

Shepton Mallet u3a

Newsletter

May—June 2026



Tina looks positively dangerous after winning the monthly Skittles 'n' Lunch match at the Horseshoe Inn, Bowlish.

u3a learn,
laugh,
live

Photo by Val Sherring

Registered Charity Number 1158730

Shepton Mallet u3a Newsletter May-June 2026

Come inside.....

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Editor's Notes

Hello Everyone!

*Many thanks to all those who have contributed to this edition.
The next deadline will be June 19th.*

Janet Sherwin

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	
Chair	Tina King	harribest@yahoo.com	
Vice-Chair Newsletter Editor	Janet Sherwin	sherwinj@outlook.com	
Treasurer	Denise Bailey	denise.bailey@mbzonline.net	
Groups Coordinator	Clare Champion	clarepuss@hotmail.com	
Groups Coordinator	Sue Lord	susanlord@me.com	
Health & Safety Officer	Paul Roberts	paulroberts@gmx.us	
Secretary	Jenny Short	jennyshort@inspir-ed.net	
Membership Secretary	Josh Hartley	joshhartley08@gmail.com	
Trustee	Tony Warner	seldomseen35@icloud.com	

"I am a marvellous housekeeper. Every time I leave a man I keep his house". -- Zsa Zsa Gabor



From the Chair

We have seen signs of springtime on a couple of occasions so far but, like you, I am looking forward to warmth and sunshine. You would have thought that the better weather would make us feel good, but I am not sure that is the case.

Be very careful if you ask someone how they are, how are they feeling, because instead of the socially correct, "Fine thank you," they might actually tell you! I think that as a nation we are becoming health obsessed especially since Covid, and it is hard to come to terms with our busy way of life and the new health care regime.

Now, I know that as we get older aches and pains become more prevalent, but why does it all have to impinge on our daily lives? I feel that I am losing the sense of myself, being so restricted in doing all that I want to do. I know I have to adjust to old age but my brain won't play ball. I am still in my twenties in my head! I was trying to think if I had any healthy bits of my body but once I had ruled out head, ears, throat, elbow, KNEES, blood pressure and the occasional bad back I was struggling! Oh yes, My hands work! Yay!

If you are finding life uncomfortable you must ask for help. I know that goes against the grain for many but I for one couldn't manage without my friends. Thank you!

I wish you all well and if Mr Trump lets CC, SL and I out of Cyprus we'll see you when we come back from holiday.



Tina King

A terrific abstract painting by Val Sherring of the Art Group, using acrylics..



At the airport my friend suggested we disguise ourselves as luggage. I said, "Let's not get carried away."



The Politeness of Strangers Worries Me

The other night I had a dream;
A bad dream filled with black-shrouded figures,
Male? Female? Hard to tell: sexless and scary.
In the warehouse starting up my business
A black-shrouded figure kicks down a door
And brandishes a machine gun.

I run

Back to the Jazz House where once I smiled and danced with sweet young men, loop-looping
Our way towards an adulthood we both feared and craved.
Rainbow colours once glanced and danced and dazzled us all
But danger now lurks and it is time to leave.

I run

Into the Department store where once polite ladies enquired about the latest shades of pink
And men in hats or caps doffed them to those ladies
Assistants now cower under counters whispering in fear as black-shrouded figures
run amok with guns and bombs, all civility gone.

I run

Out into the litter-clad, bomb-blasted streets, my ears assaulted by shouty snatches of private
talk made public:
“Sunday maxi-fist day, pizza, bowling, Fast and Furious: a family fun day out for a fun family.”
“You forgot the peas again. I’m home in ten so make sure dinner’s on”
“She’s just a two-faced slag. It’s me he likes says I’m classy.”

I run

Politeness? No. It’s the other stuff that worries me:
The sudden shocking rudeness of strangers;
The raised finger, the scowl, the torrent of verbal abuse,;
The bomb-strapped, hate-filled malevolence of strangers
Devastating our cities;
The laugh out loud, larky “me and mine are all that matters”
Fiddling while Rome burns, indifference of strangers.

