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Chair's Update

Dear u3a friends,

Hope you have been enjoying the recent glorious sunshine. Some committee members and friends attended the 40th anniversary parade on Sma' Shot Day in July. We were encouraged on our way by a local dance group *Right to Dance* who played lots of dance music. It was a fun day out and good to see so many groups represented despite the weather.



David Cameron(C)

Our monthly meetings pause over the summer months but some of our groups carry on. Our u3a website has information on these. Feel free to contact individual group leaders for more details. In recognition of how hard our group leaders and volunteers work on behalf of our u3a, we are holding a "Thank You" event. This year, we have organised a tour of Glasgow Art Club and some light refreshments. We are grateful to Jane Fraser, who is a Glasgow Art Club member, for making this tour possible for our volunteers.

We have planned a day trip by coach to [Melrose on 12 August](#). There are many attractions to enjoy there including two National Trust for Scotland gardens, Melrose Abbey and Gardens, and the Trimentium Museum. We plan to finish the outing with a meal at the Ship Inn, as we have on previous day trips.

Then from [28 September - 2 October](#), nearly 40 of our members are going to County Clare. We wish the group safe travels and look forward to seeing the photographs. As a consequence, the first monthly meeting of Paisley and District u3a will take place on [Thursday 8 October](#), the second Thursday of the month.

Finally, can I express my sorrow at the loss of our dear friend, Kate Colyer who sadly passed away in July. Kate totally embraced the u3a ethos by serving on the Executive Committee as well as editing and revamping the newsletter. She also set up the popular Outdoor Sketching group. Kate was a great example of how to live life to the full. She had many interests and a wide circle of friends within and outside the u3a. She will be sorely missed.

Finally, I wish you all a relaxing summer, whether at home or away on vacation.

Best wishes

Kathy O'Donnell, Chair of Paisley u3a

INTEREST GROUP NEWS

Information about all of our interest groups and how to join is available on our website, using the following link ... <https://paisleydistrict.u3asite.uk/groups/>. You will be contacted as soon as possible by the relevant group leader. Alternatively, you can send enquiries to our Membership Secretary, Andy Fairley at: <https://paisleydistrict.u3asite.uk/contacts/>.

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Architecture

Duncan Macintosh (Usually monthly on Thursdays at 10:30am)



Our last outing of the session was a short walk through part of Paisley buildings' long history. We started outside Bargain Buys with the site of the Market Cross erected in 1488 at the junction of Moss Street and High Street. Then we moved on to the Liberal Club building (1886). It was hosting a digital artwork exhibition, *Impossibly Weird* by Academy Award-winning Californian AI artist, Kevin Mack. The building offers new premises to the *Refractive Collective*, an independent, artist-led collective of film makers and digital artists within Renfrewshire and the surrounding area.

We will be restarting visits to more architectural places of interest this autumn. For all the details please contact me,

Duncan Macintosh, on our Group page at: https://paisleydistrict.u3asite.uk/u3a_groups/architecture/.

Art Appreciation

Interim Group Leaders: Liz Cuthbertson & Anne Findlay (Monthly, Tuesdays)

Nine of us visited beautiful Holmwood House on the Southside of Glasgow on 25 June. Douglas, our wonderful volunteer guide, explained the history of the house, built by Alexander "Greek" Thomson in 1857-58 for James Couper, a paper magnate, and his wife. In recent years the National Trust for Scotland has undertaken a sympathetic restoration of the property. At one point in its history the house had been a convent and the beautiful design features covered with anaglypta! We all agreed it was a fascinating house with a fascinating history, brought to life beautifully by Douglas.



On 23 July, 7 members of the Art Appreciation group travelled by train to Perth and on to the Art Gallery. *The Scottish Colourists Revealed* was a small exhibition displaying works by Peploe, Cadell, Hunter and Fergusson. It included art works from private collections never before displayed and masterpieces loaned from various sources. All of us were impressed by the quality and variety of the paintings. Then across to the Perth Museum and a pleasant lunch in their bright airy cafe before viewing *The Stone of Destiny Experience*. All agreed we had an enjoyable and informative day out.



