

Dear All,

Isn't it lovely now? The days are getting longer and the plants are beginning to grow. It is lovely that our u3a is growing as well with new members being welcomed at our Members' Meetings. More members means that our Interest Groups are filling and although some can absorb more members others have waiting lists. The u3a is a unique and exciting organisation in which retired and semi-retired people can come together to learn and experience the sheer joy of discovery! If you have any ideas that you would like to pursue for which we don't have an Interest Group, why not create one? We are delighted that Pip has just joined us and has already formed a Board Games group!! It is easier than you think!! Please do consider it! Rick did the same with the Poetry Group. Thank you to both of you. Group leadership can be shared and everyone in the group should help!!

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 16th May 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 16th May

Jim Holmes

Cambodia and the ancient kingdom of Angkor

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 20th 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 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.

A.G.M.

Our May Members' Meeting is our A.G.M. The business side of the meeting will take place as quickly as possible so we can enjoy our talk on Cambodia and the ancient kingdom of Angkor.

If any member is interested in joining the Committee please let one of the Committee know and you can be proposed at the meeting.

Membership renewal

Most people have now rejoined. The cut off point for rejoining is 10th May. If you have not rejoined after that date you will not be eligible to take part in any of our Interest Groups or socials.

If you have not rejoined yet please either visit our website and rejoin online or contact Allen [Membership Secretary](#) for further details.

Please could you also tick the Gift Aid Box if you are eligible to do so. Thanks.



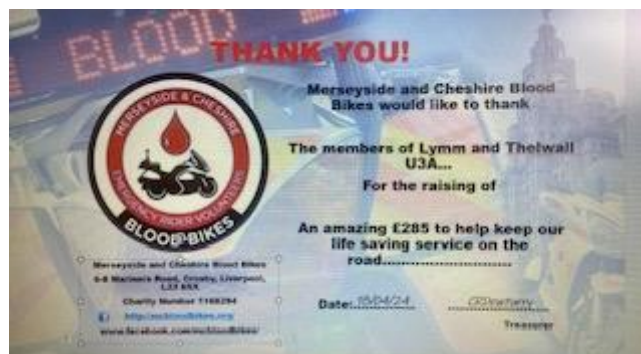
Members' Meeting

Ninety-five members and four visitors enjoyed a fascinating talk by two members of the Merseyside and Cheshire Blood Bikes, a charity providing support for the NHS by carrying urgently needed items like blood and human milk between medical establishments. A number of members responded to the offer of climbing on to the bike which was on display at the front throughout. As the speaker put it, 'there are 26 buttons, all of which can be reached by a four-year old'. Fortunately for everyone, the keys remained firmly in his pocket! We held a collection at the end and our kind members donated £285 towards the Blood Bikes Charity!

Ian sent us his thanks and a certificate of our donation.

Dear Sue

Great to meet you all today, please pass our thanks on to all your members for their generous donations. I have attached a thank you certificate. Ian Shearer



Social and Events

Victoria Baths

Wednesday 3rd July 10.30 a.m. Cost £10

We are planning a tour of The Victoria Baths in Manchester on Wednesday 3rd July. We will meet at the baths at 10.30 a.m. for the tour at 10.45 a.m. The tour will cover the History of the Building. You will see the many amazing decorative features—stained glass windows, mosaic floors, glazes, tiles and terracotta and the Turkish Baths as well as the three pool halls. There are several steps and staircases and it is, therefore, not suitable for people with mobility issues.



For more details and to book a place on the tour please contact Sue Mitchell newsletter@lymmthelwallu3a.org.uk a.s.a.p. as places are limited.

Drop In Lymm Village Hall Thursday 23rd May at 2.00 p.m. - 4.00 p.m.

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 can meet to discuss their plans.

Maybe bring a game to play.

There will be no drop in in June and July. The next one will be in September due to Lymm Festival and our Summer Social.



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. 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

**Buffet
Lunch**

Summer Extravaganza

Thursday 25th 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

Summer fun on Wednesday 14th 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.

Car sharing needed as parking is limited.



**National
Trust**

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.

Are you booking a holiday with Riviera Holidays?

Riviera Travel operate an Affinity Charity Scheme. They donate 10% of the total basic cost of holiday as a charitable donation back to the u3a.

How it works

- By contacting Riviera Travel direct. Mention you are a member of the u3a and want to claim Affinity Commission for your u3a.
- At the end of your holiday Riviera will make a payment to the Third Age Trust, who will take a handling fee of 10% and then 90% of the donation will be passed on to the relevant u3a.

If booking online use www.u3ariviera.co.uk. It tags u3a in general and then the Third Age Trust will check which local u3a is to benefit.

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

New Group

There was a lot of interest in the new **Board Games** group. Thanks, Pip, for suggesting and organising it. This will now be held on the 1st Tuesday of the Month in Lymm Village Hall, Pepper Street at 1.00 p.m. until 3.00 p.m.

Please contact Pip through the website page for more information.



Jigsaws

Thank you to all those member 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.

German Group Visit

Our German Conversation interest group was pleased to receive a visit from our Stuttgart friends at the beginning of April.

