

Dear All,

Wow what can I say!? It was lovely to see so many of you at our Learn Laugh Live Showcase on Friday. Our u3a really was shown at its best. Thank you so much to everyone who made this event happen. To all the group leaders and their group members who set up the tables so beautifully and to the Refreshment team who kept us all watered again! To all who helped and cleared up and to members who turned up to support the event and everyone who helped welcome our guests and prospective new members and lastly the Committee for all your support.

You are all SIMPLY THE BEST and it is an honour to be part of such a vibrant group!!

There seems to be so much going on with different socials this Summer. In the Autumn we have already booked a meal out at the Clink, more details in the Social section, and the date for the Christmas Social is in the dates for your diary. As my mother-in-law always used to say, "It's all happening!" Sue, Chair

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 July 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 July

Tony Bostock

Cheshire Pubs and Pub Signs

A look at some of the many attractive old Cheshire pubs and the stories behind their signs.

August

No Members meeting

Thursday 19th September

Fran Raftery

TBC

Thursday 17th October

Rosie Lee

The Reluctant Shepherdess

Rosie had a successful career in banking, then her mum challenged her to do something with her parents' farm - and so her adventures began...

Social and Events

Dated for your Diary

Thursday 18 th July	Members' Meeting	
Friday 19 th July	Art and Mosaic Group Exhibition	see below for more details
Thursday 25 th July	Summer Extravaganza	see below
Wednesday 14 th August	Blue Bell Cottage Nursery	see below
Thursday 19 th September	Autumn Alfresco	
Thursday 26 th September	Drop In	Lymm Village Hall
Friday 18 th October	The Clink	more details below
Thursday 5 th December	Christmas Social	more details in due course

Alfresco in Autumn Thursday 19th September Midday until 2.00 p.m.

Following our successful Alfresco in Autumn picnic last September we intend to hold another straight after our September Members' Meeting. There is no need to book!! Just bring your deckchair, your lunch and a drink along to the meeting and, weather permitting, we will eat together outside on the grass!!! Of course, we have booked the weather to be sunny like last year!



Full

Summer Extravaganza /Copacabana

Thursday 25th July

1.00 p.m. Lymm Village Hall

If you haven't already
paid please

pay Lynn A.S.A.P [Lynn](#)



Summer Fancy
Dress Welcome!!



Summer Fun on Wednesday 14th August at 2.00 p.m.

Blue Bell Cottage Gardens,
Dutton WA4 4HP

This trip is now full.

Any member who applied to go on the list will
be asked shortly for payment.

Please consider car sharing as parking is
limited. Please let Linda know if you can take
someone!

[Linda](#)



Full

Lymm and Thelwall u3a Social Team invite you to join us at

The Clink Restaurant for Lunch

Friday 18th October 12.30 p.m.

Starters	£6-£7
Mains	£16.50- £18
Dessert	£6-£7
Non-alcoholic drinks served	

The delicious high-quality meals at The Clink restaurant at HMP Styal are cooked and served by the students in training who are working towards City and Guilds qualifications in Professional Cookery and Food Hygiene. Situated in a converted chapel the restaurant allows students to learn and engage with the public and take their first steps to a new life.

If you would like to join us please contact [Christine](#) by clicking on her name but please hurry as places are limited. Menu choices will be forwarded to you.



Watch this space

We are planning a trip to Belfast to see the Titanic Museum and possibly the Giant's Causeway next May. More details are imminent and places will be on a first come basis so do look out for the details!!

Members' Meeting Dr John Winter – Aiming High by Sue Clarke

A packed hall at the June meeting were enthralled by Speaker Dr John Winter. His subject 'Aiming High – Overland to the Himalayas. Experience of a Dr on the 70s Hippie Trail', was well matched to our demographic. Who could forget the emotive smells of wet Afghan coats and incense burners. We were taken on his fascinating journey as the Medical Officer and a first-time mountaineer, illustrated by stunning images. His lively style, peppered with amusing anecdotes, linked observations and experiences of geography, climate and people of the regions. It was poignant to observe changes over the last 50 years. These included the demise of democracy in Afghanistan as the country fell under Taliban rule and the overwhelming commercialisation of climbing Mount Everest. His experiences led him into valuable research work making recommendations for tackling altitude sickness.

Although Dr Winter worked mainly as a GP based in Liverpool his medical qualifications, curiosity and enthusiasms triggered interesting career off shoots. Creatively as an author he chronicled these experiences and his love of Liverpool in a range of successful books. Alongside wife Sue he manned a fully displayed, busy book table, signing and chatting. As we observed his communication skills are also apparent in his public speaking activities. Marcia gave the vote of thanks for this informative and enjoyable talk.



