

GROUP LEADERS' REPORTS 2022/23

ARCHAEOLOGY – Leader: Maggy Simm

Over the last year, Bolton Archaeology group has been taking a look at the emergence of Britain from the earliest evidence of human activity onwards.

We've just reached Roman times, but on the way considered the many social changes revealed to us from the layers found in excavations.

BRIDGE GROUP – Leaders: Barbara and Chris Harding

The Bridge group still seems to be quite popular. Of course, the summer months always means that some are away on holiday and also, at the moment, some have joined the U3A Nordic walking group for 4 weeks.

We generally have 20 regular members but they don't always attend every week. Unfortunately, we have had some deaths but we have also welcomed new members.

We still welcome new members providing they have a knowledge of cards and Bridge.

CINEMA GROUP – Leaders : Chris & Duncan Macpherson

Whilst there are, nominally, 48 members on the attendance sheet it has been disappointing this year to see regular attendances fall from last year's level.

We are currently getting about 5 or 6 members joining us at the Light cinema and the best attended film, 'Book Club – The Next Chapter', only attracted 9 members whereas last year we had 5 films with more than 10 people attending. It might be a hangover from the pandemic or perhaps, the choice of film.

As we attend at lunchtime so that people are not going home in the dark as the nights draw in, the choice of film was often quite limited, unfortunately.

The club was cancelled in September 2022 owing to the death of the Monarch and again in December because of Christmas.

We also decided to take a break in April, July and August 2023 as there were no suitable films on offer.

We have, therefore, seen nine films during the year ranging from the musicals 'Mathilda' and 'I Wanna Dance with Somebody' to Poirot's 'A Haunting in Venice' and the late Glenda Jackson's final film with Michael Caine in 'The Great Escaper', a true story.

During this year we had to switch days for the group from the third Tuesday of the month to the second Wednesday as the Light cinema stopped showing lunchtime films on Tuesdays.

It is early days for this alteration and, maybe, more of our nominal members will be able to attend on the new day during our next 12 months.

CHAIR BASED EXERCISE GROUP Leader: Jeanne Kelly

This is a new group this year and has been subsidised by our grant from Bolton Council.

This exercise class aims to increase one's strength and balance and started on 12th June 2023. To date we have had 6 meetings with an average of 9 people each time.

The exercises we do are led by Strength & Balance Manager, Niall Bradley and cover warm-ups, twists, squats, leg raises, arm raises and one-leg balances.

Some members say they have already seen a big improvement in their physical health since starting this group.

It runs weekly on Mondays at 4pm at Harwood Methodist Chapel, opposite the new church which has a large car park.

CLASSICAL CIVILISATIONS GROUP – Leader: Paul Dyson

The group continued to meet in our excellent venue, The Hub's Whole Meeting Room, with the average attendance continuing at 22. Anyone with an interest in the eras of the ancient Greeks and Romans is welcome to join.

2022 was the centenary of the publication of James Joyce's extraordinary epic novel 'Ulysses', which gave us the excuse to compare it with its ancient counterpart, Homer's Odyssey, as a narrative of one man's wanderings. Odysseus, the returning king of Ithaca, had a more triumphant homecoming than Agamemnon to Mycenae, as we discovered on reading sections of the only surviving Greek trilogy, Aeschylus' 'Oresteia'. The achievements and fates of other Greek and Roman rulers continued the theme of monarchy in the classical world.

Switching to the other end of the social scale we read selections of the poetry of Horace, the son of a slave who became arguably Rome's greatest poet and we also considered his favoured philosophy of Epicureanism. This prompted a revisit to the topic of ancient slavery and the experience of those enslaved by the Greeks and Romans, insofar as we are able to appreciate it without hearing from the slaves themselves. Another perennial topic, whether the British Museum should return the 'Elgin Marbles' to Greece, had received a good deal of publicity, so we considered it again but were still hardly unanimous on the question. At the end of the year we found that an insignificant Greek short story about the mythical sunken land of Atlantis had somehow spawned more than 400 films!

COFFEE AND CHAT GROUP (TOWN CENTRE) – Leader: Duncan Macpherson

The coffee and chat group in the town centre has continued to meet at the Olympus Restaurant on the first and third Tuesday of each month and has, over the year, seen regular attendances of about 12 to 14 members, which has been most encouraging.

Some of us occasionally partake of lunch there to continue our social activity and we have used the coffee and chat group as a venue for welcoming new members to Bolton u3a.

