



June 2026

Registered Charity Number 1182457

Dear All

Thanks everyone who came to the A.G.M. It was a spectacular turnout of 126 members!! We said goodbye from the Committee to Pauline Holloway, our Secretary, and Sue Clarke who helped with publicity. We all thank them for their unstinting work over the past years. We welcomed Peter McIntyre on to Committee as our new Secretary, also Peter Cotton and Duncan Forsyth. Thanks to Tim and Steve for organising the link to u3a Beacon which is later in this Newsletter and also on our website membership page. Please do check your details especially your Emergency Contact person and number. If your emergency contact is your partner, please try and provide another contact as well in case you are both out on an outing together and involved in an accident. Hopefully, it won't ever be needed!! Sue

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 21st 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 18th June

Martin Lloyd

Passports, Assassins, Traitors & Spies

Thrill to stories of how three passports have played their influential role in the course of history: an attempted assassination which altered the regulations for issuing passports; the capture of a spy which caused a worldwide modification to the design of the document and, for one person, the passport itself which turned into a killer.

Thursday 16th July

Jerry Jarvis

The Nuclear Deterrent and my part in your survival

A light-hearted journey through a young man's work on Nuclear Submarines. After qualifying as a technician, Jerry carried out testing and calibration on Britain's first two nuclear submarines. He spent some years in the UK defence industry holding directorships in BAe Systems, GEC, Marconi and Thorn-EMI Simtec. As Quality Director in Simtec, he is credited with solving problems that prevented manufacture of the army nerve agent detector, NAIAD. Whilst serving as a civil servant in Swan Hunter Shipyard he identified the problem of crippling corrosion affecting naval ships in the River Tyne. His packed career includes management of the UK's largest professional photography lab; winner of the prestigious Management Today national customer service award; patent for the first play anywhere CD; and a Master of Science degree in Management and Technology.

Thursday 17th September

Prof Tony Redmond

**Medical Aid in War, Disease and Disaster –
The work of UK-Med**

UK-Med is a humanitarian medical aid charity. Born of the NHS, we are the first UK-based NGO to be verified as an Emergency Medical Team by the World Health Organization. We provide health care for people impacted by disasters or conflict, drawing on a range of health and non-health specialisms to support our global responses.

Membership –Allen: Membership now stands at 398

Dates for your Diary

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

Thursday 18th June	Members' Meeting
Wednesday 24 th June	Amazon 'Behind the Scenes' Tour
Friday 26 th June	u3a Showcase, Lymm Festival at Lymm Village Hall
Wednesday 8 th July	Manchester City Centre Cruise with lunch
Thursday 16 th July	Members' Meeting
Thursday 20 th August	Summer Delights at Laskey Farm

Committee News

Please find below a summary of the May 2026 Committee Meeting:

- **Chair:** proposed and the committee agreed that, further to the Treasurer's suggestion, the financial report be issued to the committee quarterly rather than monthly.
- **Secretary:** reported that the 2026 AGM agenda and the minutes of the 2025 AGM have been distributed to members in a timely fashion ahead of the AGM.
- **Treasurer:** The annual statement of accounts for the year ending March 2026 and the Treasurer's report have been issued to members in readiness for the AGM.
- **Socials:** It was reported that the Ayrshire trip was a roaring success and that another trip is being investigated. The Socials Committee has commenced the planning of the celebration of Lymm & Thelwall u3a's 10th Anniversary in April 2027.
- **Publicity:** The coordinator circulated designs for the table-top display, feather flag and brand posters and flyers. The organisation of Lymm and Thelwall u3a's showcasing afternoon at Lymm Village Hall during the Lymm Festival on Friday 26th June is ongoing.
- **AOB:** Committee guest, Duncan Forsyth, showed the committee the 'in case of emergency' bracelet which he has worn for years containing his medication and emergency contact details. Below is a message from Duncan with more details:

In Case of Emergency (ICE)

