

u3a

North West Region

Events & News



August – October

2025

Learn
Laugh
Live

Do Something
Brilliant Today



Christine Garrity
North West
Committee Chair

Please contact through the contact us section of the website

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Greetings from the Chair

Thank you to everyone who attended our annual AGM & conference on Tuesday 1st July at the Quaker Meeting House in Liverpool. It was a pleasure to see so many of our members & I'm only sorry I didn't get chance to speak to everyone in person.

We welcomed several new people to the NW Committee. Neill Stewart will take over the role of Treasurer. Mark Bradley our Website Manager and Paul King our Newsletter Editor are formally elected, along with David Findon, Marjorie Taylor, Deborah Reardon & John Bower. Liz Booth volunteered to take on the role of Secretary for the coming year.



(Some of the new committee members featured left to right, Neill Stewart, Liz Booth, David Findon, Marjorie Taylor)

The Regional Network will work with Gill and David our NW Council Representatives, to support u3as across the region. We have over 130 u3a members enrolled on the Summer School in Manchester in August and are grateful to Alan & Neil for all the work they put into organising it. I look forward to meeting many of you over coming months and hearing about your u3a activities across the region.

Kind Regards
Christine Garrity (newly elected Chair)

Deadline for articles for next edition 1st October 2025

Please note our next newsletter should be out late October. We want to highlight the activities of as many of our u3as as possible so please forward your articles of around 200 words and a picture to accompany to editor.nwu3a@gmail.com. We look forward to seeing all the great things you are getting up to

u3as celebrate their anniversaries

Carlisle 30 years

A 30 year existence for any group is a success, and Carlisle is a real u3a success



with over 50 interest and activity groups, covering subjects from art to writing for pleasure

Here is to the next 30 years!

Crew & Nantwich 30 years

A summer of celebration

Crewe & Nantwich u3a staged a highly successful Open Day to launch a summer of



celebration for its 30th anniversary.

More than 500 people visited the Open Day at Nantwich Civic Hall, where nearly all its 100 groups were represented either by fabulous table displays manned by enthusiastic volunteers, or by performances from the singing, dancing, music and keep-fit groups.

Visitors arrived in a steady stream from the moment the doors opened through to late afternoon when everyone packed up in lightning fast time and headed off to enjoy the spring sunshine.



North West Council member David Blanchflower visited and was given a tour round the groups by Chair Sue Steele.



Said Sue: 'The table displays were a treat for the eyes, the conversations both enthusiastic and enlightening and the musical and dance demonstrations were an excellent example of the sort of groups available to local third agers.'

Two dozen new recruits signed up at the event, with others following in the week, joining the existing 1,400 members of this thriving u3a.

Further anniversary celebrations included a midsummer disco, a tea and cake get together at a local hotel and finally a garden party in September.

Upholland 20 years

In May Up Holland u3a began celebrations to mark its 20th anniversary. The first event was an afternoon tea and guests, including some founder members, were joined by Third Age Trust Chair Allan Walmsley who, happily, happened to be in the area.



Richard Hart, local guitarist and singer, entertained throughout. The hall was dressed for the occasion in u3a blue and yellow, including the cake, which was baked and decorated by one of the members. A good time was had by all.

The second event to mark the occasion was Past, Present and Future which included major changes over the preceding years and gave members a chance to say, via a questionnaire, what they would like to see happen next.

To round off the morning, the Singing for Fun group gave a rousing rendition of "There'll Always Be A u3a".

Celebrations continued that week with an evening of Mamma Mania at a local venue, Holland Hall. The following week the Variety Theatre Group staged their own show, Still A-Live Aid! Many more groups will be having their own events throughout the rest of the year.

Up Holland u3a certainly know how to party.

Viv Newman

Publicity & Communications

News from the u3as

Clitheroe

If music be the food of love, then love was in the air at the annual Clitheroe u3a Food and Wine group annual BBQ. A mighty spread was put on members joined in enjoying.



With the beautiful weather we have been having, is it time to get your BBQ out?

Robin Taylor

Clitheroe u3a



Image by Artur Pawlak from Pixabay

Behind every picture is a story to tell

Lancaster & Morecambe

Pickleball

Nothing deters the members of L&M u3a's Pickleball Group – as long as the ground isn't slippery. The weather recently has been wonderful for playing outside, though the wind can be a challenge when it blows the



net over.

The group started a couple of years ago, playing outside on a court at Lancaster Tennis Club, and has steadily grown in popularity. Members play from March to October, and sessions are now held 3 times a week. It's a great game for all levels of players; it helps if you've played a racquet sport in the past, but it isn't



Art meets Walking

One of the members of the Harder Walks group, who is also a member of one of our art groups, was recently inspired to paint this beautiful



scene, "Behind Skiddaw."

