

Lymm and Thelwall u3a Newsletter

August 2023

Registered Charity Number 1182457

Dear All

Where has July gone? This month has been pretty hectic which is just how I like it! Some of the Committee were present at St. Mary's Church Eco Event. The stall looked great, as you can see. Thanks to Catherine for keeping the noticeboard up to date! It was lovely to see so many members at the Members' Meeting on 20th July. We had 82 members present and 5 new members/guests. Thanks to Christine for organising another excellent speaker to entertain us. I hope you have lots of lovely events to look forward to in August and I will see you at Laskey Farm if you are joining us! **Sue, Chair**



Meetings - Christine Ballance

*Our Members' Meetings are held at Thelwall Parish Hall on the **third Thursday** of the month.*

Visitors are welcome to attend two meetings before joining.

The next meeting will be on **Thursday 21st September** from 10.00 a.m. for a 10.30 a.m. start. Refreshments will be served from 10.00 a.m. Do come along early for a drink and a chat.

Thursday 17th August

No meeting

See social at Laskey Farm

Thursday 21st September

Anna Alexander

Child Labour in Warrington

Anna's talk will look at the industries in Warrington in the first half of the nineteenth century and the types of jobs in which children, as young as six years old, would be employed.

Thursday 19th October

Jean Finney

History of Nursery Rhymes

The language and music of nursery rhymes. Who would have thought those jolly little rhymes and ditties we recite over and over with our tiny loved ones could hold the key to some of our medieval English History!? Be prepared to be shocked, amused and surprised and whatever you do don't tell the kids!

Thursday 16th November

Steve Barrett (a revisit)

Science of Santa & Star of Bethlehem

How many laws of physics does Santa break? Can his (alleged) feats be reconciled with scientific reasoning? What are the astronomical candidates for the Star of Bethlehem? How do they fit the account? Do known events fit the timeline of the Nativity?

Dates for your diary to promote our u3a

Saturday 23rd September Thelwall 1100 Festival. This promises to be a lovely occasion celebrating Thelwall's 1100th birthday. We are also present at this event, promoting our u3a and we hope we see you there!

Our u3a

As we break for the summer it might be interesting to look back on the story of the u3a. The u3a is an international movement which started in France in 1973 where each group was closely connected to a local university. In 1982 it was brought to England and was based loosely on the French model but became the u3a we know which is a self-help organisation. There are now more than 1000 groups in our country with each group structured as an independent self-financing and self-managing charity. Although primarily for retired people most u3as welcome anyone not in full time employment. Members draw upon their knowledge and experiences to teach and learn from each other.

We are so lucky to have our branch of the u3a in Lymm and Thelwall. It was admitted to the u3a in 2018 and is continuing to thrive. We now have over 270 members and a great variety of groups and activities co-ordinated by our wonderful group leaders. As our u3a membership grows it would also be great to have new groups forming! Anyone with ideas for a new group can be supported to find others with the same interests, to find a venue for the group and also help in setting the group up.

Please speak to Muriel, our Groups' Co-ordinator, or any Committee Member.

I have just looked at the groups other u3as run. Anyone interested in a Board Game group, Singing for Fun, Science or History of Art? How about Play Reading, Chess or Astronomy and Astrophysics!! Wow the u3a is out of this world!

Events and Social – Any ideas for events please contact socialevents@lymmthelwallu3a.org.uk.

Summer Jolly : Laskey Farm

Thursday 17th August at 2.00 p.m.

This Summer Jolly at Laskey Farm is now full. We look forward to seeing Members who have signed up for a fun-filled afternoon at the Farm! If you have not already paid please make your payment A.S.A.P. (You should have received the payment details) Then we can finalise the payment to Laskey and all we have to do is hope for beautiful sunshine on the day! The cost is £12.

Stockport Air Raid Shelter Trip

Price £10

Thursday 28th September at 6.00 p.m.

