

# Formby U3A Newsletter

u3a

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Formby U3A, Reg. Charity No. 1161157

## Malham



**Author, Mike Williams.**

The **Fellwalking Group** started walking again in August. Twelve members walked with some sharing cars, others opting to travel separately. The group met in Malham and the weather was good with the threat of a shower about lunchtime. We headed south on the Pennine Way to Hanlith and then climbed steadily over Hanlith Moor, with fine views over Malham, to the Trig Point at Weets Top at a height of 414m. Then we descended slightly to pick up a path through fields to the old monastic highway known as Mastiles Lane and passed the faint remains of an old Roman camp towards Malham Tarn. After lunch the route turned along the rough rocky path through Malham Lings which eventually brought us out onto the limestone pavement above the Cove where we encountered a large number of sightseers. The descent down plus the walk for the last half mile was crowded but it was nice to see so many people enjoying the scenery. No rain showers! The walk was 9.8 miles and we climbed about 1,500 ft.

## Open Day

Formby U3A has an Open Day planned for **Saturday 23<sup>rd</sup> October** at **Holy Trinity Church Hall, Formby, 10:30-4:00** to show case to the wider Formby audience what a talented and diverse group we are. There will be groups on show in the hall, musical performances, displays, a quiz, free cake and tea/ coffee. This is part of our recruitment drive so please come and support us and bring along friends and family who may wish to join us!

## Rivington

**Author, Bill Farr.**



**Walking Group 6** was pleased to welcome some new members to its September walk at Rivington, balancing the makeup to 7 men and 7 ladies currently in the group. The walk circled the moors around the reservoirs, with an add on to the replica of Liverpool Castle at the end, before enjoying a scone, cream and jam in the cafe.

The October walk is to Bickerton Hills, Cheshire, whilst the November walk will be around the Halykn Mountain in N. Wales. If there are any U3A members wishing to give the group a trial, there are vacancies. Please contact Bill Farr, the group leader. Further details can be found on the Formby U3A website, groups section.

## A-RIDERS

**Author, Pam Ashton, Co-leader of the Cycling Group and Groups Secretary.**

We are a subset of the Tuesday Cycling Group and try always to ride each week,



meeting at the usual place, Formby Station at 9:30am. We wear warm gear in winter, use mudguards and like to visit a cafe for a hot drink at the furthest point. Our distances tend to be about 25 miles in winter and 35 miles or so in summer, sometimes more. We can accommodate another couple of people in the A Riders group who are able to do that distance at a reasonable pace. Women, of course, are welcome as well as men! If interested, please contact me by 'phone 832923 or email: [groups@formbyu3a.org.uk](mailto:groups@formbyu3a.org.uk)

## Life On Board

*Author, Elizabeth Goodwill.*



The recently opened Life on Board Gallery at the Maritime Museum was the venue for Local History Group 6's September visits. This fascinating display covers the period from the 1700s to the present day. It explores the stories of Liverpool's seafarers and passengers, highlighting the stories of the merchant sailors, as well as tales of the people who sailed aboard leisure liners. Several group members were able to elaborate on their own experiences working on-board, or fitting out vessels they had been associated with. One revealing display focused on the loss of the MV Derbyshire. The Derbyshire, a Liverpool registered ship owned by the local firm, Bibby Line, sank in 1976 and was the biggest British registered merchant ship ever to have been lost at sea. The crews' families had a prolonged fight for an enquiry which eventually exonerated their relatives and made long overdue recommendations for the safety of all ships.

The group's next visit explores some of the overlooked buildings in Southport.

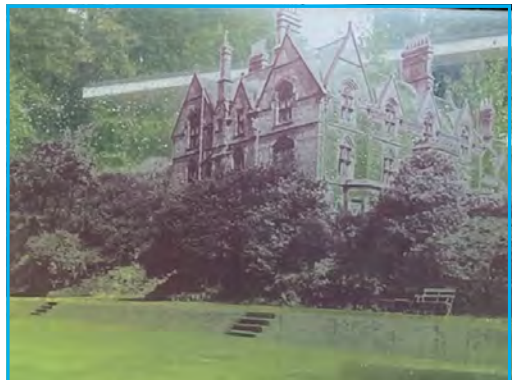


## Strawberry Fields



**Author, Judith Aspinwall.**

September brought **Local History Group 9 members** out of hiding and divided into two groups, we ventured out to Strawberry Fields. It was a truly relaxing day in the beautiful gardens displaying different zones with the obvious John Lennon connections. His meaningful quotes were dotted round the gardens with references to Peace dominant. The guide, Ethan, was brill and we were all stunned to learn that this was the first tour he had led. We equally enjoyed the indoor visitor exhibition making use of individual media guides. The story of Lennon's life really came to life and prompted so many memories. The tour also gave appropriate details on the part played by the Salvation Army in helping more vulnerable members of society in the past and today with their Steps at Strawberry Field project helping the disadvantage to gain work skills. The items on the cafe lunch menu were delicious and we appreciated the friendly and helpful staff in the restaurant and shop. All profits benefit the Salvation Army charity project. Interesting to note that breakfasts are served there as well as afternoon teas so why not plan an outing there.



