



Learn, Laugh, Live

LITTLEBOROUGH  
u3a



## Newsletter December 2022

Hello Littleborough U3A members and welcome to your Christmas newsletter.

In this issue you will find:

1. News
2. U3A Monthly Meetings
3. Outings and Foodies
4. News from the Groups:  
New groups  
Focus on exercise and outdoor activity groups
5. January newsletter: focus on language groups

### 1. News

Bear with me because there are a few items of importance here.

**the U3A website:** If you have looked and seen: **! 404 File Not Found** you are not alone. Our website – and that of most other U3As – is hosted as part of the national U3A Trust website and the entire system has collapsed as a result of somebody turning off something in the hosting setup... that's as technical as my explanation gets. After 2 weeks of **!404** and a series of apologetic emails from the national trust office and we can but imagine irate discussions with the website host, there is now a version of the site visible but our webmaster has work to do to repopulate all the details. Sorry about that. Definitely not our fault but we will keep an eye on this and, if necessary, look into setting up our own separate website.

**Membership tops 300** reaching 304 and rising. We extend a very warm welcome to all new members.



**New Committee Members needed** when a number of our committee will reach the end of their term of office in June next year. Please do think about joining the committee and talk to us now while there is an opportunity to shadow existing committee roles and we are happy to have you come along for a few meetings to see what we do.

**North West Region Xmas event on Zoom.** I am attaching an invitation to join others across the region for this Christmas event. You need to register for the link.

## 2. Monthly Meetings

These are held on the second Monday of every month at 2pm in Littleborough Coach House.

We had a great turnout in November for Roger Crossley's talk about the Camino di Santiago and we were thoroughly entertained with curious stories and historical facts and some very nice photographs.

**Monday December 12<sup>th</sup>** is our annual Christmas event for U3A members with entertainment provided by our own members in the form of the choir, Ukelele band and a little something from the Italian groups. There will also be prosecco and mince pies, free admission for members. What a treat! Christmas jumpers will be admired but are not a requirement.

**Monday January 9<sup>th</sup>:** The DANNY restoration group will tell us about the restoration of the Manchester Ship Canal.

In the next newsletter I will attach a full list of the speakers for the year for those of you who might like to print it off for the noticeboard or add it to your calendar. We are currently adjusting dates to accommodate the King's Coronation.

## 3. Outings and Foodies

**Monday December 5<sup>th</sup>** is the U3A Christmas Lunch but I regret that there are no more places available for this.

**Thursday January 26<sup>th</sup>:** Afternoon Tea at 1pm in Cuppacino's café in Hare Hill Court. Cost £16 per person. Please book your place at the December meeting or contact Sandra Kokocki: sandrakokocki12@gmail.com

## 4. U3A Groups

### 4.1. Group News

**Quiz Group:** next meeting is Thursday January 19<sup>th</sup> at 2pm in The Red Lion. Please just come along.

**Walking Groups:** Walking Group 1 meets at 10am on Tuesday December 6<sup>th</sup> at Hollingworth Lake Visitor Centre.

Easy Walkers meet on Tuesday December 6<sup>th</sup> at 2pm at Littleborough Library in Hare Hill Park for a short circular stroll and, if you wish, a warm drink in the library at the end.

Walking Group 2 will meet on Thursday December 15<sup>th</sup> at 10am in Morrisons Car Park in Todmorden for a walk of about 5 miles/2 hours.

4.2. **New Groups.** Hooray for these new groups which still have space for members to join. If you have already signed up for any of the groups below you will be notified of meeting dates.



**Creative Writing 2:** so good that we have to have a second group to start up in the new year. Ellen Cruise has agreed to convene the group and will be in touch once she has completed her house move to discuss when and where the group will meet.



**History:** a lot of people signed up for this at the open day and there is a relaunch meeting planned for January 16<sup>th</sup> from 1.30 to 3.30pm in Littleborough History Rooms on Platform 2 at Littleborough Station. There will be a short talk but the main purpose of the meeting is to decide on the focus and the future of the group. Volunteers will be sought to plan a programme of talks and visits and to take on the communications and administration of the group. These tasks are not onerous if they are shared so please come along and support this new group. Cindy Drinkwater is coordinating this first meeting.



**Italian Beginners:** This new group will be meeting in the mornings on the first and third Thursday of the month from January 5<sup>th</sup> in Littleborough

Bowling Club. We have six new members signed up already so space for only a couple more. Sue Robinson and Emer Duckworth are convening this group.



**French:** This group has not yet been launched but those who are already on the list can expect to hear in the new year.



**Ukelele:** if you are interested in joining a new beginners' ukelele group please let Steve Lister know.

In due course information about these groups and a link to join will be on the U3A website. In the meantime if you are keen to be included at this early stage I suggest you let me know and I will pass on your details to the relevant person.

Congratulations to all the new groups and a very big thank you to those who have agreed to convene these meetings and get things started. If you have an idea for a new group and you are willing to try to set it up please contact Gillian Pearson, our Groups Coordinator, or other committee members who can help and advise.

### 4.3. Groups Focus

Walking, Yoga, Dancing, Gardening and Bird watching ...



## Yoga group

The Yoga group meet every Wednesday at 13:00  
We are a mixed group with varying abilities.

The aim of the group is not to tie ourselves in knots but to maintain/improve our flexibility, core strengths, balance, posture and mental well-being.  
We have a qualified instructor (Gail) who takes us through our paces.

