

learn, laugh, live!

u3a

u3a Shepton Mallet Newsletter May - June 2025

WELCOME



Editor's Notes

Editor: Tina King, harribest@yahoo.com
 Co-Editor: Jim Morrison, jimbo.morrison@sky.com

Hoping you find this newsletter, informative, fun, useful and interesting.

The newsletter is currently being produced every 2 months.

Inputs to the next newsletter are welcome from all, especially those that showcase u3a group activities.

Please email articles, information, photos etc... as soon as possible to both the editor and co-editor above and before the input **deadline of the 20th June 2025**.

Useful Links











The Shepton Mallet u3a website can be accessed with this link, <https://sheptonmalletu3a.org.uk/> or with this QR Code >.....>



Past and current newsletters are available on the u3a webpage under SMu3aNews and can be accessed with this link, <https://sheptonmalletu3a.org.uk/newsletters/> or with this QR Code

Note: Printed copies of the Newsletter are also available to purchase at Speaker meetings or from the Chair.

Shepton Mallet u3a Committee

POSITION	NAME	EMAIL	ELECTED	
Chair & Outings	Janet Sherwin	sherwinj@outlook.com PHONE 01749 344627	01/10/2021	
Groups	Barbie Bradbury	smu3agrpscoord@gmail.com	Co-opted 02/04/2025	
Secretary	Carole Mullender	cmullender56@yahoo.co.uk	01/10/2022	
Treasurer	Jane Burman	jane.burman@btinternet.com	01/06/2018	
News Editor	Tina King	harribest@yahoo.com	30/11/2023	
Membership	Josh Hartley	joshhartley08@gmail.com	Co-opted 21/11/2024	
Vice-Chair	Sue Dickerson	sue.dickerson@outlook.com	23/03/2023	
Speakers	Jane Morrison	janec.morrison@sky.com	01/10/2022	
Health & Safety Rep	Paul Roberts	paulroberts@gmx.us	Co-opted 21/11/2024	
Committee	Liz Nash	lizeenash@hotmail.com	01/05/2017	

Diplomacy - the art of letting someone have your way.

From the Chair

Hello everyone - that's all 180 members of Shepton Mallet u3a! I'm so pleased that we are growing, and interest groups positively proliferating, the latest addition being a Railways Group led by Paul Roberts. The more groups we can offer, the more attractive we are as an organisation.



Don't forget that, we are all entitled to join one group free of charge in another u3a, For example, I belong to a recorder group in Camelot (Castle Cary) u3a. Wells u3a is large and offers over 60 interest groups! Do have a look at their website. It's not a competition; we cooperate and all have the opportunity to take advantage of what's available. Norton-Radstock u3a is not far away too. Several of our members live in Wells so it works both ways!

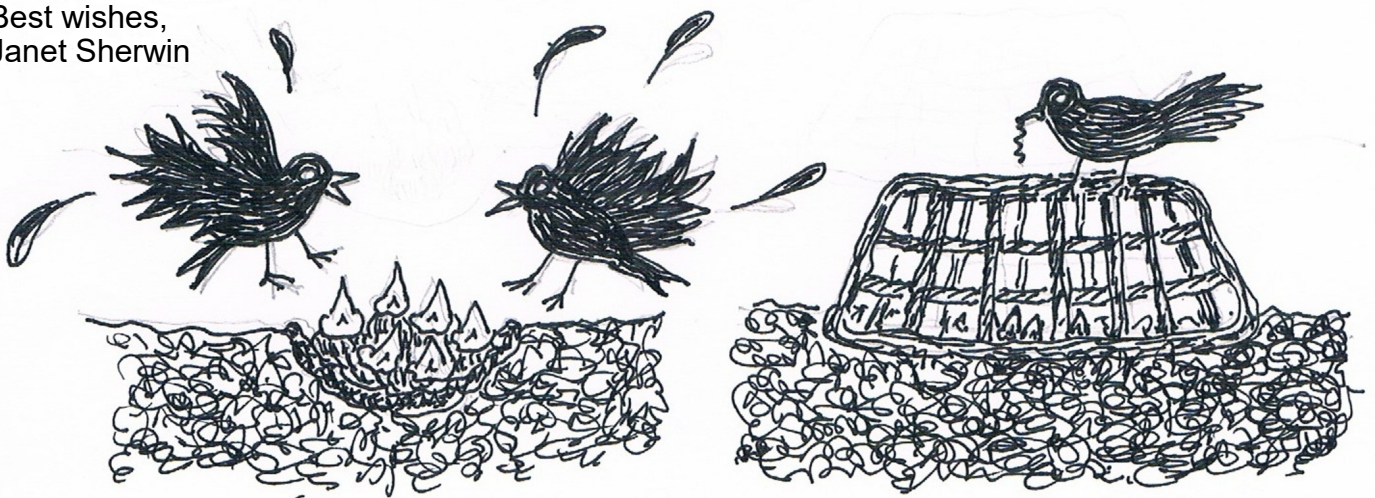
We have welcomed Barbie Bradbury on to the committee as Groups Coordinator, taking over from Jeannette Marsh, who has moved to Devon. You can find out more about Barbie in this newsletter, and I know that she is going to be a great asset.

