

Dear All,

Thanks to all of the members who attended our A.G.M. and a big thankyou to members of our Committee who have all agreed to serve again for another year. The Committee work hard on your behalf and it was lovely to hear Dinah on behalf of all members thanking us. We were pleased the A.G.M. went smoothly and that we were able to move on quickly to our Speaker. Jim Holmes enthralled us with his photographic journey through the sights of Angkor Wat in Cambodia.

The Summer Extravaganza places are being filled quickly. If you want to join us please see the advert below.

## 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 20<sup>th</sup> June 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 20<sup>th</sup> 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!)

**Thursday 18<sup>th</sup> 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 19<sup>th</sup> September**

**Fran Raftery**

**TBC**

## Social and Events

**Drop In**

**Lymm Village Hall**

There will be no Drop In in June or July. In June we are hosting our Lymm Festival Showcase morning and in July we are holding our Summer Social. See below for information on both events.

The next Drop In will be on Thursday 26<sup>th</sup> September.

**Victoria Baths**

**Wednesday 3<sup>rd</sup> July 10.30 a.m. Cost £10**

The trip to Victoria Baths is now full.

Members who are going will have received details about where to pay and in due course we will be sorting out lifts for those who have requested one.

Please let us know if you can offer a lift. Sue [newsletter@lymmthelwallu3a.org.uk](mailto:newsletter@lymmthelwallu3a.org.uk)



## Lymm Festival

A date for your  
Diary

### Learn Laugh Live with Lymm and Thelwall u3a

Friday 28<sup>th</sup> June Lymm Village Hall 10.00 a.m. until 1.00 p.m.

It is now getting closer to our Lymm Festival event. Thank you to all the group leaders/members who are arranging to be with us. We know it is going to be a wonderful celebration of everything we do!

Please add the date in your diaries and drop in and see us if you can!!!

Last few  
places

### Summer Extravaganza



Thursday 25<sup>th</sup> July 1.00 p.m. Lymm Village Hall

Join us for an afternoon of Fun and Camaraderie.

We will be entertained by Kevin and Joy Siddall

(returning after a very successful appearance at the Members' Meeting last year)

To book your place please click on this link to contact [Lynn](#)

Please note that places are eagerly sought after and fill quickly.

Buffet  
Lunch

### Summer Fun on Wednesday 14<sup>th</sup> August at 2.00 p.m.

#### Blue Bell Cottage Gardens, Dutton WA4 4HP

Tucked away down a quiet country road is one of Cheshire's Best Kept Secrets.

We have arranged a guided tour of these lovely gardens and refreshments  
with locally made cake!

Please click on this link to contact [Linda](#) to book your  
place as soon as possible and put the date in your diary.

Places are limited so please book  
a.s.a.p.

If you can car share please let us know  
as parking is limited.



Last few  
places

### 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, however, we will eat indoors if not!!

## Patterdale Walking Holiday April 2024

On the first day of walking we headed into Grizedale, an attractive valley in the shadow of Helvellyn and Striding Edge. Those adventurous walking days are well and truly over for most of our group. Whilst one sub-group was content to stay in the valley the more ambitious walkers headed up to Grizedale Tarn. We reunited in the late afternoon in the hotel bar where we compared experiences, looked at photographs, plotted distances covered and considered the next challenge. All over a G and T or a pint of Wainwrights.

There was a split on Tuesday with one group led by Pete heading up the lake by bus to Pooley Bridge from where they intended to walk the length of Ullswater via Howtown. The rest boarded the ferry at Glenridding, bound for Howtown to then walk back' hoping the quick ones did not catch them up! Alfred Wainwright described this as, 'the most beautiful and rewarding walk in



Lakeland'. We could see why with the wonderful views and glorious birdsong although the Ullswater Way path was challenging at times with stones and roots to pick our way through.

My evening quiz raised a debate as to whether Cumbria is the up-to-date name for the Lake District county. Jim reckoned it had changed to two unitary authorities – Cumberland and Westmoreland & Furness. The debate rumbled on throughout the rest of the week!

Wednesday's route began with a walk in sunshine along a beautiful path to Hartsop village. We could almost have been walking with Wordsworth and Coleridge so unspoilt was the landscape. As the hardened lot then headed for the hills and Angle Tarn, the rest took a flat route along Brotherswater before

wandering back via a Lakeland wool shop on a farm then on to the Helvellyn Cafe in Glenridding.

Thursday was the last day of walking and attempts to keep it a mystery were thwarted by several who had worked out where we might be going. We climbed to the beautiful Lanty's Tarn, stopping to watch a red squirrel on the way, and on to the former lead mines above Glenridding where we had our picnic lunch. Then it was down into the village and back to the Helvellyn Cafe.

With the road over Kirkstone Pass closed throughout our stay there was only one way out on the Friday and it was a happy, mud-free and tanned group who headed home.



