

Chair's Chat

Dear member,

As I write this, for once the sun is shining and there seems to be blue sky overhead. Those of you who were able to get away for some sunshine elsewhere picked the right time to leave the country! After what seems a relentless amount of rain, maybe Spring is on its way? Hopefully the contents of this month's newsletter will put a spring in your step.



I have to start by saying that the collection for the Midland Air Ambulance at January's Monthly Meeting raised a whopping **£355.39**. Diane, the fundraising executive, wrote to tell me that this is the most she's ever received after a local talk, so well done to all of us who donated for sustaining this life saving charity.

You will notice we have an expanded **News From the Groups**, instead of a report from the Groups Coordinator. Each month you will be able to read about what some of our varied and interesting groups have been up to recently, and space within the group permitting, perhaps you might be tempted to give one a try. This month read about Ukelele, Loosenders Walking, Art Appreciation, Crochet and Country Dancing.

February's Monthly Meeting talk by **Sarah Hawkswood** about her series of medieval mysteries featuring Bradecote and Catchpoll was very well attended. It gave us a real insight to the creation of the series and her mantra that " *A picture paints a thousand words but a thousand words are a portal to a whole world*"

Sally Whyte

Chair Perschore and District u3a u3aperschorechair@gmail.com

Dates for your diary in March

- Saturday 7th March:** **Perschore Rotary Jazz concert** featuring *Fuge and Groove Trio*
Perschore Abbey 7pm
- Monday 9th March:** **Alfred the Great** – Max Keen
White Ladies Parish Room WR7 4QQ 7.30pm
- Saturday 14th March:** **Worcester Philharmonic Orchestra Spring Concert**
Perschore Abbey 2.30pm
- Tuesday 17th March:** **u3a Monthly Meeting** – "Life in the Music" with singer/ songwriter /
performer Andy Smith at Number 8 2pm
- Saturday 28th March:** **Perschore Town Choir Spring Concert**
St Mary's Church, Elmley Castle 7.30pm

Sally Stops by in February

Family History

The Family History Group is an active and welcoming group with a common interest in genealogical research. Members are keen to share knowledge and offer support, making the group suitable both for beginners and for those seeking help to overcome research challenges. This month's session focused on "How far back have you gone in your research?" and was led by Heather, who presented her research into the de Lindop family of Chatsworth, tracing her ancestry back to the 1400s. This was followed by contributions from other members and an open discussion facilitated by group leader **Keith**. Many thanks to all who contributed to an engaging and informative afternoon.



Venue: Lower Moor Village Hall **Time:** First Wednesday of the month, 2.00–4.00pm

CAMEO

It was great to have nearly 50 members attending our first **CAMEO** of 2026, including the cheery Ukulele group giving us a great performance, ably led by **Joan**. See below.

Many thanks to **Ingrid** for organising our CAMEO and our **S*T*A*R** team for all their work setting up/ clearing away & hosting.

Our next CAMEO is Thursday April 9th 2–4 pm at the Riverside

Groups on the Horizon



Table Tennis 2 : someone is willing to lead this if we can get more interest.
Classical Music: we have at least three people interested. Can we put you together and see what develops?

Also have you looked at the wish list recently?

<https://pershore.u3asite.uk/groups-wishlist/>

If two or three are interested, we can facilitate you starting a group! Speak to a member of the committee.

News from the Groups

It was good to see the CAMEO group coming to listen to the **Pershore u3a Ukulele Group** play at the Friday meeting in February. Our group were at its best and were well received – all nineteen of us.

Joan led us and also explained a bit about the instrument we all enjoy – as she said, it's only four strings used by four fingers – what can go wrong? The origin of the word is interesting – ukulele means 'jumping flea'. Guesses as to why may be submitted to be printed in the next article!



There may well be the opportunity for beginners to learn to play and come and join the group – if there is enough interest we may run an introductory session, possibly on a Saturday. We would have enough instruments to lend for a 'try and see' session. If you would like to join such a session please contact Joan May. joanmay49@btinternet.com

As well as playing just for the fun of it, the group also entertains people wherever we can. We play indoors in residential homes and for groups such as Pathfinders and Lunch Clubs; we also play in Chapman Court, Broad Street and local Festivals.

In October our group is hosting a 'Ukefest' which will be a day of ukulele playing, and hosting seven u3a groups from around the region with whom we have established 'musical relations'.

