

Lymm and Thelwall u3a Newsletter

October 2023

Registered Charity Number 1182457

Dear All

It was lovely to see so many of you at the monthly meeting. A big thankyou to all who help to run these events - the refreshment team, the meet and greeters, the chair monitors, the people who make our new members feel welcome and, of course, the committee. Also, thanks to those of you who joined us for our Alfresco in Autumn Picnic. What a lovely social occasion it turned out to be. See below for photos.

As mentioned at the Members' Meeting the committee have been reviewing our Data Protection, Safeguarding and Privacy Policies and adopted the latest advised version from the National u3a. These can be seen on our website.

There is not a great deal of difference between these and our last documents but the process has reminded us to ask members to check that their contact details are correct on Beacon and, also, it would also be useful to provide emergency contact details on there as well (we hope we will never need to use these)!

Lastly, we do take photos for use in the newsletter and on the website. There was an option to opt out of this when you joined our u3a. However, if you do not want to appear on pictures could you let the photographer know and just step aside when photos are being taken. 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 19th October** 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 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?

December No Meeting

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.

Dates for your diary

Thursday 9th November	Lymm Heritage Centre Talk
Thursday 19th November	Members' Meeting
Tuesday 5th December	Wreath Making
Thursday 7th December	Christmas Social..... Groobarbs
December 1st -3rd	St. Mary's Community Christmas Tree Festival

New Committee Member

We are delighted to welcome Barbara on to the Committee. She will be a great addition to our team.



Thelwall 1100

It was a busy day at the Thelwall 1100 event and our stall was visited by a lot of people. A good number took our information sheet and some gave their names so we could send them more details and invite them along to our Members' Meeting.



Thankyou Brunch

The Committee and the Group Leaders met on Tuesday 19th September at High Legh Garden Centre for a Thankyou Brunch. Sadly, a couple of Leaders could not attend but the Committee, on behalf of all members, would like to sincerely thank all the Group Leaders for all the time and dedication they give to organising their groups. Without them we do not have a u3a! It was a happy occasion with a lot of chat centred around u3a business and it was lovely for the new Leaders to meet the established Leaders and vice versa!!



Alfresco in Autumn

A u3a monthly meeting with a difference. To tie in with the national organisation's Alfresco in Autumn theme the committee organised a picnic after the meeting. Following a dodgy week meteorologically we were relieved to wake up to sunshine which stuck around through Anna Alexander's informative talk on 'Child Labour in Warrington'. Meeting over, thirty eight of us arranged ourselves on the grass outside and enjoyed warm sunshine, lunch and the company of good friends.



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

We are happy to announce this year's **Christmas social**.

Thursday 7th December and all members are welcome.

Our venue is the increasingly popular....



'With The Field to Fork Experience'



'Nestled in the midst of a huge vegetable farm is one of the region's quirkiest new additions to the dining scene.



is a restaurant quite unlike any other, based in a huge barn on a farm in High Legh surrounded by the growing fruit and veg crops.'

For more information check out the Groobarbs website at <https://groobox.co.uk/field-kitchen#section-4>



We need a minimum of 50 members to make this event viable, with a maximum of 70.

The cost is from £45 per person to £51.50 per person and will be confirmed when we know the numbers.

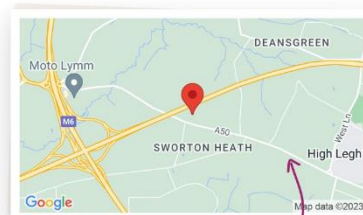
What do you get:

- A delicious home cooked, 5 Course seasonal set menu with fresh food straight from the fields, The Main Course is a choice of either meat course 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. or no later than **Thursday 12th October**. If you have any questions, email Lynn at socialevents@lymmthelwallu3a.org.uk.

Location just off the A50 between Knutsford and Warrington.

Parking Available



Where to find us



Christmas Wreath Making

Tuesday 5th December 2.30p.m. at E. Smith's Nursery, Booth Lane

Christine has booked for a group to go and make a Christmas Wreath at E. Smith's.

The places are limited so early booking is essential. The cost will be around £30 depending on what you add to your wreath. Please contact Christine at speakers@lymmthelwallu3a.org.uk to book your place and for more information.



