





Work by Tuesday's Art Group

Annual Report to Annual General Meeting Friday 9 September 2022



# Committee 2021 - 2022

Chairman:
Vice-Chair:
Membership:
Groups:
Treasurer:
Website and IT:
Business Secretary:
Members Meeting Manager:
Committee member:
Committee member:

David Barnett 2683114 Barry Dale 2683669; Jenny Bagworth 207548992144; Rose Cuthbertson 207776131834 Sally Hedges 2767549 Roy Biggs 2683353; Anne Baldwin 2686654; Ian McCulloch 2680295; Rena Souten 207799895350. Keith Wilberforce 2689624

Non Committee Members Speaker finder: Minute Taker:

Alan Ainley 2684351; Helen Wilberforce 2689624

# Email: <u>hvu3a1@gmail.com</u>

Website: https://u3asites.org.uk/holme-valley/home

Facebook : for members only: Holme Valley U3A

https://www.facebook.com/groups/434128977300240

Holme Valley U3A is a registered charity and part of the Third Age Trust

# Chairman's Report AGM 2021/22

Another good year of recovery after the Covid Lockdowns of 2019/2020. We suffered membership loss during that period but started this year at 430 members and with steady growth we finished the year at 464 members.

I would like to thank all Group Leaders for their dedication and hard work to keep their groups active. Groups are the backbone of any u3a.

Keeping in touch is important, our Newsletters and ever-growing Facebook Group let members share details of some national activities and it has now been joined by a Yorkshire and Humber Facebook page accessed via our own page.

Our Friday general meetings have been successful with some great speakers to entertain us.

I would like to thank all our committee members for their hard work and dedication to the success of our u3a.

Do remember that any member can attend a Committee Meeting. Extra help is welcomed and as you all know your current committee will retire at some point and a committee always need new blood to keep it fresh so, please come and join us.

Thank you all who have re-joined this year and I hope that your committee will continue to fulfil its responsibilities to you all so we can Learn, Laugh, Live together.

#### **David Barnett**

### **Dates for your Diary**

#### Friday 9 September 2022

Annual General Meeting. Speaker , Margaret Fiddes, u3a Regional Trustee.

#### Thursday 6 October 2022

Clown Workshop. 1.30 till 4.30. Contact Jenny Bagworth, jennybu3a@gmail.com

#### Friday 14 October 2022

Speaker: Neil Hanson. Inn and out at the top. "Inn and Out at the Top" is a laugh-a-minute tour of the quirks and foibles, highs and lows of running Britain's highest inn- so isolated that its next-door neighbour was 4 miles away, and so high above sea level that it had its own climate, with winds that could tear car doors off their hinges, and winter snows that cut off the inn for weeks on end.

# From our Groups Co-ordinator:

Holme Valley is clearly full of people who like to **Learn, Laugh and Live** because we now have over 400 members and 40 groups in our u3a. Activities range from Art to Wine Appreciation and from Discussion to Messy Crafts - you will find a full list on our website

<u>https://u3asites.org.uk/holme-valley/groups</u> - so hopefully there is something for everyone.

However, there is always room for more and we would love to see even more groups starting up. This is not a complicated thing to do, it boils down to:

Have an idea for a subject

Find out if other people would be interested

Agree a time and place for meetings

Make it happen

This is exactly what we did earlier this year when it became clear to me that quite a lot of people were interested in Local History. We set up an initial meeting, found a willing volunteer who would 'lead' the group and they have been meeting ever since.

The role of Group Leader is not as daunting as it may sound. It does not mean that that person has to be an expert in the subject, nor do they have to lead every meeting. Members who may be more knowledgeable than others might choose to lead a session, outside 'experts' might be brought in to talk to the group. The key responsibility of the Leader is to co-ordinate the group's activities – book a room, communicate with group members, oversee the group's finances – but any, or all, of these tasks can be shared between members and, in the unlikely event that a problem arises, I am always available to help.

So, if you have an idea for a new group, please do get in touch, there are contact details on either the Groups page or the Contacts page of the website, or just catch me at one of the Friday meetings. Look forward to hearing your ideas.

