

u3a High Lane

Newsletter

July 2024



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FROM THE EDITOR

Welcome to the July edition of the High Lane u3a newsletter. I keep saying this – but thanks to the reports from the Littlecote Manor holiday goers this really is a bumper edition. Thanks to all Sue for gathering up all the reports. Thanks also to the group leaders and contributors; I couldn't do it without you. As well as group reports, we also have important information about our forthcoming events.

Unfortunately, some of the members who went on the Littlecote holiday have since developed Covid and we wish them well in their recovery. As we are all getting older and more likely to be in ill health, we would gently remind members that if they have been in contact with someone who has Covid they should stay away from their group meetings until the likelihood of infecting others has passed.

Littlecote Manor holiday has also provided the cover photo this month – entitled 'the Last Supper', and a couple more photos are below.

This is your newsletter. Please feel free to share some of your news, your interests, or items you have found that you think would be of interest to other members. We are pleased to welcome some new members to our u3a this month and look forward to meeting you at our meetings and interest groups. Your contributions to the newsletter will be very welcome.

Attached to the email is the National Office bitesize newsletter for June. This has reports of many varied activities taking place in u3as across the country.

The next issue of our newsletter will be August 2024. As usual, please send contributions by 28th July to me at newslettereditor@highlaneu3a.org.uk

Diane Saxon

Some more pictures from the Travel group holiday



UPCOMING EVENTS

As was mentioned at the June meeting we have plenty of different things coming up over the next few months. Something we hope for everyone.

July 12th a trip on the Judith Mary from Whaley Bridge.

July 19th is the annual lunch at Hazel Grove golf club.

August 9th Quiz evening at the village hall.

August 26th-30th trip to Ireland.

October 3rd-10th River cruise

October 11th music evening at the village hall. Irish and 60's music with a fiddler and guitarist.

December Xmas party at the Monthly meeting.

We hope you will support these events as a lot of time and work goes into planning them.

Thanks

Paul (Chair)

Pub Quiz night



Hosted by the Quiz group. Please come and join us for a fun, light-hearted quiz with a mid-evening break for a cheese ploughman's.

We will have lots of different types of questions; something for everyone. Don't worry about coming on your own as we will find you a team.

The date is Friday, 9 August, 7pm start. Please bring your own drinks and glasses.

Tickets are just £6 for the evening's entertainment and will be on sale at the July meeting or by contacting André.

Entertainment evening on Friday October 11th

For this year's entertainment evening we are having guitarist Josh and fiddler Bob. They both play for The Mighty Craic Irish band and The Lucky Fifteens; both have excellent reviews. They have played at the Cheltenham festival and supported The Dubliners, The Fureys and Hothouse Flowers.

Josh and Bob will be playing Irish music and also some 60's music for us.

We shall be having a meal before the entertainment starts.

The menu is as follows

Main course

Irish Tavern Pie with a pastry top, beef cooked in Guinness with carrots, onions and shallots with red cabbage

Or

Chicken breast in a creamy leek sauce with new potatoes

Dessert

Apple pie and cream

Or

Chocolate Roulade

Please bring your own drinks and glasses

Doors open at 6.30pm and we aim to eat at 7.15pm

Ticket price is £25. Hope you can join us. Tickets on sale from July meeting.

Don't forget to bring some cash or your chequebook to the monthly meeting so you don't miss out on the events.

MONTHLY MEETING

The speaker at the June monthly meeting was Keith Warrender. His talk was entitled Manchester Underground. Secrets of the city revealed. Keith has a passion for his subject and has visited and photographed many of the underground sites under the streets of Manchester. He illustrated his talk with many interesting photos.



There is a network of tunnels under various venues including the CIS tower, Deansgate Station, Victoria Station and New Cathedral Street. Some were built during the Cold War to provide conveyor routes for top secret information, others to provide transport links and many were used as air raid shelters.

Many of these tunnels are no longer accessible so it was a privilege to have an insight into their history. Keith was open for questions and sold a few of his books after his talk.

The next meeting is on Wednesday July 10th when David Seddon will give a talk entitled Romanticism.

Kath Wareham

SHORT STORY COMPETITION

The u3a national short story competition is back for its fifth year, and the judges are looking forward to seeing what creative writing talents members have to offer. We know we have some talented writers in our u3a. Why not have a go.

The theme for this year's competition is: 'Escape(s)'. Your story can be up to 1500 words (excluding the title). The competition launched on Tuesday 7th May 2024. The deadline has been extended to Monday 15th July 2024 at 12pm.

We will once again be partnering with Bloomsbury for this competition and are delighted that Bloomsbury will be supplying copies of the 2025 Writers' and Artists' Yearbook to the 12 top entries (published July 2024).

The winner will also see their story published in u3a matters magazine, which reaches over 200,000 households, with a bespoke illustration to accompany it. The winner will receive a framed copy of their story as it appears in the magazine. [Click here for details and the competition rules.](#)

STOCKPORT'S FAMOUS WURLITZER

Following Irene's article on the Wurlitzer in last month's edition, I was inspired to get to the concerts early this month. The organ situated in the Town Hall ballroom is a really good setup and it was disappointing to see that numbers were low. At the Saturday concert, Michael Wooldridge entertained us with a rich mix of styles and tunes. The Monday midday concert featured multi-talented musician, Matthew Bason, at the console. It was a delight to see him enjoying playing the wonderful organ. Among many others, we were treated to an ethereal rendition of Morricone's Gabriel's Oboe from The Mission and he ended his concert with a medley of pop tunes including one from Edison Lighthouse - he then said he was a member of the band!



