

NEWSLETTER

u3a
Vall del Pop



June 2025



June 2025

President's Message

We have recently enjoyed some wonderful events and trips, as reported elsewhere in this newsletter, and have much more to look forward to: including the Party in the Pak at Los Arcos on 19 June and our summer dinner dance at the beautiful Vall del Pop restaurant in Lliber on 29 June. A few tickets are still available for both events; in case you have not already signed up!

My main theme this month builds on the excellent speech by Richard Green, President of Jalon Valley Help (JVH), at this month's general assembly. He spoke enthusiastically about the close relationship we have developed between JVH and our u3a and of the importance of partnerships within the voluntary community more generally. As Richard said, it is vital that we all make best use of the available information and avoid unnecessary duplication of effort.

The following are three real examples of how our relationship with JVH is already working in practice:

- Richard recently asked Paula and me to meet the Caritas representatives for Jalon and Lliber, in the hope that we might be able to join JVH in supporting their work. After listening carefully to a description of their activities and needs, Paula was pleased to propose to the Goodwill team that Caritas be added to the list of local organisations that we support.
- In the other direction we introduced Arne Soeten of Project4All to JVH and they are now working together.
- Together we and JVH are jointly communicating with the Red Cross to provide opportunities for them to address our respective members and explain where their extensive range of services may be most relevant.



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Our role in all of the above centres on the provision of information. This is one of the key purposes of our Friendship & Support group. It is also why we regularly invite organisations such as Age in Spain, JVH and the Red Cross to present their services at our general assemblies. The same need for local and reliable information led us last year to issue our first and very well received Friendship and Support assistance booklet, which we hope to update during this year's summer break.

In the same spirit I was pleased to offer our help when we were approached recently by a PhD student at the University of Alicante who is researching how retired British migrants residing in the province of Alicante value their life in Spain, especially in the context of post-Brexit changes. The researcher hopes to highlight from the perspective of social services situations of vulnerability arising from social isolation, age and the impact of Brexit. This should be of benefit not only to our members but also to many other people in similar situations. I am therefore very grateful to everyone who has come forward and agreed to be interviewed as part of the research.

It then only remains for me to wish you all a very happy summer, whether you will be staying here in Spain or travelling abroad. We will be taking a summer break with the next general assembly on September 4th.

However, our coffee mornings will run through the summer, as will some groups, and the committee members will continue to respond to any requests for help or information. As last year we also plan to issue a single summer edition of this newsletter around the end of July, in case you have anything you would like to share with fellow members.

With best wishes,
Chris

Summer 2025 Newsletter

Deadline 25th July 2025

for summer newsletter information

news@u3avalldelpop.com

Let us know your latest news

Wishing everyone a lovely summer

Linda



www.u3avalldelpop.com



June 2025

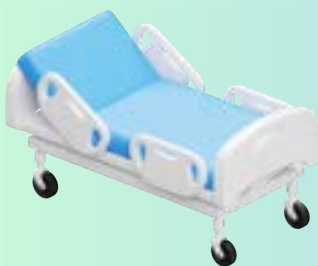
Jalon Valley Help

The charity Jalon Valley Help (JVH) was originally formed over 25 years ago to buy Ambulances but as you now know there is a system in place and that is no longer necessary. What is necessary and a fundamental part of the service to the community is the provision of medical beds, mobility aids and equipment such as hoists to provide a hospital in the home.

The concept in Spain as everyone knows is that when the hospital has done all they can with their medical procedures the patient is discharged into the care of their families. The Domicilio team then do home visits and provide medication and other medical procedures to assist the patient in the home setting. Unfortunately the release back to the home does not always go well. Sometimes the care required is beyond the normal lay person's capability or they are disabled themselves or have relied on the person recovering in the past for care.

Only today we have heard that something like this happens in the Netherlands but unlike here where Jalon Valley Help or Cancer Care or Help Alter Marina or MABS exists they have to rely on what they can find at home. As far as we can tell what we are doing is providing a unique service that is very much needed in other places.

The good news is more and more people are hearing about us. Thanks to the U3A we have had two medical beds added to our inventory but each time we buy some beds, usually 4 or 6 at a time we find they are rapidly committed and we have to think about funding more. What appears to be happening is more organisations are becoming aware that they can get help and are getting touch and this includes the local Spanish community.



Again thanks to funding from the U3A amounting to 1500 euro we have been able to buy a van and save money on vehicle hire for delivery and pick up service for beds and other equipment like wheel chairs, commodes and walkers. The van is an old one and it has done over 340,000 kilometres, it is not only our lifeline as far as medical equipment goes it provides us with the capability to pick up donations or deliver furniture.

**"It is not the only thing that is old.
So are the people doing the work!"**



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Jalon Valley Help Cont.