The SMu3a committee has voted to withdraw from the North Somerset Association of u3a groups. There was little interest in this Association amongst our members and it was costing us money - about £80 a year- so we decided that it was not cost-effective, and left.

As it's spring, here's a little true story for you. My youngest daughter used to live in a house with a hedge all round the garden. Her husband decided to cut it one day, about this time of year, with his nice big machine. He sliced about a foot off the top just missing and completely exposing a nest full of baby blackbirds! The parents of course were going crazy! The weather was hot and we knew the chicks would not survive if left uncovered. But eureka! A rummage in the shed revealed an old wicker laundry basket. We inverted it over the nest and covered it with some old carpet. After quite a short time the parent birds could be seen popping in and out through the holes. Disaster averted.

Don't forget the Speaker Meeting on May 1st with Jane Clark who will tell us about her mother's adventures in WW11 and her book, A Sunshine Romance.

Best wishes,
Janet Sherwin



How much deeper would oceans be if sponges didn't live there?

NEWS AND VIEWS

u3a Eye National Photo Competition

The u3a Eye current topic is looking for your best and most interesting photos on the theme of 'Unfolding'.

The deadline for photo submissions is 12pm on Thursday 22nd May 2025.

u3a Eye link is here: www.u3a.org.uk/learning/learning-activities/u3a-eye

Current Entry Link is here: <https://u3auk.wufoo.com/forms/qzos7n202bqgm7/>

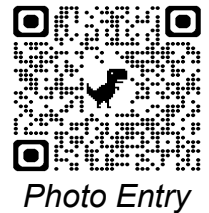


Photo Entry

Janet Sherwin

Independent Age Charity Info

Some of you may not be aware of the Independent Age Charity. The charity **gives free, confidential information and advice on the issues that affect older people such as: money and benefits, care and support, and health and mobility.**

This is through a free Helpline 0800 319 6789 and online and printed information resources such as guides and factsheets.

Link to the Independent Age Charity website:

<https://www.independentage.org>

Jane Morrison



The Grand Grub Group (**proposed new group**)

I am new to U3A and I have a big interest in all things cooking and herbal.

I enjoy finding natural remedies for whatever ails me or my family and pets, and often incorporate that into baking, roasting, casseroles, braising, airfrying, or anything that is cooking related.

I would love to meet up with like minded people, or just those with a vague interest in this area.

Reach me by email at iritson@zoho.com if you would be interested in joining this group.

Isobel Ritson

Ancestry (**proposed new group**)

Are you interested in **Family History**?

Would you like to find out about your ancestors and where they come from?

Shepton u3a is considering **starting an active group** for those searching for their family roots.

You might just need pointing in the right direction **online** or be interested in **visits** to churchyards or to **record offices**.

If that sounds like you, come along for a chat at the **Brasserie on Wednesday 7th May at 10.30am.**

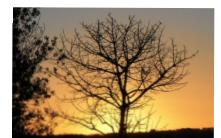
Contact: Jane M on janec.morrison@sky.com for info.

Railway Group (**new group**)

Paul Roberts has agreed to lead a new railway group, which has already attracted much interest.

