



Lymm and Thelwall u3a Newsletter

January 2024

Registered Charity Number 1182457

Dear All,

Welcome to the first Newsletter of 2024. On behalf of the Committee I wish you all a Healthy and Happy New Year. It is a time when we reflect on the year just gone and think about things to come. We had so many lovely events last year. Ten superb Members' Meetings with great speakers organised by Christine, the visit to the Safety Central, the Coronation Party, the All Things Creative and Beyond Exhibition, the "Cruise" on the Manchester Ship Canal, the Summer Jolly to Laskey Farm, the Alfresco in Autumn Picnic, the Air Raid Shelter Trip, the Heritage Centre Talk, Groobarbs Christmas Social, the Christmas Tree Festival, the Art and Mosaic Club Open Morning and, not forgetting, all the Theatre and Cinema Trips and the wonderful Interest Group Meetings and Outings organised throughout the Year by and with your group Co-ordinators !!

I can't wait to see what this year brings!!

Members' 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, Karen 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

The **February meeting** will be held at Grappenhall Community Centre, Bellhouse Lane, Grappenhall as it is half term and the Thelwall Parish Hall is being used by the Ferry Link Holiday Club.

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

Over fifty members enjoyed our Christmas party at Groobarbs on 7th December. The wet and windy weather outside was soon forgotten as a warm, convivial atmosphere developed inside. Christmas jumpers and various decorations were evident as a tasty five course meal was intertwined with various forms of entertainment. David's festive quiz was well-received, as were Susan's Christmas jokes!



There was a selection of Christmas poetry from u3a member and Urban Poet Rick and a sing song of seasonal favourites. The miniature refuse bins for quiz prizes were nothing if not topical although by the end of the afternoon we had heard of the ending of the strike! An early Christmas present!

Thanks were given to the hard-working social committee, presented with golden, tinsel embossed mini bins/Christmas tree decorations. Margaret expressed the wish that she had a bin man for Christmas not just a golden bin not knowing that that was soon to be granted!

Thanks were also given to Lynn and Susan for their endeavours in bringing the whole event together. We were well served by Groobarbs hardworking staff.



Art and Mosaic Christmas Open Morning by David Mitchell



St Mary's Church Hall was the venue for the Art and Mosaic Open Morning and it was lovely to see the many creative talents within Lymm and Thelwall u3a. The members clearly enjoy developing their craft and the joys of sharing time with others.



We saw three dimensional work with the mosaic designs and a variety of media used in the art classes with finished pieces on display and current work being undertaken as we watched.

A five piece Recorder Group provided music. In amongst them was Jenn who is leader of the Art Group. There was also coffee and mince pies. It was a lovely morning.

Here is a variety of the super work that was on display. What a talented group of members in these two groups! Thanks to all of you for taking the time to share your work.



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

We are delighted that our new poetry group will be holding its first meeting on Thursday 25th January - see below in Group Gossip for more details. Also pleased to say that the new Computer group will meet twice a month on the 2nd and 4th Wednesday mornings. The Spanish group is still in the preparation stage. 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 25th January**

Art

The autumn term has passed in a flash and 2024 beckons. A highlight was the magnificent silk painting workshop led by Jackie Carroll which has led to investments in the technique by more than one in the group.

The final session before Christmas was our first Art and Mosaic Open Day, as reported above. Jenn adds, 'we had a very busy morning with finished work to



admire, ongoing projects being demonstrated, opportunities to participate encouraged and beautiful carols on recorders providing a festive backdrop and lovely harmonies. Everyone agreed it went very well. Congratulations to all our art and mosaic members who did a great job. Thanks also to Sue, our U3A chair, for supporting the event and putting up our lovely U3A event banner outside and also all our visitors for coming. We hope you enjoyed it as much as we did.

Bowling

Although not an 'official' u3a activity, indoor short-mat bowling takes place on Monday afternoons in High Legh Village Hall from 1.30 p.m. 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 enjoyed a festive lunch at



Groobarbs. This group is now at capacity so I have opened a "Waiting List" for any future interested members. Please let Geoff know via the web page noting that you need to have played Badminton previously.

Computer Group

The first meeting of the Computer group will be on Wednesday 10th January.

French (Advanced)

We enjoyed a glass of mulled wine after our final meeting of the year!!!



Genealogy

We had a great get together at the Sanctuary Hub. For those members who couldn't make it, you missed a lot of fun and laughter. Mike's presentation on digital churchyard mapping / grave records was **very** interesting and well put together. Thanks Mike.



And thanks, Elaine, for putting together a quiz for us even if it did just make me realise how little I know, even about Santa's reindeer! Alan won the quiz so is now the lucky owner of a DNA testing kit (donated by Geoff).

Thanks, Kathryn, for the refreshments, which went down well. And Marcia's gingerbread reindeer soon disappeared.

Everyone brought in a good selection of wrapped gifts for our "raffle ticket game". All in all, a fun start to Xmas. See you all on 16th January, again in the Sanctuary Hub.