We do have fun but don't just take my word for it, here are a few comments from our

members:-

*“Every week I feel better after my Wednesday lunchtime yoga class . Gail’s got it just right, not too challenging but strenuous enough to make me feel I’ve achieved something . No one is made to feel inadequate if they can’t do a certain activity . We all do as much as is comfortable .”*

*“Yoga, time to forget the World. Help your body and mind.”*

*“I have been very impressed by the yoga classes. It is very inclusive, easily accommodating a wide range of abilities. Accomplished yoga practitioners will enjoy the sessions, as will novices. Gail is extremely patient but missed nothing. I feel gradual improvement and appreciate the encouragement.”*

*“I absolutely love yoga and Gail is a great and knowledgeable teacher. Even though sometimes (when the weather is bad for example) one can feel a bit lazy about going, it is without doubt worth the effort. I always feel much better and more flexible after each session.”*

*“The class is tailored to accommodate everyone; be it needing to use a chair or the wall to help to balance on one foot. Plenty of time is given to get from a lying down to a standing position!”*

The Group is full at the moment but I am happy to start a waiting list. The size of the group depends on the room size and we are using the Function room at the Boxing Club. If anyone is interested please contact me - Lynn Wild - via the website or at a monthly meeting.



## Dancing

From Maureen Butterworth

We are a friendly social group who meet weekly at Smithybridge Methodist Church 10.30 to 11.30 on Wednesdays. We do have space for new members and would welcome them. It would be advantageous if they could persuade someone to partner them not necessarily a man. Currently we do Latin, Ballroom and Social Sequence.

On Tuesday 8th of November we went to Blackpool Tower for dancing and afternoon tea before enjoying fish and chips and returning home.

My contact details are:

01706379351

Mobile: 07869534042

email: frederickbutterworth@sky.com



And here we are in Blackpool!



## Walking

### Littleborough u3a Walking Groups – from Barrie Whitehouse

#### Walking Group 1

This Group meets at 10am on the first Tuesday of the month and members are notified – by email and on the website – of details, including an outline route and starting point. We follow a circular walk for about 2 hours and cover 4 to 5 miles mostly in the Littleborough area although there will be occasional walks further afield. Plenty of room for more walkers if you want to try it.

#### Walking Group 2

This Group meets at 10 am on the third Thursday of the month and members are notified by email and on the website, of details including an outline route and starting point. We walk for about 2 hours and cover about 5 miles mostly

in the Littleborough or Todmorden area, normally starting and ending at the same point. Always happy to see more walkers join us.

### **Easy Walking Group 3**

This Group is suitable for new walkers and those who have not walked for some time. We meet at 2pm and aim to walk no more than 30 to 40 minutes on the second and fourth Tuesdays of the month.

The first meeting of the u3a Easy walking group was held on Tuesday 11<sup>th</sup> October at Littleborough Station, and attracted eight walkers.

We met at the Station and noted the station's links with George Stephenson and our walk travelled along the canal towpath past now disappeared industrial buildings and loading areas, looked at markings to the stonework at bridge 49, towards Durn bridge where past mills and co-op shops had been and gone, visited the Grade 2 listed old beer house (Miners Arms), school and pubs near Ealees before travelling to the 1839 railway viaduct, site of the 1805 Methodical Piazza and adjacent cottages and across Church St. to the dubious blue plaque at the disputed toll house, to finish off in the Trinity Church yard at the Newall Monument then past the Coach House and Falcon Inn to return to our starting point.

Our second walk on October 25<sup>th</sup>. attracted 10 walkers and started at Littleborough library. We toured Hare Hill park, passing by Mephisto's grave, the Grade 2 listed grotto and water wheel, noting the Queenie Newall Blue plaque recording her historical achievement in becoming the oldest female ever to win an Olympic Gold medal, visiting the 1902 bandstand and drinking fountain and then moving on to Townhouse and the old Mill/warehouse and recently renovated cottage, noting also the Blue plaque to Gordon Harvey MP for Rochdale (1906-1918) who lived at Townhouse from 1911. We finished the walk with biscuits and a warm drink in the library. Come and join us in the New Year!

Walkers outside the bowling green in Littleborough.







## Gardening

The Gardening Group does not meet in the winter months but will begin to meet again in April next year. News and tips for things to do or good plants are shared over the winter.



## Birdwatching

From Jo Wiggans

The birds are the star of the show in our group which is usually small and enthusiastic. Of course birds don't always perform on demand but it is astonishing how many different birds can be seen in this area.

Our last outing on a raw, cold day took us on a walk round Watergrove reservoir. There was little on the water: teal, female goosander, mallard and Canada geese. The feeders were busy with a glowing bullfinch, chaffinch, greenfinch, goldfinch and busy little coal tits. We spotted a goldcrest but it was generally a quiet day.

The birdwatching group meets on the first and third Monday morning of each month usually to look at birds locally but sometimes we plan a trip to a reserve a bit further away. We welcome new members so, if you are interested, please do not hesitate to contact me: [jowiggans@sky.com](mailto:jowiggans@sky.com) or call my mobile: 07715417424

Thank you to all our contributors this month. Next month we will focus on the language learning groups so I will be in touch with convenors to ask you to write a short piece about your group.



And, finally, I wish you all a very merry Christmas and a Happy New Year.

Jo Wiggans; email: [jowiggans@sky.com](mailto:jowiggans@sky.com)



