

CLEEVE CLARION

Bishop's Cleeve u3a

No. 116

8 September 2026 to 9 November 2026



Phone: 0300 102 4559

Member-led learning groups and activities for those retired
from full-time work

Chair's Clarion Call

Urgent AGM appeal: At our November AGM, members will vote for committee roles, and we urgently need volunteers for Treasurer and Vice Chair. The Treasurer role is essential under our Constitution; without one, the group cannot continue to operate. If you can help secure the future of Bishops Cleeve u3a, please contact a committee member as soon as possible.

Open Meetings: We meet at 2:30 pm on the 2nd Tuesday of each month at the Tithe Barn, Bishop's Cleeve. Free refreshments follow the talk. Prospective u3a members may attend one meeting before joining. Please note that at the next Open Meeting on 8th September David Elder will speak on 'Cheltenham's Remarkable Buildings'. David developed an interest in Cheltenham's history after moving to the town for work in 1990. Since then, he has written several books and articles about Cheltenham and the surrounding area, as well as plays inspired by local historical events.

Upcoming events: Please visit our website for full details and booking information.

Ayrshire coach holiday: 27 September to 1 October; a small number of spaces remain. Contact Val Hayward for details and booking information.

Showcase: 13 October; open to anyone interested in Bishops Cleeve u3a and a chance to discover what our interest groups do.

These events receive excellent feedback, so please check the details and book early where required.

Groups and volunteering: Members are encouraged to join group activities, consider leading a group, and share ideas for promoting Bishops Cleeve u3a locally.

Several newer groups are developing well, although some still need more members. Please contact Group Leaders directly to find out more or register your interest.

Gill Scott's new 'Current Affairs' group has proved popular and is now full. If there is enough demand, perhaps another member would consider setting up a second group.

French Conversation 3: led by Mike Reddy; new members welcome.

Meditation and Mindfulness: led by Steve Brisk; new members welcome.

Play Reading 3: led by Richard Robey; new members welcome.

If you would like to start a group, please speak to Richard Gaul, who can guide you through setup and management.

We need a few more helpers for events such as the Open Meeting. Tasks include setting up and putting away chairs, preparing refreshments, and serving them. If you can help, please contact the RUMS Co-ordinator, Chris Larkin, on 0300 102 4559 (Option 5), or speak to Chris at a meeting. RUMS stands for Really Useful Members.

Stay curious: explore new interests and expand your knowledge through u3a's free online talks, workshops, and courses, listed in the Events section of the Bishops Cleeve website — follow the 'Online Learning Events' link. Led by members or guest speakers, these sessions are open to you—sign up and start learning today.

It is wonderful to see so many of you booking the outings, holidays, and events on offer. Travel, discovery, and learning enrich us throughout life. On behalf of myself and the Bishops Cleeve u3a Committee we encourage you to '**Learn more, laugh often, and live well**'.

Mike

Do you do online shopping?

I'm sure most of us do these days. If so, as part of that, you will have gone to a website, clicked on some icons or links while looking for what you want, then filled in a form with your name and address.

Guess what: that's most of what I do as Treasurer. But it's easier for me (and my successor) as I've written a manual detailing exactly what website to go to, what icon or link to click on and what details to enter where.

I've been Treasurer now for five years so, in accordance with our constitution, I have to stand down at the AGM in November. That means that we are on the hunt for my replacement. If we can't find one, the u3a will have to close and all groups will cease to meet, so this is very serious.

If you would like to know more, or would like to suggest someone else who might fit the bill, please give me a call on 0300 102 4559 (option 3) or talk to me when you next see me (or anyone else on the committee).

Simon

Open Meetings

July

At our July meeting, George Ellis MBE gave us a most interesting and thought provoking talk on the Russia/Ukraine war. He covered in great detail the history leading up to the conflict from as early as 1241, over the years when boundaries were forever moving, nationalities changing due to alignments with neighbouring countries, and more wars than would seem possible up until modern times. Some of the detail regarding map changes was hard to follow as names of places changed so often. Our speaker felt that the various governments involved directly and indirectly were often not sure of the true state of affairs on the ground and it was hard to know who to believe. However, we were all left with the frightening thought that this conflict is as close as we have been to the use of atomic warfare, something most would have thought and hoped impossible after WWII. There were numerous questions for our speaker which Mr Ellis answered using his 43 years experience as an intelligence officer with Russian expertise. It was frustrating to think how little we have been able to do to change the course of history over the years.

