

Lymm and Thelwall u3a Newsletter

November 2023

Registered Charity Number 1182457

Dear All

It seems to have been such a busy month since our last newsletter! Twenty members went to Stockport to the Air Raid Centre and Stockport Museum, twenty went to the theatre and there has been a cinema visit. Fourteen Striders got wet through to the skin on a walk near Marple! Twenty 4-6ers walked at Alderley Edge and the Wellbeing Bird Watchers and the Striders met up at the Methodist Church for Lunch at the Brow after their walks. This felt like an impromptu Social as I counted thirty-two members present! Music Appreciation listened to some great music, the Lunch Group has dined out in style and the Flower Arrangers have used foliage to create wonderful arrangements. The cyclists have been out twice, the French and German groups have met to use their languages, bowlers are indoor bowling and badminton members chasing their shuttlecocks. The Sketching, Art and Mosaic groups used their creative talents. Stitch and Natter have been nattering and stitching and Genealogy have followed a journey to Salt Lake City. Storytellers have been busy writing and Book Clubs and Philosophy have been discussing. Meanwhile, Ukulele players have strummed their new choice of tunes!!! Wow!! If you were in every group you could be busy every day of the month!!! Finally, 97 attended the monthly meeting.

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 16th November** 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 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?

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 the 53 seasons as the Stadium Announcer at Liverpool Football Club. The scrapes he's got into, the adventure of writing his book after fifty years in the job.

Dates for your diary:

Thursday 9th November	Lymm Heritage Centre Talk
Thursday 19th November	Members' Meeting
December 1st - 3rd	St. Mary's Community Christmas Tree Festival
Tuesday 5th December	Wreath Making
Thursday 7th December	Christmas Social..... Groobarbs
Friday 15th December	Art and Mosaic Group Open Morning (see below)

Alfresco in Autumn

We were featured in the National u3a News!!

News From the Trust



Photos: Lymm and Thelwall u3a,
Upholland & District u3a, Barnsley u3a

Our movement celebrates u3a week

Thelwall Parish Hall Car Park

I have sent the following to all interest group leaders but everyone needs to be aware, particularly if you organise walks or activities for an interest group but you aren't the leader. I have had a complaint from Thelwall Parish Hall that a u3a walking group is regularly parking in their car park. I have checked with all our likely groups and apart from on one occasion no one has been regularly parking there and it may well be another u3a. However, I wanted to alert you all to the fact that unless we have booked the hall we are not entitled to use the car park so please don't arrange for any groups to meet there unless you are using the hall. I have sympathy with his stance as we would not be happy if we couldn't park for our monthly meetings because random people had arranged to park there.

Marcia Dale

Vice Chair and Venues

Child Labour in Warrington, report by Sue Clark

Our September speaker subject was 'Child Labour in Warrington in the 1800s. We welcomed Anna Alexander whose enthusiasm and comprehensive subject research shone through as she illustrated her talk with facts and anecdotes. Anna took us through the narrow streets of Warrington with its overcrowded and unhygienic living conditions and introduced us to many industries that existed, including production of the famous wire. I went home haunted by the small size of the chimneys up which children as young as four were sent and the mind-blowing maze of those at Buckingham Palace. The poorest people acquired few skills while luckier ones got apprenticeships in trades like mechanics and wire cutting. The Methodists belief of Original Sin with all children born sinful and needing to be taught prevailed. Wealthy industrial families including Crosfield, Patten, Beaumont and Battersby, set up Christian Sunday schools and benevolent schemes. Their legacy is still reflected in the town's streets and schools today. Lymm was famous for its Fustian works where the thick course fabric of linen or cotton and possibly wool was processed into textured material such as corduroy. The cutters, mainly young women, walking up and down, could clock up to 150 miles per week. Put that in your Fitbit! Anna backed up her talk with a wealth of interesting data around legislation and conditions. I can forward any on to you. Marcia gave the vote of thanks, drawing on some sobering similarities to our current situation with poorer people relying on charities and foodbanks for aid.



Events and Social — Any ideas for events please

contact socialevents@lymmthelwallu3a.org.uk.

An evening at Lymm Heritage Centre

Thursday 9th November at 7.30 p.m.

Just a gentle reminder to those who have signed up to the Heritage Centre talk that the meeting starts at 7.30p.m and the cost is £4.00, payable on the night! Some of us are meeting in the Spread Eagle beforehand!!

St Mary's Christmas Tree Festival 1st to the 3rd December

Make sure you put the dates in your diary. This is a lovely community event with trees decorated by numerous different organisations from Lymm. Our tree will be resplendent in the display.

