

Our Summer Lunch



75 of our Members discovered Longridge Golf Club on Tuesday 14th July to enjoy a glorious day and Summer Lunch together. This event coincided with Bastille Day and fittingly we had a French themed room with a Gallic leaning Quiz.

Our entertainment was by non-other than Louis Devere a Frenchman who treated us to a couple of French songs and the music to dance to.

We all enjoyed a two-course lunch with some Members winning raffle prizes.

Sally our Circle Dancing teacher celebrated a very special birthday with a song just for her.



Group Schedule for AUGUST

	3	Monday	2pm	Music Appreciation
	4	Tuesday	10am	Singing for Pleasure
	5	Wednesday	2pm	Architecture
	5	Wednesday	10am	Circle Dancing
	6	Thursday	Noon	Lunch with Friends
	6	Thursday	2pm	German
	7	Friday	2pm	Garden
	10	Monday	2pm	Photography
	11	Tuesday	1.30pm	MAIN MEETING
	12	Wednesday	2pm	Geology
	12	Wednesday	2pm	Scottish Country Dancing
	13	Thursday	2pm	Discussion
	13	Monday	10.15am	Bus Pass
	14	Friday	2pm	Poetry
	17	Monday	2pm	Canasta
	18	Tuesday	10.15am	Plodders
	18	Tuesday	2pm	French conversation
	18	Tuesday	10am	Singing for Pleasure
	18	Tuesday	2pm	Canasta
	19	Wednesday	10am	Science & Scientific Enlightenment
	19	Wednesday	10am	Circle Dancing
	19	Wednesday	2pm	Board Games
	20	Thursday	3pm	Wine appreciation
	24	Monday	10.45am	Strollers
	24	Monday	1.00pm	Play Reading
	25	Tuesday	2pm	Craft
	25	Tuesday	2pm	Art Appreciation
	26	Wednesday	2pm	Genealogy
	26	Wednesday	2pm	History
	27	Thursday	2pm	Book Discussion
	27	Thursday	1pm	Table Tennis
	27	Thursday	7pm	Food & Wine
	28	Friday	10.45am	Walking
	28	Friday	10.15am	Trekking into the past
		RED	MEANS	NO MEETING IN AUGUST

August Meetings

Activity Group	Date	Time	Group Convenor	Information	How often
Architecture	Aug	2pm	Paul Fisher 07874 696374	No Meeting in August.	Usually 1 st Wed
Art Appreciation	Aug 25th	2pm	Ann Ward topgm@hotmail.co.uk	Meet at WBVH. Janet Rees presents Arthur Rackham. See Page 13.	4 th Tues
Board Games	Aug 19th	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	Aug 27th	2pm	Ann Yates ann.yates01@gmail.com	Meet at Clitheroe Library. Maggie O'Farrell – The Marriage Portrait.	4 th Thurs
Canasta	Aug 17 th / 18th	2 pm	Christine Snape clitheroechristine@gmail.com	Meet at Christine's home BB7 1EZ. Please ring Christine to reserve a place. 07896 877690	3 rd Mon & Tues
Circle Dancing	Aug 5 th / 19th	10 am	Sally Maxwell 01772 379926	Meet at Pendleton Village Hall.	1 st /3rd Wed
Craft	Aug	2pm	Sandra Marshall 07968 675419 sandra23marshall@gmail.com	No meeting in August	Usually 4 th Tues
Discussion Group 1 Group 2	Aug	2pm	Susan Duckworth susanduckworth47 @gmail.com John Wilson john.eardswick @yahoo.co.uk	No Meeting in August	Usually 2 nd Thurs
Food and Wine	Aug 27th	7pm	Gill Kilbey 07840 882775	Meet at Alan Baker's home for 'Tapas.'	4 th Thurs
French Conversation	Aug 18th		Ann Connell 07568 172854 shudbtaylor@yahoo.co.uk	Meet Whalley Old Grammar School, Station Road BB7 9RH.	3 rd Tues
Garden Group	Aug	2pm	Jenny Grimes jennygrimes46@icloud.com	No Meeting in August.	Usually 1 st Fri
Genealogy	Aug 26th	2pm	Marianne Wilson mrsmariannewilson@gmail.com	Meet at WBVH. Joint Meeting with the History Group on Wednesday 26th August.	Usually 4 th Tues

