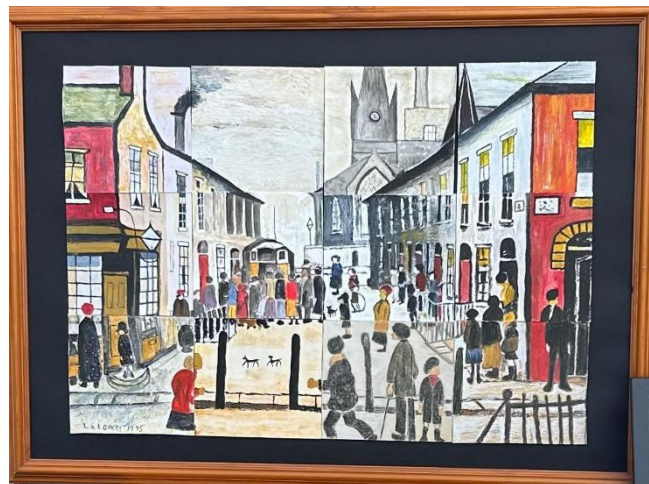


Dear All, I am delighted to let you know that at our last Committee Meeting Christine Ballance, our Speakers' Secretary and Sue Clarke, have both agreed to be co-opted on to our committee. Thank you both.

Our Learn Laugh Live Showcase was a brilliant morning last Friday. There is a report further down this newsletter but I, personally, would like to thank the Group Leaders and members of the Groups for all the effort put in to make it such a successful and enjoyable event and also to all the members who came along to support the morning. It was great to see all that we do under one roof. Someone said it was like Freshers Week at University!



Here is the superb reproduction of Lowry's painting 'The Fever Van' that was on display at our event. It was created by members of the Art Group who each painted a small square section and then joined them together!

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 17th July 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 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.

August

No Meeting

Thursday 18th September

Christian Goswami

How will AI affect our future?

An introduction to Artificial Intelligence and its impacts on work, society, and ethics.

The Rev Dr Chris Goswami, Christian Minister, is a former VP at several Silicon Valley tech companies.

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 24 th July	Summer Social	Lymm Village Hall
Wednesday 13 th August	Clemley House Gardens	
Thursday 18 th September	Alfresco in Autumn	Thelwall Parish Hall
Wednesday 22 nd October	Buckley's Restaurant	Warrington
Monday 15 th December	Christmas Lunch	Lymm Golf Club

Social If you have any new ideas for events or would like to organise an outing please contact the committee.

Storeyhouse Open Air Theatre

Grosvenor Park Chester

The Adventures of Sherlock Holmes

Friday 15th August 2.30 p.m.

We will be sitting at the top, under cover on the **Covered Picnic Terrace**, just in case of wet weather (other ticket prices are available).

Tickets on the Covered Terrace are £33.90 a senior (inc booking fee).

Seniors' tickets are cheaper per person than booking a group discount, so anyone interested who wants to join us please book your own ticket and then let [Sheila](#) know that you will be joining us so that we can arrange to meet up in the outer theatre area beforehand. No spaces are reserved – so it is best to be there early, to choose your spot. Picnicking while waiting is encouraged!

<https://www.storyhouse.com/whats-on/the-adventures-of-sherlock-holmes/>

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

Buckley's Restaurant for Lunch

Wednesday 22nd October 12.30 p.m.

Winwick Road Campus, Winwick Road, Warrington WA2 8QA



[Buckley's](#) is a fully-licensed training restaurant at Warrington & Vale Royal College, where hospitality and catering students develop their practical skills.

Buckley's is an award-winning restaurant that takes pride in sustainably sourced local produce to craft high quality, low cost menus comprising of classic dishes.

The menu will be a fixed menu and will be available for us at the start of the Autumn term.

The cost will be £15 for a three course meal.

All dietary needs are catered for. If you would like to join us please contact [Sue](#) by clicking on her name but please bear in mind that places are limited.

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

Fully booked

Please note the start time is 1.30 p.m. and the food will be served at 3.00 p.m. approx

Alfresco in Autumn Thursday 18th September Midday until 2.00 p.m.

Following our successful Alfrescos in Autumn picnics 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!



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

Clemley House Gardens, Well Lane

Dutton Common near Tarporley CW6 OHG

Cost £12



Payment is now being collected. You will receive an email with payment details if you have reserved a place.

This is now fully booked. Names can be added to the waiting list in case places become available.

Please click on this link to contact [Linda](#) to add your name to the waiting list.

Members' Meeting: A Funny thing happened to me on the way to the Police Station

With our original speaker unable to attend the June meeting Speaker's Secretary Christine Ballance was congratulated on finding a replacement at short notice. Martin Gaffney, a former policeman, stepped in to deliver a humorous set of anecdotes about life in the force. Martin served with the police in the North West for thirty-two years, until 2006. Since then he has enjoyed a busy life passing on his expertise and experience in a variety of ways, including delivering lectures and talks.