The group will be meeting on an ad hoc basis rather than a regular day each week or month. They will be visiting the many locations in our area offering opportunities to learn about railway history. There may be the odd ride on a train and, I suspect, a few cakes consumed in station cafes! **Please contact Paul (paulroberts@gmx.us) if you are interested.**

Janet Sherwin



Don't take life too seriously; no one gets out alive.

NEWS AND VIEWS Cont...

COLLETT PARK DAY on Saturday JUNE 14th

Your u3a are going to be at the Collett Park Day.
We will be telling visitors about our u3a and hoping to gain some new members too.

We are asking all our members, who can, to please **knit a 5"-6" square** so that they can be made into rabbits. It doesn't matter what colour or type of wool. Just some that you may have left over from a previous knit.

We would like to offer a rabbit to visitors as a way of introduction to our u3a as we all enjoy chatting and socializing and we wish for Shepton Mallet to grow in membership- both traits of a rabbiting rabbit of course!

We hope that you will be happy to help us by providing a big basket of rabbits to take with us on June 14th.

If you could bring your knitted square to our next **Speaker Meeting on Thursday May 1st or on Thursday June 5th** that would be great, thank you. If you are unable to come you can give your **squares to any Committee member.**

If you let Barbie know then she may be able to collect from your home.

The instructions are attached should you wish to make the completed rabbit and not just a 5"-6" square.

Thank you very much

Barbie Bradbury, Groups Coordinator SMu3agrpscoord@gmail.com

Instructions for a Shepton Mallet u3a Rabbit for Collett Park Day on 14th June

To begin, cast on any number of stitches you choose. It depends on your wool and needle size. Knit your piece to make a perfect square. Approximately 5" -6" square. **The squares can then be given in for the finishing work to be done.**

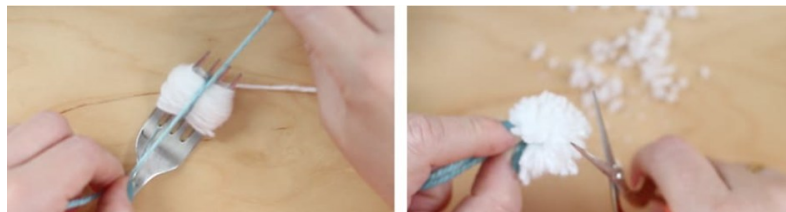
However if you wish to complete the rabbit yourself then:

Loosely stitch a triangle shape using wool. Use a running stitch all the way across the square in the middle. Then, form a triangle. With both of the wool ends on one the side of the square, place a ball of stuffing. Pull the two wool ends. The bunny's head and ears are immediately formed!

Then, just stitch up the back with another little bit of stuffing.

You could add eyes, whiskers and a nose if you wish. It's just fine if you don't want too though.

Finish the rabbit with a little pompom for its tail. You can do this with white wool around a fork.



Barbie Bradbury



Never mess up an apology with an excuse.

NEWS AND VIEWS cont...

Outing - Exeter Canal Cruise

Would you like to go on the Exeter Canal Cruise?

It's a two and a half hour one-way boat trip, either from Exmouth to Exeter or vice versa, run by Stuart Line Cruises.

Web Link: <https://www.stuartlinecruises.co.uk/exeter-canal-cruise/>

Exmouth is a charming seaside town with a long, pinkish sandy beach and lovely views across the estuary. Exeter of course is a large city with a cathedral, lots of shops and the very interesting "HeritageHarbour".

Please contact me for prices and to let me know if you would like to do this.

Janet Sherwin (sherwinj@outlook.com)



Special Coffee Morning at Dobbies



On March 13th our usual coffee morning at Dobbies was greatly enhanced by cakes to celebrate the joint 80th birthdays of Barbara and Arthur, born on the same day (and not twins!). There was home-made Victoria sponge plus a lovely chocolate cake. Thank you Barbara, and congratulations to you both!

Janet Sherwin



Inspirational Women

Make the Sunshine is a community interest company based in Shepton Mallet. Recently their Change Makers project worked with six local primary schools focusing on 3 pioneering women from Shepton Mallet - Annie Hyatt, Louie Hatfield and Anne Kenny.

This project is part of a wider plan to recognise some of Shepton's pioneering women by Historic England through the Blue Plaques scheme.

The Change Makers project also involved an adult dance group and

culminated in an informative story-telling and dance performance by all the children and adult participants which took place at St Paul's School at the end of March.

