

Dear All, I have been amazed to hear from Allen (Membership Secretary) that we now have a total of 340 members. This is great news and just shows what a super bunch of members we have, making our visitors and new members feel so welcome! However, it also encourages Jim (National and Policies) to make calculations. He tells us that for a u3a to be Healthy it is suggested we need an average of 1 club per 10 members! We have 32 clubs and therefore we are nearly healthy! Muriel (Groups

Coordinator) suggested that although some groups are full e.g. Book Clubs, Stitch n' Natter and Current Affairs, there are people wanting to join these groups and, therefore, it may be possible to form further groups. If you are interested in one of these or, indeed, forming other groups connected to something you are interested in, please contact Muriel. Then we can be super healthy!! As you know, we sent an invite out to join us on a 5 days, 4 nights trip to Ayrshire and Arran next April. We have been overwhelmed by the response! 41 people have requested to join the trip which is great for the participants as not only will it mean plenty more fun but also the cost per head will be less!! Please remember there is no Members' Meeting in August. I will see you in September, if not before!

Members' Meetings – Christine

*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 18th September 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.

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.

Thursday 16th October Caroline England From lawyer to the duchess of dark, domestic noir.

CWA shortlisted author of multi-layered, dark & edgy stories, set in south Manchester and surrounding areas, Caroline draws on her days as a divorce and professional indemnity lawyer. She loves to create ordinary, relatable characters who get caught up in extraordinary situations, pressures, dilemmas or crime....

The Great North Run

In just over five weeks, on 7th September, our member Duncan Forsyth will be running the Great North Run (half marathon) for **Team u3a**.

The money he raises will go towards supporting The Third Age Trust

to create more learning opportunities for members and support the creation of clubs in areas that currently don't have one. Should you wish to support Duncan in the Great North Run, here is the

link to his fundraising page <https://AJBellgreatnorthrun2025.enthuse.com/pf/duncan-forsyth>



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

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 Social Team. We welcome suggestions or we are willing to help if there is something you would like to plan or, alternatively, come and join our team!! Sue , Lynne, Dianne, Linda M, Linda B, Janet, Christine and Allen

Storyhouse Open Air Theatre
The Adventures of Sherlock Holmes

Grosvenor Park, Chester
Friday 15th August 2.30 p.m.

please contact [Sheila](#) if you would like to join us

<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. 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. Please contact [Sue](#) by clicking on her name.



This is now fully booked but we could add you to the waiting list.

Alfresco in Autumn Thursday, 18th September

Midday until 2.00 p.m. 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! Inside if inclement!



Clemley House Gardens,
Wednesday, 13th August at 2.00 p.m.

Well Lane, Dutton Common,
near Tarporley. CW6 OHG
A reminder to those who have booked!
Meet at the gardens at 2.00 p.m.

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

Lymm Golf Club **Christmas Lunch** **Cost £26 per person**

Monday, 15th December **12.30 p.m. for 1.00 p.m.**

We will dine on a 3 meat carvery with potatoes and vegetables , followed by a choice of desserts, tea/ coffee and mints. All dietary requirements will be catered for.

If you would like to join us please register your interest by contacting [Sue M.](#)

Further details about payment will be sent out nearer the event.



Summer Afternoon Tea The village hall was decorated with flags and appropriately coloured blue and yellow tablecloths with both fresh floral posies and matched branded chocolates.

Musical entertainment was from our own ukulele group proudly sporting their new sweatshirts.

Drinks were served to the tables followed by the sumptuous afternoon tea. We were treated to sandwiches, savouries, homemade scones and various cakes, followed by teas and coffees. No one went hungry.

Eleven teams, based on the seated table arrangement competed in the four-sectioned quiz. Dingbats was the most challenging round but fostered team cooperation. Famous faces and general knowledge



rounds were familiar to regular u3a quizzers at these events. The final musical clues to American cities proved that long-term memories of catchy tunes are surprisingly reliable. There were two highest scoring teams declared joint

winners, both presented with prizes, thus avoiding the dreaded tie break question and overly zealous competitive rivalry. The raffle prizes had the popular variety of bottles along with flowers, toiletries and novelty items. We owe a really big thanks to all those members who volunteered in so many ways to make this such an enjoyable afternoon. These tasks included organisation and admin, technical support, entertainments, quiz setting and MCing, sourcing and serving food and drinks, setting up and clearing away and anything else I've inadvertently left out.