Unfortunately, owing to a change in policy at the Light Cinema, we no longer have the opportunity to link the cinema club with one of the monthly chat group meetings. This might result in the numbers staying for lunch decreasing, which will be a shame.

COFFEE AND CHAT GROUP (EGERTON) Leader: Shirley Pressler

The Egerton coffee and chat mornings at The Globe Cafe began in June 2023 on the second Tuesday of the month, meeting at 10.30am.

There have been four meetings to date with numbers ranging from 6 to 14, consisting predominantly of u3a members:

- June 11 (9 members 2 non members);
- July 6 (4 members 2 non members);
- August 14 (11 members 3 non members);
- September 11 (8 members 3 non members).

Some non members have shown interest in receiving information about membership and proffered their contact details. It is hoped that this may convert into added membership for Bolton u3a.

COFFEE AND CHAT GROUP (HEATON): Leader: Kamalini Cook

The Heaton coffee and chat group started to meet at the Coffee Shop on New Hall Lane in July this year. We have 10 u3a members and four non members, two of whom will be joining this year. This has been encouraging and we hope to increase numbers in the coming winter months.

COFFEE AND CHAT GROUP (HARWOOD): Leader: Eirina Maginn

The Harwood coffee and chat group meets at Harwood Methodist Church Restaurant on the 1st Thursday of the month from 10.30 am.

Attendances to date have been disappointing and we're looking at various options to improve on this.

CROWN GREEN BOWLING GROUP – Leader : Michael Haworth

The Group has continued to flourish at the splendid venue of Bradshaw Bowling Club, with an average weekly attendance of 15-20. One or two of the Group play in local league teams and playing against them has improved the standard of the other, purely social, bowlers.

We play on a 'socially competitive' basis, with a league table running through the season, worked out on an 'average score' basis. This year we have introduced some 'pairs' games which, despite causing confusion with the scoring, have proved to be popular and which will probably feature more in the future.

We have lost one or two members this year, and so would welcome interest from any new bowlers for the 2024 season.

CRYPTIC CROSSWORDS – Leader: Eamonn Kelly

Meeting twice a month since September 2022, we started with the basics of how to solve cryptic crossword clues and have steadily progressed to being able to complete at least two crosswords in every session.

The group only consists of a maximum of 7 members and, on average, 5 regularly attend our meetings at Olympus restaurant. This group will continue for the foreseeable future.

We are trying to start a second group of a similar size which will go back to the basics of solving cryptic crossword clues and we only need a couple more interested members (times and locations of meetings to be decided).

DIGITAL PHOTOGRAPHY – Leaders: Janet Thatcher and Sheila Carlin

Our meeting pattern this year has, as in previous years, been a field trip on the first Friday of the month, followed by a meeting at St. Andrew and St. George on the 3rd Friday of the month to compare the pictures we took on our field trip.

Our field trips have been varied, from street scenes taken in Darwen and Blackburn town centres to trying to capture the motion of birds at Pennington Flash. Both Queen's Park and Moss Bank Park provide some interesting subjects to photograph along with a café to warm up with a hot coffee at the end of our meeting. Turton Tower is a favourite venue and its Kitchen Garden is ever changing and always worth a few pictures.

Our membership is a loyal band of longtime members and we would welcome some new members to bring some new interests and perspectives to our group.

DINING GROUP – Leader: Chris Druck

The group have had an enjoyable year eating out at a variety of venues for Italian, Thai and traditional pub food. Our visit to Luciano's was particularly popular.

Restaurants have been chosen across Bolton and Horwich, preferably on a bus route.

There are 26 members listed in the group with 21 having attended at least once. The average attendance is around 12 members.

In May Chris Druck took over from Paul Beaumont, as group leader, who did an excellent job in getting the group up and running.

FAMILY HISTORY – Leaders :Eamonn and Jeanne Kelly

Following an inspirational talk from Christine Ellis of Bolton Family History Society, this group began meeting on 14th February 2023.

We meet at Harwood library once a month and use the Council's free edition of Ancestry, pairing an experienced Ancestry user with a novice to help the novice find out about their family history.

Members have shared research notes from a recent online u3a genealogy course, given tips on using Ancestry and given talks on researching Irish families.

We have held 6 meetings to date with an average attendance of 8 members.

HISTORY GROUP – Leader : Tony Settle

The group has made steady progress over the last 12 months.