August

It was time for our fun quiz and cream tea at the August meeting and for the second year running we had to deal with the temperature a lot higher than is comfortable. The meeting still went ahead with 16 full tables of 6 members taking part plus a few extras to run the quiz and help in the kitchen. The quiz was run by myself with Simon Waller in charge of the screen. It looked at first as though we had a draw for the very first time, 37 points but the team containing our very own Chair claimed an extra half point and were awarded winners. In view of the close finish, it was thought a picture of both teams should appear in the Clarion. Remember, it is all for fun with some interesting facts coming to light so it is hoped no one cheated. The cream tea was served at half time, ably accomplished by the refreshment team and a few others who volunteered their services. Many thanks to all who helped from putting out the tables and chairs to clearing up at the finish. I hope everyone had an enjoyable afternoon.

Valerie Hayward



The winners!

The very close runners up!



u3a Festival 2026

In July, 1000+ u3a members from across the country gathered at the University of York for the second u3a Festival. Amongst them were five from Bishops Cleeve u3a.

Johnny Ball, the children's TV presenter and populariser of maths, cut a ribbon to open the Festival. Across three days, over 120 activities took place covering sport, music, art, history, science, and learning, almost every activity being led by members sharing their expertise. There was a range of talks as well as interactive workshops plus evening entertainments.

We stayed on the campus in student accommodation which was clean and functional, the inclusive buffet breakfast giving the choice of continental style or cooked breakfast. For the evening meals there was a choice of 3 main courses, one being vegan.

Mary had a tour of the STEM Learning Centre which provides development and training for primary and secondary school science teachers. It also manages an on-line archive of learning materials and has physical copies of STEM (science, technology, engineering and mathematical) resources. She listened to talks about memory and ways to de-stress our lives, and took part in an AI workshop learning how to use generative AI such as CHATGPT to create pictures, convert speech to text etc.

I started the Festival by listening to a flute choir then went to hear Johnny Ball talk about his life and career. Other talks I attended included one about the Bayeux Tapestry, a history of shoes, lives of Australian convicts, and a humorous talk from an author. I took part in three workshops: slow stitching with a seaside theme; painting for beginners where I learned how to paint a simple landscape using acrylics and shirin-yoku which is more commonly known as forest bathing.

Other activities available to try included handbells, laughter yoga, a walking cricket tournament, pickleball, and a demonstration of an AI flying instructor. For the more adventurous there were trips to York to visit either York Minster or the Railway Museum, or to explore the snickelways. In the evenings there was



music and quizzes. On the first evening several of us went to see Juke Box Jury (based on the sixties TV program); Mary was one of the jurors. There was ample time to meet “u3a strangers” whether in workshops, while waiting for talks or over a coffee. It was a very enjoyable few days.

Jenny Waller

Online Learning Events

u3a members can access a wide range of free online talks, workshops and courses through their membership. Most sessions are led by fellow members, sharing their expertise, with additional talks from notable speakers and organisations.

Book at <https://www.u3a.org.uk/what-we-do/events/educational-events>

September

- **9 September** — Laughter Yoga
- **11 September** — Drones – What Are They Good For?
- **14 September** — Exploring World Faiths: Faith and Gratitude
- **15 September** — Introduction to Cryptic Crosswords
- **16 September** — Life in Your Smallest Rooms
- **17 September** — The Titanic Sails at Dawn – Punk in the 1970s
- **21 September** — Secrets of the Human Brain: Sleep and Dreams
- **22 September** — The Enchanted Archipelago – A Journey Through the Galapagos
- **24 September** — Promoting Brain Health – From Evidence to Action
- **25 September** — AI News: Four Years of AI Chatbots
- **25 September** — Live Cookery Demonstration – Try Something New
- **29 September** — Experimental Brain Research

October

- **1 October** — Mods versus Rockers: A 1960s ‘Moral Panic’?
- **5 October** — A History of the World According to Sheep
- **6 October** — Flight Inspirations: Early Aircrew Training
- **6 October** — First Light: The Formation of the First Stars, Black Holes and Galaxies
- **8 October** — Darkness on the Edge of Town: Bruce Springsteen and the American Dream
- **9 October** — On the Threshold of a Dream
- **12 October** — Introducing AI and AI in Scotland

In Case of Emergency (ICE) on your mobile phone

If something happens to you—such as a fall or sudden illness—emergency services or a passerby may try to use your mobile phone to find out who to contact.