Any donations we receive we give to Acorns Children's Hospice at the moment but other charities will be considered. We play at the Hospice too a couple of times a year.

Yvonne McKeon



The Loosenders Walking Group came into existence after lockdown. We meet on the first and third Wednesday of each month, and walk an average of five miles with lunch in a pub or cafe at the conclusion of each walk. We have sixteen members in the group and each member is encouraged to take responsibility for a walk and arranging the lunch venue.

Local walks have included Elmley Castle, Fladbury and Wick. Further afield we have walked the Broadway countryside, Malvern Hills, Bredon Hill and Cotswold villages.

The group has organised two excursions. We were fortunate that Anne won a guided tour to Sudeley Castle, and Helen donated train tickets for the Gloucestershire and Warwickshire Railway.

Although we tend to be a fair-weather walking group we have encountered deep mud walking in Elmley Castle and Willersley,

floods in Worcester, Upton upon Severn and Evesham, ice and frozen fields in Lower Moor and Pensham. We have been very lucky on walks to have seen deer, red kites, buzzards, egrets, swans, a grass snake, and an otter, and a variety of other flora and fauna.

Some of our walks have had an historical theme thanks to Peter and Joan, where we have learned about the Battles of Evesham and Worcester, the alleyways of Tewkesbury and the history of Pershore, as well as the topography of the Malvern Hills. The group behave themselves on these occasions for fear of getting detention.

During the year we also incorporate a picnic walk, a cream tea and a social Christmas lunch. We certainly embrace the ethos of u3a - Learn, Laugh, Live.

Angela, Robert & Ingrid



The **Art Appreciation Group** celebrated its third anniversary in January! What began as an idea from a post lockdown members' survey has grown into a friendly group of around twelve regulars who meet monthly at the Riverside to explore art in all its forms.

We started by using the BBC *Moving Pictures* series to look closely at individual artworks, but our sessions have since evolved based on the group's interests. We've explored artistic



movements such as Surrealism and Fauvism; studied artists from Hockney to Kahlo; and discussed themes including the use of artificial light in painting and winter landscapes. We also broaden our scope beyond painting, delving into porcelain, architecture, sculpture and photography to name a few media.

Alongside our meetings, we enjoy visits to *Exhibition on Screen* showings at Number 8 and trips further afield. Past outings include Wightwick Manor, the Dame Laura Knight exhibition at Worcester Art Gallery, and a lecture in Malvern on women artists. Our next trip will take us to Worcester for a special invitation to view the John Singer Sargent exhibition— with more excursions planned in the months ahead.

You'd be very welcome to join us and see what we're all about.

https://pershore.u3asite.uk/u3a_groups/art-appreciation/

Sally, Group Leader



Many u3a members will have seen the snowman wreath created by **Crochet Group 3** that was on display in the Abbey over Christmas. The wreath was designed with lots of granny squares so that when taken apart the pieces could be used again. Each square had a few extra rounds added and has been crocheted together to create this colourful blanket to be donated to charity.

Well done Nicky, Jackie, Mary, Jenny, Kay, Louise, Pauline, Sarah and Sandra

The **Country Dancing Group** are pleased to be returning to Wulstan Hall in Pershore for their Friday afternoon meetings, starting on Friday, 27th February. They would be pleased to welcome new members — especially men to balance up the dancing! - and invite musicians on accordion, concertina, violin or guitar to join them too.

Venue: Wulstan Hall, Pershore **Time:** 2nd and 4th Fridays, 2.30–4.30pm

For more information, please contact Ivan Steele on 07484 153 620

Upcoming Monthly Meetings @ No.8

MARCH MONTHLY MEETING

LIFE IN THE MUSIC

With singer/
songwriter **Andy
Smith** featuring
instruments,
anecdotes and
songs



TUESDAY MARCH 17th, 2pm



APRIL MONTHLY MEETING

STRANGE TALES FROM THE DARKER SIDE

from magician
and storyteller **Nick Brunger**
with audience participation

TUESDAY APRIL 21st, 2pm

Our monthly meetings are held on the third Tuesday of the month. Members can enjoy a good speaker, meet up with friends and enjoy refreshments afterwards in the Foyer Café.