Two of our members (photo) took part as Suffragettes depicting the strength of the women's movement.

Jane Morrison



Skittles Lunches at The Horseshoe Inn, Bowlish

Upcoming Skittles Lunch date: Wednesday 21st May at the Horseshoe Inn, Bowlish, Shepton Mallet BA4 5JG

No particular skill needed just enthusiasm!

Look out for the invitation email at the end of the preceding month and then book your place! (Places are limited to 18 maximum)

Jane Morrison

Until I was thirteen, I thought my name was SHUT UP. -- Joe Namath

A Personal View

When it's Spring again....

Well, here it is. The strange yellow ball in the sky has appeared and the rain is giving us a break. So what do we do? We go into the garden to see what needs doing. And if you're like me you turn round and come straight back in.

Now, I like all the gardening programmes on television and in my head I can create all sorts of great ideas. They all look so simple to do but very effective. However, the implementation of these great plan means a whole heap of other things. Weeding, trimming, hoeing, more weeding, potting up, sweeping, sorting, yet more weeding, mowing, edging, feeding, raking, repositioning, planting and watering, and that's before you get to the garden furniture....de-shedding, uncovering, cleaning and finding the cushions. By the time you have accomplished everything on your list it's time for a long hot bath, a glass of wine and an extended slump on the sofa.

Well, there's always tomorrow. Oh, I think I can feel rain in the air. Never mind, it's good for the garden.

Tina King

Quiz

- 1 - Which of these does NOT have a type of weather in it?
A RHINOCEROS B STRAINER C MISUNDERSTAND D HEADMISTRESS
- 2 - Which of these is NOT a girl's name?
A LC B EW C KT D IV
- 3 - A CD has 8 tracks, all of equal durations. What track do you start on if you want to hear the second half of the CD?
- 4 - Which of these answers has a well-known bird in them?
A Bahrain B Botswana C Bolivia
- 5 - How many letters appear more than once in the following?
FISH AND CHIPS
- 6 - Which is the first month of the calendar year whose name is also a verb?
- 7 - Which make of car could be included in this list?
STEAL, TALES, STALE, LEAST, SLATE, ?????
- 8 - If all the below are true, what does 5 =?
1 = 5, 2 = 27, 3 = 125, 4 = 1880
- 9 - What is the longest word in this question that contains not a single letter from the word '**MACKEREL**'?
- 10 - Logically, what letter replaces the question mark? **1 = 0, 2 = W, 3 = R, 4 = ?**
- 11 - What is the sum of all the numbers that can be seen in the sentence below?
When Robin felt lonely, he would tend to go and hide in the height of the smooth reeds near the river.

(Answers on a later page)

Is it OK to use the AM radio after noon?

Meet The People

Paul Roberts

Paul has lived in Somerset for several years, moving from Weston-Super-Mare to Croscombe four years ago.

He loves the county - beautiful countryside, attractive towns and villages and happy people.

A member of Weston's u3a, joining Shepton was a no brainer, and Paul is now a member of the committee and the leader of the newly formed Railway Group.

Like all of us, he enjoys the social side of the u3a, meeting new people, trying new things and participating in our many Walking Groups. Paul appreciates that there is or can be always something to do.

A busy and practical man, Paul refurbished his home in Weston Super Mere and is working very hard in his bungalow in Croscombe. His two children, Alice and Dylan, are very happy to visit this lovely part of the county.

Back in the day, Paul was apprenticed to Smith Industries, and worked as a mechanical engineer in their aviation section. He went on to Design and Research with electronics as his major, skills which served him well in the Merchant Navy and then in his own company, involving the installation of TVs and satellite dishes.

Since retiring, Paul is enjoying life. His house and garden keep him busy and he loves travelling. A very sociable and fun loving character, he'd be very happy to say hello. Just try not to beat him at skittles!

Tina King



Groups Co-Ordinator Bio

Barbie Bradbury

I moved to Somerset from Devon last year as we wished to step up as grandparents by being a bit closer to them all.

My career as a children's nanny gave me much joy and I'm now delighting in being a Granny.

I have lived in Bucks, London, Bavaria, Kent and Devon.

The latter county is where I discovered and became involved in our local u3a.

I love the ethos of the u3a - to have fun, whilst learning and sharing new skills with friends.