An evening at Lymm Heritage Centre

Thursday 9th November at 7.30 p.m. Price £4

Elizabeth Chadd – Lymm’s forgotten pioneer. When Elizabeth Chadd was born in 1838, in a Booths Hill beer house, she was the fifth of what would eventually be ten children. Her life was seemingly mapped out before her: school till the age of ten followed by years of fustian cutting before marrying and having ten children of her own. One “sliding doors moment” set her life on a totally different and remarkable path that took her on an epic journey to the other side of the world where Elizabeth overcame adversity and acquired skills to eventually establish a reputation that makes her work still important today. She is truly Lymm’s forgotten pioneer. Using newly rediscovered archive material, photographs, newspaper cuttings and her own family correspondence from the time we will take you on Elizabeth’s incredible life journey. **Alan Williams** has kindly agreed to host us for a talk about this Lymm pioneer, at the **Heritage Centre**. The cost is £4 which includes tea/coffee and a biscuit. Please register your interest if you intend to join us by contacting Sue M at newsletter@lymmthelwallu3a.org.uk

u3a North West Region

Hannah represented our u3a at The North West region AGM. She reported back on some ideas to expand interests groups. Their Website u3asites.org.uk/north-west/welcome has information about regional workshops. The North West Committee also wanted to let members know that they can sign up for the North West Region Newsletter.



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.

News from our Interest Groups - Muriel Howarth groups@lymmthelwallu3a.org.u3a

A few members have expressed an interest in a Spanish Group. If there are enough people willing to join, maybe a group could be shared. There is a similar interest in a Tai chi group. If you are interested in either of these please contact me on the groups email.

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.



100th Meeting

Congratulations to the Advanced French Group who have just held their one hundredth session!

This group started in May 2017 and several members have attended since the start. Over the six years a few have left and others have joined. Everyone has gained confidence in using French and we've all updated our vocabulary - lots of new words relating often to technology and social media which didn't exist when we first learned French at school!

A few members missed the meeting due to being on holiday but we will be back to full capacity again shortly. We did get a nice message from one of our group - she sent a video and best wishes from a boat in the south of France!

Toutes nos félicitations



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 26th October.**

Art Group

The Art Group reconvened at St Mary's Church Hall after the Summer break.

Our theme for the first week back was 'Home is where the art is,' illustration by Lesley Keelty.



Remaining topics we tackled in September included Butterflies, Dragonflies & Moths, Portraits and Animals.

Badminton

The Badminton Group is up and running every Wednesday morning from 9.00 a.m. to 10.00 a.m. However, this group is now at capacity so I will be opening a "Waiting List" for any future interested members.

There is a charge of around £2 per player per week, payable monthly in advance, to cover the hire of the Sports Hall to the rear of Grappenhall Community Centre, off Bellhouse Lane, Grappenhall.

Crown Green Bowling

Results of the End-of-Season Knockout Competition

Semi-Finals

Ian Butterworth beat Steve Foster

Geoff Stocker beat Jim Dale

Final

Geoff Stocker beat Ian Butterworth

Outdoor Bowling will resume on the green around the end of next March 2024. From Monday 2nd October, indoor bowling will start on Monday afternoons in High Legh Village Hall (opposite Car Park) from 1.30 p.m. (1.15 p.m. arrival recommended) to 3.30 p.m. Subs for Winter Indoor Season: £6. Weekly Session Fee £2. This is not an 'official' u3a activity.

Flower Arranging

This month we created designs of our own choice with some lovely results!

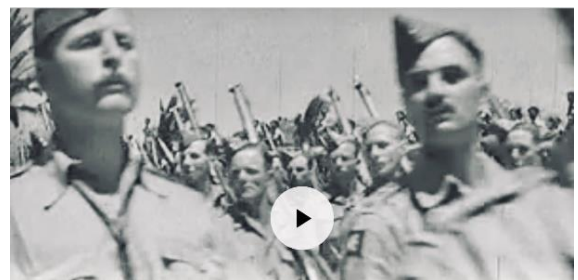


Genealogy

A really interesting meeting for our first of the Autumn. Marcia gave us a presentation on "The Joys and Frustrations of Tracing my Jewish Roots".

It was intriguing to hear of the difficulties that Marcia is confronted with, particularly the name changes within the Jewish Community, for example, the name Wallenski/Vallenski changed to Wallen and Goldstein to Goldstone.

One great joy was discovering that her maternal grandmother travelled from Lithuania to England via Hamburg and Grimsby before settling in South Wales. Another was finding letters written from her father to her mother and in one her father mentioned he had taken part in the Victory March in Tunis in 1943. Marcia looked this up and found the recording of the March on Pathe News.



