

Shepton Mallet u3a

Newsletter

July-August 2026



Paul, John and Martin of the Longer Walks group admire the view from the top of Pavey's Tower in Cheddar, on a grey May morning.
Photo by Jim Morrison

u3a learn,
laugh,
live

Editor's Notes

Hello Everyone!

Many thanks to all those who have contributed to this edition.

The next deadline will be 21st August.

But before that:

AGM Thursday 20th August (with plant and cake sale!)

CLOSING DATE FOR NOMINATIONS: 23rd July (see page 20 for info)

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

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My room-mates don't like me borrowing their kitchen utensils, but that's a whisk I'm willing to take....



From the Chair

It was heartwarming to see so many u3a members at Collett Park Day and I thank you for all your hard work. Special thanks go to Jane and Jim Morrison for the setting up of the gazebo and its contents and to everyone who enthused the visitors so well. We have 8 new signed up members and some more thinking about it.



I wish you all well. It has not been a healthy summer for me so far and my fingers are crossed that progress is made for everyone who is struggling with illness.

We are holding the AGM on August 20 and I hope you will seriously consider taking on a role as part of the u3a family.

On Monday 10th August we are holding a **previously enjoyed clothes sale** at Tina's house. We open at 11 and close at 4. We need your donations please, ladies wear, men's, children, shoes, handbags, unwanted gifts and cosmetics, jewellery and anything else you can think of!

Donations can be left at my house or brought to a speaker meeting or Singing for Pleasure. It should be fun.

With thanks, Tina King. 10 Coombe Lane BA4 5UX



Painted pebbles produced by the Creations group

Funny to think that, at the Battle of Hastings, Harold was defeated by Norman wisdom!



“You’ve Got A Friend” - The fragility of friendship - by Una McKillen

It was a gloriously sunny, summer afternoon and Helen and Jane were running stalls side by side at a charity summer fete that they had both helped to organise. Helen knew of Jane. She knew that she was a nurse and was soon to be married but this was the first time she had seen her in the flesh. Helen commented on the beautiful day and Jane replied, ‘I hope it’s the same this time next week’. Helen asked why and her answer was, of course, ‘I am getting married next Saturday.’

And so it began: their 22-year friendship, cemented by two completely different, but equally significant, and painful experiences. The one that did it for Helen was the time that she had carelessly put her neck out, needing pain-killers but decided on a boozy night out anyway at a village hall and decided to wander off for no apparent reason. At the end of the evening Jane took her friend back to her new, now marital home and the next day spent one of those precious shopping days before Christmas sitting with her in A & E until the collar was fitted. For Jane it was the meeting where the Chairwoman was bitchy towards her and Helen was the only person in the room who spoke up for her.

The friendship continued, through Jane’s moving further north and the births of her children and Helen’s moving further south, her marriage and the birth of her son. There was mutual support through the bad times: difficult births and post-natal depression; the deaths of Helen’s father and two close friends within a few months of one another; the time when Jane came upon a terrible accident and stopped to do what she could as she was a trained nurse, but the driver died and it haunted her.

There was mutual happiness through the good times: listening to 70s music in Jane’s cosy living room with Chinese food and Cinzanos; sitting in Helen’s garden until 3am, just talking, talking, talking; leisurely country walks on sunny, summer afternoons; invigorating country walks on chilly, winter afternoons; swimming sessions followed by picnics with the children; film nights and picnics in Oxford parks .

On Helen’s divorce, friends fell away but Jane remained loyal, including her in her couples-based social life: barbecues, summer fetes, swimming in an acquaintance’s pool, shopping trips. With time things did begin to change but Helen refused to see it. In her mind they would always be friends, of course they would.

(continued on next page)

Definition of a computer upgrade: Take old bugs out, put new ones in



A few years down the line from her divorce, Jane made the statement, "You are a good friend. You give a lot, but you also expect a lot" That barely registered with Helen, and it really should have. With hindsight, she could see that it was, as Neil Sedaka once sang, "the door closing on a world I now hunger for." The freezing out began with those words and was complete within a year.

