



Lymm and Thelwall u3a Newsletter

December 2023

Registered Charity Number 1182457

Dear All,

It's December already and I wish you all a happy, healthy and peaceful Christmas!

I would like to thank everyone who has contributed in any way towards the running of our u3a this year especially the Committee, the Group Leaders, anyone who has assisted in the groups, the Refreshments team, the Social Team and all those people who help set up and clear the Members' Meeting room (how do all those chairs disappear so quickly)! Also, all of you members who are warm and welcoming to new members and visitors.

This is what u3a is all about, the coming together of like-minded people to share experiences and knowledge and learn from each other whilst enjoying each other's company. You certainly are a wonderful group of people!!

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 18th January** 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 18th January

Karen Castle

How I ended up in prison.

One of the first women to work in UK prisons as a prison Hospital Officer, she will share some of her stories of experiences of prison life. She has worked in women's and men's prisons and held various medical roles.

Thursday 15th February

George Sephton

The Voice of Anfield

George will talk about his 53 seasons as the Stadium Announcer at Liverpool Football Club including the scrapes he's got into & the adventure of writing his book after fifty years in the job. **At Grappenhall Community Centre.**

Thursday 21st March

David Skillen

tbc

Thursday 18th April

Angela Berry

Merseyside & Cheshire Blood Bikes

MCBB is a non-profit making charity that provides support for the NHS through carrying urgently required blood, medicines, samples and donated human milk between hospitals, clinics, hospices and laboratories across Merseyside and Cheshire. They are all volunteers and provide free transport 365 days a year, whether that be by manning the phones or riding motorcycles to deliver urgent items for the NHS.

Important

There is no meeting in December. The **February meeting** will be held at Grappenhall Community Centre, Bell Lane, Grappenhall as it is half term and the Thelwall Parish Hall is being used by the Ferry Link Club.

Dates for your diary: Friday 1st – Sunday 3rd December

Tuesday 5th December

Thursday 7th December

Friday 15th December

St Mary's Christmas Tree Festival

Wreath Making

Christmas Social at Groobarbs

Art and Mosaic Open Morning

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

St Mary's Christmas Tree Festival

Friday 1st December 10.00 a.m. – 4.30 p.m.

Saturday 2nd December 10.00 a.m. - 5.00 p.m.

Sunday 3rd December 11.00 a.m. - 4.00 p.m.

Christmas Tree Festival Family Service 10.00 a.m.

This is a lovely community event with over 45 trees decorated by numerous different organisations from Lymm. Local singing groups will provide entertainment, refreshments are available. There will be craft and produce stalls. Catherine has just been erecting Lymm and Thelwall u3a's tree and sent this photo. I am sure you agree with me that it looks absolutely splendid!

Thanks Catherine (and John).



Groobarbs
-field kitchen-

A reminder to all those who have now paid to attend Groobarbs - we arrive at 12.30 p.m. for our drinks reception followed by lunch at 1.00 p.m. Looking forward to seeing you there.

Dress Code: Nothing specific but you are welcome to wear fancy dress or hats!!



Art and Mosaic Open Morning

St Mary's Church Hall, Lymm

Friday 15th December 10.30 a.m.

Please join us for a display of our work. There will be mince pies and carols too.

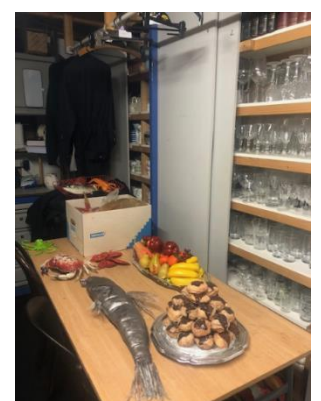
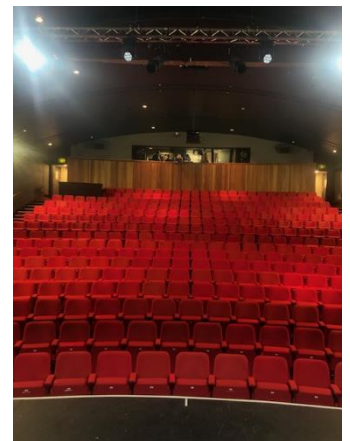
We hope you will come along for our seasonal offering