#### **Rose Cuthbertson**

(Groups Co-ordinator)

# **Reports from Our Groups.**

# Walking for all.

Now walk every Tuesday am. Some of the group walk on an adhoc basis on Thursday as well. Members whose abilities have "waned" occasionally do shorter separate walks on Wednesday or Friday. There are normally between 5 and 10 on the Tuesday walks. The walks usually last around 2 hours and are generally nothing particularly strenuous. We reinstated the picnic walk which we did this year on the Jubilee weekend. We also now try and do something special when we have a birthday in the group. We have welcomed some new members and are always happy to welcome more. **Denise McLindon** 

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#### Walking Easy



Having spent several months walking in small groups, we were able to come together again although some have preferred to continue in their small group.

The group has grown considerably in recent months, and we now have 25

members. That said, several people who previously walked with us no longer do so for a variety of reasons – health, continuing caution or simply other things to do!

On the 2<sup>nd</sup> and 4<sup>th</sup> Thursdays of each month we walk for around 2 hours on routes chosen and guided by group members

People who wish to join Easy Walking will now, often, be signposted to the smaller Walking with Coffee Stop group

#### **Rose Cuthbertson**

#### Walking with Coffee

When walks resumed after lock-down, initially numbers were limited to groups of six. The 'coffee walkers' decided they liked it this way and have been walking as small group ever since. Being a small group makes it easier

to plan round the weather, so walks are pencilled in weekly. Walking two to four miles without anything too strenuous, we usually end with a coffee somewhere. If weather is not helpful, we have been known to just go for the coffee. We don't have a regular meeting point and often car-share to get to the start of a walk. We rarely need to go far, and as our recent walk around Thurstonland showed, it is possible to get the best views round here without too much of a climb.



#### **Anne Baldwin**

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# Spanish

The Spanish group which I run used to consist of a fortnightly meeting face to face in Holmfirth. This last year or so we have had weekly meetings, alternately online and face to face. This seems to work well, and we are likely to continue with it.

There are currently eight members, though of course not everyone can attend every week. We probably average six. I would describe the work as roughly A level, which means new recruits are hard to find ;they are put off by the demands of keeping up with the class. Some apply to me as beginners, and I used to pass them on to Julio but his class also has been going too long to be suitable for beginners. There is a real need for someone to run a beginners' class; neither I nor Julio have the time to do it. Typically, a class starts with me talking in Spanish for ten minutes or so, to tune members' ears in and test comprehension. There follows a variety of exercises, aural, oral and written: improvising in spoken Spanish, reading out loud, grammar drills, vocabulary revision. We use 'Living Spanish', entirely for revision now as we have worked through the book.

As you will realise from my first paragraph, we would like more members but have reached a stage where this is unlikely.

#### **Bernard Redfern**

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# French

We met as normal during the autumn but have had some gaps this year due to illness of some members of the group.

We are a small group which suits our purpose as it means we all get to talk. We currently have eight members – two new members and two have left. We talk in French in a social situation in member's houses and have coffee. A couple more members would be good as sometimes people can't make it and we need about four or five each time.

# **Shirley Boardman**

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# French Language and Culture

We began meeting in each other's homes, making sure we had enough distance between us, and that doors and windows were open as necessary. When the weather was suitable, we sat outside.

The group consists of the same members as there were one year ago, that is 7 and we meet on alternate Wednesday afternoons.

Each member takes a turn in choosing a topic to present; sometimes written material to read and discuss, sometimes a YouTube extract to watch,

sometimes a quiz or photographs to comment on. In this way there is a wide variety of topics, relating to various aspects of French life and culture. We are a small group, so one or two new members would be welcome, providing they have a basic knowledge of French.

#### **Andrea Hawes**

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#### **Early Birds**

The Group restarted last year

Membership of 60 with a monthly average turnout of 30. In some ways it is too popular because we have found difficulties in finding venues that can take us. In fact, this was the first month in 7yrs that I could not take all those who wished to attend.

#### Ian McCulloch

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#### **Creative Writing**

I have led a creative writing group on Zoom throughout the lockdown. We have numbered approx. 8/10.

We have published two anthologies from our own funds.

I have now closed the group as I physically don't feel able to re-commence physical meetings.

#### **Dot Foster**

# Mosaic/Crafts

We recommenced meeting at Holmfirth Tech in June 2021 and now meet



there in the large, airy Art Room.

We have lost some members, but a smaller number have joined. I would describe us as a small group, which has sometimes caused problems in covering the cost of the accommodation. We would certainly welcome new members.