So, there will be no two little old ladies reminiscing about that time in M & S in Stratford when Helen's skinny little son wriggled out from under the straps of the double buggy and ran off, causing both mothers to come close to heart failure; that perfect day on the beach with the children and the kites; that party where Helen had drank too much and Jane sent out a search party, picturing her friend lying in a ditch somewhere; or even that achingly beautiful Saturday afternoon in summer where they took their first, tentative steps towards friendship.

Una McKillen
Revised April 2026

THE AUCTIONEER

by Beryl P Trumper

The auctioneer takes up his stand
By microphone, gavel in hand.
We've viewed the lots, we've made our
choice
We find our seats, await his voice

"Goodmorning, now, who'll bid for that
Nice old fur cape, could it be cat?
A pair of curtains, blankets, socks
What other goodies are in the box?"

A fine Victorian jardiniere
Goes to a dealer sitting there.
Some records and a gramophone
Go to a man for his own home.

If people do not pay their debt
The bailiff's men go to collect
And then the auctioneer they hire
To find the goods another buyer.

Here the bargains can be found
A three piece suite for forty pounds.
Washing machines, a fridge as new
Will all be sold to me or you.

We have our flasks and biscuits there
I wish I'd found a softer chair.
The auctioneer with easy wit
Makes you forget how long you sit.

Four hours have gone, the tension rises
We've had some fun and some surprises.
A car is next along the list
A snatchback when the payments missed.

The room goes quiet, hardly a sound
"The bidding's at two thousand pounds!"
The bidders now command respect
We haven't got that kind of cheque.

The hammer drops, the car is gone
Some jewellery next, we carry on.
A passing sadness some things bring
Like the gold Edwardian wedding ring.

The sale is over, we queue to pay
I've gained on goods I sold today.
I've bought some china, a Persian carpet
To sell them on my stall in the market!

If you're not supposed to eat at night, why is there a light in the fridge?



Collett Park Day



Tina and Clare doing a grand job on the u3a stand,
Photo by John Law

What luck! The weather was simply perfect on June 13th for Collett Park Day, Shepton's biggest event of the year. There was music, there was food, there was masses to see and thousands of people, though it was never too crowded. The lovely thing about this event is that there is something for everyone, from bouncy castles to radio-controlled boats, burgers to plants to tea and wonderful cakes, dancing displays to fire engines.

Jane and Jim Morrison set up the display in front of their lovely gazebo, Tina brought sweets and homemade u3a keyrings, there were beautiful photographs for sale and nice u3a members to chat to, so one way or another, we managed to sign up 8 new members (free until September!) and gave out printed information to dozens more.

Thanks to all those members who gave up time to help spread the word about our lovely organisation!
Janet Sherwin

May Speaker Meeting with Higgy

Garden and Nature Photography

Planning your garden for photography



We were delighted to welcome Higgy for a return visit, with Mrs Higgy. This time he was showing us how to get good photographs without expensive equipment, of flora and fauna in the garden. You can plan your garden with a view to taking pictures in it, and the greater the variety of plants you have, the more wildlife you will attract.

©Somerset Wildlife Photography

Having native flowers like the Welsh daffodil, leaving seedheads on for birds, planting runner beans for their red flowers, leaving berries for birds and butterflies, putting up insect and bird boxes, feeders and a dish of water, are some of his tips. Of course, a pond is a great addition as it will attract newts, frogs and dragonflies, and birds will come to drink or bath.

When taking photographs, have the subject off-centre and moving into a space, focussing on the eye if it's a bird and making sure light is on the subject. Try close-ups sometimes; mobile phone cameras have a special setting for that. And be adventurous with angles. Higgy once lay in a puddle for two hours to get a photo of a turnstone, though probably most of us wouldn't go that far!

It was a really interesting talk, illustrated with beautiful photos of course.

Thank you Higgy, and thank you Jane M for organising it.

Article by J Sherwin

Garden features to attract wildlife Add a perch..



