

Summer 2025  
Issue 9

# NEWSLETTER

Chair's  
Welcome

Group  
Reports

Dates for  
*your* Diary

*P. Alger*



## CONTACTS

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## EXECUTIVE COMMITTEE

The Committee continues to meet on the first Tuesday of the month at the Town Hall and we encourage you to speak to any one of us if you have a query or wish to raise an issue.

Since the last issue of the Newsletter you might have spotted one fewer face. Carol Wright has recently stepped down and we have to say her cheerful input has been very much missed.

However, we are pleased that Roger May has joined us and delighted that he has generously taken on the role of our Social Media expert. This means that Speaker Meeting presentations, coordinated by Denise Hall, are now being promoted on local online community pages. Roger has also uploaded on to YouTube videos of previous outings.

Below a gallery of present Committee members just in case you are not familiar with this friendly group of faces.



**Sue Rivers**  
Chair



**Ann Apps**  
Deputy Chair



**Pat Stanway**  
Business Secretary



**Margaret Weaver**  
Treasurer



**Catherine Ager**  
Newsletter Editor



**Wendy Cheshire**  
Membership



**Denise Hall**  
Speaker Organiser



**Roger May**  
Social Media



**Jean Windsor**  
Groups Coordinator

Others making a substantial contribution to the group are: Hazel Perry (Almoner), Barbara Matthews and Pat Cooper (Outings), Eileen Gilligan and Hilary Harmer (Website Editors) and Lesley Mason (Refreshments). Also the many members who willingly step in to help and support when and where needed.



**HELLO AND WELCOME** to all our members and I hope you are appreciating your time with our u3a.

I feel we have such a lot to offer from all our great groups ~ something to suit everyone I think there ~ to our various outings which take us to every corner of the north west and beyond.

Also our monthly meetings on the third Tuesday of the month are always varied, interesting and enjoyable. As well as free tea, coffee and biscuits there is the book swap stall and of course our speakers which this year have ranged from a presentation on Melton Mowbray pork pies (with samples) through to the History of Strines and one even featuring chickens plus lots in between and plenty more to come.

And don't forget the Coffee Morning on the last Tuesday of the month.

None of this would be possible without all you lovely helpers and members. So thank you all however you get involved.

Have a wonderful summer and as always take care, look after yourselves and one another and above all enjoy yourselves!

*Sue*

## OFFERING SOMETHING FOR EVERYONE

We have thirty seven **ACTIVITY GROUPS** offering a wide range of pursuits giving ample scope to expand our minds, feed our brains, keep our bodies in shape, learn new skills, see new places and socialise. For general information about a Group, or if you are contemplating starting a new one, Jean Windsor would love to hear from you. Contact details for each individual Group Leader can be found on the Activity Groups List and accessed on the website.

Speaker Organiser Denise Hall continues to schedule an eclectic programme of presenters for **MONTHLY MEETINGS** at the Town Hall. As wide ranging as the History and Benefits of T'ai Chi; How Melton Mowbray Became Famous; The Wildlife of Shetland; What Came First the Chicken or Egg (with cameo appearances) and the Golden Age of Radio there surely is something for everyone. An established feature at meetings is the **INFORMATION DESK** and Membership Secretary Wendy Cheshire will, if she doesn't have a ready answer to a query, be able to point you in the

direction of someone who has!

The ever popular **OUTINGS GROUP** is coordinated by Pat Cooper and Barbara Matthews and full details of upcoming trips are given on the website. Or check with them at meetings and do take a look at the YouTube videos of previous visits uploaded online by Roger May.

All are welcome at our **COFFEE MORNINGS** held 10.30am-12.00 noon at Providence United Reformed Church, Mellor Road, New Mills on the last Tuesday in the month. £1 per person for as much tea or coffee and biscuits as you wish and a chance to chat and relax with friends.

A feature in September is the **GROUP DISPLAYS** held during the New Mills Festival when Group Leaders are invited to participate in the event held in the Town Hall. Open to both members and the public this is the ideal opportunity to see what goes on, meet the Chair and Group Leaders and chat with other members. Bring along a friend so they can find out what they are missing!

