

Dear All,

A Happy Easter to you all. It is so lovely to see that Spring is here with all the beautiful blossom and the leaves beginning to return to the trees. It has been a busy end to the month! We held a brunch for the Group Leaders to thank them for all they do for our u3a. Without them we could not exist. There were 82 members at the Members' Meeting and six visitors. This was followed this week by our Mad Hatters Spring Social. Thanks for all of you who have helped in any way for making our u3a event a success, especially our Social Team.

Members' Meetings – Christine Ballance

*Our Members' Meetings are normally held in 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 April at 10.00 a.m. for a 10.30 a.m. start.

Refreshments will be served from 10.00 a.m. until 10.15 a.m.

Do come along early for a drink and a chat.

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.

Thursday 16th May

Jim Holmes

Cambodia and the ancient kingdom of Ankor

From its bustling capital, Phnom Pen, to the stunning 12th century temples of Angkor, there can be few greater contrasts than modern-day Cambodia. Forgotten in an all-consuming jungle for centuries, these towering temples hold fascinating stone friezes that depict everyday life 900 years ago. This enigmatic country, with the only river that reverses its flow, will fascinate, with landscape, history and culture.

Thursday 21st June

John Winter

Aiming High – Overland To The Himalayas

A journey along The Hippie Trail to India and his experiences as a doctor in the Himalayas in the 1970s, on an expedition to an unclimbed major peak and researching altitude sickness on Everest, at a time when the mountains were relatively quiet, unspoilt and pristine. (Very different from today with the crazy queues to reach the top of Everest!)

Wanted

As it comes to the end of our financial year Rod needs someone to check the financial records to see everything is in order! As the person who checked last year is now our Membership Secretary, we do need someone different !! if you feel you could help please contact Rod at

treasurer@lymmthelwallu3a.org.uk

Thanks



Help needed ! Are you a friendly person? We

would love a group of people to help at the Members' Meetings with meet and greet. We have Christine who meets people with a welcome smile! She arrives early, dons a u3a sash and introduces new members/visitors to other members. Muriel would also appreciate some support on the help desk explaining to our visitors what u3a is all about and how they can join groups.

If either is something you could help with please contact me, Sue, at chair@lymmthelwallu3a.org.uk

Thanks

Membership Our Membership year runs from April to the end of March. When rejoining, please remember to tick the **Gift Aid Box** if you are able to. Rod says that we receive *another* 25% of your membership fee on top from the Government! Well worth doing!!

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

Please note the new time and venue

Drop In
Thursday 25th April at 2.00 p.m. – 4.00 p.m.
Lymm Village Hall

Our next drop u3a drop in where members, old and new, can meet and those wishing to join our u3a can come along to find out more about what is happening in Lymm & Thelwall u3a. It will be a chance for you to express ideas and suggestions or just be sociable and have the chance to relax in the warm company of friends.

New groups could meet to discuss their plans.

Maybe bring a game to play.

Thursday 23rd May **Drop In** Lymm Village Hall 2.00 p.m. – 4.00 p.m.

Lymm Festival

Learn Laugh Live with Lymm and Thelwall u3a

Friday 28th June Lymm Village Hall 10.00 a.m. until 1.00 p.m.

This year our growing and vibrant u3a will be showcasing the many activities within our twenty-nine interest groups at Lymm Festival. Hopefully, all groups will be represented by either displaying work, photographs or by a member of the group willing to share with other members (and any visitors) how their group operates. It will be an opportunity to see the impressive depth of activities on offer, about which we are very proud!!

There will be something to suit everyone and refreshments to enjoy!
Please put the date in your diaries and drop in and see us if you can!!!

A date for your Diary

National Trust: Dunham Massey Community Access Pass

We now have a Community Pass from Dunham Massey for Groups of up to 15 people to visit free without pre-booking (15 to a maximum of 30 have to pre-book.).

This is for normal entry. It is not for use for special events such as the Christmas Lights.

If any of or groups would like to use this pass the Group Leader should contact Sue Mitchell

chair@lymmthelwallu3a.org.uk and I will arrange for you to collect it from me.



Tiles

If you have any tiles that you no longer need please donate them to the Mosaic group! You can bring them to the Members' Meeting where, hopefully, a Mosaicer will gladly receive them!



Jigsaws

Thank you to all those members who kindly donated their jigsaws. Members are welcome to borrow the jigsaws on display at monthly meetings. Please return them when you have finished. Any further donations will be gratefully received.

Group Leaders Brunch

The Committee and the Group Leaders met at High Legh Garden Centre for Brunch. The meeting was to thank and celebrate the work and effort that the Leaders do for their Groups and our organisation. During the Brunch we discussed the new website which is being constructed and they were asked to check that their original pages have up to date information on them so that when it is transferred to the new site everything is in order, We also discussed the Lymm Festival in which we are holding our showcase of All Things u3a at the Village Hall on Friday 28th June.