The Stockport Air Raid Shelters are a system of almost one mile of tunnels dug under Stockport during World War Two to protect the inhabitants during air raids. Four sets of tunnels were dug into the red sandstone below the town centre for civilian use. Preparations started on 1st September 1938 and were completed on October 1939 although Stockport was not bombed until 1942. 6,500 people could use the shelters.

The trip is a private trip and provides a memorable visit that truly brings the Home Front to life. The tour lasts approximately one and a half hours and we will visit areas of the unlit tunnels not accessible in the normal visits. The floor can be uneven in places. The number on the trip is limited. For more information about the trip contact me, Sue, at newsletter@lymmthelwallu3a.org.uk

Scottish Trip to the Ardgarten Hotel, by Carol

Well, five Lymm and Thelwall u3a members (plus my husband who is not a member and took the photo below) went in the end. Sylvia had suggested the trip to the Ardgarten Hotel on the shores of Loch Long in the county of Argyll. She had been before and said that the hotel was really nice with beautiful views across the Loch. There was a trip to Helensburg House and the Submarine Centre. On the second day the trip was to the Isle of Bute and Mount Stuart House. Then on the third day we visited Glasgow and the Riverside Museum. The hotel was indeed superb and we were very lucky with the weather. It rained at night and whilst we were in the coach but we did not get wet!!



Spotlight on... Beyond All Things Creative Exhibition 2023

by Sue Clarke



We were delighted to be part of Lymm Festival with our Beyond All Things Creative Exhibition held in St Mary's Church Hall. Lymm Festival is celebrating 25 years, and this will be our seventh year in partnership with them. Displays accompanied by Group Leaders represented Art, Mosaics, Sketching Out, Flower Arranging and Stitch 'n' Natter.



As well as these visual showcases our aural senses were treated to the infectious performances of the Ukulele group. Many of us were tempted to singalong and there was even a bit of impromptu dancing. Additionally, evolution saw the inclusion of Cycling and Walking, hence the 'Beyond' in the title! The event provided an opportunity to get a range of first-hand information about activities, both directly from the Group Leaders and members of the committee present.



The successful morning was a busy and sociable occasion with members and visitors meeting up in a pleasant and relaxed atmosphere. The requisite refreshments, including excellent cookies, were appreciated by all. The selection of photographs gives a taste of what and who was there. Apologies to anyone I've omitted.



History of 'All Things Creative' by Jenn Stanley

The original conception for the All Things Creative event arose from a conversation between three people some seven years ago at a sketching day at Walton Gardens. James and Anne challenged me to organise an art exhibition and we soon agreed it would be great to involve the creative groups. All were willing to participate. 'All Things Creative' was born. It soon became established over the years, as part of Lymm Festival, to showcase our magnificent creative work & encourage new people to join the u3a. I was proud to coordinate this fabulous event and enjoyed the project enormously. I received much help, not least from Dinah, Interest Group co-ordinator at the time. With the committee deciding to broaden the event to showcase all that Lymm and Thelwall U3A has to offer and the responsibility for its smooth running I can take a back seat and relax! My thanks go to all the group members who have supported the event with their work, time, energy and commitment over the years I was coordinating. What a great bunch of people! I hope that the exhibition continues to enjoy the joyful, relaxed and happy buzz that it has had since its inception and continues to grow with an ever widening display.



News from our Interest Groups - Muriel Howarth groups@lymmthelwallu3a.org.uk

Sheila, who ran the Computer Group, says that there is a possibility of the group reviving. The group will cover tuition and personal support with Microsoft Office plus help with production of documents, computer filing, sorting photos, email etc. This will not cover technical problems or advice on hardware or software. Members would need to bring their own laptops...not tablets. If this is of interest to you please contact me (Muriel) at the email address above.

