u3a Lymm & Thelwall

October 2026 **Registered Charity Number 1182457**

PLEASE NOTE: Any opinions expressed in this newsletter are not necessarily those of the newsletter editor, or Lymm & Thelwall u3a or of the u3a trust

Dear All,
It was so lovely of one of our members to fill the breach when the booked speaker had to pull out of the Monthly Meeting for personal reasons. Ann Boulton spoke to us about her life as a Speakers' Secretary and what a fascinating and astonishing life she has led! Thank you so much Ann! It got us thinking that many of you must have led interesting lives and you may be prepared to share your story with us if our speaker pulls out at the last minute. If you feel you could help us out in an emergency please let Christine, our Speakers' Secretary know. The talk does not have to be long. We could even put two or three together! It would be great to compile a list!
I mentioned at the Members' Meeting that our u3a is going to be 10 years old in April 2027. As part of the celebrations we are holding an Anniversary Lunch on Thursday 15th April. It is advertised later in this letter. If you have any other ideas of how we can celebrate throughout the year please let me know. Sue. We already have one member who we are planning an event with! More about that later. Sue, Chair

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 15th October 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 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…

Thursday 21st January 2027 **Simon Michael** **My Life In Crime**
Simon believes himself to be the only member of the Honourable Society of the Middle Temple formerly to have been a council labourer, a van driver and a gardener. He practised as a barrister for 37 years, working at the Old Bailey and other criminal courts, defending and prosecuting a wide selection of murderers, armed robbers, con artists and other assorted villainy, gathering enough real-life stories to populate an entire series of crime fiction.
If you'd like to know what it's like to share a bacon sandwich with a convicted murderer in the Old Bailey cells; to wear a 200-year-old horsehair wig; to do battle with corrupt members of the Sweeney, or how Simon came to sign an oath on the cabin hatch of the Golden Hind this talk is for you, an hour of tales from the Bar, writing crime novels and family history.

Membership –Allen: Membership stands at 405

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

Friday 9th October	Hot Pot Supper at Thelwall Parish Hall starting at 7.00 p.m.
Thursday 15th October	Members' Meeting
Thursday 19th November	Members' Meeting
Thursday 10th December	Wreath Making Workshop at E. Smith's, Booths Lane at 2.00 p.m.
Monday 14th December	Christmas Lunch at Lymm Golf Club at 12:30 p.m. for 1 .00 p.m.

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.

Committee News

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

- Google drive documentation: A first review of these documents has been completed by the secretary, which showed that there was a wealth of information available but there were gaps, duplications and out of date material. Work is ongoing to review each document jointly with the responsible trustee.
- Interest Groups: A review of the number of members in each group has been completed by the Group Facilitator with Group Coordinators. Walking groups remain particularly popular, with two groups operating waiting lists; an additional walking group may be needed in future. To show appreciation for their work and commitment, a Group Coordinators' get-together is planned for Monday 5th October.
- Social Activities: Recent social events have gone well, with the Hotpot Supper and Christmas Lunch fully booked and waiting lists in place. Plans are progressing for the tenth anniversary celebrations.
- Policies: Five key policies, which require annual review, have been accessed and required no changes.
- Other decisions: The trustees agreed how to cast the organisation's two votes in the national u3a Board Trustee election.

How to use emergency SMS 999 (or112)

Did you know that if you have no other option, e.g. in areas with a poor mobile signal, or, if you cannot make voice calls (due to hearing/speech impairments or safety reasons), you can still contact the Emergency Services by sending an SMS text message? It's a simple process to register your phone (literally takes seconds to do this):

• Text the word "register" to 999 **and** follow the instructions sent to you.

Then, if you need the Emergency Services, all you need do is Text 999 (or 112) with the following information:

• Who is calling

• What briefly is the problem

• Which service is required: Police, Ambulance, Fire & Rescue, Mountain Rescue, Coastguard

• Where: address/postcode/nearby landmarks/if possible, a grid reference.

Wait for a reply text from the emergency services before assuming your message has gone through. You will receive an automatic reply, usually within 2 minutes. If not, try again or find other ways to get help. Obviously if you have no battery charge this will not work.

Register your phone now. Don't wait for an emergency!