Martin's stories came from the 1970s when the force was quite different from today's. As he wryly put it, the modern copper is only allowed to laugh once every two months! After starting with a tale of how to get an eighteen stone man who didn't speak English down six flights of stairs and to hospital, Martin told several anecdotes about animals. We heard about Abdul the Snake Charmer, alias Charlie from Chorlton, who lost his snake, and police dog training which went wrong. There is the tale of a fellow cadet who covered his boots with black gloss paint ahead of an inspection and received a compliment for the shiniest pair of boots the inspector had seen. There are stories from the world of music when Martin was involved with concerts involving Guns and Roses and Prince. A highlight of his career, as a Manchester lad, was the opportunity to work with the Commonwealth Games in Manchester in 2002.



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Hack Green Secret Bunker

Our latest trip took us to Hack Green Secret Bunker, near Nantwich and not that secret these days as it happens, with brown signs pointing the way from five miles out. Hidden deep in the Cheshire countryside, the bunker remained secret for more than fifty years and was a base for the North West of England's monitoring of activity during the Cold War before being declassified in 1993. We started with a cuppa in the heavily decorated NAAFI. The Cold War featured heavily in the guided tour and parallels with modern day activities around the world were not lost on our group. At one point we were invited to experience the effects of sheltering from a nuclear attack.



Our enthusiastic guide gave us a fascinating insight into the bunker's history and admitted having a passion for the subject. We re-emerged into bright sunshine and a number of the party picnicked in a nearby park, next to a lake. It was quite a contrasting experience from the subject we had learned so much about over the previous couple of hours.





Learn Laugh Live

Our second Learn Laugh Live exhibition, part of Lymm Festival, was a superb morning. Once again the Lymm Village Hall looked splendid decked out in its blue and yellow u3a colours. . All our Interest Groups took part and it was great to have so many Group Leaders and members there to help with information about their group. This year we had both rooms available and the annex was full of wonderful art and handicrafts.

The refreshment area between the two rooms was well used!



We were encouraged by the number of visitors who arrived and welcomed by you all with ten joining our group in the hall and others going home to sign up online. Once again the level of talent on view was impressive, showing how our members are making the most of retirement. The camaraderie and joy shown by members and visitors throughout the morning was a joy to see.

Thank you to all our members who helped on stalls and with refreshments.



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

I am delighted that we now have Singing Together up and running and as you can see in the Group Gossip it was a hit!!! If you have any other ideas for new groups, please let me know and don't forget that we provide help and advice and help for setting up and running groups! Muriel.

Group Gossip

Badminton

Two Badminton Groups are now in action every Wednesday morning between 9.00 and 11.00 a.m. There are still a few vacancies for the second session each week, starting at 10.00 a.m. 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. A modest Green Fee of £1 per session applies.

Current Affairs

The June meeting of the Current Affairs Group discussed the topic of sex, gender and identity. An introduction looked first at the background to the 16th April 2025 Supreme Court Judgement on the definition of 'man' and 'woman' as referred to in the Equality Act 2010, before briefly setting out the key arguments for both sides. The group then discussed a range of issues such as the concerns and rights of different groups in society, research on intersex conditions, discrimination against minority groups, and the historical shifts in social and cultural norms pertaining to gender and gender identity. Another good meeting for the group. Next month we will be looking at Children's Play.

Games Group

We next meet at our new venue, Maple Lodge off Pepper Street, on Tuesday 1st July from 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

Our meeting began with a talk by Susan - 'From the Yorkshire Dales to Salt Lake City.' Matthew Bell, one of Susan's husband's ancestors and his then fiancée Jane were baptised into the Mormon faith and in November 1851 were married at Settle

Registry Office. By January 1852 the couple, along with 331 others, started a dangerous sea crossing from Liverpool. During this voyage they endured sea sickness, deaths of other passengers and a sparse diet before arriving in New Orleans in March 1852. Their hazardous journey continued up the Mississippi River to St Louis, then by wagon train across hostile territory arriving in Salt Lake City in September 1852 having covered 7,800 miles in nearly 9 months. They first settled in Willow Creek where their crops were ruined by hailstones and grasshoppers leaving them with barely enough to eat. Later they moved to Cache Valley, where Matthew was, amongst other things, a bone setter, a stone mason and cattle rancher. In 1899 he was imprisoned for six months for having two wives and died in 1904, Susan described many other hardships and near disasters this couple faced in a most interesting talk. Thank you, Susan.

Gardening

A few of the Gardening Club members visited Sheila Randall's beautiful garden and admired her lovely rambling roses, perennials and vegetable and fruit growing efforts. We were very lucky with the weather and enjoyed refreshments in Sheila's



sunny garden.