July Members' Meeting : Solar energy, from the sun to our kettle

Professor George King gave an interesting talk to 95 members on solar energy, one of the key topics of our age. Some staggering facts emerged from his scientific analysis. For instance, the amount of solar energy received by Earth in one hour can feed the whole of civilisation in one year. This renewable and environmentally friendly source of energy has a long life ahead of it. With the sun shining down on us for an estimated five billion years to come Professor King reassured us that we will not lose it in our life time! His talk appealed to those members with a deep interest in and knowledge of the subject but also to the others weighing up and wondering whether solar energy is for them. He illustrated his subject with recognisable, everyday examples. David Mitchell gave the vote of thanks.

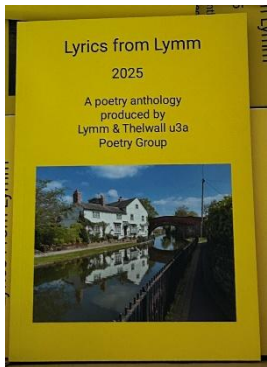


Members Meeting Vote of Thanks

If any members feel able and willing to help at a Members' Meeting to give a vote of thanks it would be much appreciated. If you feel this is for you please contact either Christine or Sue and then we can have a list of people to call on! It would be much appreciated! [Sue](#)

Lyrics From Lymm Anthology : Poetry Group

After eighteen months in existence, the u3a Poetry Group has produced its first anthology, under the title 'Lyrics From Lymm'. All ten members have contributed their favourite poems from the various subjects that we have written about so far. At the outset we weren't sure that this was possible but confidence has grown and the quality of the poetry produced has got better and better. We are understandably proud of our efforts. The group meets on the fourth Thursday each month, in the Sanctuary Hub at Lymm Library, and we welcome new members. Further details can be found on the website and in the monthly newsletters.



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

I am now collecting names to see if we have enough people to form another Book Club, Current Affairs and Stitch n' Natter. Please let me know if you are interested Muriel.

Group Gossip

Art and Mosaic Groups



In Art we finished our summer term with a postcard challenge, posh coffees, tea selection, strawberries and croissants. What a fabulous year we've had on our Friday morning sessions. A bonny bunch of roses o' (forgive the folk song reference) was our last theme of the year. We hope you enjoy the results of our efforts. You can almost smell the sweet fragrance of the beautiful paintings.

We start again on Friday 12th September at 10.00 a.m. to 12.00 noon from St Mary's Church Hall, off Crouchley Lane by Lymm Dam car park. We are always ready to welcome new members in the art or mosaic groups. Please don't worry about how good you are - everyone is welcome to join our friendly groups. We will help you find your way if you are an utter novice and give you space to do your own thing if you are more. Have a great summer one and all. Jenn Stanley



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

July was spent exploring the topical issue of children's play due to headlines such as: 'We need to reclaim childhood: UK ministers urged to restore right to play.' The group had time to reflect on outdoor play in their own childhood before comparing it to outdoor play for children in 2025. We did try to remove our rose-tinted glasses during our trip down memory lane! We discussed the skills gained during outdoor play and the importance for mental/ physical/ emotional/ health as well as the effect on cognitive development. We reflected on what the outdoor environment affords, as opposed to an indoor environment, and the restrictions and reasons why things might have changed so drastically for many children.



Genealogy

The July Genealogy Group meeting began with a talk by Marcia about her great grandfather, Entitled **The Elusive Thomas Sydney Clegg**. First, we learned what she did know about him. This

included his marriage in 1893 to Ruth Gough, and the birth in 1894 of Marcia's grandmother, Eleanor Mary. At this time, Thomas was described as a private secretary but then the mystery started. Marcia had not been able to find Thomas in the 1881 census but eventually found a Thos C Clegg in the 1891 census, who was described as married. (But who to? He did not marry Ruth until 1893.) In 1891, he was working as a private secretary to a prolific writer called Edith Spicer Jay. Then in the 1901 census Ruth, his wife, was described as a widow but Marcia could not find any evidence of Thomas' death or a divorce. In the same census Thomas was still working for the previously mentioned author. He married the author's servant in 1902 and had two children with her, and Ruth married again in 1909. Confused? So were we. It looks like there are two bigamists in Marcia's family tree! Marcia finished by saying that after the author's death, Thomas worked as a journalist promoting the early days of cinema until his death in 1911 aged 54. His obituary mentioned leaving a wife and two children, but there was no mention of Marcia's grandma! Thank you, Marcia for a very interesting and thought-provoking presentation.

