

Chair's Chat

The skies are grey and it's raining, which must mean it's summertime! If you're not busy with Grandparent duties, there are lots of ideas in this month's newsletter to keep you occupied and none of them cost a penny!

CAMEO Meeting

2:30pm, Friday 28th July

**The Riverside Centre
King George's Way
Pershore
WR10 1QU**

**Come along for tea, coffee,
biscuits and chat**

All Welcome

Come and Meet Each Other

Our first "Come and Meet Each Other" meeting (CAMEO for short) will be held at the end of July. Although this is a bit of an experiment for us, it has proved very successful at other u3as, offering an opportunity for anyone to come along and meet up with fellow u3a members and spend a sociable hour or so chatting and getting to know each other over a cuppa and a biscuit. We don't have many occasions to simply socialise together, catch up with u3a friends and perhaps make some new ones. If the event is popular, we will run it again at a later date, so we hope you will come along to the Riverside Centre this Friday and support it.



Also at the end of July, there is an interesting exhibition of theatre-related models on at Number 8, so if you love PODS productions, or Lego, or both, go along and take a look.

You may already know about Pershore Wellbeing Hub - I know that some of you are volunteers there. We have a great relationship with the hub; they often suggest membership of the u3a to their visitors who might be newly retired, or are new to the area and looking for something to do. Volunteers there can also help people find answers to all manner of problems – or simply offer a friendly place for a chat. We are very lucky to have the Wellbeing Hub on our high street and their article makes interesting reading. If you need help, or just a friendly chat, do drop in to see them.

On a sombre note, for all you gents out there, prostate cancer is a serious risk. We therefore encourage you to take advantage of the first, free PSA testing event, taking place in Pershore in early September. The aim of this event is to save lives. For the majority of those tested, it will reassure them that all is well and encourage them to seek regular testing. For others whose results may indicate a problem, timely intervention can make a crucial difference. The event is free due to the generosity of the Pershore Prostate Cancer Support Fund. You can book online (see "PSA Tests" poster) and read more about PSA Testing on the website: <http://www.kwpcsg.co.uk>

And lastly, one thing NOT to do this month – Number 8 is closed in the third week of August, so please don't turn up expecting there to be a Monthly Meeting. Our next one will take place on September 19th – you can read the details later in the newsletter.

Best wishes,

Jackie

Jackie Jolley, Chair, Pershore & District u3a

Interest Groups' Latest News from John

I have just looked back at the August 2022 newsletter - I opened with "this is the second day of a heat wave, two days are enough!" No so this year. We had just held our 21st anniversary picnic too, where did that year go?

Some news from July this year now, the Meditation group is being set up with lots of interest to date, as there has been for Croquet 2. I still have some organising to do with the proposed travel groups.

We have a leader wishing to run a new group - Driving skills Revisited. The tuition will come from two registered Institute of Advanced Driving members, covering Driving at Night, Motorway Driving, Distractions and Challenges. It has been years since most of us took our driving test, so this offers an insight into modern driving skills. Let me know if you are interested.

Thank You to Hazel Woodhead, who has stepped forward as the new group leader for the Gardening Knowhow group. Another group looking for a new leader, we are looking for someone to take over the Pershore u3a Singers group in the New Year, as current leader Sue will be bowing out after Christmas. Read the article later in the newsletter for details.

Staying with music, we still have a request for musicians and singers who could come together to form a new group – plenty of help available.

The Walking groups are over subscribed, so here is a chance for someone to organise and lead a new group. We have a list of about 8 members waiting to join - I will get a coffee session organised so they can meet for a chat. I think a 3rd MOTO (Members On Their Own) group would be appreciated too.

Have a look at our [Why Not become a Group Leader?](#) link on the Groups tab of our website. You will find an updated "Wish List" there too. These topics all need a leader, so do step forward if you have any relevant skills to pass on, or even if you would simply like to share your enthusiasm for any of these subjects with others.

If any of the group leaders are unsure about using Beacon, then please send me your membership list and I will update your group. It makes group communication so much easier and less stressful! You only need type one email to the group instead of individual emails.

Happy Holidays,
John Wright, Groups Coordinator



News from the Interest Groups

Well Done to the Ukulele Group!

The u3a Ukulele group love to perform and can often be seen enjoying themselves and entertaining the crowds at local events and venues. Here they are the Water Garden Event in Pershore on 16th July, where they not only sang and played, but also managed to raising money for three different charities!

Contact: Yvonne, Ukulele Group Leader,
via our website: <https://u3asites.org.uk/pershore>



Could you pull out the stops for Pershore u3a Singers?