BACKSTAGE AT THE GARRICK. A visit by some of the Theatre Group

We were quite an excited group of 20 members waiting to be taken behind the scene at The Garrick Theatre in Altrincham on a cold Friday morning. What was there to find out? What would we be shown? How interesting would it be? Let me tell you, we saw every little corner of this theatre. We heard the whole 130 year history and found out how it is now run on a mixture of professional and volunteer efforts. And what efforts they are! We began in the main theatre with its 401 seats. Our guides were The General Manager, the Director of the shows and one of the amazing volunteers. We were told how the theatre began and how it has developed into a real Community Theatre. There is a show choir, they have play readings, they make their own scenery and costumes, have amazing technical equipment and props of all sorts. We were told how it is all managed by a few employees supported by a large numbers of volunteers. We then moved through the theatre and saw how the stage is organised, how lighting happens, how the scenery is created in the workshop, how all the many, many costumes are created and made, how the wardrobes are dealt with, how the props are made, how the actors share facilities and help each other in many ways. The theatre is a charity with no grants and there is a constant need for finance. Whenever possible they sell the costumes and scenery. The volunteers are crucial and put in many hours of expertise and experience in all areas of the operation. One example is that all the costumes are made by volunteers and there could be 150 for one show. Amazing. What an interesting experience this visit was. Putting on six shows in a year and accommodating visiting groups as well as providing opportunities for learning about lighting, scenery, sounds and everything else related to production is quite a job. We ended up understanding that The Garrick Theatre certainly deserves the support we give it by attending their performances.

Elisabeth



Members' Meeting

There were 92 members and two guests at the Members' Meeting to hear Steve Barrett's two interesting and amusing talks. In the first, on 'The Star of Bethlehem', Steve favours a theory about it being a conjunction of Jupiter and Venus. The second talk was on 'The Science Behind Santa' in which he discusses how many laws of physics Santa breaks. He maintains that he breaks none and reckons that 3000 chimneys per second is do-able! Here are some links to access his talks for anyone who didn't pick up a handout or anyone who wasn't able to be there and would like to hear them. [Star of Bethlehem](#) and [The Science of Santa](#)

Lymm Heritage Centre Talk

Many of us have been absorbed in our village's past when looking round the excellent Heritage Centre in Lymm and over thirty members took advantage of an evening visit to listen to the Centre's Chair, Alan Williams.

Alan gave an enjoyable illustrated talk on a local girl made good. Elizabeth Pulman could have joined many other locals in the Fustian industry but fate intervened. She met and married a man from Manchester who she happened to meet in the Crown Public House. He was from Manchester. They emigrated to New Zealand in 1861 where she supported her husband in his photography business. On his death she became the first female professional photographer in New Zealand, her work including Maori Kings and Chiefs. Refreshments followed, ending an extremely interesting evening. Beforehand a dozen members enjoyed an evening meal in the Spread Eagle.



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

A number of people have expressed interest in the Poetry Group, the Spanish Group and the Computing. If you are still interested in any of these please pass your name on to me, Muriel, on the groups email address above and I will pass your name on to the relevant person.

We have had some more people express an interest in a Bridge Club. If this is something you would like to do please pass your name on to me and I will see if there is enough interest.

Also please contact me, Muriel, on the email address above if you have any ideas for other new clubs.

You don't have to be an **expert in a subject, just share an interest** with others as the idea is that we all learn together.

Group Gossip

A big thankyou to all the group leaders who sent in updates for the Group Gossip. Please send any updates to me, Sue Mitchell, at newsletter@lymmthelwallu3a.org.uk by **Thursday 28th December.**

Art and Mosaic

We are holding an Open Day on Friday 15th December from 10.30 a.m. to 12.00 noon.

I've heard there will be mince pies and carols too.

We hope you will come along for our seasonal offering.

Badminton

The Badminton Group is in action every Wednesday morning from 9.00 a.m. to 10.00 a.m. This group is now at capacity so I have opened a "Waiting List" for any future interested members. Please email Geoff via our web site page for addition to the "Waiting List", noting that you need to have played Badminton previously.