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



One of our own entertained us this month. With the original speaker having to withdraw for personal reasons, Lymm and Thelwall member Ann Boulton stepped in and gave us a fascinating and humorous account of her life, under the title 'Barbara Castle called me bossy.'
Anne's career started in the Wrens before taking several different directions in places such as Singapore, Scotland and Jeddah.
Her main focus in an engaging talk was as an organiser of lunches for many years, an activity which included finding suitable speakers, including Barbara Castle. We were treated to insights into the successes and failures of such an exercise. She has worked with royalty. The Duke of Kent refused to speak whereas Princess Anne, came across as a remarkable woman. Actor Brian Rix was a bag of nerves, knowing that he had to play himself. Then there was restaurateur Michel Roux, prompting the following conversation: 'Who have you got today, Ann?' 'Michel Roux.' 'Right, I'll tell the chef.' Roux was so impressed that he called the chef out after the meal.
Ann particularly remembered speakers who fulfilled their commitments and didn't let the audience down. Well, she certainly did that for us. She spoke with clarity and humour and entertained the audience for just the right length of time!
David Mitchell gave the vote of thanks.

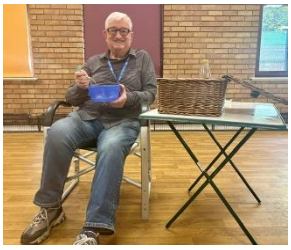
Social

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!

Alfresco Lunch - Outdoors



Twenty-nine members joined together to have an Alfresco Picnic after the Members' Meeting. Although it was sunny, Allen declared that it was cool outside and we opted to stay in the Hall. However, we still brought our chairs in and pretended we were sitting in the countryside somewhere! We were impressed by our Membership Secretary Allen bringing his chair, table and a picnic hamper! Susan



Hot Pot Supper – Pantomime Preparation

Marion writes: 'Things are going brilliantly, the script chosen, the cast assembled and lines are being learned - although some may be delivered with a certain creative interpretation. Costumes have been adapted, so be prepared to be amazed as members undergo spectacular transformations into much-loved pantomime characters. Oh yes ,they will!
Come along and let us whisk you back to your childhood - just don't expect us to behave like grown-ups.'

Wreath Making Workshop at E. Smith's, Booths Lane
Thursday 10th December at 2.00 p.m.



Christmas is still quite a long way off but we're already turning our thoughts to our popular wreath making workshop! Please note: Men can do this too! The wreaths we made at E. Smith's last year were lovely and great value compared to commercial outlets. We've secured a date for a workshop this year, however, these are popular so we need to confirm our reservation as soon as possible. We will spend a couple of hours chatting and creating, then take home our own large, handmade, individual wreaths. Sarah will give full instructions and all materials and will be on hand to assist. Refreshments (Glühwein and non-alcoholic drinks) are included and the workshop is cosy and warm.
The date we have booked is Thursday 10th December at 2.00 p.m. and the discounted cost per person for our group will be £38.50 each for a maximum of 20 people (includes all materials, instruction and refreshments). Please email Christine B to secure your place asap. She will then let you know payment details.

12.30 for 1 pm

Christmas Lunch … Golf Club

Monda… …mber

The meal is a carvery with a… …gs, dessert followed by tea/Coffee.

This event is n… …ook your place contact Sue M

Vegeta… …d other dietary needs catered for.

This event is now full

Lymm & Thelwall u3a will be celebrating its 10th anniversary in 2027.



Come & celebrate a decade of Learn Laugh Live!

We are hold a celebratory Buffet Lunch at Statham Lodge on Thursday 15th April.

We do hope you can join us.
We will let you know the cost in due course but it will be approximately £27.50pp
We are advertising this early so you can put the date in your diary.
To book a place please email Sue M chair@lymmthelwallu3a.org.uk

Menu

Sandwiches with mixed filling
Quiche
Honey Mustard Chipolatas
Mixed Salad
Potato Salad
Hand Cut Chips
Apple Pie and Cream
Tea and Coffee

Group Gossip

Thanks for all the groups' contributions to Group Gossip! Please send next month's contributions to newsletter@lymmthelwallu3a.org.uk
If you have any other ideas for groups, please contact Muriel, the Groups' Facilitator, at groups@lymmthelwallu3a.org.uk

Ancient Civilisations & Empires (ACE)

The first meeting of the ACES group was held on 17th September and the theme was sub-Saharan African civilisations. We had a great turnout and, after a general presentation, we heard about the Garamanthians, the Aksum, Igbo -Ukwu, the Ife, Mali, the Kongo, and the Ashhanti.
There were many important themes, such as the impact of climate change, the attitudes of different conquering powers, the importance and power of trade and the huge geographic range of influence on Africa, and by Africa on the rest of the world, and the impact of European colonisation on culturally rich peoples.
We agreed that, based on our own research, and the presentations, we all left the meeting with a much greater knowledge of this very important, and hugely, underrated group of civilisations.
Our next two meetings will look at the 'development of languages and communication' and 'Empires'; using the Mongol Empire as an example.



