



Dear All



It was a superb meeting at Grappenhall Community Centre and they made us feel very welcome especially by putting all the chairs out for us. I also was pleased to witness at least two acts of kindness from Members to new Members. I won't mention names but it is lovely to see how you all rally round and help new members. It is a big thing to walk into a room where you know no one and you lovely lot make it so much easier for people!

Muriel has also been making it easier for new groups to form. She has created a comprehensive pamphlet for individuals who are interested in pursuing their interests and seeking like-minded individuals to form a group. We are trying to encourage new groups to set up! See Muriel's post for exciting information!

Sue M, 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 15th May 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 15th May We will hold the A.G.M. followed by;

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.

Thursday 17th July

Prof George King

Solar energy, from the sun to your kettle

The amount of solar energy received by planet Earth in one hour is as much energy as the whole of civilization uses in one year. We have the job of harvesting this renewable energy as effectively and efficiently as possible. In this presentation, solar energy will be described from its birth in the centre of the Sun through its journey to Earth to the harnessing of this energy by various technologies. This involves a wide range of physical principles from nuclear fusion to radiation physics and thermodynamics. Ways in which solar energy can be stored when the Sun is not shining will also be described.

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

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

Thursday 15 th May	Members' Meeting and AGM	Thelwall Parish Hall
Tuesday 20 th May	Kent Holiday	
Wednesday 11 th June	Hack Green Nuclear Bunker visit	
Friday 20 th June	Learn, Laugh and Live with Lymm and Thelwall u3a	Lymm Village Hall
Thursday 24 th July	Summer Social	Lymm Village Hall
Wednesday 13 th August	Clemley House Gardens	
Friday 17 th October	The Clink	
Monday 15 th December	Christmas Lunch	Lymm Golf Club

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 very limited**



Learn Laugh Live with Lymm and Thelwall u3a

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

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!!!

A date for your
Diary

We will be
entertained by
our own Ukulele
Group

Summer Extravaganza

Thursday 24th July 1.30 p.m. - 4.30 p.m.

Lymm Village Hall

Join us for an afternoon of Fun and Camaraderie.

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

Please note that places are eagerly sought after and fill quickly



Summer Fun on Wednesday 13th August at 2.00 p.m.

Clemley House Gardens, Well Lane

Dutton Common near Tarporley CW6 0HG Cost £12 including refreshments

We will visit the award-winning cottage garden which features an orchard, wildlife ponds and a wildflower meadow. We can also explore the drought tolerant gravel garden and shade garden plus vegetable area and polytunnel.

The owners Sue and Tom are always delighted to talk to visitors about their approach to making a beautiful garden which is great for wildlife.

We will also be served refreshments including **homemade scones, jam, cream and strawberry slices**.

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





Members' Meeting: Music C16 to C21

by Sue Clarke

Our speaker Tony Crotty is a specialist in music ranging from C16 to C21. With a varied career as a regular on Radio Merseyside, TV appearances, teaching music, performing in a variety of venues from castles, stately homes and even to us in his local community hall. Classically trained in guitar, he also plays the lute. Our talk concentrated on the classical guitar, giving us some background on each period, illustrated by playing examples of tunes.

Tony started with the C16 when guitars were smaller and similar to the ukulele. The earliest published music was 1536 in Milan's El Maestro books and he played us pieces believed to date from 1530 and 1536. This music was popular in the Spanish courts of Charles V and Phillip II. By the C17 guitars were larger, 5 stringed with a music of Baroque and Flamenco styles. The first How to Play manuals were recorded in 1674. Who remembers Bert Weedon? Going from the C18 to C19 there was a rise in smaller 'parlour' size guitars. The C19 was recognised as the Romantic Period with guitars our modern ones are based on. The music was more melodic with Gypsy influences from Arabia and India. This is the time many households had a guitar as it was much smaller and cheaper than a piano. Finally, in the

C20 and to date music is recognisable reflecting Moorish, Flamenco and Dance Styles. There was a lot of interest from the group with technical questions arising from involvement with music at all levels. Tony acknowledged early influences from rock musicians including Led Zeppelin and the Jimmys Hendrix and Page. His classical interest came later after a chance encounter in a Liverpool Guitar shop. We were impressed by his 8-10 hours of practice when studying. His more typical 2 hours a day now was reassuring to many of the Ukulele group. We learnt that the cat gut strings used in earlier guitars were expensive and now replaced by less sensitive to environment nylon strings. Our feline friends have never needed to feel threatened with becoming instrument parts as the early strings were actually made from sheep or cattle's intestine with cat an abbreviation.