Anyone participating in sporting pursuits (walking, cycling) or other stressful groups (quiz!?) should be aware of the need to ensure they carry In Case of Emergency (ICE) information. As well as contact details of our 'next of kin', this should include details that would be important for health care professionals to be aware of, e.g. allergies, diabetes, epilepsy, presence of a pacemaker or implanted defibrillator, possibly medication list (but definitely insulin, steroids and anticoagulants). Given that we U3Aers are a mature (old) bunch, many of us have already accumulated significant medical problems and more of us will do so. There can surely be no excuse for not carrying ICE details with us. Paper documents, even in a plastic wallet, fade over time and may not survive the soakings that often beset the walking groups! "Ah, but I have these details on my phone", I hear you say, all well and good until your phone also gets soaked or smashed when you come off your bike or isn't with you (swimming)! May I recommend you consider wearing an ICE bracelet (see example picture); there is plenty of choice on the internet, with a wide price range from very reasonable to ridiculously expensive, and they can be engraved with your relevant details. I have worn mine constantly for the last 4 years, an emergency could crop up even when not engaged in U3A activities!



Members' details

As it is important that members' details (especially emergency contact details) are up to date, the membership page on our website has been revised so that members can update their own membership details as follows:

1. Go to: <https://lymm-thelwall.u3asite.uk/membership-information/>
2. Press the link in the 'Editing your membership details' section
3. Log in using your email address and password
4. In the 'Select an option' section, press 'Update your personal details'
5. Check details and, if required, edit them
6. Press 'Update Personal Details' to save any changes

Members' Meeting by David

After the AGM Ian White introduced us to the world of Road Traffic Investigation. He began with a technical explanation of his role including the developments over the years, 'from pencil and paper to computer technology', before concentrating on a specific fatal collision in a village. Ian took us through every stage of the process, showing us the quality of results available from the range of software on the market. It really is painstaking detective work and with claims up to £20 million it is vital that results are accurate. At the end we were invited to give our opinion of whether the defendant was guilty or not guilty.

We have all been frustrated by the delays and changes to plan that road traffic accidents have caused. After Ian's talk we could appreciate why this might be so.



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. Alternatively, come and join our team!

Lymm and Thelwall u3a Showcase

Friday 26th June Lymm Village Hall 1.30 p.m. – 4.00 p.m

Come along and visit this celebratory exhibition of all the different activities our groups offer.

It is amazing to see all we do. You may even want to join a few more groups!



Summer Delights at Laskey Farm

Thursday 20th August 2.00 p.m.

We will be shown around the beautiful gardens, have time to socialise and also enjoy refreshments. Price £6

If you would like to book a place, please contact [Janet](#)

Ayrshire Holiday

Forty-six members enjoyed five days in Ayrshire with the sun shining down throughout. We stayed in Irvine and visited places of interest each day, starting with the intriguingly named Devil's Porridge Museum at Annan where we heard about the largest munitions factory in the world, covering an area nine miles by two miles.

Tuesday morning's trip was to Culzean Castle, set on a site overlooking the Firth of Clyde. Robert Adam, an early exponent of feng shui, gave the building an air of elegance and balance. In 1945 the apartment at the top was handed to Eisenhower in recognition of his war efforts. He was to visit four times. After lunch we made the short journey to the Robert Burns birthplace. The museum and house were both fascinating but the shining glory was Brig o'Doon, the bridge (photo right) which provided a setting in one of Burns most famous works, 'Tam O'Shanter'.





On Wednesday we crossed from Troon by ferry to the Isle of Arran where Brodick Castle awaited us (photo left). Previously the seat of the Dukes of Hamilton, the building is impressive with beautiful gardens.

On Thursday, a second ferry trip, this time from Wemyss Bay. We were bound for the Isle of Bute and another place of huge interest. Mount Stuart House (photo right), the ancestral home of the Marquesses of Bute, is magnificent outside and in.



We were homeward bound on Friday stopping off at Lowther Castle (photo below left) near Penrith, a ruined country house of great beauty. As we went from place to place it was lovely to hear excited chatter and laughter as the party members socialised.



Thanks to Linda and Susan for organising it and a special mention to Phil the driver who was excellent.

Heritage Centre Visit

35 members of our u3a had a wonderful evening at Lymm Heritage. Alan Williams took us on a historical flight over "Lymm from the air over the past hundred years" pointing out changes over the village through time.

It certainly caused a great deal of discussion. As usual the quality of the presentation by Alan was exceptional and left us wanting to hurry back for his next production as and when!



Group Gossip

Thanks for all the groups' contributions to Group Gossip! Please send next month's contributions to newsletter@lymmthelwallu3a.org.uk

Prior to the first proper meeting of the Ancient Empires and Civilisations group planned for September, a final pre-meeting for all interested members will be held on Monday 1st June to discuss the details of how this group will work.

