



NewsFlash

Registered Charity No: 1082254

The Newsletter of u3a Clitheroe July 2026

Website: <http://u3asites.org.uk/clitheroe>

Launch of our new Management System – Simple Membership

Hello Everyone,

We will soon be launching our new Membership System called “Simple Membership” and, if you have an email address, you will receive an email explaining how to set up a password so you can access the system. Once in the system you will be able to see and update your personal information and, in time, join groups and events.

There are a number of reasons why we are implementing a management system including: -

Data Security – Our u3a is subject to Data Protection Regulations which means we have a duty to keep your data safe. This system will hold your data securely on a central web-based platform.

Contingency Planning – As members’ data will be centrally stored your data can be accessed by anyone suitably authorised if you need to be contacted. This means someone can easily step in if a Convenor or Organiser can no longer act.

Efficiency – There will be huge savings of time and effort for the Membership Secretary, the Treasurer, Convenors and Event Organisers.

The system has been designed specifically for use by u3as and is easy to use.

We will be holding Training Sessions and help and support will be available.

Please contact any of us if you have any concerns or if you have any expertise you can offer to help us in setting up and running the system.

Best wishes,

Maureen Pickup, David Grimes, Paul Fisher & Ruth Mason

Group Schedule for JULY

	1	Wednesday	2pm	Architecture
	1	Wednesday	10am	Circle Dancing
	2	Thursday	Noon	Lunch with Friends
	2	Thursday	2pm	German
	3	Friday	2pm	Garden
	6	Monday	2pm	Music Appreciation
	7	Tuesday	10am	Singing for Pleasure
	8	Wednesday	2pm	Geology
	8	Wednesday	2pm	Scottish Country Dancing
	9	Thursday	2pm	Discussion
	10	Friday	2pm	Poetry
	13	Monday	2pm	Photography
	13	Monday	10.20am	Bus Pass
	14	Tuesday	12noon	SUMMER LUNCH
	15	Wednesday	10am	Science & Scientific Enlightenment
	15	Wednesday	10am	Circle Dancing
	15	Wednesday	2pm	Board Games
	16	Thursday	3pm	Wine appreciation
	21	Tuesday	10.15am	Plodders
	21	Tuesday	2pm	French conversation
	21	Tuesday	10am	Singing for Pleasure
	21	Tuesday	2pm	Canasta
	22	Wednesday		History
	23	Thursday	2pm	Book Discussion
	23	Thursday	1pm	Table Tennis
	23	Thursday	7pm	Food & Wine
	27	Monday	10.45am	Strollers
	27	Monday	1.00pm	Play Reading
	28	Tuesday	10am	Genealogy
	28	Tuesday	2pm	Craft
	28	Tuesday	2pm	Art Appreciation
	31	Friday	10.15am	Trekking into the past
	24	Friday	10.45am	Walking