There has been input from Brian Jones, Tony Settle, Nick Tyldesley and Paul Dyson. The membership of the group has grown, with over 30 members, and often attendance around the 20 mark.

There has been a variety of topics covered in an attempt to appeal to a broad audience.

There have also been some different approaches with Nick organising a balloon debate approach to one session, which was enjoyed by those who attended.

It is hoped to keep the group going though it may not meet every month.

We would welcome new members to future sessions and would also attempt to include topics requested by members of the group.

INTERNATIONAL STUDIES – Leader: Brian Jones

We held our first meeting at the Hub on 5 September 2022, when we discussed the recent changes in Germany with a talk entitled “Post Merkel Germany”. An interesting topic, bearing in mind that, apart from the change in German chancellor, the Ukraine war’s effects are being felt there.

David Dean was able to bring his experiences of working in various countries by giving us talks on Bangladesh, Ethiopia and Rwanda which are countries that have all been in the news over the last twelve months for differing reasons.

Sheila Carlin was also able to talk of her work experience, giving an interesting talk on the Falkland Islands.

Dorothy Bailey gave an informative talk on France and the state of that nation at the moment.

In February 2023, Dave Redfern gave an interesting talk on the Middle East with plenty of photos taken during his recent visit to the area.

We ended with a talk on the changes in the Republic of Ireland in the last sixty years, discussing the Celtic Tiger and Leprechaun economics.

There will certainly be plenty to learn about and discuss in the coming 12 months.

LANGUAGE AND COMMUNICATION GROUP – Leader: Win Conway

Topics studied during the year have been mainly drawn from the realm of socio-linguistics – which means looking at how the language used by speakers, reflects the society they live in, and how the changes that come about in that society, change in turn, the language used.

We all agreed, for a start, that the social and technological changes we have seen in our own lifetimes, have probably been greater than the changes seen in the lives of any other generation up to our time. And noting how these changes have affected the language that we and others use, has led us into fascinating and even risqué topics.

We looked, for example, at the whole new vocabulary and language of internet and media, which we have had to absorb. We noted the changes that have come about in language on the BBC, where accents and words which were, in our youth, totally unacceptable are now standard.

We looked at changes over our time in pronunciation generally, and how the use of what was taboo language and heavy swearing in our young days, is currently the normal coinage of certain sections of society and of the media.

It has all been very revealing and very great fun.

LINE DANCING GROUP Leader: Jeanne Kelly

This new group started dancing on June 30th and we have held 7 sessions with an average attendance of 14.

Line dancing is proving to be both mentally and physically challenging, but we are getting to grips with our grapevines, jazz boxes and Charleston steps. Thanks must go to Janet & Ken Malloy for being our patient teachers.

New members are welcome as we all seem to start as beginners each meeting and line dancing provides so much hilarity for all involved.

LOCAL HISTORY – Leader : Joan Blunsdon

We had eight meetings from September 2022 to June 2023 at The Hub on the first Wednesday afternoon of the month. –

Topics included a talk on James Watkins, a former slave who ended up living in Bolton, and sessions covering Lord Leverhulme's manufacturing and social activities.

The final session in June 2023 included a talk by Maggy Simms about a national lottery funded project run by Oxford University working with all u3a groups in the UK. The aim of the project is to collect stories from/about people who experienced life during World War 2 to ensure these memories are not lost to future generations. People are asked to upload scans of photographs and other memorabilia about World War 2 This is an ongoing project and members are asked to upload any information they are willing to share before the end of December 2023, after which Oxford University will review the information received before publishing an online archive on 6 June 2024.

Further information can be found by visiting the website <https://theirfinesthour.english.ox.ac>
Our Local History Group resumed meetings in September 2023 and will continue to look at ways we can participate in this project before planning topics for meetings from January to June 2024. –

New members are welcome to come along.

MATHS GROUP – Leader: Pat Todd

We are a small but keen group. Maths is not popular among the populace in general, even though it is very interesting and vital to all the sciences.

In the past year we have spent time on all the following topics:-

- Sequences of numbers
- Transformations of diagrams including by the use of matrices
- Probability
- Calculus
- Simple and compound interest

- Classifying numbers and finding primes using a method introduced by Eratosthenes
- Solving quadratic equations by three different methods
- Loci of moving points
- Binary numbers
- How ancient civilisations found the square root of 2 the value of pi
- Number puzzles
- Converting between different measuring systems by graphs and calculation
- Geometry. Pretending we are trying to “invent” it as the ancient civilisations had to do
- Algebra
- Travel graphs.