A sculptured head from Ife people of West Africa (what is now Nigeria) from the 11th Century CE

Art

Travelling the world was our first theme and you can see that's what we did! Our works in progress show Arabian boats in Dubai, estuary villages, seaside views, still life of holiday necessities, snakes in the vegetation and lively collages giving colour to a world view.
In September we also tackled 'All creatures great and small', exploring watercolour and ink and wash techniques.
You'll be sure of a warm welcome at St Mary's Church Hall next to the Lymm Dam carpark on Friday mornings from 10 a.m. to noon.



Badminton



Pauline and Jon were recent winners of our weekly badminton session. We play on a Wednesday morning at Bellhouse Lane in Grappenhall.
If you'd like to join us and have played before, please contact Geoff Stocker at gsto2512@aol.com for further information.

Book Club 2

At our September meeting we discussed 'Theo of Golden' by Allen Levi. The story tells of a stranger called Theo who arrives in the town of Golden, sees a number of pencil portraits of local residents hanging up in a coffee shop and decides he will buy each portrait and donate it to each person portrayed. From his gifts, stories and friendships ensue, and the book is about the power of generosity and kindness and their effect on a community. A final twist reveals a further reason for Theo's arrival in Golden. Some of Theo's attitudes may be called into question, but generally the book was well received.

Current Affairs 1

The group restarted on Thursday 10th September after our August break. We discussed two topics: the first being early release from prison. To aid our thoughts, we noted how many people are currently in UK prisons (around 96,000 = 0.14% of the UK population) and how the UK stacks up against 184 other countries in terms of prisoners per head of population (around the middle of the pack). During a wide-ranging discussion, we touched on whether there were too many people in prison for minor offences, the problems associated with building new prisons, prison manpower issues, the parole system, the role of the prisons system - punishment and/or rehabilitation and the effect of early release on victims of crime.
Second, we looked at an AI derived tabulation of seven common factors involved in the demise of the Spanish Empire, the British Empire and the USSR and discussed whether we could see any of these factors at work in today's world.

Current Affairs 2

The group discussed whether wearing facial coverings in public should be prohibited. There was a consensus that this would be appropriate at demonstrations and other public gatherings where there might be concern regarding public disorder and facial recognition could be required for legal reasons. As our view was in line with current legislation, we failed to understand why the protesters in Dover and elsewhere (in particular against the RNLI) were allowed to remain masked, as to our minds these were coordinated, not spontaneous, gatherings and, we believed were intimidating. This then led to a discussion regarding apparent two-tiered policing vis-a-vis how other non-masked protest groups were dealt with. There was also consensus regarding the right to peacefully demonstrate and an acceptance that such action would sometimes cause inconvenience to others.

Gardening



On 25th September, thirteen group members visited the MacIntyre Community Orchard Garden which is based at the back of Victoria Park in Latchford. Members of the group were surprised, as was I, when we found out that this garden has existed for many years, supporting those with learning difficulties in the community.
The café facility only opened a couple of years ago and is run by volunteers on Tuesdays and Fridays from 10 a.m. – 2.00 p.m. hidden behind the Spirit Restaurant.



I think that I can speak for us all when I say what a tremendous job the volunteers do there and a couple of them even read to us about the background of the Garden. Sarah and Sharon, who made us very welcome, spoke about how the area has developed and is still developing, all depending upon donations.

Genealogy



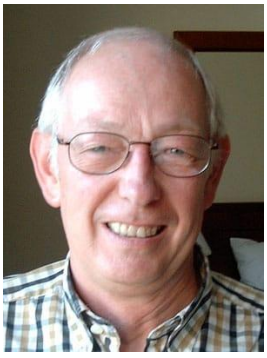
We started our September meeting with a presentation by Carolyn entitled 'Middle names in your family tree – where do they come from?'
First, Carolyn told us a little about the history of first names. Apparently middle names were used as early as the thirteenth century by the Italian elite class. However, in the UK, only around 10 percent of the population had a second name in 1800 but these names became much more popular in the UK as the 19th century proceeded. In Spanish culture lots of daughters were named Maria but were given second names to differentiate between them and more generally mother's or grandmother's maiden names or relatives' or friends' names have been used as second names. As an example, Carolyn had found that her grandfather's middle name, ACTON, was actually his mother's maiden name. This link had helped her to identify several generations of ACTON ancestors, including a cousin who had come to Lymm in 1891 as a brickmaker during the construction of the Manchester Ship Canal.
Second, Carolyn commented that during our genealogical research middle names can be very helpful because, if, per her above example, middle names appear in several generations of or in different branches of the family, this can point to common ancestors or important family connections. However, if a family member uses his/her second name instead of his/her first name, confusion can ensue.
After her presentation, group members shared many stories of the occurrences of second names in their family trees. Thank you, Carolyn, for a very interesting presentation.