Catherine, Flower Arranging: Marcia, Striders: Rod Ukulele and Muriel, Lunch Group



Gill, Knit and Natter (Retired): Christine, German: Alison, French Conversation: Sheila, IT Group



Tricia, Mosaic: John, Cycling: Shirley, Genealogy: Dinah, Advanced French and Tony, Philosophy



Mad March Social

Over 50 members attended our Mad March Social on Thursday 28th March at the Lymm Village Hall. There was a wonderful array of Easter Hats and Bonnets on display. Peter even went to the Charity Shop and bought an Easter Bunny and Alison dressed as a "Bunny Girl"! The afternoon started with our Lymm Ukulele 4 Fun group performing a wonderful assortment of old classic from the 60's and 70's with the words to the songs displayed on the wall above them so everyone could join in!! Their new Music Stand covers looked superb.



Julie's buffet once again contained a superb choice of savoury and salads and cakes.

There was a grand raffle where most people seemed to win one of the numerous raffle prizes. Thanks must go to Lynn and the Social Team for organising the event, Christine for the lovely floral table designs, Linda, Janet, Allen and Diane for looking after us all on the buffet and refreshment front, David for the great quiz and anyone else who helped set up and clear up!!

Also thanks to all you members who came and had fun and everyone who brought a raffle prize. Roll on the next social in July!



News from our Interest Groups – [Muriel Howarth groups@lymmthelwallu3a.org.uk](mailto:Muriel.Howarth@lymmthelwallu3a.org.uk)

The **Computer Group** is looking for new members, The current IT course finishes next week but a new course will run in May, June & July if there are sufficient numbers. Some are returning to take their skills further, but three newcomers are needed in order to pay the rent, about £15 for the 6 weeks.

This will cover document filing, Word & Excel in some detail and using Microsoft Office. Bring your own laptop. Individual help and support is available. Please contact Sheila Randall if interested. See the website for more details.

There was a lot of interest in the new **Board Games** group. Thanks, Pip, for suggesting and organising it! For more details contact me, Muriel.

Photography Group. This is going ahead. Please contact me, Muriel, to be added to the group.

Don't forget if you have any new ideas for a group we can provide the support to set the group up. Use my email address above.

Group Gossip

Thank you 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 25th April**

Art and Mosaic Groups

I had wanted to try my hand at mosaic making for several years, looked online at probably hundreds of designs but never felt confident enough to have a go. I discovered my sister Carol was also interested, so we searched for classes in the Warrington and surrounding areas. Any we found were on the outskirts of greater Manchester or beyond, awkward to get to and very expensive. Then my sister discovered weekly mosaic classes were being held in Lymm under the u3a umbrella. so we reached out with enquiries and arranged to try them out.

As soon as we arrived, everyone made us feel so welcome! We were shown where to access the materials, given advice on how to start, and encouraged to have a go. My sister and I both thoroughly enjoyed that first session: we felt relaxed and confident enough to work on our ideas, with friendly help, advice and encouragement from Tricia and the other ladies.

We got lost in what we were doing – time flew by and our first session came to an end. We both agreed we'd found it incredibly relaxing, I now feel so inspired by the beautiful things being made by the other ladies and know that I'll start new projects in my own time, too.

To anyone considering this class I would say definitely go ahead and give it a try—you will learn new skills. I couldn't wait to come back the following week. I now feel inspired by the beautiful things we produce, something to be proud of and you can make new friends! You won't regret it! Jane Brown, Carol Harrison.

Bowling

This is to let you know that the Bowling Green at High Legh will be open for L & T u3a Bowling Sessions from Monday, 8th April at 2.00 p.m.

The last week of Indoor Bowling in High Legh Village Hall was the week beginning Monday, 25th March. I look forward to meeting you all again on 8th April.

Badminton

This group is now at capacity so I have opened a "Waiting List". Please email Geoff for addition to the "Waiting List" via our web page, noting that you need to have played Badminton previously.

Cycling

We enjoyed the ride out to Walton Hall last Thursday. There were a few worries about the weather but only sunshine and dry conditions were encountered! A good day for a ride.



Flower Arranging



A Pot et Fleur, a mix of plant and cut materials.

IT Group

Our current course has now ended, During the course everyone has learned how to save and organise documents successfully, how to get more out of Word, particularly using tables and have spend a week using Excel, organising a spreadsheet and using simple formulae to make calculations. If you would like to join us the next six week session starts in May. See our web page.

Genealogy

We enjoyed our meeting in what is now our new 'home', The Sanctuary Hub. We spent a happy two hours working on our own family trees and assisting each other when needed. The picture shows Moya, John, Tim and Shirley discussing James II's Prayer Book in which it states who can marry whom within a family!!



Poetry

Six members met at the Sanctuary Hub. We shared and discussed our own crafted limericks from last time before considering poems about Spring, most of which seemed to leave us feeling depressed!

