



Bolton u3a Newsletter

May 2024

Chat from the Chair

Firstly, let me send my thanks to all our members who have wished me a speedy recovery from my recent hip operation. I'm progressing well and hope to be back with you all soon. I must say though, I think not going to u3a groups has meant I've lost a good few pounds recently, and I mean weight not money. It must be all the biscuits that I'm not eating!

I do hope you've all completed the Membership Survey that you will find on the Events webpage <https://boltonu3a.org.uk/Events/>. As a members' organisation it's really important that you tell us what you like, dislike, would like more or less of etc. That way we make sure that we are responding to your wishes rather than guessing what you might like. If you are struggling to complete the survey, please contact me (details below) and I'll make sure someone helps you include your views.

And once again, please consider if you can spare a few hours each month to help out with a committee role. We have several roles becoming vacant after November's AGM but none of them are particularly onerous. Committee members manage and steer our u3a following members' wishes. We are all volunteers so we do as much as we can and roles are adapted to tie in with committee members' skills and abilities. So, if you are someone who likes being involved in things, then please contact me for a chat.

Til next time,
Learn, Laugh, Live

Jeanne Kelly
chairman@boltonu3a.org.uk
07740 625 080

Members' Survey

Thank you to those members who have completed our online survey. You have provided the Branch committee with valuable information.

Unfortunately, we have had a poor response up to now so, if you have not yet completed the questionnaire, may we remind you that you can access the survey by

going to the Events page of our webpage, **Boltonu3a**, and clicking the link under the heading.

We would love to hear from all our members.

New one-off event!

One of our members, Christine Hart, has offered to organise a one-off walk of approximately

3 miles along a local section of the Leeds/Liverpool canal so that it is fairly flat. The proposal is that the group would stop for lunch at the Whins café which is about half way through the walk. This café includes vegetarian options on its menu.

The walk will be on **Wednesday, 19th June** and the starting point is off Junction 8 of M61.

We need to restrict the numbers attending to 12 people.

Christine has arranged a meeting at the Olympus Restaurant on **Tuesday 28th May** at **1100** to gauge interest and provide details. If you cannot attend this introductory meeting, please contact Christine via the Groups Coordinator (see <https://boltonu3a.org.uk/Contact/>), leaving your name and phone number so that she can get in touch with you.

New canalside walks

Following on from Christine Hart's offer to lead a walk on the Leeds/Liverpool canal, Linda Rothwell has volunteered to take a group on 3 separate, monthly walks along the canal starting in Wigan and finishing at Burscough Bridge.

Hopefully, these walks will be between July to September 2024.

We will be using the train service to the start point of each walk and to return to Bolton. All these walks are approx 4 miles long, stopping to eat our packed lunches along the way.

If you are interested and would like more details, please meet Linda in the Olympus Restaurant

at **1030** on **Wednesday 5th June**.

If you are unable to meet on this date and are interested in joining us on the walks, please contact Linda via the Groups Coordinator at <https://boltonu3a.org.uk/Contact/>

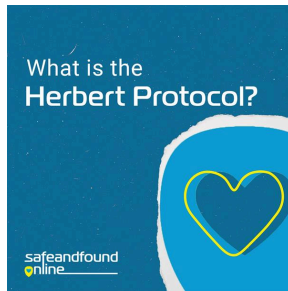
New Quiz group

Clueless at Claremont!!

This is a 2nd quiz group starting in June to accommodate those members who were unable to join the existing quiz group. The first meeting will be on Wednesday 12th June at 1330 at Claremont Church, St George's Road.

Those who were on the waiting list have been contacted by Steve Brown. For further information please contact Steve at venuescoordinator@boltonu3a.org.uk

The Herbert Protocol



Information about this important protocol aimed at those caring for vulnerable people may be of interest to u3a members.

Available via Safe and Found Online, the Herbert Protocol has been in place since around 2016, with the national protocol now being adopted locally in our area again. It encourages carers and family members to compile essential information that could prove invaluable if a vulnerable person, including those with dementia,

goes missing.

It now involves completing an online form with all relevant details by family members, friends, or carers. The information is then stored on Safe and Found Online and accessed by our officers when someone is reported missing.