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 then receive lists of all the jigsaws currently held including some recently added Christmas ones.
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.
The jigsaw 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!
Finally, a big thank you to all who have donated jigsaws but please kindly note that I am putting a hold on donations of jigsaws for the time-being.

Music Appreciation



We opened our new season on 10th September with a fascinating and often amusing presentation by member **Alistair Beattie**. In a long career as viola player in the BBC Scottish Symphony Orchestra, Alistair played under the baton of many of the UK's top conductors including seven who became knights of the realm: Alexander Gibson, Andrew Davis, Simon Rattle, Adrian Boult, Malcolm Arnold, Mark Elder and Donald Runnicles. The many musical illustrations included such favourites as Elgar's Cockaigne Overture, Malcolm Arnold's Scottish Dances and the Adagietto from Mahler 5.



On 8th October, our guest speaker will be **Dr Annika Forkert** from the Royal College of Music in Manchester, who will be marking the 50th anniversary of the death of the pre-eminent British composer **Benjamin Britten** with a talk that will include recordings of some of his finest compositions.

This talk will be our last at the Youth and Community Centre in Lymm as we shall be moving to Lymm Baptist Church in Higher Lane with effect from our November meeting.

Guests and prospective new members are always very welcome and full programme details are on the u3a website. **Ring Roger (07815 601447)** or **Diane (07549 992281)** if you'd like any come along.

Philosophy
In September the Philosophy Group resumed twice monthly meetings. On Tuesday 8th we discussed "Deep Green" Environmental Philosophy, considering the difference between nature as a whole and that part of nature not changed by human influence. Arguments were put forward for extending human concern to all the living world and even to the geographical features, such as rivers and mountains, that support the living world.
On the 22nd September we listened to a podcast on Vagueness, before discussing the difference between ignorance, uncertainty and indeterminacy, with ventures into quantum physics and references to Ancient Greek philosophers. In future we will discuss a podcast on the 4th Tuesday of each month, that scheduled for 27th October will be on Lottocracy but before that, on Tuesday 13th, the topic will be Memory, drawing on the book of that title written by Mary Warnock.



Poetry
Eleven members shared their own poems on the subject of 'A Possession', bringing in some fascinating objects to display and talk about. The next meeting is on Thursday 22nd October.

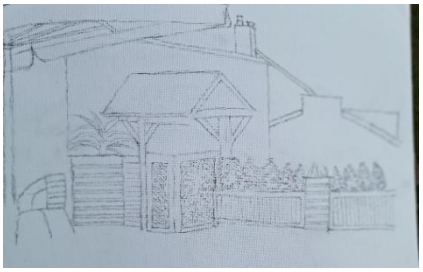
Quizzicals
Unfortunately, co-ordinator Marion and assistant c/o Jim were both unable to attend the meeting. Rumours abound but to date both parties deny them!
Step up Linda, who not only ran the meeting in their absence but was also the author of the quiz and its quiz mistress. BRAVO!
Teams were chosen. Linda used a zoological approach and the teams selected were named Fox, Lion, Tiger and Bear. The quiz began. There was a selection of thought-provoking questions over a range of subjects, together with a number of riddles and a pictorial section on sport. The teams were eager to go and in fine form, perhaps imbued by the characteristics of their animal titles - cunning, bravery, ferocity and a penchant for honey.
It was close, there were recounts but it was the Lions who won the day, albeit narrowly.
An enjoyable afternoon. Full marks and many thanks to Linda for both the quiz and the session.

Singing For Fun
There was a good turnout for our September session, including two new members. Jim asked the rest of the group to be on its best behaviour to encourage them to come again!
The song list this month was particularly appealing, containing well-known and well-loved numbers from many of our favourite artists, including Buddy Holly, The Supremes and Neil Diamond. We also paid our little tribute to the late, great Dolly Parton with "9 to 5" and, of course, "Jolene".
As usual, a few background facts about the songs emerged. The Kinks' "Lola" was banned by the BBC because it referred to 'Coca Cola' when other colas were available. Ray Davies flew back from America to record the one word 'cherry' and the lyric became 'cherry cola'. Don McClean was once asked what 'American Pie' really meant. His answer – 'It means I never have to work again.'
Overall. it was an excellent session enjoyed by all (I hope!).