Medical support

On the medical side we have the Drop In Centre at the Alcalali Civic Centre 11:30 to 13:30 each Thursday. This is run by a fully qualified Nurse, Alison Day and anyone is welcome to visit and discuss their medical situation, what to expect and get help if needed for any medical condition not just Cancer. Alison does work for the Cancer Care Association but we have been in partnership with them for a number of years and contribute to the costs so all are welcome.

Over the phone help is also available on our Helpline which Alison looks after but please allow her time to get back to you as she may be working with someone when you ring. Both the Helpline and Medical Equipment line are accessible on your phone by going to www.jalonvalleyhelp.org.

We want to clarify something that may help if you are looking after someone. "A registered carer in Spain is the relative or spouse who registers with Social Services that they have someone in their care."

Professional carers are usually trained or experienced in the role and deal with a number of patients. Not all carers have the experience to look after every case and again a chat with Alison Day will help you get the right person for the task.

It is also essential that when someone looks like they need long term care or a long recuperation period that they register with the Spanish Social services. This must be done on an individual basis and applied for and it can take many months to get into the system so start early.

We are building a team headed up by Wendy Roberts who was formerly a Manager of teams in the UK Social Care system. She has only just started in the last couple of weeks and she is working closely with Alison Day to support some of our cases.

Dedicated Helpline
659 624 643



Drop In
Alcalali Civic Centre
11:30 to 13:30
Thursday



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Jalon Valley Help Cont.

Financial support

If you are covered by the UK Department of Works and Pensions Attendance Allowance is available for certain illnesses but you cannot apply on line if you live outside the UK. You must complete a 30 page questionnaire and again this is where we can help. A call to our Helpline will start the ball rolling for you or someone you are looking after. We help with recorded delivery postage and a covering letter and we have been successful in obtaining a rapid change in a difficult financial situation for many. It is not automatic though and they do assess any medical information you provide along with the application.



Fitness & Friendship

We also understand that meeting people, and keeping fit are essential for our well being. We run a coffee morning 10 am every Tuesday at the Alicante Civic Centre(Animo) and keep fit classes on Thursday. Other activities include Church on Sunday and bible classes, craft making, etc.

Again we have someone new joining our team Julie Day, she likes to be called Jules or Jay and she is taking on the task of building numbers and activities available at the Alcalali Civic Centre.



Volunteers

Every volunteer is owed a vote of thanks for the work they do each year to keep JVH delivering the services needed in our community but a mention for the new shop in Jalon is a must as recently we exceeded 1000 euro in takings. Without our volunteers we could not deliver on our promise to help others. They are responsible for raising the funds, providing a valuable recycling service and delivering the services that are needed in the Orba and Jalon Valleys.



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Jalon Valley Help Cont.

Working Together

The Animo Centre is a great example of the results that come from co-operating with a local authority and the Alcalali Mayor. A longer standing agreement with them gives JVH the use of an office and function room while the rest of the building is occupied by the Post Office, Pensionistas and other activities. In return for our area we maintain the interior of the building, clean it and provide consumables in the toilets.



We have been in partnership for a long time now with Cancer Care. We have regular Social Care meetings and our team is growing but there is a lot to do and I am very pleased with the working partnership we have with U3A. Not only has your organisation been a long term supporter making cash donations each year but we are now collaborating on working with organisations that can deliver services to those in need in the Orba and Jalon area. We have identified a need to assist Caritas starting in Jalon and soon to extend to other towns with their cash flow and we are continuing this collaboration with the Red Cross in Spain.

"Jalon Valley Help are about delivering services.
This does not mean we do everything, on the contrary,
we believe in partnering with others
and want to work with the U3A,
the Church and even bigger organisations like the Red Cross
to make sure those who need help or are vulnerable,
get the help they need without any gaps."

Richard Green
President
Jalon Valley Help



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Mens Shelter and Hospice - Gandia

You may be aware of the shelter in Gandia run by Franciscan monks who care for approximately 50 old and sick gentlemen, some of whom are terminally ill.

Unfortunately for various reasons they do not benefit from the SIP system so all their medications have to be paid for.

They have a pharmacist who manages their medications and a doctor who provides his services for free and oversees their treatment and medication, but the supply of medicines is a huge expense.

We have been approached by a member of Denia u3a who collects unused and unwanted meds that members no longer require and has asked if we would consider doing the same. Many of us may have meds sitting in drawers that we no longer take and that may be beneficial to these gentlemen.

We will simply hand them over and are not responsible for their use. Even if they are out of date, the doctor and pharmacist can decide if they are still safe to use.

Chris and I are happy to collect them at GAs and coffee mornings and deliver them.

