



Dear All

It is lovely to see so many members at the monthly meetings. Allen said we had 104 members at the last one which I think may be a record! The refreshment team did a wonderful job supplying drinks to so many. Thankyou! And thanks, also, to anyone who helped in other capacities such as 'meet and greet', making visitors welcome and chair stacking to name but a few!

Our u3a is a great organisation that enables members to take part in many educational, creative and recreational activities in a friendly and social atmosphere, learning from each other by sharing knowledge and experiences. We are run entirely by our own members and the success of our group is built on the time and talents of all those lovely members who are prepared to give that extra time.

As it is our A.G.M next month please DO consider volunteering to join us on Committee. It is a great way to get to know everyone and feel that you are at the heart of our group, even if you are new. Please don't hold back! Sue

Members' Meetings – Christine Ballance

Important Notice Our Members' Meeting this month will be held at **Grappenhall Community Centre**, Bellhouse Lane, Grappenhall WA4 2SG

*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 17th April at 10.00 a.m. for a 10.30 a.m. start. Do come along early for a drink and a chat.

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

Thursday 17th April

Tony Crotty

Music C16 to C21

Tony is a specialist in music, ranging from the 16th century to the present day. He plays classical guitar and lute. During his talk, he will also play different tunes from through the ages.

The Venue for this meeting is Grappenhall Community Centre

Thursday 15th May

Pete Turner

Sleight of Mind

Our mind is a mysterious world. It's education, knowledge, emotions and the character we are today. Pete Turner has been studying the mind for many years and he knows how to trick it with some amazing mind games. This unique lecture demonstrates six amazing experiments that will trick your mind in a fun but harmless way. There is no lecture like it!

Thursday 19th June

Neil Sheldon

Lies, damn lies and statistics

This talk presents lots of examples of the misuse and misunderstanding of statistics in the media. It also gives some helpful guidance on how to avoid being misled in the future.

Dates for your Diary Here are some dates for your Diary. Please note them down.

Further details for the Social's will be available nearer the event's date!

Thursday 17 th April	Members' Meeting	Grappenhall Community Centre
Thursday 15 th May	Members' Meeting	Thelwall Parish Hall
Tuesday 20 th May	Kent Holiday	
Wednesday 11 th June	Hack Green Secret Bunker	
Thursday 24 th July	Summer Social	Lymm Village Hall
Friday 17 th October	The Clink	
Monday 15 th December	Christmas Lunch	Lymm Golf Club

Members' Meeting: The Secrets of Bees by David Mitchell

Like bees drawn to flowers the bright sunshine attracted u3a members in force with over a hundred gathering in Thelwall Parish Hall. And speaking of bees...we were entertained by Julia Young, a pharmacist by profession but whose hobby is bee keeping. Julia has hives and a base at Antrobus and is actively involved with all aspects of bee keeping throughout Cheshire.



Her talk was entitled 'Secrets of Bees' and there was much from this hidden world that we did not know. I never thought an hour on the subject of the life of a honey bee could pass so quickly. Using plenty of humour Julia gave a whirlwind tour of the world of bees, leaving us buzzing! Tales emerged of regicide, sex, violence and fancy movements, drawing comparisons with Game of Thrones and Strictly Come Dancing. Julia involved us in the talk, passing a number of items round including the contents of a hive which she had next to her through the talk. Fortunately, it contained no bees. Although honey is not my preference on a slice of Warburton's white there were many in the audience who lap it up and a number took the opportunity to buy some from Julia at the end of an entertaining talk. The number of questions

asked afterwards was testimony to the quality of the talk and Marcia rounded off proceedings with her vote of thanks.

Mad March Social



Easter bonnets and daffodils were on display in the Village Hall as 61 members supported the latest social, organised by the Social Team. As tables tucked into a sumptuous buffet there was chance to digest and ponder over questions on the latest Quiz. Then came our musical highlight with a forty-five minute set by popular local musician and wordsmith Paul Thompson who treated us to a hilarious selection of songs, both self-penned and written by others such as Jake Thackray, Victoria Wood and Flanders and Swann. Thank you to all who came and made it



a fun-filled afternoon. Many thanks to the Social Team and the volunteers whose help made the event run smoothly. Once again thanks to David for supplying us with an interesting, thought-provoking quiz.



Social

Any new ideas for events or if you would like to organise an outing please contact us.

Hack Green Secret Nuclear Bunker CW5 8BL

Wednesday 11th June Price £18.50

The ticket is an annual pass and you can visit as many times as you like for a whole year.

We have arranged a visit with a guided tour to the Hack Green Nuclear Bunker www.hackgreen.co.uk which is hidden deep in the Cheshire Countryside, about 2.5 miles from Nantwich.