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

### Anyone for Tennis?!

**Manor Road Tennis Club** have offered us use of their new courts in the Rugby Club walled garden @ £12 a court per hour. If you are interested in forming a u3a Tennis Group please let me, Muriel, know. We would need a member prepared to organise the administration and enough members wanting to play!

**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.

### 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.

The **Board Games** group is now up and running! Thanks, Pip. Here are several photos from the group's first meeting. There was about 14 of us playing a variety of games, many for the first time. I can't remember the name of the game I played but it was enjoyable & there was great company! The next meeting is on Monday 3<sup>rd</sup> June.

If you wish to join us please contact Pip via the web page.

If you have any ideas for new groups please contact me on the above email address **Muriel**



**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](mailto:newsletter@lymmthelwallu3a.org.uk) by **Thursday 27<sup>th</sup> June**

### Bowling

U3A Outdoor Crown Green Bowling sessions are now in progress at High Legh Bowling Club on Monday afternoons from 1.45 p.m.

### 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, the group is now at capacity, so a "Waiting List" is open for any future interested members. Please email [Geoff](mailto:Geoff) for addition to the "Waiting List", noting that you need to have played Badminton previously.

### Genealogy

The May meeting was yet another enjoyable session. We began with a presentation by Shirley on "Asylums in the 18<sup>th</sup> and 19<sup>th</sup> Centuries", hearing some horror stories about people being involuntarily committed for no good medical reason, which definitely got the group talking. We also welcomed Nan, who wanted to see how the group worked before joining. And now sadly we have to close the group as we are up to capacity for the venue. But there will be a waiting list so do put your name down if you are interested.

## Music Appreciation

At our June Meeting (Thursday 13<sup>th</sup> June 1.45 p.m.) we are hosting Steve Millward, an adult education lecturer who will talk about Charles Halle. We have space for a few extra people if any member of the u3a would like to join us to hear the talk. For more details and a space at the event contact [newsletter@lymmthelwallu3a.org.uk](mailto:newsletter@lymmthelwallu3a.org.uk)

## Sketching Out

Monday 24<sup>th</sup> June, 10.15 a.m. to 12.15 p.m. Meet at Latchford Locks to sketch whatever inspires you here and if perchance a boat should come through at that time it could be a bonus!

## Walking Groups

### Striders

Halkyn Mountain again and at least there wasn't sleet this time!



18 Striders set out across undulating countryside with magnificent views of Cheshire, Merseyside and North Wales. The walk was under 8 miles and was enjoyed by all including a new Strider. In fact we are delighted to have had a few new Striders recently.

The lunch stop was in a playground and as you will see from the photo some Striders took full advantage of that!!

Next walk - 'A hill and 3 reservoirs' in Lancashire on 12<sup>th</sup> June. It is 9 + miles and is proving very popular.

## 4-6ers

A group of seventeen walkers gathered in the beautiful setting of Rostherne village. We walked over fields towards Home Farm and the Tatton Estate before taking a circular route across the park via the Memorial and the Old Hall. Picnic lunches were consumed in the courtyard before we headed back to Rostherne by a different route.

## Wellbeing/Birdwatching

New ground for the Wellbeing Birdwatching group, at Woolston Eyes, a nature reserve and site of special interest alongside the Manchester Ship Canal. It is a hidden gem and there is much to see from a terrapin basking in the sun to synchronised swans. An impressive roll call of birds and insects vie for our attention. We are all grateful to James for organising this special visit and the glorious weather.



## 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 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 our groups would like to use this pass the Group Leader should contact Sue Mitchell [chair@lymmthelwallu3a.org.uk](mailto:chair@lymmthelwallu3a.org.uk) and I will arrange for you to collect it from me.



## Recycling

We collect old glasses for recycling.

Please bring your old glasses (without cases) to the Members' Meeting.

Thanks

## 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](#).

### Mindfulness and Meditation Series

**Monday 11.00 a.m.–12.15 p.m., beginning on 3rd June for 6 weeks.**

**You only need to sign up via eventbrite once.**

There is much talk about mindfulness these days. But what does it mean? How can it help us enhance our lives, and what is its relevance to ageing?

In this series, Dr John Darwin, Mike Pupius, Ruth Lees and members of the Sheffield u3a Mindful Ageing Group will introduce mindfulness and meditation, using 'Five Ways to Wellbeing' as a basis. They will explore these questions and suggest ways in which you can practice mindfulness as an aid to ageing well. Every session will be practical!

Each week they explore a new theme: Take Notice, Connect, Be Active, Give, Keep Learning, and finally, the Full Monty – bringing it all together. For example, in the Be Active session, they shall be talking about the benefits of mindful walking and connecting to nature. This series has already run four times, and more than 600 u3a members have participated.