The politeness of strangers is the least of my worries.

Una Mckillen – Revised January 2026

You're just jealous because the voices only talk to me



Bits and bobs



Photo by J Sherwin



Disgruntled tree photo J Sherwin

No prizes for naming this flower, all over the place at the moment. I hate them in my lawn, but the bees love them and they look lovely along the verges. They are really rather beautiful close up.

'Dandelion' comes from French 'dent de lion' - lion's tooth, from the shape of the petals. Other English names for it are: blowball, cankerwort, Irish daisy, witch's gowan, milk-witch, yellow gowan, monkshead, priest's crown, doon-head-clock, swine's snout—and piss-a-bed, from the French 'pissenlit' as the leaves have a strong diuretic effect!

In fact, every bit of the plant is edible. The young leaves are delicious in salads and you can even roast the roots. But my favourite recipe is for a liqueur made by half filling a jar with pulled- out petals and infusing them in vodka with some lemon or orange zest for a couple of weeks, then straining through a fine sieve and sweetening it with honey. Cheers!

There is also dandelion wine, but that takes longer. Cheers!



'Through a glass sparkly' J Sherwin

I came across this poster on a recent visit to Evesham.

It's a longer version of the u3a motto. I think adding 'love' and 'listen' makes it into an excellent recipe for life!

Janet Sherwin



In those "baby change" rooms, what can you change the baby for?



Obituary- Betty Craig

Sadly we have to report the death of member Betty Craig on Monday 20th April, 2 days after her 99th birthday.



Betty lived in Twickenham (then Middlesex) as a child and went to Thames Valley Grammar School in Twickenham, as did another u3a member, Sue Dickerson.

She worked at the National Physical Laboratory in Teddington where Barnes Wallace had tried out his bouncing bomb. She met her husband there and competed in the athletics team alongside Alan Turing.

Betty had six children of whom five daughters survive. She had a strong religious faith.

Betty moved to Shepton in 1978 and became active in the local Church. After a dramatic experience of God, she became a licensed Reader and ministered in Shepton Mallet but also 12 other churches in the Diocese, notably Chantry (Mells Benefice) and Henton (Wookey Benefice). After 25 years of ministry, Betty became Reader Emeritus

She joined Shepton Mallet u3a as a founder member when it was formed in 2011. Betty was involved in many groups which included involvement in creative writing, photography and play-reading. Everyone who met Betty was impressed with her sharp brain and fierce independence. She will be much missed and we would like to express our condolences to her family.

HERE IS A SHORT STORY WRITTEN LAST YEAR BY BETTY:

A Celebration gone right – or was it?

Rupert stood looking in the mirror. “Yes” he thought, “just right.” 6ft tall, he was good-looking with blue eyes and light brown hair cut just long enough to appeal to ‘his ladies’ as he liked to call them. A full-time con man, he made a good living finding unsuspecting ladies on the internet. It was easy using a variety of dating apps to find a suitable match.

He saw to it that his own details were impeccable and it wasn’t long before Kathy became his 12th and their friendship had grown steadily through emails and the occasional gift of flowers. He was confident that she would go along with any suggestions that he cared to make and now was the time for the celebration dinner where they would meet each other face-to face for the first time.

It was all arranged; the prestigious country hotel, one that he hadn’t used before, the champagne on ice ready and waiting.

(Continued on next page....)

At around the same time Kathy too stood looking in her hallway mirror. She tossed her auburn hair and smiled. Not bad, she thought, for her age. She walked towards the front door, stopping to look at the painting on the wall that her mother had given her not long before she died. It was called *A Day of Celebration*, and she loved it with its vivid blue colours and the young girl in white carrying the cake to the beautifully laid table. It always gave her a warm, happy feeling whenever she left home and now she was off to her own celebration dinner with Rupert.

