

August 2026

Registered Charity Number 1182457

Dear All.

August already! Where is this year going!? We had an excellent talk at the Members' Meeting. I was thinking that Nuclear Submarines was a subject that was not going to interest me, however it did! Everyone I spoke to enthused about it! It just shows there is always something to learn at u3a! I would like to thank Christine our Speakers' Secretary for arranging our speakers. She goes on recommendations and I know she hopes we all enjoy them! Talking about enjoyment, the Manchester Canal Cruise was a super day out. Good food, good weather, great company and a great stop at Salford Quays! After our next meeting, we are holding our Alfresco in Autumn – see the Social Section below.

Sue, Chair

Pantomime Update

Why not join our Panto Performers' meeting at The Spread Eagle on Monday 3rd August 2026 at 11.30 a.m.? Please come along if you'd like to get involved in our forthcoming production. We are looking for actors, prompters, costume helpers and anyone who has script ideas. Everyone welcome. If you are unable to attend the meeting but would like to help with the Panto, please contact Marion Burke – marionaburke@gmail.com.

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 17th 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 17th September Prof Sir 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, it is the first UK-based NGO to be verified as an Emergency Medical Team by the World Health Organization. It provides health care for people impacted by disasters or conflict, drawing on a range of health and non-health specialisms to support its global responses. We are lucky to secure a booking with the recently knighted Professor Sir Tony Redmond!! His talk is highly recommended by a number of local organisations.

Thursday 15th October Tony Crotty Music from Shakespeare to the present

This is Tony's second visit to Lymm and Thelwall u3a. His amazing talent on classical guitar has led us to invite him back for more!

**Thursday 19th November James Ellson A Turkey is just for Christmas –
six lessons from a winter smallholding**

This talk looks at various jobs and activities on a smallholding: how turkeys are named after the (not so) great & good; winter in the kitchen; the discovery of the Christmas Pippin apple; bees and much more...

Membership –Allen: Membership now stands at 392

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 car park 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.

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
Monday 14 th December	Christmas Lunch at Lymm Golf Club at 12:30 p.m. for 1 p.m.

Committee News

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

- **Secretary:** Work continues archiving outdated organisational records.
- **Finance:** The Treasurer reported finances remain healthy with no significant issues and it was agreed that there was no value in undertaking a formal annual budget exercise as it provided no useful purpose in the context of how our finances operated.
- **Membership:** Membership has increased to **392**, with new members almost offsetting losses over the membership renewal period.
- **Interest Groups:** Work will continue to identify members unable to join full groups.
- **Publicity:** The Publicity Coordinator was congratulated on the new publicity materials and mentioned that she continues to include our u3a in the Thelwall Parish News each month (delivered free to 1,400 homes in Thelwall) and sends an update to the Cheshire Times.
- **Social Activities:** Planning for the 10th Anniversary event is progressing, with Statham Lodge booked for the proposed event.

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 (Duncan Forsyth) 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

Jerry Jarvis was inspired by Spike Milligan for the title of his talk, 'The Nuclear Deterrent and my part in your survival'. Milligan fans amongst you will remember Spike's book title 'Adolf Hitler: 'My Part in his Downfall'.

Jerry, a u3a member from near Nottingham, was involved in a complex operation, nuclear submarines, but skilfully managed to relate his subject matter to situations and items which the audience understood and often laughed at.

He talked through his early life in Scotland and five-year apprenticeship at Rosyth where he spent just one day in technical college. Jerry had some humorous stories to tell. It was fascinating to hear about his time on the nuclear submarines such as Dreadnought and Resolution. It could easily have been a subject that went way over our heads but in Jerry's skilful hands it proved to be thoroughly enjoyable, as was Peter McIntyre's vote of thanks.



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!

City Centre Cruise



Thirty eight members made various types of journey on a glorious sunny morning to reach a quayside in Castlefield, where the 'Emmeline Pankhurst' vessel was moored. At midday we left land and made sedate progress down the Bridgewater Canal on to the Manchester Ship Canal. We passed buildings old and new and went through the only lock on the Bridgewater Canal.



By the time we had stopped near the Lowry we had sampled a tasty hot soup and an equally delicious chicken meal and attempted a light-hearted quiz devised by David based on a nautical theme.

