



From the Chair

Hello everyone,

Just a very short “hi” from me to wish you happy holidays, whatever that means for you. The summer seems to be lasting forever, which is lovely, as time usually rushes past before I have had a chance to look!

It has been good to see so many people at the coffee mornings, with new people joining us all the time.

Many groups have “broken up” for the summer. I like this. It is perhaps a throwback to my time as a teacher when summer meant a break from education! I love the groups of which I am a part, yet enjoy having a clear diary and doing things on the spur of the moment.

Whatever you are all doing, happy days, and see you all in the autumn.

Best wishes

Janie Davis



Forthcoming Events

10th September 2026

2.00 pm

Social Meeting:

**‘Aggie’ – The life and adventures of ‘Dame Agnes Hunt’
- Alison Utting**



Agnes Hunt began writing her life story to amuse Sir Robert Jones in his last illness; nothing less would have persuaded her to put pen to paper. Her story is astounding. Crippled with multiple complex disabilities herself, she refused to let limitations of health or gender define her. Seen as ‘too young and much too lame’ for the nursing profession, she was to go on to co-found one of the most prestigious hospitals in the world and establish the practice of orthopaedic nursing.

From Shropshire to Tasmania, from Aggie’s indomitable mother to a boisterous escaped patient, follow Aggie’s adventures as Alison brings this incredible story to vivid life. Scattered with enjoyable characters and almost unbelievable events, both tragic and hilarious, this performance is one to remember.

Venue: [United Reformed Church Hall](#)

28th September & 26th October 2026

10.00 am

Coffee Hour with Church Stretton u3a



Please drop in to chat with a u3a member about our current interest groups, our social meetings, becoming a member, or just join us for coffee. If you've got an idea for a new group, come along for some advice on how to make it happen. Open to current, new and prospective members.

Venue: [Health and Wellbeing Centre](#)

Group News

• **Shropshire Pub Lunches**

There are currently two groups:

Group 1 – meets on the 2nd Wednesday of the month and led by Mike Cottrell.

Group 2 – meets on a Thursday, led by Pat Holbourn-Williams.

Nigel Jackson has volunteered to coordinate a third group, who will meet on the 4th Wednesday of the month. Seven people have already expressed an interest in joining. If you would like to join this group, please contact Nigel at nigel_jackson@yahoo.co.uk. Once Nigel has received responses, he will be in touch with you to set up the first lunch.



• **New Jigsaw Puzzle Group**

Would you like to join others and do jigsaw puzzles? Want to have a go at Puzzle Chess? There will be a selection of puzzles of 50-500 pieces to do, alone or with others...whatever can be achieved in about 2 hours. If you want to bring your own bigger puzzle, it would be best to bring your own board to take it home with you.



Starting in September, the group will meet on the first Thursday of the month, 10.00am - 12.30pm in the Jubilee Room at the Mayfair Community Centre.

Cost will be around £5 each per session, depending on numbers. Tea and coffee can be provided for an extra £1 per head, alternatively we can bring our own refreshments.

Initial dates will be September 3rd, October 1st and November 5th.

Please contact **Rachel** at rachfl@yahoo.co.uk if you are interested, stating whether or not you would want tea and coffee provided.

- **New French group this Autumn?**

Our long-standing group has been full for a while and we have a few people on the waiting list. We now have a potential volunteer to coordinate a second group. If you would be interested in joining, please contact Ruth Dudley: e.ruthdudley@btinternet.com and we will be in touch.



 Current Groups:

Here are details of our current groups. Most will take new members, but please visit our website for up-to-date information.

Group

Art
Art History
Basic Spanish
Book Group
Bridge
Cryptic Crosswords
Family and Social History
Folk Music Appreciation
French – Rusty
Friday Walking
Hill Walking
Mahjong
New Experiences
Philosophy
Poetry Appreciation
Popular Music
Scottish Country Dancing
Shropshire Pub Lunch 1
Shropshire Pub Lunch 2
Singing for Pleasure
Tai Chi
Writers' Group 1
Writers' Group 2

Coordinator

Mary Linkie
Sue Toghill
Andy White
Susan Lees
Eric Brown
John Bennett
Pauline Lockley
Tess Moore
Jean Cuthbert
Carol Lyons
Roger Spittles
Peter Toghill
Dave Lyons
Ann Rogers
Dianne Lightbound
Steve Moore
Alison Bradley
Mike Cottrell
Pat Holbourn-Williams
Ru Trew
Lesley Dench
Lesley Dench
Jenny O'Shea

Why not start a group with a subject that interests you, and get together with others who would enjoy sharing and learning more about your interest.