We have undertaken a number of crafts, principally mosaic, but also lino-cuts. We are keen to try new techniques and have done a number of one-off projects

including screen printing, willow sculpture, air clay, tiffany and fused glass

We did fused glass in the autumn term and screen-printing in the spring

term, both with the help of guest instructors

We are keen to develop our range of crafts and improve our skills in existing ones. Most of us are beginners, but very keen. We would like to increase the membership of the group and develop a steady attendance. No special skills are required just the interest to have a go and try new techniques.



#### **Pat Whalley**

# **Textile Group**

The Textile Group now meets meet in the Wesley Room of Holmfirth Methodist Church at 1.30 - 3.30 on first and third Monday of each month unless it is a bank holiday.

We are currently a group of 12. Not everyone is able to attend each session but there is a strong core of 5/6 who attend each time.

We are a medium sized friendly group and would welcome new members. We cover a wide range of textile activities from felting, silk painting to Japanese folded patchwork. We tend to hand sew but we do have a sewing machine and members do bring their own machines when needed. We participated in The Big Stitch which was organised here in Holmfirth. Members completed small textile pieces which were submitted to become part of an installation that was exhibited in Scarborough and in Holmfirth. We are always keen to develop our skills and challenge ourselves to have a go at a range of crafts.

# **Penny Barker**

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# Cycling

We have two meetings a month, the second Tuesday and the fourth Monday.The group is on hold at the moment as I have too much on with other activities and Ukrainians in the house.

Two leavers and two newcomers, still 9 people on the books. We go out on a ride or a bike assisted ride (bring the bike in the car to ride in another area).

New members very welcome

#### **Margriet Mulder**

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# Tuesday's Art Group

We had zoom meetings and met up in our gardens, May / June / July, monthly.

We started back on the 22<sup>nd</sup> September at Farnley Tyas Bowling Club,

fortnightly with 8 regular participants.

Three hadn't returned, after lockdown. But now one person has come back these last two sessions.

Now our group has got larger, than a year ago, we have 13 participants, I would say 3 come occasionally, and everyone else comes regularly.

We work in watercolour, pastel, acrylic, pencil and pen and ink, so there's a variety of mediums.

We mainly do our own thing, but before Christmas we did three large pictures for the Bowling club. Which were Castle hill, the bowling green and Emley moor mast, and a bluebell wood. (See front cover)

We worked together on those; which was enjoyable. Also we had a display of our work at Farnley Tyas church for the Flower Festival (hobbies).

We haven't anything special at the moment, and we have enough participants at present.

# **Margaret Hicks**

# Crown Green Bowls.

The group now bowls weekly on Thursdays, weather permitting, April to September. There has been a slight increase in membership of the group, mainly new members. New members are always welcome.

# Jackie Green

#### **Indoor Games**

The activities include table tennis, indoor bowls and curling. We need 10 people to attend to cover the cost of the room; members do not always advise whether they are coming and so we can struggle to pay our costs. We have not resumed meetings as they are held indoors.

#### Jackie Green

# **Guitar Group**

We have gradually resumed meeting just as we did before the pandemic except that when numbers on the day exceed 7 we move into a larger room so we can maintain distancing. We also regulate the number of people in the kitchen as this is relatively confined.

We individually nominate songs that we then all play.

In the future we expect more of the same. Members are regularly asked if they have new ideas, but everyone seems to like it as it is. We are a small group with 11 on our register. We take new members but space is finite, so we do keep an eye on attendance numbers.

# **Richard Evans**

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# **Folk Dance Group**

We meet in Holmfirth Parish Church on 1st and 3rd Thursdays from noon to 1pm.We hope for 8 dancers or more but manage with whatever number we get. The aim is to enjoy ourselves moving to the lively music, preferably with some degree of accuracy! The more capable members help anyone who is struggling.

We mainly do English traditional dances, with American or modern English dances mixed in. Full instructions and walk-throughs are given before each dance, and over the microphone during the dance.

Our numbers varied from 6 to 16 last year. We have space for more members, beginners or experienced. It is a very happy group.

As I have just had knee replacement surgery, I do not propose to start until early October 2022 when most members will be back from holiday. For any other details, please ring me on 681760.

# Elisabeth Watson (Nibs)

# **Local History Group**

The local history group is a recently formed group with only a few meetings / visits behind us, but the group is developing into quite an interesting addition to our U3A.

