

The Art of Living Well in Retirement: A Celebration of the Activities of Chester u3a

Wednesday 24 September 2025, Storyhouse Garret Theatre

- 1pm **Welcome and Introduction** - Peter Goodhew, Vice-Chair Chester u3a
- 1.05 – 1.30 **Move Well, Live Well: The Link Between Activity and Wellbeing**
Moira Lafferty, University of Chester
Research from psychology and sport science has proven that staying active supports both body and mind. This talk will discuss how regular physical activity, from walking through to racket sports including pickleball, can boost mood, reduce stress, and maintain cognitive and physical health and social interactions.
- 1.30 – 1.55 **Sportswear through the Ages**
Fran Reading and Di Tahourdin, Chester u3a History Group
Chester u3a offers a mix of sporting activities catering to all energy levels, from a gentle stroll across the green to a fast-paced rally. This talk will look at how our sporting wardrobes have changed across the years, including naked Olympians, the rise and fall of men's football shorts, how female sportswear emancipated women, the home-made sports clothing we'd like to forget, how new materials and TV revolutionised what we wore, and the clothing controversies along the way.
- 1.55 – 2.05 **Let's Cut to the Chase!**
Liz Eccleston, Chester u3a
Liz was the runner-up in the National u3a's first essay-writing competition, which asked for essays that celebrated a person, policy, invention or idea that has had a positive impact on society. She will be presenting her prize-winning essay in which she explored the invention of scissors.
- 2.05 – 2.25 **Break for refreshments in Garret Bar**
- 2.25 – 2.40 **Chester u3a Music Performance Group**
- 2.40 – 3.05 **The Art of Being Crafty**
Sue Houghton, Chester u3a Craft Group
In a world that often feels rushed and disconnected, crafting can offer a quiet refuge. Studies show that crafting can boost dopamine levels, lower cortisol, and even improve cognitive function — especially in older adults. In the Chester u3a, knitting needles, crochet hooks, and shared creativity are tools for building belonging. Whether you're a seasoned maker or just curious about picking up a needle and thread, this talk will inspire you to see crafting as more than just "making things".
- 3.05 – 3.30 **The Weight of Retirement**
Juliet Leadbeater, Chester u3a
We are told that older adults should maintain a healthy weight to avoid the risk of developing health problems, but why doesn't dieting work? Most overweight people have tried lots of different diets with no success. Obesity was uncommon in the 1950s, now two thirds of adults in England are overweight according to government figures. Do people eat more and exercise less or is there another explanation?
- 3.30 **Closing Remarks** - Peter Goodhew, Vice-Chair Chester u3a