Gardening

Yet another beautiful garden, this time Alison's. Here we saw a new custom-designed summer house; beautiful curvy box hedges and topiary-pergola, garden "rooms" and a climbing tree. Alison also managed to arrange the weather for us and provide another enjoyable afternoon. Then eleven of the Gardening Group members attended a beautifully sunny afternoon's visit to Rowley's Garden. With a formal courtyard, impressive collection of unusual trees, herbaceous borders, wildflower meadows, a woodland walk, ponds and sculptures. The visit started with a refreshing cuppa followed by the well signposted trail through the woodlands and into the gardens. It was good to be able to walk in shade through the woods as the temperature was very hot. Thanks to everyone who made it such an enjoyable afternoon and for the photographers who captured the visit.



Poetry

In a slightly shorter session than normal the group shared their poems and reflections on the subject of 'Sport' as well as reading some examples written by other poets.

Singing for Fun

We gave a great rendition of 'Hey Big Spender' and Jolene at our latest meeting. We sang 'Here Comes The Sun' and 'Sunny Afternoon' and it was a sunny afternoon! Then we sang one especially for Allen 'When I'm Sixty Four'!!

It was lovely to see everyone and have a fun afternoon together,

Sketching Out

The Hatton Arms pub was the venue for the July meeting. Members should note that because of the Bank Holiday August's meeting is on **Monday 18th August** at the Golden Gates in Warrington.

Striders

Panic on Tuesday! Would the M60 be fully open following a big accident or had we better change the walk? We erred on the side of caution and contacted everyone to say we were moving the walk in the other direction and would repeat Halkyn Mountain. We were rewarded with a beautiful sunny day and spectacular views over the Dee Estuary and Clwydians. A picnic on the playground again although the seesaw wasn't used this time! The icing on the cake was that the Blue Bell Inn was open when we got back so a lovely cooling drink to finish the walk.



Friday Ramble

This was cancelled due to the high temperatures.

4 to 6ers

Seventeen members gathered in the car park of The Boot Inn near Kelsall for a five mile walk with wonderful views across Cheshire to the Welsh Hills. As we climbed we noticed a wooden sign pointing to 'Little Switzerland' which is a steep-sided valley that falls away from the site of ancient Kelsborrow Castle, a hilltop settlement dating back to the first millennium BC. Afterwards we enjoyed a splendid lunch at the Boot. James stayed behind to draw this beautiful picture of the inn.



Wellbeing Birdwatching

We met up on Friday at RSPB Burton Mere and were pleased to see an amazing selection of interesting birds, both adult and juvenile: avocets, black-tailed godwits, spotted redshank, egrets, knots, shovelers, marsh harrier... and many more. We also saw many types of butterfly and moth plus some orchids and felt compelled to sample the coffee and cake in the café!!

Thirteen members visited Marbury Park for our second meeting of the month, observing, amongst other species, Great Crested Grebes and a Great Egret on Budworth Lake.



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](#).

Exploring Alternatives to Mainstream Social Media

Monday 11th August 2.00 p.m. – 4.00 p.m.

This talk covers some of the history of social media before looking at where we are now and some of the concerns raised. We then take a look into alternatives to the mainstream such as the Fediverse and Bluesky, why they are different and why they might help resolve at some of the concerns.

Finally, we touch on instant messaging and search engines. The question is asked, should u3a worldwide host a Fediverse instance?

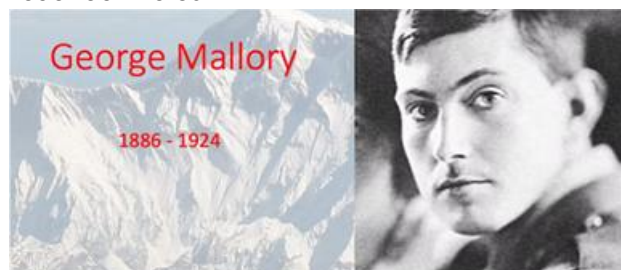
How to join these events which are free to members. Use this link below to discover other-online learning events
www.u3a.org.uk/events

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.

George Mallory 1886 to 1924

Friday 15th August 2.00 p.m.

George Mallory was a mountaineer, who took part in the 1921, 1922 and 1924 expeditions to Mount Everest, to conduct a thorough reconnaissance of the mountain and determine the most viable route to the summit, hopefully being the first to reach the top. Mallory died on the mountain – but was he still on his way up, or was he on his way down, having reached the summit?



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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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.