

Worcester have over 80 different interest groups so there is something for everyone. Membership entitles you to attend as many groups as you like along with the main bi-monthly meetings/talks, trips and other u3a events.

To find out more about the group in general click on <https://www.u3asites.org.uk/worcester/welcome> and from here there are links to the list of the various activity groups and group leaders (or via <https://u3asites.org.uk/worcester/groups>). Other links will enable you to contact the Membership Secretary or other Committee members with any queries. Or you can put a date in your diary to attend the **Groups Fair** at Nunnery Wood High School in Worcester on **Saturday, 27<sup>th</sup> August**. Group Leaders from the various interest groups will be on hand between 10.30 am and 12.00 mid-day to chat with and answer any questions.

The aim of the u3a is to encourage members to participate in their group/s but following Covid inevitably some of the activity groups have struggled to keep going. Happily, with the renewal of energy and enthusiasm there are several potential new groups in the pipeline and hopefully these will also be at the Groups Fair. One of these new groups is Short Tennis (ST) or Pickleball (PB). If you have not come-across the games before ST was developed as an introduction to tennis for children and became very popular in Japan where it expanded into a game for all ages and abilities. It is played on a smaller court (badminton court) with smaller racquets, slightly lower net and adapted tennis balls – they travel slower and are not so bouncy. PB is also a relatively new game, again played on a badminton court with similar rules to ST albeit using "paddle bats" rather than racquets and using plastic balls which provide a slightly faster game than ST; it is, evidently, the fastest growing game in the world. Both games are for everyone – no previous tennis or ball skills needed; they are just fun games that provide another fitness opportunity. Potential venues are likely to be the Arena or Perdiswell sports centre with sessions during the daytime. To find out more about the games use the links below:

<https://www.sportsrec.com/4615142/short-tennis-rules>

<https://www.pickleballengland.org/>