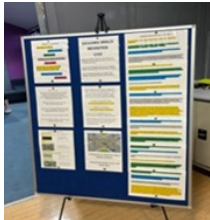


Chair's Chat

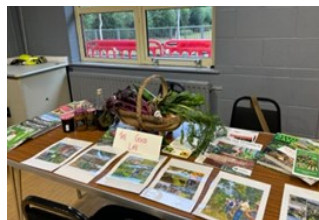


Dear Member, Welcome to our August newsletter, with news on upcoming events and reports of get togethers.

We held our bimonthly(ish) **CAMEO** (Come And Meet Each Other) recently where three groups showcased what they get up to and talked to prospective new members. If you are interested in any of the groups below, contact the leaders via that group's page on our website or ask John for more details. u3apershorejohn@gmail.com



Driving Skills Revisited
led by Jill
with Val & Howard IAM Masters
starting Autumn 2025



The Good Life
led by Mary and Larry
meets monthly
on Friday afternoons



Medieval Churches:
led by David
restarting October
monthly on Tuesday mornings

Our next CAMEO will be in November with a coffee morning on October 18th in St Andrews. Look out for more details in the future. Thank you to Ingrid and her STAR team for all their work.

Hot off the press: at the CAMEO a member came forward to say she would love to run a group for flautists! **"Flute for beginners/returners and flute choir"** Does that sound like something you'd be interested in? - All the budding James Galways let John know.



The eagle eyed among you will have spotted that there is no SALLY STOPS BY feature this month. Unfortunately, due to hot weather cancellation, illness and family commitments the visits I planned have not taken place in July. But don't worry, I'll be going to more at the end of July and into August...

We are still actively looking for members to replace **John** our Groups Coordinator and **myself** as Speaker Coordinator - maybe you'd like to consider either of these roles? Please get in touch if you could help us. We'd love to have you on board! You can shadow us to see what's involved. Speak to any of the committee- details on the back page.

Sally

Best wishes

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

Dates for your diary in August

| | | | | |
|-------|-----------|---|------------------------------------|---------------------|
| Sat | Aug 9 | Jazz on a Summer's Day | <i>Number 8</i> | <i>2 - 10.30pm</i> |
| | Aug 16—25 | Worcestershire Open Studios Art https://www.worcestershireopenstudios.org | | |
| Tues | Aug 19 | u3a Monthly Meeting alternative: Picnic with entertainment and games | <i>Abbey Park</i> | <i>from 12.30pm</i> |
| Thurs | Aug 21 | Pershore Plum Festival Bike Night | <i>Broad Street</i> | <i>from 6pm</i> |
| Sat | Aug 24 | Pershore Plum Festival Family Fun Day | <i>Abbey Park</i> | <i>all day</i> |
| Sun | Aug 25 | Plum Festival Bank Holiday Extravaganza - including u3a Art group exhibition in the Abbey | <i>Broad Street and Abbey Park</i> | <i>all day</i> |

Hello Everyone,



Three or four weeks of really hot weather seems to be coming to an end - at last.

The sun and heat caused some groups, not just the outdoor activities, to cancel or abandon their schedules over recent weeks, not just for safety but comfort too.

We approach August 2025 with 95 groups and nearly 870 members, tremendous figures. It has still been a quiet year for group additions though - I was hoping to reach 100 groups on the books this year. Maybe.....

This time last year we had just completed the first **Day Trip**; a year on we have made six outings and 155 different members have attended one or more of them. The next trip to Shrewsbury in August was filled within twelve hours of my notification!

The **Driving Skills Revisited** group are hoping to start their third course this Autumn. It's a chance to refresh yourself on modern driving rules and features topics including winter driving, emergency advice, driving at night and motorway driving amongst other topics. The course runs for nine months with one session per month.

[Editor: I attended the course this year and found it extremely useful. The course includes a free session in your own car with Howard or Val, both Advanced Motoring Instructors. I was a bit nervous about this but Howard made me feel straight at ease. They are in no way judgemental but give helpful and reassuring advice to boost your confidence in your ability to keep driving safely for longer.]

The **Sunday Lunch** groups also have appealed for new members to join them for a meal and a chat at various local venues. All the outdoor activity groups can cope with more new players.

The **Medieval Churches** group is welcoming new members at present too.

I know that some popular groups are full and it is frustrating if one in particular takes your fancy. Always make contact with the group leader via the u3a Pershore website, there may be a waiting list to add your name to.