# ACTIVITY GROUP LEADERS' REPORTS

Members are spoilt for choice with the range of Activity Groups. Looking to improve your physical health? Try Country Dancing, Cycling, Keep Fit, Ta'i Chi, Table Tennis, Pétanque or join one of the five Walking groups. Something creative? Art, Art Appreciation, Knit and Natter, Needlecraft or one of the two Photography groups. Learn a Language? We have options for French, German and Spanish. Feeling competitive? Canasta or Mah Jong perhaps.

Then the wider arts. Book Club, Philosophy, Play Reading, Poetry Reading and Singing. Enjoy the natural world? Birds and Botany has it covered. For the brain Cryptic Crosswords and Current Affairs. Enjoy visiting new places? Book a place on the coach with the Outings group.

Finally, the three G's. Geology, Genealogy and Gardening! And here just a few Group Leader reports to tell you more.

## CURRENT AFFAIRS

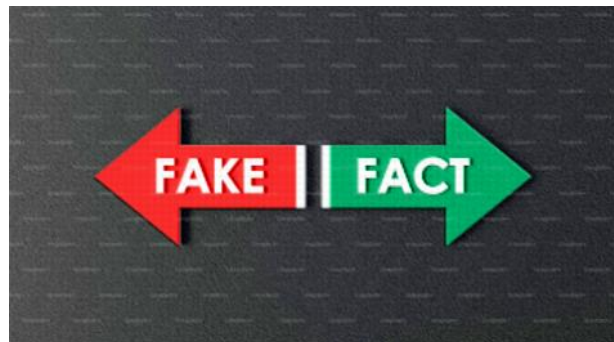
**Meets:** 1st Wednesday of the month

**Time:** 10am ~ 12 noon

**Venue:** Council Chambers

**Group Leader:** Ann Clark

**Contact:** [groupscoordinator@newmillsu3a.org.uk](mailto:groupscoordinator@newmillsu3a.org.uk)



Current Affairs has gone through quite a change recently. Having lost several members through their passings, we are pleased that new members are joining us and we are building to a reasonable sized group.

We left Spring Bank Arts when our number fell so low and it became financially unviable and tried a local café. Although they were very welcoming, our two members with hearing difficulties found it was too noisy. Now we meet in the Council Chambers and revel in the luxurious surroundings.

Our recent talks have been wide ranging, from “safeguarding mental health in the present political climate”, National Health Service and USA tariffs. The discussions are always informative and held with respecting the views of others.

**Ann Clark**





## ART APPRECIATION

**Meets:** 2nd Monday of the month

**Time:** 10am ~ 12 noon

**Venue:** Spring Bank Arts Centre

**Group Leader:** Ann Jackson

**Contact:** t.jackson2@btinternet.com

At the meeting in June we looked at enigmatic works involving Photography, Surrealism, Fauvism, etc – a couple of which we were advised were rather dark, but balanced by more joyous works.

We were introduced to a range of artists starting with Chloe Dew Mathews, a British documentary photography and Mat Collishaw a contemporary British artist and also Emila Medkovaan important exponent of Czech art photography. Together with Joana Kruse a UK travel photographer now living in Italy, Ian Sproat, Joanna Wishart, Rebecca Vincent all from the north-east.

Also featured were Russian realist painter Alexander Vladimirovich Makovsky, Dora Maar's Surrealist photomontages and while Picasso is famous for cofounding Cubism he did also cover surrealist themes in his work of the early 1930's such as Guernica.



**The powerful and iconic anti-war painting by Pablo Picasso, depicting the bombing of the Basque town of Guernica during the Spanish Civil War. Created in 1937**



As the topic prompted some interesting discussion, and not all the planned artists were considered, it was agreed we should continue with the same topic at the next meeting in July.

The Art Appreciation Group has enjoyed recently presentations by two invited speakers from Manchester Art Gallery.

A fascinating and well researched talk on 'Painting Manchester' and an absorbing and in depth presentation on Colour which plays such an important and complex part in the world of Art.