Rupert had been so nice and caring in his emails and she was sure he was going to propose. She had the money that he had said he could invest for her for a quick profit – *paper money into sovereigns in no time at all; the basis of their new life together, he had said. She couldn't help but be excited.*

She walked round to her garage, a few yards from her apartment. A bit of a let-down, she thought, looking at her high-heeled shoes bought specifically for the occasion. After all, he could have sent a limousine with a chauffeur but that thought did not last long.

Claymore, the country house, was about a 20-minute drive away. On arrival, Kathy was greeted in the entrance hall by the front of house manager, a young man dressed in a kilt. Looking around, the hall certainly had a Scottish flavour about it. Tartan panels bordered in polished wood lined the walls, and a large claymore hung above the stone fireplace.

"This way, madam", said the young man as he led her along the corridor to the restaurant.

Kathy looked around her. There were already several couples at various tables but there was no mistaking her table with its polished silver and champagne. "Just for you", Rupert said. Kathy laughed. He was so like the Rupert she had imagined. "To us", he said, lifting his glass of champagne.

The meal was delicious, the conversation perfect.

"Have you brought the money?" He reached into his pocket and produced the ruby engagement ring as he asked. "Yes," Kathy replied, taking the ring and smiling as she passed over a bulky envelope. Rupert couldn't help but glance at what was inside.

After all, he had specifically requested £20,000. "What the f---", he raged as he stood up and thumped the table angrily and tipped out the large quantity of Monopoly money. He lunged at Kathy, only to find himself grabbed by two men who had been dining at a nearby table. They read him his rights, "Rupert Mann, we are arresting you on suspicion of internet fraud and theft. You do not have to say anything"

Kathy stood watching. "Well-done Sergeant, we've been trying to catch him for quite some time, but he has always eluded us at the last minute. Thanks to you he won't be having any more celebration dinners for a long time!"

THE END

Stupidity and laziness are not disabilities. Park elsewhere!



COLLECTABLES GROUP



This beautiful painting, on a feather, of a great tit, was done by an inmate of Shepton Mallet prison. It was brought to the March meeting of the Collectables group.

It is a finely detailed study, done using oils. The feather could be from a pigeon or duck, possibly shed by a bird flying over the open exercise yard, and picked up by the artist. It is believed to have been purchased by a prison officer in the 1970s or 80s.

It is signed J M Guthrie and we wondered what happened to the talented painter. We hoped his talent was put to good use on his release.

Liz Nash

NOTE: this group meets on Tuesday mornings, 10.30 at the Shrubbery Hotel. Members bring along items of interest to share and discuss over a cup of coffee, and occasionally an expert is invited to give a talk or demonstration.—Ed.

What do fish say when they hit a concrete wall? -
Dam!



The Carnival on the Green

Growing up I loved The Seekers song, "The Carnival Is Over" as did mum, but for totally different reasons. As a child, head turned by romantic notions around fairgrounds, circuses and carnivals and that colourful array of characters, I very much liked the idea of two people meeting at a carnival, being forced to part but continuing in "undying love", whereas mum just loved Judith Durham's soaring vocals.

There was a family that lived in our street that we all knew well. To be frank, these days they would have an ASBO slapped on them. The little boys peed on your doorstep, the dog was terrifyingly out-of-control and I once got set on by pretty much the whole clan - broken watch, bruises, and temporary blindness from something squirted in my eyes. Mum did protest, it never happened again and she continued to indulge the two middle girls. It seemed that they rarely went to school so on school days they would be in our house being fed by mum.

When I was 12, the parents decided to emigrate to Australia. The whole street turned out for the leaving do. It was on "our green" and the family may have been an ASBO family but they were our ASBO family and we were seeing them off. "The Carnival Is Over" was played over and over. Mum talked fondly of that for years as she talked fondly of Janet (the elder of the two middle girls.)

Mum liked Bridie Gallagher, John McCormack, "Nights in White Satin", "Believe Me If All Those Endearing Young Charms", "Oh, Sacrament Most Holy", "Amazing Grace", "Without You" and pretty much anything by "The Lovin' Spoonful". No-one could say mum's tastes were not eclectic! What mum liked above all else was "The Carnival is Over" and now, since her death, I cannot hear it without hearing her. I hear Judith Durham's soaring vocals, as she did, but also her quieter notes. She was a great singer. That carnival on the green, saying goodbye to a family I strangely missed for years, has forever merged with missing mum.

