

Chair's Chat



Dear Member

May has been a very sociable month for our u3a!

Firstly, our picnic for 'VE Day 80' in the park, with entertainment from "Dutch" Lewis: despite the initial chill, the sun came out and we were warmed by Dutch's music, singing and stories of the era, bringing us together. Thank you Dutch.

Then we had our bimonthly CAMEO where I had the opportunity to chat with members new and old, with a showcase from Table Tennis from **Nigel** and a demo of pétanque on the lawn with **John** - these are a couple of groups with vacancies which piqued interest.

Finally, a lively quiz took place with six teams battling it out in a fun atmosphere, led by quizmaster **Ian**.

Many thanks to **Ingrid** our Social Secretary and **Ian** our Treasurer for organising these.

Unfortunately Ian must step down in January so could you be the one to shadow him in his Treasurer role before this? It is a sad fact that without this role filled, under the constitution, Pershore and District u3a cannot continue! Also, John our Groups Coordinator & Day Trips organiser will have served 4 years in January- maybe you'd like to consider either of these roles which could be split. Please get in touch if you could help us. We'd love to have you on board!

Speak to any of the committee- details on the back page.

The summer will see more social events – and in place of our August Monthly Meeting we are going to have another get-together in the park. See the details from Ingrid in this issue.

I look forward to seeing you out and about.

Best wishes

Sally Whyte Chair Pershore and District u3a u3apershorechair@gmail.com

Dates for your diary in June

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|------|----------|---|
| Fri | June 6 | Group Leaders' lunch by invitation: <i>Banking Hall Pershore</i> |
| w/e | June 7/8 | Pershore Open Gardens : members' gardens featured! https://ngs.org.uk/gardens/pershore-gardens-wr10/ |
| Thur | June 12 | Cotswold Link special interest day : <i>Cheltenham</i> https://cotswold-link.u3asite.uk/for-members/ |
| Tue | May 17 | Monthly Meeting: Chris O'Grady "Keep the sea on the left.." <i>Number 8, 2 pm</i> |
| Thur | June 26 | Day trip to Weston–Super-Mare : <i>contact day trips organiser John</i> u3apershorejohn@gmail.com |



Interest Groups' Latest News from John

Hello Everyone,

Another month ticked off, a fairly quiet one regarding u3a group information. All the summer outdoor activities are in place now along with the groups that just tick along without any fuss or bother.

I spoke at the May monthly meeting about ideas still on the wishlist. For those of you not with us at Number 8, (we had a fantastic attendance of 170 members and guests) here is the information.

There are groups looking for leaders so they can get up and running. If you think you might be able to help organise any of these, or have other suggestions, then do get in touch. We have lots of help and advice available to you:

Several topics have been on the list for ages, including Backgammon, Calligraphy, German for Beginners, Model Aircraft, Motorcycling Enthusiasts and Science & Technology.

(Regarding the Motorcycle interest group, we hear that the Droitwich u3a already has such a group so we can pass on details should we not be able to form our own.)

More recently we have had requests for another Walking group, to be held preferably on a Monday or Tuesday, and a Rock Music singing group based on similar lines to our 60's Pop Music singers group but a bit heavier!

There are leaders looking for group members so they can get up and running. Again, get in touch if you would like to participate in these groups.

The offer to lead a drawing group for scribblers, doodlers - any art form aside from the traditional - is still on the table. No formal skills necessary just a love of putting pen to paper.

A new Book club is offered whereby you bring your own book to chat about rather than the whole group criticising the same book.

And there are established groups with vacancies looking for new members:

Medieval Churches group have vacancies as do MOTO Sunday lunch, Croquet at the Cricket Club and Petanque at Wick. Pop Music 60's Singers would welcome a few more voices.

The Day Trip to Oxford went well, lovely weather — just what we want for the trip to Weston Super Mare at the end of June. We are fully booked now but I have a reserve list in case anyone pulls out. Within a couple of hours after circulating details to the Day Trip group members I had 30 requests to come with us. A week later and the trip was full.