©Somerset Wildlife Photography

June Speaker Meeting

Books Beyond Words with Beth Webb

Beth is a local author who illustrates books for children and young adults. She also illustrates books for people with learning disabilities, to help them understand difficult life situations such as going to the dentist, having an operation, or a loved one dying.

If you are not able to read normal books, or understand official information sheets, situations like these can be terrifying. When people are afraid and confused, their behaviour can become problematic.

Pictures can show emotions and good ways to deal with them, calm fears and give basic information. The Books Beyond Words range includes titles such as Ann Has Dementia, Falling in Love, Going Into Hospital and When Mum Died. Books can be bought online. There are also Beyond Words Book Clubs where groups of people meet to share the books and discuss them.



Beth with some of her books

Beth was an excellent speaker and her work was a revelation to most of us.

J Sherwin

My friend was engaged to a man with a wooden leg, but she broke it off!



Round and about our various activities



Deep thought at bridge group
Photo by Jenny Short



Clare in action at skittles
Photo by Sue Lord



Maggie strikes back at table tennis
Photo by Jenny Short



Barbara and Mary at Dobbies coffee morning
Photo J Sherwin

"I hear you missed school yesterday!"

"Not a bit!"





Tina, Barbara and Anne engrossed in their Creations

Photos by Jenny Short



Art group members listen attentively to a talk on using watercolour paints by Jan Duffin. Unfinished work in foreground by Janet Jarvis
Photo by J Sherwin

Jan Duffin explains the technicalities.
Photo by J Sherwin

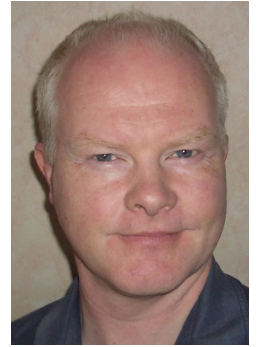


"Why won't you give your husband a divorce?"
"What? I've lived with him for 20 years. So I should make him happy now?"



Meet the People - Jim Morrison

I began life as **James**, but even as a young boy I decided the name didn't quite fit. It sounded a bit formal for someone who preferred climbing trees and taking things apart to see how they worked. So I switched to **Jim** - shorter, friendlier, and far more in line with my personality. Once I made the change, that was it. No going back. When you choose a shorter name, you're streamlined for life.



At seven, I was sent to boarding school until I was ten. It wasn't exactly the adventure storybooks promised (Jennings Goes to School). More "character building" than "midnight feasts." Still, I learned resilience, independence, and how to survive. Time away from family love and support though is not a good thing!

In my early teens, my mum passed away, and my dad suddenly had five children to raise — four daughters, one son, and a household full of emotions. He was strict, but he taught me invaluable things: DIY, problem solving, and the ability to look at something broken and think, "I can fix that." Those skills have served me well.

And it is true that you don't fully appreciate your parents until you have children of your own!

My early career was built through apprenticeships and day release training, which eventually led me into Quality Assurance Engineering. I worked my way up to a senior role, proving that persistence, curiosity, and a willingness to ask "Why does this do that?" can take you far.

In my early adult years, I tried to look confident, but inside I was about as socially secure as a wobbly garden table. I worried far too much about what people thought of me. Age brings wisdom, and now I've realised most people aren't thinking about you at all — and even if they are, it doesn't matter. These days my focus is on kindness, happiness, and enjoying life without overthinking every moment.



Then came **Jane**. We met through a dating agency — cutting edge stuff at the time! Jane had a confidence and zest for life that pulled me out of my shell like a tortoise being coaxed out with lettuce. Together we built a strong, loving bond, raised two wonderful sons, **Samuel** and **Nathan**, and now enjoy three brilliant grandchildren.

Jane and I love exploring the UK in our touring caravan, discovering new places and enjoying simple pleasures.

If life has taught me anything, it's this: **be kind, be curious, avoid vexatious people, and always appreciate the journey.**

Support bacteria—they're the only culture some people have.



June Quizzing at the Shrubbery



Shall I give them a point for that or not? Quiz mistress Jane ponders...