Venue : **Number 8, High Street, Pershore**

Doors open 1.40pm for a prompt **2pm start** with news and notices

Cotswold Link members, Non-members and new visitors always welcome

For more information visit our website <https://pershore.u3asite.uk/events/>

Subscriptions Renewal Reminder

Hello everyone.

Membership renewals are due by **1st March**. You will already have received details of your renewal by email. Please read the email carefully – it contains your membership number, subscription type and renewal cost. For those members not on email, a letter will have dropped through your letter box along with the February newsletter.

Please note that if you joined recently, (since December), your renewal is not due until March 2027 as you have already paid for the coming year.

The preferred method to renew your membership is online through your account on the Members Portal. To use this, you need to register for our Members Portal, if you have not already done so. Here is the link to do this.

[Register or log in to the Beacon Members Portal here](#)

You will need your email address, membership number and postcode to register. This information is in the email / letter I sent out. You will be asked to set a password for future access. This link is also on our website on the Members page.

<https://pershore.u3asite.uk/members/>

Please note also that you do **NOT** have to use a PayPal account to renew, but can pay via credit/debit card as a guest. There are screenshot images to show how, which are available on our website, link: [Paypal-and-card-screenshots.pdf](#)

We do still have the older methods in place to renew: BACS, cheque or cash. However, we would please ask that you renew through the members portal if you can. Please note that cheques and cash take us a lot of time to process.

I will be available from 1.15pm at the March monthly meeting to take cash. If you wish to pay by cash, please put the **CORRECT** amount in a **sealed** envelope with your name and membership number on the front. It will not be possible for me to give change.

Please be aware that your membership will **lapse** if subs are not paid by the 31st March and you will no longer be able to attend any groups that you are currently a member of. We do hope that everyone will renew and continue to enjoy the benefits of belonging to our vibrant group.

Many thanks,

Daina Gromadzki, Membership Secretary

**Message to the Tuesday Yoga Group
from Sue Harris**

*What Are You Doing Today (Tuesday)
While I'm Away?*

Hello, what are you doing today?
I hope you haven't gone out to play.
You should have rolled out your mats
To practice lots and lots of cats.

Breathe in and stretch to the sky
Reaching up so very high.
Bend the knees and into chair
Then standing tall with hands in prayer.

From table top to downward dog
The pose continues into frog.
"Too hard" you say, "watch my knees"
"Child's pose next, if you please"

And now it's time to change our tack
Take an inversion on your back.
Steady now, let's unwind
As you relax and clear your mind.

Into savasana you lie
Before it's time to say goodbye.
Breathe gently as the tension goes
Starting with the feet and toes.

Legs and hips and hands and arms
Observe the body as it calms
Chest and back and head and mind
Leaving all your cares behind.

Drifting into peacefulness
You feel your body less and less.
Gently stretch as you come to
Om shanti, shanti peace to you

Pershore & District u3a Committee Members and Key Contacts March

Role	Name	Email
Accessibility Officer	Rosie Chandler	u3apershoreaccess2@gmail.com
Beacon Administrator	Ian Smith	u3apershoreian@gmail.com
Business Secretary	Helen Barrett	u3apershoresecretary@gmail.com
Chair	Sally Whyte	u3apershorechair@gmail.com
Committee Member	Alison Jaynes	tbc
Committee Member	Mary Furse	u3apershoremary@gmail.com
Day Trips Coordinator	John Wright	u3apershorejohn@gmail.com
Groups' Coordinator	To be filled	
Membership Secretary	Daina Gromadzki	u3apershore@gmail.com
Newsletter Editor	Helen Baldwin	u3apershorenews24@gmail.com
Social Media Coordinator	Sandra Chapman	u3apershorefacebook@gmail.com
Social Secretary	Ingrid Fox	u3apershoreingrid@gmail.com
Speaker Coordinator	To be filled	
Treasurer	Janet Price	u3apershoretreasurer@gmail.com u3apershorejanet@gmail.com
Vice Chair	To be filled	
Website Administrator	Mary Greer	u3apershoreweb@gmail.com

Pershore & District u3a <https://pershore.u3asite.uk/>

Facebook: [Keep Connected – Pershore & District u3a](#) Registered Charity no. 1093328

Please send photographs and any articles for publication in the April 2026 newsletter

to: u3apershorenews24@gmail.com by 20th March

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