

July 2026

Registered Charity Number 1182457

Dear All

What's a super event our U3A showcase was in the Village Hall last Friday. It was great to see all our groups represented. What a lot of work you all do! It was also lovely to see all of the members and visitors enjoy all that we have to offer and also the refreshments. Thanks to everyone who helped to put on another wonderful event, members who set up, people who looked after group displays, members who made refreshments and members who helped tidy up at the end! What a great group we have.

The coach holiday to Constable Country on Monday 26th April 2027 filled up in double quick time.

If you do want to come, we only have 1 double and 4 single rooms left so let me know ASAP

[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 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.

Thursday 15th October

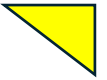
Tony Crotty

Music from Shakespeare to the present

This is Tony's second visit to L & T u3a. His amazing talent on classical guitar has led us to invite him back for more!

Membership Meeting Parking

As the Thelwall Parish Hall car park can become full during the u3a monthly meetings, the manager of the Pickering Arms has been asked and has kindly agreed to U3A members parking in the Pickering Arms carpark during the monthly meeting. If possible, please exit this car park by midday. Thank you.



Dates for your Diary

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

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
Thursday 17 th September	Members' Meeting + Alfresco in Autumn picnic from midday until 2 p.m.
Friday 9 th October	Hot Pot Supper at Thelwall Parish Hall starting at 7:15 p.m.
Thursday 15 th October	Members' Meeting

Committee News

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

- **Chair:** New trustees were welcomed and it was unanimously confirmed that Duncan Forsyth would join as a co-opted Trustee. All trustees will be asked to review key governance documents and confirm they have read the Code of Conduct.
- **Interest Groups:** Including the two new groups ('Ancient Civilisations & Empires' and 'French Improvers') that will start meeting soon, there has been a total increase of nine new groups during the year.
- **Social Activities:** Plans for social activities and the 10th Anniversary celebrations in 2027 were discussed and a separate anniversary event is being explored.
- **Publicity:** The proposed designs for a portable table-top display, a feather flag, posters and flyers were agreed.
- **Other Key Actions:** Included updating trustee induction records, archiving outdated Drive material, reviewing the risk register and following up outstanding actions relating to group waiting lists and membership communications.

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

Martin Lloyd provided an intriguing title for this month's talk, 'Passports, Assassins, Traitors and Spies.' In an entertaining and well-researched presentation Martin focused on three examples where passports have played an influential role in the course of history, including the attempted assassination of Napoleon III in 1858, along with stories from both the First and Second World War.

Martin was an immigration officer for twenty years and freely admits that the study of passports is his passion. On the day the blue passport was reintroduced he had to cross the country to fulfil eleven interviews on radio and television!

At the end Martin showed us examples of books that he has written, including his definitive work on passports, 'The Passport, the History of Man's Most Travelled Document.' Peter McIntyre proposed a vote of thanks.

The picture shows, from left to right: Marcia Dale (Vice-Chair), Peter McIntyre (Secretary), Susan Mitchell (Chair) and Martin Lloyd.



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!

Trip to the Amazon Fulfilment Centre, Wednesday 24th June

Twenty-one members gathered in the heat at the Bezos empire's Bolton centre only to hear from a young guide outside that the tour had been cancelled weeks ago because this week was Prime Week. Well, this news begged lots of questions, including why we had all received several reminders confirming the visit, the last just yesterday afternoon. All in all, not very fulfilling but our disgruntled reply bore fruit in the shape of a sincere apology, a £25 gift voucher and the promise of a further 'premium' tour with the General Manager.



Sad At Amazon

Lymm Festival Showcase, Friday 26th June

Who would have thought when we booked the Hall this year for our u3a showcase that the weather would be so warm?

We managed to survive and the hall was packed with stunning visual displays of our work. It was a joyous event with plenty of time for members to chat with each other and join other groups. We also had several visitors who were curious to find out about our u3a and some of them joined as well!

Well done to everyone who survived the heat and took part this afternoon. It was a splendid effort.

Susan





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 £12.**

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

Alfresco in Autumn Thursday 17th September: Midday until 2.00 p.m.

Following our successful Alfresco 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! We have booked the hall in case of inclement weather.