Some went to the shops, others to the Lowry Theatre where there was a splendid, and free, exhibition of Lowry's drawings and distinctive paintings as well as an amazing 360 degree immersive experience of one of his most famous works, 'Going to the Match.' Then it was back on to the boat for the return journey, a crumble dessert, coffee/tea and the answers to the quiz. Thanks to Christine and Susan for their organisation.



Alfresco in Autumn

Thursday 17th September: Midday until 2.00 p.m.

Following our successful Alfrescos in Autumn picnics, we intend to hold another straight after our September Members' Meeting. There is no need to book!! Just bring your deckchair, your lunch and a drink along to the meeting and, weather permitting, we will eat together outside on the grass!!! Of course, we have booked the weather to be sunny like last year! 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 Linda Monk at lindamonk48@btinternet.com to reserve a place

Please note: The above Hot Pot Supper is full but we are starting a waiting list

12.30
for 1 pm

Christmas Lunch – Lymm Golf Club

Monday 14th December

Cost
£28pp

Following the success of last year's Christmas Lunch at Lymm Golf Club.

we are now taking names for this year's event.

The meal is a carvery with all the trimmings, dessert followed by tea/Coffee.

It is going to be popular so book early To book your place contact [Sue M](#)

Vegetarian Option available

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 – see below ACE report for more information. Further monthly meetings will be held at the above time and place on the third Thursday of the month.

Our new French group has now been set up which will start in September. This group will be for people who did French to 'O' level or equivalent and would like to refresh or improve their knowledge. Members of the other French groups have kindly agreed to offer guidance to the new group who will be using the text book 'Façon de Parler 2'. If you are interested in this group, please contact Lynn Bryant or Richard Morrell, who are the Group Coordinators lynnbryantu3a@outlook.com r.morrell@hotmail.com

If the ACE group interests 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)

Plans are progressing for the new Ancient Civilisations and Empires group.

Our first meeting in September will take an overview of sub-Saharan African civilisations (shorthand for anywhere BUT Egypt!).

Thinking about the long-term needs of the group, Sheelagh and Tony have contacted the World Museum in Liverpool and the u3a national subject lead. We are very optimistic about their long-term support for our new group.

The World Museum have given a tentative 'yes' to our request to form a long-term relationship with them, which would give the group access to their treasure trove of amazing objects from thousands of years of human history.

Right is the World Museum **Amoxtil Tezcatlipoca** (the 'Book of the Smoking Mirror' in Nahuatl, the language of the Nahuatl people). Also known as the Aztec Codex, it is one of only a few codices (screen fold books) to survive the arrival of the Spanish under Hernan Cortez in Mexico in 1521. This object is so rare and fragile that it is on display at the museum for only a few days each decade.



Art

The Art group is now having our summer break. The new term resumes on Friday 4th September from 10.00 – 12.00. Hope you enjoy our impressionistic waterlilies.



Badminton

The Badminton Group continues to play on a Wednesday morning at Bellhouse Lane in Grappenhall. We play at least 4 games of doubles each during our hour's session.

If you have played badminton before, even if it was a long time ago, and have your own racket, you are welcome to join our friendly group. We still have space at the 10 o'clock session, although the earlier session is now full.

Please contact Geoff Stocker at gsto2512@aol.com for further information.



Book Club 2

For our July meeting we chose a children's book, 'Journey to the River Sea', by Eva Ibbotson. An adventure story about an orphan visiting her distant relatives a thousand miles up the Amazon, it is also a journey of the heart as the rainforest gradually weaves its magic and comes to be regarded as a place that can be called home. Alongside the themes of where we find a home, and the possibility of following a dream, we discussed the place of moral lessons in children's literature in general and the layering of meaning to appeal to both children and adults. We found the book an enjoyable escapist read.

Current Affairs 1

At our July meeting we enjoyed a lively discussion covering:

- * Corruption in football and politics;
- * moral philosophy; and
- * power and inequality.

Thank you to everyone who contributed to another thought-provoking session.

Please note: There will be no meeting in August.

Our next meeting will take place in September at the Spread Eagle. We look forward to welcoming everyone back after the summer break.