I get great pleasure from not only my family and friends but also from volunteering.

For many years I was actively involved in the Scout movement which was very rewarding together with many other committees, as my 5 boys grew up.

Shepton Mallet u3a has been very welcoming and I am enjoying being part of such a vibrant group.

I hope to meet many of you soon. *Barbie Bradbury*



My mother taught me RELIGION. "You had better pray that stain comes out of the carpet".

WRITING FOR FUN

Why Would 16 Vestal Virgins Leave For The Coast?

Background

"16 Vestal Virgins leaving for the coast" comes from the song "A Whiter Shade of Pale", written in 1967. The song is on a par with other works of psychedelic pop where the writer is under the mind expanding experience of an acid trip and where the lyrics are fragments, unrelated to each other. "Trying to analyse them", someone said "may seriously damage your mental health."

However, Una has only asked us for the How, What and Why and in my story ancient and modern come together as I assume the 16 Vestal Virgins in the song are the same Vestal Virgins who lived in the Temple of the Goddess Vesta in the days of Ancient Rome.

Introduction

Here they were specially chosen for their purity and were looked on as the guardians of the people of Rome.

Vesta was the Roman Goddess of Fire and of Hearth and Family. She was strong and powerful in many things but she also had hidden, esoteric powers. It was said she was capable of teleportation and telekinesis, although somewhat inexperienced in these arts.

The Story

In bewilderment, our 16 vestal virgins looked around them. It was obvious they had somehow travelled through time and space. Gone were the blue skies and warm sun of Rome. Instead heavy grey clouds scudded across the sky, the air was cold and the buildings looked grey and unwelcoming.

Two of the oldest virgins whispered together, "This is Vesta's doing. It is her mistake. I remember years ago when I had not yet entered the Temple, Senator Aulus' dog disappeared and when it came back, one of its legs was missing and no-one knew how or why. There is danger. We must get away from here. See that odd looking young man over there, playing his guitar and singing that strange song, I think he is acting as a catalyst. We need to go quickly."

As they walked along the biggest road, they met a group of Italian students who were on an exchange visit from Rome. It was a relief to hear their voices. "We need to get to the coast", said the older virgin "and we don't know where or how."

"That's easy" said the boys. "You need to go to the bus station. We'll show you the way. There are plenty of buses that will take you to the coast, and as you are a large party, you will be able to get a group ticket, which will be much cheaper than 16 single ones."

"But we don't have any money", they said.

Looking at them, the boys laughed, "I bet you can sing and with your looks and white flowing robes, you will soon get the money. Come on, this will be fun."

The boys were right. Standing in the square alongside the bus station and with a tree as their background, they began to sing Temple songs. It was a divine sound and a crowd quickly gathered to listen to them.

The boys' caps were soon filled with coins and notes of all kinds. The crowd clapped as they led them into the bus station. "This is your bus", they said. "it's going to the coast."

The Vestal Virgins boarded the bus, still singing. Everybody cheered and waved goodbye.

The bemused bus driver gave them their group ticket and there was plenty of money left over.

The bus took them not just to the coast but onto the quay where they could get a ship, which would take them back to their beautiful city of Rome.

© **Betty Craig**
October 2024

If vegetarians eat vegetables, what do humanitarians eat?

6th March 2025 Speaker Meeting

Cybercrime

On 6th March we had a most interesting, if rather frightening, talk from Megan Haldane, Cyber Protect Officer from the Avon & Somerset Police.

Megan described several current fraud methods and advised us to:

TAKE 5, TELL 2 if any email message, text or phone call seems even slightly odd.

Take 5 minutes to think about it before taking any action.

Tell 2 people at least, to get a second opinion.



Here are a few common situations;

- Phone call offering help with a computer problem – scammer gains remote access to your device, demands money etc
- Text message to Mum saying 'My number has changed and I need a favour' - try ringing the old number, ask questions; have a secret family word; be aware that peoples voices can now be copied from the internet and put in a voice message.
- Fake message from police, bank, HMRC trying to frighten you into sending money – don't do it, tell someone about it – on a landline phone dial 159 to connect to any bank fraud department.
- Romance/companionship fraud - a criminal will spend months building up a relationship with a vulnerable person, then asking for money or clearing the bank account and disappearing.
- Phishing – scam text or email to get hold of personal/bank details, e.g. asking for a small amount to deliver a parcel.