You are cordially invited to our first Hot Pot Supper



Hot Pot Supper Friday 9th October

Thelwall Parish Hall 7.15 pm

Cost £19.00
per person

Hot pot or Vegetarian Hot Pot (both of which can be Gluten Free)

There will be a quiz and hopefully some fun entertainment provided by our members!

Contact [Sue](#) to reserve a place

Pantomime Newsflash

We need you (yes, you with the hidden theatrical genius).

Kathryn Buckley, the fearless leader of the Writing Group, has been gently coerced into creating a short ten-minute Pantomime for the October Hot Pot Supper Social.

We are on the lookout for bright ideas, brave actors, behind the scenes' masterminds and talented seamstresses, who can make fabulous costumes (or at least something that doesn't fall apart mid-scene).

The good news – it should only take a couple of meetings to start things rolling. The even better news is that it promises to be gloriously chaotic and great fun.

So whether you fancy treading the boards, pulling the strings backstage or simply want to be part of the mischief, come along and join us. When asked 'Where is the Pantomime Section?' – the Librarian answered 'IT'S BEHIND YOU'. Marion Burke email: marionaburke@gmail.com

Group Gossip

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

The recently formed Ancient Civilisations & Empires (ACE) group's first meeting will be held between 2.00 p.m. and 4.00 p.m. on Thursday 17th September, 2026 in the Sanctuary Hub. This meeting's topic will be 'Ancient Sub-Saharan African Civilisations'. Further monthly meetings will be held at the above time and place on the third Thursday of the month.

As previously reported, a new French group is being set up, which will be at a lower level than the two existing groups. This new group will be for people who did French to 'O' level and would like to improve. Members of the advanced French conversation group have kindly agreed to take it in turns to guide the learning and the text book 'Façon de Parler 2' will be used. A group pre-meeting will be held in July in order to discuss finer details such as group name, day, time, venue, etc.

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

Ancient Civilisations and Empires (ACE – a new group –also see new groups' update above)

In preparation for their first meeting on the afternoon of 17th September at the Sanctuary Hub, the new Ancient Civilisations and Empires group had a stand at the recent u3a showcase.

The new group attracted lots of interest and people seemed to enjoy the ancient objects quiz.

Sheelagh Connolly, who alongside Tony Clarke will be facilitating the new group, said 'we have no professed experts in this subject in the group so we will be exploring together the fascinating history of our species and the many ancient peoples who have made us who we are today'.

If you are interested in joining the ACE's, please make sure Sheelagh or Tony have your name and contact details as there will be some preparation to do for the first meeting or, if you do not have their contact details, please contact Muriel, the Groups' Facilitator, at groups@lymmthelwallu3a.org.uk and she will forward your name and contact details to Sheelagh and Tony.



Sheelagh with the board highlighting the subject for the first meeting which will focus on sub-Saharan African civilisations and empires

Book Group

'The Colour of Bee Larkham's Murder' by Sarah J Harris is a whodunnit with a difference. The main character, 14-year-old Jasper, a witness to a murder, experiences the world differently from most people. He can't recognise faces and he has synaesthesia whereby he experiences sound in colour.

Getting to the truth of the murder is a convoluted story set against the colours of the sounds and an ongoing concern about the parakeets that Jasper loves.

We enjoyed this book very much and it makes you look at the world in a new way. How can you solve a mystery when you can't understand the clues?

Book Group 2

At our June meeting our group discussed 'Strangers in Time' by David Baldacci. Set in London in 1944, the story tells of two young teenagers from very different backgrounds, brought together by circumstance of war, each having to face an uncertain future. Helped by a bookshop owner, they together form an unlikely trio as they rely on one another to survive what wartime conflict throws in their way. It is a book which seeks to speak of the resilience of the human spirit, and the need to share common burdens. The book was generally well-liked.

Current Affairs 1

Our Current Affairs meeting was, as always, both engaging and thought-provoking. The discussion focused primarily on the impact of technology on modern society.

We examined a range of statistics and trends, including reported declines in IQ scores, educational attainment in reading, mathematics and science, and falling fertility rates in many parts of the world. Particular attention was given to a report suggesting that these developments may be correlated, at least in part, with the increasing prevalence of technology in our daily lives.