Barbara buying a book from John



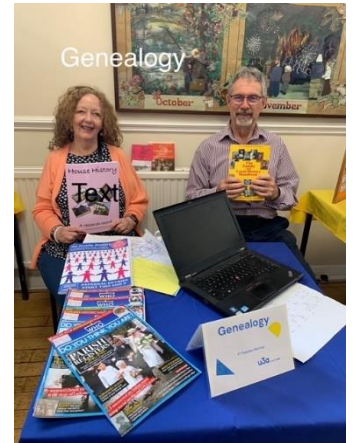
On Friday we filled Lymm Village Hall with a cornucopia of colour and life at our Learn Laugh Live Event, part of Lymm Festival. Every Interest Group was represented and the displays looked wonderful, impressing visitors and existing members alike. Seeing every group together was a powerful demonstration of what we can achieve as a whole. The talents on show were a fitting tribute to how we can make the most of our retirement years, often after a lifetime of them lying dormant. Group members manned their posts, answering questions throughout the three hours. There were opportunities to get involved such as knitting a row on the Stitch and Natter table and discussing a profound quote or thought in Philosophy. As ever at our events, the refreshment team was on hand to dispense cups of tea and coffee and the cafe area was well-used by people having a chat or a catch-up. Thanks to all who took part.



Ukulele



Refreshments team



Genealogy



Wellbeing Birdwatching



Walking Group



I received this lovely letter from a member

'When I arrived at the Open Morning today, I was not expecting to see many people there as it had only just started. I was therefore rather surprised to hear laughter and lots of conversation. It reminded me of the U3A motto "Learn Laugh Live". So well done to everybody that made it happen. I felt I could have joined lots of the groups this morning if only time permitted and there were extra days in the week! It really looked like a thriving, friendly group of people to any non-member dropping in.'

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

Day to Day I.T.Group There is still space in the I.T. Group for more members. Please contact Sheila Randall if interested. See the website for more details. Leaders who sent in updates for the Group

Jigsaws

Thank you to all those members who kindly donated their jigsaws. Members are welcome to borrow the jigsaws on display at monthly meetings. Any further donations of 500 or 1000-piece puzzles will be gratefully received.

Group Gossip

Art and Mosaic Group

Art and Mosaic groups have been very busy preparing for the LLL Showcase and our end of year exhibition. We hope that you will visit our summer exhibition and enjoy the art, mosaics and refreshments. Marje Caine led an impasto workshop and we had great fun exploring the technique. Our year ends with our exhibition on Friday 19th July. We next meet on Friday 6th September from 10.00 a.m. until 12.00 noon. Have a good summer.



Badminton

The Badminton Group is in action every Wednesday morning from 9.00 a.m. to 10.00 a.m. at Grappenhall Community Centre, however, this group is now at capacity, so a "Waiting List" is open for any future interested members.

We now only need two more interested Members to begin a second session each week, so please email [Geoff](#) for addition to the list, noting that you do need to have played Badminton previously.

Crown Green Bowling

Crown Green Bowling sessions are now in progress at High Legh Bowling Club on Monday afternoons from 1.30 p.m.

Games Group

This group is well worth a visit if you enjoy playing games. I went along and spent a happy couple of hours learning how to play Mexican Train with four other members, Another table were playing Rummykub and others were playing other games.

Art and Mosaic Group Exhibition

Friday 19th July

10.00 a.m. until 12 midday

St Mary's Church Hall off Crouchley Lane
Lymm WA13 OAS

Free entry

refreshments available

We hope you can join us for our annual exhibition to celebrate our creative works this year

Some were playing cards. It is held on the first Tuesday of the month at 1.00 p.m. at Lymm Village Hall.

Genealogy

The group met on the 18th June, and it was another lively, fun session. Elaine started the meeting off with a presentation on Bigamy, which was very interesting. Apparently the punishment was once death or deportation, and that was later reduced to imprisonment. And branding on the hand with a hot poker! So let that be a lesson to you all. The group is full at the moment, but if you would like to join, speak to Shirley at the next Thelwall meeting and she will put you on the waiting list.

Music Appreciation

At our June meeting we were very lucky to have Steve Millward as our guest speaker. Steve has been teaching music history courses since 1986. He gave us a fascinating talk on Charles Hallé. Whilst Hallé is a major figure in Manchester's musical history, we learnt much that was new to us. Karl Halle was born in Germany in 1819 and changed his name to Charles Hallé as he moved around Europe, eventually settling in Manchester. He took over leadership of the Gentleman's Concert Society in 1853. The society evolved into the world famous Hallé orchestra, making the newly opened Free Trade Hall its first home. In this Hallé was helped the Forsyth Brothers, whose music store, still run by the family, is in central Manchester. At the same time Hallé was a conductor with the Liverpool Philharmonic Society. His long-held wish to create a music college came to fruition when he helped found The Royal Northern College of Music.

For lovers of music and local history Steve's talk was a treat and we hope to welcome him back next year to learn more about other musicians.