The form, accompanied by a recent photograph, records vital information such as the person's physical description, medical conditions, mobile phone number, known locations or likely places they may visit, contact details of friends, and any other pertinent historical information.

Following the recent introduction of the Forcer Protocol, the Herbert Protocol is now available online for people in Greater Manchester via Safe and Found Online. Previously, this information was stored on a paper form completed by the family or the care home of the Alzheimer's or dementia patient. This could lead to delays in finding and accessing the information if the form couldn't easily be located.

Whilst the preference is to ensure all relevant information is stored online, the paper form option will still be available to ensure that people without computers can still access it. For more information around the Herbert Protocol please follow the below links, which includes direct access to the online form.

Additional information: [Herbert Protocol | Greater Manchester Police gmp.police.uk](#)

Online form: safeandfoundonline.co.uk/register.php

Safe and Found Online: [Herbert Protocol – Safe and Found Online](#)

Read and watch more here: [The Herbert Protocol continues to help save lives as GMP adopt online portal | Greater Manchester Police](#)

U3a Friends Extra

In response to requests for a members' discount scheme, the Third Age trust launched the u3a Friends Extra in April. This new offer helps to significantly increase the range of services available to members, complements the activities of local groups, and is an exciting opportunity to gain access to a wide range of discounts, offers and services exclusively for u3a members. Please sign up to the newsletter (<https://www.u3a.org.uk/news/newsletter>) to receive the latest updates from across the u3a movement, news from local u3as, learning opportunities, online events and the new u3a Friends Extra scheme.

What is involved in a committee role?

We have all been asked to write a short description of our roles, to help those thinking of joining the committee. This month we have details of two committee roles that will become vacant in November.

Could you be the next **membership secretary**?

The main function of the membership secretary is to keep the membership records on Beacon up to date. This includes dealing with applications from new members, sending out information to prospective members, amending details when phone numbers or addresses change.

The busiest time of year is September -October when it is time for membership renewals and new membership cards need to be printed.

Other tasks include attending committee meetings, having a table at the monthly meetings to deal with membership queries and submitting a list of addresses to the distributors of the TAM magazine before each issue.

We also organise coffee mornings for new members about twice a year.

None of the individual tasks are very difficult but they do require attention to detail and I try to be a friendly face on the membership desk.

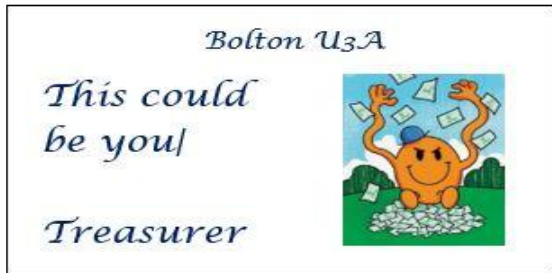
It has been a very enjoyable role and I would be happy to support the next person starting off with membership.

Alison Dyson Membership Secretary.

Bolton u3a will need to appoint a new **treasurer** at the AGM in November, and although it is six months away, now is the time to start thinking about a replacement.

Do you like money?

Do you love spreadsheets?



And yes, you even get your own name badge!

In short, the role involves receiving money, spending it, and keeping an accurate and up-to-date record of financial transactions. Our current system makes use of Microsoft Excel, but there are other options provided by the Third Age Trust. The current incumbent says:

“The way we manage our finances has changed for the better in the four years that I have been treasurer, with a greater use of internet banking. I no longer have to seek out committee members for a second signature on cheques, for example. However, that does mean that the treasurer needs computer access and should be comfortable with online banking. We do have bespoke Bolton u3a banking guidelines, and there’ll be lots of support for the new treasurer.”

If you would like to know more and see how we manage our accounts please get in touch with David at treasurer@boltonu3a.org.uk. He can send you a far more detailed description of what the role entails, with a breakdown of a typical month’s treasuring.

INTEREST GROUP MEETINGS AND ACTIVITIES IN MAY 2024

ARCHAEOLOGY: MAGGY SIMMS

The group meets via Zoom on the 2nd Thursday of each month at 1400. 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

Our next meeting will be on Tuesday 11th June at 1030 at St Andrew and George Church. The group has voted for silk painting sun catchers, a great choice for summer! The group has space for 2 more members so if you would like to join us just get in touch with Serena.