## Groups News

**Author, Pam Ashton, Groups Secretary.**

We have had a lovely return to face to face meetings in September with a very good attendance at the coffee morning which was actually an afternoon with cakes! It was lovely to meet everyone and there was a great enthusiasm for re-joining and signing up for groups. By the time this newsletter goes out the Group Leaders and new members will also have met and shared experiences.

If you cannot access the contact details of these Group Leaders on the Formby U3A website, or are still having difficulty joining a group of your choice, or wish to see a new group set up, please contact the Groups Secretary but please remember that new groups need leaders and members to help start them. Either e-mail [groups@formbyu3a.org.uk](mailto:groups@formbyu3a.org.uk) or 'phone 832923.

### Special Announcements

**Anyone For Tennis?** If a few members would like to set up a tennis group we understand that coaching is available for a group of eight people. Please contact the Groups Secretary for further details.

**Line Dancing:** Would you be interested in a Line-dancing class? We may already have a few people interested but there is room for lots more. Formby U3A will help find a tutor (or leader) and is happy to help pay for the first few sessions to get the class up and running. Line dancing is a fun way to keep fit! When we see who is interested we will decide on when and where the class will take place. If you are interested please contact Pam Ashton, Formby U3A Groups Secretary,

**Ambling or Walking:** Now that you are meeting face to face you may wish to go for a walk with a group of other members. Unfortunately both Walking Group 1 and Amblers 1 have folded. If this leaves you without a walk with friends please let me know. If there is enough demand we can get together at a coffee morning and discuss establishing new groups. I also have an offer of help with an Amblers Group and a few people have told me that they have some described walks.

**New Book Group, Group 4:** Steve Whitefield started the new book group on Monday 13<sup>th</sup> September and he wants it to reflect the reading preferences of men as well as women. It meets at 11:00am on the 2<sup>nd</sup> Monday of the month and there is still plenty of time to join and places to fill. If you are interested please contact Steve 830540 or 0776 038 0265 or e-mail [stevewhitefield@btinternet.com](mailto:stevewhitefield@btinternet.com)

**Pilates** is an activity which is really good for all your muscles and joints and a gentle pilates is best for older people. We think we may not have a tutor amongst the members so Formby U3A is prepared to help pay a tutor for the first few sessions to get a group going. We are now looking for a tutor so please contact the Groups Secretary if you are interested in joining a pilates group.

**Local History:** The popularity of Local History means that most of the Formby U3A groups are full and as soon as a vacancy appears it is snapped up. I shall therefore

be getting as many Local History Group leaders as possible together with interested members to see if we can set up a new group. I hope to do this in October so watch this space!

**Metal Detecting:** Some progress has been made with a metal detecting group. Bob Gless is helping to start a group up and will be receiving some help from the Wallasey metal detecting group in November. There are a lot of rules to know about with this hobby so it is important to learn from others. As with other start-ups, Formby U3A is happy to fund a bit of start-up help. If you are interested please contact the Groups Secretary.

**Vacancies:** This list is correct at the time of writing. Don't forget there are still vacancies in:

Art & Painting; Bridge 4, 8, 15 & 22 for experienced players; Canasta 4 & 5; Cycling; Family History 3; Floral Art 1; French Improvers 1; Golf (Wednesday); Guitar (all abilities); Literature 2; Lunch Group Sunday 2; Mahjong; Music Appreciation 1; Opera 1; Poetry Appreciation; Recorder group (must be able to play 2 sizes of recorder and read music); Science; Scottish Country Dancing; Singing for Pleasure (currently seeking tenors and bass); Songs of the Sixties (harmonica player); Swimming; Ukelele; Walking groups 2, 3 & 6; Watercolour 2.

### **Committee 2022/3**

***Author, Frances Taylor, Chairman.***

Please think seriously about joining the Committee next year. Frances Taylor, the Chairman, comes to the end of her 3 year term of office. We do not have a Vice-Chairman and other Committee members will also be at the end of their terms of office. Without a strong Committee, Formby U3A cannot go forward effectively. Please get in touch with the Chairman [chairman@formbyu3a.org.uk](mailto:chairman@formbyu3a.org.uk) or 'phone 577205 to find out more.