Group Gossip

A big thankyou to all the group leaders who sent in updates for the Group Gossip. It makes it so much easier for me to add information to the newsletter. Please send any updates to me, Sue Mitchell, at newsletter@lymmthelwallu3a.org.uk by **Thursday 24th August**

Art and Mosaic

August finds the Art and Mosaic groups taking a well-earned rest after all their work towards the festival. Our next meeting is Friday 8th September at 10.15 a.m. Art and Mosaic are now sharing St Mary's Church Hall on Friday mornings. This year has found the art group working together on the Van Gogh's sunflower project for Beyond All Things Creative which is now on display in St Mary's Hall. We have explored a diverse programme of genre, technique and style including experimenting with charcoal, wet on wet watercolour, collage, ink and wash and using different brushes. The mosaic group have been working on a variety of projects including plaques and birdhouses. Both Art and Mosaic groups are open to new members to join our relaxed and friendly creative groups. We hope to see you in September. Regards, Jenn and Tricia.

Badminton Group

We meet weekly at Grappenhall Community Centre, Bellhouse Lane (off the car park at the rear) at 9.00 a.m. on Wednesday mornings.

We currently have a total of nine players, but any who have played previously are welcome to join us. The subscription to cover rental and equipment is around £10 per month, but variable depending on playing numbers, etc.

Crown Green Bowling

The Crown Green Bowling Group meets at High Legh Bowling Green (adjacent to the Village Hall triangle, off A50) on Monday afternoons at 1.50 p.m. for a 2.00 p.m. start.

A tea break is taken around 3.00 p.m. and the sessions end around 4.00 p.m.

Any interested member is very welcome to join us and instruction can be provided for any novices.

The weekly charge is 50p to cover refreshments.

Cycling

A photo from the "flat" ride to Salford Quays that our cycling group enjoyed this month. Bike cleaning was needed as we did experience a few Muddy

puddles!! It was only to be expected after the rain we have had recently, but we did manage to avoid



any serious rain - not enough to make the majority of the "peloton" put their rain gear on.

Music Appreciation



A few members of our group attended Victor Lim's (piano) RNCN International Artist Diploma Recital. The International Artist Diploma represents the pinnacle of achievement in performance at the RNCN. Victor Lim is from South Korea and is establishing himself as one of the most versatile and talented musicians.

Sketching Out

On Monday 31st July we have been invited by Mrs Terrie Taylor and her husband to visit their home at The Old Hall, Ferry Lane, Thelwall WA4 2SS where we will be given free rein to sketch anywhere in the extensive gardens or the outside or inside features of this charming old hall.

Please note that all members of our sketching group are invited to bring a friend along for up to 2 "trial" sessions without commitment, so I do hope for a good turnout for our sketching session on Monday

31st July as it is not often that we are actually invited to have free range over someone's house and/ or gardens. WE WILL NOT MEET IN AUGUST as many of us are on holiday or on grandparent duties but on Monday 27th September we have again been invited to come along to sketch another lovely venue in Thelwall, this time by Mrs Christine Purlow who has invited us to sketch her home which is a lovely black & white timbered old farmhouse with a similar name as our October venue as it is called OLD HALL FARM. It is located immediately to the left of the stables in the road into Thelwall when travelling from Lymm.

These Thelwall Sketching Out visits are particularly significant right now because Thelwall Village is celebrating its 11th Centenary later this year from 9th to 23rd September. Many events are scheduled to take place in the Village Hall and other venues throughout the village to celebrate the fact that KING EDWARD THE ELDER visited Thelwall and declared it to be a City in the year 923, as described on the end gable of the Pickering Arms Pub

I do hope for a good turnout for these "special" Sketching visits as this is the first time that we have been cordially invited to sketch someone's home.

Strollers

A good turnout of seventeen members met at Walton Gardens for our July walk. Once we had sorted out the parking ticket machine (!) we left the gardens and made our way to Walton Hall golf course, following the posts which mark the permitted walkers' route across to the next part of the walk. The weather was lovely.