Una Mckillen
Updated January 2026



Shepton Mallet carnival 2024
Photos J Sherwin

What do you call a woman standing between two goalposts?
Annette



Meet The People

Ann Greenman - in her own words



My husband is called Viv (Vivian). We met through our names as my full name is Vivienne Ann.

We have two daughters and four grandchildren, plus a chubby 20-year-old feline called Angel!

I was born in Bedfordshire and met Viv in Watford, when at College, and then we lived in lovely Edinburgh before moving to Yorkshire and finally settled in Somerset.

Viv and I were heir hunters towards the end of our working lives, before most of the records were on line. Many people die intestate and we tracked down the rightful living beneficiaries. It was fun. I mostly took care of the secretarial work, and Viv did the majority of the leg work.

We received this card from the King and Queen in February, for our 65th wedding anniversary. It is authentic!

One of my favourite films is Titanic but I also enjoy a good crime thriller or romance. Some of my favourite authors include Ann Cleeves, Agatha Christie, P D James, L J Ross and many more.

In my teens I was a besotted Elvis Presley fan!

I joined U3A to help fill a gap in my life after thirteen years of full time caring for my sweetheart of 68 years.

It is my ambition to enjoy each day of the rest of my life. As a challenge, I joined a choir, the Robinettes, this year. My interests and hobbies are eclectic and my favourite food is Cadbury's milk chocolate.

NOTE

Unfortunately Ann was involved in a car accident in April and hurt her legs badly, but she is now recovering well
Editor

Schizophrenia beats being alone!



THE POSTMAN

My dog is well trained-- he `STAYS` and `SITS`
And his manners are usually quite good
But I've got to admit---when the postman he bit
Then he certainly did draw some blood

The surgeon did manage to save Postie's leg
Though his trousers are well past repair
I suppose just because it was my little dog
I'll have to buy him a new pair

T`was a fortnight last Wednesday we went for a walk
My well trained young doggie and me,
He pulled on his lead ---he really was keen
He wanted to get to that tree...

What he did at that tree -I will not discuss
What he did I am sure you all know
Us *`well brought up` people don`t talk of such things+*
But the grass round that tree will not grow

On the way home we met Postie again
His left leg was wrapped up in plaster
He ran very well on one leg and a crutch
But my big rottweiler ran faster

My dog caught the Postie,---right leg this time
As he tried to escape through the houses
Now his **right** leg's in plaster,--right up to his knee
And I've bought him a new pair of trousers

My post has been late for a couple of weeks
The **new** Postie is `feeling his feet`
But my little doggie,--the one that's well trained,
Licks his chops at the thought of fresh meat.

Barry Holmes.



Picture from internet 'creative commons'

I'd like to help you out. Which way did you come in?



Speaker Meetings March

Everyone should know how to do CPR (cardiopulmonary resuscitation) in an emergency as it can save a life. Two members of the Dorset and Somerset Air Ambulance team taught us how to carry this out and we were able to try it on dummies (rubber ones, not u3a members!) If there has been an accident and someone is unresponsive, ring 999 and shout for help as CPR is hard work and tiring. Ask someone else to find a defibrillator if possible. If the patient is not breathing, make sure the airway is clear, then start the compression, on the bare chest, using both your hands locked together. You do it for as long as you can at a rate of 100-120 per minute. (Mouth to mouth breathing is not recommended any more.) When the person starts breathing they should be put in the recovery position.



Most of us had a go at compression.



Jane giving it her all.

When the person starts breathing they should be put in the recovery position.

April

Instead of a speaker, Jane and Jim organised a quiz for us.

This was most enjoyable, although a few of the questions were recognised from a previous occasion, including the devilish "Let's Eat" round which turned out to be all about chocolate bars past and present! We had to identify them from photos (no samples unfortunately) which was extremely difficult as most of them look the same when cut!

