a> Telephone: 96 558 3484



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## Working in Collaboration with other organisations



### THE ANTIQUES ROADSHOW MEETS THE ARTS SOCIETY MARINA ALTA



The Anatomy of Collecting, by Marc Allum Wednesday, 2 October 2024, in Moraira and Jávea  
COME FOR THE STORY - STAY FOR THE SOCIAL!

Please join us for the hugely entertaining presentation on the psychology, folklore and history of collecting through the millennia, by Marc Allum. He showcases collectors of all time, to include Catherine the Great, while explaining how the Antique Roadshow works.

Marc is a freelance art and antiques journalist, writer and broadcaster and he is in his 26th year as a specialist on the BBC Antiques Roadshow, plus has appeared on numerous television and radio programmes. Marc also runs a fine art valuation and consultancy service and, on 2 Oct, will value four items belonging to Members of The Arts Society Marina Alta (TASMA).

Wednesday, 2 October, 2024:

Morning: Espai La Senieta, Av. Madrid, Moraira

Doors open at 10.15 for 11.00 hrs. lecture

Evening: Casa de Cultura, Plaça de Baix 6, Jávea

Doors open at 18.45 for 19.30 hrs. lecture.

Admission: Members Free. Visitors: €15 Pre-Paid via [WWW.ARTSOCMA.ORG](http://WWW.ARTSOCMA.ORG)

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Email: [marinaalta@theartsociety.org](mailto:marinaalta@theartsociety.org) or scan the QR code:



[www.artsocma.org](http://www.artsocma.org)

[www.u3avalldelpop.com](http://www.u3avalldelpop.com)





September 2024

**WEDS  
2ND  
OCT**

**PAWS XALO  
DOG RESCUE**

# **FABULOUS FASHION SHOW**

**A 'FUN'-DRAISING EVENT  
SHOWCASING OUR FABULOUS  
AUTUMN/WINTER FASHION.  
MUSIC FROM OUR DJ, CAKE  
STALL & RAFFLE AND GUEST  
APPEARANCE. ALL ITEMS  
AVAILABLE TO BUY ON THE DAY  
PLUS ACCESSORIES, SHOES AND  
BAGS.**

**TICKET PRICE INCLUDES CAVA AND  
CAKE.  
TICKETS AVAILABLE FROM PAWS  
CHARITY SHOP.**

<b>DOORS OPEN</b>	<b>LOCATION</b>	<b>TICKET</b>
<b>9:30AM</b>	<b>PENSIONISTAS/LIBRARY,</b>	<b>ONLY</b>
<b>SHOW</b>	<b>XALO (NEXT DOOR TO</b>	<b>€ 6</b>
<b>STARTS</b>	<b>SPORTS CENTRE</b>	
<b>10:30-14:00</b>		