It was painted from a photograph so the walker did not have to sit in the cold for hours.

Artist: Catherine Corless

Sitter: Cynthia Seymour



Mawdesley

Mawdesley u3a were all at sea

Well not all of u3a but it certainly felt like it! 110 of us arrived in Llandudno and 93 were boarding The Waverley Paddle Steamer for a 2-hour sail. What a treat! The Waverley is the oldest paddle Steamer in the World and has been lovingly restored to its present state. During the Summer months it sails to various points along the West coast calling at North and South Wales, Cornwall, the Thames and around as far as



Portsmouth before heading back to Scotland for the Winter.

The engine room is open to view and was VERY impressive, lots of places to eat and a small shop for souvenirs. We set sail and headed towards Puffin Island off the coast of Anglesey. As we headed towards the end of the Great Orme and the shelter from the weather, the wind and waves hit us with a vengeance. So much so that the boat did a U turn and the captain advised us we were unable to continue to Puffin Island. However, we had a great afternoon sailing past Llandudno Bay and the Little Orme, Rhos-on-Sea, Abergele and eventually Rhyl.

Mawdesley Cycle Group trip to the Yorkshire Wolds

As we descended on the pub at Hutton Cranswick some of us realised that we had been here before, a few years ago when we cycled the coast to coast 'Way of the Roses'. Our cycle routes this time sometimes embraced that old friend.

Our first day was a short warm-up ride before, the next day, tackling a challenging into-the-wind ride to Pocklington on quiet old drove roads. The route back was through beautiful Millington Dale, a 'classic Wolds dry valley formed by glacial melt water' (thanks Tony) and then a stiff climb out. Now we were cycling



through a Hockney-esque landscape with the wind behind us before the well-deserved descent. What a joy to free-wheel downhill for miles on

a well surfaced road. 43 miles.

Then the 'big one', a 53 mile round trip to Bridlington for fish and chips. Again fabulous scenery and well surfaced roads, some traffic-free, with an excellent coffee stop in a sunny garden. After many ups and downs our leaders steered us to a wonderful fish restaurant overlooking Bridlington harbour. We then headed north and inland hitting an on-coming wind, a tough ride back.

In Laurie's words, our leaders, Dave and Pete are to be commended on their attention to detail and great rides.

Thanks boys, and to your ladies who also looked after us so well.

You are never too old to try new things

Southport

Retired Gardeners do AI!

Chelsea Flower Show launched their first Artificial Intelligence Garden this year, so Southport u3a thought we'd have a go too and our team put our heads together.

Our enthusiastic gardening members discussed how Artificial Intelligence was being used for commercial horticulture, research and AI gardening in the future. Seemingly unrealistic for the residential gardens we knew we were already using plant identification apps, so thought what next? We brainstormed some rather splendid creative ideas. Luckily, we have Phil Allison, our professional garden designer, who joined us last year and has made the ideas and the dream a reality.

Our design was submitted, accepted by the Show and a 9m square garden space has been reserved for us in the main show garden area.



The garden will include innovative and futuristic garden concepts including hydroponics, sequestration carbon capture, renewable energy and automated plant hydration. There will be a raised flower pond, a seemingly floating pergola with a water curtain, drone and actual robot management. Hopefully a very beautiful garden using reclaimed landscape materials softened some interesting plants, talking trees and a lot of technical wizardry.

The show runs from August 14th – 17th.
Booking online it's £19 plus fees making it £20.43 each – use our discount Code 'u3a'. <https://southportflowershow.co.uk/>
Paying on the day on the gate is £30.
We look forward to seeing you there

Derek Lunt – an inspiration to us all.

Retiring from Civil engineering, Derek Lunt; wasn't ready to relax. He went off to Edge Hill University, took a BA, then an MA in History, during which time he discovered a fascinating, but lesser known American, James Maury, who was instrumental in the growth and prosperity of Liverpool.



James Maury came over from Virginia and became an English gentleman. He was a religious and benevolent man, who did so much for all American citizens and mariners who passed through his Consular District. Derek's many years of research conclude that Maury played a significant, and indeed pivotal, role in the advancement of the port of Liverpool in the American trade and made a considerable contribution to the improvement of Anglo-American trade relations from the period 1790 to 1829.

A fascinating read, Southport u3a is proud to have another published author!

Chris Howorth
Southport u3a

Develop a passion for learning new things

Skelmersdale

In pictures

Town Crier Don Evans dancing with staff at Brookfield nursing home while u3a members are getting ready to sing to residents at their V.E. Day celebration.