BEELINE TRAVEL: MICHAEL BIGGS

Group A: Tuesday 18th June - St Helens.

Group B: Wednesday 19th June - St Helens.

Both groups meet at Bolton railway station (booking hall) at 1015 on the day to catch the 1032 train. Full details will be sent out the week before.

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.

CHAIR-BASED EXERCISE JEANNE KELLY

Meetings on Monday 3rd, 10th, 17th and 24th June 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.

CINEMA GROUP: CHRIS & DUNCAN MACPHERSON

The next cinema group meeting will be on Thursday 27th June 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

This month's meeting will be on Thursday 13th June at 1030 at The Hub.

The topic will be: '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.

COFFEE AND CHAT: DUNCAN MACPHERSON

Olympus restaurant from 1030 on Tuesday 4th and Tuesday 18th June.

Egerton at the Globe Café on Tuesday 11th June at 1030.

Heaton at The Coffee Shop, New Hall Lane, Heaton on Tuesday 11th June at 1030.

Harwood at Longsight church hall on Thursday 6th June at 1030. Everyone welcome.

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 7th and 21st June at Olympus restaurant at 1400.

Group Two will meet on Tuesdays 4th and 18th June at Olympus restaurant at 1400.

DIGITAL PHOTOGRAPHY: JANET THATCHER

Our next meeting will be Friday 7th June at 1030 outside Smith's on the Town Hall Square.

Subject: The changing Bolton town centre.

DINING GROUP: CHRIS DRUCK

The Dining group will meet on Thursday 13th June at 1300 at The Retreat at Bromley Cross.

Please let Chris know by email (chris.druck@gmail.com) by the 7th June if you plan to come along.

FAMILY HISTORY GROUP: EAMONN & JEANNE KELLY

The next meeting will be on Tuesday 11th June from 1100-1300 at Harwood Library near Morrisons. This month's topic is TRANSPORT, so please bring at least one family photograph showing modes of transport people used in times gone by to talk about.

New members welcome. 3 hours free parking in Morrisons' car park.

HISTORY GROUP: TONY SETTLE

Thursday 20th June from 1030-1230 at the Hub.

Topic: Octavia Hill, a little known Victorian social reformer, particular housing in London. Fought to keep and protect open spaces. A founder member of the National Trust.

INTERNATIONAL STUDIES: BRIAN JONES

The next meeting is Monday 3 June at 1400 at the Hub.

Topic: Austria - another country with a general election this year.

ITALIAN RENAISSANCE ART: LIZ ROBINSON

Our next session will be held on Tuesday 18th June from 1030-1200 at the Hub.

This will be our last session so I will aim to look at some beautiful pieces to finish up. Please note that this group is currently oversubscribed.

LANGUAGE AND COMMUNICATION: WIN CONWAY

The group meets on the 4th Friday of each month at 1030 at the Hub.

LINE DANCING: JEANNE KELLY

Meeting on Friday 14th and 28th June from 1030-1200 at Triangle Annex, New Church Road, Bolton, BL1 5QP. For Sat Nav use: BL1 5SH. Wear loose clothing and no trainers.

New members welcome—it's great fun and good exercise. Free car parking at Doffcocker Lodge.

LOCAL HISTORY: JOAN BLUNSDON

Next meeting on Wednesday 5th June at 1400 at the Hub. The topic will be continuing with more information from the book 'The Bolton-Bridgeman Connection'.

MAH JONG: CHRIS DRUCK

Monday 17th June from 1030-1200 at the Hub. Beginners welcome. Please contact Chris for more information.

MATHS GROUP: PAT TODD

Friday 21st June at 1330 at the Hub. The topics will be directed numbers, indices and what we were doing when we used logs at school. Calculators in school exams have made using logs redundant but the theory of them still appears in higher maths. Everyone welcome.

MINDFULNESS: ANNIE JONES

The group meets on alternate Mondays on Zoom at 1300 for about an hour. The next meetings are 3rd June and 17th June. For the Zoom link and further details, please contact Annie Jones on j.annie@virginmedia.com or 07702 058525.