Choirs will be singing and refreshments are available.



Christmas Social

Thursday 7th December

All members are welcome. Our venue is



Last few tickets



Last Chance to Join Us

We are pleased to announce that this year's Christmas social on Thursday 7th December is going ahead.

50 plus members have now registered, and all those that have registered will receive an email next week giving details of how to pay.

We still have spaces available and are now inviting non-members to join us.

Adult family and friends are welcome.

The cost is now confirmed and is **£45** per person.



What do you get: • A delicious home cooked, 5 Course seasonal set menu with fresh food straight from the fields, The Main Course is a choice of either or Vegetarian (all dietary requirements catered for). • A welcome drink on arrival. • Christmas Crackers and festive entertainment throughout the afternoon. • The price covers the private hire of the Field Kitchen for exclusive use of our u3a members, from 12.30 p.m. to 4.30 p.m. • I'm sure we will be able to include a festive quiz from our favourite quizmaster! If you are interested in joining us for this special festive event please register your interest a.s.a.p.

If you have any questions or haven't registered yet, email Lynn

Book Now



Art and Mosaic Open Morning

St Mary's Church Hall, Lymm

Friday 15th December 10.30 a.m. – 12 .00 midday

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



Recycling

We collect packs, toothpaste tubes, spectacles (don't require glasses cases) and stamps contact lenses and their blister for recycling. Please bring any of these to the Members' Meeting.

We also collect used stamps - please leave 1cm around the stamps when removing from the envelope. Thanks

u3a Festival 2024

Plans are already underway for the National u3a Festival '24 which will take place in July 2024 in the beautiful city of York. The festival will run over 3 days and will be held at the University of York based around their exhibition centre: <https://yorkconferences.com/venues/exhibition-centre> and sports centre: <https://www.york-sport.com/centre/>

Accommodation will be available in the student halls and we will provide more information on this in the coming months. It's early days, but as the weeks and months go by they will be adding more information to this webpage about all the wonderful activities that members, groups, u3as and subject specialists will bring to Festival '24 in York. Stay updated by following us on our social media channels (Facebook, Twitter, and Instagram) and subscribe to the u3a national newsletter. For more information now, and to offer your skills and support, contact us on festival@u3a.org.uk



Stockport Air Raid Shelter Trip

On Thursday, 28th September, a group of twenty u3a members headed east for a guided tour of the Stockport Air Raid Shelters. Three hours before the start time a dozen of us had gained our Explorers Badges by successfully getting to the starting point in the busy town centre, just across the road from the Shelters.



We set off towards a historic area where we visited the Stockport Museum and, for some, Staircase House, the medieval structure next door. The Museum was well-resourced with many nostalgic items from our childhood. There was a woollen swimsuit. Margaret remembered wearing one! It stretched when worn in water!



Also on show was Lowry's only painting of Stockport and we were fascinated by a separate exhibition about Strawberry Studios, made famous by 10CC but used by many top acts. After a stroll around the market we grouped in the Produce Hall to eat and be joined by other intrepid travellers.



We were up to full capacity just before six o'clock and ready for the tour which was conducted by a force of nature called Roger who threw himself at the subject, a brilliant achievement after twenty years of such guiding. We were able to access stretches not normally available to the general public with the use of torches. With the help of various reconstructions Roger painted a vivid picture of life underground. There are still bunkbed frames along numerous tunnels and toilet facilities which looked very basic. There was also a reconstruction of the first aid post.

At the back of the line was the much younger and quieter Caitlin who gave up teaching after one year to work in the Museum service, mainly with Year Two children. She would be at home with us.



Vikings, Civil War, Morris Men and more by Catherine Bower

Where can you visit a Viking Village or decide who to support in the Civil War - Cavaliers or Roundheads? What did farmers grow back then? Where can you join a band of Morris Men, promote u3a and do so much more?! Thelwall 1100 – a celebration of 1100 years since the founding of a 'cyty' called Thelwall.

Events took place throughout September, including investigation of the history of their village by the junior school, heritage crafts walks, pebble painting, all culminating in a full day around the Parish Hall. It was a wonderful day to share our u3a activities with others.

When we are asked **What does Positive Ageing mean?** You only need look around this event. So many u3a members were actively involved – welcoming visitors, Car Park duties, preparing/serving refreshments, promoting the local Girl Guides they help run, taking part in a Morris dance, visiting the event before supporting another event at a local garden, helping set up and, of course, promoting u3a!



Christine joining in with the Morris Dancers!