Group	Date	Time	Group Convenor	Information	How often
Geology			Frank Taylor frankhtaylor@yahoo.co.uk 07952 720778	No Meeting in August. Next Meeting September 9 th .	Usually 2 nd Wed
German Conversation	Aug 6th	2pm	Denis Cassidy 01254 822345. David Grimes davidgrimes1@mac.com	Meet at the home of Margaret Cunliffe.	1 st Thurs
History	Aug 26th	2pm	Hazel Best hazelbest@gmail.com 01200 426756	WBVH. "The Emmett family of Downham" who left the Ribble Valley for a Life as Mormons. A Talk by Steve Ragnall.	4 th Wed
Lunch with Friends	Aug 6th	Noon for 12.30pm	Ann Ward topgm@hotmail.co.uk	The August venue is the Loft Bistro. FULLY BOOKED.	1 st Thurs
Music Appreciation		2pm	Frank Robinson bb7u3amusic@btinternet.com	No Meeting in August.	Usually 1 st Mon
Photography		2pm	Francis Garner 07477 626772.	No Meeting in August	2 nd Mon
Play Reading	Aug 24th	1.pm	Kate Hamlin 07732 721963 Helen Coles 07835 920887	Please contact convenors for venue information.	4 th Mon
Plodders		10.15 am	Marjorie Taylor 07716192447 marjorietaylor@hotmail.co.uk	No Plod in August or September.	Usually 3 rd Tues
Poetry		2pm	Roy Gonsalves rmgonsalves1953@outlook.com	No Meeting in August.	Usually 2 nd Fri
Science and Scientific Enlightenment		!0am	David Grimes davidgrimes1@mac.com 01254 240707	No Meeting in August	Usually 3 rd Wed
Scottish Country Dancing		2pm	Sandra Marshall 07968 675419	No Meeting in August.	Usually 2 nd Wed
Singing For Pleasure	Aug 4th/ 18th	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 August	Usually 4 th Mon
Table Tennis		1-3pm	Janet Elliott 01254 248106 Jkelliott108@gmail.com'	No Meeting in August	Usually 4 th Thurs

Main Meeting on Tuesday August 11th at The Old School
Rooms and Assembly Hall Lowergate BB7 1AD

1.15pm onwards for Refreshments

Amazing North West Wonders on Walks with Josephine Gosling

This talk covers Greater Manchester, Lancashire, Merseyside and Cumbria plus the neighbouring counties of Cheshire, Yorkshire and Derbyshire. Wonders include sculptures, the ship canal, buildings, landscape and a number of stories of how people have contributed to the shaping of this wonderful region of ours. So what is the connection between the Manchester Ship Canal and Canada? Where is the Taj Mahal of Manchester and of the north? Who told Mr Kellogg to put a cockerel on his cornflake packets? And which the world's biggest railway station when built in 1877?

Josephine Gosling will reveal the answers to these questions, and more, in her presentation:

‘Amazing Northwest Wonders on Walks’



Group	Date	Time	Group Convenor	Information	How often
Trekking into the Past	Aug 28th	10.15am	Ron Loebell 01200 374094	Meet in Pimlico Cement Works Car Park. See Page 6.	Last Friday
Walking Group	Aug	10.45am	Terri Fisk 07791 686967 Tafisk29@gmail.com	No Walk in August	Usually Last Friday
Wine Appreciation	Aug 20th	3pm	Christine Snape clitheroechristine@gmail.com	Meet at Christine's Home. Robin Sarkar will present Marsanne/Roussanne and Ann Ward will present Carménère. Please bring cheese and biscuits.	3 rd Thurs

Group Information

Walking Group

No Walk in August.

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

Strollers Group.

No walk in August, still in need of Convenors.

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

Plodders Group.