July Meetings

Activity Group	Date	Time	Group Convenor	Information	How often
Architecture	July 1st	2pm	Paul Fisher 07874 696374	Meet at The Green near Sainsbury's for an architectural tour of Clitheroe.	1 st Wed
Art Appreciation	July 28th	2pm	Ann Ward topgm@hotmail.co.uk	Meet at WBVH. Jacquie Melia presents Lee Miller. Photography as an Art Form	4 th Tues
Board Games	July 15th	2pm	Lesley Charnley 01200 538476 lwcharnley@gmail.com	Meet at Convenor's Home. 1 Meadowlands, Low Moor, Clitheroe BB7 2ND.	3 rd Wed
Book Discussion	July 23rd	2pm	Ann Yates ann.yates01@gmail.com	Meet at Clitheroe Library. Tessa Hadley – <i>Bad Dreams</i> .	4 th Thurs
Canasta	July 21st	2 pm	Christine Snape clitheroechristine@gmail.com	Meet at Christine's home BB7 1EZ. Also see Page 9.	3 rd Tues
Circle Dancing	July 1st/ 15th	10 am	Sally Maxwell 01772 379926	Meet at Pendleton Village Hall.	1 st /3rd Wed
Craft	July 28th	2pm	Sandra Marshall 07968 675419 sandra23marshall@gmail.com	Meet at Sandra's home. 23 Croasdale Drive BB7 1LQ Continuing with Craft and Perky Pup.	4 th Tues
Discussion Group 1 Group 2	July 9th	2pm	Susan Duckworth susanduckworth47@gmail.com John Wilson john.eardswick@yahoo.co.uk	Meet at Whalley Old Grammar School. New to Discussion? Please inform Susan or John if you'd like to join. No Meeting in August	2 nd Thurs
Food and Wine	July 23rd	7pm	Gill Kilbey 07840 882775	Meet at Jenny Pek's home. in Barrow for 'Cook the Book.'	4 th Thurs
French Conversation			Ann Connell 07568 172854 shudbtaylor@yahoo.co.uk	No Meeting in July. Next Meeting Aug 18 th .	Usually 3 rd Tues
Garden Group	July 3rd	2pm	Jenny Grimes jennygrimes46@icloud.com	Meet at The Trinity Hub. David Grimes "Anglo-Dutch garden developments."	1 st Fri
Genealogy	July 28th	10am	Marianne Wilson mrsmariannewilson@gmail.com	Meet at WBVH. "What if they'd never met?"	4 th Tues

Group	Date	Time	Group Convenor	Information	How often
Geology			Frank Taylor frankhtaylor@yahoo.co.uk 07952 720778	No Meeting in July or August. Next Meeting September 9 th .	Usually 2 nd Wed
German Conversation	July 2nd	2pm	Denis Cassidy 01254 822345. David Grimes davidgrimes1@mac.com	Meet at the home of Anne Gretton.	1 st Thurs
History	July 22nd		Hazel Best hazelbest@gmail.com 01200 426756	Wentworth Woodhouse. Full day trip, guided tour, lunch and transport. Fully Booked.	4 th Wed
Lunch with Friends			Ann Ward topgm@hotmail.co.uk	No Lunch this month as it is Clitheroe u3a's Summer Lunch. The August venue is the Loft Bistro. See Pages 9,10.	Usually 1 st Thurs
Music Appreciation	July 6th	2pm	Frank Robinson bb7u3amusic@btinternet.com	Meet at WBVH 'Schubert part 2' with David Newsome.	1 st Mon
Photography	July 13th	2pm	Francis Garner 07477 626772.	Francis's home for garden photos and scones.	2 nd Mon
Play Reading	July 27th	1.00 pm	Kate Hamlin 07732 721963 Helen Coles 07835 920887	Meet at Whalley Grammar NOTE School. Doors open 1.00 for 1.15pm.	4 th Mon
Plodders	July 21st	10.15 am	Marjorie Taylor 07716192447 marjorietaaylor@hotmail.co.uk	Meet at Whalley Abbey for a walk along the river Calder. See page 6.	3 rd Tues
Poetry	July 10th	2pm	Roy Gonsalves rmgonsalves1953 @outlook.com	Meet at The Trinity Hub. 'Nautical Poems.'	2 nd Fri
Science and Scientific Enlightenment	July 15th	10am	David Grimes davidgrimes1@mac.com 01254 240707	Meet at The Trinity Hub. Tom Fisher 'Artificial Intelligence.'	3 rd Wed
Scottish Country Dancing	July 8th	2pm	Sandra Marshall 07968 675419	Meet at Pendleton Village Hall.	2 nd Wed
Singing For Pleasure	July 7th/ 21st	10am	Denise Hayton 07779 915392 u3aclitheroe@icloud.com	Meet at West Bradford Village Hall.	1 st /3 rd Tues
Strollers		10.45am	In need of convenors	No Walk in July.	Usually 4 th Mon
Table Tennis	July 23rd	1-3pm	Janet Elliott 01254 248106 Jkelliott108@gmail.com'	Meet at The Trinity Hub.	4 th Thurs

