

Dear All,

With another Summer Holiday over and all the children returning to school, it is now time to resume our Members' Meetings and we are starting off with The Impact of AI on us all. I asked ChatGBT to write a poem about Summer with u3a, which is enclosed further down page 2 of this newsletter. Does this mean we will no longer have to think!!! We will discover this at the September Meeting! Oh, and don't forget your sandwiches etc. if you are joining us at the Alfresco after the meeting. One thing AI will not be doing is playing Table Tennis! I am thrilled to hear that a new group is being set up. Also a new Current Affairs Group and a second Stitch n' Natter Group are forming. If you are interested see the information from Muriel on the Groups page.

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.*

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....

Thursday 20th November John Miller Life at the Beeb

John spent nearly 30 years as a member of the BBC staff. He describes how he began his career in sound radio operations, concentrating on his years of producing TV programmes as a BBC network TV producer, based in Manchester.

Good Luck Duncan

On the 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 u3as 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> We all send you the best of luck Duncan



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

Thursday 18 th September	Members' Meeting and Alfresco in Autumn	Thelwall Parish Hall
Thursday 16 th October	Members' Meeting	Thelwall Parish Hall
Wednesday 22 nd October	Buckley's Restaurant	Warrington
Thursday 20 th November	Members' Meeting	Thelwall Parish Hall
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 Lynn, Diane, Linda M, Linda B, Janet, Christine and Allen

Alfresco in Autumn Thursday, 18th September Midday until 1.30p.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!

Buckley's Restaurant for Lunch Wednesday 22nd October 12.30 p.m.

This is now fully booked

Members who have booked should be receiving menu choices and payment details shortly.

Lymm Golf Club Christmas Lunch Cost £26 per person

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

This is full but we can start a waiting list



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.

This is fully booked but we can start a waiting list. Register your interest by contacting [Sue M.](#)

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

Alveston Hall – Monday 5th – Wednesday 7th January

Due to a problem with the Turkey and Tinsel weekend we have now decided to rearrange this break for the New Year.

A number of us have booked for the above dates. The Evening Entertainment is a **Comedian**. We hope some of you are able to join us at [Warner Hotels Alveston Hall](#)

Although I was quoted £200.00 for a single room I have just booked and find that I have a single room with overhead shower in the bathroom in the main house (which does not have a lift) for £134.00 plus £15.00 cancellation fee. Otherwise I have been told :- **Single room** £200.00 **Double room** £268.00
For further information about rooms please look at their website and decide if you wish to be in the hotel or outside.

Contact me for further information or if you book please let me know your booking reference number so I can reserve tables in the restaurant. [Marion Burke](#)

Jigsaws Thanks to all of you who have donated jigsaws and I hope that those who have borrowed them have enjoyed doing them. I am always happy to take donations, so that we have new jigsaws to do, but I am splitting them up so that I will bring half one month and the other half the next, as there are so many of them now.

Therefore, if you see one you would like to do, take it as it doesn't matter how long you keep it and it will not be available the next month. I have fewer 500's so tend to bring those along each month. If you haven't got the jigsaw bug, try doing one, it is very relaxing and keeps the brain working. The picture shows a small selection of puzzles at September's Members' Meeting – Pauline Holloway



A Summer with Lymm and Thelwall

u3a A poem written by AI

We gathered in the summer light,
Companions cheerful, spirits bright,
To wander where the blossoms grow,
At Clemley House, where gardens flow.

Petals blushed in summer air,
Borders brimming, colours rare,
We lingered, breathed the scented breeze,
And supped tea beneath the shady trees.

Then onward to the city's heart,
Where story, stage, and life impart—
The Storyhouse, beneath the sky
Where actors tread, and voices fly.

Sherlock Holmes, so sharp, so keen,
Unravelling riddles on the green,
With Watson loyal by his side,
The game afoot, no clue could hide.

We laughed, we gasped, we clapped along,
An afternoon of mystery and song.
Together, time is rich, well-spent—
A summer with u3a, heaven-sent

Clemley House Gardens



Twenty-five members drove down the country lanes to Clemley Gardens and spent a lovely, sun-filled afternoon wandering around this two acre site near Tarporley and enjoying the hospitality provided by the owners and their family. The scones, cakes and cups of tea went down very well! Clemley Gardens is an organic, wildlife friendly cottage garden with orchards, two ponds, a wildflower meadow and nesting boxes among many other features. It proved to be an enjoyable, relaxing and informative experience.