Book Group 1

It is hard to believe we are coming to the end of another year's happy reading. Our choices this year included a couple of classics (The Bell and The Quiet American), a non-fiction (H is for Hawk) as well as a range of fiction which all provoked a robust discussion. It is hard to pick a favourite though Ian McEwan's The Children Act and Maggie O'Farrell's The Marriage Portrait are strong contenders. And often the most interesting discussions arise from the books we liked least. Some of us watched the film of The Quiet American at my house, and as it's such a favourite of mine I was pleased everyone enjoyed what is a multi-layered story based in Vietnam. The group is full and has a waiting list.

Book Club 2

We have space for new members to join our group. We meet on the 1st Wednesday morning of the month at The Little Manor. Please contact me, Peter, via our page on the Lymm and Thewall u3a website.

Bowling

Although not an 'official' U3A Activity, indoor short-mat bowling takes place on Monday afternoons in High Legh Village Hall (opposite Car Park) from 1.30 p.m. (arrival 1.15 p.m. recommended) to 3.30 p.m. Subs for Winter Indoor Season: £6. Weekly Session Fee £2. Outdoor Crown Green Bowling will resume around the end of next March.

Badminton

The Badminton Group is in action every Wednesday morning from 9.00 a.m. to 10.00 a.m. However, this group is now at capacity so I have opened a "Waiting List" for any future interested members.

Intending members please email Geoff Stoker at: gsto2512@aol.com for addition to the "Waiting List", noting that you need to have played Badminton previously.

Genealogy

This month, Elaine gave us a fun and informative talk on "*Have I found My Ancestor? The Confusing Matter of First Names*". She gave us a list of names to think about. Peggy for instance is really Margaret, Daisy can be Mary!!! A lively discussion followed about strange names in our trees!

Elaine has an Auntie Sis, who in fact turned out to be Beatrice and an Auntie Dolly who was in-fact Gertrude. .

So it just shows we must sometimes think outside the box when it comes to researching our family tree! Thanks Elaine.

A reminder that our next meeting is in the Sanctuary Hub.

Poetry

The new poetry group will hold its first meeting on Thursday 25th January at the Sanctuary Hub. More information will be in the January newsletter.

Strollers

Christine led us on a lovely walk through the lanes and fields around Arley Hall. We then lunched at High Legh Garden Centre.

4-6ers

On a beautiful crisp morning David led us on a 6 mile walk round the paths and lanes of Grappenhall, pointing out interesting features such as the inspiration for the Cheshire Cat on St Wilfrid's church tower. The highlight was the trip across the Manchester Ship Canal on the ferry boat at Thelwall, a first for many of us. From there it was back along the Bridgewater Canal to the Ram's Head



Striders

The Striders latest walk began on the Sandstone Trail near

Frodsham. We enjoyed lunch on Helsby Hill with wonderful



views across the Cheshire Plain towards Liverpool. Further climbing took us past the Frodsham Hill War Memorial, appropriate so near to Remembrance Day. Next walk: Wednesday 14th December Worsley 9.5 miles

Ukulele

The last 3 weeks of songs had improved a lot by the third outing!!! They were given a tick on Janice's grading system! A couple may even make it to our performance list. We are now on to our Christmas Songs. It's beginning to feel a bit like Christmas!

Wellbeing Birdwatching

The weather was great when eight of our group meet at Burton Mere. There were some good spots of birds including a male Pochard, Field Fare and nine Marsh Harriers. The latest outing this month was our Grappenhall Core walk.

Writing Group formerly called Storytellers

This is a relaxed fun group, which meets on the first Friday of every month in the Spread Eagle in Lymm. Each month we write to a topic that is set the previous month - this can include looking at a specific genre such as comedy or horror. We discuss our attempts in a positive way and hope to learn from each other. We also do sessions on self-publishing and we have a go at poetry writing as well. You do not need to have written anything before - just come along, have fun and hopefully gain some tips for the future.