No Plodding in August or September

Group Convenor.... Marjorie Taylor

marjorietaaylor@hotmail.co.uk

Trekking into the Past

Meet in Pimlico Cement Works Car Park.

Friday August 28th at 10.15 for 10.30 start.

A walk around Old Pimlico Village, Quarries and Ghosts.

.....A Nice Walk.

For more information..... Group Convenor: Ron Loebell – 01200 374094

History Visit

On Wednesday September 23rd a History Group of 25 Members from Southport u3a will visit Clitheroe for an historical walk around the town led by Ron Lobell.

Five of our Members are going to the interchange at 10am to greet them.

Lunch has been booked at The Swan & Royal.

u3a Festival 26

During 1st – 3rd July one thousand Members of the u3a community went to York University for a Festival and celebration of fun, learning and community.

The Festival was opened by Johnny Ball

The programme included a mixture of talks and interactive activities giving all members a chance to be a part of the wonderful occasion.

The three day event featured member led talks, artistic craft workshops, lots of different sports, fitness classes and live music performances.

A Juke box Jury and musical quiz took place as well as a chance to spend time with other members during meal times and coffee breaks.

Some members had the chance to enjoy a guided tour of York Minster as well as the City of York.

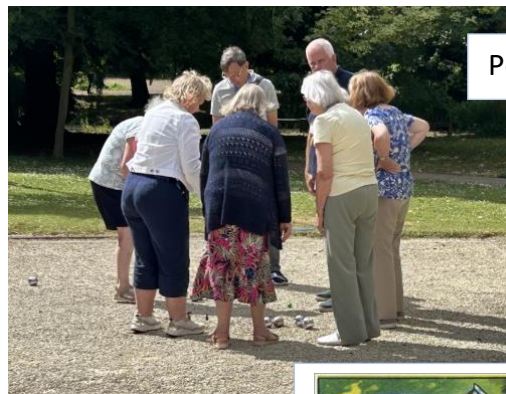
This Festival takes place every 2 years and if you feel tempted, do think about going to the next one.

The next Festival in 2028 may take place at Edge Hill College.

Johnny Ball



Pétanque



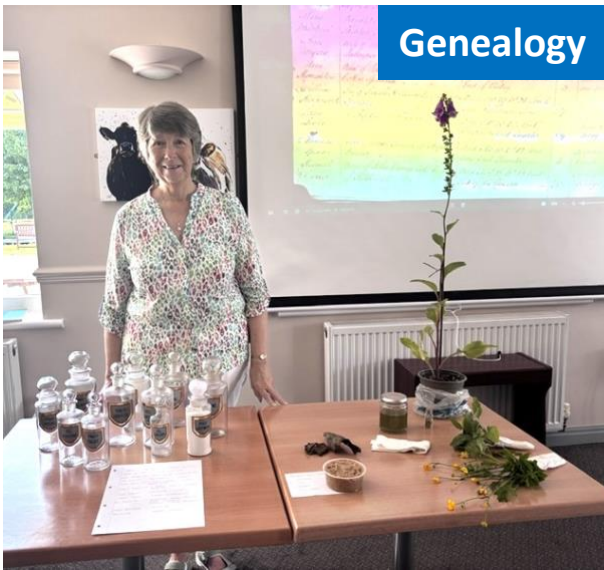
In the Futurology talk, a 1930s prediction



Learning about the House of Lords with Lord Norton

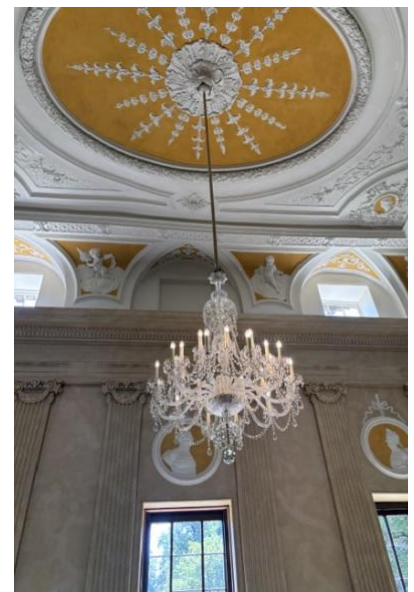
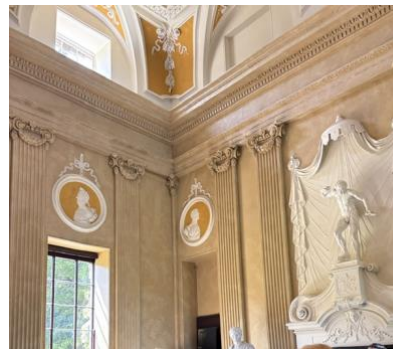