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

Possible revival of U3A Microsoft Office IT Group

This group had a very successful few years before Covid. It is designed for anyone who wishes to use their lap top to do more than everyday internet searches for holidays, purchases and the like i.e. to produce documents useful to them in their home and leisure activities. It is not a course but a place to gain individual help and guidance in the practical use of Microsoft Office, or its equivalent. It is for basic learning up to help for more advanced users. Nobody will feel out of place!

I am able to help members gain more confidence in using their lap tops to produce documents in Word or Excel in order to add a letter to an email, do a spreadsheet of their accounts, prepare a simple balance sheet or produce a table of information. I am also very keen to help members sort out a filing system to help them organise emails or photos into order/making folders etc. Adding logos, photos or diagrams to documents is also covered.

This group can cover personal needs and will be there to encourage and develop confidence in IT in a relaxed, non-threatening and fun environment. Any beginners need not feel out of place! Because of the nature of the group, it needs a minimum of 4 to be viable and a maximum of 6 to enable. Sheila Randall

We have had a suggestion to create a **Poetry group**. A member has offered to lead it if we get enough members interested in poetry. Also, a number have expressed an interest in a **Spanish Conversation group**, however, we need someone (or two) prepared to organise it!!

Please Contact me, Muriel, on the email address above if you are interested in any of the Group suggestions above and please let me know 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 23rd November**

Art

We are holding an Open Day on Friday 15th December from 10.30 a.m. to 12.00. I've heard there will be mince pies and carols too. We hope you will come along for our seasonal offering. I'm sure you will enjoy this short



article by one of our members which gives a flavour of our wonderful group.

*'Let's paint Grandma' is a greeting I hear frequently from my grandchildren and so getting involved was a reintroduction to a forgotten passion. When the opportunity to join the u3a Art Group came along I did not hesitate. I enjoy watercolour and frequently make cards for friends and family but am encouraged and supported to try other mediums by members. Any skill set is welcome from beginner to expert so do come along and meet this sociable and relaxing Art Group. I recommend it. **By Janice***

Badminton

The Badminton Group is in action every Wednesday morning from 9.00 a.m. 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 for addition to the "Waiting List", noting that you need to have played Badminton previously.

Book Club 2

In the last twelve months two books have been given top marks and are recommended, "The Island of the Missing Trees" by Elif Shafak and "In the Blink of an Eye" by Jo Callaghan.

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

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. Outdoor Crown Green Bowling will resume around the end of next March.

Flower Arranging

Members of Lymm & Thelwall u3a Flower Arranging group are making the most of garden foliage, some with added flowers. Open to all level of experience, check out our website for details of future workshops.



French Conversation

French Conversation Group's meeting took place on Monday afternoon, upstairs at the Spread Eagle. We had some great discussions about the objects of interest each of us had brought. The photo shows a rosewater sprinkler from Saudi Arabia; a decorative crucifix; and a darning mushroom. We also had an 80s ashtray from the Moulin Rouge; a French driving licence; a very old autograph book; a lamp from Petra; and an old French dictionary of (now very outdated) business language.



Genealogy

Sue spoke to us today about a member of her husband David's family who travelled from the Yorkshire Dales to Salt Lake City in 1852.

A brief résumé ... Young couple, farming family, Yorkshire Dales, mid-19th century. They hadn't ever travelled many miles away from their homes in their lifetime. Then these two young people were converted by Mormon missionaries, got married, and left everyone and everything behind to go to Liverpool, board a sailing ship, and they made the long perilous journey across the Atlantic, then travelled by steamboat and wagon trains, facing dangers, sickness, death, Native Americans. It took them nine months before they finally reached the Great Salt Lake where they settled. It's an incredible story. Thanks again Sue and David for sharing it with us. Great presentation slides, too!

Sketching Out

We were sketching in Lymm last month. Here is David's finished sketch. Our next Sketching In is on Monday 27th November same time / same place when we will again be based at the Spread Eagle for a similar Coaching or Sketching session to last month. We will give the end of



December a miss & then we start the New Year Sketching at the Pickering Arms in Thelwall on the last Monday of the month (29th January 2024). Please note it is possible for you to bring along a spouse or a friend for up to 2 trial sketching sessions whether they are L & T u3a members or not.

Strollers

A wet morning but that did not stop the Strollers. We met at the Cross and walked to St. Peter's Church in to Helsdale Woods then down into Spud Wood and back along the canal via Sutch Lane to Lymm.

4-6ers

20 members joined a wonderful walk led by Helen and Neil. We met at the Drum and Monkey in Alderley Edge and proceeded to climb to the top of the edge passing Wizard's Well on the way up. Unfortunately the weather meant the view was slightly obscured but this did not deter us!! The walk continued along footpaths where we could enjoy the autumnal colours on the trees. After dropping back down to Alderley Edge we enjoyed a superb lunch in The Drum and Monkey. Thanks Helen and Neil for organising us and, of course, Lynn!!!



