

Update Newsletter - August 2026

WELCOME TO THE AUGUST NEWSLETTER

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Dear all

Although it's boring to talk about the weather, the heat during July has broken all records and has made sleeping particularly difficult. but at least we retirees don't have to go out every day to work, so that's definitely one advantage of being older. and as always, we must count our blessings! How the players and spectators at Wimbledon coped was remarkable, as I felt exhausted just watching!

Please note that there will **NOT be a Monthly Meeting in August**, so I hope you enjoy whatever you're doing and look forward to meeting up again in September.

Helen Keayes, Update Editor [Helen Keayes](#)

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MONTHLY MEETINGS

LAST MEETING -

On Tuesday 28th July one of our u3a members Dick Cluley gave an illustrated talk about Chipping Campden Silk Mill & Coventry Ribbons.

Unfortunately I was away on holiday, so missed this talk, but Les Reed reported that she had learned Campden Silk Mill was an offshoot of the Blockley Silk Mills and their product was mainly for the Coventry silk ribbon weaving industry. Coventry did not possess sufficient

waterpower to drive the machines that were necessary for some of the processes. It was the presence of water which attracted the builders of the mill. In Campden's case it was the Cam running underneath the mill, which provided the original source of power.

Today, the Grade 2 listed building is still in use with a Coffee Shop, Hart Silversmiths and the Gallery at the Guild, a co-operative of more than twenty artists and artisans.

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NEXT MEETING -

Tuesday 22nd September 2026

2 pm at Townsend Hall, Shipston on Stour

Our Speaker will be Martin Gower who will be presenting

"PRESS BARONS PART 2"

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MEMBERS' NEWS

This month two new members joined our u3a- Susan McInnes from Moreton in Marsh and Graham Thurston from Harbury, who we hope enjoy learning new things and making new friends and acquaintances.

We were sad to learn of the death on 15th July of Jean Cass, who reached the amazing age of 95 years old. She had been a member of the Lunch club, the History group and enjoyed attending the monthly meetings. We send our condolences to her family and friends.

YOUR EXECUTIVE COMMITTEE met again on Wednesday 1st July, when they:

- welcomed new Committee Member Chris Reed and observers Yvonne Beaumont, Bernadette Drewett, Vanessa Benjamin-Smith and Bridget Smith, who had all expressed an interest in helping the Committee.
- reviewed the 2026 Annual General Meeting
- completed the annual review of the website with Web Manager, Cliff Fullwood, who reported that progress and site operation has gone well

- agreed the dates for the 6 Committee meetings during 2027
- reviewed areas of potential risk to our u3a, such as a Committee member being unable to continue due to ill-health, etc.
- thanked Chris Reed for volunteering to manage the preparation and operation of future Townsend Hall meetings

The next Committee meeting will be on Wednesday 16th September 2026.

OUR U3A FACEBOOK PAGE

Christine Russel keeps our Facebook page up to date. so please take a look and feel free to add anything that you think may be of interest. Alternatively you can contact Christine who would be happy to add your item onto 'local events'. Christine's contact details follow:

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

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NEWS OF INTEREST GROUPS

HISTORY GROUP -

On a hot and sunny
Wednesday 22nd July, 14
members of the Group
visited the amazing
Chedworth Roman Villa
which is several miles off
the Fosseway, between
Northleach and Cirencester.

Peter Cowley reported that
they enjoyed a very
interesting guided tour titled
"Recent Discoveries" given
by Peta, a knowledgeable
guide. She explained that
Chedworth was a "Villa
Rustica" which had
belonged to a very wealthy
Romano-British family and
told them about recent
discoveries including:



One of Britain's largest mosaics; a fragment of a glass fish bottle, made in Crimea in the 2nd century AD; the only mosaic in Britain to be dated after 410 AD when the Romans left Britain; a cold plunge bath decorated with local pigments, which is the best preserved example, other than those in Pompeii.



If you are interested in joining this group, please contact Group Leader [Maggie Wood](#)

FIVE MILERS WALKING GROUP -

17 members of this walking group, including me, met on 1st July to undertake their postponed walk from 24th June. It was a lovely level, but interesting walk from Wellesbourne and around the footpaths of Charlecote. Near to the National Trust property, which I have often been to, I was surprised to see the impressive Dower House (photo's below), As Group Leader Chris Shepperd commented "Not a bad little place for Mummy".



Looking over the River Dene



The Dower House in a lovely setting.



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FIVE MILER'S WALK – Wednesday 8th July 2026

Broad Campden to Dovers Hill and back



Thanks go to John Fedorowvzc who led a wonderful figure of eight walk from the Bakers Arms at Broad Campden across fields to Chipping Campden, then up Dyers Lane towards Dovers Hill (elevation 750 feet) with lovely views.

