

NEWPORT U3a NEWSLETTER - JANUARY 2026

After a lovely festive season we are ready for an action-packed year of u3a adventures and activities

WARM WALES

Elliot Jones, a representative from the organisation Warm Wales, set up a stand in our Cafe for a few hours. His main role is to help vulnerable, fuel poor households by delivering a range of free advice, referrals and access to grants that help address these issues. Our Cafe is our own warm hub and there were plenty of members there to keep Elliot busy!



CRYPTIC CROSSWORD

Check out the crossword on p83 of your February U3a Matters magazine when it arrives soon. Members of our How to Solve Cryptic Crosswords group have progressed so well that they have compiled their own crossword for its publication. Well Done to them all from their proud convenor - she who cooked **algae** around **Noon!** (Answer - Angela)



FIRST AID COURSE

11 of our members attended a First Aid Course provided by Remote First Aid. Our instructor Peter Cook, who was previously a paramedic, conducted a friendly yet professional session. We all learnt the skills that would enable us to offer emergency lifesaving first aid care. We were given demonstrations and opportunities to practise chest compressions (CPR) and how to check breathing and if airways are clear by using male and female manikins.

We learnt how to access, attach and use a



defibrillator. Steve Lansdowne volunteered to be put in the recovery position using safe movements to protect our backs. Demonstrations on bandaging, dressings and slings were also included. These skills would be especially useful for the Walking groups - though we very much hope we never have to use them! We all passed an online test for which we will receive certificates for CPR/BLS+AED level 2.

SPANISH

The Spanish Beginners' group has proved so popular the last two terms that Convenor Martyn Ryan is now running two groups - Spanish from Scratch and Spanish Improvers. We concentrate on what is needed to communicate in everyday situations such as essential travel phrases, asking for directions, ordering food, shopping and medical emergencies. We also study pronunciation and regional differences which will stand us in good stead on our travels outside the tourist hotspots - and the locals appreciate it too!

Contact Angela at publicity.newportu3a@gmail.com if you have any news about your group or photographs to be included in a future Newsletter.