No Main Meeting in July as it's our SUMMER LUNCH



Our Summer Lunch is at Longridge Golf Club

Tuesday July 14th 12.00 for 12.30
2 Courses + Tea /Coffee
+ Entertainment

Longridge Golf Club
Forty Acre Lane, LONGRIDGE PR3 2TU



Next Committee Meeting July 16th 10am, Barrow Community Centre.
Members are welcome to observe.
Please contact Janet Rees our Secretary if you wish to attend: -
secretaryu3aclitheroe@outlook.com

Group	Date	Time	Group Convenor	Information	How often
Trekking into the Past	July 31st	10.15am	Ron Loebell 01200 374094	Meet in Chatburn. There's Parking on the road near the Church. See Page 6.	Last Friday
Walking Group	July 24th	10.45am	Terri Fisk 07791 686967 Tafisk29@gmail.com	Meet at Holmes Mill for a walk around Clitheroe. See Page 6.	Usually Last Friday
Wine Appreciation	June 16th	3pm	Christine Snape clitheroechristine@gmail.com	Meet at Christine's Home. Barbara will present Pinot Gris/ Grigio and Wendy Blaber presents Sangiovese. Please bring cheese and biscuits.	3 rd Thurs

Group Information

Walking Group

See you at 10.45 on Friday 24th July.

Meet at Holmes Mill Clitheroe for a 4.5 mile walk around Clitheroe and along the banks of the River Ribble. There's a possibility of extending the walk to view some of the Brungerley Park sculptures.

Group Convenor: Terri Fisk – 07791 686967. tafisk29@gmail.com

Strollers Group.

No walk, see page 7

Plodders Group.

Meet at Whalley Abbey for a walk along the Calder involving road and field.

Tuesday July 21st at 10.15

Group Convenor Marjorie Taylor

marjorietaaylor@hotmail.co.uk

Trekking into the Past

Meet in Chatburn Village near the Church where there is parking on the road nearby.

Friday July 31st at 10.15 for 10.30 start.

A walk around Chatburn brings up History Galore.

Group Convenor: Ron Loebell – 01200 374094

STROLLERS GROUP.....WHY ????

Being outside in nature, listening to the song of the birds or the babbling brook nearby.

Eyes wide open to the beauty of the changing seasons all around the Ribble Valley.

Nothing is better for both the body, mind and soul.

After almost 20 years this group will sadly come to an end unless one...or two...or three of our members come forward to take on the responsibility of...

Choosing from the members suggestions and forwarding the details to the newsflash editor each month.

1 Taking the names of the group members on the day.

2 Ringing the local hostelry with the numbers for lunch (very important part of the day)

An enjoyable and easy task for the Convenor/s but unfortunately after twelve years at the helm we have to hand over to new people.

Please come together and contact either Ann on 07768322125 Wendy on 07964802433 or any Member of the Committee.

Wendy / Ann



The u3a movement is based on the principle of mutual aid, as such there is an expectation that members will share their interests, skills and contribute. Retirement isn't the end of your story, it's the start of something new.

So are we prepared to let this Strollers Group close, after our friends Wendy and Ann have contributed so much over time in supporting the Group that we have enjoyed?

Who is going to step in and save the Strollers group?

SINGING FOR PLEASURE

Meets on the first and third Tuesday of every month at West Bradford Village Hall, from 10am until 12noon.

We are not a choir – there are no auditions and you don't have to read music! We simply 'sing for pleasure'! Our repertoire ranges from folk songs to sea shanties to songs from the shows to more recent pop songs. Why not give us a try?

July meetings: 7th and 21st July
August meetings: 4th and 18th August

At our August meetings we will be singing songs from the 1960's and 70's, so dig out those flares and flowered shirts and come and join us!