There has been a visit to the Manchester Gallery to see the Barbara Walker Exhibition followed by an examination of hers and other interrelated artists' work



**Group Leader Ann Jackson chatting with a visitor to the Groups Display event in September 2024**

### NB: CHANGE OF DATE

It has been necessary to change the date of next month's meeting to **21st July**, still the usual venue (Spring Bank Arts Centre).



# PÉTANQUE

**Meets:** Mondays

**Time:** 2:30pm ~ 4:00pm

**Venue:** Marple Memorial Park

**Contact:** [groupscoordinator@newmillsu3a.org.uk](mailto:groupscoordinator@newmillsu3a.org.uk)

Unsurprisingly, meetings of the Pétanque Group are very much dictated by the weather so members were pleased to get together again this year in April.

We enjoyed our first competition match at the inauguration of Buxton's new Pétanque court. However, we won't talk about the score - fourth out of four!! But still enjoyable, if a little chilly.

The u3a teams taking part were High Peak, Marple, New Mills and District and Leek.

We are a friendly group looking for a few additional members to join us. If you think you might be interested in joining us, please come along and give it a try! We usually play till around 4pm Spring to Autumn and always weather permitting.

**Wendy Cheshire**



**Mayor and Mayoress of High Peak at the opening ceremony of the new Buxton Pétanque Court**



**(above and second right)  
New Mills and District u3a team at the inauguration**



## GARDENING

**Meets:** 2nd Monday of the Month

**Time:** 2:00pm ~ 4:00pm

**Venue:** Library Seminar Room

**Contact:** gardening@newmillsu3a.org.uk

After a winter break we came together again in April as usual in the Library Seminar Room. Jeanette Chapman owner of The Plant Shop in New Mills came along to our spring meeting with samples of what she was currently growing in her nursery. It was a beautiful spring afternoon and having set up a colourful display in the Town Hall carpark and she was a bit surprised when members wanted to buy and take away.



**Plant Shop Helieniums ~ sun loving perennials which the RHS advises are tough, hardy and easy to grow**

In May Mary Parkinson joined our meeting to tell us something about the New Mills Community Orchard. Planted on the site of a 17th century orchard, alongside the wooded area by High Lea Park, there is a variety of fruit available, free of charge, for the local community. Including of course our very own u3a Plum Tree which we planted last year to celebrate the twentieth anniversary. The Orchard is managed by a team of volunteers who are delighted with the recent reinstalment of beehives. The aim is to fully involve the community including local children and their Wassail event is certainly an occasion not to be missed.



**Reinstalment of the Orchard Beehives**

In June Gardening Group member Jean Windsor gave us a fascinating presentation on the work of the Friends of Disley Station. Volunteers work tirelessly to maintain the gardens at the station deservedly recognised by the award of the Cheshire Best Kept Station 2021 Best Kept Garden Award and the Avanti Sustainability Award. Projects involved the initial hard work of clearing the sites, considerations of erosion, drainage, access, safety, general maintenance and the all important planting the right plants in the right place. The group has successfully attracted grants enabling purchase of such things as planters and much appreciated a number of free donations of items.



**Jean (centre holding the sign) with other Friends of Disley Station volunteers**



## SHORTER WALKS THEN PUB LUNCH

**Meets:** Monthly 2nd Tuesday & 4th Friday

**Time:** 10:30am

**Venue:** Various

**Contact:** [shorterwalks@newmillsu3a.org.uk](mailto:shorterwalks@newmillsu3a.org.uk)

Start time for the shorter walks is usually 10:30am allowing about two hours' activity before enjoying a pub lunch. Conscious of our Carbon Footprint, the aim is to make use, wherever possible, of public transport to arrive at and depart from the assembly points. Others may opt to car share, making their own arrangements.

Walks are designed with cut-outs, shortcuts and alternatives and left to individuals to decide how much, or how little of the circuit they feel capable of achieving - the aim being to allow the slower members to catch up with, or even overtake the faster ones, thereby arriving at the destination more or less together, and thereafter enjoying a convivial lunch in a nearby pub or café.