Pauline Holloway gave the vote of thanks. We all left impressed by Tony's knowledge and appreciative of his skills playing such enjoyable music.



The Development of our u3a by Catherine Bower

A 'Call for Interest' was made in February 2017, with Thelwall Parish Hall full of inquisitive residents wondering what was planned. Some were new to, others familiar, with what was then called the University of the Third Age or U3A for short. Gill Russell, NW Trustee, outlined a proposal. As it was standing room only, the first question was answered – there was interest.

Things moved quickly. Gill asked for volunteers to form a Steering Group and everyone to list interests they would offer in peer to peer learning.

April 2017 brought the Inaugural Meeting of Lymm & Thelwall U3A, where the Steering Group was introduced, progress outlined and membership donations collected. By April 2018 we had developed a membership of approximately 227 with 20 Interest Groups.

Lymm & Thelwall and National u3a have evolved during the past 8 years, with tweaks to naming, re-branding and changes to Regional and National structures.

Members are key to u3a, sharing skills, learning together, staying active and having fun – showcasing what it means to have a positive later life.

To continue being attractive, we need to grow the number of Groups and encourage new Trustees.

What can you offer to ensure Lymm & Thelwall u3a continues to develop throughout the coming years?

Groups that began in April 2018 that still exist with some tweaks to the name and organisation are Advanced French, Art Club, Book Club, Crown Green Bowling, Cycling, Cycle Maintenance(as and when required), Flower Arranging, Go Sketching, IT, Mosaic, Music Appreciation, Philosophy, Stitch 'N' Natter, Ukulele, Writing Group and Walking Group.

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

We had seven people sign up for Singing for Fun Group and a suggestion at the Members' Meeting for a Gardening Group has now got six people who are interested. Pauline is going to lead the Gardening Group and will contact those interested. Singing for Fun members interested are meeting after the AGM in May to discuss ideas. Both these groups are now on the way to forming. If you are interested in either of these please get in touch with me on the above email.

Peter suggested a Fishing Group and an AI Self-Publishing Group. If these are of interest to you get in touch with me. If you have any other ideas for new groups, please let me know and don't forget we provide help and advice in setting up and running groups! Muriel.

Group Gossip

Badminton

Two Badminton Groups are now in action very Wednesday morning between 9.00 a.m. and 11.00 a.m. at Grappenhall Community Centre, Bellhouse Lane, Grappenhall, at a current cost of £2 per session.

Whilst the 9.00 a.m. group is full, there are still a few vacancies for the second session each week starting at 10.00 a.m., at which new faces will be very welcome. Please email Geoff Stocker at: gsto2512@aol.com if you would like 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 is now well underway at High Legh Bowling Club, 1.30 p.m. for 2.00 p.m. latest start, continuing until 4.00 p.m., with a break for refreshments. The modest Green Fee of £1 per session applies.

Current Affairs

At our last meeting, Keith Maudsley gave a fantastic presentation on Tariffs and Protectionism which has been in the news recently and has been having a global effect. He took us back to 1890 when tariffs were introduced in the U.S. by the then President William McKinley. The Tariff Act of 1890 became law on 1st October 1890. Keith then took us through the history of tariffs in the US and compared this with the history of tariffs and protectionism in Britain and coming right up to date. It was a very interesting and impressive presentation, and we were all amazed that Keith did not use notes.

Games Group

The group will take place in Maple Lodge off Pepper Street on Tuesday 6th May 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 15th April, fourteen members of the Genealogy Group met at the Sanctuary Hub for our monthly get-together. Our meeting began with a talk by Steve on the theme of 'wages in service'. Prior to his presentation, Steve had done lots of research concerning his great grandmother, Mary Alice, who was born in Great Budworth in 1886. In 1905, she was being employed as a servant to a wealthy landowner in the area and received an annual wage of 15 pounds and 6 shillings plus board and lodging. During his research, Steve found detailed accounts of how Mary spent her money and at the end of one year, despite having to pay for her child to be looked after, she ended the year with 2 pounds 11 shillings and 8 old pence



left over – quite an achievement!

Steve then continued his presentation by talking about his grandmother and brought us up to the present by sharing some of the results of a recent DNA test. This testing has led him to a cousin he did not know that he had and with whom he has been in recent contact and shows the power of DNA testing. Thank you, Steve, for a great talk.

