



# Bolton u3a Newsletter

## June 2024

### Chat from the Chair

Hello everyone. As I write these words in so-called 'Flaming June' I'm sitting with my woolly jumper on, as it's unseasonably cold. So much for global warming and will we ever get a long hot summer again...?

I do hope you will all come to our June monthly meeting on Fri 28<sup>th</sup> as we will be entertained by our own Bolton u3a choir with a medley of songs and an audio-visual presentation led by Win Conway. It's sure to be a great afternoon so do come and support our singing group. I, for one, am really looking forward to it.

Like many of us, I was shocked and saddened to learn of Dr Michael Mosley's passing recently. In his Just One Thing series, Dr Mosley spoke of the benefits of volunteering – which is at the heart of all U3A activities. He said that by boosting your mood and empathy, volunteering can lower chronic inflammation, cholesterol and even help you lose weight. It's also a great way to meet new people!

With volunteering in mind, please consider if you can spare a few hours each month to help with running your own u3a. We have several committee roles becoming vacant after November's AGM but none of them are particularly onerous. Committee members manage and steer our u3a following members' wishes and roles are adapted to tie in with your own skills and abilities. So, if you are someone who likes being involved in things and wants to improve your health, then please contact me for a chat.

Til next time

Learn, Laugh, Live

Jeanne Kelly

07740 625 080

[chairman@boltonu3a.org.uk](mailto:chairman@boltonu3a.org.uk)

### Please support Niall in his Ironman attempt

Many of you will know **Niall Bradley**, Strength and Balance Manager with Bolton AgeUK and the man who inspires us in our Chair-based exercise group!

Niall is taking part in the Ironman Challenge in Bolton on Sunday 30<sup>th</sup> June and is looking for sponsorship for Bolton AgeUK in memory of their finance manager Jeanette MacMurray who passed away suddenly last November.

Please sponsor him on the attached form and if you want to watch him in training take a look at this video of him at: <https://fb.watch/sLQvBgMD8T/>

Niall is a great guy and we have a strong relationship with AgeUK so please support him if you can.

## **A very special Bolton U3A June Monthly Meeting**

A special invitation from Win Conway, our musical director.

At the monthly meeting on **Friday June 28<sup>th</sup>**, you are cordially invited to a musical entertainment provided by our own, 'Singing for Pleasure,' group.

No ordinary concert this, but rather a guided tour through past ages, discovering on the way what our ancestors (by which I mean the ordinary people who made up the bulk of the population in this country) sang for pleasure.

The tour is illustrated with colour slides and lively commentary, and of course by the live performance of the 'Singing for Pleasure,' group. No operatic arias here, no aristocratic 'Lieder,' but a selection of songs with tunes you will know and recognise. And you will go home all the happier for hearing them. Please come and join us.

## **What is involved in a committee role?**

Continuing the policy of committee members explaining their responsibilities, I have been asked to describe the role of the group leaders' co-ordinator. The main issues involved in the role are:

- keeping the group leader's handbook up to date by revising it, as necessary.
- hosting two short meetings of the group leaders annually, currently in March and October
- calling for reports on the year's activities from group leaders and compiling them into an annual report for the AGM
- attending the AGM to discuss the report and answer any queries
- encouraging members to contribute to Bolton u3a by forming new groups.

This may sound daunting but there are letters/documents available to use so they are merely administrative tasks.

I have found there is loads of help available and, as we are all volunteers, you do as much as you can and seek help if required.

I have discovered that the position has helped me meet u3a members who attend groups that I don't attend, thereby making my membership of Bolton u3a more rewarding.

My term of office is ending this November so the committee is keen to find my replacement!

I would encourage someone who might be interested in taking over from me to come forward and attend a committee meeting beforehand. I will pass on all necessary information and be available to assist, if required. Essentially, the role is what you make it, but it is enjoyable and I am happy that Mike Haworth approached me in the first instance to take over the role.