The Art Appreciation Group is taking a break in August, with no outing planned. In September, we will be visiting the artist Gwen John: *Strange Beauties* exhibition at the National Galleries Scotland Modern Two in Edinburgh. Arguably, she is the greatest female painter Wales has ever produced and 2026 marks 150 years since her birth. Her lover was none other than the sculptor, Auguste Rodin. Members wishing to attend the exhibition may want to watch the programme *Keep The World Away-Finding Gwen John*, available on BBC iPlayer. We love to welcome new members to our outings. Please get in touch with us using our Group page at: https://paisleydistrict.u3asite.uk/u3a_groups/art-appreciation/.

Board Games

Interim Group Leaders: Gwyneth & Brian Richmond

(Kilbarchan Library, 1st Tuesday monthly 2:00pm-4:00pm)



The Games Afternoon will recommence on **Tuesday 1 September** in the upstairs room of Kilbarchan Community Library from **2pm to 4pm**. We hope to welcome back existing as well as new members. The cost is £3 to play which includes tea or coffee and a biscuit. We enjoy having a go at traditional board games plus learning newer ones which the enthusiastic members of this group bring along. The time goes by very quickly! You can come along on the day or contact us beforehand for details. Get in touch via our Group page at: https://paisleydistrict.u3asite.uk/u3a_groups/board-games/.

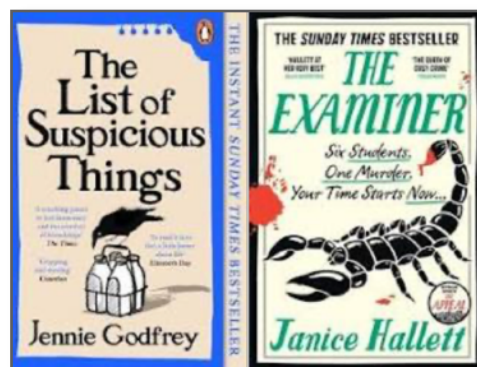
Book Group

Dee Barnfield (Paisley Library, 11:00am-12:00pm, 1st Thursday of each month)

We had a great discussion on Bernadine Evaristo's *Girl, Woman, Other* at our June meeting. It was particularly interesting to get input from our (can I call them chaps?) in the group. Book groups tend to be pretty much 100% female – I don't believe that men don't read books; I know they do, but they're not always so keen on discussing them. It was a very complex novel, but a satisfying read and worthy Booker winner.

This month, we chatted about *The List of Suspicious Things* by Jennie Godfrey, which was a child's eye view of life in an unspecified Northern town, in the early 1970s, where life for everyone was consumed by the fear of, and the hunt for, the Yorkshire Ripper. As our narrator, Miv, grows up under this cloud, her relationships with her family and friends change, and, although the ending seemed to tie up the many loose ends a bit too neatly, it was an excellent first novel.

Next month (**6 August**), we'll be discussing *The Examiner* by Janice Hallett – another fascinating scenario, from an author with a unique style – I hope everyone enjoys it. The summer is a great time for reading, whether on holiday or not. Enjoy! The Book Group is currently full but if you'd like more information, or wish to lead a 2nd Book Group, please visit: https://paisleydistrict.u3asite.uk/u3a_groups/book-club/



Bridge Buddies

Chris Dykes (Member's home, Paisley. Every Wednesday, 1:30pm-3:30pm)

We meet weekly for a couple of hours of friendly bridge followed by tea and cake and a catch-up. We are always looking for new members whatever your level of ability. We are a very social group and enjoy discussing our play and where we went wrong - or where we did well!

If you are interested in learning how to play bridge or want more details on the group. please contact me, Chris at: https://paisleydistrict.u3asite.uk/u3a_groups/bridge-buddies/.



Chair Yoga

Candy Millard (Wednesdays 2:30pm-3:15pm. (St George's Church Halls)

Our chair yoga groups have been running throughout the summer. Wednesday's group (or chair yoga boot camp as we think of it!) is at full capacity. However there are places available at the Monday introductory sessions from **20 July till 24 August** in the same venue, from 1:15pm-2:00pm and costing from £15 for six sessions. The Wednesday group has now progressed to using the chair as a support for balance. Margaret loves to challenge us and you can see the look of determination on our faces in the photos below.



If you would like to improve your flexibility and balance, please come along to St George's and try a Monday 1:15pm session. The majority of the yoga positions at this class are seated and Margaret will always try to find an alternative if you have a difficulty with any exercise. We also focus on breathing, stretching and a bit of relaxation.