Are you a keen musician or someone with a deep passion for music who loves to sing? You could be just the person that our Pershore u3a Singers are looking for.

Sue, the current Group Leader, will be stepping down at Christmas this year, after many successful years of leading this popular group and organising the lovely concerts that fellow members have thoroughly enjoyed over the years. The group has over 30 members, who meet at



St Andrew's to learn, practice and sing both old and newer songs, in harmony. It would be sad to see this group fold, as its enthusiastic members love their regular singing sessions, although fun is important too - they don't take themselves too seriously!

Sue would be delighted to talk to anyone who might step forward as a new leader, to help them get started and get to know the group. So if you could help this lively group to continue with their love of singing, please get in touch with John Wright, our Groups Coordinator.

An opportunity for you to learn how to play Bridge with Droitwich u3a

Droitwich u3a are now taking names for the next Beginners Bridge interest group, which will run from October 2023 to March 2024. The 2-hour meetings will held weekly, on a day to be agreed, at the Group Leader's home or at a venue in Droitwich, depending on numbers. The course is suitable for members who are complete novices to the game of Bridge or who may have played some time ago and forgotten most of what they once knew.

Bridge is a "whist-like" card game for 4 players, operating as two teams/pairs. Familiarity with "whist-like" card games would be an advantage, but is not essential. Starting from the absolute basics, the course will cover the main features of Acol (the most commonly used bidding system), and some techniques of card play.

Members of Pershore & District u3a will need to become reciprocal members of Droitwich u3a, but there is no charge associated with this. For more information or to sign-up for the next course please contact the Group Leader, Les Hazlewood via the Droitwich u3a website.

Notice Board

A Warm Welcome at Pershore Wellbeing Hub

Pershore Wellbeing Hub is made up of dedicated volunteers whose aim is to support people with information and advice – and (most importantly) time and space for a chat. You may have seen our centre on the High Street (near Number 8) or chatted with one of our volunteers at a local event. Anyone is welcome at the Hub - either by dropping in to see us or by logging onto our extensive website (see below). We are also keen to recruit new volunteers. So if your interest has been piqued... read on!

Step into the Hub and you enter a cheerfully decorated room, where one of our volunteers will give you a friendly welcome and ask if you've come in needing help with a particular question, or would simply like to sit down for a cup of tea and a chat. Finding time to chat in a busy world is one of the most valuable services we offer – and is a



rewarding and interesting part of our work. Some visitors come with specific questions or problems. We act as a first port of call.

All our volunteers bring different areas of experience - and this can be helpful in supporting a visitor to find an answer to their problem. We may sit down with a visitor at the computer and research useful organisations, phone numbers and addresses. Our own website has extensive links to organisations (including Pershore & District u3a), local council and government departments, charities, businesses and interest groups. The aim is to help the visitor find out where they can get answers by signposting them to the information they need.

As with all charities, funding is a challenge. We were set up as a result of generous donations from Wychavon District Council and others, including Pershore Town Council. We now face the task of generating our own sources of income to ensure the Hub moves forward into the future. Events in Pershore and surrounding villages are great for raising funds and awareness, so if ever you see us managing a tombola or plant stall at a local event, come along and say hello.

And we are always keen to recruit new volunteers. As well as the satisfaction of doing something useful for our area, it's a lot of fun. We are a very friendly group of people! Please contact us at the email address below if you would like to learn more about becoming a volunteer – or drop in for a cup of tea and a chat!

Pershore Wellbeing Hub is at No. 4, High Street or visit us at:
<http://www.pershorewellbeinghub.co.uk>

Our email address is: info@pershorewellbeinghub.co.uk

Membership Cards

Our database system, Beacon, has a new feature that I can use to individually email membership cards for you to print at home (if, of course, you have access to a printer).

You are likely to need a membership card if you want to join another group at a different local u3a, or if you wish to take advantage of 10% discount at The Valley garden centre at Evesham. If you would like a card, then please email me via the website

If you don't have a printer, or are not an email user, then of course I can print one for you to collect at a Monthly Meeting; alternatively, I can send one out on receipt of a SAE.

Mary,

Membership Secretary.

Kidderminster & Worcestershire Prostate Cancer
Support Group

Prostate Cancer



FREE PSA TESTS

Thursday 7th Sept
Wychavon Civic Centre, Pershore
WR10 1PT

Book Online:
mysatests.co.uk

For more info: www.kwpcsg.co.uk

Free Exhibition at Number 8

Andrew Hemming, Musical Director of PODS, has created an incredibly detailed model of the whole of Number 8 built from LEGO bricks!