We would be delighted to welcome new members.

It is not as frightening as you may have found it to be at school!

MINDFULNESS GROUP - Leader: Annie Jones

Both the Mindfulness and Reading groups have continued to meet on Zoom, and we’re finding that this works well. For me, personally, it works well because it allows me to continue with the groups, when I might not be able to do this if I had to travel to a venue. A chronic progressive illness affects my mobility and, especially, my energy levels, so having the groups on Zoom is a godsend, really.

Other people in these two groups are also limited by health, or by distance or by competing and conflicting commitments, and running the groups on Zoom also enables them to participate when they might not otherwise be able to do so.

We have had various discussions about returning to face-to-face meetings, but the consensus, so far, is that we would prefer to continue with Zoom. It’s obviously slightly less convenient now we no longer have access to a u3a account, because of the 40-minute time limit on my free Zoom account, but this hasn’t proved to be too much of a problem.

The Mindfulness group has continued to meet on alternate Mondays at 1pm., using my free Zoom account. There are between 5 and 8 group members present for the meetings, which involve a short presentation / discussion about some aspect of mindfulness, and at least two mindfulness practices.

We continue to explore the benefits of meditation in managing stress in daily life, particularly in those situations we are powerless to change. We’ve also been exploring how approaching daily tasks with mindfulness can help reduce stress, aid memory and encourage wellbeing, and also maintain function in the context of chronic illness.

I maintain contact with group members, mostly by email, and also, occasionally, through phone calls and WhatsApp messaging.

Group members have been invited to join the Breathworks online Community of Practice, should they wish to do so. This is free, and allows people to explore mindfulness at their own pace and to

join in online group meditations on a regular or occasional basis with the wider mindfulness community.

The group took a break throughout August, but reconvened from the 4th September.

MUSIC APPRECIATION GROUP - Leader: Win Conway

The course of lectures from September 2022 to September 2023, was divided into two parts.

Up to Christmas we studied the life and some of the music of Franz Josef Haydn (1732 -1810), father of the symphony, inventor of the String Quartet, and the composer who was the bedrock of classical music. When asked by his biographers late in life, when he was famous and phenomenally successful, what message he thought his life might convey to the world, he said that it showed that something could come out of nothing, because everything he had achieved had come from a background of dire poverty. His music was greatly enjoyed by us all.

The second part of the course from January to June, was given to revisiting the story of an old friend, the great Clara Schumann, (1819 - 97), wife of the composer Robert Schumann; greatest female pianist of the 19th century; close friend and confidante of Brahms; mother of eight children; composer in her own right, and the first woman ever to be appointed professor in a University.

The human interest in this story, plus the opportunity to hear some music of her own composing, some by her husband and yet more by Brahms, provided rich and fascinating listening for the last 6 months of the course.

MUSICAL CHOICE GROUP

This group meets on the first Tuesday of the month, at 10.30 am in The Hub.

It is, currently, a small group whose members bring to each meeting CDs of music of their choice from which we assemble a varied programme. There is the opportunity for one member to present the whole programme for that month if they wish to.

Most choices are orchestral music but jazz and long remembered hits from the past get included. In the last year a number of unusual and interesting pieces were in the programmes, expanding our musical horizons!

The attendances for year 2022/2023 were:

06/09/22 5 members

04/10/22 5 members

01/11/22 5 members

06/12/22 5 members

Jan, Feb and March - no meetings - half of members unable to attend.

04/04/23 4 members

02/05/23 4 members

06/06/23 4 Members

New members will be welcomed.

NORDIC WALKING GROUP Leader: Lynn Gray

The first group for this new activity has undertaken and completed its training. Week 4 in September should see the initial meeting of the walkers in Moss Bank Park. The actual mornings when the activity will take place is not yet set in stone as there is a second group due to undertake its training shortly.

The intention at that stage will be to offer the opportunity for one session in each of the 4 weeks.

The future offers a range of opportunities once training has been completed and these will develop over the next few months.

PHILOSOPHY GROUP – Leader: Carole Collins

The Philosophy Group has currently 20 members with, on average, 13/14 attending each month. New members are always welcome.

In some of the monthly meetings, in 2022/2023, we have had small group discussions on topics chosen by the members.