Most modern phones have a special feature called **ICE – In Case of Emergency**. This lets you store emergency contact details (and sometimes medical information) that can be seen **even if your phone is locked**.

You don't need to be “good with technology” to do this—just follow the steps slowly, one at a time.

1. What is ICE?

ICE stands for **In Case of Emergency**.

It usually includes:

- **Emergency contacts** – people you want called (for example your partner, child or neighbour).
- **Medical information** (optional) – such as allergies, medicines, or conditions.

This information can be seen from the **lock screen** (the screen you see before you enter your PIN or fingerprint), so that:

- Paramedics
- Hospital staff
- Or someone helping you

can quickly find the right person to call.

2. Before you start

Have these things ready:

- **Name and phone number** of one or two people you trust.
- Any **important medical details** you want to share (for example: “Allergic to penicillin”, “On blood thinners”, “Diabetic”).

You can always change or remove this information later.

3. Setting up ICE on an Android phone

(Your phone may look slightly different, but the steps are similar.)

Add emergency information

1. Open the **Settings** app (usually a little cogwheel icon).
2. Scroll down to find **“Safety & emergency”, “Security &**

emergency” or “Emergency information”

- Tap on it.
3. To add **emergency contacts**
 - Look for **Emergency contacts**.
 - Tap **Add contact**.
 - Choose a person from your contacts list (for example, your partner or child).
 - You can add more than one if you like.
 4. To add your **medical information** (optional)
 - Look for **Medical information** or **Medical info**.
 - Tap it and fill in anything you want emergency staff to know.
 - Keep it short and clear.

Check it works from the lock screen

1. **Lock your phone** (press the power button).
2. Wake the screen (press the power button again), but **do not unlock it**.
3. On many Android phones you will see **“Emergency”** at the bottom of the screen (you may have to swipe upwards first).
 - Tap **Emergency**.
 - Then tap **Emergency information** or similar.
4. You should now see your **emergency contacts** and any **medical info** you added.

If you can see it, then emergency staff will be able to see it too.

4. Setting up ICE on an iPhone

Use the Health app (Medical ID)

1. Open the **Health app**
 - Look for the white icon with a red heart.
2. Open your **Medical ID**
 - Tap your **profile picture or initials** in the top right.
 - Tap **Medical ID**.
 - Tap **Edit** (usually in the top right).
3. Add your **medical information** (optional)
 - Fill in any details you want to share: conditions, allergies, medicines, blood type, etc.
4. Add **emergency contacts**

- Scroll down to **Emergency Contacts**.
 - Tap **Add emergency contact**.
 - Choose someone from your contacts list.
 - Select their relationship to you (e.g. “Spouse”, “Friend”, “Daughter”).
5. Allow access from the **lock screen**
 - Make sure **“Show When Locked”** is turned **on**.
 - This allows emergency staff to see your Medical ID without unlocking your phone.
 6. Tap **Done** to save everything.

Check it works from the lock screen

1. **Lock your iPhone** (press the side button).
2. Wake the screen, but **do not unlock it**.
3. On the lock screen, tap **Emergency**.
4. Then tap **Medical ID**.

You should now see your **emergency contacts** and any **medical information** you added.

5. Tips for choosing emergency contacts

- **Choose people who usually answer their phone.**
- Tell them:
 - That you’ve added them as an ICE contact.
 - What information you’ve shared.
- Keep their phone numbers up to date in your contacts.

6. A gentle nudge

Setting up ICE takes about **5–10 minutes**, and you only need to do it once. It’s a small job that could make a **big difference** in an emergency—for you, and for the people who care about you.

If you like, you could:

- Ask a friend or family member to sit with you while you do it, or
- Help each other set it up at a u3a meeting.

