



We hope that 2026 will prove to be a good year, full of laughter and learning and any challenges met with fortitude.

We were delighted to welcome a packed hall of over 80 people for our first meeting of the year at Novar Drive. Perhaps the weather, which was unusually mild for January, helped to persuade folk to venture out. However, the likelihood is, the opportunity to hear one of Kevin Scott's talks on Glasgow was the magic ingredient. Kevin never fails to deliver when it comes to sharing his knowledge of Glasgow and feedback was very positive.

We look forward to meeting as many of you as possible during the coming weeks and months, the aim being to

get to know you a little better and discover the things that interest and inspire you. Jane and Hazel, your co-chairs, are very fortunate to be working with highly motivated and dedicated committee members, who go the extra mile to support GWEu3a members to the best of their ability. Working as a team is very important to us all and something we value highly. Needless to say, our Interest Group co-ordinators are an integral and hugely important part of the team. However, please don't wait for us to ask you, but come forward with your ideas as to what you think works and what you believe could be better. Your opinion matters to us because without you we would not exist as a flourishing branch of the u3a. Perhaps you have ideas for a new group? Could you lead a group? If there is a

group you wish existed, could you help to establish it? If so, why not contact Lesley, our Interest Groups Co-ordinator [here](#). She will help, guide and support you with anything and everything group-related. Meanwhile Interest Groups continue to grow in number and to thrive. More news and updates on groups to follow. Perhaps you have skills that would be of benefit to the Committee? If so, why don't you approach one of us and ask any questions you might have. Then, if you are still interested in learning more, you'll be invited to join one of our Committee Meetings before deciding whether or not to put yourself forward. We are a jolly bunch of volunteers who endeavour to live up to the u3a strap-line; Live, Laugh, Learn.

Glasgow West End u3a Committee



Hazel Brooke

Jane Webster

Allan Millward

Christian Millward

Jenni Austin

Lesley Shaw

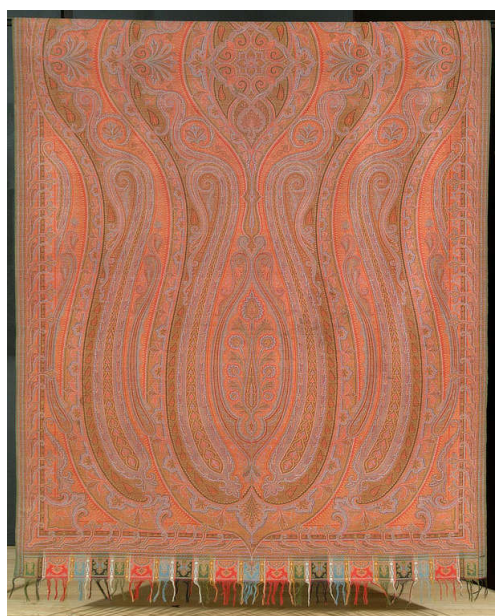
Fran Sharp

Amanda Rees

Liz Ervine

Maureen Daniel

Steve Dunn



On February 19th we welcome Valerie Reilly to talk at our monthly meeting on the subject of "The Paisley Shawl." Valerie did a degree at Leicester University studying a combination of Archaeology, Ancient History and Geography followed by a Postgraduate Certificate in Museum Studies.

In 1976 she came to Scotland to take the job of Keeper of Local History and Textiles at Paisley Museum and to have care of the internationally renowned collection of Paisley Shawls. She was the driving force behind the successful application for Paisley Museum to

become recognised as holder of a Collection of National Significance.

On 19th March Clem Clements is returning to share his knowledge of "The Bell Rock Lighthouse and Arbroath" with us.

Remember that our monthly meetings are on the third Thursday of the month at Novar Drive Community Centre, 10.00 am for coffee and chat, with the talk beginning at 10.30. We look forward to seeing you.

There is more event news at [this link](#).

