

WELCOME TO THE SEPTEMBER NEWSLETTER

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The Personal Benefit of 'Getting Involved':

Surprisingly, the u3a started in France in 1973. Eight years later, the concept reached Britain and one of the co-founders, **Eric Midwinter**, recently died aged 93. His obituary states that he was passionate about promoting lifelong learning through self-help groups for retired members of the community and believed that the starting point was the sense that older age should be looked on more positively and less negatively. In the 1970's there was a sense of older age as being 'over-the-hill' and oldness was very much identified as 'illness', so Eric worked hard to change that negative image of older age.

As members of the u3a we have all reaped the benefit of Eric's vision. When John and I moved to the small village of Tysoe nearly 5 years ago, it was a leap into the unknown. We had lived in West Sussex for over 40 years and here in the midlands had no family or friends close by, so we realised that we would need to make an effort to get to know people and becoming involved in our community was a good way to do that. One of the first things we did (after Covid restrictions ended) was to join the Shipston area u3a and through that we have met many interesting people and made a few friends. On first joining, I anticipated enjoying the book group and a walking group, but I discovered that the monthly meetings held on the 4th Tuesday of the month at 2pm, are also very interesting, as the speakers are usually entertaining and informative. Do come along and see for yourself.

At the end of the meetings tea or coffee and biscuits are available which enables us to socialise. Unfairly, the same people help every month to make the drinks and clear away afterwards, so please could you volunteer to help, maybe with a friend? It doesn't take very long, and if just 12 people offered their services (out of the 300+ members) then it would mean only doing it once a year, which is not an onerous task! If you can help, please talk to Richard Taylor, or any of the Committee Members.

Helen Keayes

[Helen Keayes](#), Update Editor

MONTHLY MEETINGS

NEXT MEETING

Our next meeting is on **TUESDAY 23 SEPTEMBER** at 2pm in the Townsend Hall,



Mike Bottomley will be talking about Rudyard Kipling who was once Britain's most famous and biggest selling writer of stories, including "The Jungle Book", the "Just So Stories" and the famous poem "If". But, he had a life just as exciting as his stories, as Kipling was also a controversial political figure.

I am sure we will learn much more about him at the meeting as tragedy and trauma in his personal life fashioned his genius as a storyteller for both adults and children.

LAST MEETING

Our last meeting was held on 22nd July when we enjoyed Martin Gower talking about the Press Barons.

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YOUR EXECUTIVE COMMITTEE

As reported last month, the Committee resolved to improve the u3a's **External Communications**. You will have recently received an e-mail covering our need for a '**Publicity Officer**' to help promote the u3a in our area. Please contact Secretary, John Keayes, if you feel able to take on this role, or if you would just like more information.

Adverts are also being placed in local magazines outlining what our u3a has to offer, in an attempt to attract new members. Could you also do your best to promote the u3a by telling your neighbours and friends, and inviting them along, if appropriate.

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MEMBERS' NEWS

This month 4 new members have joined our u3a - **Harriet and Grant Smith; Pauline Tam; and Sue Elliot**, all from Shipston on Stour. We wish them well and hope they enjoy all that the u3a has to offer.

OUR U3A FACEBOOK PAGE

Local events are shown on our u3a Facebook page, which is a quick and simple way to see interesting and useful information. You can easily add things yourself, or Christine Russel, our Facebook Coordinator, will be happy to post it onto the page for you.

See <https://facebook.com/groups/396254028732509> or [Christine Russel](#)

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NEWS OF INTEREST GROUPS

Many of the Interest Groups took time off during August. However, the intrepid walking groups continued to tramp along our local footpaths and bridleways:

THE FIRST THURSDAY WALKING GROUP

Enjoyed beautiful weather and views on their walk on 7th August



Looking at Brailes Hill again



On top of Ebrington Hill

Please contact Interest Group Leader [Jane Hale](#) if you would like to join this group.

FIVE MILERS WALKING GROUP (2 per month)

Walk 1 - The Framlington Farm Circuit: On a very hot 13th August a group of 13 walkers met at the Bridge Car Park - earlier than usual, in an attempt to miss the hottest part of the day. Their walk took them across the fields to Barcheston, and then on for a couple of fields before they turned left and headed towards Brailes Hill. At the end of Framlington farm drive, they circled around the rear access to North farm. They then turned right across a brook, through three fields and back to the farm drive, which they followed to Willington. The walk continued through the village, crossing over the River Stour, and the water meadow before joining the London Road into Shipston.