Risk Assessment Advice

Members are reminded that, when participating in Lymm and Thelwall's u3a activities, they do so at their own risk. This is relevant when undertaking any physical activity.



Jigsaws

Pauline, our Membership Secretary, loves doing jigsaws! She is prepared to run a jigsaw swap at our monthly meeting. If you are a jigaholic and have a puzzle you would like to swap bring it along! Please make sure all the pieces are there!!

As well as joining our groups you can subscribe to Interest Groups Online (formerly called Trust u3a). Interest Groups Online is a platform for collaborative learning. It is an online community, bringing people together from across the u3a movement and beyond. There are around 70 different groups that meet online across a wide range of subjects. Groups are interactive and vary depending on the needs of the participants.

Find out more on our [Interest Groups Online page](#).

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
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IT Support	John Bower	it@lymmthelwallu3a.org.uk
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Committee Member	Barbara Price	
Non-Committee:		
Speakers	Christine Ballance	speakers@lymmthelwallu3a.org.uk
Newsletter	Sue Mitchell	newsletter@lymmthelwallu3a.org.uk

u3a – Online Learning Events

The story of Eva Urbach & Ulli Adler

Friday 1st December 2.00 p.m. – 3.00 p.m.

Lesley Urbach tells the story of her mother and aunt who arrived in the UK on the Kindertransport, and the family left behind.

Lesley Urbach's maternal family came from a small town in north-east Germany which now belongs to Poland. Her mother Eva, née Wohl, and three of Lesley's aunts escaped to Britain and Argentina in 1938 and 1939. Their parents were murdered at Auschwitz on 19th February 1943.

Lesley's presentation uses film and radio testimony provided by her mother and youngest aunt, Ursula née Wohl (known as Ulli), family photos and brief excerpts from historical films. These are interspersed with Lesley talking about the family's life before and after the Nazis came to power in early 1933. She explains why and how her 16-year-old mother and 13-year-old aunt Ulli came to Britain on the Kindertransport in December 1938.

The talk focusses on what happened to their parents left behind in Germany, using letters and poems sent by her grandparents to England and Argentina before and during World War Two.

This event will be held online via Zoom and is for u3a members only. To find out more about u3a and to join

[visit our website](#)



A journey into the incredible work and beautiful art of William Morris

Wednesday 6th December 6 2.00 p.m. - 3.00 p.m.

Helen Elletson's talk will cover the life, work and ideas of this great Victorian polymath who was a talented designer, craftsman, writer, poet, socialist and printer

Helen has been a Senior Curator at the Emery Walker Trust since 2010 and Curator of Research and Development at the William Morris Society since 2000. Amongst Helen's publications are A History of Kelmscott House (2009) and Highlights of the William Morris Society's Collection (2015), as well as articles on the Arts and Crafts movement including A Feeling for Beauty: May Morris, Emery Walker, and the Arts and Crafts of Hammersmith in Country Life (2017).

This event is for u3a members only.



How to join these events

These online events are free for members. Use this link below to discover the online learning events www.u3a.org.uk/events

Contact Us

Lymm and Thelwall u3a web site:

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

Lymm and Thelwall u3a Facebook page:

Lymm & Thelwall u3a - Home | Facebook

enquiries@lymmthelwallu3a.org.uk

National u3a News

If you would like to sign up for the National Newsletter or the North West Region Newsletter please use the links below

u3a National newsletter

<https://www.u3a.org.uk/news/newsletter>

North West Region Newsletter

<https://u3asites.org.uk/north-west/page/25318>

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!!

If you have any ideas for a new group please contact Muriel groups@lymmthelwallu3a.org.uk our Group Coordinator and she will be able to advise how a new group can be formed.

Activity	Regular Meeting Contact	Venue
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
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
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
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
Writing Group /formally Storytellers	1 st Friday	The Spread Eagle

For those members who have no online access this letter can be posted to them.



Recycling update

Sorry - we have had to stop our recycling collections at the Members' Meetings as our deposit points have stopped taking bulk deposits and will only accept items from individuals. If you are willing to take in your own recyclables, Superdrug and some other pharmacies accept medicine blister packs and most opticians will take contact lenses and their packaging.