



NewsFlash

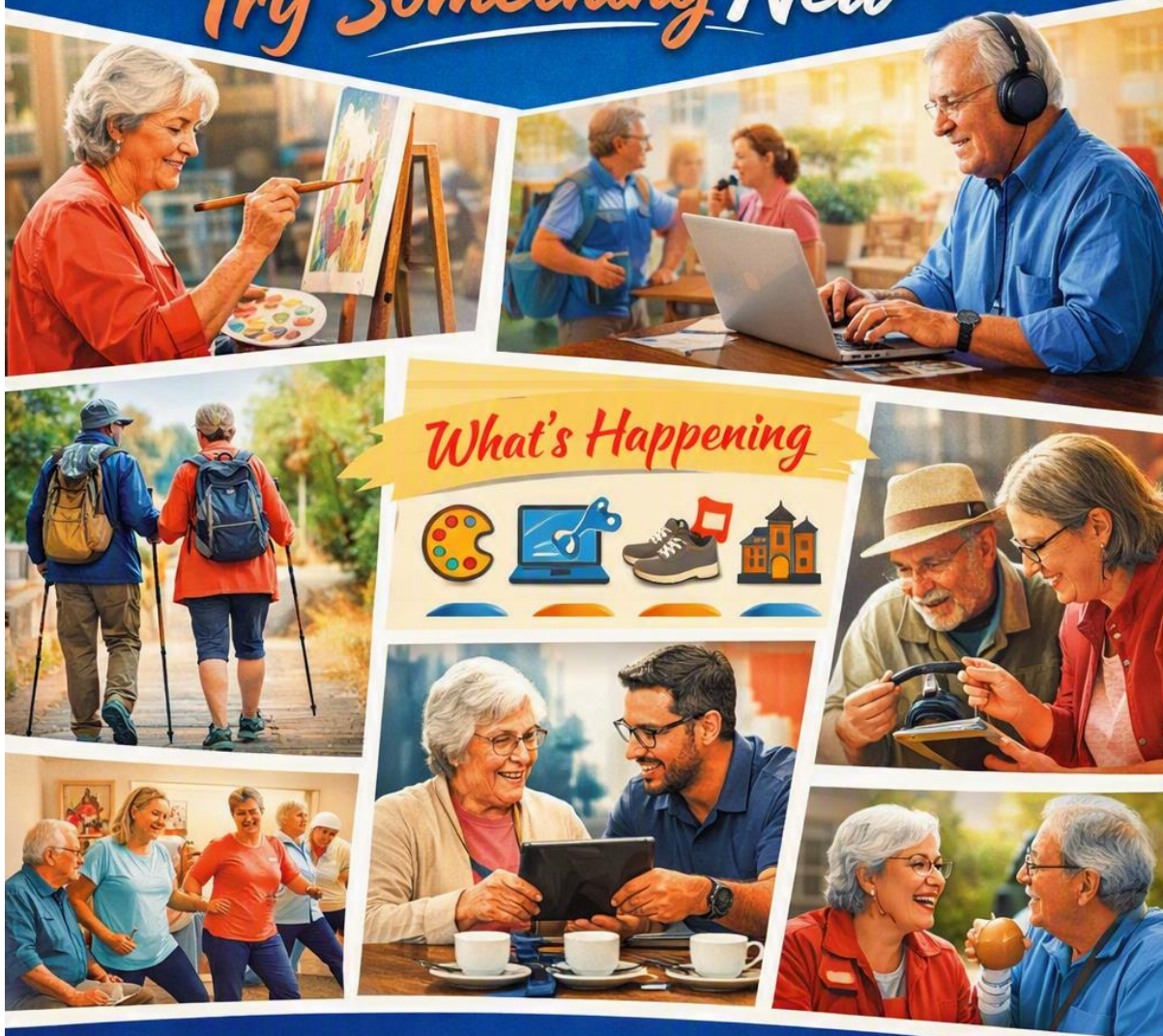
Registered Charity No: 1082254

The Newsletter of u3a Clitheroe September

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

U3A WEEK 2026

Try Something New



Time for a Challenge?