Jane Morrison produced a really excellent set of questions for the June meeting of Quiz Group. She delighted us with her singing of first lines of pop songs to help us remember the titles, and floored us by requiring us to guess the Ikea item, given the list name for it! Who would have thought that a Busenkel is a mat??



Barbie, Mary and Keith think they got that one.

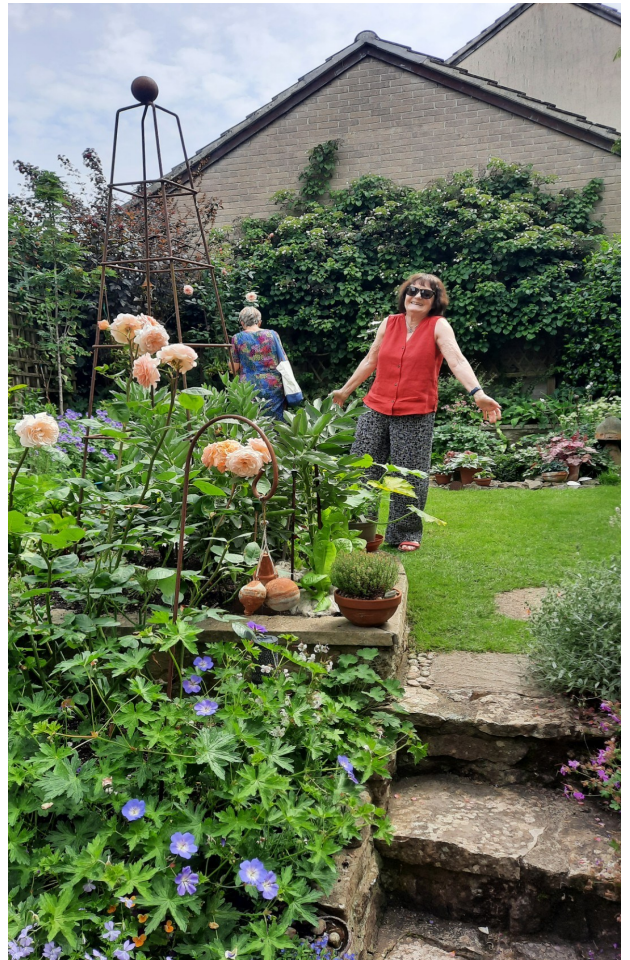
Anyway, the winners were Sue, Claudine and Tony.



Cathy, Janet M and Janet S add up their score .

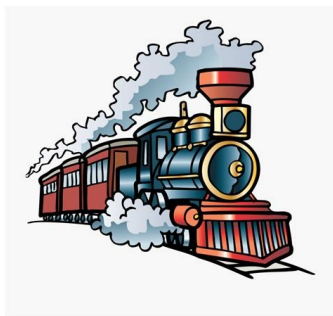
Open Gardens Day June 14th

Here's member Wendy Williams in her beautiful garden, which she kindly opened to the public for the third year. Wendy moved here in 2008 and has worked very hard to create this small sanctuary crammed with interest. The south facing back garden contains terracing and crumbling stone walls, also a mature Rowan tree and a climbing Hydrangea. Wendy has added more flower beds, two ponds, trees, many shrubs, perennials, vegetables and two greenhouses. She has tropical plants in pots, such as cannas and succulents. The front garden is gravel, with shrubs, perennials and hostas. Well done Wendy!



Why is there an expiry date on sour cream?





Railways Group trip to Swanage

The railway group organised an outing to the heritage railway at Swanage. The ten mile branch line ran from Wareham and was opened in 1885 after 40 years of campaigning by a local businessman. It provided a connection to the London to Weymouth main line bringing hundreds of holiday makers to the beaches at both resorts. Passenger numbers started to decline in the 1950s as the motorcar gradually became the common mode of transport. The line finally closed in 1972 and British Rail lifted the seven miles of track between Swanage and Corfe Castle.

The Swanage Railway Company was formed shortly after closure and after several years of campaigning the local council gave them a one year lease on the disused station. They were then allowed to lay a few hundred yards of track and in 1979 operated a small diesel shunter pulling a 1940s single carriage. Over the next 16 years the line was slowly extended and in 1995 they had reinstated it to its present day route from Swanage to Norden.