## **U3a North West regional news**

A reminder to all members that Bolton u3a is part of a larger group of u3as in the north west and there are various activities that Bolton members are invited to attend including:

### **North West Region Conference and AGM on Tuesday July 2nd —Liverpool.**

There are still plenty of places available so please encourage members to come. Issues accessing the registration form has been corrected. Our afternoon entertainment has changed because Fool's Gold had to cancel. We have invited Barry Humphries to delight us and he has accepted. In the morning we will have some short activities and discussions before Barry after lunch. The AGM will be the last event of the day and registration details are on the website.

**North West Summer School** Tues 13th August – Friday 16th August at the University of Cumbria, Carlisle. Full Board Residential Delegate; £420 Details on the website in the events section <https://u3asites.org.uk/northwest/events>. Join members from all over the UK.

And for news from the national u3a that may be of interest to members please check out the website:

<https://mailchi.mp/u3a/your-june-update-for-u3as-2024?e=a0251cef61>

## **INTEREST GROUP MEETINGS AND ACTIVITIES IN JULY and AUGUST 2024**

### **ARCHAEOLOGY: MAGGY SIMMS**

The last meeting before the summer break was in June. We will reconvene on 11th September via Zoom at 1400, and then on the 2nd Thursday of each month.

The meeting link is sent out a few days before each meeting. New or 'taster' members welcome - sign up on Beacon and the link will be sent to you a day or so before the meeting.

### **ARTS AND CRAFT: SERENA JOHNSON 07885 715520**

The group will not meet in July or August. Our next meeting will be on Tuesday 10th September at 1030 at St Andrew and George Church. The activity will be metallic wax embossing. If you would like to join us just get in touch with Serena.

### **BEELINE TRAVEL: MICHAEL BIGGS**

**Group A:** Tuesday 23rd July- St Helens Glassworks

Tuesday 27th August - Leigh Guided Busway to Manchester (Museum Visits)

**Group B:** Wednesday 17th July - Leigh Guided Busway to Manchester (Museum Visits)

Wednesday 21st August - Altrincham

Full details will be sent out the week before. All are subject to change due to transport works etc.

WOULD YOU PLEASE LET ME KNOW IF YOU ARE UNABLE TO TRAVEL so your place may be offered to another member.

This group is currently oversubscribed and a waiting list is in place.

### **BRIDGE GROUP: BARBARA & CHRISTOPHER HARDING**

Meets every Wednesday afternoon from 1315 – 1530 at St Andrew & St George Church. New members are welcome but must have a knowledge of cards.

### **CANALSIDE WALKS: LINDA ROTHWELL**

Due to the excellent response regarding the 3 walks I was proposing to take along the Leeds/Liverpool canal I have divided everyone into 2 groups.

**Group A** will meet on 13th July and 10th August at approx 1015 on platform 5 at Bolton train station.

**Group B** will meet on 27th July and 24th August at approx 1015 on platform 5 at Bolton train station.

### **CHAIR-BASED EXERCISE JEANNE KELLY**

**No class on Monday 1<sup>st</sup> July.** Meetings on 8<sup>th</sup>, 15<sup>th</sup> and 22<sup>nd</sup> July at 1600 for 1 hour at Harwood Methodist Church (old building), Longsight Lane, Harwood, Bolton BL2 3JP.

New members welcome. Free parking in the church car park. Great 60s music.

See the video on [www.boltonu3a.org.uk/Groups-in-Action](http://www.boltonu3a.org.uk/Groups-in-Action).

Details of meetings in August will be emailed to members nearer the time.

### **CINEMA GROUP: CHRIS & DUNCAN MACPHERSON**

The next cinema group meetings will be on Thursday 25th July and Thursday 22nd August at the Light Cinema in Bolton. Details of film chosen and time to meet will be emailed to members the weekend before.

Any new members wishing to join us please contact Duncan so that you can be included in the email list.

### **CLASSICAL CIVILISATION (GREECE AND ROME): PAUL DYSON**

As in past years the group will be having a break in July and August.

The next meeting will be on Thursday 12th September, when the topic will be the one postponed from June: 'Alexandria - second city of the Roman Empire'. From its foundation by Alexander the Great, Alexandria became a major centre of Hellenic culture, scholarship and science and remained prominent in the Roman Imperial and early Christian eras.

### **CLUELESS AT CLAREMONT!!: STEVE BROWN**

The group will meet in July and August but the dates and times have been changed to accommodate Steve's diary commitments.