Hopefully this is another way we can help those who are less fortunate in our community and we thank you for your support.





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Afternoon Tea - Hot Summer's Day

Tuesday 20th May saw 120 u3a members, Paws supporters and friends gather in our garden for a quintessentially English afternoon tea on a rather hotter than English day! The garden was bedecked with gazebos to provide much needed shade and the tables laid with pretty tablecloths and fine bone china cups, saucers and plates. It was reminiscent of a bygone era when afternoon tea would be served in some homes, sadly not mine!



The bar was open and cava flowed while some guests shopped for post Paws fashion show bargains. Others chose to sit in the shade and listen to the excellent musical repertoire of the superb "Forever Young" who started the afternoon with some slower well known numbers we all knew and could sing along to.



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Afternoon Tea - Hot Summer's Day cont.

At 3pm afternoon tea was served by a team of charming waitresses who had got acquainted with their table guests and noted any special dietary requirements. A selection of tasty finger sandwiches and home made sausage rolls was served on 3 tier cake stands, all drilled and made in our garage using odd pretty bone china plates!



Pots of English tea or coffee was served plus cava, soft drinks, wine, beer and water, and top ups of food and drink were offered until all guests were satisfied. A wonderful assortment of home made cakes and scones, jam and cream followed and finally ice creams for those who still had room.



June 2025

Afternoon Tea - Hot Summer's Day cont.

By now the music had become more lively and many took to the dance floor and joined in singing popular favourites. A raffle was called with 18 super prizes and guests were very generous in buying tickets. Forever Young played on after 5pm and many were in no rush to leave.



The aim of the afternoon, as well as for everyone to have a lovely time, was to open our home to raise money for 2 organisations close to Chris and my hearts: Paws Xalo dog rescue and u3a Vall del Pop Goodwill charity fundraising team, and we were delighted to raise 2000€ which the charities shared.

A huge thank you to everyone who came and supported the event and to the incredible hardworking team who made it all happen beforehand, during and after. We prepared and served 800 sandwiches and a similar number of cakes, washed 400 pieces of bone china by hand, several hundred glasses, put up gazebos, tables and chairs, took them all down and washed endless tablecloths. Not to mention the mega Mercadona shop!

The girls in the kitchen worked tirelessly, as did the whole team, and I hope everyone enjoyed it as much as we did. Thank you so much for the positive comments and feedback.

If you would like to hear Forever Young again they are playing for the u3a summer party at the Vall de Pop restaurant, Lliber, on 29th June for u3a Vall del Pop members. This promises to be a wonderful evening of great food, drinks included, dancing and fun. There are still places available. Please see website for details.

Paula Barrett



June 2025

U3A Monday Ramblers

May is the month when the temperatures start to rise, and this year was no exception. It is the month when we have more water stops than usual and look for shady areas to enjoy them. The pace is also usually a little easier, so the normal three hour walk may take an extra fifteen minutes or so. As always the aim is to enjoy the experience, not to complete the average 9km as quickly as possible.



5 May – Lliber River Walk

Our first walk was along the dry river bed from Lliber. Not yet too hot, so we could enjoy our “banana break” spread out on the exposed river bed. When the temperatures rise we would have to find a more shaded alternative

12 May – Alcalali to Parcent

The square in Alcalali, and Bar Toni, have been closed for some months for a major renovation. We were delighted to find the work completed and the bar open again. The square is now car free, so the tables were more spread out with lots of room for everyone.



19 May – Benimeli Aerials

Once a month we try a more challenging walk, and this month it was the aerials above Benimeli. Not everyone wants to do these harder walks, so I was very pleased that nearly everyone joined the walk and we had a total of 18.



26 May – Jalon to Alcalali

By now the temperatures were quite high, and everyone was happy to do one of our regular valley walks. It was hot, but fortunately also a cool breeze. With a slower pace and a water stop every half hour it was an enjoyable walk, and another opportunity to admire our lovely valley



Summer Walks

During June and September we continue with our valley walks, but we start an hour earlier at 0900 and aim to finish and be in a local bar by 1200, before the hottest part of the day.

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

June 19th
Blanca Bikes Parcent
23rd July
Restobar Quijote - Orba
21st August
Blanca Bikes Parcent

Stay Connected
Join our
Summer
Meetings



Friendship & Support Coffee Mornings Weds 10.30am

My Mercat, Jalon
25th June
9th July
23rd July
6th August
20th August
27th August





June 2025

GROUP ACTIVITIES

Join in and meet new friends!