**Group
Focus**

The Singing for Pleasure group needs help!

The group is looking for someone with musical knowledge who can choose, teach and lead songs in a fun way. Could that be you?

If you think you can help, please contact:

Denise Hayton, Bev Jones or Wendy Richardson to chat about it.

Lunch with Friends

Lunch with Friends

Our August Lunch venue is the "Loft Bistro " Clitheroe BB7 9WF on Thursday 6th August from 12 noon for 12.30 serving.

The menu is available on page 10.

Please reserve your place by stating your name(s) and menu choices to your host Christina Halstead details below.

For members who prefer a light lunch, it is acceptable to choose any item from this menu without a main course if you so wish.

The closing date for reservation and menu choices is the 17th of July.

Please let me know if you require any further information when emailing or texting me.

Contact email : christinahlstd@gmail.com

Text: 07484 637965



**Cansta Workshop 2
for Beginners**

TUESDAY, 7TH JULY AT 2PM
AT SANDRA MARSHALL'S HOUSE
23 CROASDALE DRIVE, CLITHEROE BB7 1LQ
BE VERY CAREFUL AS IT CAN BECOME ADDICTIVE!!
£2 TO PAY ON THE DAY
TO BOOK PHONE OR TEXT CHRISTINE ON 07896 877690

Lunch with friends

12.00 for 12.30 Thursday 6th August 2026 at Loom Loft Bistro Barrow Brook

Business Park Holly Road Clitheroe BB7 9WF

MENU OPTIONS

Starters

Panfried king prawns, chilli, and garlic butter on toasted white or granary bloomers
£13.50

Goats cheese and red onion tart marmalade, mixed salad, and balsamic glaze £9.95.

Hummus, olives, and Greek pitta board (VG) £8.50

Stuffed mushrooms, roasted mediterranean vegetables topped with vegan cheddar
cheese (VG) £8.50

Mains

Red lentil and vegetable burger, roast mushroom, sweet chilli mayonnaise on toasted
sourdough bun served with salad and fries (VG) £14.50

Moroccan spiced falafel salad, hummus, and sun blushed tomatoes (VG) £13.95

Lancashire hotpot, slow cooked lamb, onions, and carrots topped with sliced crispy
potatoes, wedge of granary bloomer and pickled red cabbage £18.95.

Homemade cheese and onion pie, all butter pastry, mature cheddar, sweet potato fries,
and salad £17.25

Chicken supreme, chicken breast, chive mash potato, mushroom white wine sauce,
seasonal vegetables £18.50

Haddock fillet stuffed with spinach served with crushed new potatoes, seasonal
greens, and white wine butter sauce £18.95.

Spinach, mushroom and cheese lasagna, mixed feta cheese salad £15.50

Desserts

Raspberry crumble tart with ice cream £6.00

Banana, toffee, and pecan cake (VG) £4.95

Lemon meringue pie with ice cream £6.00

Reservations to Christina Halstead.

Email christinahlst@gmail.com or text 07484 637965 closing date 17th July.

The Ringed Plover - *Charadrius hiaticula*



The Ringed Plover can be seen all year round in Great Britain, usually on the coast, but also inland near lakes, reservoirs or gravel pits. In Winter, they form flocks with other waders at high tide. The Ringed Plover is a ground-nesting bird, laying 4 eggs in a shallow scrape in sand or gravel, lined with pebbles and grass. The nests are well camouflaged and as such, they are vulnerable to people and dogs inadvertently walking on them. Their nesting options have been reduced by loss of shingle and intertidal habitats since 1945. Also, high spring tides and storms can wash away their nests.

The Ringed Plover may have two or three broods from April to August. The chicks, covered in down can run about and feed themselves very soon after hatching. When a predator threatens the nest or chicks, the parent bird distracts it away from the nest by loud alarm calls and acting as though it has an injured wing.