Music Appreciation

The Music Group met in a private house to celebrate Christmas and members provided their own entertainment. We had lively playing as the photo shows and we sang carols together, helped along by another pianist and the violin also. We all enjoyed this special way of moving into



Christmas week. Thank you to all our performers.

Poetry

The new poetry group will hold its first meeting on Thursday 25th January at the Sanctuary Hub.

The session starts at 12.30 until 2pm. The hub have said we can each bring a snack lunch if needed and will lay on drinks. Initially, the sessions will be quite laid back. People can just share their own or others work. As the group develops we can write on given topics, share biography of favourite poets and maybe do some group work.

Striders

A Striders walk and it's not raining??? Can it be?! In fact the sun shone on us as we walked nearly 10 miles along disused railway lines, footpaths, by the side of guided bus lanes (very exciting for some members!!) along the Bridgewater Canal and through the



picturesque green at Worsley. Lunch was taken perched on crash barriers - well it's hard to find a bench for 14 and we were treated to seasonal goodies brought along by some members. A lovely day with a good combination of exercise and chat.

Ukulele 4 Fun

The Uke 3a group were kindly invited to Pam's house for our Christmas get together! It was lovely to be in such a warm and welcoming home instead of our usual Church venue! We were well lubricated with mulled wine and munched on delicious mince pies!!



Pam and Jenn tested our musical memories with a quiz which was won by Rod, our Leader, and his team Gill and Judy!!

We have decided to change our group name to "Ukulele 4 Fun" so that people can realize we are run for fun and all are welcome to join regardless on your ability to play!! It can be abbreviated to u4f.

Wellbeing Birdwatching



Two outings this month. The first to Moore and the last one of the year was an outing between Christmas and New Year to Dunham. It was a dull day but we enjoyed meeting up and especially enjoyed the warming refreshments at the café afterwards.

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 particularly 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
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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

Chinese Wand Exercises for Mobility, Fitness and Fun

Friday 12th January and Friday 19th January at 10.00 a.m.

Sit or stand to do Ancient Chinese exercises for fitness, mobility, strength, balance using a lightweight cane and incremental movements

You only have to sign up once, to attend both sessions.

Chinese Wand Exercises - a system of 17 simple movements with graduated stages which are suitable and effective for everyone.

The movements can be performed standing or sitting and are done slowly with attention on the gradual build-up of mobility and stamina. The low impact and progressive nature of this exercise system is ideal for injury prevention and rehabilitation as well as development and maintenance of fitness and health. People recovering from injury, stroke, surgery or periods of inactivity and ill-health can perform the basic movements whilst the more advanced positions of each stage are beneficial for people who want to maintain or improve core strength and supplement other fitness regimes or sporting activities. The exercises are helpful for improving the mobility and strength of spinal and core muscles as they done in graduated stages, each time starting at the same place and progressing according to ability.

You will need a lightweight cane, pole or stick approximately 48 inches (122cm) long and 3/4in (2cm) diameter. Garden canes are good or a piece of dowelling but you can use a walking stick or pole, a broom handle or anything else that you might have that is about the right length (shorter is better than longer). A scarf also does the job (and gets you working harder!!) If you intend to sit for some or all of the exercises, have a chair without arms. If this isn't possible then have a much shorter stick.

This event is for u3a members only.

Holocaust Memorial Day The story of Major Leonard Bernemy (1920 – 2016)

Friday 26th January 2.00 p.m.

Born to Jewish parents in London in 1920, Leonard Bernemy joined the army immediately after school and was appointed an officer aged 18. Several years later he was one of the first of the Allied troops through the gates of the disease-ridden, overcrowded Bergen-Belsen Concentration Camp where he came face-to-face with its many horrors. He remained there for 14 weeks, helping save as many lives as possible, and becoming the Commander of the Belsen Displaced Persons Camp. After the war, Leonard became a successful businessman running the UK's largest clothing factory and later, his own haute couture dress company.

The talk, given by Leonard's son John Wood, includes a detailed personal account of the liberation of the camp with video testimony by both Leonard and Belsen survivors, as well as many historical and personal photographs

Initially, Leonard never spoke about Belsen but on the 30th anniversary of the liberation he told John the whole story. On discovering, some years later, the existence of Holocaust denial he was outraged and started to speak publicly about his Belsen experience.

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://www.u3asites.org.uk)

Lymm and Thelwall u3a Facebook page:

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

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>

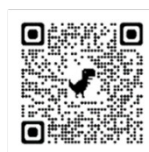
North West Region Newsletter

<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
Computers	2 nd and 4 th Wednesday a.m.	Lymm Baptist Church
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	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
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 /formally Storytellers	1 st Friday	The Spread Eagle



Recycling update

Sorry we have had to stop our recycling collections at the Members' Meetings. However, we still collect old glasses without the cases and also stamps. 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 lens packaging.

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