I look forward to seeing our Group Leaders on the 6th June at the group leaders' lunch. Thanks to them again for giving us so many opportunities to meet each other.

Summer is here - have a great time....

John

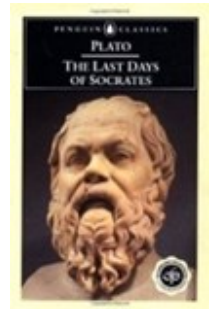
u3apershorejohn@gmail.com



Sally Stops By in May

Firstly a mention of the two groups I visited at the end of April :

One, **Tea with Plato and Me** - a lively & thought provoking discussion on various themes, such as does your body belong to you...? Many thanks to **Rosemary** and the group.



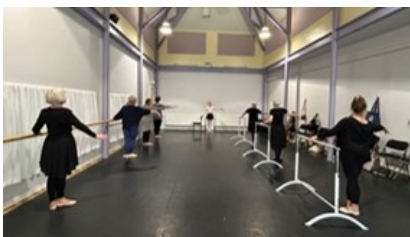
Two, I visited **Art** led by **Helen** for their very last meeting at Wulstan Hall, featuring very creative individuals working in various media such as pastels / graphite/ water colour / pen / crayons & acrylics. Good luck at the Riverside, and thanks to leaders **Helen** and **June** for sorting the transition out so smoothly.



Then in May I joined the **Wednesday Walkers** for a lovely walk exploring our local area, the river and the woods, noticing the flowers, birds and insects, with lunch and good company at Sugar Plum tearooms afterwards. Thank you to group leaders **Daina** and **Helen** and walk organiser **Ali** for her guidance.



The same afternoon I popped into **Bridge** at St Andrews, a fun bunch who accepted my lack of any finesse or understanding with great humour, and patience — and gave me cake. Always a winner ! Thank you to **Anne** the group leader and all the bridge players.



I was then able to become part of the Pershore corps de **Ballet** expertly led by group leader **Elizabeth**, where we worked on our posture, poise and placement at the barre and in dances. The members were very well rehearsed in the repertoire and looked amazing! Well done all of you.



Finally, I had the pleasure of meeting the original **Friday Walkers** group at Hanbury for a glorious few hours in woods and meadows abundant with wild flowers, particularly green winged orchids, under vibrant azure skies. Thank you to **Audrey** the group leader and **Cathy & Robin** who led the walk. It was good to meet members from a wider area too.

Thank you to everyone for allowing me to stop by. For more details of all these groups see our website or ask John our groups coordinator or me for more details.

I look forward to meeting many of the Group Leaders I have met so far and others at our lunch in June.

Sally



May Monthly Meeting:

Professor Sarah Brown 'Forensic Psychology: It's Not Like CSI'



Sarah delivered a fascinating talk to us on the topic of "Forensic Psychology: It's Not Like CSI." The presentation offered an enlightening exploration of what forensic psychology entails, dispelling the myths perpetuated by popular television dramas such as *CSI* and other crime series.

Unfortunately shows such as these highlight crimes being solved rapidly through DNA evidence (which is forensic science or forensic pathology), whereas forensic psychology is often painstaking analysis and indexing looking at patterns in crimes — which doesn't make good TV! Far more often, their work involves working behind the scenes or with people who have committed crimes to change their behaviour.

Professor Brown defined forensic psychology as a discipline based on individuals' behaviour and feelings (unlike sociology looking at crime within society in general). Her route into a career in forensic psychology was via a psychology degree, and then a Masters followed by a doctorate or trainee role to become qualified and certified with the Health and Care Professionals Council. She was asked about careers with the police, and we learned that this was an option but not the only one by any means. Work within the justice system with offenders and their families, with prison leavers as well as with victims was another possibility, as well as research and academia.