With a fraudulent phone call the criminal can keep the line open after you have hung up to check with e.g. your bank, so you would come back to them; check using a mobile instead.

Create strong passwords and use a password manager – also write them down and store the list in a safe place as you are more likely to be a victim of cybercrime than burglary.



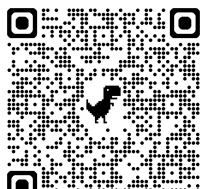
The Cyber Helpline

Use 2-step verification, clear cookies regularly (these are not biscuits apparently)

You can email report@phishing.gov.uk or text **7726** to report a scam text.

The Action Fraud number is **0300 123 2040**

Help is available on the Met Police website, also from Age UK, and there is a Cyber Helpline website, link here - [The Cyber Helpline](#)



Guide to Preventing Fraud & Cyber Crime

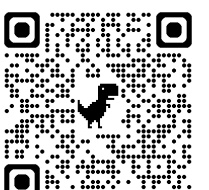
The following links provide more useful guidance and information to help keep you safe:-

[The Little Guide to Preventing Fraud & Cyber Crime](#)

Which includes: [The Little Leaflet of Cyber Advice](#)

[The Little Book Of Big Scams by Metropolitan Police](#)

[Stop! Think Fraud - How to stay safe from scams](#)



Stop! Think Fraud

Janet Sherwin

Do witches run spell checkers?

3rd April 2025 Speaker Meeting

James Webb Telescope

We were thrilled to welcome back Jo Richardson, Founder of Space Detectives, to tell us about the amazing James Webb telescope.

This telescope apparatus is now positioned a million miles from Earth and as a result we are learning many new and surprising facts about the universe.



The telescope was launched from French Guyana in 2021 and took 29 days to gradually open out to its full deployment, in orbit. There were 113 points of possible failure – any one of these going wrong would have rendered the machine useless! But nothing did go wrong and it should keep working for 20 years at least. Phew!



The telescope has 18 gold-coated mirror sections so that if one or more stop working, there are plenty of others. It has to face the sun but remain cool – quite a technical challenge!

When we look at stars, we are seeing them as they were millions of years ago, as light takes time to travel from them to Earth. It is hoped that the James Webb telescope will be able to “see” 13.6 billion years back! Unimaginable!

Apparently, there are many space telescopes operating, using various parts of the electromagnetic spectrum, because the results are different according to the wavelength being used. The James Webb can see through space dust. It can discover exoplanets – planets not orbiting a star – and it can detect water on other planets. It has confirmed Einstein’s theory that the universe is curved. Jo thinks it is 100% certain that there is life elsewhere in the universe. In fact in recent news, since the talk further, evidence of possible life on a planet has been discovered using the telescope!

These are just a few of the many fascinating pieces of information Jo gave us, along with a wonderful slide show. She is such a brilliant communicator! Let’s hope we can persuade her to come back another time.

Web Link for more info and some of the stunning photos:
<https://science.nasa.gov/mission/webb/>



Janet Sherwin

Why is the third hand on the watch called the second hand?

Walking Group Cranmore – 3rd March 2025



On a beautiful early Spring morning of 3rd March, 17 members of the longer walking group set out on a 5.2 mile walk from the car park of East Somerset Railway, Cranmore, destination Small Down Knoll Bronze Age hill fort.

This was mainly easy walking on minor roads, gradually climbing to the 6 acre camp at 728 feet, with 360 degree views of the countryside. It is a fine example of a multivallate (multiple rampart) fort, with the surrounding earthworks clearly visible, and has only recently been open to the public under a DEFRA Open Access scheme.

After enjoying the views and an adventurous but controlled descent down the steep northern slope, the group passed through the small village of Chesterblade with its 12th century Church of St Mary and ancient churchyard yew trees.

Those staying for lunch sampled the varied menu of the Waggon and Horses pub on the Mendips.



John and Mary Boston

Walking Group Batcombe – 7th April 2025

Nine of us met beside Batcombe Church on a lovely warm sunny day.