Arrive at 10.00 a.m. for refreshments which can be purchased in the N.A.A.F.I. Canteen.

The Guided tour takes place at 10.30.a.m and lasts about 1 1/2 hours

Why not combine it with a trip to Nantwich for lunch or take a picnic!?

The Museum has steps to the lower floor (no lift) so only the upper floor is available to **people with mobility issues**.

If you would like to see the Nuclear Bunker please contact [Sue M](#) Places are limited



Lymm Festival

Learn Laugh Live with Lymm and Thelwall u3a

Friday 20th June Lymm Village Hall 10.00 a.m. until 1.00 p.m.

A date for your
Diary

Once again our 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!!! Here are some photos from last year's event !!



Kent Holiday Tuesday 20th May to Friday 24th May

21 members are now looking forward to travelling to Kent after meeting up for a coffee morning get together last Wednesday. We are going to visit Pennington Place, the 14th century Manor House and Gardens once owned by Henry VIII, and Hever Castle, childhood home of Anne Boleyn. We are also visiting The Royal Historic Docks at Chatham, Canterbury and Charlecote Hall.



Sadly three people have had to cancel the holiday so there may be a possibility of joining us.

For more information contact [Linda](#) . If you would like to book ring Clare on [0161 928 3242](tel:01619283242). She will take your deposit over the phone. Email: sales@greatdays.co.uk .

Groups' Coordinator Muriel at groups@lymmthelwallu3a.org.uk

A few people have suggested forming Singing for Fun Group. If you would be interested in this please give your name to me, Muriel, and we can see if it is a viable idea. If you have any ideas for new groups, please let me know and don't forget we provide help and advice in setting up and running groups! Muriel.

Groups' Gossip

Badminton

Two Badminton Groups are now in action every Wednesday morning between 9.00 a.m. and 11.00 a.m. at Grappenhall Community Centre, Bellhouse Lane Grappenhall. Whilst the 9.00 a.m. Group is full, there are vacancies for the second session each week, starting at 10.00 a.m., at which new faces will be very welcome, so please email Geoff Stocker at: gsto2512@aol.com if you want to join this session, noting that you do need to have played Badminton previously.

Crown Green Bowling

The 2025 U3A Outdoor Crown Green Bowling season will start on Monday 31st March at High Legh Bowling Club, 1.30 p.m. for a 2.00 p.m. latest to start, continuing until 4.00 p.m., with a break for refreshments. A modest Green Fee will apply.

Games Group

The next games group will take place in its new venue Maple Lodge off Pepper Street on Tuesday 1st April, 1.00 p.m. to 3.00 p.m. A good selection of card & board games is available but feel free to bring your personal favourites with you. Cost is £2 per session or £20 for the year (no meetings January & August). All welcome.

Genealogy

On Tuesday 18th March the U3A Genealogy Group met at the Sanctuary Hub and this time our focus was on 'One Place' studies. To introduce this subject, our leader, Shirley, informed us that her maternal Pitcher ancestors were born, baptised, and some married and died, either in the Norfolk village of Docking or in the nearby small villages of Ingoldsthorpe and Shernborne. In order to complete her 'One Place' studies of these villages, Shirley recently visited them and after walking round Docking, concluded that it was now a 'blink and you miss it' kind of place and imagined her ancestors living in a very quiet little rural community.

We then watched a DVD from the Docking Heritage Group, which described in great detail all that was going on in Docking between around the mid 1800's through to the mid 1900's. The DVD showed that, during this period, there was much more going on in Docking than one would have

imagined. There was industry, a rail connection, businesses of every sort, lots of filling station, stores and pubs – a thriving community. The DVD led to a good discussion concerning village life in years gone by and demonstrated how interesting 'One Place' studies can be.

Poetry

David talked about modern poet Brian Bilston and was able to get Brian to contribute some background information for him. We then read out our own compositions on the subject 'Animals'.



Theatre

The Theatre Group is back in Altrincham to watch "Of Mice and Men" on Wednesday 14th May. We are sitting in seats M21 to M26 and N24 to N26 to the right of the auditorium. If you want to join us book a ticket and come along. We usually meet in the bar from 6.45 p.m.

Ukulele

The Ukulele Group performed at Lymm Gardening Group's Buffet Dinner in Lymm Village Hall. We were well-received and many of their members sang along with us. They kindly made a donation of £100 to Age Concern as we play for the fun of it and can't accept any payment.



Sketching Out

On a bright Spring morning eight members drew and painted some of the many beautiful features of the 150 year old Denzell House and Gardens in Altrincham.