MUSIC APPRECIATION: WIN CONWAY

The group meets on the 2nd Monday of each month at 1030 at the Hub.

NORDIC WALKING: LYNN GRAY

If you would like any further information please contact Lynn.

PATCHWORK AND QUILTING: PAULINE TREUHERZ

This new group will meet for the first time on Thursday 6th June at 1030 at Bank Top URC, Ashworth Lane, Bolton, BL1 8RX. It is open to beginners and those with more advanced skills. We will be using patchwork, quilting, embroidery, and other decorative techniques on a range of small and larger projects. You will work at your own pace and follow your interests, whether you are a beginner or an advanced stitcher; it is not necessary to have the use of a sewing machine. Do come and join us for a creative and fun activity!

PHILOSOPHY: CAROLE COLLINS

Tuesday 25th June at 1400 at the Hub.

Topic: The ideas of John Rawls (1021 - 2002), Daniel Dennett (born 1942) and Peter Singer (born 1946).

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

PILATES: JANET THATCHER

Our teacher, Zoe, has been offered permanent work at the time of our Monday class and has let us know that her last class with us will be on Monday, 20th May. The following Monday is a Bank Holiday, when there is no class because the Westhoughton Hub is closed.

Members have been contacted about their preferences for the future, but as yet no classes have been scheduled for June.

POETRY FOR PLEASURE: LYNN GRAY

If you would like any further information please contact Lynn.

PSYCHOLOGY: STEVE BROWN

Tuesday 4th June at 1400 at The Hub.

We will be looking at the Secrets of Happiness. Hope you can join us for an insight to a happier life!!!

QUIZ GROUP: MIKE HAWORTH

The next meeting is on Friday 14th June at 1330 at The Hub.

The Question Masters will be Patsy and Paul.

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

READING GROUP: ANNIE JONES

The group will meet on Thursday 21st June at 1030 on Zoom – the meeting normally lasts about an hour. The book for discussion is 'Lessons' by Ian McEwan. 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.

18th July: Small great things by Jodi Picoult,
15th August: Free food for millionaires by Min Jin Lee,
19th September: Moderate, becoming good later by Toby Carr and Katie Carr,
17th October: The unconsolated by Kasuo Ishiguro,
21st November: Three daughters of Eve by Elif Shafak.

RUMMIKUB: NELLIE PLATT TONY SETTLE

Monday 17th June from 1030-1200 at the Hub.

SCRABBLE: NELLIE PLATT TONY SETTLE

Monday 17th June from 1030-1200 at the Hub.

SINGING FOR PLEASURE: PAUL DYSON

The group will meet on Friday 7th and Friday 21st June at 1030 in the Seminar Room at Claremont Church, St George's Road under our Musical Director, Win Conway.

We welcome new members in all voices (Alto, Bass, Soprano, Tenor) who want to enjoy singing with others. 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

Monday 17th June at 1400 at the Hub.

Topics: 1 Science in the news this month - are welcome to bring along any items to share with the group.

2 Recent research on a variety of topics, including:- New Blood Groups; Carbon Capture; Met. Office etc. All very welcome.

Please note that 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 TH | To be Announced Later | |
| July 26 TH | My Life with the Lancashire Constabulary | Mahmood Ahmed. |
| August 23 RD | Billy's War | Paul Atherton |
| September 27 TH | Bedpans and False Teeth | Denise Adlard |
| October 25 TH | The Artifacts of Folk Magic | Peter Watson |
| November 22 ND | Annual General Meeting | |

| Committee Members | | |
|----------------------------|-------------------|--|
| Chair | Jeanne Kelly | chairman@boltonu3a.org.uk jeanne@jmkmarketing.co.uk |
| Vice Chair | Lynn Gray | vicechair@boltonu3a.org.uk |
| Business Secretary | Liz Robinson | secretary@boltonu3a.org.uk. |
| Treasurer | David Dean | treasurer@boltonu3a.org.uk |
| Group Leaders' Coordinator | Duncan Macpherson | groupscoordinator@boltonu3a.org.uk |
| Newsletter Editor | Pauline Treuherz | news@boltonu3a.org.uk paulinetreuherz@yahoo.co.uk |
| Membership Secretary | Alison Dyson | u3abolton@hotmail.co.uk alison.dyson1676@gmail.com |
| Venues Coordinator | Steve Brown | venuescoordinator@boltonu3a.org.uk |