Genealogy and History Groups



Janice Wood had used the early 19th century burial registers of Skipton Parish Church to discover of what her ancestors had died. This piqued her interest as a pharmacist into looking at how illness and disease were treated at the time. Her research led her to herbal remedies and potions and the use of mercury and other toxins. The latter were often the cause of death rather than the disease!

John Charlton followed Janice with very useful advice and tips on using the internet to find further information on family members and their stories



Here are some photos and a brief report on our visit to Towneley Hall.

Members of the History Group enjoyed a wonderful afternoon at Towneley Hall. After refreshments and an introductory presentation on the restoration of the Hall, we were given an excellent guided tour. We were able to see the beautiful restoration of the Great Hall and the red and green Regency rooms. Upstairs in the Long Gallery and bedrooms, we marvelled at the amazing collection of Regional furniture and the superb collection of Victorian paintings.

Everyone was impressed by what they saw and resolved to return and spread the word about the wonderful museum and art gallery that we have on our doorstep.

Interactive Sessions

2026/27

Dates for Your Diary



Please note the forthcoming sessions, all starting at 1:30pm at:

Whalley Methodist's Community Room
80 King Street,
Whalley
BB7 9SN
[Opposite Whalley Post Office]

- **Thursday 29 October ~ Understanding Dementia**
Nazia Khan, Health Manager of the Dementia Friendly Society will be talking about the understanding of dementia, how it affects the person and how we can lessen its impact on those who live with it.
- **Thursday 26 November ~ The Role of Age UK**
Anne Oliver, Community Engagement Manager will be talking about how their specialist team of advisors provide vital support and expert advice for older people

No session in December

- **Thursday 28 January ~ Dealing with Fires in Our Homes**
Caroline Griffith of Lancashire Fire and Rescue Services will be talking about preventing fires in the home and how to deal with fire if it happens.
- **Thursday 25 February ~ Hearing Health**
Bee Iqbal, Audiologist will be talking about coping with age-related hearing loss, or presbycusis, which is a common condition that affects many older adults.

Coffee, tea and biscuits will be available at the beginning of each session with a voluntary donation box.

So that I can arrange the room, and provide enough refreshments, please let me know if you intend to join us for any, or all, of these sessions ~ email at jacquiemelia@gmail.com

Jacquie Melia
July 2026

Bus Pass Group

On what was classed as the hottest day of the year!

Six hardy members took the 280 bus to Skipton. They visited the modern arts exhibition in Skipton Town Hall enjoying the “Craven Life” exhibits as well. A well earned lunch was followed by some shopping therapy.



The August Bus Pass trip will be on August 13th to Chipping. Please meet at Clitheroe Interchange for the 10.28am bus, There is a café in Chipping to buy lunch if require.

NOTE. If you wish to visit Southport Flower Show, u3a Members get a 30% discount by quoting Promotional Code ‘u3a26’ when booking.

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?

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!



shutterstock - 65449435



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.

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.