"After many happy years with the **Singing for Fun group**, I have reluctantly decided to end my membership due to health reasons. I have greatly enjoyed being part of such a friendly and welcoming group and would like to thank everyone for their friendship, support and companionship. I shall miss you all and send my very best wishes for the future."

Frances Yiend

Have you noticed that the lift in the Tithe Barn is made by Schindler. Does that make it Schindler's Lift?

Lloyd Silverthorne

Photographs are taken at Bishop's Cleeve u3a activities for use on our website and other publicity.

At general u3a events such as Open Days, Open Meetings, visits, celebrations etc, you should tell the photographer or organiser if you do not wish to be included and move away whilst photographs are being taken.

Tell the Beacon Administrator and Group Leader if you do not wish to be included in your group's photographs.

Badges at Open Meetings

The 'New Member' badges available when you enter our Open Meetings are not only for those attending for the first time, but also for anyone fairly new who doesn't yet know many people or much about us and would be happy for people to talk to them.

Open Meetings

We meet at 2:30 pm on the 2nd Tuesday of each month at the Tithe Barn, Bishop's Cleeve. Free refreshments follow the talk. Prospective u3a members may attend one meeting before joining.

Upcoming talks:

8th September: "Cheltenham's Remarkable Buildings" - David Elder

13th October: Group showcase

10th November: Annual General Meeting followed by "The Cotswold Listener" - June Little

8th December: "Music, Musicals & a Happy Christmas" - Frances Fry

We collect birthday, anniversary, new home, get well, and sympathy cards (no Christmas cards) for Cobalt to recycle. These efforts help fund diagnostic equipment, research, and specialist nurses.

Learn more at www.cobalthhealth.co.uk

We would like to welcome the following new members:

Lizzy Pearce
Mary-Louise Wilkinson
Margaret Shepherd

Bridget
Membership Secretary

The Adventures of Clovis and Vi

IT'S HOT!!

by GLF



Groups News

Groups Co-ordinator **Richard Gaul** 0300 102 4559 Option 4

Art Appreciation Waiting list

Paul Workman 07816470267

As by way of a change of scenery from our usual meeting place, the July session of the Art Appreciation Group was a short trip out to the Nature In Art Museum at Twigworth. A small group of us made the journey to this enjoyable venue, which is a great deal more than just an art gallery. We were greeted by Simon Trapnell, one of the founders of the site who gave us a fascinating talk on how the museum came about, how the emphasis on the natural world makes the collection unique and what it's aims are. The art works on show in the collection are regularly changed, as is a programme of work by visiting artists. Each week there is a different Artist in Residence who takes up a studio space in the grounds and our visit coincided with an intriguing artist, Nessie Ramm, who likes to highlight environmental issues through her beautifully painted botanical subjects, often observed from the sides of roadways. All in all it was a rewarding trip.



Art Appreciation 2 Waiting list

Heather Ridgway 07407 787615

At our last meeting we each prepared some information and images from female artists, we realised that we had not discussed a single female artist since we had been meeting. We looked in detail at several artists including Dame Laura Knight, Frida Khalo, Beryl Cook and Gillian Ayres. We were struck by how little we knew about successful female artists and I'm sure we will return to this topic.

It was a beautiful afternoon and we celebrated a birthday with bubbles and cake. We have decided not to meet in August but we will be back with a bang in September sharing our favourite portraits.



[Arts and Crafts 1](#) Waiting list

Pamela Levermore 01242 678276

Most of us have now finished our glass plates, some used rice paper and some paper serviettes, the addition of a little gold wax on the edges really finished them off. While the paint and varnish was drying some began to make a small felt teddy. At our August meeting Janet will help us make a small box and decorate the top with a panel of Iris Folding. I have been looking into making a Nutcracker doll using a silicone mould and air drying clay in preparation for Christmas.