Photo by [Lisa Baker](#) on [Unsplash](#)

We held our second session for group leaders in a course on CPR knowledge with practical instruction. The course was hosted by Steve Cooper, our local first responder (and blacksmith). The unit is entirely funded by voluntary donations which help keep a vehicle on the road and means that the volunteers are able to respond when asked to by the ambulance service. Our u3a donated £100 to the scheme and I know Steve would greatly appreciate any more donations towards the running costs.

There are two council maintained Defibrillator points in Pershore, at Asda and behind the public toilet block on Church Street. Some retailers also have one but these are not available 24/7.

There is no monthly meeting in August, so I hope to see you at the picnic in Abbey Park on 19th August or on 16th September at Number 8 - and hopefully somewhere before then.

Happy Summertime,
John

John Wright Groups Coordinator u3aperhorejohn@gmail.com

Book Group 1

Having enjoyed reading and discussing the best selling debut novel, *The Keeper of Lost Things*, members of Book Group 1 were delighted to spend an hour or so with the author, Ruth Hogan.

Speaking at Evesham Festival of Words, we learnt how she was brought up in a house full of books and developed a passion for reading and writing. She studied English and Drama at Goldsmiths College and then worked in Local Government for ten years. However, a car accident and a subsequent run in with cancer were the catalysts for her to start writing seriously.

A wide-ranging interview covered her life and the inspiration for her books, and she was more than happy to answer questions from the audience and to pose for this photo with us. Ruth is holding a copy of her latest publication, *The Light a Candle Society*, an intriguing and sensitive look at Public Health Funerals, which are a little known responsibility of local authorities. Possibly a future read for Book Group 1?

Rosemary Davis



Local History Group

On Monday 7th July we visited the George Marshall Medical Museum at Worcestershire Royal Hospital. Although this is only a small museum, it traces healthcare over 250 years and is packed with artefacts mostly collected by George Marshall. He was a doctor with a general practice on the Tything who became a Consultant Surgeon to the former Worcester Royal Infirmary.

We had a talk on phrenology and the museum's death masks by Louise Robinson and the Museum Curator, Louise Price, gave us detailed accounts of the role of an apothecary and methods of amputation. Among the many exhibits the museum has the amputation chair dating from the



original Infirmary in Worcester and the horns from Blossom the cow owned by Edward Jenner, the inventor of the smallpox vaccine. There is also a reconstruction of a Victorian operating theatre containing the original operating table. The collection of criminal death masks were discovered in the cellar of the Castle Street Infirmary near the tunnel that connected the hospital to the police station where some of the criminals were hanged.

A very interesting visit and although the topics talked about were not for the faint hearted the group thoroughly enjoyed



the visit.

Joan May



July Monthly Meeting: Healthy Ageing with Professor Janet Lord

Professor Lord gave an extremely interesting and thought-provoking lecture, drawing on her 30 years in academia, sharing information and practical tips on living better for longer. She said from the start she wouldn't dumb down, so we were given many facts and statistics.



There have been dramatic improvements in ageing. We now have a much better chance of reaching 100. For example, in 1917 George V started the tradition of sending congratulatory centenary telegrams and sent nine that year but in 2024 King Charles sent over 14500. Historically women have a longer life expectancy and of course there are significant socio-economic differences.

By 2035 over ¼ of the population will be over 65 but that means we must think about how this population can age healthily as our years in ill health will be longer. The research shows that genetics has a 20% influence on longevity, the in-utero development has a 5% contribution which means 75% is determined by lifestyle.

As we know, we have tended to become a more sedentary, high calorific intake society so what can we do to improve our chances of healthy ageing?

- **Calorie intake restriction** – research has shown that cutting calorie intake by a third, or intermittent fasting such as the 5:2 diet, or time restricted eating such as the 18:6 diet can help prolong a healthy life
- **Physical activity**- the Chief Medical Officer (CMO)'s recommendation is 150 mins per week. Professor Lord conducted her own study with mature, high mileage cyclists (55-79 yrs) showed they had a much-reduced typical age-related muscle loss. The advice is to just to keep moving and do as much as you can! If you can preserve leg muscle strength you can get out of a chair or off the toilet unaided, thus keeping your independence as long as possible. A standing desk and an alert to move at least five minutes in every hour was recommended for people working in sedentary jobs, as was a target of walking 10K steps per day.
- **Boost your immune system**- the thymus gland produces immune cells (T cells) which protect against inflammation. Unfortunately, as we age the thymus shrinks and its function declines. However, in the cyclists their T cell production did not decline. So again, exercise can boost your immune system, as of course can getting any vaccinations offered.
- **Brain function** -the Lothian Birth Cohort research showed that cognitive decline can be slowed through various means such as not smoking, physical exercise, and the MIND (Mediterranean – Intervention for Neurogenerative Delay) diet

What's in the future?