Please contact our Groups Coordinator, via the website address for information, help, and advice.

Questionnaire

We have been asked if any u3a members would be willing to take part in a confidential questionnaire.

Version/Date: V1.0, 23.03.2026

OLDER ADULTS NEEDED FOR RESEARCH!

We are looking for older adults (age 60+), either **with or without a diagnosis of Parkinson's Disease**, to take part in a study that will ask about aspects of psychological wellbeing and worries about others.

You will be invited to complete a **single set of questionnaires online** (or by post if preferred).

The results of the study will be used to better understand these experiences in older adults with Parkinson's Disease, how this compares to the general older adult population, and what interventions might be helpful for supporting wellbeing.

Want to take part or get more information?
VISIT:
<https://tinyurl.com/onlineSurvey123>
OR EMAIL
lauren.cash@psy.ox.ac.uk
OR CALL 07775546457 Or scan this QR code!

Study Poster
Parkinson in Older Adults with Parkinson's Disease Compared to a Control Group
Chief Investigator: Lauren Cash

Version/Date: V1.0, 23.03.2026
RA3 Project number: 304085
REC Reference number: 2016/0053

My name is Lauren Cash and I am a Trainee Clinical Psychologist at the University of Oxford. As part of my doctoral research, I am conducting a study exploring experiences of worries and paranoia in older adults with and without Parkinson's disease.

The study involves participants completing a short anonymous questionnaire, which can be completed either online or by post. Thank you for your support.

The direct link to the online questionnaire is:

<https://tinyurl.com/onlineSurvey123>

For anyone who would prefer to complete the questionnaire by post, they are very welcome to contact me by email at lauren.cash@psy.ox.ac.uk and I will arrange for a paper copy and prepaid return envelope to be sent to them.

Best wishes

Lauren Cash

*Trainee Clinical Psychologist (2nd year)
The Oxford Institute of Clinical Psychology Training & Research
Oxford Health NHS Foundation Trust / University of Oxford*



Events Diary 2026

Date	Event
10 th September	- Social Meeting: 'Aggie' - The life and adventures of 'Dame Agnes Hunt' - Alison Utting
28 th September	- Coffee Hour with Church Stretton u3a
26 th October	- Coffee Hour with Church Stretton u3a
12 th November	- Social Meeting: 'A Fighter Experience' - talk by David Lyons and Malcolm Phillips
23 rd November	- Coffee Hour with Church Stretton u3a

-  10.00am, Health and Wellbeing Centre
-  2.00pm, United Reformed Church Hall

Policies and Procedures

One of the benefits of belonging to Church Stretton u3a is the insurance cover that the Third Age Trust holds for members taking part in branch and group activities. The Third Age Trust also advises on Mandatory and Recommended policies and procedures for u3as.

Ever since Church Stretton u3a started, group coordinators have been aware of the **Health and Safety Policy** and the need for **Risk Assessment**.

For quite a few years now, we have had **Data Protection** and **Privacy** policies in place. Church Stretton u3a has recently registered with the Charity Commission... lots more forms and policies to contend with!!!

Through the hard work of your committee we now have an additional 4 policies in place, written with CS u3a in mind.

These are:

- Safeguarding Policy
- Equality, Diversity and Inclusion Policy
- Complaints Procedure
- Reserves Policy

All of our policies can be found on the website: <https://churchstretton.u3asite.uk/u3a-policies/>

Keep in Touch

You can keep in touch with Church Stretton u3a news and events as follows:

- **Our Website** - <https://churchstretton.u3asite.uk/>
- **Church Stretton Community Messaging service:**
communitymessaging@strettonfocus.co.uk

(Email the address above to register)



Church Stretton u3a

National and West Midlands:

There is a wealth of news and information about u3as across the UK – with 1,000+ u3as and over 450,000 members.

These two websites will give you access:

u3a.org.uk/ (National)

u3asites.org.uk/west-midlands/home (Regional)

Also - The u3a national newsletter for *Friends of u3a* is filled with information, stories and advice from across the u3a movement.

Sign up at u3a.org.uk/news/newsletter to receive regular news direct to your email inbox throughout the month.