[Book Circle 1](#) Waiting list

Sue Silverthorne 07740 289795

Our two most recent books, both historical novels, have a common theme which is to inform the reader – although this is not the story line. David Baldacci's *Strangers in Time* is set in WW2 London and links the lives of three disparate characters, one a 10yr old orphan from London's East End, living from hand to mouth, another a 15yr old girl returning from evacuation to her home in Chelsea. The third is a widowed bookseller who becomes their friend and protector. The author gives vivid descriptions of how it was to live in London through the Blitz. The other read, *The Poisoned Quill* by Karen Charlton is set in 1814 when Ealing and Brentford were green, leafy villages with large country houses, and very peaceful apart from the busy Grand Union Canal. The book is a murder mystery, no 8 in a detective series, with plenty of red herrings, unresolved story lines. We found it an entertaining read.

[Book Circle 2](#) Waiting list

Stella Caney 01242 676143

In July we read *The Satsuma Complex* by Bob Mortimer. Although the

author is a well-known figure on television in various roles, the majority view was that the book was verging on the "silly" side, and it didn't score highly. It included his imaginary conversations with a squirrel. That having been said, various strands were highlighted in the book - e.g. loneliness in old age and abusive relationships.

Country Dancing Spaces

Sue Weir 01242 673544

In July and August many of the group braved the extreme weather and danced for two hours at each



session, only taking short breaks between each dance. The photograph shows those souls silly enough to attend the July meeting on a day when temperatures were in the mid 30s! Hopefully, normal weather will prevail in the Autumn, making dancing a more enjoyable experience. There are places available should you wish to join the group.

Gardening Waiting list

Janet Davis 01242 674068

Hello All

This last month has been so hot and dry there isn't much to say. Watering essential for cropping beans courgettes tomatoes and cues. However we do have to be cautious and use as little as possible. Those of us with ponds find the water is evaporating in the heat so again difficult to keep them healthy. We now have cleared our waiting list and welcomed a new member, thus no vacancies available.

Let's hope for some rain before long to make gardening easier. However take care and enjoy the sun.

Janet

[Local History](#) Spaces

Barbara Day **Brian Paterson** 01242 673917

Sept 7 Visit to Masonic Hall Cheltenham

Oct 5 Talk by Liz Davenport on Woodchester Manor

Nov 2 Talk by lee James on the Slimbridge Dig

Our July Meeting - Visit to the Soldiers of Gloucestershire Museum

The museum commemorates two regiments based in Gloucestershire.

The Gloucestershire Regiment

The Gloucestershire Regiment, commonly referred to as the Glosters, was a line infantry regiment of the British Army from 1881 until 1994. It traced its origins to Colonel Gibson's Regiment of Foot raised in 1694, which later became the 28th (North Gloucestershire) Regiment of Foot. It inherited the unique privilege in the British Army of wearing a badge on the back of its headdress as well as the front, an honour won by the 28th Regiment when it fought in two ranks back-to-back at the Battle of Alexandria in 1801.

During the first World War sixteen battalions of the regiment saw active service in France and Flanders, Italy, Gallipoli, Egypt, Mesopotamia, Persia and Salonika, losing a total of 8,100 men killed and winning 72 different battle honours. Four awards of the Victoria Cross (VC) were made to soldiers serving with the regiment.

During the Second World War four battalions saw active service under the regiment's colours. The 2nd and 5th Battalions both fought in the Battle of France and, after being lost almost in its entirety during the Battle of Dunkirk, the re-formed 2nd Battalion landed at Gold Beach on D-Day and fought in the Allied campaign in North-West Europe. The 1st Battalion was involved in the retreat from Rangoon during the Japanese conquest of Burma, and the 10th Battalion saw active service in the defeat of Japanese forces during the Burma Campaign 1944–45.

During the Korean War the 1st Battalion held out for three nights against overwhelming odds during the Battle of the Imjin River. On the 25th of April the Glosters had run out of ammunition. Some soldiers tried to get back to friendly lines, but most were taken prisoner by the enemy and spent 3 years as prisoners of war. Two VCs were awarded to soldiers serving with the regiment.

Shortly after celebrating its tercentenary in 1994, the regiment, which carried more battle honours on its colours than any other regiment of the line, was merged with the Duke of Edinburgh's Royal Regiment to form the Royal Gloucestershire, Berkshire and Wiltshire Regiment. The new regiment

inherited the back badge, and when it too was merged in 2007, it passed the tradition on to its successor, The Rifles.