A different route returned the group down to Chipping Campden and back to the pub at Broad Campden for refreshments.



The walk started earlier than usual in order to avoid the hottest part of the day,

Even the sheep were finding as much shade as they could.

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FIVE MILER'S WALK - 29th July

This walk began at the White Hart pub in Newbold on Stour. The walkers, led by Rob Boyle, headed out on a track leading to the route of the old tramway. However, the tramway section was a little overgrown, in fact more like an Amazon Jungle, as can be seen from the photo, with a couple of intrepid explorers emerging from the undergrowth.

They then proceeded on tracks and roads back to the Pub where Rob enjoyed his reviving pint of 'Timothy Taylor' beer after the walk.

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



FIRST THURSDAY WALKING GROUP -2nd July

Wendy Mace kindly led the July walk of approximately 8 miles, which started and ended in Shipston. Six members enjoyed the walk from Shipston outcrop towards Brailes Hill then across to St Dennis via Roundhills Farm; then up Idlicote Hill and along the ridge, dropping down to Fell Mill and then back across fields to the start of the walk at the Bridge carpark. Having had to cancel June's walk because of bad weather, this time they had a lovely sunny day with a breeze and they were accompanied all the way by hundreds of butterflies and tiny grasshoppers.



The Group's next walk is planned for 6th August, when they will meet at 9.30 at Batsford Arboretum and walk from Batsford to Moreton in Marsh.

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

MINDFULNESS GROUP - the what, why and how

Have you ever wondered what mindfulness really is? Is it simply meditation, or is there something more to it? Could it help you feel calmer, more resilient and more able to enjoy everyday life?

Whether you're completely new to mindfulness or have been practising for years, this is an opportunity to come together to explore, learn and share.

This series is designed both as a gentle introduction for newcomers and as a valuable refresher for those with more experience.

There will be an informal coffee meeting on Thursday 3rd September at 11.15 at Ilmington Cafe, where you are welcome to come along and find out more. The first introductory session will be on Monday 7th September at 3pm, before exploring the eight themes of mindfulness over the following weeks at the regular weekly Monday 3 o'clock meetings on-line.

Together we will discuss:

- *What mindfulness is*
- *Why meditation can be such a powerful practice*
- *How to cultivate mindfulness in everyday life*
- *Practical ways it can help us respond to life's challenges with greater awareness, kindness and balance*

No previous experience or special equipment is needed - just curiosity and a willingness to explore. All are welcome and there is no charge for the weekly meetings.

To express your interest or ask any questions, do contact the Mindfulness and Meditation Group Leader: Jane Grafton - by e-mail janegrafton@gmail.com or phone 07913 542364

"You can't stop the waves, but you can learn to surf" - Jon Kabat-Zinn

GARDEN VISITS GROUP

On 23rd July the Garden Visits Group went to Spetchley Park in Worcestershire. which is a rural estate owned by the Berkeley family for over 400 years. Despite the hot weather everyone enjoyed the visit.



The Group's next visit is to Sezincote on Friday 21st August. (Please note that this is a change of date.)

Please contact Interest Group Leader [Shirley Wynn](#) if you would like to join this Group.

ORCHESTRA GROUP



Fosseway Chamber Orchestra
Friendship through music

Can you play an instrument?

We play light classical music for enjoyment, and musical challenge in a supportive and relaxed atmosphere. Our aim is to rekindle the joy of playing music together.

Rehearsals are held on Tuesday mornings in Stretton-on-Fosse GL56 and we would love you to join us.

FCO is affiliated to Shipston U3A.



For more information, please contact Christine on 07967 423550 or Facebook.com/fossewaychamberorchestra

If you would like to join this Group please contact Interest Group Leader [Christine Holyhead](#) or on her number shown on the poster.

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](#)

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YOU MAY ALSO BE INTERESTED IN

Laura Cameron, Fundraising Manager, has asked if any of our members could support Campden Home Nursing, in their **Malvern Hills End-to-End Challenge on Sunday 6th September 2026**. This is a local charity which provides hospice care at home and bereavement support for adults and children.

Laura explained that participants will take on the full Malvern Hills ridge, covering all 15 peaks on a fully guided 10.5-mile walk, while raising funds to support local families.

Event details:

- Sunday 6th September 2026
- Malvern Hills, Worcestershire
- 10.5 miles (approximately 4–6 hours)
- £50 registration fee
- Suggested fundraising target of £200
- Includes guided trek, transport, CHN t-shirt and medal

The challenge is suitable for anyone with a reasonable level of fitness and is designed to be enjoyable, achievable and rewarding.

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