We meet on the first Wednesday of every month with site visits to places of interest or presentations here in the Methodist church in the room upstairs. In June this year David Cockman did a splendid presentation of the blue plaques of Holmfirth which unfortunately only 8 members attended but David gave a first class informative, interesting and enjoyable talk.

Our attendance numbers went up to 12 out of 20 in July when we visited the Skelmanthorpe Heritage centre where we were shown the living and working conditions of a weaver's cottage, again proving to be an interesting and informative morning, refreshments were taken locally after the presentation where members were able to chat and socialise.

We have several mornings out which are not quite finalized amongst which are a visit to Golcar Museum plus a talk on the Appeals against conscription in 1916.

On the 2nd of November we have a talk titled Magnum the village that disappeared.

We have no limit on members of the group at the moment although our best attendance to date is 60% which will be monitored over the coming months.



**Gerald Parr** 

#### **Discussion Group**

The Monday morning discussion group kept talking by Zoom until July 2021, starting meeting face-to-face in September. Since then, we held two discussions a month, with a short break at Christmas and in the summer. Some members chose not to return last year, but numbers still increased, with around 20 now on the mailing list. Discussions are usually guided, with a topic sometimes set in advance and sometimes reacting to very recent news. The world has given us some complex topics to discuss recently, with debates on Energy costs, Ukraine and Assisted dying in the last year. We do try and find something to laugh about though, and lighter topics do emerge. We will be starting a new term on 12<sup>th</sup> September and could possibly welcome a few new faces.

#### Anne Baldwin

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#### **Wine Appreciation**

We returned to face-to-face meetings from June 2021, meeting outside. Since August 2021 we have been back in Holmfirth Civic Hall for our regular second Monday of the month meeting.

We are slightly larger than last year. The rate determining (economic) factor is the number of 35ml tasting samples that can be got from a single 750 ml bottle of wine ie 21. However, we have squeezed in a few more people going up to 24 on the basis that not everyone comes to each meeting. 24 is also the absolute limit for the room that we have in the Civic Hall, so we are more than full.

We taste 6 wines, normally 3 white and three red, themed according to grape variety, country etc. We are trying to focus more on English wine, given its growing reputation as a serious source of wine, especially sparkling.

We cannot accept new members at the moment.

# **Dr Alan Calder**

# **Music Appreciation**

Keith Barnes retired as Group Leader in the summer of 2021 and I was happy to take over the leadership to ensure that the group survived. My first meeting as leader was in September 2021. We meet once a month on the last Tuesday in the month in the Methodist Church at Crown Bottom.

The numbers have increased since Sept. 2021. We have about 30 names on the register and attendance is usually around 17.

I invite group members to suggest musical topics, mainly classical, but not exclusively so, and I make use of YouTube and CDs to source relevant material, which I usually present. But I have also now persuaded 3 members of the group to prepare and present musical topics in which they are especially interested, eg. Jazz, French chansons and Russian singers. A welcome and successful development.

I am pleased and relieved that I what I have been doing seems to meet with the approval of most of the group members and they find the sessions both enjoyable and instructive.

We could accommodate up to about 5 more members only, due to the size of the room.

The format seems to be working, so hopefully steady as we go.

# David Cockman

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# **Ukulele Group**

The group is now back at St John's Church, Upperthong after a long session of Zoom meetings during lockdown.

The membership is at a maximum of 24 and we have regular attendances in the upper teens.

I have recently replaced a number of non-attenders with new members, but the membership is closed due to the room space available; and we have no plans to move.

We make a donation to the Church for use of the room and after 7 years we have donated in excess of  $\pm 4000.00$ .

We meet fortnightly to play ukuleles for 1 hour and have refreshments at the end.

We played at Holmfirth Folk Festival Ukulele Jam and entertained Meltham over 60's in May. We recently performed at 4 venues in The Burton Open Gardens Event in July.

We have bookings for Flockton Open Garden at the end of July and a Berry Brow Methodist Church Event in October.

The Group is alive and well with a high level of enthusiasm and many of the members are originals from March 2015.

John Senior

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# Gardening

I lead the garden group with 4 other leaders. We meet monthly on a Monday.

We visit gardens March to Oct then we have garden related talks and a Christmas meal.

Since Covid we have dropped our winter programme and just meet up outside at various gardens.

We have also stopped organised car sharing.

Our numbers are similar to pre covid averaging 15 per meet up.