The Royal Gloucestershire Hussars

The Royal Gloucestershire Hussars was a volunteer yeomanry regiment which, in the 20th century, became part of the British Army Reserve. When the United Kingdom began rearming again in the late 1930s, the company converted to an armoured regiment. In the Second World War, the 2nd Royal Gloucestershire Hussars fought in North Africa, initially attached to the 7th Armoured Division (the Desert Rats). The regiment suffered heavy losses and when it lost two commanders killed in action in quick succession, the regiment's individual squadrons were used to reinforce other units, and the 2nd Royal Gloucestershire Hussars was disbanded in 1943. After the war, the Royal Gloucestershire Hussars was equipped with armoured cars and given a reconnaissance role. Repeated reorganisation of the Territorial Army in the 1960s reduced the regiment to a squadron assigned to an infantry role. In the 1990s, the squadron returned to an armour role in the Royal Wessex Yeomanry, tasked with training replacement crews for the regular army's Challenger 2 tanks. The tour around the museum was very interesting aided by valuable and fascinating comments by our guide John. There was a series of rooms full of interesting uniforms, artefacts and medals. Each room covered a time period such as the Napoleonic wars including the Peninsular campaign, the Crimean and Boer war, First World war, Second World war and Korean war.

Our August Meeting -Visit to Llanthony Secunda Priory

The remains of the 12th-century Llanthony Secunda Priory are located next to Gloucestershire College campus along the canal, south of the Docks. They comprise the ruins of a stone tithe barn and two restored ranges around an inner court, plus sections of the precinct wall and the ruins of the western gatehouse into the priory estate. Of the claustral (or conventual) buildings – the church with its chapter house and cloisters, the monks' dormitory, the refectory, kitchen or infirmary, etc. – nothing survives.

The priory was established in 1136 as an alternative site for the Augustinian monks of Llanthony Priory in Monmouthshire, following attacks there by the Welsh. It was located to the south-west of Gloucester, outside the city walls. There is evidence to suggest that the first structures were temporary, indicating that the monks planned to return to the Welsh priory. By the end of the 12th century, a more substantial church had been built, and in 1205

the two priories separated.

Llanthony Secunda benefitted enormously from the patronage of nobility, being endowed with extensive estates as far away as Ireland and title over hundreds of properties in Gloucester. Between 1143 and 1304 fifteen members of the Earl of Hereford family were buried in the priory. The church was rebuilt after a fire in 1301, and towards the end of the century the chapel, cloister and granary were rebuilt. In 1481 the two priories were re-united when the prior of Llanthony Secunda bought Llanthony Prima.

Dissolution and Destruction

In 1538 the priory was surrendered to the Crown as a result of the dissolution of the monasteries. Two years later it was sold to Arthur Porter, Justice of the Peace for Gloucestershire and a future Member of Parliament for Gloucester, who established Llanthony House as his residence. The priory church remained in use as a parish church.

In 1615 the priory passed to Sir John Scudamore. An ardent Royalist, Scudamore was captured at Hereford by Parliamentary forces in April 1643 during the English Civil War, imprisoned and his properties were plundered. At Llanthony, just outside the walls of Parliamentary Gloucester, the "tower of an old chappel" (assumed to be the priory church) was pulled down to prevent its use by any Royalist attackers. During the siege of Gloucester, which began four months later, Royalist forces did indeed make use of the priory, and buildings were further damaged by Parliamentary raids on Royalist artillery located there.

In 1660, Scudamore wrote that the church had been "utterly demolished", and from that year it ceased to be used as the parish church. Llanthony House disappears from the documentary record after 1670.

Impact of the Gloucester & Sharpness Canal

In 1794 construction of the Gloucester & Berkeley Canal began at Gloucester. By the time work was halted due to technical and financial difficulties in 1799 (the canal would not be completed until 1827), the canal had cut an approximately 100ft-wide, 14ft-deep swathe through the site of the priory.

In 1846 work began on digging a new basin at Llanthony, on the site now occupied by the Gloucestershire College campus, but the plan was changed in favour of widening the canal to create Llanthony Quay. The unfinished basin was filled in and in 1854 railway goods sidings were laid down on the site. The excavation of the basin had unearthed two stone coffins and, according to a report in the Gloucester Journal, "Five old church pillars of

the Norman period." The subsequent widening of the canal also exposed and truncated two substantial medieval walls.