### CHADKIRK COUNTRY ESTATE

We enjoyed an excellent new walk which offered circuits of either 2 or 3.5 miles, with an absolute minimum of uphill gradient. The Estate offers several points of interest - and a stroll along part of the Peak Forest canal. One steep hill of around 200 metres is the only climb.

Blessed with fine weather, although there was a cold and blustery wind across the open spaces, and at one point we saw Thunder and Lightning! (The two Archimedes' screws at Stockport Hydro).

We ended the morning with a relaxed lunch at Spread Eagle at Romiley.



## WHALEY BRIDGE TO CHAPEL

We had splendid turnout for a walk from Whaley Bridge to Chapel-en-le-Frith. followed by a delicious lunch at the Amore Cafe. Lovely weather, too. Everyone completed the full walk of 4 miles, and a few of the more energetic ones added in an extra loop of about ¼ mile to get in a bit of hill work.

### AROUND DISLEY

The weather was perfect for our walk around Disley followed by an excellent lunch in the Dandy Cock afterwards. 4.2 Kms of virtually flat walking made for an easy stroll, leading us to arrive at the lunch venue just as it opened. Everyone seemed to enjoy the outing, and I think the lunch venue should be added to our list of favourites.

### ALONG THE MIDDLEWOOD WAY

Starting and finishing at the Railway Inn in Rose Hill, Marple our walk was completely flat on tarmac footpaths and gravelled walkways along the first section of the Middlewood Way. Total distance approximately four miles Those happy with a slower walk completed some of the route but doubled back wherever they were at a given time and others followed the full circuit.

**Roger May**



**Always time for a snapshot of the happy walkers either en route or at lunch**



## OUTINGS

**Meets:** Members are requested to join outings at New Mills bus station unless the journey passes through your area and pick ups have been arranged in advance with Group Leaders

**Time & Venue:** Various

**Group Leaders:** Pat Cooper & Barbara Matthews

**Contact:** outings@newmillsu3a.org.uk



### SUNDAY 6 JULY 2025

#### 3-HOUR CRUISE LIVERPOOL BAY

**Depart:** 9:15am Coach from New Mills Bus Station and 2:15pm Cruise from Pier Head

**Cost:** £45 (includes return coach and cruise)  
Non members welcome on this occasion

Travel to The Albert Dock, Liverpool with free time in the morning and for lunch. Then join the cruise where passengers will enjoy the scenery and learn about the history and geography of the River Mersey and Liverpool Bay with expert commentary from a Blue Badge Guide. Where the Mersey meets the Irish sea we turn and make our return journey.

On this special sightseeing cruise we experience Anthony Gormley's spectacular Another Place art installation on Crosby beach. 100 cast-iron life-sized figures spread across the foreshore.

The cruise features live music from local artists including Liverpool Shanty Kings. Snacks and drinks available at the licensed bar.

### THURSDAY 7 AUGUST 2025

#### BOLSOVER CASTLE BY COACH

**Cost:** £11

### WEDNESDAY 10 SEPTEMBER 2025

#### SOUTHPORT BY COACH

**Cost:** £12

### WEDNESDAY 10 DECEMBER 2025

#### NORTON GRANGE HOTEL, ROCHDALE

#### GOLDEN OLDIES FESTIVE LUNCH

**Cost:** £42 (including transport)

**Arrive:** 12.30pm for **Lunch:** 13.00

**Entertainment:** 2:30pm

**Finishes:** 4:30pm

Traditional Christmas lunch in a friendly, welcoming atmosphere followed by entertainment including lively music and a sing along. Please let Pat or Barbara know now if interested so they can gauge numbers

#### Menu

Butternut squash soup with warm roll

Hand-carved turkey with stuffing, pigs in blankets

Roasted carrots, roast potatoes, tender stem

broccoli and Gravy

Christmas pudding with brandy sauce

Tea/coffee and mince pies

### MONDAY 26 JANUARY 2026 (5 DAY BREAK)

#### POTTERS FIVE LAKES RESORT, ESSEX

**Cost:** £529 per person (some room supplements)

All inclusive (breakfast, lunch, dinner, drinks but not premium brands) plus executive coach

Half day Excursions to Maldon and to Colchester

Contact Barbara for full details of the travel agent.