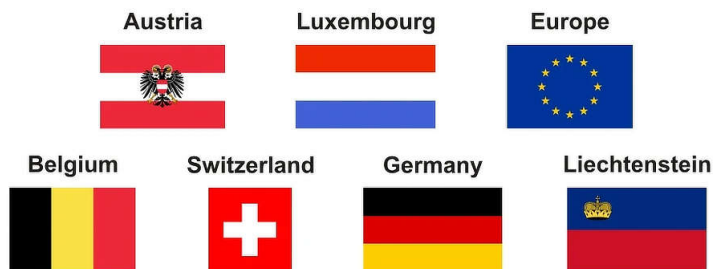
German Conversation

SPRECHEN SIE DEUTSCH?

Our German Conversation Group has now been running for some 6 years. We are an informal friendly group of people who aim to converse only in German during our meet up on Thursday afternoon at 2 pm in the Clarice Pears Building, Byres Road Hub. Usually, we meet on the second and fourth Thursday in the month.



FLAGS OF GERMAN SPEAKING COUNTRIES



No one is a native speaker. We are a group of mixed abilities. Some are fluent in the language and have spoken German for a number of years. We help each other depending on our abilities. We chat about a wide range of subjects, making it a good opportunity to widen vocabulary. When we have a specific topic to discuss, this allows those who are not so confident, to prepare something in advance. This also applies to those of us whose memories are not so good as they once were! This allows everyone to actively participate.

There is no teacher in the group, and it's not a group for beginners in the language. It is a great place to chat, increase conversational skills and meet with a diverse group of people who have their own experiences. Sometimes we have a member who shares tales from their travels in a German speaking country – Germany, Austria or Switzerland.

We are happy for you to come along and give us a try to see if this is something you would like to be part of. You can contact our co-ordinator on the German Conversation Group web page via [this link](#).



Music Appreciation - Pop Nostalgia

The next Pop Appreciation meeting takes place at 1051GWR on February 12th at noon. The title is "Alphabet Soup, N to Z". Please let Mike know if you aim to attend. You can contact him via [this link](#).

Book Group 2

In January Billy Sloan, author of the autobiography, "One Life One Love", joined the group.

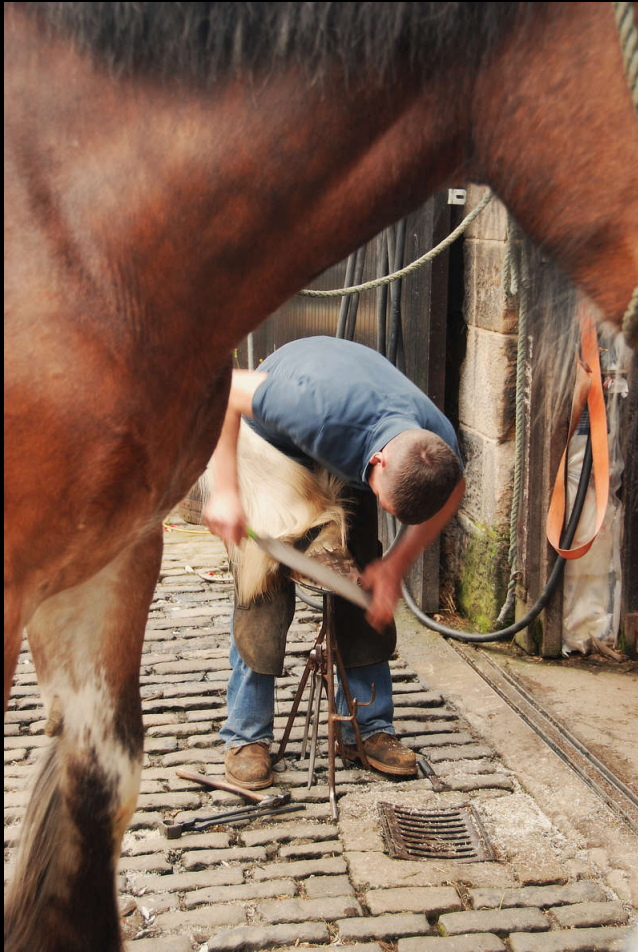
We had read and discussed the book at a previous meeting, and were aware of his great love of music, the famous people he had met and written about during his career as a journalist, so it was a revelation to get to know the writer, and his own life.