Sketching Out
The Sketching Out Group ploughed a new furrow for its August session because this time, due to the Bank Holiday, our meeting took place on a Tuesday and on 1st September. Seven of us met at a new location, the Red Lion Pub at Moore Village. We spread ourselves around so that some sketched the pub from the car park, some drew part of the architecture and others went down to the canal towpath in the hope of making a quick sketch of a passing narrowboat. In the absence of the latter, they were at least able to sketch the bridge before regrouping back at the pub where six of us stayed for lunch. Please see below for some of the group's sketches.












Our next meeting was on a Tuesday, this time on Tuesday 29th September, when we met at our usual time of 10.15 a.m. at Altrincham Market, which isn't open on Mondays. Here there was plenty of scope and inspiration as we tried to capture as many market stalls and their wares as possible during our 2-hour sketching window.

Table Tennis
The table tennis group meets every Friday morning between 10.15 and 11.45. 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.

Theatre and Concert
Members turned up in good numbers at the Garrick Theatre in Altrincham for an enjoyable interpretation of Jane Austen's 'Pride and Prejudice'. There was plenty of bowing and curtseying, some humorous lines and much emotion on display as we followed the five Bennett sisters through their tangled lives. Thanks to Diane and Gordon for arranging it for us.

Walking Groups

Strollers
Nineteen Strollers welcomed two new members and set off from The Walton Arms on a pleasant September day for a 2 1/2 mile walk in the beautiful scenery around Higher Walton.
Our route took us onto the canal path as far as Red Lane Bridge where we crossed the canal then took a track (part of the Delamere Way) with views over rolling pastures dotted with dark brown sheep and cattle. The final stretch was along a footpath into Walton Hall Gardens where we emerged onto a lawn with a magnificent view of Walton Hall.
A kind passer-by offered to take a photo of us all beneath one of the lovely hanging baskets. From there it was a short walk back to Pesto at The Walton Arms where sixteen of us stayed for delicious lunches of Italian tapas. We all enjoyed the walk and meal so much that it might be one to repeat in a future programme.





4-6 ers
Barbara led seventeen members on a circular walk around Grappenhall, beginning and ending at the Ram's Head. It started alongside the Bridgewater Canal and continued through woodland which evoked memories for certain locals who brought their children there for various winter activities. The majority of the group ate at the Ram's Head afterwards.



Friday Ramblers



This was a more local 6.5 mile walk led by Marcia from the layby opposite the Bear's Paw across fields and pathways, past a lively sheep dog that was fortunately in its cage, through the Arley estate and stopping for lunch on some convenient concrete stumps with the accompanying melody of the M6 nearby! We then walked round Sink Moss and back to our cars. Sixteen of us enjoyed a flat, pleasant country walk as well as each other's company.

Striders



An excellent walk led by Kath with magnificent views across Lancashire and a combination of fields, paths and moorland with a view across Churn Clough reservoir for our lunch break. We had some interesting stile crossings with 'lakes' on the other side that we had to negotiate but we all managed it. We also had to make our way through a line of washing that was across the footpath! The weather was favourable and sixteen of us really enjoyed the 8 mile walk.



Wellbeing Birdwatching

Sixteen bright, smiling members met for our first Autumn outing in September, a gentle walk around Grappenhall village, via the village park stream and the village Millenium Community Wood, established with the help of the Woodland Trust. The highlight of our walk was to spend several minutes watching a rather trusting immature Heron by the park stream. For our second September walk, Jan and Nigel led twenty of us around the Moore reserve on the west of Warrington. A rather quiet day for birds (they often must hear us coming along!) but another jolly walk in this favourite but now un-wardened, woodland and lakes area. Afterwards, ten of us enjoyed a snack at the nearby Shed Cafe. Next month: outings to Dunham Massey and RSPB Leighton Moss.







