

Chair's Chat

This month several of us were busy organising our u3a Day, which took place on Saturday 23rd September. If you were in Pershore you might have seen our gazebo in Chapman Court and heard the wonderful Band Age singing and promoting the u3a – they certainly attracted a lot of attention! I must thank everyone who contributed to the event in whatever way, including Group Leaders who provided updates for their groups and lovely photos to make our exhibition lively and interesting; those that helped with cutting & sticking, sorting out money, and with setting up and clearing up in the Town Hall and outside ASDA; members in Chapman Court who sang, handed out leaflets and directed people to the Town Hall; and those that chatted to members of the public about our lovely u3a and signed up new members. A great team effort to make a successful event – well done everyone!



Look out in the newsletter for the details of our next Quiz Night, taking place in early October. Our quiz nights are proving popular and the venue has a strict number limit, therefore spaces will be allocated on a first come first served basis. If you don't have email and would like to take part, please phone me, and I will make sure your name is added to the list.

CAMEO Meeting

2:30pm, Friday 27th October

The Riverside Centre
King George's Way
Perschore
WR10 1QU

Come along for tea, coffee,
biscuits and chat

FREE event - All Welcome

Come and Meet Each Other

Last month I promised you news of another CAMEO meeting and I'm pleased to tell you that we have set the date for Friday, 27th October. The venue is the same, the Riverside Centre, which is behind ASDA, next to and beyond the Leisure Centre. The centre has good access for people with limited mobility and a few parking spaces outside, or you can use the ASDA car park. So, if you would like to "Come And Meet Each Other", join us on the day at the Riverside for an hour or so of friendly chat over a cuppa and a biscuit. Everyone is welcome and there is no charge for this event.

Another date for your diary, the Environmental Issues Discussion Group is inviting everyone to their meeting on 12th October to find out about the problems caused by river pollution. We are so lucky to live in such a beautiful area,

with the lovely River Avon winding through it and I know that many of us enjoy walks along its banks. This is an opportunity to find out how this fragile ecosystem is threatened and how we could help to protect it. Have a look at the meeting details in the Groups News section.

Continuing on our environment, there will be a **Litter Pick**, arranged by Pershore Town Council, on **Saturday 7th October**, meeting at the **Town Hall at 10am**. Anyone can join in, so why not get together with friends and grandchildren to help keep our lovely community looking beautiful.

Jackie

Jackie Jolley, Chair, Pershore & District u3a -

Interest Groups' Latest News from John

I suppose Summer did come eventually, even if it was only for one week - as we now approach the darker, wetter, colder months of October, November and December. At least there is Christmas to start planning for..... 😊



September was a busy month with several new groups getting underway or nearing final arrangements.

- **Bend Stretch and Balance** is a new group, which is planning to start in October. The first meeting will be a free "taster" session at 2.30 pm on Tuesday 10th October, lasting for an hour at Number 8. The group leader aims to improve and maintain your flexibility, posture and balance. No experience is necessary; just bring a mat and a bottle of water.
If you are interested in the free session then please log on to our website and leave a message via the blue bird on the BSB group page <https://u3asites.org.uk/pershore/groups>
- The **Wednesday Walkers** group had its first walk, a walk around Croome to introduce the new group members to each other and arrange future walks.
- **Skittles 3** are now meeting on a Wednesday afternoon, new bowlers welcome.
- I attended the **Driving Skills Revisited** first session, along with about 18 others. It was interesting to freshen up on driving at night issues. There are eight more monthly sessions planned.
- The **Sewing Bees** group has found a venue to meet at, the group hopes to meet on the first Tuesday of the month, in the afternoon.
- We hope a second **French Intermediate** group will meet soon, probably at Elmley Castle Village Hall. Updates to follow.
- The day trip to **Port Sunlight** that was featured in the September issue has had a fair response - we have about a dozen people interested so far but we are looking to double that. June next year is the date - why not get planning for a day out with a few friends.
- The renamed **Joy of Gardening** group, formerly Garden Knowhow, meets on the second Monday of each month, happily visiting each other's gardens for tips and ideas.
- **Summer Evening Walks** did not meet this year, not because of the weather, but because we need a new leader! Do you fancy leading them in 2024?

At the last count we had 86 groups - fantastic – thank you to all those group leaders and assistants who made that possible. Do get in touch if you too would like to share new interests with others.

If any group leaders are unsure about using Beacon, then just let me have a list of your members and I will update the system for you.

Thanks for all your continuing support,

John Wright

News from the Interest Groups

Help Environmental Issues Discussion Group to tackle river pollution

Over the past few months numerous reports of unlawful sewage discharges have appeared across the media. Each one is a local disaster for wildlife, causing irreparable damage; our own River Avon and its tributaries are badly affected and fish populations are decimated. The less obvious costs to human health can be life changing. Water Companies pay astonishing sums in fines, but continue to flout the law.