Additionally, Billy is a local and lives near Hillhead library.

With a very caring, unassuming and modest personality, he talked to us at length about his private life and the ups and downs which we all experience.

I would strongly recommend the book, just open it at any page and I promise you will be well entertained. Find out about us [here](#).



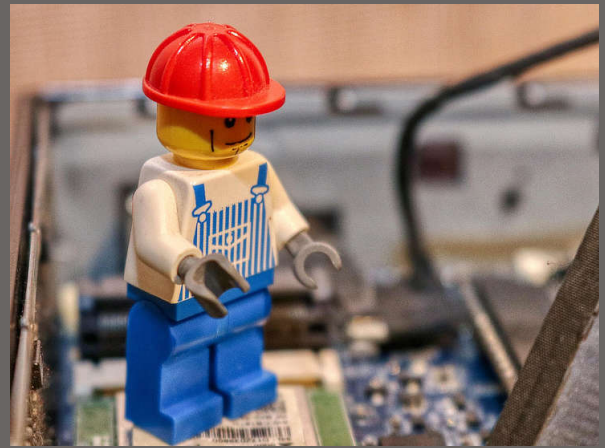


Photography

Our January theme was "Arts and Crafts". Submissions ranged from pics of crochetwork to images of paintings. One standout shot was by Robert Marshall; it shows a farrier at work with a horse framing him in the image. One simple shot provides lots of information.

Our next task is to locate and shoot images that look like faces. It's a form of pattern recognition that people are good at.

For more information get in touch [here](#).



IT Help

The IT Help Group next meets on Monday 2nd March. We will have volunteer members with some experience on hand to help with any issues you are having - IT issues, smart phone problems, social media etc.

Please note the volunteers are not IT professionals but will use their experience to help solve problems. If we don't know how to fix something we will try and find out! This is drop-in group at Cottiers bar /restaurant, 93-95 Hyndland Street between 2 and 3pm. No need to book a slot - just pop in. Contact us on [this link](#).

Games For Fun

Games for fun are now meeting twice each month - on the first Monday and third Tuesday from 2-4pm in Cottiers Bar/Restaurant, 93-95 Hyndland Street.

Our next meetings are on Tuesday 17th February and Monday 2nd March from 2- 4 pm.

We are playing a variety of games and have added new games to our list. We are always open to new ideas and you are welcome to bring your favourite games. Join us if you can for an afternoon of fun! Find out more [here](#).

Social Bridge

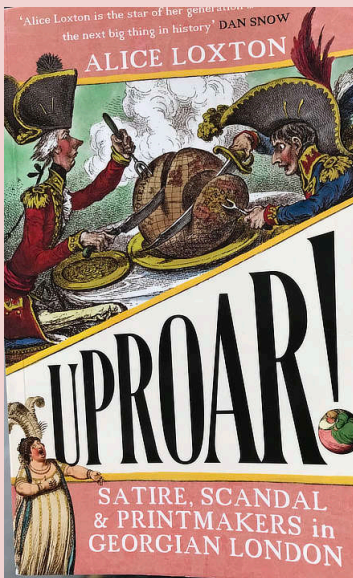
Here are Social Bridge members enjoying Christmas lunch at Three Crows. Find out about us [here](#).



MOTO

The social group for members on their own continues to meet in Cottiers once a month for a catch up. We also share social ideas in our WhatsApp Group. Join us if you'd like to be more socially active in 2026!

Contact us via [this link](#).



History Book 1

The group meets monthly on Mondays to discuss our choices.

Below is a review by one of our members of our last read 'Uproar! - Satire, Scandal & Printmakers in Georgian London' by Alice Loxton

"Uproar! documents the careers and world of the leading cartoon satirists of Georgian London.

The author's writing

style combines straightforward historical writing with meanders through her personal history – laced with references to current pop culture. This style is something of an acquired taste; many readers acquired it, but not all.