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.

Poetry

Jill began the meeting with a talk on Scottish poet, and only female Poet Laureate, Carol Ann Duffy. She illustrated her presentation with examples of Carol Ann's work ranging from political pieces through to her children's poetry. We then read out our own poems on the subject of 'Change'. A recurring theme was the change we have experienced in our lives, including the confusion that can be caused by tech and the joys or otherwise of AI. There was also time to discuss our forthcoming anthology.

Flower Arranging



This month the members created floral cakes based on Simnel cakes. They look good enough to eat! One of the designs made it into the u3a Friends Newsletter! Click on the link to view it.

[Your u3a Friends Newsletter - April](#) 📧

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.

Some of us have also booked to see 'Beautiful', the Carole King Musical on 23rd June 23rd at the Garrick. We are in seats M25-26 N 23-N26 and P 25-26 if anyone wants to join us.

Ukulele

We are in the process of purchasing some lovely polo shirts in u3a colours, designed by Rod. There has been much interest and we will definitely look the part when playing at any events! Watch this space to see us all wearing them!! Thanks Rod and also Marcia and Pam for all you do for our group!

Sketching

We will meet at Laskey Farm on Monday 28th April at 10.15 a.m. for our next sketching out. Then on 19th May we will be at Walton Gardens at 10.15a.m.

Wellbeing Birdwatching

The group headed enjoyed a walk around Dunham Massey and Dunham Town. As well as the opportunity to watch for birds there was a chance to look at the earth dam near the recent breach and visit the graves of some of the staff who worked at Dunham Massey.

Striders

Can you believe it?? A Striders' walk in the sunshine! A few regrettably had to drop out so in the end 12 of us explored the environs of Appley Bridge, taking in Parbold and Fairy Glen. At the end of the walk there was a pub so a drink in the sunshine before we set off for home—well it would have been rude not to!

Next walk Wednesday 14th May
Wildboarclough and Panniers Pool.

Friday Ramble



The group met at Stretton and, led ably by Jim, followed a six mile route, taking in Appleton Reservoir and Hatton. Jim gave us some excellent background information en route, the last such stop being alongside the impressive Stretton Church where the clock faces have letters and not numbers.

4-6 ers

Pastures new for many of our group as Roger and Judy introduced us to the Rode Heath area near the Staffordshire border. It was once an important salt works and hive of industrial activity. Now it is rural and



tranquil as we walked under Cherry Blossom alongside the Trent-Mersey Canal and on the Salt Line through woodland filled with birdsong. Finally, lunch at the Broughton Arms alongside the canal.

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](#).

Mass Extinctions: Causes and Consequences

Thursday 22nd May 9.30 a.m. –11.00 a.m.

Look into the evolution of life on Earth and when mass extinctions have occurred and why.

This event is hosted by the u3a Science Network.

The talk starts with a brief look at the evolution of life on Earth up to the emergence of animals with hard parts and the Cambrian Explosion. It then goes on to define what is meant by a mass extinction followed by a look at when mass extinctions have occurred. Causes of mass extinctions are then outlined, followed by a look at each of the past mass extinctions and their possible causes.



These events are for u3a members only.

From the Soviet Gulag to Arnhem

Thursday 15th May 10.am–11.00 a.m.

Trapped behind Nazi lines in Europe, only the Dutch underground might help him escape. Stan's grandson and author Nicholas Kinloch.

Caught Between Nazis and Soviets, Stanley Kulik was a man who dodged death. A deadly knock at the door in the night when he was aged 15 started Stan's 5-year journey around the world. Through Russia, the Middle East, India and the UK. Trapped behind Nazi lines in Europe, only the Dutch underground might be able to help him escape. Stan's grandson and author Nicholas Kinloch tells his story.



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

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

Learning Activities

u3a Learn and Share activities online cover a wide range of interests for all u3a members to get involved in – from challenges and projects to competitions. Some are one-off events and others run over an ongoing period of time.

<https://www.u3a.org.uk/learning/learning-activities>

Get involved

Photography, Art and Writing Competition

Puzzles and Games

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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<u>Committee Member</u>	<u>Barbara Price</u>	
Non-Committee:		
Speakers	Christine Ballance	speakers@lymmthelwallu3a.org.uk
Newsletter	Sue Mitchell	newsletter@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.	Maple Lodge, Lymm
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.