**Environmental Issues
Discussion Group
OPEN MEETING
River Pollution**

**2pm, Thursday 12th Oct
Riverside Centre, King
George's Way, WR10 1QU**

ALL WELCOME

**Come and hear Dr Geoff Sallis talk
about the problems of river
pollution, and learn how we could
help with a new, local water
sampling project.**

**There will be a small charge on the
day to cover room hire.**

Dr Geoff Sallis has been working on a new project, which will collect River Avon samples and compile and present an authoritative report. Most importantly, the aim is to bring these issues into wider public and governmental awareness. He is working to get this initiative off the ground between Stratford and Tewksbury, and is keen to recruit volunteers locally.

We've invited Dr Sallis to speak at our meeting at **2pm, Thurs, Oct 12th at the Riverside Centre**, where he will spell out the problems with river pollution and recruit help with this new project. Councillor Dan Boatright will also speak to inform us of progress with local groups. Everyone is welcome to attend this meeting to learn more about these problems, find out how we can help to tackle them together through the river sampling project, and raise and discuss any questions you may have.

For a copy of Dr Sallis' fact-sheet, which provides a broad background to river pollution, email me via the Environmental Issue group bluebird on our website.

Ukulele Group

The group playing at Wick Care Farm one afternoon recently, entertaining the clients there, who have a range of needs and go there for extra care and activities. After a lively session in which the audience participated with percussion and quips, we were served delicious tea and cake and each given a small bouquet of flowers to take home as a thank you! t's a great feeling to take music to different parts of our community - especially such a worthwhile cause as this one!

Yvonne McKeon



Interest Group Equipment

If you need equipment for your Interest Group, it could be worth contacting our Treasurer, Ian Smith, in case your committee can help out financially.

Recently three pieces of equipment were returned and are now available if your group can make use of any of them:

- a 4' Braun Photo Technik Screen
- a View Sonic Projector
- an 8m extension cable with 4 sockets.



We also keep a list of existing equipment on our website at <https://u3asites.org.uk/pershore/page/111103>.

Do have a look in case there is something there your group could borrow.

Jill Wilson, Business Secretary

Pershore & District u3a Day



Our u3a Day on 23rd September was organised to support u3a Week, an annual event showcasing the activity, learning and fun taking place across the u3a movement every day. Members across the country gear up to celebrate all that makes u3a special.

From sing-alongs to yarn bombing, u3as think up exciting and interesting ways to showcase the u3a movement. Open days in libraries, community centres and theatres help to demonstrate the huge variety of interest groups available to potential new members. Our own u3a day attracted lots of attention, with some people signing up for membership on the spot and several others taking away membership forms. Thank you so much to everyone that helped to make it such a successful event.



Notice Board

Bend, Stretch & Balance

**Tuesday 10th October, 2:30pm
Number 8, Pershore High St.**

This new group, launching in October, aims to improve and maintain your flexibility, posture and balance. No experience necessary, just bring a mat and a bottle of water.

If you are interested in the free session then click the link below and send a message via the blue bird on the [Bend, Stretch and Balance](#) Group page.

Quiz Night

Thursday 5th October, 7pm

**Abbey Room, Pershore Football Club
King George's Way, Pershore WR10 1QU**

Cost of entry will once again be £1 per person, 6 members to a team, with prizes for the winning team. Participation is for **members of Pershore & District u3a only**.

You can enter as a full team of 6, part of a team, or as an individual. In the case of partial/individual applications, you will be assigned to a team in advance of the evening.

If you want to take part, please contact me on the email below, and assume that you are entered unless you hear otherwise (in the case of all places being filled).

Ian Smith, Treasurer:

Monthly Meeting Write Up

Inflammation a right pain in the neck

In September Dr Graham Cope returned to give us the third in a series of talks: proceeding Bacteria and Gut Health, the focus this time was upon Inflammation which is the body's natural response to infection and wound healing, but it sometimes overreacts, causing problems.

Via a series of cartoons and easy to follow scientific diagrams, Graham took us through the roles of various white blood cells: fighting pathogens; producing antibodies – always ready to attack. But he reminded us of the danger of this during Covid, when the human body had no learned immune response to the virus and released too many 'cytokines' in response.

We then learned about the role of vitamins within the body and how we can boost our immune systems by eating a balanced diet with lots of fibre, taking exercise in the fresh air, keeping hydrated and not smoking or consuming excess alcohol. His only recommendation was to take Vitamin D supplements as we may not absorb enough from the sun in the Northern hemisphere, especially in the winter. There may have been a rush on leafy vegetables afterwards too!

Finally, Graham shared his own recent history of developing lymphoma and then succumbing to shingles. This was a timely reminder to get the vaccination offered at the moment!

Sally Whyte
Speaker Coordinator
Pershore and District u3a

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>



Tuesday OCTOBER 17th, 2023 at 2pm

The English Civil War in Worcestershire

With Max Keen: featuring multimedia and full period costume. Max aims to provoke historical debate.

Tuesday NOVEMBER 21st, 2023 at 2pm

Driving Skills Revisited

Most of us learnt to drive in our youth, and probably haven't had any further checks on our skills since then. Roads have changed, laws have changed, traffic is heavier and cars are more complex. Lockdown has perhaps made our driving skills even more rusty. Join Val and Howard Allen to hear how to refresh your ability to cope with modern situations.



All monthly meetings held at Number 8, High Street, Pershore.

Pershore & District u3a – Committee Members and key contacts – Oct 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	Sally Whyte	
Coordinator		
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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