Wild Things

A morning at Little Woolden Moss, a site ravaged by peat extraction, which Lancashire Wildlife Trust has taken on the mammoth task of putting the water back, restoring peatland vegetation and creating the conditions for a lowland bog to recover. We saw Sphagnum Moss, Cotton Grass and Heather as well as a variety of fungi. The occasional dragonfly flew over the vegetation with one briefly resting on our guide's cap. We observed evidence of deer, and, although birds were thin on the ground, we had a close encounter with a large brown owl, species unknown, who'd been disturbed by our presence. It was great to be in the company of enthusiastic ecologists, who are passionate about making a difference and are keen to educate and share their knowledge.









Writing Group
The group continues to meet and have fun times at The Spread Eagle Lymm on the first Friday morning of the month. New members have settled in and we are open to new members. Our group is not full as it appears to have said somewhere. One of our members has just published a new book and others are continuing to explore their writing skills.

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	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**



First light: the formation of the first stars, blackholes, and galaxies

In this Science Network talk, Professor Stephen Wilkins takes us to space, describing the surprises of our universe being uncovered by the James Webb Space Telescope.

Tuesday 6 October at 11am

Free – online via Zoom

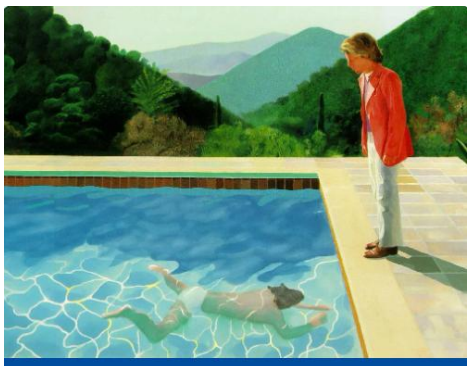


Your guide to feeling connected in a digital world

Join Helen from AbilityNet to build confidence online and discover simple, safe ways to stay connected, make friends and communicate with others using technology.

Tuesday 13 October at 2pm

Free – online via Zoom



David Hockney as I knew him

The world of David Hockney, a bright star of British art - a talk by Peter Webb.

Thursday 22 October at 11am

Free – online via Zoom

u3a Radio Podcast

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**

u3a North West Region

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 them.

Our Groups. If you would like to join any of our groups, contact the Group Coordinator via the group page on our website.

Activit	*Regular Meeting Day*	*Venue*
Art	Friday a.m.	St Mary's Church Hall
Ancient Civilisations and Empires	3rd Thursday p.m.	The Sanctuary Hub Lymm
Badminton	Wednesday a.m.	Grappenhall Community Centre
Book Club	1st Thursday a.m.	The Spread Eagle, Lymm
Book Club 2	1st Wednesday a.m.	The Little Manor, Thelwall
Cinema	Occasional Outings	Various
Crown Green Bowling	Monday p.m.	High Legh Bowling Club
Current Affairs 1	2nd Thursday lunchtime	The Spread Eagle
Current Affairs 2	3rd Tuesday a.m.	Lymm Village Hall
Cycle Maintenance	As and when required	
Cycling	2nd Tuesday and 4th Thursday-	Various, see website
Flower Arranging	2nd Friday p.m.	St. Peter's Church Hall
French (Advanced)	2nd and 4th Thursday a.m.	The Sanctuary Hub Lymm
French Conversation Advanced	1st Monday p.m.	The Spread Eagle Lymm
French Improvers	4th Wednesday p.m.	Lymm Village Hall Annexe
Fruit and Vegetable Growers	Various	Various Locations
Games Group	1st Tuesday p.m.	Maple Lodge, Lymm
Gardening	Various Days	Different Locations
Genealogy	3rd Tuesday a.m.	Sanctuary Hub Lymm
German	1st Monday a.m.	The Spread Eagle, Lymm
Jigsaws	Before & after Monthly Members' Meeting	Thelwall Parish Hall
The Lunch Group	3rd Friday	Contact via website
Mosaic	Friday a.m.	St. Mary's Church Hall
MOTO	Various	Various
Music Appreciation	2nd Thursday p.m.	Lymm Youth / Community Centre
Philosophy	2nd and 4th Tuesday a.m.	The Spread Eagle, Lymm
Poetry	4th Thursday lunchtime	Sanctuary Hub Lymm
Quizzicals	3rd Tuesday p.m.	Sanctuary Hub Lymm
Singing For Fun	4th 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

Continued overleaf

Walking 4-6ers	**Various**	**Various**
Walking Friday Rambles	**2nd Friday**	**Various**
Walking Striders	**2nd Wednesday**	**Various**
Wellbeing Birdwatching	**1st and 3rd Friday**	**Various Locations**
Wild Things	**2nd Monday**	**Various**
Writing Group	**1st Friday**	**The Spread Eagle**