- Topics discussed were:
- From where do we get our moral standards?,
- How free should speech be?,
- Has the Internet been a good thing?,
- Democracy - what type is most effective?,
- What is the future for the Monarchy?,
- What is the point of going to University? and
- Is equality possible/desirable?.

During the other months, we have had presentations and lively discussions of the ideas of John Locke; David Hume; Bertrand Russell; Michael J. Sandel and C. Grayling.

PILATES GROUP Leaders: Janet Thatcher and Jeanne Kelly

Another of our new groups to start this year it began on 4th September 2023.

This group meets every Monday at 1.30pm at Westhoughton Hub.

So far, we have had 3 meetings with an average of 12 attendees. Members must bring their own mat and thanks go to Zoey Rufus for being our teacher.

POETRY FOR PLEASURE -Leader: Lynn Gray

Over the past 12 months the group has expanded and takes an increasing involvement in deciding what will be covered in each of our monthly sessions.

Activities have ranged over one/two people taking a lead to introduce or expand our knowledge and awareness of the biographical details of a poet, while others have searched for a poem by that poet that interested them.

Someone has taken a lead on an epic poem with everyone then exploring it, whilst another element is to pick a theme but to explore it in its widest context.

We also have the opportunity to hear poetry written by people in the group but with the added advantage of being told in person by the poet why it was written and what had prompted it.

The sessions are increasing in their interaction and have become very social.

As we have a large room there is scope for more members should you wish to join us.

PSYCHOLOGY GROUP – Leader : Brenda Maciejowicz

The group continued to meet monthly at the Hub during the 2022/23 year.

Attendance was generally between 15 and 20 members.

Topics covered this year included:

- The psychology of scamming,
- Neurodivergence and the effects of playing violent video games.

All sessions include lively discussion on the topic and reference to real life experiences.

It was good to see that, at last, after several pleas, a long standing group member offered to lead a session and did an excellent job on the work of Carl Jung.

Unfortunately, as I am now travelling a round trip of 120 miles, I have decided to close the group at the end of 2023, unless another person comes forward to take it on. I will offer members the chance of joining my u3a Interest Groups Online group if desired.

QUIZ GROUP – Leader: Michael Haworth

The Group has met monthly throughout the year, after voting to continue throughout the previous Summer break, and numbers have increased steadily.

We have usually split the attendees into five groups of 4/5 but the attendance at the September meeting broke all records with 30 attendees which, happily, meant that we had to have a 6th team competing!

The questions set continue to be varied by having a rota of five Question Master Teams and I must give my grateful thanks to Lorraine & Norman Lowe, Chris & Duncan Macpherson, Tony Settle and Patsy & Paul McKee in relieving me of the workload of having to set different questions each month.

READING GROUP – Leader : Annie Jones

The reading group members agreed that the group has worked well on Zoom, and decided to continue with this indefinitely.

We continue to meet on the third Thursday in each month at 10.30am. There are usually 4 or 5 members at each meeting from a possible 6. The Reading Group has continued to meet throughout the year but will probably take a break in December.

In October 2022, we chose the books to read during 2023, to make it easier for group members to obtain copies in good time (see list below). We've read an interesting and varied selection of books, ranging in settings and themes from the Trojan Wars to contemporary controversies around vaccination ('The Herd') and the impact of social media ('The Echo Chamber').

We'll choose next year's books at our October or November meeting. Next year's list is likely to include Pat Barker's 'The Women of Troy', which is her sequel to 'The Silence of the Girls', which proved a popular choice. We may also include another of Kate Atkinson's books, as she is a writer who is proving popular with group members. The only disappointment (so far!) in this year's selection of books has been Raynor Winn's 'Landlines', which we all agreed is not as good as her previous two books.

MONTH	TITLE	AUTHOR
JANUARY 19th	The Herd	Emily Edwards*
FEBRUARY 16th	The Silence of the Girls	Pat Barker
MARCH 16th	Great Circle	Maggie Shipstead
APRIL 20th	Sense and Sensibility	Jane Austen
MAY 18th	The Echo Chamber	John Boyne
JUNE 15th	Wish You Were Here	Jodi Picoult
JULY 20th	Pachinko	Min Jin Lee
AUGUST 17th	Landlines	Raynor Winn
SEPTEMBER 21st	Shrines of Gaiety	Kate Atkinson
OCTOBER 19th	The Marriage Portrait	Maggie O'Farrell
NOVEMBER 16th	?The Remains of the Day?	Kazuo Ishiguro

RUMMIKUB AND SCRABBLE - Leaders Tony Settle and Nellie Platt

The group continues to progress and new members are joining all the time. There is no requirement, with either game, to be an expert and in both cases each member's level is catered for.