We walked down the valley towards the river Alham, to pass through a field of Shetland ponies. Then through a field of Black Welsh Mountain ewes and their lambs. A steep walk up a road brought us to Westcombe and the highest point of the walk. Walking across open fields we had views to the west including Glastonbury Tor.



This took us down to the Alham again. We crossed the river and headed up to the Church of St James, Milton Clevedon for a short visit. We returned along the delightful valley of the Alham to the Shetland ponies, then up a climb to Batcombe. Five miles in total.



Eight of us then met up in the Bell Inn, Evercreech for lunch, which was very good.

Josh Hartley

A man assaulted me with milk. - How Dairy!

Walking Group

Wincanton – 21st April 2025

Our Easter Monday walk started at Wincanton Garden Centre/ Otter Garden Centre, Bruton Road, Charlton Musgrove, Wincanton BA9 8HA

We passed the Wincanton racecourse and through a lovely dairy farm where each of us sampled some Keens cheddar cheese made at the farm. We continued alongside the River Cale for a short part and some very gnarled and interesting trees where we stopped and the walk leaders produced Easter Eggs!



We finished with lunch back at the garden centre which was very nice.



Enjoying Easter Eggs!

Jane & Jim Morrison

Creations Group

The Creations Group put their hand to making gift boxes and paper cutting which was enjoyed by all and great fun.



Tina King

All those who believe in psychokinesis raise my hand.

U3a Speaker Meetings

First Thursday of each month at the Salvation Army Hall, Shepton Mallet.
10 til 12noon.
£3 members and £4 non members

Why not get some friends together and come along to your u3a's monthly meeting for some fascinating presentations over the coming months. See you there!



1st May - Based on the book: **Sister Sunshine A Wartime Romance**

We welcome Jane Clark who will tell us about her mum, Joy, who was a QA nurse during WW2 and loved to tell her about her adventures in North Africa and Italy. Jane has since written a book based on her Mum's stories.

"Joy wrote a diary and kept it by her bedside. But this is also a love story. Blended with the diary are letters from Tony, a soldier in the British Army. The diary and letters record a brief moment in time, but what a time!"



5th June - **A guide to Wells Cathedral.**

We welcome fellow u3a member, Sylvia, to tell us about her role as a Guide at Wells Cathedral and some of the history and stories of the Cathedrals' long held place in the smallest City in England.



3rd July - **How to Research the History of Your House** with Somerset Archive and Local Studies.

This talk covers some of the main sources available for house history research in the archives and suggests what information may be found in these sources.



7th August - TBC



4th September - **Life on the Kennet and Avon Canal.**

More details in the next newsletter!

Two of the above are member suggestions. What do you want to hear about!? If you have any ideas or contacts for future Speakers and presentations then please get in touch. Janec.morrison@sky.com

Jane Morrison

Quiz Answers:

- 1 - RHINOCEROS **Explanation:** STRAINER (Rain) MISUNDERSTOOD (Sun)
HEADMISTRESS (Mist)
- 2 - EW **Explanation** = LC (Elsie) KT (Katie) IV (Ivy)
- 3 - 5
- 4 - **B** Botswana **Explanation** = The word 'Swan' can be seen in Botswana
- 5 - 3 **Explanation** = I, S and H
- 6 - March
- 7 - TESLA
- 8 - One **Explanation** = If 1 is equal to 5, then 5 must equal 1. The other numbers don't matter
- 9 - This
- 10 - R **Explanation** = O is the 1st letter of One, W is the 2nd letter of Two, R is the 3rd of Three, so R is the 4th letter of Four
- 11 - 22 **Explanation** = When Robin felt **lONE**ly, he would **TEN**d to go and hide in the **hEIGHT** of the **smooTH REE**ds near the river.

In a Vet's waiting room: "Be back in 5 minutes. Sit! Stay!"