As previously reported, a new French group is being set up, which will be at a lower level than the two existing groups. This group will be for people who did French to 'O' level and would like to improve. The group will possibly be called "French Improvers" or something similar and will be following the text book 'Façon de Parler 2'. Members of the advanced French conversation group have kindly agreed to take it in turns to guide the learning so having a text book to follow will help with that too. We are compiling a list of names of anyone interested in joining this group and then we will organise a meeting of those interested in order to discuss finer details such as day, time, venue, etc.

If either or both of the above groups interests you or you have any other ideas for groups, please contact Muriel, the Groups' Facilitator, at groups@lymmthelwallu3a.org.uk

Book Group

Our choice in May was 'Dinner at the Homesick Restaurant' by Anne Tyler. This is a complex story of a sad and dysfunctional family, a mother and her three children abandoned by their father. Most of the characters are unlikeable and as we explore their lives, the focus zooms in and out with great skill and technical ability with one scene returned to from different angles with different details noticed. There is much to think about in this book and, as usual, we had a lively discussion and felt that this is a book which is well worth reading.

Book Group 2

In May, we discussed 'The Siege of Krishnapur' by J.G. Farrell. Winner of the Booker Prize in 1973, and set against the Indian Mutiny of 1857, the novel is a searing parody of the attempts of the British community to preserve the trappings of civilisation in the face of a revolt by native Hindustanis. All that contributes to their serene existence – including ideas about science, art, religion, class, the place of women, and 'progress', are ruthlessly and wittily dismantled as they fight to preserve their way of life. Some found this novel of ideas rather than characters a difficult read. Others found it to be outstanding.

Current Affairs 1

At our May meeting, one of our members suggested that we discuss the pros and cons of 'Live Facial Recognition' (LFR) technology. To help us, extracts from a recent article in a national newspaper were read out. In this article the paper's crime correspondent reported on a LFR pilot recently run over a six-month period in Croydon, South London during which static cameras were mounted on existing infrastructure such as lampposts. It was reported that over this period, overall crime in the area fell by 10.5 %, violence against women and girls was down by 21% and over 170 arrests were made. Whilst impressed by these statistics, there was much concern in the group about the possible misuse of LFR and other Artificial Intelligence related technologies and their intrusion into our lives. The need for checks and balances was discussed at length.

We also briefly discussed the recent local election results and the very difficult financial challenges councils face.

Current Affairs 2

At our May meeting we had a lively discussion on the UK Parliamentary voting system and whether First Past the Post is still fit for purpose. With the present surge of support for parties other than Labour or Conservative there was consensus that some form of proportional representation should be introduced to prevent anomalies where the number of seats held by any one party can be widely disproportionate to their overall share of the vote. Frequently, a fair percentage of the electorate fail to vote at all and this skews the picture even further. There was, therefore, considerable feeling that we should follow Australia, Belgium and others and make voting compulsory. If topics like this raise your interest, or hackles, come and join us!

French Conversation Advanced



At our May meeting we enjoyed our own version of the TV show Room 101 where we had to present an object or a pet hate to the group with an explanation as to why it should be consigned to Room 101. Our topics were varied and included robotic voices on telephone menus, overuse of the word 'like' and paper rustling during a film at the cinema. On these topics there was debate and some differing views. However, banning bananas on airplanes was not permitted to enter but the Dutch Oven (pictured) was consigned to the Room as nobody could think of a use for it, partly because it would rust outdoors!



Gardening

26 of our group visited Swineyard Hall gardens, High Legh, on Thursday 7th May. The weather was fine and we were treated to some fantastic views of the gardens with rhododendrons and azaleas at their best and a very hospitable welcome from Victoria and John who explained how they had come across this wonderful home. We were treated to refreshments and enjoyed a walk round the gardens which extend to 2 acres. There is a moat around part of the house which is listed as a national monument dating back to the 13th century. A particular highlight was seeing a mother duck and her ducklings walking about. The gardens will be open to the public on Sun 28th June between 11.00 a.m. and 4.00 p.m. under the Nation Garden Scheme if these photos tempt you.