The stories of the key figures were new to most of the group. Their effectiveness in holding the powerful to account was admired, particularly given the artists' heroic levels of alcohol consumption.

One trend noted was the move from permissiveness in the Georgian period towards political censorship as Victoria ascended the throne. This coincided with increased repression throughout Europe following the downfall of Napoleon.

The group's views were far from unanimous: some vowed to read all the author's works. Others planned to give the book away immediately. It was a lively discussion, as always!"

Our next read is 'Paris 44: The Shame and the Glory' by Paul Bishop

For a list of other future reads, please visit our webpage [here](#).

Film Lovers

This time last year Film Lovers had just 36 members. Since then, the Group has grown to 44 members which is still quite small by U3A standards. However, it continues to attract members with real interest in unusual films shown at the Glasgow Film Club (The GFT) that are generally not offered by the major film distributors. These films are not necessarily 'avant garde' but I think most Members would agree the films we see tend to 'stick'; they have an impact long after they've been seen. They are curated because they have something unusual about them, because they've received critical acclaim by the film industry or often because they are from a country whose films are little known. They are films worth talking about.



Controversial but not necessarily shocking.

So far, we have proposed, amongst others, the Norwegian film 'Sentimental Value', a direct translation of Affeksjonsverdi,

whose main character spoke Swedish throughout! 'Marty Supreme' an astonishing study of inflated ego, 'The History of Sound' with two of our talented young male actors, Paul Mescal and Josh O'Connor, another film 'Hamnet', again with Paul Mescal which perhaps didn't please all Shakespeare purists, 'No Other Choice', a typically quirky, black humour Korean offering, 'H is for Hawk' in which Claire Foy seeks to deal with grief by training a hawk.

An amazingly varied selection of films and the year has only just begun! You really must join us. We always welcome new members with a love of film who are hopefully not afraid to say what they think.

The Group meets most Friday afternoons to see films shown before 5:00 pm when ticket prices are lower. You can contact us via the web site at [this link](#).

Science and Technology



The next meeting will take place on Wednesday 18th February when Professor Christine Davies will talk about "The Quandary of the Quark". Prof Davies is head of the Particle Physics Theory group in the School of Physics and Astronomy at the University of Glasgow.

Meetings take place on the 3rd Wednesday of the month from September to June (omitting December) at 3pm at

Partickhill Bowling Club, 46 Partickhill Road, Glasgow G11 5BY. The group also has a WhatsApp Group which is run by Alan Watt on which we share items such as links to articles and broadcasts about science that may be of interest.

2025-26 Programme

You can see details of the programme for the coming session on the group's web page. Find out more information about the group, and how to join, [here](#).

Vacancy for Deputy Group Leader

We are looking for a member of the group to take on the role of Deputy Group Leader. This involves standing in for me if I am unable to attend a meeting and being a member of a small programme planning group. Please contact me via the link below if you would be interested in this role.

Val (Group Leader)



Local History and Art Appreciation 2

From the Trongate to the Trossachs: The Paintings of John Knox (1778-1845)

This month the local history and art appreciation groups enjoyed a wonderful talk from Ailsa Turner. Ailsa is a retired tutor in Art History, with an impressive range of specialist areas, including Scottish painting. Ailsa's talk explored the work of the Glasgow based artist John Knox. We had a great turnout at Partickhill Bowling Club, which proved to be an excellent venue for this event. In true u3a style, members Val and Fiona helped out with IT, many thanks!

The presentation covered Knox's astonishing panoramic presentations and detailed paintings which captured the city's street life and spectacular surrounding scenery in the early nineteenth century. Their scope reflects contemporary changes and attitudes contributing to their popularity and to an intriguing record of the times. The style of Alexander Naysmith and others influenced Knox's work and contributed to his overall development as artist and teacher.

Knox's paintings and teaching greatly inspired some younger artists who went on to achieve more lasting fame but now Knox's remarkable contribution to painting in Scotland is enjoying the recognition it deserves.