Gardening Twenty of us visited Stonyford Cottage Gardens which is a hidden gem set on the edge of Delamere Forest, in a sheltered valley surrounded by mature trees and low hills. This tranquil spot is home to a stunning woodland garden, created and further developed over the last 30 years by Tony Overland and his family. Andrew took us on a tour explaining about the variety of trees and unusual perennials, whilst his brother Philip provided us with lovely scones made by his niece, which went down well with a cuppa. Our thanks to Helen who suggested this trip.



Genealogy

We started our monthly meeting with an excellent presentation from Geoff Riley entitled 'NotebookLM for Genealogy' subtitled 'Letting AI help without it inventing Auntie Nora'.

Geoff described NotebookLM (now called Gemini Notebook) as a source-based research notebook, which is not a family-tree program, proof of identity or a historical source. He commented that it is good at repetitive comparison: extracting names, dates and places, creating timelines and surfacing contradictions or missing evidence. However, it must be used very cautiously as, for example, an incomplete source set can produce an incomplete answer.

Geoff showed us how he is using the Gemini Notebook to investigate the Grimes brothers; two servicemen whose names are on the Grappenhall war memorial having lost their lives in the First World War. It was fascinating to see how, using the original records Geoff chose and the carefully worded questions he posed, the notebook quickly answered the various genealogical questions about these brothers and highlighted conflicting information and uncertainties.

To close, Geoff detailed a safe seven-step workflow when using the Gemini Notebook. Thankyou, Geoff.



German

The members of the German group enjoyed interesting discussions covering Elaine's Austrian holiday; Catherine's new baby grandchild in the Middle East & plans to visit; passport difficulties for babies to parents of different nationalities born in other countries; John's Kreuzfahrt (cruise); and Philip's most recent travels. Always so much to talk about!!

For our next meeting on Monday 3rd August, we will bring an old photo (people, place, etc) to present/discuss.

MOTO

MOTO continues to grow, and we are delighted to welcome several new members to the group.

Over recent months, members have enjoyed a wide variety of social activities, including musical evenings, drinks at the local pub and visits to the theatre and cinema. These outings have provided excellent opportunities to relax, socialise, and enjoy each other's company.

In August, members will be getting together for a group lunch, which promises to be another enjoyable occasion.

Music Appreciation



The coming season is important for all serious music-lovers: it marks the 50th anniversary of Benjamin Britten's death in 1976 and the 200th anniversary of the death of Beethoven in 1827. We're delighted to have been able to secure two top specialist speakers: **Dr Annika Forkert** from the Royal Northern College of Music and **Prof Barry Cooper** from the University of Manchester.

Annika Forkert (8th October) is a senior lecturer at RNCM whose current research centres around the aesthetics, history, and analysis of British music since 1900. She also has a deep interest in microtonal music of the early twentieth century, serial music and the music of female composers.

Barry Cooper (14th January) is a world authority on Beethoven's music. Latterly Professor of Music at Manchester University, he has written many books about the composer and has also composed a 'realisation' from Beethoven's fragmentary sketches of a single-movement 'Symphony No 10' which has been widely performed and recorded. Prof Cooper is Editor of The Beethoven Compendium.



There are ten monthly meetings in our 2026-27 season. In our first meeting on 10th September, group member **Alistair Beattie** (former violist in the BBC Scottish Symphony Orchestra) will recall, with musical examples, some of the eminent conductors including Sir Simon Rattle, Sir Andrew Davis and Sir Mark Elder with whom he has worked over the years.

Later meetings in the season will include live performances from musicians from the University of Manchester and a number of wide-ranging talks on musical topics.

Our meetings are in the Youth & Community Centre, Lymm at 1.45 p.m. (Queries: Roger or Diane).

The full programme is on the u3a website – link: https://lymm-thelwall.u3asite.uk/u3a_groups/music-appreciation/

Philosophy

Sixteen members of the Philosophy Group met at the refurbished Spread Eagle on Tuesday 28th July. The topic was Environmental Philosophy and the first arguments examined were those from the light green end of the spectrum of opinion. They were both examples of human chauvinism, and were illustrated by two thought experiments, or imaginative scenarios: 'The Last Man' and 'The Tragedy of the Commons'. The first experiment was felt to be too outlandish to provide any guidance as to how humans should interact with the Environment but the second illustrated the problems of economic and population growth on a finite world with limited resources. That communities and societies had overcome this sort of problem in the past was reassuring but the task of obtaining international agreement on a way to prevent further Global Warming seemed to require a change in the objectives of nations and a rethink as to what constitutes a good life. The next meeting will be on Tuesday 11th August when the topic will be Stoicism.