Genealogy



Twenty-one group members met in May and most of the meeting was taken up with a roundtable discussion about coats of arms. Shirley kicked us off by reading through a handout she had prepared, which included subjects such as heraldry, family crests and coats of arms along with explanations of their parts. After this, at least of dozen members shared pictures of their families' coats of arms with associated mottos and talked about them. The photo right shows a fascinating certificate including

a family coat of arms that Alan received from his son-in-law.

Several times the question arose whether the discussed coats of arms were made-up or were authentic, that is had at some time been issued by the College of Arms.

We noted that some of the discussed coats of arms included a helm (helmet) that faced forward. This helm orientation is typically reserved for monarchs, peers and high-ranking knights! Unfortunately, the helm on my family's coat of arm faces left, which is the standard direction for commoners, esquires and gentlemen.



MOTO



The group is organised through WhatsApp and enables members to take part in events organised by other members. Recent events have included Saturday evening dinner at the Barn Owl, organised by Marlena and a picnic at the Walled Garden suggested by Jim.

The staff at the Barn Owl provided first class food and service and the 10 diners from MOTO provided excellent company, conversation and camaraderie. All in all, a very enjoyable evening.

The forecast of good weather prompted the idea of a picnic and on a beautiful Friday, 10 of us arrived at the Walled Garden with hampers and folding chairs. In the shade of trees, we settled into a most comfortable couple of hours of talk, laughter and dining before taking a casual stroll around the garden, which looks lovely at the moment. A great afternoon – we must do it again.

Music Appreciation

At our May meeting, member **ROGER DOWLING** gave an illustrated presentation **Masters of British Light Music**. Roger explained how British composers – some of them former cinema organists and pianists from the days of silent films – have developed a particular talent for light music composition thanks to a voracious demand from film, radio and television in the UK. The talk was something of a trip down Melody Lane as the Group enjoyed hearing again such favourites as Charles Williams' 'Devil's Gallop' (Dick Barton – Special Agent), Malcolm Arnold's 'Country Dance' (Granada What the Papers Say) and Haydn Wood's 'Whitehall' (Down Your Way).



The next meeting will be on **Thursday, 11th June** when member **CAROL SPARKES** will give an illustrated presentation **Tune-smithing : a personal journey to composing for photographs**. Carol will explain how she has united her music and photographic hobbies by creating short audio visual (AV) presentations which combine photographic sequences with music she has specifically written to help portray the meaning of the photographs. She will illustrate her talk with some of her AVs and will explain how she has developed her compositional skills over the years. A member of three photographic clubs and on the Committee of the Lymm Photographic Society, Carol cannot remember a time when she has not had a camera, and is always looking out for photographic subjects that would make a good AV.

Poetry Group

Having left the previous meeting with a picture in a sealed envelope, members returned with a self-made poem inspired by the image and each read theirs before showing us the picture. In keeping with the heatwave we read and discussed several poems on the subject of hot weather! Next meeting : Thursday 25th June, 12.30 p.m. Sanctuary Hub, Lymm Library..

Quizzicals

This was the Group's third meeting. Attendees were grouped into teams of three using Marion's entirely random selection method which only she understands but which seems to work. The quiz then began. Linda was the day's quiz mistress and it soon became clear that this would be a day when thinking caps would be needed. There were four rounds, each of ten questions, a sheet of twenty-one riddles and another of twenty dingbats.

Rivalry between the groups was always good-natured and occasionally even became friendly. There were eighty-two points available (for those of you mathematically inclined one question was worth two points) and the winning team of Muriel, Mike and Jim scored fifty-nine, a very creditable effort. Thank you to Linda for a first-class quiz. Everyone there had a lot of fun.

We'll leave you with one of the riddles. "I have cities but no houses, forests but no trees, water but no fish. What am I?" Answer next month.

Singing for Fun

On the hottest day of the year, we were relieved to find that the village hall was relatively cool and that our singing session would be comfortable. The Group was in fine voice with enthusiastic renditions of classics like Dolly's 'Jolene', the Kinks' 'Thank You for the Days' and the Beatles' 'Yesterday'. The songs were mainly from the 60's and 70's with a sprinkling of more modern numbers to keep us on our toes.

A few interesting facts were brought to light. John Denver's "Annie's Song" has been adapted by Sheffield United fans and re-named 'The Greasy Chip Butty Song'. Most people think Carly Simon's 'You're So Vain' is about Warren Beatty but apparently David Bowie, David Cassidy and Cat Stevens are all possibilities.