See Page 7

Group Schedule for SEPTEMBER

	1	Tuesday	10am	Singing for Pleasure
	2	Wednesday	2pm	Architecture
	2	Wednesday	10am	Circle Dancing
	3	Thursday	2pm	German
	3	Thursday	Noon	Lunch with Friends
	9	Friday	10.00am	Bus Pass
	4	Friday	2pm	Garden
	7	Monday	2pm	Music Appreciation
	8	Tuesday	1.30pm	MAIN MEETING
	9	Wednesday	2pm	Geology
	9	Wednesday	2pm	Scottish Country Dancing
	10	Thursday	2pm	Discussion
	11	Friday	2pm	Poetry
	14	Monday	2pm	Photography
	15	Tuesday	10.15am	Plodders
	15	Tuesday	2pm	French conversation
	15	Tuesday	10am	Singing for Pleasure
	16	Wednesday	10am	Science & Scientific Enlightenment
	16	Wednesday	10am	Circle Dancing
	16	Wednesday	2pm	Board Games
	17	Thursday	3pm	Wine appreciation
	21	Monday	2pm	Canasta
	22	Tuesday	2pm	Canasta
	22	Tuesday	2pm	Craft
	22	Tuesday	2pm	Art Appreciation
	22	Wednesday	2pm	Genealogy
	23	Wednesday	2pm	History
	24	Thursday	2pm	Book Discussion
	24	Thursday	1pm	Table Tennis
	24	Thursday	7pm	Food & Wine
	25	Friday	10.45am	Walking
	25	Friday	10.15am	Trekking into the past
	28	Monday	10.45am	Strollers
	28	Monday	1.00pm	Play Reading
		RED	MEANS	NO MEETING IN SEPTEMBER

September Meetings

Activity Group	Date	Time	Group Convenor	Information	How often
Architecture	Sept 2nd	2pm	Paul Fisher 07874 696374	Meet at Trinity Hub. Canal Buildings. Presented by David Grimes.	1 st Wed
Art Appreciation	Sept 22nd	2pm	Ann Ward topgm@hotmail.co.uk	Meet at WBVH. Barry Brown will present 'The Craft of the Potter'. See Page 10.	4 th Tues
Board Games	Sept 16th	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 1 NEW Book Discussion 2	Sept 24th	2pm	Ann Yates ann.yates01@gmail.com Denise Hayton u3aclitheroe@icloud.com	1 & 2 Meet at Clitheroe Library. 1. Maggie O'Farrell – The Marriage Portrait. 2. Convenor needed. See page 9.	4 th Thurs
Canasta		2 pm	Christine Snape clitheroechristine@gmail.com	No Meetings in September. October meeting is at Barrow Community Centre. Parking at the rear.	3 rd Tues
Circle Dancing	Sept 2nd/ 16th	10 am	Sally Maxwell 01772 379926	Meet at Pendleton Village Hall.	1 st /3rd Wed
Craft	Sept 22nd	2pm	Sandra Marshall 07968 675419 sandra23marshall@gmail.com	Meet at Sandra's home, BB7 1EZ.	4 th Tues
Discussion Group 1 Group 2	Sept 10th	2pm	Susan Duckworth susanduckworth47@gmail.com John Wilson john.eardswick@yahoo.co.uk	Meet at Whalley Old Grammar School.	2 nd Thurs
Food and Wine		7pm	Gill Kilbey 07840 882775	No Meeting in September.	Usually 4 th Thurs
French Conversation	Sept 15th		Ann Connell 07568 172854 shudbtaylor@yahoo.co.uk	NEW VENUE Meet at Whalley Methodist Church in the Pendle room. Entrance down the left side of the Church.	3 rd Tues
Garden Group	Sept 4th	2pm	Jenny Grimes jennygrimes46@icloud.com	Meet at Trinity Hub. Gardens visited during the summer.	1 st Fri
Genealogy	Sept 22nd	2pm	Marianne Wilson mrsmariannewilson@gmail.com	Meet at WBVH. A video talk on 'Researching Illegitimacy.'	4 th Tues