If you are interested in coming along to this activity or want to ask any questions, please contact Candy at: https://paisleydistrict.u3asite.uk/u3a_groups/chair-yoga/.

**To save on washing up
PLEASE REMEMBER TO BRING YOUR OWN CUP
to our monthly meetings. Free refills!**

Cinema and Theatre

Carole Delaney & May McFadden (Variable)

On Thursday 18 June, 15 members returned to the Citizens Theatre to see an adaptation for the stage, of the true crime novel by Denise Mina *The Long Drop*. This is the story of Scotland's infamous serial killer, Peter Manuel, played very realistically by Brian Vernal, an alumnus of the Royal Conservatoire of Scotland. Many members of the talented cast played more than one role. Despite the gruesome subject there was approval of the production by the group.

Twelve members met at the Showcase cinema on Sunday 28 June to see a screening of a live performance by the National Theatre of *Les Liaisons Dangereuses*, starring Lesley Manville and Aiden Turner. This was a striking and visually sumptuous production of manipulation and seduction! The two dissolute main characters, however, both met with an undignified end, which some members felt was very fitting!



We will visit the Citizens again on **Thursday 10 September** to see a production of *1984*. This dystopian novel by George Orwell centres on mass surveillance and repression of people and behaviours. I wonder at the end if we shall be concerned that *Big Brother* is watching you!

If you are interested in joining the group or would like to know more, please contact us, May and Carole at: https://paisleydistrict.u3asite.uk/u3a_groups/cinema-theatre/. We very much look forward to seeing you at future events.

Conversational Spanish

May Diver (Mondays 2:00pm-3:30pm: Kilbarchan Old Library)

Spain has certainly been in the headlines by winning the World Cup football tournament. As one of our group wryly commented, the two finalists, Spain and Argentina, could speak the same language, even if it was to say not so nice words to each other!

Like Scotland, Spain has been experiencing a period of very hot weather and the outbreak of wild fires. So perhaps our group will be sharing some new vocabulary about climate and natural disasters when we meet up again. We also enjoy talking about places we visit, hobbies that keep us busy etc. So week on week, we will pick up various new words from each other and we also learn to talk more in Spanish.

If you know basic Spanish and want to practice speaking this language with others in a relaxed environment, then please do come and join us. Our group takes a break over the summer and then restarts mid to late August. more information, please visit: https://paisleydistrict.u3asite.uk/u3a_groups/conversational-spanish/.



Crochet

Wilma McPherson (Tuesdays 11:00am, weekly)



Nowadays, people are becoming more interested in learning and practising traditional ways to be creative. So it's no wonder our Crochet group is fully booked. However, is there someone here in our u3a who has this skill? Would you consider sharing your talent with other members who would love to learn how to make and create items?

If you want to put your name on the waiting list, or perhaps can offer to help start another Crochet group, please get in touch with me, Chris at: <https://paisleydistrict.u3asite.uk/groups/>.

Garden Gang

Valerie Reilly (Generally 2nd Wednesday of each month)

In June, the Garden Gang gathered in Barshaw Park and unusually it was pouring with rain. However, by the time we had walked over to the Peace Garden it had cleared and we were able to walk around comfortably while member Roland Vogt explained what we were seeing. We then moved over to the award-winning Community Garden where Elaine, a Peace Garden volunteer, gave us a history before showing us round the various features. Everyone enjoyed this return visit to our local park and a few of us repaired to the Pavilion Café for lunch.



Our July outing was to East Kilbride's Calderglen Park, during one of this summer's hot and sunny spells. Our visit started in the Conservatory where there is an unusual combination of tropical plants and heat loving animals. We particularly enjoyed watching the meercats. Outside once more, we explored the Ornamental Garden, complete with its 1,000-year-old yew tree and wildlife pond, as well as the outdoor animal exhibits where my highlight was the laughing kookaburras – and yes, they were laughing! Afterwards the whole group gathered in the Courtyard Café for lunch.

There will be no separate Garden Gang outing in August, as the u3a trip to Melrose takes us to a town with two National Trust Gardens to explore! In September we hope to make a return visit to The Croft in Langbank to see it in its autumn glory. Please get in touch if you fancy joining us and I'll confirm the venues are still as planned at: https://paisleydistrict.u3asite.uk/u3a_groups/the-garden-gang/.