Finally, we had a short quiz on 60's and 70's pop music. We weren't playing to have winners and losers but Jill got the most answers right - so WELL DONE JILL!

Sketching Out

Due to other factors this month group members attended one of two visits to the Anderton Boat Lift, one of only two working boat lifts in the UK and affectionately known as the 'Cathedral of the Canals'. It was designed in 1875 to transfer boats and barges across a height of 50 feet between the River Weaver and the Trent and Mersey Canal. It remains one of the most imaginative inventions in Cheshire and, having worked successfully for over 150 years, it has thoroughly deserved a few months off for renovation. The Boat Lift proved to be quite a challenge but I'm sure you'll agree that the members made a great effort.

Our next Sketching Out session is on Monday 1st June at our usual time of 10.15 a.m. when we will revisit Christmas Tree Cottage in Grappenhall with its beautiful garden. Any 'new' members who would like to join us, just turn up with your Sketchbook and pencils and you will be made most welcome. The following meeting, on Monday 29th June, is at Saint Mary & All Saints Church in Great Budworth at 10.15 a.m., another revisit.



Stitch 'n' Natter 2



The group spent a very enjoyable afternoon at the Black Sheep Wool Shop in Culcheth this month - including a number of purchases and of course tea and cake. We had a very good time and are wondering where to go next! Very happy to welcome new members, just bring some knitting or needlework: 2.00 p.m.-3.30 p.m. every Tuesday afternoon at the Spread Eagle Hotel, Lymm

Table Tennis

The table tennis group meets every Friday morning between 10.15 a.m. and 11.45 a.m. We are a friendly group, many of whom have returned to the sport after many decades of absence. It seems that we are all improving with constant practice. New members are welcome.

Walking Groups

Walk for those with Limited Mobility



Sheila and Pete Randall led a short walk open to all members who have limited mobility. A welcome innovation catering for the increasing challenges that can impact the u3a demographic. A party of thirteen enjoyed a gentle, mile and a half stroll through Victoria Park down to the Mersey. The experience was enhanced by mild weather, signs of spring, a chance to chat followed by coffee at Zalo's in Latchford. Sadly, this was the last walk Sheila and Pete were involved with as part of L&T u3a. They will be missed and are gratefully acknowledged for all they have done since the inception of the branch. We wish them well in their new life in Shropshire where they are planning to join their nearest u3a.



Friday Ramblers



Thirteen members gathered at the Sandstone Trail car park in Burwardsley for the latest Friday Ramble. Steady climbing through beautiful woods yielded ample rewards as we gazed across large parts of the county, as far as Jodrell Bank. It was a seven mile route full of interesting features such as a stone elephant with a castle on its back!



Striders

'Third time lucky', I thought. Mellor again. Surely no rain this time. Huh. Rain AND hail. Oh well, all eighteen of us had a good time anyway despite soggy sandwiches. Great views though.

4-6 ers

On Tuesday 19th of May, thirteen walkers set off from the White Lion, Alvanley, Frodsham on a circular walk of 6 miles. The route took in fields, roads, country paths, Frodsham Hill and Snidley Moor which is managed by the Woodland Trust. Lots of birdsong in the woods (using a wonderful App called 'Merlin' to identify individual birdsong) and clumps of late Spring wildflowers. Despite overcast skies there were excellent views of the River Mersey Estuary and the Liverpool city scape. Good progress was made on a 6 mile walk and we were back in time to miss all but ten minutes of rain and to have an excellent lunch at the White Lion. My thanks to my fellow walkers for their company and Kath for directional assistance just at the right moments! Andy



Wellbeing Birdwatching



Our first outing in May was to the local Moore reserve. Some lovely sightings: an extensive view of a Whitethroat; Brimstone butterflies along 'their avenue'; male and female Orange Tip butterflies (the latter awkward to discern until settled); a Thrush's 'anvil' to break snail shells; an attractive new plant, 'Perfoliate Alexanders', but subsequently found to be an invasive problem. Some members then had a snack at The Shed Cafe at Moore.