### **U3A Diaries 2022**

***Author, Evan Bale, Secretary.***

A limited number of U3A diaries will be available to purchase at our October and November coffee mornings and speaker events. These are £3.90 each. If you wish, you can reserve one of these by emailing: [secretary@formbyu3a.org.uk](mailto:secretary@formbyu3a.org.uk) (please indicate when you would like to collect your diary in your email).

## New Members

Formby U3A is pleased to welcome the following new members.

Elizabeth Broad	Vicki Crennell	Ann Dennison	Alec Hodge
Ansie Hodge	David McKee	Mary Morgan	Sally Rance
Alan Range	Mary Range	Valerie Readett	Caitriona Talbot
Elspeth Walsh	Ann Watson		

## Formby U3A Committee 2021-22

Chairman	Frances Taylor (2017)	577205	chairman@formbyu3a.org.uk
Secretary	Evan Bale (2020)		secretary@formbyu3a.org.uk
Treasurer	Anne Rodmell (2019)	621835	treasurer@formbyu3a.org.uk
Membership Sec.	Christine McIlraith (2018)	874787	membership@formbyu3a.org.uk
Group Secretary	Pam Ashton (2020)		groups@formbyu3a.org.uk
Officers	Christine Kennedy (2020)	577774	1stofficer@formbyu3a.org.uk
	Nikki Harrison (2021)	871308	2ndofficer@formbyu3a.org.uk
	Jane Bienias (2020)		3rdofficer@formbyu3a.org.uk
	Sheila Wise (2020)		5thofficer@formbyu3a.org.uk
Accessibility Officer	Ann Knowles (2019)	872333	6thofficer@formbyu3a.org.uk

*\* year appointed to the Committee*

## Newsletter Contributions

Articles informing members of your group and its activities are always welcomed.

Please send contributions to the Editor, e-mail: [newseditor@formbyu3a.org.uk](mailto:newseditor@formbyu3a.org.uk) No e-mail providers guarantee 100% delivery rate and if, 7 days after submitting an article you have not received an acknowledgement one of the e-mail systems failed, so please try again.

Formby U3A Committee would like to remind contributors that it is their responsibility and not the Editor's to check their submitted articles for the grammar, spelling, punctuation etc.

Contributors' names should be given.

**Photographs** submitted must be members' own photos as copyright of third parties' photos remains with the owner and the Newsletter cannot publish such photos.

Please ensure that all people shown in photographs are aware that photographs are being taken for inclusion in the Newsletter.

**Previous Newsletters:** are available at: [http://www.formbyu3a.org.uk/?page\\_id=331](http://www.formbyu3a.org.uk/?page_id=331)

**The deadline for articles for the next Newsletter is midday Thursday, 21<sup>st</sup> October at the latest.**

## Speaker Meetings

**Author, Christine Kennedy, Speaker Organiser.**

The autumn meetings, as usual, are being held in The **Holy Trinity Parish Hall** at **2:00pm** on the second Wednesday of the month. We look forward to welcoming you.

There is now a ramp at the hall entrance to make access easier.

**Car Parking:** Please remember that there is a new parking system at Holy Trinity. You need to **enter your car registration number on the electronic pad in the foyer each time you park**. There is no charge but if you fail to comply you will almost certainly receive a heavy fine. If you are not sure what to do there will be someone on hand to help.

**October 13<sup>th</sup>:** Matthew and Becky are a brother and sister partnership based in Formby who make handmade soaps and body care products. They will talk about and demonstrate how they make **Tigermuffin Soaps**.

**November 10<sup>th</sup>:** **Paul Atherton** will talk about **The True History behind Viking Voices**. Paul is an historical author with a particular interest in the **Cuerdale Hoard**, found close to where he lives.

**December 8<sup>th</sup>:** **Wendy Williamson** will entertain us with her **Sing me Merseyside** show.

**Please remember to bring your current **ORANGE** membership card to all events, including monthly talks and group activities.**

**Coffee Mornings:** **The first regular Formby U3A Coffee Morning will be Thursday October 14<sup>th</sup> from 10:30 -12:00 in the Workshop.**

**Open Day:** **Saturday 23<sup>rd</sup> October at Holy Trinity Church Hall, 10:30-4:00** to show case to the wider Formby audience what a talented and diverse group we are. There will be groups on show in the hall, musical performances, displays, a quiz, free cake and tea/coffee. This is part of our recruitment drive so please come and support us and bring along friends and family who may wish to join us!

## **Your Newsletter Needs Your Group's News**

*The best way to tell other U3A members about your group and any potential vacancies is by a Newsletter article & photo!*

**The next Newsletter is due** to be distributed by e-mail and be on the website early next month. Paper copies can be collected at the monthly meeting & coffee morning.