The meetings will be on Wednesday 31st July, 28th August, 25th September, 30th October, 20th November and 18th December at 1330 at Claremont Church, St George's Road.

The group can accommodate new members, and members from Mike's Group are also welcome to come along. Those planning to attend are asked to let Steve know in order to inform refreshment needs.

### **COFFEE AND CHAT: DUNCAN MACPHERSON**

**Olympus** restaurant from 1030 on Tuesday 2nd and 16th July and Tuesday 6th and 20th August.

**Egerton** at the Globe Café on Tuesday 9th July and Tuesday 13th August at 1030.

**Heaton** at The Coffee Shop, New Hall Lane, Heaton on Tuesday 9th July and Tuesday 13th August at 1030.

**Harwood** at Longsight church hall on Thursday 4th July at 1030. The group will not meet in August as the cafe will be closed.

### **CROWN GREEN BOWLING GROUP: MICHAEL HAWORTH**

The group meets weekly on Monday afternoon from 1400-1600 at Bradshaw Bowling Club, The Rigby's, Bradshaw Brow.

Please note that this Group is now fully subscribed, but interested members may still attend to watch and, should there be availability on the day as a result of absentees, there could be a chance of a game for you.

### **CRYPTIC CROSSWORDS: EAMONN KELLY**

**Group One** will meet on Fridays 5th and 19th July, and 2nd and 16th August at Olympus restaurant at 1400.

**Group Two** will meet on Tuesdays 2nd and 16th July and 6th and 20th August at Olympus restaurant at 1400.

### **DIGITAL PHOTOGRAPHY: JANET THATCHER**

No room meetings are planned for July or August.

### **DINING GROUP: CHRIS DRUCK**

The Dining group will meet on Thursday 11th July at 1300 at the Namploy Thai Restaurant. This is on Middlebrook, Horwich next to Pizza Hut. Plenty of parking! Please let Chris know by Friday 5th July if you plan to come along. The group will meet on the 8th August but have not yet decided on the venue - members will be informed by email nearer the time.

### **FAMILY HISTORY GROUP: EAMONN & JEANNE KELLY**

No meetings in July and August.

### **HISTORY GROUP: TONY SETTLE**

The group will not meet in July or August. We are back in September with the last King of France and Les Miserable.

### **INTERNATIONAL STUDIES: BRIAN JONES**

The group will not meet in July or August.

The next meeting will be on Monday 2nd September at 1400 at The Hub.

Topic: Singapore presentation by David Dean

### **LANGUAGE AND COMMUNICATION: WIN CONWAY**

There are no meetings in July or August.

### **LINE DANCING: JEANNE KELLY**

Meeting on Friday 12<sup>th</sup> and 26<sup>th</sup> July from 1030-1200 at Triangle Annex, New Church Road, Bolton, BL1 5QP. For Sat Nav use: BL1 5SH. Wear loose clothing and no trainers.

Free car parking at Doffcocker Lodge.

No meetings in August.

### **LOCAL HISTORY: JOAN BLUNSDON**

The last meeting of the Local History Group was held in June - as we did not have anyone willing to take over the organization of the group there will be no further Local History meetings.

### **MAH JONG: CHRIS DRUCK**

Monday 15th July and 19th August from 1030-1200 at the Hub. Beginners welcome.

Please contact Chris for more information.

### **MATHS GROUP: PAT TODD**

Friday 19th July at 1330 at the Hub. We shall be trying some graph lines of best fit.

The group will meet in August if there is demand. Perhaps, if maths normally clashes with something else, you might consider dipping your toe in the water and giving it an experimental visit whilst numbers are low. You will be very welcome.

### **MINDFULNESS: ANNIE JONES**

The group meets on alternate Mondays on Zoom at 1300 for about an hour.

There will be no meeting on Monday 1st July. Meetings will resume on 15th July, and then on 29th July, 12th August. We can meet on 26th August if group members want to meet on that day as it's a Bank holiday. For the Zoom link and further details, please contact Annie.

#### **MUSIC APPRECIATION: WIN CONWAY**

No meeting in July or August.

#### **NORDIC WALKING: LYNN GRAY**

If you would like any further information please contact Lynn.