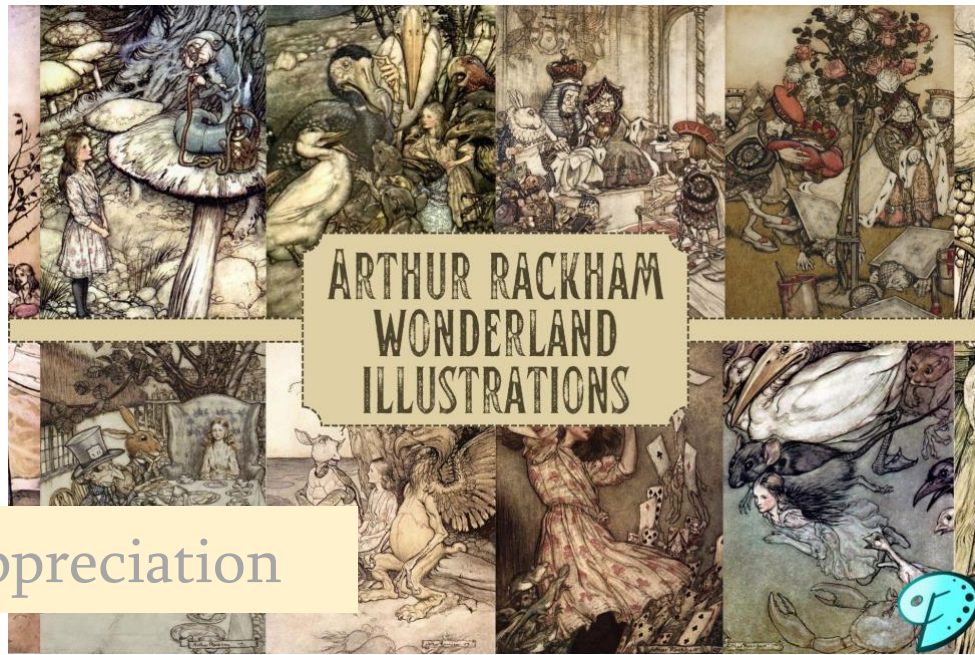
There will also be refreshments.

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.

Art Appreciation and Lunch with Friends



Art Appreciation

In our continuing effort to study all Art Forms, on Tuesday 25th August Janet Rees will present Arthur Rackham a prolific and talented illustrator. His work famously included the texts of Shakespeare, The Brothers Grimm, JM Barry, Dickens, Lewis Carole and many more. All u3a members welcome.

Lunch with Friends



Our September lunch will be at The Howarth Art Gallery Accrington, 124 Hollins Lane BB5 2JS, on Thursday 3rd September 12.00 for 12.30 co-hosted by Lynda Pennington and Ann Ward. The venue is an Arts and Crafts house and beautiful Gardens designed by Walter Brierley and donated to the people of Accrington, containing the largest collection of Tiffany Glass outside of the USA. Guests will be free to enjoy the Collection and Gardens (free of charge) after lunch. The Menus and bookings for September will be available at the August Lunch or Ann Ward from the 3rd of August. topgm@hotmail.co.uk



The Stonechat – *Saxicola torquatus*



The Stonechat is a year-round resident living on heaths, moors and grassland with gorse bushes. I see a Stonechat regularly, flitting about the fence and the wall at the local reservoir. It is lovely to spot the young fledglings after being aware of the parent birds busily feeding the young. The nest is a grassy cup in dense grass with 5-6 eggs and 2 broods a year.

The Stonechat is small and stocky with a short tail. The male has a blackish head and throat with obvious white patches on the sides of the neck, looking rather like a collar. The back is dark so the rust red breast shows well, making it a very attractive bird. The female is altogether paler, more brown but has an apricot coloured breast and underparts.

The Whinchat is a summer visitor, preferring grassland with small bushes to give it an open perch close to the ground. The male has blackish cheeks edged in white and an apricot breast. Again, the female is less colourful.

Both species perch then drop to the ground to pick up insects, worms and seeds. I have enjoyed watching the Whinchat on heather above the cliffs at South Stack on Anglesey.

Gill Cameron

The Whinchat – *Saxicola rubetra*



Architecture Group July 1st 2026



Clitheroe has many architectural features that many will not be aware of and it was with this in mind that the group had a conducted tour of the town led by Eileen Narain. There were many places of interest that created discussion and interest. For example, Twitter Lane Interiors (or 19 Moor Lane) has one of the best shopfronts; large windows in delicate cast-iron frames with pendants, and very slender columns.