Skelmersdale Chairman joins Upholland Chairman Julian Finch in his capacity as Mayor of West Lancashire at a Brewery Trip fundraising event



Some of Skelmersdale u3a Walking Group at Astley Park. We can thoroughly recommend it.



Skelmersdale u3a walkers at Sefton Meadows



Lymm & Thelwall

The photos are designs by members of Lymm & Thelwall u3a Flower Arranging group, at our July workshop. We meet each month and the group is open to all



The last photo is at Lymm Festival as part of a Learn, Laugh, Live exhibition. Many interest groups took part to promote our u3a and their group



Catherine Bower

Flower Arranging Interest Group leader

Want to see news from your u3a appear here?

We aim to make each edition of our Events and News as interesting as possible to our u3a members across the North West Region area. With over 100 u3as in the Region, we aim to feature a range of local activity fully demonstrating the impact of our u3as to our members.

We can only do this with your help and your articles – please shout, boast, brag about what your u3a is doing. We want to see those articles and pictures of your members Learning, Laughing and Living. With so much going on it may give other groups inspiration and ideas for their members.

Please forward your articles of around 200 words and a picture to accompany, including details of your u3a and u3a group to editor.nwu3a@gmail.com.

We look forward to seeing all the great things you are getting up to.

Great advice readily available

Every edition of our wonderful (and very cheap) edition of the u3a Matters magazine has a full page, listing around eighty u3a Subject Advisers. A recent innovation has been a regular magazine feature highlighting the passions of three u3a Subject Advisers.

Each u3a Subject Adviser has their own webpage (see [u3a – Subject Advice](#)); some provide useful external links and offer online talks, others write blogs in Sources ([Home – u3a Sources](#)) or facilitate networks of interested individual u3a members.

I do hope that u3a Groups Co-ordinators encourage their Group Convenors (Organisers, Leaders etc) to use appropriate u3a Subject Advisers, a really great free resource.

In April, as a long-standing Trust Volunteer, I began an exciting new role as the u3a Subject Adviser (UK Parliament). These are early days but, already, I have advised some u3as about exactly what is 'political' (most u3a initiatives are not) and arranged a visit in August to see where Sir Lindsay Hoyle, the Speaker of the House of Commons, lives and conducts official business, outside of the Chamber.



Photo credit: Harry Shum

Also, plans are well advanced for u3a to celebrate 2025 UK Parliament Week with an online learning session "Are you influential? Get your voice heard in UK Parliament". For further details, in due course, go to [u3a – Online Learning Events](#)

Kelvin Rushworth

u3a Subject Adviser (UK Parliament)

The North West Region Committee would like to thank Kelvin Rushworth for all the work he undertook over recent months as our Public Relations Adviser. We wish him well in his new role as a u3a Subject Adviser (UK Parliament). We are currently seeing a new Public Relations Advisor for the North West.

Regional Website

If you have not already, please do check out our Regional website <https://northwestregion.u3asite.uk/> It contains information on events, training, information on the u3as in our Region as well as copies of this newsletter

Trustees

On a number of previous occasions, we have praised the commitment and dedication of our u3a Trustees (Committee members). Please think and plan to recognise and thank your u3a Trustees – without them, your u3a could not exist! You could celebrate in 2025 UK Trustees Week, which is from 3 to 7 November.



Online Learning Events

Did you know that nationally u3a members can access a wide range of free online talks, workshops, and courses through their membership. Most sessions are led by fellow members, sharing their expertise, with additional talks from notable speakers and organizations.

All events are bookable via Eventbrite. Please ensure you can attend when booking and cancel if you're unable to make it so others can participate. Events are exclusively for u3a members.

[Jump to Online Learning Events](https://www.u3a.org.uk/events/educational-events#Events)

<https://www.u3a.org.uk/events/educational-events#Events>

You can also sign up in the link above to get details of each month's events sent straight to your inbox

A sample of the August events are below.



Flight Inspiration Aviation Meeting: August

The Future and History of Drones

Drones have evolved from simple military tools to advanced autonomous systems reshaping warfare, commerce, and disaster response. As autonomy grows, drones promise major benefits but raise regulatory and ethical challenges for future integration.

Tuesday 5 August at 10am



Laughter Yoga with Judith: August

Laughter Yoga combines hearty laughter exercises with deep yoga-style breathing (pranayama). Hosted by Judith Anne Walker of Edinburgh u3a.

Wednesday 13 August at 10am



Vengeance or Vision? Artemisia Gentileschi and the Art of Survival

Join us for a presentation where we delve into the groundbreaking artistry of one of history's most amazing female painters.

Thursday 21 August at 10am

What new things are you going to learn today

The sky is not the limit to knowledge



Planning an AI Garden

u3a

North West Region

**Learn
Laugh
Live**