As is often the case, the discussion was lively and wide-ranging. However, somewhat unusually for our group, we concluded on a notably positive note, reflecting on how technology can also be used constructively and how greater awareness of its effects may help society address some of these challenges.

Current Affairs 2

The group met on Tuesday 16th June having been asked for 'Three Things that could Improve the UK'. The common idea was Proportional Representation, which we had discussed at length last time, clearly successfully, so we left it. We did consider how Council Tax might be better shared; stopping pavement parking; getting more solar panels up; better Wifi and mobile coverage; MPs more limited in what they can do outside parliament and better paid and how we might reduce the current fractured "them and us" attitude – we didn't fully decide how we would do that but we did explore the problem.

Fruit & Vegetable Growers

The group visited Star Lane Allotments where Paul and Angela gave tours of their respective plots. Fruit looks to be in abundance this year, with both plots having a good crop of strawberries already. Paul gave some advice on how to prune stone fruit trees, using Angela's cherry, plum and damson trees to explain. We then had soft drinks and a home-made lemon drizzle cake, before heading home. Many thanks to Paul and especially Angela, who provided the refreshments.



Gardening



On 1st June, 15 members of our group came to my (Pauline Holloway's) garden, primarily to see my lawn cutting Robot. Luckily it was not raining when they arrived and they were able to observe 'him' in action, finding it quite amusing. The Robot cuts all three of my lawns every day and is programmed to work from the back garden to the front then the side automatically on its little route. Then it returns to its hub to be recharged. It doesn't pick up the grass, just cuts a very small amount of grass so that it can feed back into the lawn, which has certainly been improved.



Although the rain eventually arrived, we were able to have refreshments from the kitchen and everyone preferred to sit out under the gazebo and enjoy a chat.

Genealogy

Elaine opened our June meeting with an excellent presentation entitled 'The Galliards – A Family Soap Opera'. We first heard about Elaine's five times great grandfather, Jean David Galliard, who most likely was a Huguenot (Protestant group) and had fled persecution in France and taken refuge in Lausanne, Switzerland. Later he moved to London, married Ann Hilditch in 1777 and became a manufacturer of 'Swiss Crayons', which he sold to the nobility, gentry and artists. After Jean David's death, Ann and her children moved to Nantwich, Cheshire.



Elaine then led us through the many fascinating events in the lives of the next three Galliard generations, which included wealth and poverty, sudden deaths and resulting orphans, an inheritance dispute, an elopement, illegitimate children and court cases. Elaine closed her presentation with the 'last of the Galliards', Charlotte Margaret, her great-grandmother.

One of the above-mentioned court cases is a landmark in English legal history. In the 1860's, Elaine's ancestor, Charles Galliard assaulted a police officer, who was trying to arrest his brother, William, for not paying child maintenance. On appeal, Charles's conviction of assaulting a police officer was overturned because the policeman did not have a copy of the arrest warrant on him and hence, the policeman was deemed to have attempted to kidnap William and therefore Charles had the right to defend his brother.

We closed on a humorous note. By going online, Marcia found a demonstration of the dance called the Galliard, which apparently the first Queen Elizabeth used daily as a fitness workout in her youth. It looked a very energetic dance as Marcia attempted to perform it!

German

At June's German meeting we had to describe various businesses and answer questions about them without mentioning key words. For example: **pharmacy** without that word or chemist, pharmacist, drugs; **estate agent** without house, flat; and **dentist** without tooth, toothache; and others.

It certainly got us thinking and led to amusing conversations.

Music Appreciation

At our June meeting, one of our members Carol Sparkes (see photo right) talked about her personal journey in composing music.

Carol writes music to accompany her own photographs (another keen interest). She always has tunes going round in her head and she describes the music staves as her palette, challenging herself to write in different styles. She showed us slides with her accompanying compositions. Her themes span Lymm Scarecrows to frescos in Vienna, sailing and Lymm Historic Transport Day. As a testament to her talent, she has won three composition competitions. Over time she has harnessed new technology from electronic keyboards to software for layering sound and digital notation, but never at the expense of her own musical originality – she writes every note herself! Going forward, Carol is exploring the use of AI to help her produce pictures to accompany her own musical themes. We were all enthralled by Carol's musical journey and we hope to hear more from her in the future.



This was the last meeting of the current season. The programme for the new season is now largely complete and will be published shortly on the u3a website. Please note that the first meeting on the new season will be on **Thursday, 10th September**.