Group	Date	Time	Group Convenor	Information	How often
Geology			Frank Taylor frankhtaylor@yahoo.co.uk 07952 720778	No Meeting in September Next Meeting October 14 th .	Usually 2 nd Wed
German Conversation	Sept 3rd	2pm	Denis Cassidy 01254 822345. David Grimes davidgrimes1@mac.com	Meet at the home of George Senior.	1 st Thurs
History	Sept 23rd	2pm	Hazel Best hazelbest@gmail.com 01200 426756	Meet at WBVH. "Elizabeth Parker of Browsholme Hall." A talk by Linda Sawley.	4 th Wed
Lunch with Friends	Sept 3rd	Noon for 12.30pm	Ann Ward topgm@hotmail.co.uk	The September venue is at Haworth Art Gallery and is FULLY BOOKED.	1 st Thurs
Music Appreciation	Sept 7th	2pm	Frank Robinson bb7u3amusic@btinternet.com	One plus one is three. Film Music with David Grimes.	1 st Mon
Photography	Sept 14th	2pm	Francis Garner 07477 626772.	Meet at Barrow Community Centre. Holiday Photos with Fireworks in the Future.	2 nd Mon
Play Reading	Sept 28th	1pm for 1.15pm	Kate Hamlin 07732 721963 Helen Coles 07835 920887	Meet at Whalley Old Grammar School.	4 th Mon
Plodders	Sept 15th	10.15 am	Marjorie Taylor 07716192447 marjorietaylor@hotmail.co.uk	No Plod in September.	3 rd Tues
Poetry	Sept 11th	2pm	Roy Gonsalves rmgonsalves1953@outlook.com	Meet at The Trinity Hub. 'Colours in Poetry.'	2 nd Fri
Science and Scientific Enlightenment	Sept 16th	!0am	David Grimes davidgrimes1@mac.com 01254 240707	Philip Bradshaw: 'Science Fiction – Science Fact.'	3 rd Wed
Scottish Country Dancing	Sept 9th	2pm	Sandra Marshall 07968 675419	Meet at Pendleton Village Hall.	2 nd Wed
Singing For Pleasure	Sept 1 st / 15th	10am	Denise Hayton 07779 915392 u3aclitheroe@icloud.com	Meet at West Bradford Village Hall.	1 st /3 rd Tues
Strollers	Sept 28th	10.45am	Mike will be our new Convenor.	September Stroll details to follow. See Page 6.	4 th Mon
Table Tennis	Sept 24th	1-3pm	Janet Elliott 01254 248106 Jkelliott108@gmail.com'	Meet at Trinity Hub.	4 th Thurs

Main Meeting on Tuesday September 8th at The Old School Rooms and Assembly Hall Lowergate BB7 1AD

1.15pm onwards for Refreshments

Art for the Working Class.

Ann-Marie Michel



I am an American journalist based in the North West for the last 20 years. I have written extensively on art themes for radio documentaries and the New York-based art magazine ARTnews, and now speak regularly to such groups as the WI, National Women's Register, Probus, Masonic Lodges, U3A and various other community leisure groups. I have a colourful background including years of radio broadcasting in the Netherlands and Switzerland, so I am a professional and engaging speaker. I have travelled extensively for my work and am multi-lingual. I have also worked as writer-in-residence at HMP Lancaster Castle (it closed as a prison in 2011) and I am now part of the Regional Heritage Centre at Lancaster University.

Group	Date	Time	Group Convenor	Information	How often
Trekking into the Past	Sept 25th	10.15am	Ron Loebell 01200 374094	Meet on Salford Village Green. near Sainsbury Bus Stop. See Page 6.	Last Friday
Walking Group	Sept 25th	10.30 for 10.45am	Terri Fisk 07791 686967 Tafisk29@gmail.com	Meet at the Spread Eagle Sawley car park	Last Friday
Wine Appreciation	Sept 17th	3pm	Christine Snape clitheroechristine@gmail.com	Meet at Christine's Home. Featuring Gewurtzstraminer. Please bring cheese and biscuits.	3 rd Thurs

Group Information

Walking Group

Meet in Sawley at the Spread Eagle Car Park.

A circular walk of about 5 to 6 miles.

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

Strollers Group.

After a very successful stroll around Downham with Mike we await his plans for September.

Members will be contacted by email.

Plodders Group.

No Plodding in September

Group Convenor.... Marjorie Taylor

marjorietaaylor@hotmail.co.uk

Trekking into the Past

Meet on Salford Village Green, near the Sainsbury bus stop opposite the Takeaway shops. The walk will include Whalley Road, Primrose Hills, Roman Road Ghosts and other interesting bits and is 1 ½ miles.

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

Southport u3a 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 Loebell. Five of our Members are going to the interchange at 10am to greet them. Lunch has been booked at The Swan & Royal.



u3a Week: 19-27 September 2026

u3a Week is an annual event to showcase the activity, learning and fun which takes place across the movement every day. It is a celebration of positive ageing, highlighting our members lived experience.