Eager to reinstate the branch line to its former glory it was connected to the 3 miles of track that was never lifted and still owned by British Rail running in to Wareham and in 2007 main line trains from London could again run direct to Swanage.

We caught the train at Norden and at Swanage the railway organised a representative from the Railway Society to meet us. He gave us a very comprehensive talk about the long road and obstacles the society has had to overcome from its beginning to the present day. The Flying Scotsman will be visiting in October.

It was an excellent day out!

Paul Roberts



Last night I dreamed I had to make a thousand pancakes...
I was tossing and turning all night.



A BIRTHDAY CELEBRATION - a story by Una McKillen

Jenny's 30th Birthday is to be celebrated in style. She has decided on a pink-themed garden party at her parents' home followed by a meander round Minster Lovell, and drinks and supper by the river. Annie is invited but is undecided. She is Oxford born and bred so definitely "town" and she thinks this day sounds a bit too Oxford "gown". She knows this is this is inverted snobbery and likes Jenny so decides to accept the invite.

Annie is in a beautiful garden in The Cotswolds, wearing a pink skirt and pink blouse. She has entered further into the spirit of the occasion by bringing pink champagne. The food is delicious and very pink, ending, naturally, with strawberries and cream. She has met some new, interesting people, sipped champagne and tasted Damson Vodka Spritzer for the first time. To her own surprise, she has had one of the most enjoyable afternoons of her life and the day is far from over.

After the party the group is driven to the pretty village of Minster Lovell. Annie has come here a few times and believes it to be a magical place. She loves the peace and tranquillity of the setting, the wooded area, the crystal-clear waters of the river and the rather eery atmosphere created for her by the Hall's fascinating history. She has read that Francis Lovell's father had fought for the House of Lancaster during the Wars of the Roses but Francis himself had been brought up a Yorkist and had fought on the side of Richard the 3rd at The Battle of Bosworth. He had also supported the Lambert Simnel uprising. That personal story seemed to encapsulate the complex loyalties of those turbulent times.

While Barbara studies the gargoyles and fan-light tracery in the entrance hall Annie continues to be amazed that the lay-out of the rooms allows her to visualize the way the Hall had once been. She is gripped too by the story of workmen in 1708 finding a secret chamber with two skeletons: a man seated at a table with the dog at his feet. The man was probably Francis Lovell, who had hidden in the chamber after the Battle of Stoke Field, his presence there known only to one faithful servant, who had died, leaving Francis and his faithful dog to their gruesome fate.

The group come back together for a picnic by the Windrush River. There is vodka (neat with no pink in sight), wine, soft drinks and various nibbles. They chat desultorily but the prevailing mood is contemplative. For Annie, the companionship, low murmur of voices, and the chiming of church bells in the distance create a mood of utter contentment; just living in the moment, which is rare for her. The group stays there as the sun goes down in a glorious technicolour blaze, and twilight becomes night. They linger even as the light becomes just a faint glow from the moon. Too soon it is time to go home.

(continued on next page)>

25 years later these friends and colleagues are but a distant memory for Annie, apart from Barbara, whose recent sudden death has filled her with a deep sadness. The memories triggered keep returning her to that secluded spot she has not visited since that day. She hopes that this is one place that the 21st century has not touched. If she went back, the history buff in her thinks that she could partially be honouring the memory of a man who had loyally fought on the wrong side at Bosworth.. History aside, Annie wants to re-trace her steps because that day a quarter of a century ago, filled as it was, with easy companionship, generous hospitality and beautiful, evocative places, lives on in her memory as one of the most perfect of her life. Should she go back? She would be honouring Barbara's memory too. On the other hand, maybe she should leave it all where it is now; golden in her memory.