# 2025 Dates *for your* Diary

**SPEAKER MEETINGS ARE HELD IN THE MAIN HALL OF NEW MILLS TOWN HALL**  
**OPEN TO ALL CURRENT AND PROSPECTIVE MEMBERS STARTING AT 10:30AM WITH REFRESHMENTS**



**15 July**

**BOLSOVER CASTLE**

**IAN MORGAN**

Bolsover Castle is in Bolsover in north east Derbyshire. Built in the early 17th century, the site now in the care of English Heritage is a Grade I listed building and a Scheduled Ancient Monument.



**19 August**

**HERBS AND POTIONS:**

**A SHORT HISTORY OF MEDICINAL PLANTS**

**ANGELA STAFFORD**

Medicinal Plants have been used in traditional medicine systems for centuries and are the basis for many modern pharmaceuticals.



**21 October**

**MUSICAL MEMORY OF THE  
GOLDEN AGE OF RADIO**

**ROGER BROWNE**

The birth of commercial radio broadcasting began in the early 1920's until the 1950's when it was superseded by television.



**16 September**

**GROUP DISPLAYS EVENT**

**16 December**

**CHRISTMAS SOCIAL**

**QUIZ / MINCE PIES /**

**PRIZES / GOOD COMPANY**



**18 November**  
**2025 AGM**





**AT THE FEBRUARY SPEAKER MEETING CLARE O'DONNELL GAVE A PRESENTATION ON THE FAMOUS MELTON MOWBRAY PORK PIE. SHE INCLUDED A DEMONSTRATION ON THE MAKING OF THIS CLASSIC AND PROVIDED A RECIPE FOR US TO TRY AT HOME.**

#### **QUANTITY FOR A 1LB PIE**

**JUST DOUBLE OR TRIPLE FOR A LARGER PIE**

150g plain flour

65g lard (or Beef Dripping, Vegetable or Vegan hard block)

42g cold water or milk

3g salt

Weigh out the flour (no need to sieve) and while the flour is on the scales add the 3g of salt so you have 153g of dry ingredients in total. Tip the dry ingredients into a large bowl.

Weigh out 42g of cold water and pour into a small saucepan. Weigh out the lard and cut into small cubes, add to the water in the saucepan.

Over a medium heat, slowly melt the lard into the water. Ideally the liquid should not boil, just be at a preboil temperature until the lard has fully melted into the water.

When melted, pour the liquid into the flour and salt mixture and beat. Allow the pastry to cool slightly and then work into the required shape or tin. Alternatively let the pastry go cold and then warm in the hands until pliable like modelling clay and then raise or line a tin.



#### **COFFEE MORNINGS 10:30AM~12 NOON**

Why not join us from 10.30 am-12.00 noon at the Providence United Reformed Church for our Coffee Morning Social? We come together on the last Tuesday in the month (with the exception of December) and everyone is welcome, including new and prospective members. Just £1 per person for a limitless supply of tea and/or coffee and biscuits perhaps including a game of Mah Jong or Scrabble. It is a lovely friendly and informal occasion and dates for the rest of this year are: **29 July; 26 August; 30 September; 28 October; 25 November.**

I look forward to seeing you there! **SUE RIVERS (CHAIR)**

Researchers, at the University of Oxford are running a study into the health and well being of adults who grew up in foster or residential care. Led by Dr Jonathan Taylor, with Dr Michele Peters, Dr Anna Scott and also Dr Rosie Canning, an independent researcher with experience of growing up in care.



**If you would like to know more contact [Jonathan.Taylor@ndph.ox.ac.uk](mailto:Jonathan.Taylor@ndph.ox.ac.uk) or telephone 01865 617912**





# 20 YEARS CELEBRATING LEARNING, LAUGHING, LIVING