Revision and Restoration

The Scudamore family sold the property to a chemical manufacturer in 1898, but in 1906, before plans to build a factory on the site could be put into motion, the site was appropriated by the Great Western Railway and leased to various concerns. By the 1970s the site was occupied by various tenancies and used in part for industrial purposes, including a scrapyard, and in 1974 it was bought by Gloucester City Council.

In 2007 the charitable Llanthony Secunda Priory Trust was established. After 19 months of restoration and conservation work, the surviving remnants of the priory were opened in 2018.

The visit concluded with a guided walk around the site to look at the 16th-century western wall. The latter also includes the remnants of the priory's west gate and late 15th-century gatehouse. On the north side lie the remains of a 15th-century tithe barn.

Luncheons Spaces

Mary Moore 07970 685655 **Monica Wragg** 0777 7612613

Thursday 27th August: The Mill Inn, Withington, Cheltenham, GL54 4BE, tel: 01242 890204.

Thursday 24th September: The Corner Cupboard, 83 Gloucester Street, Winchcombe, GL54 5LX, tel: 01242 602303.

Thursday 29th October: The Merryfellow, 2 School Road, Charlton Kings, Cheltenham, GL53 8AU, tel 01242 431196

Meditation Waiting List

Joan Hall 01242 680575

Music Appreciation Space

Stella Caney 01242 676143

At the July meeting we listened to Saint-Saens including his Africa Fantasy and the Wedding Cake Caprice walse. However, we all had a giggle when listening to the Johnny Morris presentation of the Carnival of the Animals!

For the August meeting, we listened to Ludovico Einaudi, and also the "oktavists" from the St Petersburg male voice choir which was powerful music to listen to.



Patchwork and Quilting Waiting List

Jenny Waller 07743 754264

We are each making a sampler quilt following instructions in the book "Alice's Wonderland Sampler Quilt". The first patchwork blocks are composed of squares, then triangles are added to the next blocks and the blocks gradually become more intricate. The last groups of blocks

feature English Paper Piecing and raw edge applique bringing the total number to 100.

Petanque 1 and 2 Spaces

Doreen Chapman 07503 165947 **Val Hayward** 07850 375641

There are still spare places if you would like to learn or play petanque. We meet in two groups Petanque 1 and 2, alternate Fridays at the piste by Woodmancote village hall. It is an easy game to learn and we do have spare boules if you do not have any. The hot weather has curtailed play on a couple of occasions but in the main we have managed to keep playing. If you are interested in joining, please contact either Doreen Chapman or Val Hayward, the joint group leaders. Details on our web site.

Science and Technology Spaces

Alan Green 07714 329861

We normally meet on the first Thursday of each month in the large hall at the Stoke Orchard Community Centre. We range across the full spectrum of science, technology, and engineering, including the economic and social impact. As well as talks and discussions we have occasional visits, and also take time to have a chat and refreshments.

In August we enjoyed an excellent talk by Emma Hutchins, Director of Nature Recovery at the Gloucestershire Wildlife Trust, about the challenges and successes of doing ecological research and effective interventions in the countryside around us in Gloucestershire. This attracted a record turnout, and indeed it lived up to our expectations. We were impressed by the professional approach as well as the science, and the range of modern technologies employed as well as the wide variety of skills required to make it all work. She brought along a young trainee who told us about his field

work and about the route he took to get into a profession that he clearly revels in. It was good.

In September we have something different. After a number of tries we have persuaded Severn Trent to tell us about the engineering challenges involved in supplying fresh water and dealing with the waste water afterwards over a vast and varied area, and an ever-changing human population. They too are making good use of modern technologies to help them manage a vast enterprise, including some rather ancient infrastructure. And they are sending a small team to tell us all about it.

In October we will learn about the possibilities and challenges of Digital Forensics, from the casebook of someone who has been investigating digital crimes for over 30 years. He promises that no technical knowledge is required, from the audience at least!

Although we are quite a large group we still welcome new members, whether bubbling with ideas or just full of curiosity about all this Science & Technology stuff.