Philosophy

On the 9th June the Philosophy Group discussed the life and death of Socrates, the Ancient Greek philosopher. He is said to have changed philosophy but he claimed to know nothing, he refused to leave any written teachings and instead taught by a process of questioning and debate. His followers wrote down examples of this questioning process as 'dialogues' and we looked at two of them. The first, on beauty, was light-hearted, almost at the level of banter. The second was more serious and challenged the conventional ideas of piety, and the people who held them.

He died by drinking hemlock, having been sentenced to death by a jury of Athenians for the crimes of corrupting the young and showing a lack of respect for the gods of Athens. The meeting closed with a discussion of why he chose not to appeal or avoid the sentence. The question is still open.

The next meeting will be on **28th July** when the topic will be 'Environmental Philosophy'

Poetry

In a second successive meeting dominated by the extreme heat we read out our poems on the subject of 'The Scream' by Edvard Munch and discussed as a selection of poems on the subject of screaming! Our next meeting is on Thursday 23rd July.

Quizzicals

Our quiz leader this month was Rosemary, who had kindly donated a supply of delicious home-made biscuits to the proceedings. The teams were sorted and the quiz got underway. There were four categories, each of ten questions, with answers at the end of each category so that teams could see how they were doing. The categories were 'Firsts', 'Food and Drink', 'Literature' and 'Pot Luck'. In between categories the teams attempted to solve twenty-five riddles, all of whose answers were things that lived in water (e.g. A type of beer – Bass).

There was, of course, good natured rivalry and banter between the teams – at least I think it was good natured! The final scores were very close, with the team of Pippa, Muriel, Jim and Stephen winning by just one point. Well done them and well done to Rosemary for an excellent quiz.

We left you with a riddle last month – "I have cities but no houses, forests but no trees, water but no fish. What am I?" The answer is a map. Congratulations if you got it right.

Singing For Fun

Considering the blazing hot weather, there was a really good attendance at our June singing session – no doubt attracted by a really super song selection. Thankfully, Lymm Village Hall turned out to be an oasis of coolness and we were able to proceed in comfort.

Our programme included tracks by artists we had not sung along with before, such as 10CC, Take That, Lewis Capaldi and Blondie. The Lewis Capaldi track 'Someone you loved' is probably the most recently written song in our repertoire. As always, the group tackled all the music with skill and enthusiasm and had a thoroughly good time in the process.

A few items of background to the music were highlighted. Don McClean wrote the lyrics for 'Vincent' on a paper bag which sold in 2020 for 1.5 million dollars. The Eagles maintain that 'Hotel California' was a reflection of the high life in Los Angeles. When Paul McCartney wrote 'When I'm 64' his father was 64. Fascinating!

A really cool afternoon on more than one level.

Sketching Out

For our end of May venue, our group actually met on Monday 1st June once again at Christmas Tree Farm Cottage as this is one of our favourite venues. As before, it rained but, as usual, that was more than overcome by the wonderful hospitality which was offered to us in the form of tea coffee and biscuits by our host Mrs Pauline Wadbrook, who granted us the freedom of her beautiful home. In return, our enthusiastic group of Sketchers produced some excellent sketches, one of which is shown here and with the help of AI it might even finish up as this year's Christmas Card for the Pauline and her husband Alf.

Our Sketching Out venues for the next few months are:

Mon 29th June – St Mary & All Saints Church, Great Budworth;

Mon 27th July – Arley Hall Walled Garden noting the non-members will be required to pay a £6 entry fee;

Tues 1st September – The Red Lion Pub in Moore;

Tues 29th September – Altrincham Market;

Mon 30th November – The Little Manor Thelwall; and

Mon 31st Dec – Lymm Baptist Church

We meet so many members of L & T u3a, who say they would love to join our friendly group of Sketchers but 'they can't draw or sketch'. Our reply is 'come along to one of our venues shown here, bring a pencil or a pen and a small sketchbook'. We would love to prove them wrong as we will willingly introduce them to this most relaxing hobby.