Come along and marvel at this astonishing recreation of our favourite Arts Centre. Also on display will be set design models which Stuart Megarry has produced over the years for PODS giving a fascinating insight into the creation of the Society's best-loved shows.

The exhibition takes places on **Friday 28th, Saturday 29th & Monday 31st July**
10am – 4pm in the **Courtyard Room at Number 8.**

Monthly Meeting Write Up

Folklore and More - This month, Adrian James, freelance photographer and gardener, took us through the year with folklore tales about plants and trees. From the snowdrop pushing through frozen ground in January, which folklore says was given to Eve by an angel to symbolise hope, to evergreens used at Christmas to deck the halls, we learned many quaint and curious facts about some of our common plants. Here is some of the folklore we heard about:

- The story of the Hellebore, sometimes called a Christmas rose (although not a rose), is that it was given by God to a poor peasant girl as her offering to the baby Jesus, and the blush on the petals is where the Infant reached out to touch the blooms.
- The festivity of Wassailing on "Old Twelvey" night (January 17th) is where cider-soaked pieces of toast are nailed to apple trees to ensure a bountiful harvest!
- There is a 2000–3000 year-old Yew tree at Fortingall in Perthshire Scotland that legend says Pontius Pilate played in the branches. Adrian said that this is entirely possible as Pilate's father was an ambassador of the Roman Empire and could have visited Scotland during this time.
- The May tree, or hawthorn, has a variety known as the Holy Thorn that flowers twice - around Easter and again Christmas. Folklore tells us that it grew from the staff, planted at Glastonbury, of Joseph of Arimathea (possibly a relative of Jesus), who quite probably visited the area as a tin merchant.
- The foliated head, also known as the Green Man, is one of the earliest elements in pagan folklore, yet now is used in church and cathedral decoration around the country. Adrian told us of the Battle of Spring and Winter, re-enacted each year in Clun, Shropshire, where the Ice Queen is always defeated by the Green Man and Gaia the goddess of the harvest.
- Did you know you should pick your blackberries by September 29th? This is the festival of Michaelmas, or the day St Michael expelled Satan from heaven and who knows what he did when he landed angrily in a blackberry patch!
- And finally, we learned about National Mistletoe Day, a centuries-old Druid tradition, now held on December 1st. Close to home in Tenbury Wells, this event is celebrated with blessings on the mistletoe as a fertility symboland of course... Morris Dancing!

For more information about Adrian's garden <https://langdalegarden.uk>

Guest Speakers at our Monthly Meetings

Venue: Number 8, High Street, Pershore, WR10 1BG

Start time: 2pm

If Zoom is available for the meeting the details and password will be emailed to members a few days before. To view future monthly meeting information visit:

<https://u3asites.org.uk/pershore/events>

... No Monthly Meeting in August – due to Number 8 Closure Week ...

Tuesday September 19th, 2023 at 2pm

Inflammation: A Right Pain In The Neck!

What is inflammation; how does the immune system work and what happens when it goes wrong? How do anti-inflammatory pain killers work and what can you do and eat, to help reduce inflammation? A repeat visit from **Dr Graham Cope, Medical Scientist.**



Tuesday October 17th, 2023 at 2pm

The English Civil War in Worcestershire

Dressed in full costume, **Max Keen** will enlighten us about the Civil War in Kidderminster, Bewdley, Worcester.....and Pershore!



All Monthly Meetings held at Number 8, High Street, Pershore

Need further advice regarding Monthly Meetings?

Contact: Speaker Co-ordinator Sally Whyte u3apershoresally@gmail.com or 07858 506 218

Pershore & District u3a – Committee Members and key contacts – Aug 2023

Chair	Jackie Jolley	To contact a member of the committee, please use the contacts page of our website https://u3asites.org.uk/pershore/contact
Vice-Chair & Speaker Coordinator	Sally Whyte	
Membership Secretary & Beacon Coordinator	Mary Greer	
Treasurer	Ian Smith	
Business Secretary	Jill Wilson	
Groups' Coordinator	John Wright	
New Members' Facilitator	Ingrid Fox	
Newsletter Editor	Rosie Chandler	
Beacon Database Admin & Technical Support	Peter Burnham	
Web Team	Mary Greer, Jackie Jolley, John Wright & Sally Whyte	

Pershore and District u3a <https://u3asites.org.uk/pershore>

Facebook: ['Keep Connected – Pershore and District U3A'](#)

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