[Play Reading](#) Waiting List

Vivien Paxford 07517 680909

The two images are of group members enjoying our reading on July 30th.

My plan to complete reading the final two plays in the 'Norman Conquests' trilogy by Alan Ayckbourn at our June reading were thwarted - due to the extreme heat warnings I took the decision to cancel the meeting.

Fortunately our July meeting went ahead and we read 'Living Together' plus



'Round and round the Garden' to complete the set!

Two x two act plays back to back in an afternoon- quite a marathon, but most enjoyable.



Technology Discussion Group Waiting List

Brian Frodsham 01242 676260 **Dave Owen** 01242 699797

One of our Group's interest is in developments in Space Travel, especially the Starship.

Starship's Version 3 (which flew on Friday July 24th) is a 408-foot-tall stacked system including the Super Heavy booster and the upper stage, also known as Starship (or Ship). SpaceX aims to make this system rapidly reusable for

applications ranging from astronaut moon missions to launching even more powerful and larger Starlinks. This is a photo of the last test flight and soft landing of the



Ship in the sea off the coast of NW Australia.

Yoga - Chair and Yoga - Floor Waiting lists

Audrey Cooper 07949 941608

The groups have continued each month, despite the hot weather. The hall itself is a reasonable temperature even when it's hot outside. The classes have been appreciated by those who have attended. During the hot weather we've moved slowly and gently, making sure there is plenty of time to relax, both at the beginning and more importantly at the end.

Balance is something I concentrate on, it's extremely important, especially as we age, it helps to prevent falls and serious injury. It takes just 2 minutes a day, standing first on one foot then the other, to improve balance and lessen the risk of a serious fall.

Why not start today? Use a chair, worktop or wall to aid you until you gain confidence and build up slowly.

Welsh Speaking Spaces

Anthony Howlett 07956 316253

Expand your horizons and have fun in Welsh

Whether you're a complete beginner, a confident speaker, or somewhere in between, you'll find a warm welcome waiting for you. There's friendly support and tuition available for those just starting their Welsh journey, so don't be shy about coming along.

Come and practise your Welsh, meet new friends, share a few laughs, and enjoy learning together in a relaxed and supportive atmosphere.



When: 1st and 3rd Thursday of every month at 10:00am



Where: At Home, Bishops Cleeve

Croeso cynnes i bawb! (A warm welcome to everyone!)

Why not pop in for a cuppa, a chat, and a little Cymraeg?

AbilityNet

AbilityNet offer free technical support to anyone over 55 and are happy to support the u3a movement. They provide seminars and courses but will also visit people in their homes.

AbilityNet's friendly technology volunteers provide free IT (information technology) support to older people and disabled people of any age, anywhere in the UK.

Every volunteer is disclosure-checked and can help with all sorts of IT challenges, from setting up new equipment, fixing technical issues, showing you how to stay connected to family, using online services and much more.

Contact details

Website : AbilityNet.org.uk

IT Helpline for over 55s: **0300 180 0028**, 9-5pm, Monday to Friday – solves technical issues and IT queries.

Please note: Calls to this helpline number cost no more than a national rate call to a 01 or 02 number and count towards any inclusive minutes in the same way as 01 and 02 calls, and AbilityNet does not receive any money from these calls.

Please email your news and photos **by 9th October** for the next Clarion:
clarion@cleeve-u3a.org.uk, or use the website:
bishops-cleeve.u3asite.uk/contact/

Committee 2025/2026

Chair	Mike Pritchard	0300 102 4559 Option 2
Vice-Chair	Gillian Thompson	01242 690186
Business Secretary	Lynne Craig	0300 102 4559 Option 7
Treasurer	Simon Waller	0300 102 4559 Option 3
Groups Co-ordinator	Richard Gaul	0300 102 4559 Option 4
Membership Secretary	Bridget Stuckey	0300 102 4559 Option 1
RUMS Group Leader	Chris Larkin	07736 807511
Beacon Administrator	Philip Watson	0300 102 4559 Option 6
Speaker Secretary	Joan Hall	07740 902231
Committee Member	Valerie Hayward	07850 375641

Other contacts

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Clarion Editor	Rachel Chetwood	

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