?
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Cardiac Arrest is a Medical Emergency.
Remember DRS ABC.

<p>Danger</p> <p>Ensure the area is safe for you and others.</p>	<p>Response</p> <p>Gently squeeze the shoulders and speak loudly for a response.</p>	<p>Shout for Help</p> <p>Dial 999 for an ambulance. Use What3Words to help us find you.</p>
<p>Airway</p> <p>Remove visible obstructions and open by tilting the head and lifting the jaw.</p>	<p>Breathing</p> <p>Look, listen and feel for normal breathing. If breathing isn't normal begin CPR.</p>	<p>CPR</p> <p>Start chest compressions and fetch the nearest defibrillator.</p>

For more information, visit: dsairambulance.org.uk



So what's this one?
(I have no idea!)

If a man is standing in the middle of the forest speaking and there is no woman around to hear him... is he still wrong?



LET'S BUY THE AMULET!

LET'S BUY THE AMULET AND THE PROMOTERS OF SHEPTON MALLET PRESENT:

SHEPTON MID SUMMER FEST

19TH JUNE
£16/£12

CROISSANT NEUF
LET'S BUY THE AMULET

Food available by:
WRAPPED

FOLK FRIDAY

Doors Open: 5.30 pm

Eliza Carthy
7.45 pm

Steve Knightley
ft. Daniel Salvatore
6.30 pm

Harrison Lerner-Main
6 pm

Indoor Acoustic sessions from 9pm



Victoria Inn garden
22 Board Cross, Shepton Mallet, BA4 5DX buytheamulet.org.uk/events

Just one of the exciting events planned by the "Let's Buy The Amulet" group to entertain us and raise money for the cause. See the website for full details.

JUST HOLD MY HAND

*Oh will you hold my hand my darling
Oh will you hold my hand
As I take my first few steps my darling
Into the promised land*

*Oh will you look into my eyes my darling
For there you will see the tears
Brought by the thought of leaving you
After sixty loving years*

*Oh will you kiss my lips my darling
For your kiss I do so yearn
Just one more time before I start
On that road of no return*

*Oh will you hold me tight my darling
Now will you hold me tight
For I'm on the road that goes one way
To an everlasting night.*

Barry Holmes

A mandala made by
Barbara Holmes at
Art Group



A dubious joke from Barry!

Now then, a Yorkshireman asked his dentist what it cost for an extraction.
£400 said the dentist.

HOW MUCH said the Yorkshireman, by gum lad that's expensive, can't tha do it any cheaper?

Well said the dentist, if I don't give you an injection for the pain I could do it for £300.
Nay am not made of brass lad can't tha do it any cheaper said Yorkie.

Well I could get a young trainee from the local dentistry school to have a go said the dentist, but it might be quite painful. That would be £150

Nay lad that's still too much.

Well I can just pull it out with some old pliers from my garage for £20 said the by now fed up dentist, but it would be very painful.

Never mind the pain said Yorkie, book the wife in for next Monday.



New Forest siesta—photo by Barbara Holmes

When we visited the New Forest for the first time some years ago we knew that it wouldn't be our last. It has become one of our favourite places to visit and we have been back since on numerous occasions. Our favourite thing whilst there is seeing all the beautiful ponies wandering everywhere, roaming free and even through the towns and in private gardens.

On our last visit we were very taken aback though to see a pony with its head on the road itself. It was quite scary as we thought it may be injured when, in fact, it was just having a rest in the sunshine. It did hold the traffic up for quite some time but we were all relieved when it raised its head!

Barbara

'Stumped' photo by Janet Sherwin



A lot of women say that their husband never listens to them.
I am proud to say I have never heard my wife say that.