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

Visit our website: www.boltonu3a.org.uk

Newsletter news

Please send contributions to news@boltonu3a.org.uk

Deadline for inclusion in the April newsletter is **Tuesday 18th June.**

Visit our website: www.boltonu3a.org.uk

Information about 2 regional events



Charity Registration No 1159091 NW Regional Privacy Policy can be
seen on www.u3asites.org.uk/north-west

THE BIG SING

Saturday 15th June 2024, 10.15 a.m. – 3.30 p.m.
at
The Quaker Meeting House, School Lane, Liverpool.
Led by Fredrik Holm, music specialist and
Members of the North West Regional Team.

PROGRAMME

10.15 Refreshments and registration
10.55 Welcome & Introduction
11:00– 12.15 First practice session
12.15 – 1.15 Lunch - bring your own or use the local cafes
1.15 – 2.15 Second practice session
2.15 – 2.45 Comfort break
2.45 – 3.30 The Big Sing – putting together everything you have learned

The venue is accessible and there is a lift to all floors. Parking is limited but there is a public carpark nearby and the venue is within walking distance of Lime Street and Central Stations. **If you book parking in advance through O-Park you can obtain a discount using QUAKERSLV.** Please indicate if you have any special requirements with regard to seating or large print.

Cost for the event: £15.00 including refreshments.

Please note, lunch is not provided. Bring your own or use nearby cafes.

Please try to register by June 7th

By Online form using this link <https://forms.gle/FK9hUmwagTlQzo0Z>

or send name, u3a and contact details with a cheque for £15 payable to
North West Region of U3As

To G. Russell, 71 Barn Hey Crescent, Meols, Wirral CH47 9RW.

If you prefer to pay by BACs pay to North West Region of u3as,
Acc no: 00197002 Sort Code: 30-90-16 and add Big Sing as reference

For more information contact Gill Russell: mob: 07710531876 u3anwrchair@gmail.com

North West Region Conference and AGM
Tuesday 2nd July 2024.
Quaker Meeting House, School Lane, Liverpool

Programme

| | |
|-------|---|
| 10.00 | Registration and refreshments |
| 10.55 | Welcome |
| 11.00 | 1 st Discussion group |
| 11.45 | 2 nd discussion group |
| 12.30 | Lunch – bring your own, eat at local cafes or order a sandwich buffet at the venue for £5, payable in advance to the NW account (see below) |
| 13.40 | Performance by Fool's Gold |
| 14.30 | Refreshment break |
| 2.45 | AGM |

We expect to finish by 3.45

Discussion groups: Each group will be approx. 40 minutes. Please select two

- Flash Fiction** – Can you write a short, interesting (dynamic) item in less than 50 words?
- Write a Haiku** A short verse in the style of a Japanese Haiku
- Loud and Proud** – Shout out about your u3a!
- EDI** – an informal discussion about Equality, Diversity and Inclusivity

Register using this link <https://forms.gle/D3xwEbCP5tggqHC96> or by contacting Gill (see below)

Please note, refreshments will be available on arrival, at lunch time and at the afternoon break. There is no charge for these.

If booking the lunch buffet please send £5 in advance before June 27th by BACS to the North West Account no: 00197002 Sort code: 30-90-16 and use NW AGM as reference or by cheque payable to NW Region of u3as. Send by post to Gill Russell, 71 Barn Hey Crescent, Meols, Wirral, CH47 9RW . Mobile: 07710531876

The venue is a short walk from both Liverpool Lime Street mainline station and Central Station on the Wirral Line. It is accessible and there are lifts to all floors. Parking is very limited but there is a public carpark nearby in Hamilton Street. There is a discount at the carpark if you book in advance using the following code: QUAKERSLV. Please let me know if you need directions.

NW region of u3as Charity Commission registration no: 1159091