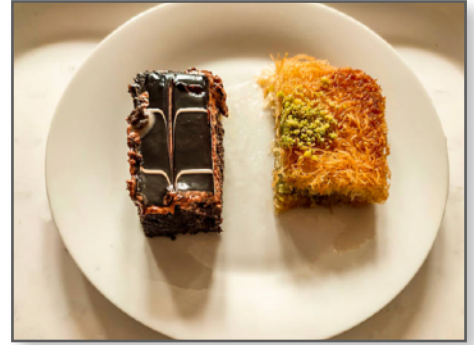
Lunch Group

Alex Smith (Dates vary each month)

We like to go out for a meal in good company and sample food from various countries.

If you'd like to come along, you will be made very welcome. Details of our next Lunch group outing will be posted on the u3a website. Please do get in touch by visiting:

https://paisleydistrict.u3asite.uk/u3a_groups/lunch-club/



Mah Jong

Catriona Matheson (Latter-Day Saints, Glenburn, Paisley)



Mah Jong is a game of skill, strategy, and luck. Each game has three or four players and uses a set of 144 tiles which have Chinese characters and symbols.

This new group next meets on **7 August**. It caters for all skill levels, and has already been so well received that there is a waiting list to join! If you would like to add your name to it, or if you could lead another Mah Jong group, please do get in touch via our website at: https://paisleydistrict.u3asite.uk/u3a_groups/mah-jong-group/.

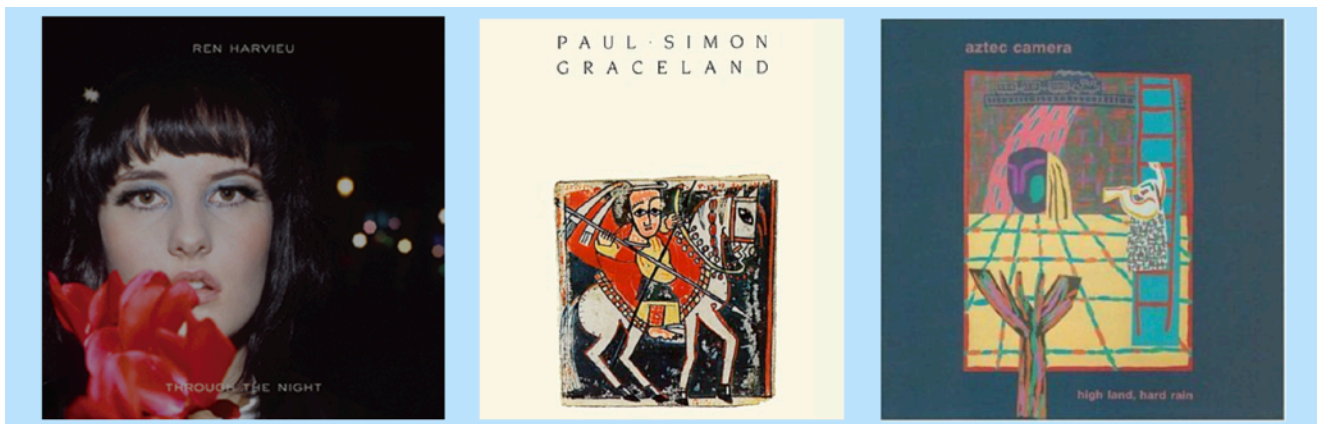
Music Appreciation

Don Page (Monthly on the last Friday, 2:00pm in Paisley Library)

This is a friendly group that meet to discuss different aspects of music. We usually choose two albums to listen to at home and then we meet up to discuss them track by track. It is a great way to get to know new music. There is no group meeting in August. Instead, we will be listening to the following music and discussing it together on **Friday 25 September**: *Rhapsody in Blue* by Gershwin, *Through the Night* by Ren Harvieu. *Graceland* by Paul Simon and *Highland Hard Rain* by Aztec Camera.

If you would like to come along to the group, you are welcome to get in touch at:

https://paisleydistrict.u3asite.uk/u3a_groups/music-appreciation/.



TRIVIA QUESTION: TRUE OR FALSE
Are French fries named because they come from France?

