

Chair's Chat



Dear member,

Welcome to the June issue of the newsletter – halfway through the year already, and summer round the corner. I'm particularly looking forward to hosting the Group Leaders at our annual lunch as part of National Volunteers Week to acknowledge all the time and effort they put into keeping our nearly 90 groups active and vibrant on all our behalf. Thank you very much to all our Group Leaders.

Instead of a report from the Groups Coordinator, this month you will be able to read about what some of our varied and interesting groups have been up to recently, and space permitting, perhaps you might be tempted to give one a try. This month read about *Wednesday Walkers* and *Driving Skills Revisited*. *Intermediate French 2* has spaces, see page 2.

May's Monthly Meeting was a fascinating look at the historical origins of nursery rhymes – most of them rooted in plague, prostitution or persecution! – by Angela Dunsby from the John Moore Museum in Tewkesbury. Follow this link to watch the YouTube video [The Dark Side of Nursery Rhymes](#). Also check out the upcoming first [Tewkesbury History Festival](#) from June 18–21 with talks, walks and workshops.

*Again I have to draw to your attention that from April 2027 there will be **NO** Monthly Meetings, unless we can attract someone to come forward and become **Speaker Coordinator**. This is a varied and interesting role – if the thought of the commitment to the monthly public facing part or the idea of being on a “committee” might put you off, but if you'd be happy to do the bookings and publicity behind the scenes, please reach out to me and we can chat.*

Thank you for being part of our community; wishing you a very happy and healthy June.



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

Dates for your diary in June

- Thurs, June 4th** **Group Leaders Lunch** The Banking Hall 12.15 onwards
- Sat, June 6th/Sun, June 7th** **Pershore Open Gardens**
- Sat, June 6th** **Matthew Coleridge Concert** Pershore Abbey 7pm
- Sat, June 13th** **Worcester Philharmonic Orchestra** summer concert
Persore Abbey 2–30pm
- Tues, June 16th** **Monthly Meeting** “Roses down the barrel of a gun” Number 8 2pm
- Sat, June 20th** **Pershore Carnival** –all day
- Sat, June 20th** **FOAG's Cheltenham Symphony Orchestra concert**
Persore Abbey 7–30pm

Sally Stops by in May

Salve!

I've had the opportunity to visit the **Italian Beginners** group this month, and been warmly welcomed into what felt like a trattoria.

The group, led calmly and capably by **Jackie**, were having a lesson on ordering in a restaurant and discussing choices with the "waiter". Jackie had prepared menus which sounded delicious, and there was also wine to choose. If only! The members had also prepared a short piece about their favourite Italian wine/ food pairings and we were all particularly amused by 'Vermentino' wine which apparently goes well with 'ostriche' which are oysters not ostrich!



"Grazie mille a tutto il groppo" and particularly Jackie for all her hard work.

Group News

The **Wednesday Walkers** meet on the 2nd and 4th Wednesday mornings of the month alternating with the **Walkovers** who meet on the 1st and 3rd Wednesdays, with some crossover of membership between the two groups. We aim to walk between three and five miles at a slightly gentler pace, sometimes including gradual hills and a few stiles and enjoying a good chat as we go!

Group members take it in turns to organise walks including the opportunity to stop for a snack/lunch at a café/pub on completion of the walk. We aim to start our walks within approximately 20 minutes of Pershore thus enabling members time to eat and then make it to afternoon activities if they wish.

We have enjoyed a variety of circular walks starting from Pershore Bridges and across to Wick, or along the riverside to Tiddesley Woods or to Pensham. Other walks have taken us around Bredon Hill, to Beckford nature reserve and the bluebell woods above, Kemerton and its beautiful orchards, Elmley Castle and Netherton with stunning views of the hill. We have walked from Upton twice enjoying the riverside and The Ham and other riverside walks have included Worcester and Eckington.

When the weather wasn't good for country walks earlier in the year we did two interesting town walks: Evesham and the Pershore History Trail.

Our maximum number is 20 members and we currently have a couple of spaces. If you are interested in joining our friendly walking group, please contact us through the website.