This Year's Theme is Expanding Horizons.

So Try Something New This September.....

Is There Something You Always Wanted to Try? Give It A Go!

Challenge Yourself – Do Something Outside Your Comfort Zone.
– You May Surprise Yourself.

Check Out Online Courses on the Third Age Trust Website.

Try One Of Our 30 Interest Groups.

- You Know You Have Always Wanted To.



Thinking about starting an
interest group?

Need some help or advice?

Contact Groups Coordinator
Denise Hayton

(u3aclitheroe@icloud.com)

Perhaps:Astronomy/Bonsai/Campanology/Dominoes/Ebiking/Fishing/Geocaching/Hiking/
Indoorclimbing/Jigsaws/KingsandQueens/Legobuilding/MensSheds/Norway/Origami/Pila
tes/Quilling/ReligionsOfTheWorld/Scrapbooking/Trains/Upcycling/
Vikings/Writing/Xiangqi/Yarncrafts/ZoologyAndAnyOthersYouCanThinkof.....

Groups Focus: POETRY

‘Too many people in the modern world view poetry as a luxury, not a necessity like petrol. But to me it’s the oil of life.’ John Betjeman (1906 – 84)

Many of us developed a love for poetry whilst at school, or we learnt it from our parents and it has stayed with us. Lots of us have a favourite poem or poet.

The **Poetry group** read and discuss poems of different styles, on a variety of topics, by many different poets (familiar and not so well-known), and share their memories, thoughts and feelings about the poems they choose.

Everyone is welcome to join this relaxed group to enjoy reading familiar poems and perhaps to be introduced to some new ones!

PS: did you know...for many years, the shortest poem in the English language was reckoned to be the nine-letter couplet by American poet Strickland Gillilan(1869-1954). The poem’s full title is ‘Lines on the Antiquity of Microbes’, but it is also known simply as ‘FLEAS’.

Adam
Had’em.

THE POETRY GROUP MEETS EVERY 2ND FRIDAY AT TRINITY HUB. Contact Roy Gonsalves for details. (rmgonsalves1953@outlook.com)



Fashion

Fashion in Art II

I am planning another Fashion course based on imagery from the 17th century to the early 20th. This will include examining fashion plates and portraits and exploring satirical cartoons and photography. The flamboyant costumes of the Cavaliers and the sober dressing of the English Puritans will be our starting point. This will be followed by the political influences of the Georgian Era where big hats and neat ankles were the order of the day. We will review the Dutch artists with their representations of everyday life and the massive influence of the French court and later, the French Empire. Finally, we will look at early photography as it replaces the fashion plates in popular magazines. There will be sharing sessions (think big hats) and opportunities for individual presentations on subjects as diverse as Bonny Prince Charlie, Restoration Courtiers, Georgian Duchesses and Silent Movie Stars.

This six-session course will be delivered as one session per month. No dates or venue have been fixed as yet but please let me know if you are interested in joining the course.

Jacquie Melia
September 2026

New Book Discussion Group – Convenor needed

We are hoping to start a new Book Discussion Group, probably meeting on the fourth Thursday of each month at 2.00 pm at Clitheroe Library. The current Book Discussion Group has over 20 members and so the decision has been taken to declare it full. There seems to be an appetite for reading within Clitheroe u3a and so a second group could be viable. Would you be interested in convening a new group, perhaps with a focus on crime, historical or other popular fiction – even non-fiction? The group could have whatever format you and members wanted.

We meet on the 4th Thursday of the month, 2pm, Clitheroe Library.

If you're interested, please contact:

Denise Hayton, Groups Coordinator, u3aclitheroe@icloud.com or

Ann Yates, Book Discussion Group 1 Convenor, ann.yates01@gmail.com

Art Appreciation

At the Meeting in West Bradford Village Hall on Tuesday 22nd September at 2pm Barry Brown will talk about 'The Craft of the Potter.'

Barry has previously presented The craft of the Silversmith, The Craft of the Cabinet maker and Silver Jewellery .

Barry is a skilled craftsman and teacher .We have all admired his beautiful work.



Stoneware vase with Ash ash glaze...'sgraffito' decoration

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

History Research Group

A new group to undertake an original research project, using primary and secondary sources, based on the unique records.