Storyhouse



Some members enjoyed an afternoon in the sunshine in Chester's Grosvenor Park watching a theatrical performance by the Storyhouse group. The performance was 'The Adventures of Sherlock Holmes'. It was a novel experience. Audience members ate picnics as the play unfolded and at the interval an old-fashioned ice cream cart was wheeled on to the stage, attracting a long line of customers in the heat. The performance was energetic, cleverly staged, funny and, at times, manic. Think Conan Doyle meets Monty Python and you'll get the picture.

Children and Dogs

Please remember that children and dogs, with the exception of Guide/Assistance dogs, are not permitted at our Members' or Group Meetings indoor or outdoor. It would invalidate our public liability Insurance if they attended. Thankyou.

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

I am delighted to say that we are in the process of setting up three new groups. A Table Tennis Group will be held on a Friday Morning at Lymm Youth Community Centre from 10.00 a.m. until 11.30 a.m., co-ordinated by Judith Hayward and assisted by Suzane Briggs. There is also a second Current Affairs Group co-ordinated by Rose Osbourne starting on Tuesday 16th September at 11.00 a.m. until 12.30 a.m. and a second Stitch and Natter Group. If you are interested in any of these please send me Muriel your name and I will let you know further details.

Group Gossip

Art Group

In August the Art Group takes a break but we begin again on Friday 5th September for another fun-filled year of artistic enjoyment in Art and Mosaic. Whatever your skills and/or experience everyone is welcome. If you have ever thought 'I wish I could do' what's stopping you? Have a go in a supportive and friendly group. We would love you to join us! We have an optional weekly theme suggested by a member of the group and an optional medium. In September these are:

5th September Holiday (watercolour)
12th September Inspired by a book (acrylic)
19th September Furry Friend (pencils)
26th September Flowers in the style of Van Gogh, Picasso or Beatrix Potter
Hope to see you in September. Jenn

Crown Green Bowling



The 2025 u3a Outdoor Crown Green Bowling sessions continue 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. Please note that the season may finish early this year because of the need to do much-needed repair work on the green. Indoor bowling will re-commence in October.

Flower Arranging

We enjoyed our August workshop in the garden, with an opportunity to cut additional foliage and share cake & biscuits.



New members are welcome to join, including those thinking about joining Lymm & Thelwall u3a. Contact Catherine via the button on our web page if you would like to visit a workshop. You can view details of future and past designs on our page of Lymm & Thelwall u3a web page & Facebook page. **From September**, the group returns to St Peter's NEW Church Hall, having used the old hall from their first workshop in May 2017



Mosaic Group Summer Camp

Here are some of the CDs that the Mosaic Group have had great fun in decorating during the Summer break at Tricia Tomlinson's house. Helped along by coffee, biscuits, homemade scones and a peaceful view of the Manchester Ship Canal!



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.

Book Club 2

At the August meeting of Book Group 2 members discussed '**There are rivers in the sky**' by the British Turkish author Elif Shafak. A lively discussion ranged over the many themes of the book - including the cultural importance of storytelling and memory, the persecution and massacre of minorities, the appropriation of artefacts from other countries, and the ecology of water. One way of summarising the book is to describe it as the story of a raindrop! Intrigued? You'll have to read the book!

Genealogy

Barbara gave us a fascinating presentation about her family tree and beyond. She grew up in Warrington with an extended family living nearby including her Grandmother and Grandfather around the corner and also a 'grumpy' Aunt Annie. Her Great Great Grandfather was a gun manufacturer in Bridge Street in Warrington. Barbara was always told that a Great Grandma had been in service to an Earl "Fitz something"! Barbara was looking for family graves in Warrington



Cemetery when she stumbled on a grave that belonged to her Great Grandfather and Mother. In the same grave was their Grandchild. Researching her tree Barbara discovered the child was "grumpy" Auntie Annie's whose child died at age 5 so maybe that was why Annie had something to be grumpy about.

During research Barbara found that her Great Grandmother came from Wentworth in Yorkshire. Then she realised that her relation had been a maid in Wentworth House which was then owned by the Fitzwilliam family. She then talked us through the Fitzwilliam lineage from 1786 to the present day! Following the talk there was a lot of discussion. Well done, Barbara.