Pauline Holloway welcomed 16 Gardening Club members to her garden. What started as a sunny visit unfortunately featured a shower whilst refreshments were being served. However, it did not seem to dampen spirits and everyone enjoyed it. Sheila Randall and Lynn Bellers had donated some gardening books and Jenni Wood offered some mint from her garden, Thanks to them. Pauline showed a few items which she relies on in the garden, namely long handled clippers, a 'wonder' bucket which can be used on its side to

sweep cuttings directly into and a manual sweeper, useful if you have a fairly long drive which needs regularly sweeping.

There were a few cuttings which members took and Pauline explained that she will have more available later in the year.

Poetry

David spoke on former Poet Laureate Sir John Betjeman before members shared their latest poems, this time on the subject of 'Holidays'. We also looked at our brand new poetry anthology, 'Lyrics from Lymm'.

Singing for Fun

The first meeting of Singing for Fun was a great success. Members were provided with the lyrics thanks to Jill and we all sang along to classical hits



and songs such as Return to Sender, I'll Never Fall in Love Again and Sweet Caroline to name but a few.

Sketching Out

The group sketched at Walton Hall and Gardens. The June meeting is on Monday 30th June at Daresbury Church. New members welcome.

Striders

Phew, what a scorcher!! Not the usual Striders weather and as one of the group said – 'we don't usually have to risk assess for sunstroke' but what a magnificent walk. The views were stunning though it has to be said it was one of the tougher



Striders walks. The climb up Mam Tor was straight away after the car park then along the ridge and further climbs to Lose Hill then down to Castleton where a few ice creams were consumed and some even before lunch!! Rather a slog up what was described by one member as 'the inferno gorge' then across moorland and fields back to the car. Fabulous day! The next walk is just under 9 miles in the Tintwistle area on Wednesday 9th July.

Friday Ramble

The Friday Ramblers walking group met up at Pym Chair car park (apparently, someone called Pym preached from there), which was in the middle of nowhere and some needed "what3words" to find it! The path led us gently down a lovely valley, past the tiny Erwood Chapel



and over a stream, emerging at the ruins of Errwood Hall. Here we gathered for photos and Googled to find old photos of the hall.

The path started to climb again gently and eventually brought us to Shining Tor, where we enjoyed stunning 360 views and lunch/snacks. From there it was a 45 minute walk to the car park, where most hung around a bit longer, chatting in the sunshine. Thank you to Duncan for a very enjoyable day.

4 to 6ers

The rain cleared just in time for 19 of the 4 to 6ers walking group to set off on an exploration of the Peovers – Lower, Superior, Over, Inferior, Nether..., etc. From the Bells of Peover car park, we walked through St. Oswald's churchyard then followed Red Brook, continuing across the fields to Peover Hall, returning via the Mill House in Lower Peover, with its pretty mill pond. A tasty lunch was enjoyed at the 13th century Bells of Peover (named after the Bell family of brewers), with its many references and memorabilia regarding the meeting there between General Patten & General Eisenhower just before D-day. Thanks James and Deirdre for a great walk.



Theatre

Twenty members made a nostalgic return to the 60's and 70's at Altrincham's Garrick Theatre where they were entertained by Carole King's life story, "Beautiful". It was a thoroughly enjoyable, fast moving romp through many of Carole's hits.

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](#).

Planning Ahead: Age-proofing Your Home

Thursday 17th July 3.00 p.m. – 4.00 p.m.

Discover practical advice to help you adapt your home for greater independence as you age. Whether you're planning ahead or already experiencing changes in mobility or health, these ideas support ageing in place with confidence. Create a home that evolves with you—safe, accessible, and ready for whatever comes next. Margaret brings a wealth of experience related to age-proofing homes. Six years ago she and her husband decided to renovate their home so that the layout, design, furnishing and equipment would be easy to live in now and help them stay independent in the future.

How to join these events which are free to members. Use this link below to discover other-online learning events
www.u3a.org.uk/events

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.

Plants, Medicine and Magic

Tuesday 15th July 11.00 a.m, 12.30 p.m.

This event is hosted by the u3a Science Network with speaker Dr Susan Burge.

Sue will briefly review the history of herbal medicine and then discuss some of the plants that have contributed to making modern medicines. She will consider the science behind these plant-derived drugs and throw in a little bit of magic for good measure.



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

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Committee member	Sue Clarke	sueclarke@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
Cinema	Occasional Outings	Various
Crown Green Bowling	Monday p.m.	High Legh Bowling Club
Current Affairs	2 nd Thursday lunchtime	Lymm Village Hall Annexe
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
Gardening	Various Days	Different Locations
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 lunchtime	Sanctuary Hub Lymm
Singing For Fun	4 th Tuesday p.m.	Lymm Village hall
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	Various	Various
Walking 4-6ers	Various	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

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



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