Our second outing was to the nationally important reserve at Woolston Eyes. Eighteen members enjoyed a lovely sunny morning, with experiences such as Black-headed Gulls on nesting islands with their young; Gadwall and Pochard ducks; hearing several, but often difficult to see, Cetti's Warbler; and returned Swifts, hopefully still successfully nesting at Latchford. Several members then enjoyed lunch at the Pickering Arms.

Wild Things



Being presented

Wild Things swapped day for night for this month's meeting. As dusk arrived, we waited at the water's edge, keen-eyed and sharp-eared, detectors at the ready. With an expert on hand, we tuned in to a likely frequency and soon heard the unmistakable 'pulse' of foraging bats. In no time at all, we were able to see numerous bats flying to and fro over the water in their pursuit of prey.

Rob, our ecologist and bat expert, helped us identify 3-4 bat species with perhaps more come once the data is analysed. What a magical evening!



Waiting patiently with bat detectors

Writing Group

The Writing Group, which meets on the first Friday of the month, at 11.00 a.m. at the Spread Eagle pub, continues to be a fun lively group. Our next session will be looking at farce and what makes good comic writing succeed. As always there will be lively discussion, much laughter and a bit of writing and analysis. If you want to join a group that encourages you and allows you to succeed in your own way, then give us a go. Some of our writers have gone on to publish their work!

But, basically, people turn up to enjoy themselves. New members are always welcome.

Jigsaws: For information, especially for new members, each month I bring to the members' meeting a selection of 500-and-1000-piece jigsaws for members to borrow, free of charge, and to keep for as long as they like. Members often donate their unwanted jigsaws, which is much appreciated. There is now a 1500-piece jigsaw, which can be completed in two halves making it much easier to do – it is a great one too. I aim to bring a different set of jigsaws every other month so if you spot one you would like please take it, as it won't be there the following month. Doing jigsaws is a very relaxing hobby and one that I hope some of you, who have not tried before, will give it a go – no harm in trying.

Please contact paulineholloway@btinternet.com if you have any requests or queries.

Committee Contact Details

Chair	Susan Mitchell	chair@lymmthelwallu3a.org.uk
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u3a – Online Learning Events

As well as joining our groups you can subscribe to Interest Groups Online. 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](#)

These are a sample of the online event on offer. There are plenty more to choose from. Use this link below to the other online learning events available. www.u3a.org.uk/events



FoodTech: the technology involved in food processing and food service

John Butler from the *u3a Let's Talk Tech* team explores the modern technologies taking our food from farm to table.

Wednesday 3 June at 1pm

Free – online via Zoom



Making the most of artificial intelligence (AI)

Join AbilityNet, in partnership with BT Group, for a friendly session designed to help older people build confidence online, stay connected with family and friends, and discover simple digital skills that can make everyday life feel easier and less lonely.

Tuesday 9 June at 2pm

Free – online via Zoom



Learn bridge with u3a

Discover the joy of playing Bridge in this introduction to the game, and find out how to play online, with u3a Bridge Adviser, Steve Carter.

Wednesday 10 June at 10am

Free – online via Zoom



The u3a radio podcast showcases the amazing things happening across the movement. It's created by a team of u3a members who all have radio experience and features interviews with members, interest group leaders, Trustees, national volunteers and Subject Advisers. The entire series is available on our YouTube Channel. [Listen now](#) The podcast is available on the usual podcast platforms including:

North West Residential Summer School

Tuesday 11th August – Friday 14th August
Manchester Metropolitan University

Residential and Non Residential. A number of Courses are on offer.

For full details see the [North West region Website](#)



[Lymm and Thelwall u3a web site](#)

[Lymm and Thelwall u3a Facebook page](#)



Here is a link to the [North West Region](#)

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



Our Groups If you would like to join any of our groups, always contact the Group Coordinator via the group page on the website to email the Group Coordinator. 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 1	2 nd Thursday lunchtime	The Spread Eagle
Current Affairs 2	3 rd Tuesday a.m.	Lymm Village Hall
Cycle Maintenance	As and when required	
Cycling	2 nd Tuesday and 4 th Thursday-	Various, see website
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
Fruit and Vegetable Growers	Various	Various Locations
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
MOTO	Various	Various
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
Quizzicals	3 rd Tuesday p.m.	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
Stitch 'n' Natter 2	Tuesday p.m.	The Spread Eagle
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
Wild Things	Various	Various
Writing Group	1 st Friday	The Spread Eagle