Games Group

Although the regular games group session didn't happen in August the group met and enjoyed a wonderful lunch at the Wheatsheaf on Higher Lane, Lymm. We did discuss games but also just got to know each other a little better, ate plenty and laughed a lot. We meet again to play games on Tuesday 2nd September and everyone is welcome to come and give the group a try. Bring a game you'd like to play or join in with one of the many we have on offer - even the most avid gamers among us have learned a new game or two at the group. Tea and coffee is served with biscuits and a smile, all for £3 per session (paying for the year at £30 is appreciated where possible as this ensures we have a balance to pay the hall rental).

Gardening

A group of 15 of us visited The Wonky Garden in Widnes on Tuesday 5th August which is a fabulous community garden, thoroughly enjoyed by us all.

The co-founder, Angela Hayler, explained: "The flower garden is our show garden, the focus for horticultural/flower therapy and nature-based activities. It has large herbaceous borders, trees and shrubs, with planting focusing on the senses and wildlife. We grow masses of edibles and cut flowers in the allotment garden and greenhouses. The children's 'explorify' garden nestles between the two and is used to support young families. We call it The Wonky Garden because life's not perfect." There are about 30 volunteers who support Angela in maintaining the garden.

Everyone was impressed by the passion shown by Angela and Julie who took us on a tour of the gardens and explained that they provide fruit and vegetables to food banks and cut flowers to care homes and individuals who need their day brightened. The council have donated the land and Angela and her team have plans for the future to enhance that which they provide.

Angela told us that they had got through to the National Level of the King's Award and I am sure those who visited the gardens will be following their progress through that process now that we have seen the amazing work they do.

After a wet morning the sun shone for us on our afternoon visit, ordered by Dorothy, and we enjoyed delicious cakes baked by a 92 yr old supporter followed by a welcome cup of tea/coffee.



This is a garden with heart, passion and purpose and not surprisingly attracts a lot of press attention including North West Tonight and Gardeners' World. Another delightful afternoon.

Poetry

In this month's Poetry Group members read out their poems on the subjects of Shopping and Advertisements, the latter being a source of frustration to the group!

Music Appreciation

A special home-grown version of the radio programme *Desert Island Discs*, featuring eight pieces of music selected by a local mystery castaway, will kick off the new season of



meetings of the Music Appreciation Group on 11th September. Around 25-strong, the MAG always welcomes new members keen to explore the musical repertoire: future meetings this season will include performances by visiting musicians and talks by leading music specialists. The programme for the coming season is still being finalised, so all music lovers will be welcome at 1.45 p.m at the Youth & Community Centre (off Davies Way car park) to contribute programme ideas and – we hope – join our group.

Philosophy

We're back! The Philosophy Group resumes meetings on 9th September, after a summer break. The working title for the first meeting is 'The Disembodied Self' and the discussion will be led by Keith Maudsley. The dates and titles for the remaining meetings up to Christmas are now on the u3a website. All members of Lymm & Thelwall u3a are welcome to join us, upstairs at the Spread Eagle, from 10:30 a.m. to 12:00 noon on the second and fourth Tuesdays of each month.

Singing for Fun

This recently formed group held its third meeting in August. Happily, this time the soundtracks played perfectly. The group was in excellent form, singing more than twenty songs by artists as diverse as Julie Garland, Buddy Holly and The Mavericks and taking on (wo)manfully a couple of numbers not so well known. Jim occasionally asked questions associated with the tracks. If it had been a quiz then Allen would have won hands down and taken first prize. Unfortunately for him, it wasn't! Our next meeting is on 23rd September. Anyone wanting to join the group should contact leader Jim via the u3a website/Groups.

Sketching Out

Our Sketching Out Group have now visited eight different venues during 2025, the last one being a real challenge when 5 stalwart members turned out and made a valiant attempt to sketch the Golden Gates at Warrington Town Hall. Our next outing will be when we meet outside the George & Dragon Pub at Great Budworth at our usual time of 10.15 a.m. on Monday 29th September. Although the pub will be closed we can still sketch it or any of the artefacts around this lovely village before we retire to the nearby Ice

Cream Parlour for drinks and, of course, to admire each other's sketches.

Anyone who is not yet an active member of our friendly group is invited to come and join us.