The home of two of the walkers, Ruth and Richard Moyle is on the London Road and some of the group enjoyed a welcome drink in their garden.



Climbing the stile with a smile



Walking the fields

Walk 2 - Sibford to Epwell:

On 27th August Richard Moyle welcomed about 20 walkers at The Wykham Arms in Sibford and for safety's sake split them up into two smaller groups. They completed a 4.6 mile circuit to Epwell and back to Sibford. They stopped to look at the lovely Church in Epwell and its beautiful tapestry depicting many of the attractive old properties in the village.

Afterwards some walkers enjoyed a drink and bite to eat in the pub. although a sudden sharp shower sent many rushing from the pub garden back to their cars.



Off to see the Tapestry in St. Anne's Church, Epwell

Please contact Interest Group Leader [Chris Shepperd](#) if you are interested in joining the Five Milers Group.

BALLROOM AND LATIN DANCING GROUP

This Group plans to restart in September, following its summer break and meets on Wednesday afternoons at Brailes Village Hall from 2-3 pm for Ballroom dancing and 3-4pm for Latin dancing.

The cost is £5 per hourly session for the instruction, plus an additional fee for the hire of the hall. This amount should be in the region of £2-4 per hourly session, depending on the number of people involved.

It can only go ahead if there are sufficient numbers so please contact Jenny Shepperd, the Interest Group Co-ordinator, if you are interested: [Jenny Shepperd](#)

SEATED PILATES

You may feel the need for some stretching exercises, without getting down onto the floor and worse still, up again, so why not try Seated Pilates?

This group is due to re-start after the summer holidays and has a few spaces available. They meet in the Scout Hut at Shipston on Tuesdays at 12.30 for an hour.

Please contact Group Leader Cheryl Hunnisett if you are interested: [Cheryl Hunnisett](#)

TIMETABLE FOR INTEREST GROUPS

Please note that the schedule giving relevant details for all Interest Groups is available on the Groups' webpage.

Please contact the Interest Group Co-ordinator if you have any queries: [Jenny Shepperd](#)

YOU MAY ALSO BE INTERESTED IN

 52 Sheep Street, Shipston-on-Stour, Warwickshire. CV36 4AE
Charity No. 522997

Townsend Hall, Shipston, presents...
On Friday, 19th September 2025
The Bossa Gringos



This exciting quartet of crack musicians breathe new life into well known and not so well know Latin rhythms (Bossa Nova, Samba, Rhumba, etc). The result is exciting stuff. We promise you'll love it!

Featuring Toliy Vyacheslavov on sax, flute and percussion; Hugh Turner on guitar, and two bassists, Raph Miraki and Paul Jeffries, who often switch between percussion, upright bass and bass guitar

Doors / Bar Open 19:00 for 20:00
Tickets £15 in advance; £17 on the Door
From the Flower House, 3 Market Place, Shipston and online via ticketsource.co.uk/townsend-hall or townsendhall.co.uk

Tickets are for general admission. For a table reservation of 4 or more people, phone Peter on 07711-562317



**SHIPSTON
TOWN BAND**

PRESENTS

From
BROADWAY
to Boardwalk

at The Cidermill Theatre, Chipping
Campden

Saturday 27th September 2.30 pm Tickets
£5 - £10



Madeleine Kirby (harp) and Judith Scholes (flute)

Dance of the Blessed Spirits – Gluck

Hypnosis – Ian Clarke

Passaggio – Louis Anthony deLise

Sicilienne – Fauré

Histoire du Tango – Piazzolla

Sonata for flute and harp – Nino Rota

**Friday 19th September, 7.30pm
Methodist Church, 52 New Street,
Shipston-on-Stour**

Tickets £10 on the door
or in advance from E.H. Spencer

Free entry to Shipston Music Society members
New members always welcome
Information: ph 01608 662514

Registered Charity No: 1146459 (England)
www.shipstonmusic.org.uk



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