Whilst watching it she actually found her father marching!! Marcia's father is on the right of the picture Also, through her DNA results she had reconnected with a second cousin whom she had lost touch with! Thanks, Marcia for a great talk.
Next meeting: Tuesday 17th October.

Sketching Out

September was the last SKETCHING OUT for this season because we will now be SKETCHING IN throughout the cooler months, and we invite all those L & T u3a members (and friends) who say "we can't draw for toffee but we'd like to try" to please come along & join us upstairs at the Spread Eagle Pub in Lymm at 10 a.m on Monday 16th October and again on Monday 27th November where we will offer coaching sessions for anyone who would like to try their hand, observation skills, and patience. Paper & pencils will be provided for those who don't have their own - so please come along we all had to start sketching once.

SPECIAL NOTE*** whilst our Sketching Sessions are usually on the last Monday of every month the October session will be mid-month on 16th October to avoid school half term holidays when many of our sketchers will be minding grandchildren.

Strollers



Sheila and Peter prepared a great walk last Tuesday. We met at the Thelwall Parish Hall, walked to the Penny Ferry for an exciting ride, then to Latchford Locks, along the Trans Pennine Trail and through Elizabeth Park. Lunch was at the Pickering Arms.

4-6 ers

We gathered under grey skies in the car park at the Leigh Arms. Our route took us along the Trent Mersey Canal, down to and across the River Weaver, under the Dutton Viaduct and



alongside the main line to Acton Bridge, back for lunch in the Leigh Arms.

Striders

Due to the 'grey pound' September holiday season, child-minding commitments, grandchildren starting school etc we were a select band of 7 who ventured forth on a beautiful day from Wildboarclough to



stunning Three Shires Head via Gradbach for an 8 mile walk through lovely scenery with amazing views. Many thanks to Barbara for leading this walk. Next walk - Wednesday 11th October, a repeat of the Mellor walk in the hope of better weather this time!

Ukulele

Next week we are practising our Performance Songs so that we are prepared if we are asked to play for an event. Our list is getting longer as we discover tunes that we enjoy and feel will be appreciated by an audience. It will also enable us to create a varied programme.

In the following three weeks we will play tunes chosen by our members, with different degrees of success. Some tunes we find are not suitable to play on the ukulele!

Wellbeing Bird Watching

We visited Dunham Massey, one of our regular haunts. This time we headed off along a different route, towards the nearby village of Dunham Woodhouses then out into the countryside. It was a sunny morning but with a distinctly autumnal feel. We walked through restored wetland where pond and brook habitats are being enhanced.

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 particularly relevant when undeg any physical activity.

u3a – Online Learning Events

The Commonwealth War Graves Commission and its Archives

Monday 9th October 2.00 p.m. – 3.00 p.m.

Learn about the history of the Commonwealth War Graves Commission and how to use their records in your own research.

The talk will cover the history of how the CWGC came into being and the work we continue to do worldwide today. We will look in particular at the range of records we have in our archive and how you can use these when researching your own family or local history. Sarah Nathaniel and Will Reid are both Public Engagement Co-ordinators for the CWGC in the South of England and work to educate people of all ages about the work of the Commission and the stories of those we commemorate from both world wars.



Odd numbers and There and Back again: tales of 2 beautiful number patterns

Thursday 12th Oct 2.00 p.m. – 3.00 p.m.

The odd numbers make some beautiful patterns for fractions - all fractions in fact. We show how to make your own.

The second part is about numbers that are palindromes, the same when reversed. There is a simple trick to listing them. Did you know that every number is a sum of just 3 palindromes?

All the maths needed is explained in the talk.

Dr Ron Knott has a Pure Maths degree and taught in a secondary school before returning to university, naturally, to get his PhD in maths and computing



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
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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
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
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

Contact Us

Lymm and Thelwall u3a web site:

[Lymm & Thelwall u3a: Welcome To Lymm & Thelwall u3a](http://lymmthelwallu3a.org.uk)
[\(u3asites.org.uk\)](http://u3asites.org.uk)

Lymm and Thelwall u3a Facebook page:

[Lymm & Thelwall u3a - Home | Facebook](https://www.facebook.com/lymmthelwallu3a)

enquiries@lymmthelwallu3a.org.uk



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