PLEASE NOTE GROUPS MAY NOT BE RUNNING OVER THE SUMMER

Contact the group leader for further details

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

	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. 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

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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

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Vall del Pop



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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

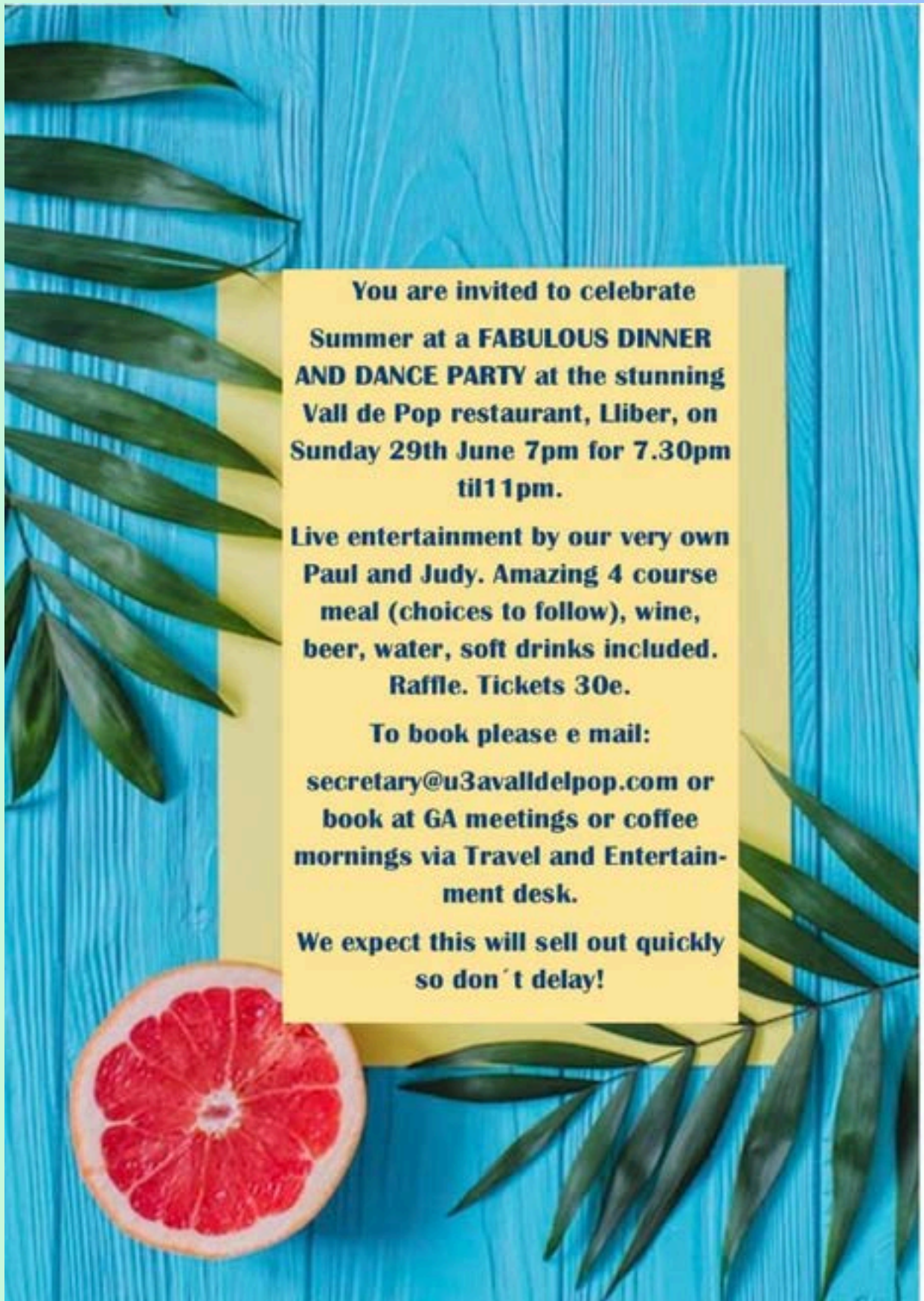
www.u3avalldelpop.com

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June 2025

**U3A VALL DEL POP
EVENING SUNSET
CATAMARAN CRUISE
16TH JULY 2025 FROM DENIA**



PRICE 35 EUROS PP

**Come and join us for a sunset cava cruise with DJ
Price includes coach & cruise, leaving from Xalo rastro at
17.30 return 22.00 (numbers limited)**

**To book contact:- Carole Wardle, Travel & Entertainment
Co-Ordinator**

johnwardle17@gmail.com OR at the monthly GAs/Coffee mornings

**Option to dine:- I will book a local restaurant before we sail
but I must have your names no later than the 21st May (coffee
morning). Menus will be available from 23rd April (coffee
morning)**

NEWSLETTER

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Vall del Pop



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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@u3avalldelpop.com

or

sandie7armer@gmail.com

Please request a map when booking

www.u3avalldelpop.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.