Ailsa's presentation perfectly merged the interests of both local history and art groups and provided a hugely entertaining talk. Feedback from our members was unanimously positive.

Keep an eye on our local history webpage nearer the time for further details of this and other events. Please contact us [here](#). For information on Art Appreciation 2 please click [here](#).

Travel Group

The new travel group have booked their first trip for September 2026 - Jersey. Hopefully more trips will follow!

Find the group [here](#) if you would like to hear what we are planning!



Tuesday Morning Coffee

Our Tuesday morning coffee group meets on the 2nd Tuesday of every month at Annie's on the Corner at Anniesland Cross. The next catch up is on Tuesday 10th February at 10.30am.

(Please let us know if you plan to come as it is a very busy coffee shop and they keep tables for us!)

Find out more on [our web page](#).



NEW Group – An introduction to Basic Sign Language

A new group has recently been set up to provide an introduction to basic sign language. This group is aimed at those who may have some hearing loss themselves or have a friend or family member with a hearing loss.

The group will be small to allow appropriate interactions and it will also offer guidance on hearing loss issues. This group will meet at Anniesland fortnightly and further information can be obtained by [clicking this link](#).



We are looking for people to take part in a study that involves eating less meat over a period of **8 weeks** and letting us know how easy or difficult you find this, and what meals and foods you use to replace meat.

WE ARE LOOKING FOR PEOPLE WHO :

- Are over 18 years
- Eat meat 6 or 7 days per week
- Do not follow a special diet

If you would like to find out more, you can start by taking part in our short screening survey using the link below or the QR code to the left <https://redcap.link/ouddaekf>



Alternatively, you can contact the study team at: lessmeat@abdn.ac.uk

Eat Less Meat Study

We believe that most u3a members are mindful of eating a healthy diet and are perhaps already cutting back on their consumption of red meat. However, if you are a meat lover who would like to try eating less of it, you may be interested in taking part in the study being carried out by the Rowett Institute, University of Aberdeen.

“Do you eat meat six or seven days a week? Then we want to hear from you!”

Researchers at the University of Aberdeen are conducting an online study to explore how swapping red meat for fish or plant-based foods impacts diet, health, and sustainability. By taking part, you'll also help us better understand the challenges and opportunities of adopting more sustainable eating habits.

We're looking for: People living in Scotland aged 18-plus who eat meat on six or seven days a week with access to a smartphone, tablet, or computer.

What's Involved? Nominating three days per week to be meat free for two months, filling in daily questionnaires and weekly food diaries and talking our research team about the challenges.

Scan the QR code or [visit this link](#) to find out more.



Scottish Charity SC030370

u3a in Scotland
Summer School 2026

Monday 24th August – Wednesday 26th August 2026
at Stirling Court Hotel, University of Stirling



Stirling Court Hotel

Choose one of these six topics:

AI: *Exploring Artificial Intelligence*

BSL: *British Sign Language*

Craft: *Japanese Sashiko Embroidery*

History: *The Picts*

Photography: *Enhancing Your Photography*

Social Science: *Positive Psychology*



Strolling to Admire Nature at Summer School 2024

Full board residential rates are available in hotel or university guest accommodation.
Day delegate rates are also available

Full details of topics are on the SUMMERSCHOOL page of the
U3A in Scotland website at <https://u3asites.org.uk/scotland>

Enquiries to summerschoolu3ascotland@gmail.com

u3a in Scotland Summer School

The u3a in Scotland Summer School takes place from Monday 24th August till Wednesday 26th August 2026 at Stirling Court Hotel, University of Stirling.

Full details of topics are on the SUMMERSCHOOL page of the u3a in Scotland website [at this link.](#)



The Four O'Clock Gang

If you haven't tried us out - why don't you join us - we are a friendly bunch! Find out more [on our web page.](#)

Here are some of The Four O'Clock Gang escaping the cold and having a fun in 1051 GWR on Thursday. Hopefully you'll be able to join us too at the next one Thursday 5th March at 4pm.