Heather Shorthouse and Helen Barrett – Joint Leaders

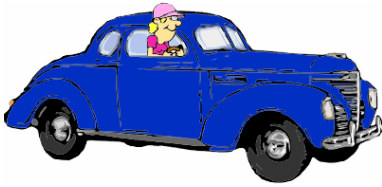


Souhaiteriez-vous pratiquer vos compétences conversationnelles en français?

The Intermediate French Group 2 has vacancies.

They meet at Elmley Castle Village Hall every Wednesday morning at 10.30-11.45 am. Please contact through the website

https://pershore.u3asite.uk/u3a_groups/french-intermediate-2/



DRIVING SKILLS REVISITED

This comprehensive and very helpful course is led by Val and Howard Allen, two members of the Institute of Advanced Motorists from Malvern U3A, and consists of 9 x 2-hour sessions over three terms.

Most of us will have learned to drive many years ago. The topics covered help both to refresh us on the basic skills and to recognise any bad habits we may have developed, and to update us in newer techniques and issues such as using sat navs and driving electric vehicles. We look at ways we can prepare ourselves and our vehicles to improve our personal safety with eg. driving at night; winter driving; manoeuvres and highway code changes; driving alone; motorways; coping with aggressive road users.

We also get a chance of an hour's driving, in our own vehicle, accompanied by one of the leaders acting as an observer. There is no pass or fail, just a chance to get some additional tips to keep us safe and confident in driving our own vehicles.

I have learnt a lot and been reminded of things long forgotten, and been brought up to date. I would recommend the course to everyone; however, you will have to wait until the next course starts in September. The cost is £10 per term of 3 sessions, to cover room hire.

Jean O'Loughlin

Message from a Group Leader

ARE YOU AGED 71+?

There is discussion currently about screening for prostate cancer, but what about breast cancer screening? I am currently being treated for breast cancer and have decided to be pro-active by explaining my journey.

- 1 in 7 women in the UK will be diagnosed with breast cancer
- The incidence is highest among women aged 50-64, but over a third of cases diagnosed are in women aged 70 and older
- Survival rates are improving: 96% 1 year, 85% 5years, 75% 10+years

Mammograms are offered every three years to ladies aged 50 to 70. From 71 onwards you are no longer automatically called for breast screening. In my case my last mammogram was 8 years ago.

A good friend persuaded me to get checked and I count myself lucky that my cancer was discovered early and the prognosis is good. Self-checking is not enough. In the words of my consultant: *"You are lucky the lump was found before you could feel it. If you can feel a lump the prognosis is not so good and the treatment more invasive and we would be having very different conversations"*.

If you are over 70 and have not had a mammogram for 3 or more years **please** book one and check everything out. The number is **01905 760145** and you can go to the Haven Unit at Worcester Hospital. I know the caravan comes to Pershore every couple of years, but the Haven Unit is very modern and the staff are lovely and you can book to go there as a preference.

I firmly believe that the persuasion of a very dear friend and ringing that telephone number have probably saved my life.

Pershore and District u3a Group Leader



Day Trips Group visit to Bletchley Park

Following February's very enjoyable trip to Bourneville and Cadbury World, the April trip was to Bletchley Park near Milton Keynes, the Second World War equivalent of GCHQ, famous for Alan Turing and his team cracking the codes generated by the German Enigma machine.

We set off from Pershore at 0900 and arrived at Bletchley Park by 1130. The trip included a guided tour from very knowledgeable people. It was fascinating to discover the level of secrecy and deception. There are so many different huts that served as the reception centres for intercepting messages and deciphering what appeared to be gobbledygook! We really needed more time to explore the site. We were each given a free return visit pass to use within one year. If you haven't been, then it should be on your 'to do' list.

We set off for home at 1630 with everyone accounted for but we nearly had three extra passengers—three ladies from Maidstone were trying to board our coach. When challenged they reasoned that they came on a white coach and ours was a white coach! Anyway, all accounted for and back in town by 1900.

The next will be to the Black Country Living Museum at the end of June.

John Wright Day Trips Coordinator
u3apershorejohn@gmail.com



Notices

July CAMEO (Come and Meet Each Other) meeting

Friday, July 3rd, 2pm at The Riverside Centre

Come and meet old friends, make new friends and find out what your u3a is planning for the future. Free refreshments. And ...

SAVE THE DATE: Tuesday, August 18th in Abbey Park

Picnic in the Park to celebrate our 25th Anniversary.