It is a welcoming group session and with plenty of opportunity to chat and socialise between turns, although there is enough of a competitive element to push members.

Both games keep the brain active and there are always new strategies and words to learn from which ever game you play.

SINGING FOR PLEASURE GROUP – Leader : Paul Dyson, Musical Director: Win Conway

In May of 2022 our very long-standing and much-loved leaders, Ray and Sue Branton, had left us as they moved to Durham, taking our best wishes for their new life there. Paul Dyson took over, with invaluable participation from several other members in running the group. We have continued to meet twice a month in the Seminar Room of Claremont Church, where we enjoy the excellent facilities as well as the help and support of their administrator, Bill Mason.

For the first time the group entered the Bolton Choirs Festival, held in March at Victoria Hall. Our members very much enjoyed the experience – challenging as it was - of being on stage in Bolton's premier venue as well as listening to the songs of the nine other choirs involved. This was a day musically well spent.

We were unique in singing four songs and having two conductors (as well as the longest name!) and received an encouraging evaluation by Stuart Overington, director of the Halle Youth Choir. Our then Musical Director, Stuart Fielding, had worked hard to prepare us thoroughly for three of the songs and Win Conway both rehearsed and conducted us in one of her own arrangements – Chris Deacon accompanied.

There are videos of our whole performance which were posted on the Bolton U3A Facebook page with links in the April newsletter.

Unfortunately, in May Stuart decided to leave us, having felt the need to step back from some of his activities. He took our thanks for his enthusiasm and effort over nearly two years and our best wishes for his future. Win immediately offered to take up the role of MD and we are very fortunate to have her musical experience, ability and drive so willingly offered to the group.

We started the year with 35 active members and, as ever, will be pleased to welcome new singers in all four voices. There are no auditions – all you need is a desire to get pleasure from singing with other people and to make progress musically, no matter from what point you start.

TOPICAL SCIENCE GROUP – Leader : Rosemary Ashworth

The sad news of the death of Queen Elizabeth II meant that we were unable to hold our September meeting.

The aim of the Group is to give a background to scientific news and topics of interest. No specialised knowledge is needed - just a keen interest in what is going on!

Our meetings have been attended, on average, by 10 members this year – an increase now that confidence is growing. We have also been pleased to welcome some new faces.

Our first meeting of the year, in October, covered the scientific happenings over the Summer.

Topics covered over the year have also included :-

- Rewilding – pros and cons
- Bird Flu
- Isaac Newton
- Christmas Quiz
- Science to look out for in 2023
- Digital Communications and their Carbon Footprint
- The Science of Fingerprints
- Update on the Uses of Graphene
- The use of Antibiotics in Agriculture
- What are Forever Chemicals?
- Is Seaweed the Answer to many of our Problems?
- The Problem with Microplastics

At the start of each meeting we share and discuss small scientific news items, many of which have been brought in by members. The enthusiasm of members is very encouraging.

In addition members have been encouraged to take part in citizens' science projects , such as The Big Garden Bird Watch and the Big Butterfly Count.

WALKABOUT GROUP – Leader: Joan Blunsdon

The group usually meets on the third Thursday of the month but between September 2022 and August 2023 we actually only did 6 fairly short (2-3 mile) local walks including:

- The Haugh Heritage Trail;
- Hall Lee Bank Park, Westhoughton and
- Astley Park in Chorley.

We normally use public transport to the start of the walks and there is usually the opportunity to have lunch before travelling back to the town centre.

We usually stop doing the walks during November to February (hopefully missing the worst of the weather!)

We currently have between 8 and 15 people attending the walks.

Suggestions for future walks, volunteers to act as walk leaders and new members are welcome.

Unfortunately, owing to poor attendances, the Yoga group was discontinued as the group leader felt unable to continue leading it and no one else stepped forward to take over.

However, some new groups were started this year following a successful bid for funding from Bolton Council's community grant. These include additional coffee and chat groups in Egerton Harwood and Heaton, line dancing, chair based exercise, family history and Nordic walking.