Poetry

This month's meeting was at David's house where nine members shared their poems about a painting of their choice then recited favourite poems from poets who had either been born or died in this month. Hilary brought a poem by Emily Brontë, known principally as a novelist.

The next meeting is on Thursday 27th August in the Lymm Library classroom at 12.30 p.m.

Quizzicals

Our quiz leaders this month were Pip and Mike. As well as providing delicious nibbles for the teams, they introduced technology into the proceedings, partly in posing various questions and partly in scoring.

The teams in our group are not permanent. We use a highly sophisticated selection method to choose them afresh each meeting. This way everyone in the group gets to know each other and no particularly strong group dominates. This approach works well and, so far, there have been no fights or riots.

The teams were chosen, they gave themselves titles and the quiz began. There were six categories, each of ten questions and twenty dingbats to be solved in the interval. The categories were varied. The questions were at times challenging but very well chosen. The team which eventually won had, by chance, chosen the title 'The Winners' but were not far ahead of the rest.

Thank you Pip and Mike for a highly entertaining and enjoyable afternoon.

Singing For Fun

Despite the onset of yet another heatwave, Lymm Village Hall was comfortably cool for our monthly singing session. The attendance was good and the group – as always – was in lively spirits. Jim was sporting a very untrendy baseball cap to hide the nasty wound on his head, caused according to him by walking into a garage door. Really??!!

In the month that we lost the lovely Bonnie Tyler, it seemed only proper that we ended the session with two of her biggest hits. Before that we sang – amongst other things – three Beatles numbers, a traditional Scottish folk song (The Skye Boat Song) and had great fun with Alan Sherman's 'Hello Mother, Hello Father'. Last, but not least, the group successfully sung a parts arrangement of 'I Got You Babe', aided by a lyrics sheet using different fonts for each part. Genius!

All in all, it was a most entertaining and enjoyable afternoon.

Sketching Out



We had a rather small turnout for our Sketching Out venue at the end of June largely due to, we suspect, holidays and summer commitments but those of us who were able to attend this session in Great Budworth were greeted by fine weather and some even managed a visit to the nearby Ice Cream Farm. Please see left, right and below some of the sketches, which the group managed in just over 90 minutes.



Our August Sketching Out meeting will in fact take place on Tuesday 1st September when we will meet at the usual time of 10.15 a.m. at the 'historic' Red Lion pub in the Village of Moore. Anyone interested in joining our happy band of Sketchers will be most welcome, so do please come along and join us. All you need is a sketchbook and a pencil and, if you are new to sketching or maybe needing a little support to get you started, you can rest assured that every encouragement will be provided.

Stitch 'n' Natter 2



Because the Spread Eagle was being refurbished, our group has been on holiday at Zalo's cafe in Lymm for the last few weeks and has been very well received. Some of us have also been busy knitting up blankets and hats for the Baby Unit at Warrington Hospital.



Theatre Group

Eight members visited the Lowry Theatre to watch an adaptation of John Le Carre's 'The Spy Who Came In From The Cold', which included a stunning lead performance from Ralf Little, more widely known as Antony in 'The Royle Family'. The octet enjoyed lunch beforehand in the Bella Italia.



Ukulele 4 Fun

Our group was invited to play in a 'Listen to the music' charity concert held by Thelwall Community Choir at Grappenhall Ex-Servicemen's Club on July 17th. Eleven members played to a full house which raised £1,434 for the Clatterbridge Hospital Charity. It was a great evening with the Community Choir celebrating their first year of singing with some great songs. Numbers played by Ukelele 4 Fun were: Lymm & Thelwall's Ukulele Band (AKA Alexander's), Jolene, City of New Orleans, Any Dream Will Do, Country Roads and Wellerman. Well done to the Community Choir for hosting the concert and inviting us.



In other Uke 4 Fun news, welcome to our new joiners Pam van der Werff and Alison Murray.