We were fortunate to have stayed in their homes in October 2022 and wanted to give them a great time and showcase our local area for them in return. We organized a busy week, visiting Lyme Park followed by afternoon tea on the Monday; then Liverpool on a very blustery Tuesday; on Wednesday we took a steam train from Bury to Rawtenstall and back with lunch in Ramsbottom; Thursday saw us in Chester, including a lunchtime organ concert; Friday was a visit to Dunham. Our final outing, on the Saturday, was to Manchester, with a concert at the Bridgewater Hall in the evening. As you can see from the photos, we also ate a lot and celebrated their visit many times!



Drop in News

A new departure at the monthly social where some of us enjoyed a game of Kierki. This is a Polish whist-based card game for 4 people and is played in two halves, losing points then winning them back. The interesting thing about it is that in the first half where you are losing points each round has a different aim – not taking tricks, not taking hearts etc so different strategies are needed. The three new players caught on quickly and enjoyed it so I hope this will be a regular feature at future socials and Pip's new Games Group.

Happy card playing!

Caroline Barr



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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 23rd May**

Art and Mosaic Groups

Jenn, our leader, has requested I do another update for Group Chat. So here goes Looking back through my diary our Inspiration topics have included: A Proverb, Seascape, Boats and Collage but I have noticed a breaking of the ranks in the direction of Spring/Summer Flowers, Sunsets and Holiday Destinations-wishful thinking for the months ahead and some fine weather. Of course, we are not tied to suggested topics but a little inspiration can help when you are struggling for ideas. Personally, I find this encourages me to do some research. It also promotes discussion and exchanging of ideas within the group. In the coming month Marje Caine is going to demonstrate Impasto which is something we have not attempted and will be interesting to watch and try. New members are welcome, both experienced and beginners, so call in and meet us. We are a friendly bunch!

Janis Boyle

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, this group is now at capacity so a "Waiting List" is open for any future interested members. Intending members please email Geoff for addition to the "Waiting List", noting that you need to have played Badminton previously.

Genealogy

Geoff shared with us an informative talk on "What's in a Name" the Single Name Research. It has inspired some of us to consider starting our own. Some members have decided to book tickets for the Genealogy Conference in Buxton in September, Shirley has attended it twice and it is a great day out.

Music Appreciation

At our June Meeting (Thursday 13th 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

Several hardy members braved wild weather conditions to sketch around the Walton Arms Hotel where there are a number of interesting historical buildings to choose from. The next



meeting is on Monday 13th May, at Crossfield Bridge at the top end of Lymm Dam to sketch the Bridge as it once was in its former glory days. Parking at the bottom of The Avenue, Lymm.

Walking Groups

Striders

It was a Wednesday, the forecast was for rain so it must be Striders!! A few had dropped out for various reasons including the weather but 11 intrepid walkers met in Hayfield car park and set off in the rain up a steep hill and up a moorland path before dropping down into Chinley then back up the other side of the valley to Hayfield. Between 8 and 9 miles. Yes it was very muddy and some of the paths had turned into streams but the rain wasn't as heavy as expected and we were all very happy to be out in the fresh air. The next walk will be Halkyn Mountain. Wednesday 8th May



4-6ers

A group of 4-6ers and Striders enjoyed a few days away in the Lakes at the end of April. A full report will be in next month's newsletter.

Wellbeing/Birdwatching

18 members enjoyed a stroll around Lymm Dam. An early delight was the sight of a grebe's nest, including one egg, on the water's edge but the main talking point was the debate about a couple of distant shapes. Rocks or terrapins? Photographic evidence revealed the latter.

North West Region u3a

The A.G.M. of the u3a North West Region is being held in Liverpool on 2nd July. It is open to all members.



Are you a keen singer?

Northwest Region u3a are organising a **Big Sing** on Saturday 15th June in Liverpool.

North West Summer School.

Carlisle Tuesday 13th – Friday 15th August.
Information can be found by clicking on the 4 links: avoid disappointment as we get members from all over the UK.

More information for all the above on the above click on the North West Events site below and follow the links

<https://u3asites.org.uk/north-west/events>

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

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>

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
Venues	Marcia Dale	venues@lymmthelwallu3a.org.uk
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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

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](#).

Turner's Timeless Treasures

Tuesday 14th May 10.00 a.m. – 11.00.a.m.

The National Gallery Treasures to Celebrate Its 200th Anniversary, 2024 This is the first in a series of talks featuring some of the National Gallery's treasures being exhibited in museums and art galleries in Britain to celebrate its 200th anniversary.

Turner's Timeless Treasures Join us for a glimpse into the 'Turner: Art, Industry and Heritage' exhibition at the Laing Art Gallery. Explore Turner's vision of the beginnings of the industrial age from Waterloo Bridge to the North - East of England's industrial heritage with a focus on his iconic masterpiece 'The Fighting Temeraire', a National Gallery treasure. The talk will include related works in the exhibition by other artists such as L.S. Lowry, who also contributed towards

Please note this presentation is animated. Catherine uses powerpoint animations to bring her words to life. If you do not like an animated presentation then this may not be to your taste. Book your place today.



The Harlem Renaissance

Thursday 9th May 2.00.p.m. – 3.00 p.m.

The Harlem Renaissance was a movement that included poetry, novels, essays, theatre, visual art, dance and music. Artists focused on themes such as the influence of slavery, Black identity, community, and the everyday experience of Black people. Art of the Harlem Renaissance includes photography, paintings and sculptures that expresses their culture. This talk covers its early days from the 1900s to the 1940s, the time it was at its height.



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

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.

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
Board Games	1 st Tuesday p.m.	Lymm Village Hall
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	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.