This is an attractive bird, about seven inches long and weighing two to three ounces. It has a sandy brown cap, wings and back, a black and white head with a broad white ring round its neck, then a broad black band below. In flight, you can see a bold white wing bar. It has orange legs, a short, orange beak with a black tip and white underparts. It eats a wide variety of freshwater and marine invertebrates.

The Ringed Plover is on the red list in the UK.

Gill Cameron

The Visual Arts Group invite you to a workshop

PRINTING WITH LINO



This is a workshop for complete beginners, offering a basic introduction to the techniques of printmaking using simple tools and water-based inks.

Participants will experiment to discover the effects different tools create, before producing a simple picture/design, printed in one colour, which they can take home.

You will need to bring: a pencil, blue or black ball-point pen, an apron/cover up, a dessert spoon and any pictures you choose to provide inspiration!

The cost of £10 includes a lino-cutting tool set each, easy-carve lino, inks and paper. The tools and lino are yours to take home at the end of the session.

There will also be refreshments.

The workshop will take place at Whalley Old Grammar School on Friday 4th September 1.00pm – 3.30pm

If you wish to attend, please contact Yvonne Lyon
(yvonnelyon@tinyworld.co.uk) by FRIDAY 7th AUGUST

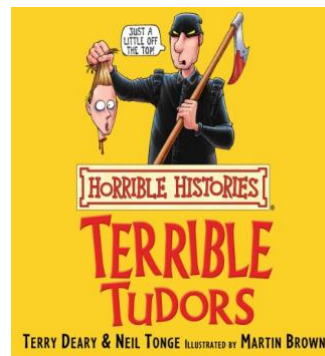
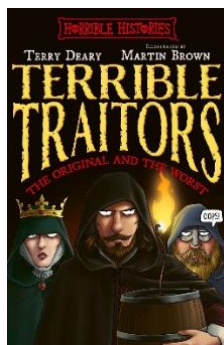
Please note: numbers are limited to 10 people only. If that number is not reached by August, the course will be cancelled.

Visit to The Harris Museum, Preston. May 2026

Members of our u3a group enjoyed a memorable day out at The Harris in Preston on 29 May.

The visit gave us the chance to explore a museum and art gallery that has recently been transformed into a bright, welcoming cultural centre with restored galleries, new visitor spaces and an atmosphere that invites people to linger, look and learn. From the moment we arrived, it was clear that The Harris has become a lively and accessible place at the heart of the city.

There was plenty to see during our visit. Among the highlights was *The World of Martin Brown: Horrible Histories and Other Dazzling Drawings*, which had opened just a few days earlier and was full of original illustrations, lively humour and imaginative visual storytelling. The exhibition brought together work from the famous *Horrible Histories* books alongside other drawings and recent material, making it enjoyable for adults as well as younger visitors. We also saw *Nerissa Cargill Thompson: The Problem Lies Upstream*, an exhibition that encouraged visitors to think about materials, environment and creativity in a fresh way. Together, these displays showed the range of The Harris, combining entertainment, art and thought-provoking contemporary work.



For some more intrepid members a short walk to the newly refurbished market hall saw the recent (2021) depiction of Wallace and Gromit. You may be aware that Nick Park was born in Preston...



Paul Fisher
Contributor

Groups Focus: Dance!

Dust off those dancing shoes and trip the light fantastic at one of our dance groups! Circle dancing and Scottish Country Dancing are on offer on 3 Wednesdays in the month. Stay active in mind and body and meet new friends. You don't need experience, just enthusiasm!



Contact Sally Maxwell (0172 379926) for Circle

Contact Sandra Marshall (sandra23marshall@gmail.com) for Scottish.

Bus Pass Group.

Clitheroe to Longridge Monday July 13th.

Meet at Clitheroe Interchange to get the No.5 Bus.