Walking Groups

4- 6 ers



The beautiful weather continued and lit up a delightful walk through the countryside, led by Neil and Helen. We set off from The Plough at Whitegate and our route took us through the grounds of Whitegate Church and picturesque woodland alongside Petty Pool where the blackberries were ripe and in abundance. After five miles we returned to The Plough for lunch.



Friday Ramblers

Due to the heat wave at the time of the planned walk, the July walk was cancelled.

Striders

Striders' weather is one of extremes! 16 of us set out on a hot day on a fairly challenging walk including Kerridge Hill and White Nancy. We had a coffee break at White Nancy where we came across Altrincham Ramblers who included friends and neighbours of some of our group and an ex-work colleague of Jim's!! I even managed to find a Lymm resident who had been thinking of joining our u3a. Does this rank as extreme recruiting given where we were on top of a steep hill? We had 3 new Striders on the walk and hope we didn't put them off!

Due to the success of Striders, we are now in a position that we cannot take any new members for the time being so the group is full!



Wild Things

Escaping the wildfire smoke in Lymm, a select few headed over to Pennington Flash for a wildlife wander where we found much fresher air. Lovely, calm morning with butterflies and damselflies, birds and wildflower meadows, finishing with a cool drink at the café.



Writing Group

The writing group will be going back to the Spread Eagle after its refurbishment.

The August date is the 14th and the September date will be, as usual, the first Friday in the month. We are delighted that two new members have joined this lively and fun group. They enjoyed the laughter which goes with the thoughtful discussion. In August we will be discussing our attempt at diary writing!

JIGSAW NEWS – We have now gone digital

Please let me know on paulineholloway@btinternet.com if you would like to join the group, providing your email and telephone number (in case of queries). You will then receive lists of all the jigsaws currently held, kindly put together for me by Tim Old.

Further to choosing the number(s) printed on the jigsaws(s), I will bring those chosen to the following members' meeting with your name on it/them.

You can leave the returns under the table in the normal way together with any donations of jigsaws that you no longer require.

The lists will be updated from time to time and there is no limit to the number of jigsaws you can take or how long you keep them, within reason of course!



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
Membership	Allen Sealby	membership@lymmthelwallu3a.org.uk
Venues	Jill Turbin	venues@lymmthelwallu3a.org.uk
Group Facilitator	Muriel Howarth	groups@lymmthelwallu3a.org.uk
National and Policies	Jim Owen	jim@lymmthelwallu3a.org.uk
Speakers Secretary	Chris Ballance	speakers@lymmthelwallu3a.org.uk
Publicity Coordinator	Pip Horne	pip@lymmthelwallu3a.org.uk
Newsletter Compiler	Tim Old	newsletter@lymmthelwallu3a.org.uk
IT Support	IT team	itsupport@lymmthelwallu3a.org.uk
Safeguarding	Pip Horne	pip@lymmthelwallu3a.org.uk
Committee member	Peter Cotton	peterc@lymmthelwallu3a.org.uk
Committee Member	Duncan Forsyth	duncan@lymmthelwallu3a.org.uk
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



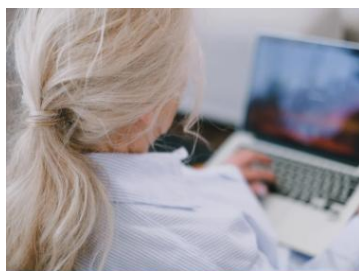
Flight inspirations aviation meeting: August

Flt Lt Colin Bell, WWII Mosquito Pilot

We are honoured to host Flt Lt Colin Bell, former RAF Pathfinder Mosquito pilot for the August meeting. Having flown 50 missions over Germany during WWII, Colin will share remarkable first-hand experiences of courage, precision and service with one of the RAF's elite wartime units.

Tuesday 4 August at 10am

Free – online via Zoom



Digital hobbies for the third age

Join AbilityNet, in partnership with BT Group, for a friendly session designed for older people to help you to use technology to explore your interests and hobbies as well as learn new things.

Tuesday 11 August at 2pm

Free – online via Zoom



Deepfakes demystified: understanding the risks and staying safe

We will cover what deepfakes are, how they are made, and the growing threat as the tools have grown cheap and widely available.

Friday 14 August 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: [Spotify](#) [Apple Podcasts](#) [Podtail](#)

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	2 nd Monday	Various
Writing Group	1 st Friday	The Spread Eagle