How many have seen the faint outline of a painted advert for plain and fancy clothing on the side of the shop on Moor Lane?



AI Enhanced picture
but can be seen!

We then went further into the centre and the Rose and Crown Formerly known as the Starkie Arms and was once used as a County Court!

Moving on, the library, funded by a £3,000 grant from the Andrew Carnegie Foundation, built in 1905, was designed by Briggs & Wolstenholme of Blackburn – designed in striking French Renaissance ‘Loire’ style. Church Street with every building is listed and many interesting features.

We continued past Church Brow and down past along Well Terrace and on the corner of York Street, which was built as a new road to Chatburn in 1826, you can see the late Victorian gas lamp. York Street has many interesting buildings and is home to three new dwellings that has taken years to complete but fit well into the area. Further down there is a heavily studded white door which was the entrance to the town’s gaol built in 1818.

We continued down Wellgate **one of the oldest thoroughfares in the town, for hundreds of years the start of the road from Clitheroe to Burnley, and is named after another of the town’s wells, Heild Well. Into Duck Street where buildings are from the C18 and early C19 centuries.**

Then back onto Lowergate where we ended the tour at the Church of St Michael and St John - Roman Catholic Church and presbytery, 1847-50 to designs of J A Hansom; Lady Chapel added 1884 by S J Nicholl of London, and church interior enriched 1899 by Edmund Kirby of Liverpool. Early English Gothic Revival style. From 1796 Jesuit fathers had come from Stonyhurst to say Mass, in a variety of humble buildings, for the small number of Clitheroe Catholics. In 1798 a new chapel was built in Lowergate and the mission continued to be served from Stonyhurst

We all had an in-depth view of Clitheroe and the rich architecture. There are many more features than written about here and if anyone is interested in having the tour guide then please get in touch.

A very special thanks to **Philip Bradshaw** for the initial guide notes and to **Eileen Narain** for her rewriting and instigation of the tour.

Paul Fisher
Group Convenor



Group Focus: Garden

Recently, the Garden Group welcomed Stephanie Roebuck to speak to them. A student in her final year of a floristry course, Stephanie spoke about what her course has taught her and how working part-time at a florist has helped her to hone her already considerable skills!

Stephanie also brought with her examples and photos of her work - such a lot of time and imagination was on display!

Firstly, Stephanie demonstrated how to arrange a hand-tied bunch of blooms and then how to create a corsage. A variety of flowers and foliage were provided and Stephanie was on hand to assist group members as they chose their colour schemes and then attempted to emulate the corsage Stephanie had made. Such concentration! But perseverance brings success and when they had finished, members were very happy with their efforts.

Now all they had to do was to find somewhere special to wear them!



The Garden Group meets at Trinity Hub, Clitheroe at 2pm, on the first Friday of the month.

Contact Jenny Grimes (jennygrimes46@icloud.com) for more details

Ukulele Group?



Ukulele anyone?

Learning to play an instrument keeps the brain active! In a group, it is a real social activity!

Don't worry if you aren't sure about it – you don't need to buy an instrument initially - there are instruments available to try. But be warned – you might enjoy it!!

One of our members has offered to lead a regular **UKULELE** group!

Based in Whalley and starting in September, this fun, informal group would be held monthly on either a Monday or a Thursday morning (to be decided).

Aimed at both experienced players and complete beginners, there is no requirement to read music.

It's not just about George Fromby – you would be learning and playing a variety of songs from many musical decades.

INTERESTED? Contact Carolyn Landers by **AUGUST 8TH**:
carolynlanders@hotmail.com



SAVE THE DATES!!

Saturday October 17th

? Quiz Night?

&

Saturday November 14th

ceílídh



Please could all convenors send about 5 questions each to be included in our u3a Quiz.

They can be sent to: newsflasheditoru3aclitheroe@outlook.com

These events are to be held at
Pendleton Village Hall.

More details coming soon

Clitheroe u3a Officers and Committee 2026/27

Chair:	Maureen Pickup	clitheroeu3achair@gmail.com
Vice Chair:	Jacque 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