Poetry Group

At our June meeting we enjoyed a presentation by Shirley on Canadian poet and songwriter Leonard Cohen and shared our own poems on the subject of 'Ten Minutes'.



Sketching Out

Seven members met at Latchford Locks and were sketching happily when a policeman arrived to tell us we couldn't stop where we were. He had come all the way from Liverpool to tell us that, alerted by workers on the far bank who could have told us themselves. If you want excitement, come and join us! Next meeting, Monday 22nd June at Thelwall Ferry, 10.15 a.m.

Theatre

We are going to The Gangs of New York on Sunday 21st July 5.00 p.m. This is being held at the Storeyhouse in their outdoor (covered) space. If you wish to join us please contact [Sheila](#) as soon as possible

Walking Groups

Striders

Due to the proposed walk leader suffering from a bad back we had a last minute change of walk and thanks to Kath Brown who volunteered to lead another walk, 15 of us set off from the Great House Barn at Rivington. The 8 mile walk was a mixture of lanes, fields and woodland tracks with views of 5 reservoirs. Much to our surprise it hardly rained at – most unusual for Striders' walks. The next walk will be in the High Peak area on Wednesday 17th July and is a walk of under 10 miles from Buxworth taking in Combs Reservoir



and Chapel en le Frith. There are still places available on this walk.

Strollers

Eleven members of the Strollers Group, led by Sheila took a gentle 2.5-mile walk starting in High Legh.



Blessed with sunshine they enjoyed an amiable walk along the lanes to Arley, taking in the beauty of the lush flora and varied fauna enroute. There was even a chance for a bit of rural retail therapy for fresh eggs and not entirely fresh books. All rounded off by refreshments and interesting continued conversations at High Legh Garden Centre.

4-6ers

We met at Quarry Bank Mill from where Neil and Helen led a walk around the Styal Woods Circular, following the course of the River Bollin close to Manchester Airport. A Styal walk without a single stile! Afterwards we repaired to the Ship for lunch.



Wellbeing/Birdwatching

The group continues to be busy with two trips in June, first to Pennington Flash near Leigh and then to Brockholes, near Preston.

Ukulele 4 Fun

The ukulele group are in full strum every Tuesday night. We have a new list of songs every three weeks and on the fourth week we practise our performance songs. We are pleased to say we are performing for the residents of Keate House in their marquee on Tuesday afternoon so if you are passing and hear some 60's and 70's music drifting over the wind it is us!

Recycling

We collect old glasses for recycling. Please bring your old glasses (without cases) to the Members' Meeting. Thanks.

At the last Members' Meeting we were delighted to tell Members that Linda Monk had just informed us that she had delivered over 80 pairs of our used glasses to Knutsford Lions. They are then taken to the Midlands and from there they are delivered to France where they are cleaned, repaired and regraded before being sent out to Third World Countries.

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](#).

Flight Inspirations Aviation Group Meeting: The History of Royal Flying

Tuesday 2nd July 10.00 a.m. – Mid Day

The Flight Inspirations u3a Aviation group meetings are held on the first Tuesday of every month at 10am.

Graham Laurie served a distinguished career as the Royal Flight pilot, marked by his exceptional dedication, professionalism and ability to navigate the unique demands of royal air travel. He was entrusted with the safety and comfort of the British Royal Family and senior government officials, performing his duties with the utmost precision and care. Laurie was notably responsible for the solemn task of flying Princess Diana's body back to the UK from Paris after her untimely death in 1997. This poignant mission underscored the trust placed in him during times of national mourning. Graham Laurie offers an insider's perspective into the life of a Royal Flight pilot. He shares personal anecdotes and professional experiences that highlight the unique challenges and rewards of his position.



Modern Britain: A Story Told Through Stamps with Diana Laffin

Friday 26th July 2.00 p.m.- 3.30 p.m.

This talk will explore what stamps reveal about the modern history of Britain. Stamps, like coins, are the 'tweets of a nation'. They tell us how we want our country to appear to itself and to others. In this talk Diana will focus on British stamps from the Penny Black to the 1980s and explore what the stamps reveal about the modern Britain.



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



National Trust: Dunham Massey Community Access Pass

Our Community Pass from Dunham Massey for Groups of up to 15 people to visit free without pre-booking (15 to a 30 have to pre-book.) is available for groups. This is for normal entry. Contact Sue Mitchell chair@lymmthelwallu3a.org.uk and I will arrange for you to collect it from me.

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:

<https://lymm-thelwall.u3asite.uk/>

Lymm and Thelwall u3a Facebook page:

<https://www.facebook.com/LymmThelwallu3ae>

enquiries@lymmthelwallu3a.org.uk

Committee Contact Details

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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 Day	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
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
Games Group	1 st Tuesday p.m.	Lymm Village Hall
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	1 st and 3 rd Friday	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.