MONTHLY ACTIVITIES TABLE 2025

	1 st Week	2 nd Week	3 rd Week	4 th Week
Mon	Walking -Various locations 10am – 1pm approx. Jon & Mary Boston	Art - Doulting Village Hall. 2 till 4pm Graham Cooper	Walking -Various locations 10am – 1pm approx. Jon & Mary Boston Woolcraft – Leaders Home 2pm Pam Mitchell	Art - Doulting Village Hall. 2 till 4pm Graham Cooper Writing For Fun Una McKillen home 10.30 am
Tues	Bridge Doulting village hall 2 - 4:30pm Ian Jarmaine Linda Dytham Table Tennis Paul Street Rooms 2pm Carole Mullender Book Group 10.30am The Shrubbery Janis Thomson Photography Binegar Memorial Hall or Zoom. 14:00 John Law Creations 2pm Tina's House	Bridge Doulting village hall 2 - 4:30pm Ian Jarmaine Linda Dytham Table Tennis Paul Street Rooms 2pm Carole Mullender Needlecraft - 2pm Liz Weeks' home Collectables The Shrubbery 10.30 am Liz Nash	Bridge Doulting village hall 2 - 4:30pm Ian Jarmaine Linda Dytham Table Tennis Paul Street Rooms 2pm Carole Mullender Creations 2pm Tina's House	Bridge Doulting village hall 2 – 4.30pm Ian Jarmaine Linda Dytham Table Tennis Paul Street Rooms 2pm Carole Mullender Needlecraft - 2pm Liz Weeks' home
Wed	Short Tennis Wells Leisure Centre 3.30 – 4.30 pm Eric Wehrfritz	Short Tennis Wells Leisure Centre 3.30 – 4.30 pm Eric Wehrfritz Play-reading 10-12 am Janet Sherwin's home	Short Tennis Wells Leisure Centre 3.30 – 4.30 pm Eric Wehrfritz Embroidery Group The Shrubbery 10am Doreen Killah	Short Tennis Wells Leisure Centre 3.30 – 4.30 pm Eric Wehrfritz
Thur	Coffee/Speaker Meeting - Salvation Army Hall 10 till 12 Jane Morrison French 2pm Jane Burman's home	Coffee at Dobbies 10.30 am	Coffee at Dobbies 10.30 am Shorter Walks –Various Jenny Wehrfritz Strollers – Various. Josh Hartley French 2pm Jane Burman's home	Coffee at The Brasserie 10.30 am
Fri	Table Tennis 2pm Paul St Rooms Carole Mullender	Table Tennis 2pm Paul St Rooms Carole Mullender	Table Tennis as before 2pm Carole Mullender Munch Club - Various Sue Dickerson	Table Tennis as before 2pm Carole Mullender Singing for Pleasure 10.30-12.00 Salvation Army Hall Tina King

All groups and activities are organised by our members. We also run outings, skittles lunches and celebratory events. Please see our website for details. www.sheptonmalletu3a.org.uk Do witches run spell checkers?

WE ALSO HAVE A THRIVING SOLOS GROUP! Janet Murray



u3a
learn, laugh, live

Shepton Mallet u3a gives you the chance to make new friends, develop your interests and enjoy yourself.

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u3a

A Reminder of The Three Principles of u3a

The Third Age Principle

- a) Membership of a U3A is open to all in their third age, which is defined not by a particular age but by a period in life in which full time employment has ceased.
- b) Members promote the values of lifelong learning and the positive attributes of belonging to a U3A.
- c) Members should do all they can to ensure that people wanting to join a U3A can do so.

The Self-help Learning Principle

- a) Members form interest groups covering as wide a range of topics and activities as they desire; by the members, for the members.
- b) No qualifications are sought or offered. Learning is for its own sake, with enjoyment being the prime motive, not qualifications or awards.
- c) There is no distinction between the learners and the teachers; they are all U3A members.

The Mutual Aid Principle

- a) Each U3A is a mutual aid organisation, operationally independent but a member of The Third Age Trust, which requires adherence to the guiding principles of the U3A Movement.
- b) No payments are made to members for services rendered to any U3A.
- c) Each U3A is self-funded with membership subscriptions and costs kept as low as possible.
- d) Outside financial assistance should only be sought if it does not imperil the integrity of the U3A movement

Insurance Reminder

Members of Shepton Mallet u3a are reminded that the Trust arranges Third Party Liability and Product Liability Insurance on behalf of the affiliated u3as. The cost of this is included in the annual subscription fee that SMu3a pays to the Trust. It should be noted that there is no personal accident insurance included in this arrangement. Members of SMu3a join in activities at their own risk and, should they feel they wish to be covered for personal accidents or personal property, it is necessary for them to make their own private arrangements.

Always remember that you are unique, just like everyone else.