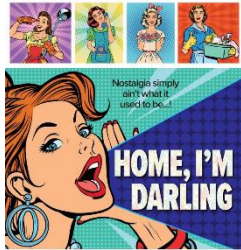
Striders

'Repeat of Mellor walk in the hope of better weather,' she said. 'Huh!!!' We are fated with Mellor. Once cancelled and twice pouring. Were we downhearted? No! We all had a good time and as usual the craic was excellent. No, we didn't get the lovely views so we'll just have to do it again in future!! Coat now reproofed and new boots bought given it was clear that the old ones leaked! Next walk: Wednesday 8th November. A 7 mile quite challenging walk over Frodsham and Helsby Hills



Theatre Group

The Theatre Group paid a return visit to the Altrincham Garrick Playhouse this October. We saw a production of 'Home, I'm Darling'. It examined several ever-current issues with a blend of poignancy and humour, navigating sensitive themes with a light touch. As an audience we laughed while considering the deeper implications. The overlying issue was an exploration of gender roles. Playwright Laura Wade, a child of the 1970s, effectively examined this using characters willingly self-imposing a decade-hopping lifestyle. Couple Judy and Johnny attempted to replicate the nostalgic ideal of the perfect 1950s home, complete with furnishings, clothing and routines. Judy embraced the role of the housewife of this bygone age as they looked for a simpler and better way of life. Inevitably tensions and conflicts arose.



The Olivier Award-winning comedy by Laura Wade
Monday 27
Saturday 7
October 2023
altrincham GARRICK playhouse
www.altrinchamgarrick.co.uk

conflicts arose.

The play invites us to consider whether Judy's choice is empowering or repressive, putting her in a submissive role. Considering so many of us remember life in the 1950s we must be able to answer this. Do you agree that "Nostalgia simply ain't what it used to be?" Is it that simple?

Many thanks to Elisabeth and Lynn for their efficient organisation allowing us to have such an enjoyable and thought-provoking evening.

Ukulele

We have been practising a great variety of tunes this month from "Leaving on a Jet Plane" to "Bring Me Sunshine" then we were "Leaning on a Lamppost" in a "Dirty Old Town" where we found a "House of the Rising Sun" and we "Walked Right Back" to the "City of New Orleans". Some still need more practice before they can join our performance songs!!!

Wellbeing Birdwatching

Despite the foul weather nine hardy souls set out in search of our feathered friends on and around Lymm Dam.



Unsurprisingly,

there were few. The swan family in the distance, just under the coffee stall. A couple of grebes and tufted duck, the omnipresent mallards. The Merlin Sounds App picked out a tree creeper in our vicinity but goodness knows where it was. Our second outing of the month was to Pennington Flash where more

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.

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](#).

Contact Us

Lymm and Thelwall u3a web site:

[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>

u3a – Online Learning Events

Sir Thomas Lipton, Cabin Boy to Tea Tycoon to International Yachtsman

Thursday 9th November 2.00 p.m. – 3.15 p.m.

The illustrated presentation traces the extraordinary 'rags to riches' life of Thomas Lipton. Born in the Glasgow Gorbals, We shall hear how Thomas, youngest of five children his love of the sea developed young age. Signing as a cabin boy on steamers running between local ports led to his saving up for a passage to the USA, where he experiencing various jobs over a period of 5 years.

Always loyal to his parents, Thomas returned to Glasgow to help them with their grocers stores before branching out with his own chain of shops, first in Glasgow before expanding across the whole of the UK over the next 10 years, eventually with 300 stores. With tea becoming very popular with the middle classes, much of Thomas's success was due to his bypassing the traditional lines of supply by investing directly in tea plantations.

Having become financially secure, Thomas could indulge in his love for the sea by developing a passion for yacht racing, 1. On behalf of Great Britain, he challenged the American holders of the America's Cup 5 times. Although he never won, he was awarded a special trophy as the "best of all losers". He is said to have been planning his sixth attempt when he died peacefully aged 81 in 1931.

This event is for u3a members only.

The curious history of labyrinths & mazes

The curious history of mazes does not run in a "steady straight" line, but, instead, begins with the labyrinth: a simple motif that is no doubt familiar to us all. With its true origins still shrouded in mystery, the chronicle of the labyrinth, and more recently of the maze, spans the past four thousand years, taking many twists and turns. It is a truly fascinating social history.



This event will be held online via Zoom and 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

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

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
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

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