Sarah gave us some practical examples of how forensic psychologists have contributed to a safer society with criminals less likely to offend:

By changing perceptions of the public, crimes can be prevented - eg deterrents on illegal behaviours on the internet.

A major piece of work has been the "Achieving Best Evidence in Criminal Proceedings" guidance which promotes strong victim-centred and trauma-informed approach using non-pejorative language, as Sarah explained.

She also highlighted work done with offenders to avoid the 'black sheep effect': release from prison > no job > no money > crime, and employers such as Timpson trying to break this cycle.

Finally, Sarah finished with positive news: overall in the last 30 years, violent and sexual crime rates have dropped dramatically, although fraud remains consistent. She was asked about this in relation to prison capacity and explained how many prisons had been shut, and the bulge due to long or indeterminate prison sentences. She warned us to be wary of media sensationalism!

The audience was deeply engaged throughout the session, posing insightful questions afterwards.

Professor Brown's talk was met with resounding applause and left the audience with a newfound appreciation for the complexities and contributions of forensic psychology.

Sally Whyte, Speaker coordinator u3apershoresally@gmail.com

Upcoming Monthly Meetings @ No.8

JUNE MONTHLY MEETING

“KEEP THE SEA ON YOUR LEFT ... remember to turn right at Land’s End”



Speaker: **Chris O’Grady**

Tales of a haphazard trek around the edge of our ‘sceptred isle’, walking the entire coast of England and Wales

TUESDAY JUNE 17th at 2pm

JULY MONTHLY MEETING

“HEALTHY AGEING: IS IT POSSIBLE? AND HOW?”



Speaker: **Professor Janet Lord**, who has

researched and published extensively on this topic and is renowned both academically and in popular culture

TUESDAY JULY 15th at 2pm

All monthly meetings are held at Number 8, High Street, Pershore, starting at 2 pm

Open to all. Non-members and Cotswold link members are welcome

Sally Whyte

Speaker Coordinator

u3apershoresally@gmail.com

August Picnic

SAVE THE DATE !!

AUGUST 19th

12.30 - 16.00

Abbey Park, Pershore

u3a Pershore and District

PICNIC IN THE PARK

As there is no monthly meeting at Number 8 - please join us for a summer picnic in Abbey park from 12.30 - 4.00.

Bring a chair, food, drink and hopefully the sun will shine. Griff is going to play his guitar and sing to us and there will be some lawn games.

Weather permitting

Ingrid u3apershoreingrid@gmail.com

Remember you can always check out our Facebook page
<https://www.facebook.com/groups/492749534935804/events>
and website events page
<https://pershore.u3asite.uk/events/>
for more details of all our activities

Study into the health and wellbeing of adults who grew up in foster or residential care



Study into the health and wellbeing of adults who grew up in foster or residential care

Research has shown that care-experienced adults face a greater risk of negative health outcomes compared to the general population.

Researchers, at the University of Oxford, are holding focus groups to understand the health and wellbeing concerns of older care experienced adults and explore the types of support they would like to receive from health and social care services.

If you, or someone you know, would like to learn more, please contact Professor Jonathan Taylor on Jonathan.Taylor@ndph.ox.ac.uk or 01865 617912

Pershore & District u3a Committee Members and Key Contacts June 2025

| | | |
|--------------------------|--------------------------|--------------------------------|
| Chair | Sally Whyte | u3apershorechair@gmail.com |
| Vice-Chair | To be filled | |
| Treasurer | Ian Smith | u3apershoretreasurer@gmail.com |
| Business Secretary | Helen Barrett | u3apershoresecretary@gmail.com |
| Membership Secretary | Mary Greer | u3apershore@gmail.com |
| Groups' Coordinator | John Wright | u3apershorejohn@gmail.com |
| Beacon Administrator | Peter Burnham | |
| Speaker Coordinator | Sally Whyte | u3apershoresally@gmail.com |
| Website team | Mary Greer & Sally Whyte | As above |
| Social Secretary | Ingrid Fox | u3apershoreingrid@gmail.com |
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