"THE HOUSE AND FARM ACCOUNTS
OF THE SHUTTLEWORTHS OF SMTHILLS AND GAWTHORPE
SEPTEMBER 1582 TO OCTOBER 1621"

This would be for members interested in the lives of all levels of people in our area of Lancashire, in the late Tudor, early Jacobean period. This would not be the usual monthly meeting type of group, but tailored to suit the needs of the researchers.

The projects would cover a vast range of interests from architecture and interiors, clothing and fashion, food and drink, medicine, women's lives, religion, entertainment, drama and music, agriculture, horticulture,

and industry, arms and armaments, death, birth and marriage the later family involvement in the civil war and witch trials, the law, genealogy, etymology and many, many more topics.

You choose, by yourself, with a friend, as a small group. We will research, learn and support each other.

If you wish to hear more there will be a meeting on September 14th, 11.00am at West Bradford Village Hall.

Lunch with Friends

Venue: Eagle at Barrow

Thursday 1st October

Time: 12.00 for 12.30

A pre-order menu is available from the Host, Paul Brown, by email:

paul.f.brown1@gmail.com

Please send your meal choices directly by email

or text to: **079 8555 8566**

Order cut-off date: 20 September

The Spoonbill – *Platalea leucorodia*

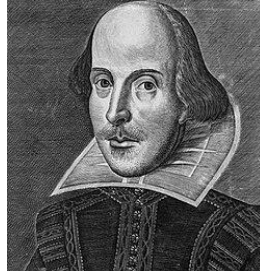


This tall, white bird lives on marshes and lakes, where it strides rather like a human through the shallow water. Its other distinguishing feature is the long, black, spatula-shaped bill with a yellow tip. When feeding, it holds its bill slightly open, sweeping it from side to side to catch fish, molluscs and crustaceans. The Spoonbill has long, thick, black legs, a bushy crest and an ochre patch under the chin in the breeding season. On its four foot wingspan it flies with head outstretched like a swan on strong regular wingbeats. It nests in small colonies in reeds or in a tree and its lifespan is 25-30 years. This is a truly remarkable bird which can be seen along the south coast and the Morecambe Bay Area during the summer months.

Gill Cameron

A Warm Welcome to New Members

David Cressy-Hall, Pamela King, Mary Alty, Ron Whittle,
Jim Exton, Jon Harding and Rebecca Waring.



Any budding thespians out there?

Clitheroe u3a has a playreading group!

Meeting on the 4th Monday of the month, members read a script with as much gusto and dramatic effect as they can muster. Scripts cover a variety of genres and there is always much fun and laughter!

Interested? Contact Helen Coles (07835 920887) or Kate Hamlin (07732 721963) for further details about time and venue.



Bus Pass Group

The last trip until next Spring will be a Bus Pass journey on Friday October 9th.

It is a trip to Lytham by 2 buses.

Meet at Clitheroe Interchange for the first bus, the 280 leaving at 10.00 for Preston, followed by the 11.10 from Preston to Lytham.

There is a return from Lytham at 14.12 or 14.54.

Marjorie Taylor 07716 192447

SAVE THE DATE!!

Saturday October 17th

? Quiz Night?

Supper included.

Bring your own drinks

Thanks to all convenors who have sent in their questions to be included in our u3a Quiz. There's still time to add some....

Extras can be sent to: newsflasheditoru3aclitheroe@outlook.com

See you all at

Pendleton Village Hall.

For Tickets..... 07716 192447

or 07840 882775



Come and join all your
friends for a Ceilidh evening
on Sat November 14th
at Pendleton Village Hall.



Bring your own Drinks.

7pm-10pm.

Tickets **£10** including Supper.

----- Can't Dance!! Not a problem
Just come to enjoy the music and food.

Clitheroe u3a Officers and Committee 2026/27

Chair:	Maureen Pickup	clitheroeu3achair@gmail.com
Vice Chair:	Jacquie Melia	jacquiemeliam@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

Mike Grundy died recently.

Mike was a colourful and enthusiastic member of U3A Clitheroe for about 20 years. He was a regular attender at the Tuesday general meetings, and very supportive of Music Appreciation, Art Appreciation, Architecture and Geology groups.

Because of ill-health, Mike and his wife Kirsty moved a few years ago to Ellesmere to be near to their son Ian.

He will be missed but remembered by many people.