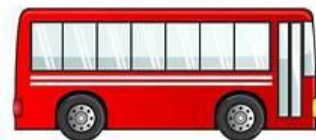
The bus leaves from Stand 5 at 10.28 arriving in Longridge for 11.16.

Lunch is possible at The Old Station Café.

Buses back to Clitheroe are:-

13.48 or 14.48 whichever you would like.

Convenor: Marjorie Taylor marjorietaaylor@hotmail.co.uk



From Farm to Finance (not forgetting Fine Wines)

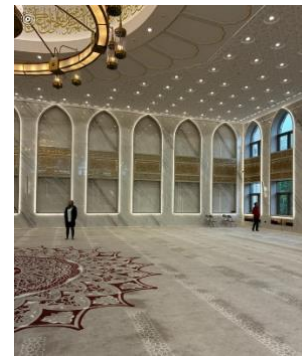
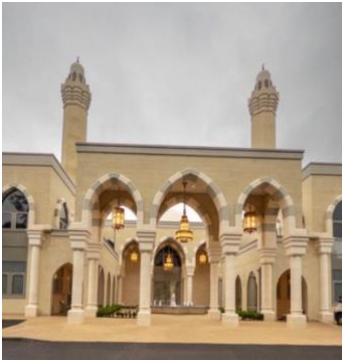
Let me introduce myself...I am Christine, the treasurer of Clitheroe U3a, and have been in office for one year. I have found it difficult as I had a hard act to follow! From two months of age I lived on a farm in Thornley with Wheatley on the side of Longridge Fell. The walk uphill each night from the school bus was exhausting. Following a change of clothes my next task was collecting eggs, taking milk to the dairy, delivering lambs or piglets, looking after my younger brother and sister, making tea, baking and cleaning. I vowed that I would never marry a farmer's son! Following my A levels I went to live in Gloucester where my degree qualified me to teach. My first post was at Ribblesdale High School in Clitheroe. I later taught at Moorhead High School and Witton Park. When I left teaching, I went to college to do accountancy and had jobs in two logistics companies until my retirement. My ex-husband was a local Clitheroe man and together we bought a village butcher's shop. My son and daughter are both married, and I have a grandson and granddaughter. I joined Clitheroe U3a about 12 years ago. At the time I was running the Clitheroe Wine Society so I asked if I could set up the U3a Wine Appreciation Interest group. It has 20 members on the register, and we enjoy learning about the grapes and the wines of the world. Being a very enthusiastic Canasta Player, I also took over the Canasta group which has 13 members on the register. At the recent workshop we have 4 more interested members and for the next workshop on the 7th July I already have 4 more interested members. I also help Ann who is convenor of Lunch with Friends and attend Science, History, Genealogy, Scottish Country Dancing, Board Games, Art, Craft, Photography and Gardening. My life is never boring!

Christine Snape: Treasurer

A Warm Welcome to New Members

Austen Moors, Linda Moors, Shirley Hardcastle, Christina Smith,
Jean Howell, Joan Wood and Frances Prince.

Architecture Group visit to Masjid- E-Vali



Masjid- E- Vali is a striking new mosque in Blackburn. It has quickly become one of the town's most recognisable religious landmarks. Opened to the public at the beginning of 2026, the Mosque was developed by the Issa Foundation and named in memory of Vali Issa, the father of Blackburn businessmen Mohsin and Zuber Issa. Built on the former Westholme Junior School site on Preston New Road, the project represents not only a substantial architectural investment but also a personal and communal act of remembrance

Plans for the mosque were first unveiled in 2020, and construction gathered pace after the easing of Covid-19 restrictions.

The building contractor was a local company, and they worked closely with the owners and their representatives. The first part of the build was the community centre open to all it is used for meetings from external companies as training facilities.

The entrance is striking in design and features Moorish influences. The stones were prefabricated in Spain and shipped over to be put back together almost like a colour coded Lego building. There is also an attractive water fountain bringing a calming feel.