Professor Lord pointed out that the current approach to ageing ie. treating conditions such as diabetes, arthritis and heart disease individually would be better turned around by working on earlier holistic interventions to prevent these diseases and extend the years of healthy ageing.



Professor Lord highlighted drug interventions that successfully mimic *senolytics*, which flush out ageing (or dead:senescent) cells such as metformin, originally prescribed for diabetes. She also spoke positively about the benefits of statins in the Q&As.

Links: Take a look/ listen at programmes with the late Dr. Michael Mosely
Podcast <https://www.bbc.co.uk/sounds/play/m001v3wq> (with Professor Lord)
Series <https://www.channel4.com/programmes/michael-mosley-secrets-of-the-superagers>

By following these top tips:

- * not smoking (1 point)
- * being physically active (1 point)
- * moderate alcohol consumption (1 point)
- * eating at least 5 portions of fruit and vegetables per day (1 point)

Each point increases your life expectancy by three and a half years over someone who scores zero points, so four points on the lifestyle above is fourteen years longer!

In conclusion healthy ageing isn't about looking younger, it's about living well for longer, and building healthy habits to keep your body and brain stay strong. It's never too late to start!

I highly recommend that if you couldn't attend that you watch the video on YouTube which contains much more than in this summary. <https://youtu.be/kxaVjFOKI5E>

Upcoming Monthly Meetings @ No.8

SEPTEMBER MONTHLY MEETING

INSIDE THE MIND OF
A CRYPTIC
CROSSWORD
SETTER...



With u3a member
Mark Hartshorne, known as
"PostMark" in his crossword life,
delving into the world of words

TUESDAY SEPTEMBER 16th, 2pm

OCTOBER MONTHLY MEETING



**WHEN YOU HEAR
CHURCH BELLS
DO YOU THINK:
WHO? HOW? WHY?**

Come along and find out from
members of Pershore Abbey team
and other local bell ringers

TUESDAY OCTOBER 21st, 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

Charity Donation Hub

Sharing a tea table at Malvern Spring Garden Show led me to become a hub for charity collections and I only wanted to donate an old sewing machine!

Now David and I collect for Tools with a Mission, St Richard's Hospice and several other charities.

We can find homes for sewing machines, knitting machines, computers, tools for gardening, carpentry, electrical and all other DIY, and anything connected to these activities, haberdashery, knitting yarn, fabric, screws nails etc. These are refurbished and sent to Malawi, Tanzania, Uganda and Zambia where they help to set up small businesses and self-sufficiency. Your old sewing machine can send a child to school or help a woman feed her family.

For other charities we need bricabrac, toys, clothes, bedding etc.

We can find homes for almost anything we can get into our car, except books.

To donate please **phone 01386 645025** We will collect.

Thank you

Vanessa Piggott



u3a in Kennet Global Tipping Points Study Day

We are pleased to invite you, your members and other contacts to join us at our 'Special Interest' study day to be held at - and in partnership with - Marlborough College, Wiltshire, on **Monday 15 September 2025**.

Our speakers will focus on '**Global Tipping Points**'.

Highlights of the day will include a series of short talks by the students; the range and breadth of our expert speakers; the challenge and interest of their topics; as well as opportunities to meet others (including students, speakers and members of other local u3as) and the optional lunch as well as free coffee, tea and car parking for all.

Feedback from our previous study day indicated that almost all delegates were keen to attend another event and recommend to others. Comments included ; 'most informative and enjoyable'; 'very well thought out, meticulously presented and timed event'; 'a stimulating and memorable day' and 'enjoyable and not too highbrow!'

You and your members are welcome to bring friends and family with you. (You might want to encourage some to join your u3a too)

Places can be booked using the downloadable form from our website:

[Global - U3A in Kennet](#). Please make payment online using BACS to {u3a in Kennet, 30-92-63 Account number 42721768}

If you have any queries please contact global@u3ainkennet.org.uk.

We look forward to welcoming you and your colleagues to the day.

Best wishes

Jill Turner Chair: u3a in Kennet Mobile: 07900 223345

<https://u3ainkennet.org.uk/>

Pershore & District u3a Committee Members and Key Contacts August 2025

| | | |
|-----------------------------|---------------------|--------------------------------|
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Facebook: [Keep Connected – Pershore & District u3a](#) Registered Charity no. 1093328
Please send photographs and any articles for publication in the September 2025 newsletter
to: u3apershorenews24@gmail.com by 20th August

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