Highlights this year so far have been RHS new site at Bridgewater, some lovely NGS gardens locally.

We hope to go to Breezy Knees next year.

# **Rosemary Norbury**

# **Digital Photography**

The group has fully returned from Zoom meetings to in- person meetings using a larger room in the Methodist Church. We have a regular attendance of 12 which is around the group maximum.



We set a topic for the month, review the photographs with gentle critique at an inperson meeting the following month.

This year's highlight was an exhibition of a selection of our work in the co-op café as part of Holmfirth Arts festival.

Membership is about the maximum for the current format. I am reluctant to move away from that as it could become too prescriptive, however I am open to group members' suggestions.



Photos by Anthea Ainley and Julio Nunez

Vince Cunningham

# **Tennis Group**

The Tennis Group was able to continue as a non-U3A group for much of the time during Covid restrictions and lockdowns. It was then a smooth transition from being a non-U3A group back to a U3A group in 2021. Covid changed the way in which the group is organised because, in order to play during Covid restrictions, we had to organise ourselves according to the Government, Lawn Tennis Association and Holmfirth Tennis Club requirements.

We set up a WhatsApp group for each session, extended our sessions from 9am to 12noon, and prearranged matches/players on each court by the hour. We are no longer required to do this, but the group like it and we have retained this system.

Group membership has steadily increased since it was set up about 5yrs ago and currently has 37 members. About a year ago we had quite a few new people join us, but since then the numbers have remained at between 35 and 40. During Covid restrictions tennis was very popular because we were so limited in other activities, but since life has begun to return to normal the numbers at each session have reduced.

The Tennis Group plays all year round, weather permitting, on Mondays and Thursdays from 9am to 12noon on the 3 outdoor all-weather courts at Holmfirth Tennis Club. We mainly play doubles games, but occasionally singles or threes depending on numbers. Monday is exclusively a U3A group but the Thursday group is open to both U3A group members and Holmfirth Tennis Club veterans.

In the last few months, we have started to arrange some social tea/coffee breaks, which we were not able to do during Covid.

New members are welcome, but at this stage of the group would need to have played tennis previously, and/or have some coaching sessions prior to joining the group. Coaching sessions can be arranged with the Tennis Club coach, or it may be possible to arrange some warm-up/practice sessions with someone from the group. The standard of tennis in the group varies but isn't generally high.

# Linda Hollingworth

# **Tuesday Book Group**

During the COVID restrictions we met, when we were allowed to, outsidesocially distanced of course. A few of us used Zoom to continue our discussions on books.

When we could return to meeting indoors, we changed our venue. We had met at Honley Library. Our reason for changing the venue was only that we wanted more space and ventilation. We were sorry not to continue at the library and remain grateful to them for all their help over the years.

Our venue is now at Thongsbridge Tennis Club. We are made very welcome by the club and the venue provided suits us very well. The club generously does not charge a fee, so each member of the group buys a drink from the cafe to show our support and thanks.

We read a variety of books- fact, fiction, old, new - always leading to interesting discussion.

Our December meeting is always a meal without a book discussion. At this meeting we do a quick review of how things are going and make any changes necessary.

Our current membership is now 8. (We were 11). We are open for new members. If anyone is interested, please contact me on 07835947248

# **Tricia Hemming**

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# Latin

Finished for summer but will resume on Thursday Sept.1st Held on first and third Thursdays of month in upstairs room of Methodist Church from 2.30 until 3.30pm

We are working through Cambridge Latin Course books and after lockdown we went back to book 2 of series which we are currently working through We are a very small self -taught group with various levels of prior knowledge ranging from nothing through O level and even 1 member with A level If you have any background in languages (not necessarily Latin) you could join us if you want If you don't have the background, still feel free to give us a try

We have a supply of books, so you won't need to buy them Further details contact Fiona Platt on 01484661739 or email 1fionaplatt@<u>gmail.com</u>

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# Maths is Fun

We are closed for summer break but will resume on Tuesday Sept 6th Held alternate Tuesdays in Wesley room in Holmfirth Methodist Church from 11 until 12

We are currently a group of 8 but could cope with a few more members Anyone is welcome and you don't need any prior knowledge just a willingness to overcome your fear/ hatred of maths and give us a try You will hopefully be surprised to see that maths can be fun!!