Revised April 2026

CLOUDS AND SUNSHINE by Barry Holmes

*If you ever look up in the sky
And see white clouds go drifting by
You'll know the weather's set to Fair
And somewhere sunshine's hiding there*

*But if the clouds are dark and grey
Then there's a chance rain's on the way
And it would be the height of folly
To venture out without your brolly*

*Tho' it's nice to see the sky all blue
With sunshine pouring down on you
But don't forget if you're a 'chancer'
Rays ultra violet can cause Cancer*

*So never look straight at the sun
Unless you've special glasses on
And spread that suntan cream all over
Or you might end up with a melanoma.*

I went to a bookstore and asked the saleswoman, "Where's the self-help section?" She said if she told me, it would defeat the purpose.



Photography Group

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



Gill Pitman—Hauser and Wirth garden



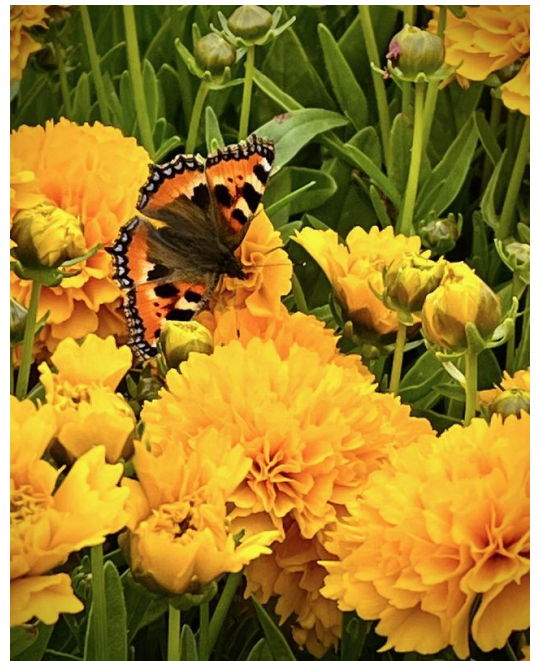
Barbara Voules—Mells phone box



Neil Houghton



Cecelia Dargie



Beverley Prestidge

One word is worth a thousand pictures—if it's the right word! - Edward Abbey



HAIKUS AND LIMERICKS

By Una McKillen

Inspired by song titles:

"Take Good Care of My Baby"

Blue Bunny beside her,
Encircling arms around her
Love must keep her safe.

A strapping young fellow from Hale
Liked more than one glass of pale ale.
One night on the razzle
He failed to bobby-dazzle
And now he's out on police bail

"Slipping Through My Fingers"

That boy, that school bag.
My boy, smaller than his bag
Slipped quietly through.

A coy young lady from Welling
Had looks that were rather compelling,
But as she grew old
Men's stares became cold.
She's no longer kissing and telling.

"She's Not There"

She was there, he knows
Once upon a perfect time,
Now it's a past time.

A stout young lady from Pinner
Was determined to be much thinner.
She took up loud singing,
Lace-making, bellringing,
All ways of avoiding dinner.

"Paper Roses"

No handfuls of thorns,
Beautiful in a display.
Close to the real thing.

A delightful young lady from Settle
Had the sweetly apt nickname of Petal.
Oh. How she loved flowers
And could while away hours
With roses, teacups and a kettle.

"Love is a Rose"

Beauty on a stem
Soft and sometimes heady,
Brief, blazing glory.

"Eleanor Rigby"

Shadowing others' lives,
Waving from her closed
window,
All she wants is love.

When she saw the man from Atlanta
She envisaged some cheery banter.
While crossing the street
Her heart skipped a beat
But he was sadly a foul-mouthed ranter!

"Early in The Morning"

Mellow morning sun
Foggy dew between the toes,
Sometimes life is good.

I don't trust stairs—they're always up to something....



MAY Short Walk – with sheep shenanigans!



Photo by Veronica

This was a 3 mile walk from The Crossways in North Wootton, up Folly Lane to a footpath that took us across fields, where we stopped to look at the view of Glastonbury Tor and pose for a photograph. Next we came down Stoodly Lane where there were three sheep loose. We spent some time trying to get them back into their field and eventually managed to persuade the mother and lamb to go back in.

However, the third one set off down the lane in front of us at a stiff trot.