We walked at a slow pace up the steady incline to the top of the cemetery. A bench at the top was very welcome! It was an interesting walk back down to the canal, then we were almost back at the gardens. Lunch was coffees & sandwiches at the Courtyard Cafe.

All said they had enjoyed the day....

4-6 ers

Primrose Hill Wood Circular Walk.

Did the 4-6ers arrive at the Boot Inn in Boothsdales looking forward to the views over Cheshire as they walked along the sandstone trail or did they turn up to visit the Boot Inn?! Who knows but the countryside, the company and the pub were all excellent. The rain held off apart from a brief period half way round. Those people who put on cagoules and over trousers had to take them off again five minutes later, and they fortunately stayed in their rucksacks for the rest of the walk. We even managed a coffee break (without Sue and David present) and still arrived back at the pub on time.



Striders

A glorious 8.5 mile walk to Lantern Pike and back without rain!! We walked steadily up from Hayfield across open moorland where we had wonderful views of Kinder, Hayfield, Mellor Church, Lyme Park and over to Manchester. We enjoyed our picnic lunch in a sheltered hollow then climbed over Lantern Pike and back to the car park along the Sett Valley Trail. A good time was had by all!



Our next walk is on Wednesday 16th August near Turton Tower above Bolton. 8.5 miles

Ukulele

The Ukulele group is progressing well and now has 25 members. We meet each week on Tuesday nights and focus on us all enjoying the singing and playing. The great thing about our group is that we operate in a way that enables new players to fit in and feel comfortable. All of us were novices at some time and we respect that newcomers need only play the chords that they can and will gradually pick things up over time. As long as you are willing to practise then we are willing to provide a great social/singing/playing group to find your ukulele feet with.

Wellbeing Bird Watching

It was a beautiful day for a spot of wellbeing and birdwatching at Pennington Flash near Leigh. There was plenty to see - nuthatch, cole tit, chaffinch, lapwing, grebe, blackcap, egrets. The champagne moment - a male bullfinch who came and stuck around just a few feet away on one of the bird tables.

u3a – Online Learning Event

Exploring World Faiths: Faith and Youth

Monday 21st August 10.00 a.m. – 11.30 a.m.

How much affect does faith have on the lives of young people?

World Youth Day occurs in August.

Three young people from Muslim, Baha'i and Christian faiths will tell us about their lives, their aspirations, and the impact of their faith.

To contact our host, Exploring World Faiths subject adviser Dr Peter Rookes, please visit his [Subject Adviser webpage](#)

This event is for u3a members only.



How to join these events

These are free online events for members. Press the events link below and then click on Online learning events. You will find a selection of other free events. <https://www.u3a.org.uk/events>

Science network event

Wednesday 9th August 10.15 a.m. – 3.30 p.m.

A science-based learning event with 3 presentations followed by questions after each, with a break for refreshments and for lunch. Zoom doors will open at 10.15 a.m. on the day.

The schedule for the Science Network Zoom Meeting on August 9th is as follows:

10.30 a.m.-10.40 a.m. Welcome and Introduction

10.40 a.m.-11.40 a.m. Quasars by David Youll of Basingstoke u3a

11.40 a.m. -11.50 a.m. Break

11.50 a.m. - 12.50 p.m. CRISPR Genome Editing Tool by David Tordoff of Wolverhampton u3a

12.50 p.m. -13.30 p.m. Lunch break

13.30 p.m. -14.30 p.m. Please wash your hands it can save lives - the role of Dr Ignaz Semmelweis by Mike Trevethick of Thanet u3a

14.30 - 15.15 - round up and discussion of future events

All talks are for about 45 minutes followed by 10 -15 minutes for question

The u3a movement is a unique and exciting organisation which provides, through its u3as, life-enhancing and life-changing opportunities. Retired and semi-retired people come together and learn together, not for qualifications but for its own reward: the sheer joy of discovery!

Our Groups If you would like to join any of our groups please always contact the Group leader via the group page on the website. Click the icon to email the Group Leader. They will reply to you!!