Sketching Group

The March meeting was at St Thomas Church in Stockton Heath where we received a warm welcome from the church volunteers.

Next meeting 15th April at the Walton Arms Hotel – to sketch The Old Post Office, The Church or its Lych Gate, Walton Hall or whatever inspires around and about.

Walking Groups

Striders

Wednesday 13th March saw eighteen intrepid walkers climb from Teggs Nose to Kerridge Ridge, along to White Nancy, down into Bollington then back up the other side of the valley and back to the car park. We had lunch by a babbling brook though in true Striders form that's when it started to rain, though not too heavily. Lots of mud as all walks seem to be these days but we were all clad for this. A great time was had by all on this 7.5-8



mile walk. The next walk will be on Wednesday 10th April and will be a Hayfield/Chinley circuit.

Strollers

The Strollers enjoyed a pleasant walk today starting and finishing at Smith's Nurseries on Booths Lane. We ambled along footpaths and some roads, admiring lovely gardens and amazing magnolia, before stopping for coffee at Lymm Dam. The swans were nowhere to be seen but several ducks swam near, obviously hoping (and not getting) a morning snack. The group then walked along the lower boardwalk at Lymm Dam, negotiating the steps at the far end, then on to cross the wooden bridge. Last week's little ducklings were hiding, unfortunately. We all negotiated the short muddy rise to The Avenue, +++with no calamities, then cut through to the Lady Acre estate and to Booths Lane. Back there, some took advantage of a visit to Smith's Nurseries and their array of Spring & Summer flowers for sale.



Early morning rain gave way to sun before 10.00 a.m. so, everyone enjoyed a dry morning's walk.

4-6ers

James led us on a route from Dunham Massey. Rain fell persistently in the middle but didn't dampen our spirits and we finished in sunshine. There were points of interest to learn about and we visited the graveyard in Dunham Town where we saw the graves of the Stamford family, owners of the estate, and members of their staff. A pleasant and informative morning ended in the Stamford Cafe back at Dunham.

Wellbeing/Birdwatching

The latest meeting was at Grappenhall Walled Garden where we battled the mud in the search for bird life. The herons were out and about around their nests. A new member distinguished himself with a tree creeper sighting and just before the end an eagle-eyed member spotted a couple of siskins.

Ukulele 4 Fun

Some of our members enjoyed performing at the social this month. We were very pleased with our Music Stand covers. New members are still most welcome. No previous experience necessary but a ukulele and music stand would help!

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 undertaking any physical activity.

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>

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

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
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Group Coordinator	Muriel Howarth	groups@lymmthelwallu3a.org.uk
Social	Lynn Bryant	socialevents@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

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](#).

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

Aviation Network Meeting: Milestones in Aviation

Tuesday 4th April. 10,00 a.m.

The u3a Aviation Network is organised by [Don Mobley of Stowmarket u3a](#) and Barbara Cordina of Lea Valley u3a. Meetings are held on the first Tuesday of every month at 10.00 a.m.

The first 'Round the World' flight was launched 100 years ago to the week this presentation will be given. On 6 April 1924, eight U.S. Army Air Service pilots and mechanics embarked on an audacious mission to circumnavigate the globe by air.

This comprehensive and enlightening presentation traces the remarkable journey of human flight from its earliest dreams and theoretical concepts to the incredible advancements of the modern era. Beginning with the pioneering work of the Wright brothers, who achieved the first sustained, controlled flight in 1903, we explore the subsequent innovations that propelled aviation forward.



Image Credit:
Library of Congress. Orville Wright at the controls of the Wright Flyer on 17 Dec 1903 at Kitty Hawk, North Carol

From Pleasure Gardens to Theme Parks

Friday 5th April 2,00–3,00 p.m.

Moira MacQuaide, Guildford u3a, will talk us through the history of pleasure gardens. *Some words from Moira on what the talk will cover:*

"I'm interested in the history of Vauxhall Pleasure Gardens but thought it would be interesting to see what else was around in the 18th and 19th centuries, then what is around today. Do we still have pleasure gardens? What other sort of gardens and parks can be visited? Do we just want to walk round places, or do we want to participate in entertainments? How much have things changed? This talk touches on a selection of gardens and parks, past and present, looking at their history. There are many places that I haven't had time to include, but they're out there, waiting for us to visit."

This event is for u3a members only.



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 Lymm
French Conversation Intermediate and Advanced	1 st Monday p.m.	The Spread Eagle Lymm
Genealogy	3 rd Tuesday am	Sanctuary Hub Lymm
German	Monday	Private home and via zoom
I.T. Group	2 nd and 4 th Wednesday a.m.	Lymm Baptist Church
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
Poetry	4 th Thursday	Sanctuary Hub 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 4 Fun	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	1 st Friday	The Spread Eagle



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