Inside, there are many hugely impressive building designs and materials used. Mediterranean marble is attached to all the floors and walls, white colour with black and grey relief. Underfloor heating is a feature too throughout the building which is insulated to the very best of modern standards.

Lighting changes automatically dependent upon the time of day for example, white light in the mornings and toned down for the afternoon and evening.

In the main worship hall, there is carpet manufactured in Turkey and enough space to accommodate 1200 congregation. 'The pulpit' is a three-tier affair dependent upon the rank of the Imam, the more senior, the higher you go as per the picture.



Dominating the worship space is a huge chandelier which is based upon Mecca's Grand Mosque's own chandelier, which was made in Switzerland however, this one was built in China shipped over in pieces and reassembled by the manufacturer's engineer on site. It is held in place with a pulley system that allows periodical cleaning and maintenance. Shades of 'Only Fools and Horses' spring to mind...

In conclusion, it is an impressive architectural landmark, and whilst I have endeavoured to give a flavour of the building with photographs, they really don't do the place justice as a place of architectural interest. Visit it!

Paul Fisher
Group Convenor

Think Fraud!



Jacquie Melia and Roger Hussey.

Roger Hussey from the Economic Crime Unit of Lancashire Police gave a very interesting and thought provoking talk at the May Interactive Session. He gave advice about how to spot fraud and steps you can take to protect yourself. Fraud can take place online, on social media, by email, by phone, on your doorstep and elsewhere and Roger outlined the psychological tactics fraudsters use to get you to act without taking the time to stop, think and check. More information on “How to Spot Fraud” is available on the Government Website <https://u3a.us9.list-manage.com/track/click?u=656ad5962b370cc9e2731d1ed&id=c763ef3c5a&e=ef48cf32ed>

Everyone is welcome to attend our Interactive Sessions, which will continue after the summer, to provide helpful advice and information across a range of subjects and thanks to Jacquie Melia for organising them.



COFFEE CLUB

This new group will be meeting at Barrow Village Hall on the **THIRD FRIDAY OF THE MONTH** from 10am - 12noon.

EVERYONE is welcome to drop in for a drink and a chat, particularly NEW MEMBERS! Come along, stay a while and make new friends! Get to know other u3a members in an informal setting. No need to book!

We ask for a contribution of £2 to cover costs.

There is a car park behind the hall and it is on three bus routes.

OUR FIRST MEETING – FRIDAY JULY 17TH

Future dates in 2026: August 21st, September 18th, October 16th, November 20th

SEE YOU THERE?



Clitheroe u3a Officers and Committee 2026/27

Chair:	Maureen Pickup	clitheroeu3achair@gmail.com
Vice Chair:	Jacquie Melia	jacquiemelia@gmail.com
Secretary:	Janet Rees	secretaryu3aclitheroe@outlook.com
Treasurer:	Christine Snape 07896 877690	treasureru3aclitheroe@outlook.com

Committee Members

Groups Co-ordinator:	Denise Hayton	u3aclitheroe@icloud.com
Committee Members:	Su Penson , Ann Ward.	
Co-opted Members:	Jenny Bank, Ruth Mason, Jenny Pek	

Committee Support Team

Membership secretary:	David Grimes, 01254 240707,	davidgrimes1@mac.com
Newsletter editor:	Robin Taylor, 01254 249897,	newsflasheditoru3aclitheroe@outlook.com
Speakers Secretary:	John Wilson	john.speakersec@yahoo.com
ICT Support Team:	Jonathan Pickup	jon.pickup55@gmail.com
	Brian Hudson	mail@abhudson.co.uk
Publicity Officer:		
Refreshments	Liz Wolstenholme and Sue Monk	
Special Events:	Gill Kilbey, Liz Wolstenholme, Marjorie Taylor	
Webmaster:	Frank Taylor	frankhtaylor@yahoo.co.uk

We are very sad to announce the death of Marion Legg who was a treasured member of the Circle Dancing Group.