#### **PATCHWORK AND QUILTING: PAULINE TREUHERZ**

The group will meet on Thursday 4th July at 1030 at Bank Top URC. It is open to beginners and those with more advanced skills.

The group will not meet in August or September - the next meeting is Thursday 3rd October.

#### **PHILOSOPHY: CAROLE COLLINS**

Members are advised that the group will not meet in July or August.

#### **PILATES: JANET THATCHER**

No meetings are planned for July or August.

#### **PSYCHOLOGY: STEVE BROWN**

The group will not meet in July or August.

#### **QUIZ GROUP: MIKE HAWORTH**

The next meeting is on Friday 12th July at 1330 at The Hub.

The Question Master will be Tony..

This group is currently over-subscribed and unable to accept new members. A 2nd group, Clueless at Claremont!!, is described earlier in this newsletter.

#### **READING GROUP: ANNIE JONES**

The group will meet on Thursday 18th July and 15th August at 1030 on Zoom – the meeting normally lasts about an hour. The book for discussion in July is Jodi Picoult's book 'Small Great Things'.

People are welcome to join us either on a regular basis, or just to discuss a specific book. If you would like to join us, please contact Annie.

The other books we'll be reading through this year are listed below.

15<sup>th</sup> August: Free food for millionaires by Min Jin Lee,  
19<sup>th</sup> September: Moderate, becoming good later by Toby Carr and Katie Carr,  
17<sup>th</sup> October: The unconsolated by Kasuo Ishiguro,  
21<sup>st</sup> November: Three daughters of Eve by Elif Shafak.

### **RUMMIKUB: NELLIE PLATT TONY SETTLE**

Monday 15th July and 19th August from 1030-1200 at the Hub.

### **SCRABBLE: NELLIE PLATT TONY SETTLE**

Monday 15th July and 19th August from 1030-1200 at the Hub.

### **SINGING FOR PLEASURE: PAUL DYSON**

As usual the group will be resting their voices in July and August but will gather again on Friday 6th and Friday 20th September in the Seminar Room at Claremont Church, St George's Road, when new members who want to enjoy singing with other people will be very welcome.

Claremont Church is an excellent central venue, on bus routes 125, 501 and 575 about a 5-minute ride from the Interchange. There is ample car parking at NCP Topp Way a short walk from the church.

### **TOPICAL SCIENCE: ROSEMARY ASHWORTH**

The group will not meet in July or August.

## **Bolton U3A Monthly Meetings**

Please support them if you can. They are held from 1400-1600 on the 4th Friday of every month, (except December), at St Andrew & St George United Reform Church, St George's Road, Bolton, BL1 2BS. Visitors, for an entry fee of £3, are welcome to attend twice. Next meeting is Friday 28th June.

### **SPEAKERS for 2024**

June 28 <sup>TH</sup>	Musical entertainment provided by the 'Singing for Pleasure group.	
July 26 <sup>TH</sup>	My Life with the Lancashire Constabulary	Mahmood Ahmed.
August 23 <sup>RD</sup>	Billy's War	Paul Atherton
September 27 <sup>TH</sup>	Bedpans and False Teeth	Denise Adlard
October 25 <sup>TH</sup>	The Artifacts of Folk Magic	Peter Watson
November 22 <sup>ND</sup>	Annual General Meeting	

List of committee members available at <https://boltonu3a.org.uk/About/>

## **Help us to stay informed**



If you know of a member who has been ill, or is recently deceased, please inform the relevant group leader so that the information can be circulated appropriately. Please leave a phone number if you want a Group Leader to respond to a phone message.

### **Groups and activities**

We are always happy to support new groups and activities.

E-mail: [groupscoordinator@boltonu3a.org.uk](mailto:groupscoordinator@boltonu3a.org.uk)

Visit our website: [www.boltonu3a.org.uk](http://www.boltonu3a.org.uk)

### **Newsletter news**

Please send contributions to [news@boltonu3a.org.uk](mailto:news@boltonu3a.org.uk)

Deadline for inclusion in the next newsletter is **Friday 16th August**.

Visit our website: [www.boltonu3a.org.uk](http://www.boltonu3a.org.uk)