<i>Activity</i>	<i>Regular Meeting Contact</i>	<i>Venue</i>
Art	Friday a.m.	St Mary's Church Hall
Badminton	Wednesday a.m.	Grappenhall Community Centre
Book Club	1 st Thursday a.m.	The Spread Eagle, Lymm
Book Club 2	1 st Wednesday a.m.	The Little Manor, Thelwall
Crown Green Bowling	Monday p.m.	High Legh Bowling Club
Canoeing Water Safety	Occasional Sessions	
Climate and Environment	1 st Thursday p.m.	
Cinema	Occasional Outings	Various
Cycle maintenance	As and when required	
Cycling	2 nd Tuesday and 4 th Thursday	Various, see web site
Flower Arranging	2 nd Friday p.m.	St. Mary's Church Hall
French (Advanced)	2 nd and 4 th Thursday a.m.	The Sanctuary Hub
French Conversation Intermediate and Advanced	1 st Monday p.m.	The Spread Eagle Lymm
Genealogy	3 rd Tuesday am	Lymm Village Hall
German	Monday	Private home and via zoom
The Lunch Group	3 rd Friday	Contact via website
The Lunch Bunch	2 nd Monday	Contact via website
Mosaic	Friday a.m.	St. Mary's Church Hall
Music Appreciation	2 nd Thursday p.m.	Lymm Youth / Community Centre
Philosophy	2 nd and 4 th Tuesday a.m.	The Spread Eagle, Lymm
Sketching Out	Last Monday of the Month	Various
Storytellers	1 st Friday	The Spread Eagle
Stitch 'n' Natter	Wednesday a.m.	The Little Manor, Thelwall
Theatre and Concert	See web site	Various
Ukulele	Tuesday evening	United Reform Church
Walking Strollers	See website	Various
Walking 4-6ers	See Website	Various
Walking Striders	2 nd Wednesday	Various
Wellbeing Birdwatching	Friday a.m. fortnightly	Various Locations



Important Notice about recycling Medicine Blister Packs

Please don't bring Medical Blister Packs to the Members Meetings!

As Superdrug will only take packs from individuals we can't collect these at the Members' Meetings. Instead please take them back to your own pharmacy.

We will **continue** to collect contact lenses and their blister packs, toothpaste tubes, spectacles (don't require glasses cases) and stamps.

Contact Us

Lymm and Thelwall u3a web site:

[Lymm & Thelwall u3a: Welcome To Lymm & Thelwall u3a \(u3asites.org.uk\)](http://u3asites.org.uk)

Lymm and Thelwall u3a Facebook page:

[Lymm & Thelwall u3a - Home | Facebook](https://www.facebook.com/LymmThelwallu3a)

enquiries@lymmthelwallu3a.org.uk

Committee Contact Details

Chair	Susan Mitchell	chair@lymmthelwallu3a.org.uk
Vice Chair	Marcia Dale	vicechair@lymmthelwallu3a.org.uk
Secretary	Pauline Holloway	secretary@lymmthelwallu3a.org.uk
Treasurer	Rod King	treasurer@lymmthelwallu3a.org.uk
Membership	Allen Sealby	membership@lymmthelwallu3a.org.uk
Venues	Marcia Dale	venues@lymmthelwallu3a.org.uk
Group Coordinator	Muriel Howarth	groups@lymmthelwallu3a.org.uk
Social	Lynn Bryant	socialevents@lymmthelwallu3a.org.uk
IT Support	John Bower	it@lymmthelwallu3a.org.uk
Publicity	Catherine Bower	publicity@lymmthelwallu3a.org.uk
Committee member	Jim Owen	jim@lymmthelwallu3a.org.uk

Non-Committee

Speakers	Christine Ballance	speakers@lymmthelwallu3a.org.uk
Newsletter	Sue Mitchell	newsletter@lymmthelwallu3a.org.uk