We worried that it would get onto the main road but after a while it disappeared so we thought it was safe. We turned left on a bridleway beside a pretty stream, back towards North Wootton. Then we rounded a bend and there was our woolly friend again! Just at the edge of the village it turned into a driveway and headed into a field, so we guessed it would somehow find its way back to the flock.

Sheep aren't as daft as they look, as you will know if you have seen the recent film "The Sheep Detectives"! We finished up with coffee and cake at the Crossways.



Veronica Foley and Janet Sherwin

Longer walk Monday 1st June

Mary and John took the walking group on a very local 4.5 miler from the Wagon and Horses via Hurlingpot Farm to the hill overlooking Shepton with splendid views, and back up the Roman road and Boulters Lane. Most stayed for lunch where the Monday £10 menu was popular.



Heard about the new corduroy pillows? They're making headlines!



18th May longer walk

We started in Cheddar at bottom of the gorge. After a short walk up a lane we had a steep ascent up to Mendip plateau stopping en route to go up Pavey's Tower (see front page) and Pulpit Rock for views over the levels and the gorge. We encountered a lot of feral goats on the way. We then veered away from the gorge over meadows then through two nature reserves before returning by a gentler descent to Cheddar where most of us enjoyed lunch and a drink at the Riverside Inn.



Goats of the Gorge

Photo by Jim Morrison

15th June longer walk

Our 5 mile walk started at The Bell Evercreech. The walk then took us through the pretty village of Stoney Stratton then onto Spargrove, passing what was the Parfitt family dwellings, a large Quaker family from the past. Then onto St James Church in Milton Clevedon, where we were fortunate to be able to take a look inside. Crossing the B3081 the walk continued to Lovely Farm and finally Rodmore Dairy Farm before heading back to the Bell for lunch.



Martin Davidson

Some stride out....others have a chat!
Photo by Jim Morrison

After the church service, a little boy told the pastor: "When I grow up, I'm going to give you some money."
"Well, thank you," the pastor replied, "but why?"
"Because my daddy says you're one of the poorest preachers we've ever had."



WANTED...

NEW COMMITTEE MEMBERS!

We need new people to join the committee. Can you do this for our thriving u3a group? We meet monthly for a couple of hours to review and plan. Most of us have a particular responsibility and it helps to be computer-literate!

u3a
learn, laugh, live



**Please
step up
by 23rd
July!**

Shepton Mallet u3a is growing and developing but we need volunteers. There are no paid jobs! The future is looking good.

*Can YOU be part of it? We need a new **Chair**, **Groups Coordinator** and **Publicity Officer**, plus ordinary committee members.*

Nomination forms are being sent out.

*Or ring Janet for a chat
01749 344627*



Once over the hill, you pick up speed!



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!

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.

Found Poetry is a form of poetry art that uses existing text or 'found' words to create new poems. An environmentally conscious form of word recycling! We will use existing texts from books, newspapers and other printed materials in this fun, experimental workshop led by Polly Hall. You will learn how to create your own 'found' poetry from printed words using different techniques such as redaction or cut-out.

5th November - Ian Morton from the SS Great Britain

Ian's talk tells the remarkable story of the ship's journey from an original idea of a "seamless steam powered journey from London to New York" through the ship's design, construction, led by Isambard Kingdom Brunel and the different phases of her working life. It also describes her remarkable salvage, return to Bristol in 1970, and finally restoration and preservation.

3rd December - Annual Christmas singalong and festivities!

Jane Morrison

I asked the librarian if the library had any books on paranoia.
She whispered, "They're right behind you."



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.

Did you hear about the angry pancake? It just flipped!



SHEPTON MALLET u3a MONTHLY ACTIVITIES TABLE 2026

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

Additional Groups/Events with variable timings/locations:-

<u>Railway Group</u> -	Paul Roberts	- various meetings and outings
<u>It's All In The Genes</u> -	Jane Morrison	- ancestry for all
<u>Skittles</u> -	Jane Morrison	- food and fun - look out for an email invitation
<u>Solos Group</u> -	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

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learn, laugh, live



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

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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.