We cover anything people want to do or I can suggest topics. Recently we have been learning how to use a scientific calculator as well as looking at various methods of long multiplication such as Japanese Russian and Egyptian multiplication which have to be seen to be believed Materials are provided We ask you just to bring paper and pen Further details can be obtained from group leader Fiona Platt on 01484661739 or email on <u>lfionaplatt@gmail.com</u>

**Fiona Platt** 

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#### Tai Chi

Membership is slightly less due to 2 people with health conditions reluctant to mix in groups.

Tai Chi is gentle, mindful, movement lasting approximately 45 minutes Followed by seated meditation for 15 minutes Enabling the person to leave feeling relaxed and re vitalised. Future plans I intend running 6 week beginners classes when numbers are sufficient. The first one is 13/7/22

#### Lynda Hull

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# **Days Out**

The Days Out Group has struggled to return to normality post pandemic as the travel industry continues to experience uncertainty and disruption at all levels. This has required the further postponement of several planned trips, with the result that our activity has been confined to only three trips since the last AGM.

Our Group membership has however remained supportive and understanding at around 170 in total, with several new members being able to join during the year. In addition to our three trips we managed to satisfy a bucket list ambition of several members by arranging a Day at the Races over early summer and our forward programme is again looking exciting, even if it still contains a number of trips which have had to be postponed many times over the past two years.

We are about to increase the size of our leadership team if only to allow us to better deal with the many last-minute alterations which recent trips have regrettably required. As a result, we remain confident that normality might just be around the corner?

#### **Martin Shaw**

# The Theatre Group

We do not hold meetings as such, but we recommenced our trips with a visit to The Lowry in Salford in December 2021 to see Matthew Bourne's Nutcracker combined with a visit to the Van Gogh Exhibition at Media City. This was well attended by 22 members. Since then, we have planned a full programme of trips throughout 2022 and into 2023. Attendance has been at normal pre-covid levels.

We are a large group currently with 180 members, having lost some members but replaced them with new ones. These members receive regular emails about productions on offer and respond if they are interested in joining a trip.

The 4 Theatre Group leaders meet at intervals throughout the year to plan a varied programme of theatre visits at a range of theatres across Yorkshire and Greater Manchester, primarily in Manchester, Leeds, Sheffield and Bradford. Tickets are purchased, often at preferential rates and transport is arranged usually by minibus but also using coaches, trains and shared car travel.

Productions visited since recommencing our programme include:

- Matthew Bourne's Nutcracker, The Lowry, Salford in December 2021 (Also included a visit to the Van Gogh Exhibition at Media City)
- 'She Loves Me', musical at The Crucible, Sheffield in January 2022
- 'Jane Hair' comedy at the Viaduct Theatre, Halifax in March
- The Curious Incident of the Dog in the Night-time, Leeds Grand Theatre in April
- Sondheim's 'A Little Night Music' at Leeds Playhouse in July
- 'Jitney' drama at Oldham Coliseum in July

The Theatre Group always welcomes new members. Future Productions planned include:

• 'Six' a new musical based on the 6 wives of Henry VIII at the Lowry in August

- 'The Commitments' popular musical about an Irish Rock Band at Bradford Alhambra in November
- 'Lion King' another chance to see this well-loved musical at Manchester Palace Theatre in December
- 'Betty a sort of Musical' New Maxine Peake comedy based on the life of Betty Boothroyd at Manchester Royal Exchange in January 2023
- 'Standing at the Sky's Edge' Musical drama about 3 periods in the life of the controversial Park Hill Flats in Sheffield accompanied by music by Richard Hawley in January 2023
- 'The Ocean at the End of the Lane' Drama based on the best-selling book by Neil Gaiman at Bradford Alhambra in April 2023

# **Pat Whalley**

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# **Matters Digital**

Holme Valley u3a has a website <u>https://u3asites.org.uk/holme-valley/home</u> This is the place to go if you want to find out details of our next monthly meeting. Just click on events.

Click on the newsletters page for our latest newsletters and updates.

The committee page gives details of the Committee members and their responsibilities.

Groups: some of the groups have their own page on the website. They include the local history group, digital photography, maths is fun, walking (ambling), walking easy, walking moderate, coffee walkers, tennis and textile crafts.

# Facebook.

#### https://www.facebook.com/groups/434128977300240

Our Facebook page is only open to paid up members of Holme Valley u3a. When your application to join the page is accepted you will be asked to accept the Group Rules.

#### **Rena Souten**