

## Chair's Chat



At the end of July, we held our first CAMEO meeting at the Riverside Centre. It was a bit of an experiment, which saw Committee members making slightly nervous guesses beforehand about how many people would attend. Would anybody at all turn up? Would we be overwhelmed and run out of tea, coffee and (most importantly) biscuits? As it turned out, around 70 of you joined us to “**C**ome **A**nd **M**eet **E**ach **O**ther”, with the general feeling being that everyone enjoyed the chance to meet members that they hadn't

previously known. The room was certainly buzzing with conversation and it was lovely to see members making new friends and catching up with old ones. To those that asked whether we would do it again, the answer is “yes!” – the next CAMEO meeting will probably be in October.



During the week of 16-24 September, u3as across the country join in with the annual celebration of “u3a Week”. We will be holding our own “**u3a Day**” in Pershore, on **Saturday 23<sup>rd</sup> from 10am-noon**, with an exhibition in the Town Hall and an information desk in Chapman Court. As there are still lots of people who don't know about the u3a, this will be a chance to raise our profile and perhaps recruit some new members. Do tell your non-u3a friends and neighbours!



A great strength of the u3a movement is that it is what we make of it. Everything that we do and achieve locally is organised and run by members, for members and the more people that contribute, the better it works. Our u3a Day is an event when any of our members can play a part, by meeting and talking to the public about the u3a and explaining what a fantastic organisation it is. If you could help, please let me know!

However, u3a Week isn't just about getting new members – you can book onto national Zoom events on representation for older people; trees and the climate; and how to age better. Or, for “Alfresco in Autumn” why not take your u3a group outside, or organise a picnic with fellow members? You can find out more at <https://www.u3a.org.uk/events/u3a-week>

Is it too early for the “C” word? Look out for the notice about a festive fair in Cheltenham, which one of our members has highly recommended. A lovely day out for anyone who likes to be organised well in advance!

*Jackie*

Jackie Jolley, Chair

## Interest Groups' Latest News from John

It seemed strange not having a monthly meeting in August, I have to dig deep to remind myself of the news items for this edition.

We have a few updates to announce:

- Another Walking group, known as the **Wednesday Walkers**, is taking shape and will hold an inaugural short walk and get together in September for those who have expressed interest. Hopefully we will emerge with some agreement on the next steps and future walks.
- **Skittles 3** will be active from September 13th at the Pershore Cricket Club and welcomes new players. No skill required!!
- We are looking for more interest in a second musical group, calling all singers and players out there. **Pershore u3a Singers** choir are still on the lookout for a new leader.
- **Pottery** has 5 people keen to have a throw, we need a venue and a leader.
- **Calligraphy, Latin and IT** are on our wish list along with other topics - have a look on the website.
- The **Cycling** groups have been renamed by the day of rides - an **eBike** group is taking shape too.
- We are also making progress with the proposed **Meditation** group.
- Following on from the success of the Ballet group, the same group leader is planning to start a "**Bend Stretch and Balance**" group in September at Number 8. Get your name down for that one.
- There have been developments within our Gardening Groups - Garden Knowhow is to be superseded by the **Joy of Gardening (JOG)** on the second Monday of each month, starting September 11th - more details to follow. Another group offering a slightly different take on gardening interests is also taking shape, but there are no definite plans or a name as yet - watch this space!
- There has been a good reaction and response to the new **Driving Skills Revisited** group that is being organised starting on September 11th. There will be 9 meetings (one a month) covering 8 different aspects of modern road use, including: driving at night, vehicle technology, motorway driving, parking, winter driving, etc. The spaces are filling up nicely so please get in touch soon if you are interested.



We have an initial offering from the Day Trips group that we are trying to set up. This is not planned to take place until June 2024, please see the separate feature article on the trip below. Obviously, this activity depends on there being sufficient interest to fill and pay for a coach.

My next update will take us into autumn!

Do get in touch with your suggestions and keep any eye on the Pershore Facebook "u3a Keep Connected" page.

John Wright

## News from the Interest Groups

### Pershore & District u3a - Proposed Day Trip

As you may have heard, we have been exploring the possibility of arranging day trips for our members, departing from a convenient spot in Pershore (for the trip below, it will be Broad Street).

This first venture would be **NEXT YEAR, THURSDAY JUNE 6TH 2024**, travelling with Elgar Coaches of Worcester on a 29 seater coach to **Port Sunlight on the Wirral**.

This is a day out that the organiser has experience of arranging.