### Celestial marvels: Demystifying the Cosmos

**Wednesday 26<sup>th</sup> June 11.30 a.m., – 12:30 p.m**

Don't miss out on this stellar experience! Embark on a celestial journey with us as we explore the wonders of the universe. This meeting is designed for both beginners and enthusiasts, offering a captivating introduction to the mysteries above. Our speakers will guide you through the cosmic tapestry from galactic marvels to exoplanetary adventures. Some of the mysteries are yet unsolved.

What marvels have you enjoyed observing the sky? We'd love to know so we can foster our sense of wonder together.



#### 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](http://www.u3a.org.uk/events)**

### Do you know?

u3a is a UK-wide movement of locally-run groups that provide a wide range of opportunities to come together to learn for fun. Members explore new ideas, skills and activities together.

There are over 1000 u3as with around 400,000 members.

u3a members draw upon their knowledge and experience to teach and learn from each other but there are no qualifications to pass – it is just for pleasure. Learning is its own reward.

It's all voluntary; a typical u3a will be home to many activity groups covering hundreds of different subjects – from art to zoology and everything in between.

## Are you a dab hand with a paintbrush or pencil?



Do you want to develop your skills or are you simply interested in the world around you and how to capture it in a piece of artwork? The national u3a are running a monthly challenge to encourage people to paint or draw a piece of artwork, then take a photo of their work and submit their pictures via our online form.

They are going to be posting a different theme each month and inviting u3a members to submit photos of their creations on that topic. Send in pictures of your original artwork on a monthly theme to feature in the online gallery. No prizes, just prestige

This is not a competition, and it is not about your artistic ability – what they want from you are interesting pictures, possibly different perspectives on everyday scenes or objects, anything which has inspired you to paint or draw. At the end of every month, they will choose and publish up to 15 photos of artwork on an online gallery for each theme.

The theme for this month is: "**Here comes the sun**" Deadline for submissions: **3rd July 2024**

For more information follow this link [u3a - Paint or Draw](#)

### 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](mailto:enquiries@lymmthelwallu3a.org.uk)

### Committee Contact Details

<b>Chair</b>	Susan Mitchell	<a href="mailto:chair@lymmthelwallu3a.org.uk">chair@lymmthelwallu3a.org.uk</a>
<b>Vice Chair</b>	Marcia Dale	<a href="mailto:vicechair@lymmthelwallu3a.org.uk">vicechair@lymmthelwallu3a.org.uk</a>
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<b>Group Coordinator</b>	Muriel Howarth	<a href="mailto:groups@lymmthelwallu3a.org.uk">groups@lymmthelwallu3a.org.uk</a>
<b>Social</b>	Lynn Bryant	<a href="mailto:socialevents@lymmthelwallu3a.org.uk">socialevents@lymmthelwallu3a.org.uk</a>
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<b>Committee Member</b>	Barbara Price	

#### Non-Committee:

<b>Speakers</b>	Christine Ballance	<a href="mailto:speakers@lymmthelwallu3a.org.uk">speakers@lymmthelwallu3a.org.uk</a>
<b>Newsletter</b>	Sue Mitchell	<a href="mailto:newsletter@lymmthelwallu3a.org.uk">newsletter@lymmthelwallu3a.org.uk</a>

**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](mailto: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
Board Games	1 <sup>st</sup> Tuesday p.m.	Lymm Village Hall
Book Club	1 <sup>st</sup> Thursday a.m.	The Spread Eagle, Lymm
Book Club 2	1 <sup>st</sup> 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 <sup>nd</sup> Tuesday and 4 <sup>th</sup> Thursday	Various, see web site
Flower Arranging	2 <sup>nd</sup> Friday p.m.	St. Mary's Church Hall
French (Advanced)	2 <sup>nd</sup> and 4 <sup>th</sup> Thursday a.m.	The Sanctuary Hub Lymm
French Conversation Intermediate and Advanced	1 <sup>st</sup> Monday p.m.	The Spread Eagle Lymm
Genealogy	3 <sup>rd</sup> Tuesday am	Sanctuary Hub Lymm
German	Monday	Private home and via zoom
I.T. Group	2 <sup>nd</sup> and 4 <sup>th</sup> Wednesday a.m.	Lymm Baptist Church
The Lunch Group	3 <sup>rd</sup> Friday	Contact via website
Mosaic	Friday a.m.	St. Mary's Church Hall
Music Appreciation	2 <sup>nd</sup> Thursday p.m.	Lymm Youth / Community Centre
Philosophy	2 <sup>nd</sup> and 4 <sup>th</sup> Tuesday a.m.	The Spread Eagle, Lymm
Poetry	4 <sup>th</sup> 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 <sup>nd</sup> Wednesday	Various
Wellbeing Birdwatching	1 <sup>st</sup> and 3 <sup>rd</sup> Friday	Various Locations
Writing Group	1 <sup>st</sup> Friday	The Spread Eagle

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