Photography Group

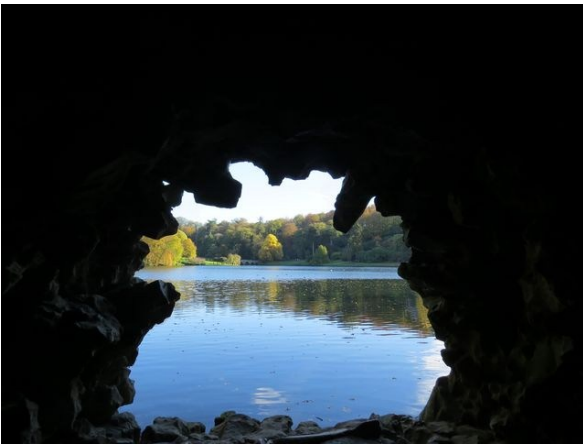
The photography group are pleased to share some of their members' recent photos with you.



Royal Crescent - Bob Piper



Framed - John Law



Framed - Eric Rental



Fragmented nave - Josh Hartley



Framed - Beverley Prestidge



Framed- Barbara Voules

Barbie's Craft Course

Here are some of the items made by members during a six-week craft course run in the winter by Barbie Bradbury.



Felt bauble



A spoolie doll



An angel or fairy



Pinch purses in the making to fill with little treats. Sometimes used to store thimbles.



Pop up box cards which fold flat for delivery

Where there's a will, there's an Inheritance Tax.



Longer walks - March

Jim's sunny photo, taken on the first walk in March shows our large group of walkers in front of Westholme House. This elegant country residence, hidden between Pilton and North Wootton can only be seen from this footpath. Views of the Tor and Levels were appreciated on this spring morning too. Afterwards a small group enjoyed lunch at the George in Croscombe.



Photo—Jim Morrison

The second March walk started from Mells village near the Talbot Inn. From there the walk went via Longfield to a private road towards a farm, skirting the farm house along a grassy footpath, then across country to the Radstock to Frome disused railway embankment, from where pleasant Mendip views were enjoyed. After a short walk along a road, we turned into and skirted fields along footpaths leading to a spacious public recreation area of green fields overlooking historic Mells Manor and Mells church.



Photo—Josh Hartley

We crossed this grassy area towards a gate to a road which took us past the Edwin Lutyens WW1 war memorial, on towards the village shop and post office. We made our way through the quaint old village (many of the houses owned by the Asquith family, Lord and Lady Oxford), back to the car park.

Lunch was at The Waggon and Horses.
Janette Higgs

NOTE: In the Domesday Book Mells is called Mulne, meaning many mills, These would have been along the Mells Stream which still flows through the village. Later it was known as Iron Burgh as iron ore was extracted there.

[Mells Manor](#) was purportedly procured by Jack Horner upon discovering the [deed](#) in a pie given to him to carry to London by [Richard Whiting](#), the last [Abbot of Glastonbury](#). This act is referenced in the popular nursery rhyme "[Little Jack Horner](#)". An alternative explanation is that the manor was bought in 1543. (From Wikipedia Ed.)

Windows: Just another pane in the glass.



Longer Walks -April



On a beautiful Spring day in April, 14 of the walking group set off from Alfreds Tower for a 5.9 mile walk around the perimeter of the Stourhead Estate. Passing the Tower we began walking through woodland along the ridge of Kingsettle Hill with far reaching views over countryside. We then dropped down meeting sheep with newly born lambs. Paul and Martin rescued a distressed lamb which had become separated from its mother, showing great agility and speed to return it to the 'right' side of the fence! Our walk continued through banks of hundreds of bluebells making a blue swathe through the wood. We descended into Stourton passing Apollo's' Temple on high ground above us. The route then took us on pass the main house and on into Six Wells Bottom passing the 14C St Peters pump. We then returned through woodland to our starting place at Alfred's Tower.

Jenny and Eric.

Approaching Alfred's Tower
Photo by Jim Morrison

And another one!

A short steep hill to start, on the road, up Forum Lane, Shepton Mallet - but it's not that long and soon evens out....honest!

We went through the old railway tunnel to the newly created section of path on the old Somerset and Dorset Railway line, with steam engine sounds to create the atmosphere as we walked through the tunnel.