The next outing will be to Laskey Farm in Thelwall on Monday 28th April. Meet in the car park at 10.15 a.m. New members are very welcome. See our page on the website.



Walking Groups

It was a lovely sunny day at the end of February when Sheila led the Strollers on an interesting walk up to the Dream, a 20-metre-high Sculpture located on the former summit of Sutton Colliery. St. Helens. It stands as a monument to the past as well as a symbol of hope for the future. The group enjoyed a tasty lunch afterwards.



Striders

We had planned to do the Reddish Vale and Tameside Trail in January but thought better of it when there was ice. It didn't pour with rain as it often does for Striders walks but just to remind us the weather still has something to throw at us we



did have a short burst of hail! However, 12 intrepid walkers set off from Vernon Park in Stockport and enjoyed a walk that was a combination of paths and tracks where you wouldn't know we were near a city centre. The walk was mainly flat and was supposed to be 10 miles but when we compared trackers at the end it was anything between 10 and 12 miles so let's say 11!! I know, a bit longer than Striders should be but no one complained! The next walk is Appley Bridge and Parbold and is about 9 miles on Wednesday 9th April.

Friday Ramble

Fiona and Keith led us on an undulating seven mile walk down the Macclesfield Canal from Poynton. A gradual climb gave excellent views across to the west and northwest, taking in Jodrell Bank, Surprise View, Fiddlers Ferry and Manchester. We then dropped down into Lyme Park for our picnic lunch before making our way back to the cars. It proved to be good exercise as well as informative with fascinating background details provided by Fiona.



4-6 ers

Twenty-one members took advantage of the golden spell of weather, gathering at the Hatton Arms for a walk led by Kath. The six-mile walk crossed Warrington Golf Course, doubled back to



Hill Cliffe then dropped down to Walton Gardens for a coffee and toilet stop before heading back to the Hatton Arms for lunch.

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.

Wellbeing Birdwatching

Another of those activities benefiting from the Spring weather and this month we had two meetings. At Grappenhall Walled Garden there were a number of interesting sightings. Male and female chaffinch, a consolation of fieldfare and herons gathering ready for their breeding season. A few members were lucky to spot a Red Kite. At the second meeting members marked the Spring Equinox at Pennington Flash where James kindly arranged morning and afternoon activities with lunch at, appropriately, the Whistling Wren nearby. The reed bunting and female bullfinch made an appearance, but not at lunch!



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

North West Region u3a Summer School 2025

12th August 2025 to 15th August 2025 Venue: [Manchester Metropolitan University](#)

North West Region of u3as invite applications for the [Summer School 2025](#)

Click the link to see the courses on offer

Cost: Full Board=£430 Non-residential=£215

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 get published with Writers & Artists

Tuesday 8th 2.00 -3.00 p.m



Are you a writer looking to take the next step on your journey to publication? James Rennoldson and Clare Povey of the [Writers' & Artists' Yearbook](#) (W&A) team from Bloomsbury who will join us to host a session designed to provide a greater understanding of the different routes to publication available to writers of fiction, non-fiction and children's fiction, while also highlighting some of the useful resources available to writers as they progress towards publishing their books. Presented in a straightforward, jargon-free style, attendees can expect discussion points to include the importance of self-editing, tips on seeking literary agent representation, and the virtues of approaching small presses or self-publishing. The session will be as practical and accessible as possible, with time built in for questions at the end. Every attendee will receive a W&A resource booklet by email (PDF version), as well as exclusive discounts on W&A products.

How AI can save you hours when researching your family history

Tuesday 8th 2.00 -3.00 p.m

AI (Artificial Intelligence) is often viewed as a "techie" subject that seems far removed from everyday tasks. However, if you're conducting family history research, chances are you're already using AI without even realizing it. Platforms like Ancestry, FamilySearch, and FindMyPast rely heavily on AI to enhance their services. This talk will explore how other AI tools—such as ChatGPT—can directly assist you in becoming more efficient and effective in your research. Just eight months ago, Steve had never used AI in his genealogy work. Now, he integrates AI into his daily research routine. Join him as he shares his journey from AI novice to a daily user in the world of family history research.



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 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

Our Groups If you would like to join any of our groups, groups@lymmthelwallu3a.org.uk 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!!

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
Current Affairs	2 nd Thursday	Lymm Village Hall Annexe
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 Advanced	1 st Monday p.m.	The Spread Eagle Lymm
Games Group	1 st Tuesday p.m.	Lymm Village Hall
Genealogy	3 rd Tuesday a.m.	Sanctuary Hub Lymm
German	1 st Monday a.m.	The Spread Eagle, Lymm
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 Friday Rambles	2 nd Friday	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.