Bring your own lunch and enjoy some music from our own Pop Music Players

WOULD YOU ENJOY BEING A SCHOOL GOVERNOR?

Would you like to find out more about it?



**Abbey Park
Primary School**

Belonging, Achieving, Thriving

The Board of Governors of Abbey Park Primary School here in Pershore are a small (and friendly!) group of people who play an important role in the life of the school, working with the school leadership in the development of the school, and helping to shape policies and practices.

This is a very interesting and rewarding role. No prior experience or specific skills are required, and it does not have an onerous time commitment. We currently we have a vacancy, and would welcome hearing from anyone who may be interested in considering the role. If so please contact me, I will be happy to explain what it is all about without any pressure.

Many thanks for your help,

Ian Forster, Vice Chair of Governors - i.forster@yahoo.co.uk

MEET THE ARTIST: SUSAN BIRTH

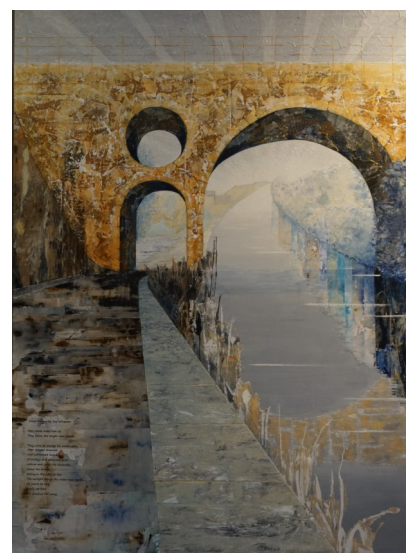
MONDAY 13th JULY, 7.30 p.m.

at the Parish Room, White Ladies Aston WR7 4QQ

"Verse in Vision" was the art gallery exhibition at Number 8 Pershore during April. The artist, Susan Birth, was inspired by poets with her work being described as "art with an element of intrigue incorporating poetry". It includes poems from various local poets including Worcestershire's former Poet Laureate Suz Winspear with Worcester's canals often taking centre stage.

Come along to meet Susan Birth who may be joined by one of the poets, to hear how she incorporated poetry in her multi media work.

Entrance £5





A special programme of online events, open to any u3a member

Thursday 25 June, 2pm

The Vikings and Wessex – From last to first Kingdom

Tuesday 30 June, 11am

The role of wind energy in the UK's electricity system

Wednesday 1 July, 11.30am

The technology built into modern cars and trucks,

Thursday 2 July, 2pm

Mrs Charles Dickens tells her story

Monday 6 July, 10am

Watercolours with Tony

Wednesday 8 July, 2pm

History of Shoes

Thursday 9 July, 10am

Fusion Tai Chi QiGong

Thursday 9 July, 2pm

Vengeance & Vision: Artemisia Gentilisci

Friday 10 July, 2pm

The role of women in ancient Egypt

<https://www.u3a.org.uk/what-we-do/events/festival-2026>

DID YOU KNOW?

Your local
Banking Hub is
right here in
Pershore

-  Withdraw & pay in cash
-  Deposit cheques
-  Pay bills
-  Community Bankers available
-  Pershore Library
-  Monday–Friday | 10am–4pm

DO COME AND AND SEE

THE KNITTED BIBLE

EVESHAM METHODIST CHURCH

21 May to 5th June 2026 Daily

10am to 4pm
(except Friday mornings and Sundays)

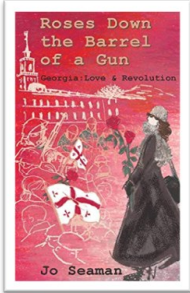
ADMISSION FREE



Donations to Christian Aid



Upcoming Monthly Meetings @ No.8



JUNE MONTHLY MEETING

Roses Down the Barrel of a Gun

Jo and Mike Seaman
talking about their time working in Georgia during the "Rose Revolution"

TUESDAY June 16th, 2pm



JULY MONTHLY MEETING

"You sing it, I'll ping it!"

with professional harpist **Fiona Hosford**

TUESDAY July 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/>

Pershore & District u3a Committee Members and Key Contacts June 2026

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 Jeynes	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 July 2026 newsletter to: u3apershorenews24@gmail.com by 20th June

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