For more information contact Ray Banton Sketching Out Group Coordinator

Tel 07831 271847i or email rgban10@gmail.com



Walking Groups

Friday Ramblers



A hardy group of eight ramblers set out from Whalley Bridge in full waterproofs, hoping that the weather would improve. We stopped to look at progress in repairing Todbrook Reservoir that was in danger of collapsing in 2019. Fortunately it was saved but repairs are not yet quite finished. We then headed up the Goyt Valley, sadly with poor views due to the persistent rain, until we arrived at our lunch stop at Fernilee Reservoir.



As we sat down the sun started to shine, making this a walk of two halves. We walked back along the River Goyt, arriving in Whalley Bridge under a beautiful blue sky, where we enjoyed coffee and cake before returning to our cars.

4-6ers

Due to the heat wave at the time of the planned walk, the June walk has been re-scheduled to September.

Striders



The master plan for summer Striders is you can go into the hills – the weather will be better. Lantern Pike in the Peak District was our June walk and it is fair to say that we did have some sunshine but on top of Lantern Pike we had hail stones! What is this? We had hail stones last month too! Anyway, in spite of this and soggy sandwiches again, 15 of us still had a great time and we nearly have a full sign up for our July walk round White Nancy so we are still all keen!

Wellbeing Birdwatching

A very beneficial facet of the 'Wellbeing' aspect in our birding walks, is that one's perception and awareness of what surrounds us in nature is joyfully expanded. That enriching outlook then transfers to benefit all one's walks in nature, plus even how we see more going on around us in our gardens. So, a photo from our first outing this month of a beautiful wildflower, the Lacy Phacelia, aka, Blue Tansy and Lacy Scorpionweed, easily missed because of its small size.

From our second stroll, here is a photo of a female (or possibly an immature male) Black-tailed Skimmer Dragonfly. And yes, we did see and hear lots of birds on our two lovely walks in lovely company!

Perhaps look to our other U3A group 'Wild Things' to experience some discrete closer looks at specific natural history topics and outings too.



JIGSAWS – News Flash!

I am hoping to change the way that members are able to access jigsaws. Carrying them is becoming quite an effort so I am proposing the following: setting up an official Jigsaw Group so that anyone wanting to continue to borrow/donate jigsaws can still do so, by registering their name with me. Once set up, I can then contact members with numbered pictures of all the jigsaws I hold (well over 100), so that they can choose which they would like by emailing me. I will then bring those jigsaws to the Members' Meeting with the person's name for them to collect. Returns can be left in the normal way. Please let me know on paulineholloway@btinternet.com if you would like to join the group and we can get the ball rolling. Thank you, Pauline xx

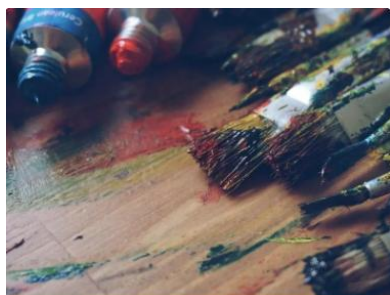
Committee Contact Details

Chair	Susan Mitchell	chair@lymmthelwallu3a.org.uk
Vice Chair	Marcia Dale	vicechair@lymmthelwallu3a.org.uk
Secretary	Peter McIntyre	secretary@lymmthelwallu3a.org.uk
Treasurer	Rod King	treasurer@lymmthelwallu3a.org.uk
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Enquiries		enquiries@lymmthelwallu3a.org.uk

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



Watercolours with Tony

u3a Festival Fringe

Join Tony Burke, who runs watercolour classes with Huddersfield u3a, for this interactive painting sessions.

Monday 6 July at 10am

Free – online via Zoom



AI News: Generative AI in academia and at home – practical lessons from inside the research community.

Professor Rose Luckin shares with us what is really happening with AI in Education and shares some tips for using AI at home.

Friday 10 July at 9.30am

Free – online via Zoom



A virtual tour of the Watts Gallery and Artists' Village

Join u3a Farnham member and Watts Gallery guide, Alan Freeland as he takes us on a one hour virtual tour of the Watts Gallery Artist Village in Compton, Surrey.

Monday 20 July at 2pm

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, contact the Group Coordinator via the group page on our website.

Activity	Regular Meeting Day	Venue
Art	Friday a.m.	St Mary's Church Hall
Ancient Civilisations and Empires	3 rd Thursday p.m.	The Sanctuary Hub Lymm
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