Music Makers

Ellen Bailie (Monthly, 2:00pm – 4:00pm, day varies)

This enthusiastic group of musicians meets once a month to play, sing and enjoy a wide variety of music. Our members include flute, guitar, ukulele, harmonica, violin, keyboard and vocal performers. The focus is on having fun, learning together and developing our musical skills in a relaxed and supportive environment. There is a good rapport within the group and every session ends with smiles, laughter, and a shared sense of enjoyment.



The group continues with *Scarborough Fair*, *Jambalaya*, *The Green Glens of Antrim*, *The Loch Tay Boat Song* and *In My Liverpool Home*. In addition to this, we are also entertained by members of the group who play or sing music they enjoy for us to listen to.

Although the group is currently full, if you are interested in making music, please get in touch with the Group Leader, Ellen, on our website at: https://paisleydistrict.u3asite.uk/u3a_groups/music-makers/.

Opera Appreciation

Kathy O'Donnell & Jane Fraser (Variable, depending on performance schedules)



We are viewing details regarding some autumn 2026 productions at the Theatre Royal being performed by Scottish Opera. These will be shared with our group members and any confirmed dates will go on our website page.

If listening to live opera sounds like something you might be interested in or would like to know more about, please get in touch with Kathy or Jane, the group facilitators, at:

https://paisleydistrict.u3asite.uk/u3a_groups/opera-appreciation/.



Happy Memories of Kate

Kate Colyer, the founding member of the u3a Sketching Group, passed away in early July. Kate was the group leader for many years until June 2026 when she stepped down from the leadership due to ill health.



Kate enjoyed sketching outdoors but especially sketching statues and carvings. The highlight of each session was meeting for lunch in a local café after a morning's sketching.



Outdoor Sketching

George Bailie (2nd Tuesday of the month, 10:00am)



In June, the group met at Newark Castle Port Glasgow, where we sketched both inside and outside of the castle. In July, we met at Glasgow Botanic Gardens, sketching both plants and surrounding buildings. There is no group meeting in August, and we next meet on **Tuesday 8 September** in Bellahouston Park. For up to date information, visit the Outdoor Sketching page on our u3a website at: https://paisleydistrict.u3asite.uk/u3a_groups/outdoor-sketching/



Pickleball

Irene Keith (Monday 1:00pm-2:00pm, ON-X Linwood)

Despite limited access to courts, the pickleball group continues to flourish. The game's popularity has not waned and we get regular enquiries from new people seeking to join us. Our sessions at the On-X ended with our summer social event at the Lochshore hub.



During the school summer holidays, our sessions continue at Renfrew Leisure Centre. If you'd like your name to go on a waiting list for future pickleball sessions, please contact me, Irene, at:

https://paisleydistrict.u3asite.uk/u3a_groups/pickleball/.

ANSWER TO TRIVIA QUESTION
False. They were created in Belgium

Science and Technology

Don Page (2:00pm, last Thursday of the month, Café Bianco e Nero)

This is a small, friendly group where we watch science videos at home then discuss them in a café over coffee and cakes. The world is changing rapidly and this group helps us keep up to date. There is no group meeting in August, so we next meeting on **24 September**.

Before then we will watch these three programmes on BBC iPlayer starting with *The Incredible Human Journey* - Part 2 – Asia. This is where Dr Alice Roberts follows the archaeological and genetic footprints of our ancient ancestors to find out how their journeys transformed our species into the humans we are today and how Homo sapiens came to dominate the planet. The second programme is *The Future* with Hannah Fry, Part 3 - Weaponizing data. Here Hannah explores whether the death of privacy puts society at greater risk or could make people safer.



The third programme for discussion is *The Future* with Hannah Fry, Part 4 - Nuclear Fusion. Seen as the holy grail for limitless clean energy, the question is will nuclear fusion come soon enough to avoid the worst of the climate crisis?

Please come along and join in our conversations, or for the latest group details go to: https://paisleydistrict.u3asite.uk/u3a_groups/science-and-technology/.

Silver Screen

Jane Fraser (Monthly, 2:00pm on a Thursday)

This is a group for people who enjoy watching old classic films. There are light refreshments beforehand and then some discussion about the movie afterwards. We are having a break over the summer but will post details of our next viewing on the u3a website shortly.