Whilst we do not profess to be teachers, you can be sure that we will all help and encourage anyone who

would love to sit &

sketch with us. All you need initially is a pencil and a drawing pad. All members of the group are invited to come up with suggestions for our twelve Sketching Out venues for each month during 2026. Any queries regarding Sketching Out should be sent to Ray Banton by email to rgban10@gmail.com



By Lesley France

Theatre Group

Our next outing is to see The Chorus Line at the Garrick Theatre Altrincham on Monday 8th September at 7.30 p.m. If you wish to join us book a ticket near the group and meet us in the Bar beforehand. We are sitting in the vicinity of seats M25 and M26.

Walking Groups

Striders

It can't be!! A hot, sunny day and it's Striders! Well actually it was a very hot day and five people pulled out before the walk. That left nine determined walkers with plenty of water, sunglasses and sun hats! The walk took us straight out from industrial East Manchester into moorland and rather dry looking reservoirs. Amazing views across Stalybridge towards Manchester and South across the moors towards Longdendale. The walk was about 9 miles and a tired and hot party were revived at a very handy pub near the end.



Friday Ramble

Neil and Helen led 19 members around beautiful Thurstaston Common on the Wirral with magnificent views for our picnic across the River Dee to Wales to the west and to Liverpool's skyline in the east. Then on past Forget Me Not Fields, a natural burial ground in a picturesque setting, to the curiously named Dungeon, an area of Special Scientific Interest.



4-6 ers

The latest 4 to 6ers walk was led by Barbara. We set out from Little Manor on a pleasant morning, soon picking up the path east along the side of the Manchester Ship Canal before heading away through Lymm towards the Bridgewater Canal. The promised rain arrived about twenty minutes before the end and didn't spoil our enjoyment of a lovely walk with friends. Lunch followed at the Little Manor.



Committee Contact Details

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Committee member	Jill Turbin	jill@lymmthelwallu3a.org.uk
Committee member	Sue Clarke	sueclarke@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](#).

Small Modular Nuclear Reactors

Wednesday 3rd September 1.30 p.m. – 3.00 p.m.

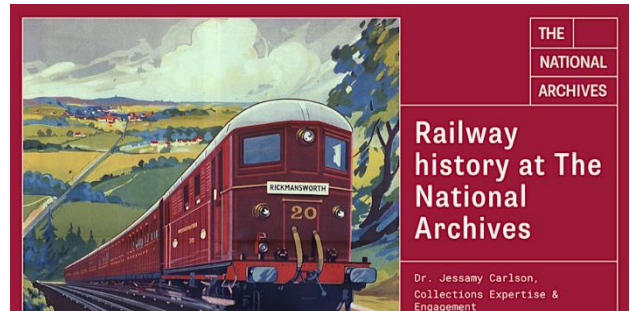
In this video enabled session, u3a *Let's Talk Tech* team member John Butler will share and explain how Small Modular Nuclear Reactors (SMRs) are being developed in the UK and across the world as a potential solution for clean, affordable, safe and reliable energy. They vary in size from around 20 megawatts electric (MWe) to 300 Megawatt electric (MWe) and those with a maximum output can produce up to 7.2 million kWh per day. By comparison, large-size nuclear power plants have an output of over 1,000 MWe and can produce 24 million kWh per day.

The reactors can use a range of possible coolants including light water, liquid metal or molten salt, depending on the technology. The reactors are designed to be factory-built and offer a faster and potentially cheaper way to add nuclear power to the grid compared to traditional large-scale nuclear power plants like those currently being built at Hinkley Point & Sizewell.

George Mallory 1886 to 1924

Thursday 9th September 10.00–11.30 a.m.

In this talk, Dr. Jessamy Carlson will discuss the wide variety of records relating to railways in the care of The National Archives. Drawing on collections which cover the whole country, to very niche sets of records relating to short-lived rail companies, the talk will consider a variety of sources for tracing the history of the railways, and those who worked on them across the last two hundred years.



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

u3a Week

u3a week is taking place between **20–28 September** and a programme of online events focussing on **positive ageing is running on the events page**. These events are all exclusively open to u3a members and their friends, to help us spread the word about the benefits of being in the u3a movement. Use the events link above to discover more.

u3a is one of the largest member organisations in the UK.

Our members, have stepped away from full time work, learn together, make friends and have fun!

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 to email the Group Leader. They will reply to you!!

<i>Activity</i>	<i>Regular Meeting Day</i>	<i>Venue</i>
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	The Spread Eagle
Current Affairs 2	2 nd Tuesday a.m.	Lymm Village Hall
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. Peter'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
Table Tennis	Friday a.m.	Lymm Youth and Community Centre
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.