We had lovely far reaching views and there were plenty of benches and freshly planted blossom trees.

Lots of birdsong, including woodpeckers, along the path.

We looped round to rejoin the S&D path at the viaduct. Creme eggs were shared out at the viaduct with enough to spare for the firefighters who were practicing/ training abseiling and rescue off the edge of the viaduct.

Finally it was back through the tunnel and down the hill to the cars.

Jim Morrison

What do you call an Alien with 8 eyes?
Aliiiiiiiiiien



St Peter's Pump—photo by
Jim Morrison



A woodpecker-
creative commons
picture

Shorter Walks Group

March



Photos by J Sherwin



On a beautiful Spring day 10 members of the 'Shorter Walks' group set off for a 2.7 mile walk around the Yeo Valley Way area. Hundreds of daffodils were in bloom lining the beech driveway of the former Elizabethan Hazel Manor. We stopped to view a WW11 memorial stone at a crash site commemorating 5 American airmen killed here in March 1944. Our track led to a viewpoint giving great views of both Blagdon and Chew Valley lakes. The route then led on through ancient Compton Wood on our right and the newly planted woodland by Yeo Valley Farms on our left.. We continued through the woodland for another 1.5 miles returning to our start point at the spacious car park.

Jenny Wehrfritz

April

11 of us enjoyed a 3-mile walk around Chilcompton on a warm, overcast but dry day. We met at the church car park then followed footpaths, tracks and quiet lanes, taking in a variety of pastureland, woodland, streams and the old railway track. The birdsong was joy to the ears as we passed the old watercress beds. We posed for photos at the bridge and admired the Easter craft work adorning it. Then it was down The Pitchen alongside the stream, to the Holy Cow café on Manor Farm business park, for welcome refreshments.



Photo by G Candy

Gill Candy

What's the biggest regret of your Life? Not listening to my mother.
What did she say? I can't tell you, I didn't listen.



U3a Speaker Meetings

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

Why not come along to your u3a's monthly meeting for some fascinating presentations over the coming months. A good way to make a new friend or two! See you there!

7th May - Garden and nature photography tips with Higgy.

The basic principles of garden based nature photography. The presentation starts with some basic principles of garden design to help encourage wildlife into your garden. We then move onto some of the basic principles of wildlife and nature photography, such as, how to approach wildlife, focus point, use of light and angles among many other tips to help you create and take a better picture.

4th June - Books Without Words

Beth Webb will be joining us to tell us how Books Beyond Words began, word-free picture stories for people with learning disabilities. Founded in 1989, the Books Beyond Words series of picture stories grew out of a personal family experience and has evolved in unexpected ways, always seeking to find ways to empower people in their own lives.

2nd July - Reiki.

Reiki is a Japanese energy healing technique developed by Mikao Usui in the early 20th century that promotes relaxation, reduces stress, and aids in emotional or physical healing. Our very own Sue Salt will be with us to explain the use and benefits of Reiki.

6th August - Do Not Assault – DNA. John Sinclair Robson

This is a whistle-stop tour about DNA and its discovery. What are the sources of DNA? How is it used and what are its limitations? Its value in the examination of cold cases and proof of innocence is discussed as is the first case of mass DNA screening & the subsequent conviction based on the DNA evidence.

3rd September - Alan Jenkins (ex police inspector) - Policing Royal Visits.

I discuss the complex and at times frustrating planning behind policing a Royal Visit. I then discuss a visit I commanded and planned where everything that could go wrong did!! It's very funny.

1st October Found Poetry with Polly Hall

Jane Morrison

Q: How do spiders communicate?
A: Through the World Wide Web.



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



SHEPTON MALLET u3a TERMS AND CONDITIONS OF MEMBERSHIP

All members **must**:

- Abide by the principles of the U3A movement.
- Act in the best interests of the U3A.
- Not behave in such a way as to bring the U3A into disrepute.
- Abide by the terms and conditions of the constitution of the U3A, and of the branch which they are joining.
- Treat fellow members with respect and courtesy.
- Comply with and support the decisions of the elected committee.
- Advise the Membership Secretary of any changes to their personal details.