## **ITINERARY: Coach Trip to Port Sunlight, Thursday 6th June 2024**

**8.30 am:** Pickup from Broad St, by Steptoe's Yard shop

**Approx. 9.30 am:** Comfort break – service station

**Approx. 9.45am:** Back on coach to continue our journey to Port Sunlight

**Approx 11.15am:** Arrive at Port Sunlight and stretch your legs/comfort break

**11.30am – 12.30pm:** Guided Tour on the coach around the village by a Port Sunlight guide.

**Approximately 12.35pm** Free time for lunch and to explore the museum and other buildings, and visit the Lady Lever Art Gallery and garden centre shop

**5.00pm:** Return back to coach for journey to Pershore

See [www.portsunlightvillage.com](http://www.portsunlightvillage.com)

The date next year is obviously a long way ahead, but we want to assess the interest in this tour, and maybe other u3a outings, going forward.

The cost of the trip is just £40.00pp - a £10.00pp deposit leaving a balance of £30.00pp. Booked places are non-refundable.

The coach carries 29 passengers so obviously, we need a good level of interest to make the trip viable.

Please let me know if you would like to reserve a place on the coach. No money will be collected until we see what the feedback is.



## **Try your hand as an artist and create your own masterpiece!**

The u3a Art group, which runs fortnightly, has the space to welcome new members.

We meet at Wulstan Hall in Pershore, on a Friday morning. For most sessions we bring along our own projects to work on and are supported and encouraged by other members of the group. Some weeks we have an artist to come and do a demonstration, and then are given the opportunity to 'have a go' ourselves.





Mike Bagshaw came and gave us a very interesting talk on portraiture, and one of our members demonstrated her skill in Zen Tangle. We have a very wide range of abilities - come and give it a try!

If you would like to see some examples of the artwork we produce, the Art Group will be taking part in the exhibition in Pershore Abbey, for the Plum Festival celebrations on Bank Holiday Monday, 28<sup>th</sup> August.

## Notice Board

### Bollard Bombing for Plum Festival !



If you were out and about in Pershore over the August Bank Holiday for Plum Festival, you may have noticed some colourful additions to the bollards in Broad Street and along the High Street. The two u3a Crochet groups have been busy making bollard toppers to add to the decorations around town celebrating our famous Plum Festival. We decided back in May that it would be fun to have a few toppers around town, and after counting the bollards, we set about trying to make 60. Each one is themed around plums and different depending on the maker's style. Did you have a favourite?

Sally Whyte

**Cheltenham**  
*Christmas gift and fashion*  
**Fair**

**Dates for your diary:**

**Cheltenham Christmas Fair 2023**

**Thurs 19<sup>th</sup> – Sunday 22<sup>nd</sup> Oct**

More than 150 top-quality companies selling a vast array of festive gifts, stylish unique products, unusual food, quirky items, stocking fillers, decorative accessories for your home and garden, up-to-the-minute women's fashion and an array of accessories from belts, bags and shoes to scarves, hats and jewellery, art, homewares and lots of ideas for children and teenagers. Restaurant on site, free parking.

Click below to buy tickets:

[https://ukgrandsales.co.uk/buyNow.aspx?ID=45&dm\\_i=1MUJ,8CUIO,NO8WB5,YFL40,1](https://ukgrandsales.co.uk/buyNow.aspx?ID=45&dm_i=1MUJ,8CUIO,NO8WB5,YFL40,1)

**Notice to all new members**

Apologies for not hosting a new members meeting in August but grandparent duties and holidays have interrupted my usual monthly coffee morning. There will be one in September and I will endeavour to catch up with all the recent members. However if you are struggling to join a new group or find out any information about one then please consult the website and email the group leader by clicking the 'bluebird "icon" on the group's page. Enjoy the summer!

Ingrid Fox

**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 September 19<sup>th</sup>, 2023 at 2pm**



**Inflammation: A Right Pain In The Neck!**

A repeat visit from **Dr Graham Cope, Medical Scientist.**

**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?**

**Tuesday October 17<sup>th</sup>, 2023 at 2pm**

**The English Civil War in Worcestershire**

**With Max Keen featuring multimedia and full period costume**

**Max aims to provoke historical debate!**



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

**Pershore & District u3a – Committee Members and key contacts – Sept 2023**

Chair	Jackie Jolley	To contact any of the Committee members, please use the Contacts page of our website <a href="#">Pershore u3a website Contacts page</a>
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 <a href="https://u3asites.org.uk/pershore">https://u3asites.org.uk/pershore</a> Facebook: <a href="#">'Keep Connected – Pershore and District U3A'</a>		

Registered Charity no. 1093328