If you are interested in knowing more or have some suggestions for Silver Screen films, please get in touch with Jane at: https://paisleydistrict.u3asite.uk/u3a_groups/silver-screen/.



Singing Group

Alex Smith (St. George's Church Halls)



We are not meeting in August or September but we look forward to restarting the group in October. It's a fun way to improve how we sing and members also come away from the practice having enjoyed a few laughs. We are always looking for new members. If you would like to come along, or know more about the group then please visit: https://paisleydistrict.u3asite.uk/u3a_groups/singing/

Table Tennis

Irene Keith, (2nd and 4th Sunday, noon – 1:00pm, Renfrew Leisure Centre)

Our small group are enjoying the opportunity to try this game in Renfrew Leisure Centre. It's a fun way to keep fit, and bats and balls are provided. Sadly, we lost two enthusiastic members recently as they moved to Prestwick. So if you would like to give it a go - really, it's not too strenuous - please get in touch at: https://paisleydistrict.u3asite.uk/u3a_groups/table-tennis/.



OTHER NEWS

u3a Group Trip to Ireland

With each year our annual trip has become more popular. At the end of September, at least 39 members will be travelling to County Clare in Ireland. We are keeping our fingers crossed for some dry weather. We have one place left. If you'd like to join us please contact Irene for more details at:

https://paisleydistrict.u3asite.uk/u3a_events/coach-trip-to-ireland/

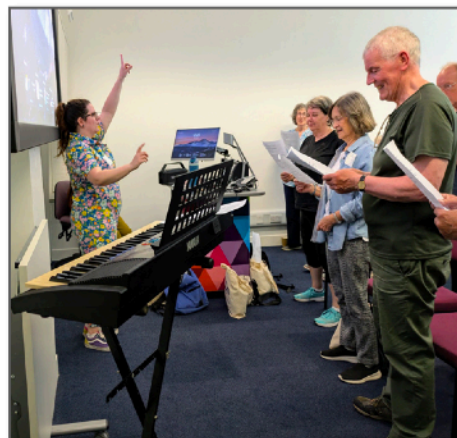


Planning a 2027 Jamboree

Our u3a has been successfully awarded a grant from Renfrewshire Council's Mental Health fund. We were awarded this money to run a local Jamboree event for our members and potential new members.

Some of you might remember last year's Scotland-wide u3a Jamboree event held in Edinburgh. It was an opportunity to showcase a wide range of activities available across Scottish u3as. Indeed, some of our members were there to demonstrate a few of Paisley and District u3a activities.

So if you would like to help us with your ideas and various small tasks involved in putting on a modest u3a taster event, please get in touch with me, Kathy O'Donnell at: <https://paisleydistrict.u3asite.uk/contacts/>.



u3a week 2026

U3a week runs from 19-27 September. This year, the theme is "Expanding horizons". The u3a Trust has compiled ideas on how members and u3as can take part. Read more about it at: <https://www.u3a.org.uk/what-we-do/events/u3a-week>.



CONFUSED?

WHAT CAN I DO AND WHEN?

No more missed events. Go to our u3a website for our What's On calendar at

<https://paisleydistrict.u3asite.uk/whatson/>



WHAT'S ON AUG/ SEPT 2026

27 July - Sun 15 August
Summer Nights at the Bandstand
Live music, food,
Kelvingrove Park

14 - 15 August
World Pipe Championships
Over 8,000 of the world's best pipers and
drummers
Glasgow Green

5 and 6 September
Renfrewshire Doors Open Days

13 June-18 October
Barbie: The Exhibition
Kelvingrove Art Gallery

IMPORTANT FUTURE EVENT

Paisley and District **Jamboree**

A celebration of our u3a
Stalls representing our groups
Taster sessions

January 2027

We need your help!

Have you ideas to showcase your group?
Can you help on the day?
Can you help spread the word?

If you can help in any way, please
contact Kathy at :

<https://paisleydistrict.u3asite.uk/contacts/>.

Monthly Meeting Programme

Thursday 8 October: Brian Young - *3 Roman Campaigns in Scotland*

Thursday 5 November: *A Double Bill*

Roland Vogt - *Bridges*; Colin Dykes - *Afloat in the Caribbean*

Doors open at 1.30 pm for a cup of tea and catch up. Meeting starts at 2.00 pm.