Why are they called "stands" when they are made for sitting?



SHEPTON MALLET u3a MONTHLY ACTIVITIES TABLE 2026

	1 st Week	2 nd Week	3 rd Week	4 th Week
Mon	<p>Walking -Various locations 10am – 1pm approx. Jon & Mary Boston</p>	<p>Art - Doultling Village Hall. 2 till 4pm Graham Cooper</p>	<p>Walking -Various locations 10am – 1pm approx. Jon & Mary Boston</p> <p>Woolcraft – Coordinator’s Home 2pm Pam Mitchell</p>	<p>Art - Doultling Village Hall. 2 till 4pm Graham Cooper</p> <p>Writing For Fun Una McKillen home 10.30 am</p>
Tues	<p>Bridge Doultling village hall 2 - 4:30pm Ian Jarmaine Linda Dytham</p> <p>Book Group 10.30am The Shrubbery Janis Thomson</p> <p>Photography Binegar Memorial Hall or Zoom. 14:00 John Law</p> <p>Creations craft projects 2pm Tina King’s house</p>	<p>Bridge Doultling village hall 2 - 4:30pm Ian Jarmaine Linda Dytham</p> <p>Needlecraft - 2pm Liz Weeks' home</p> <p>Collectables The Shrubbery 10.30 am Liz Nash</p>	<p>Bridge Doultling village hall 2 - 4:30pm Ian Jarmaine Linda Dytham</p> <p>Creations 2pm Tina’s House</p>	<p>Bridge Doultling village hall 2 – 4.30pm Ian Jarmaine Linda Dytham</p> <p>Needlecraft - 2pm Liz Weeks' home</p>
Wed	<p>Short Tennis Wells Leisure Centre 3.30 – 4.30 pm Eric Wehrfritz</p>	<p>Short Tennis Wells Leisure Centre 3.30 – 4.30 pm Eric Wehrfritz</p> <p>Play-reading 10-12 am Janet Sherwin's home</p>	<p>Short Tennis Wells Leisure Centre 3.30 – 4.30 pm Eric Wehrfritz</p>	<p>Short Tennis Wells Leisure Centre 3.30 – 4.30 pm Eric Wehrfritz</p>
Thur	<p>Coffee/Speaker Meeting - Salvation Army Hall10 till 12 Jane Morrison</p> <p>En Francais 2pm Jane Burman's home</p>	<p>Coffee at Dobbies 10.30 am</p>	<p>Coffee at Dobbies 10.30 am</p> <p>Shorter Walks – Various Jenny Wehrfritz</p> <p>Strollers – Various. Josh Hartley</p> <p>En Francais 2pm Jane Burman's home</p>	<p>Coffee at The Brasserie 10.30 am</p>
Fri	<p>Table Tennis 2pm Paul St Rooms Carole Mullender</p> <p>Quiz Group Barbie Bradbury</p>	<p>Table Tennis 2pm Paul St Rooms Carole Mullender</p>	<p>Table Tennis as before 2pm Carole Mullender</p> <p>Munch Club - Various Sue Dickerson</p>	<p>Table Tennis as before 2pm Carole Mullender</p> <p>Singing for Pleasure 10.30-12.00 Salvation Army Hall Tina King</p>

Additional Groups/Events with variable timings/locations:-

- Railway Group** - Paul Roberts - various meetings and outings
- It's All In The Genes** - Jane Morrison - ancestry for all
- Skittles** - Jane Morrison - food and fun - look out for an email invitation
- Solos Group** - Janet Murray - events for those on their own.

All groups & activities are organised & run by Shepton Mallet u3a members.
Please see our website for details. www.sheptonmalletu3a.org.uk
and committee list on page 2

A will is a
dead
giveaway!



u3a

learn, laugh, live



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

**No longer working full-time?
Now is the time to make
the most of life!**

**Find out more at
sheptonmalletu3a.org.uk**

u3a

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.