Organists come from all over the country to play on our organ and all say it is a joy and privilege to be able to play here. The next midday concert is 12 August when the organist is Mark Laflin.

Diane Saxon

GROUP NEWS

ART

This wonderful statue is of the legendary King Arthur and is at Tintagel in Cornwall. I love the way his body is only half there as no-one is sure if he actually existed or not. And what is even more amazing is the fact that I painted it.

Three years ago, I hadn't painted anything since my schooldays. I had dabbled with photography and recognised that I see things with an artist's eye, so I finally plucked up courage to phone Brian who ran the group at that time. He said "don't bring anything, just come". So I did. He got me started with watercolour pencils and I was off, experimenting with different styles and techniques and sometimes just doodling happily. No formal tuition, but Brian was always happy to give advice and encouragement.



Three years on, and I'm amazed at what I've achieved so far. I've had pictures in two of our exhibitions, I've done a modern painting of the village hall which was well received and I've actually hung some paintings in my own home. Never thought I'd do that, I'm picky! So all I can say is - have a go. You don't know what you can do till you try.

Chris Fontaine

CHURCHES AND PUBS

Churches and Pubs Visit to New Mills



On Wednesday 5th June we set out on our planned visit to St Georges Church in New Mills. Unfortunately, most of us had to take a circuitous route via Marple and Strines as the A6 was closed from Disley to the Derbyshire border for five days. Approaching the church entrance, we could hear organ music accompanying us along the path. Fr Owain and his team were waiting to warmly welcome us, whilst Gen and



her helpers provided us with tea, coffee and freshly baked cakes.

An introduction by Fr Owain was followed by a presentation from Joe based on his draft guidebook, 'A Church Through Time', which he had just completed. The industrial revolution had led to a population boom and new factory towns like New Mills, with Torr Vale Mill opening in 1790, followed by many others. However, there was no parish church until 1831, prior to which Anglicans were expected to walk to Glossop, a 3-hour trek across the hills!

St Georges was designed by a Leeds architect R D Chantrell in the Lancet style with a double height Nave. The exterior of the building has changed little but there have been numerous changes internally over the intervening years. We split into 3 groups visiting in turn the altar and reredos, Chapel of St Francis located upstairs and finally the ringing room with 8 bells. Some of the group were even able to take a turn at bell ringing.

On completion of our visit, we then travelled to the Navigation Inn at Bugsworth Basin for an excellent lunch.

Roger Drinkwater

Next visits

Wednesday 7th August. St. Mary's, Disley, meal at Rams Head.

Wednesday October 2nd. St James, Taxal.
Bookings at July meeting.

Wednesday December 4th.
To be confirmed.

If you require any further information on the group, just ask or send me an e-mail.

Paul Kenneth

CRIME FICTION READING



The crime fiction book group met on 14 June to discuss *The Mysterious Case of the Alperton Angels* by Janice Hallett. This book was published in 2023 and I picked it from the promotions shelf at High Lane library in January this year. It advertised good reviews so I thought it worth a read.

The book is mainly written in WhatsApp messages between rival True Crime authors Amanda Bailey and Oliver Menzies who are researching the Alperton Angels cult and their attempt to sacrifice a baby they believed to be the Antichrist. At the time of the story the Alperton baby had turned 18 and Amanda and Oliver are trying to track it down. The ending of the story has a macabre twist which is totally unexpected.

Once I had got used to the unusual style of writing I enjoyed the book. There were seven of us at our meeting and one other member of our group quite liked it too but of the others two members disliked the book so much they gave up on reading it and another hadn't finished it but said that she will persevere to the end. The other two who had read the whole of the book didn't like it. So, generally speaking, not a successful read for our group.

Our next meeting will be on 2 August when we will be discussing *The Crossing Places* by Elly Griffiths. Elly is an author who many of our group know and love so let's hope for a more enjoyable next read.

Betty Mackman

CURRENT AFFAIRS

Thanks once again to Margaret for hosting a lively meeting at her home which covered some diverse topics.

The first topic which was discussed was the new quadruple increase suggested by the Conservatives to the State Pension and that the tax threshold only for Pensioners would have to be raised for any benefit to be felt. It was agreed that we did not think that the quadruple increase should be implemented as this could be at the detriment to the younger generation.

From October Passports may no longer be stamped at air and rail ports in the UK but be replaced with biometric information such as fingerprints and facial recognition. This is likely to cause long delays at Dover and other ports. An arrangement with France has been established.

It was noted that both major parties have promised that there would be no income tax rises, no increase to VAT, no cuts to public services but that more spending on NHS, Police and Defence which left the question of where the money was going to come from. We were not excited by the prospects of interviews with politicians up to the general election as it was felt that the answers which they gave were what they thought we wanted to hear. On the Any Questions programme on the radio the note left by the Labour chancellor saying 'There is no money left' was referred to and the question was asked from the members of the panel what note they would leave. Their suggestions were – 'There really is no money left' – 'Good luck with the repair job' – 'Sorry about the money. Have a nice day'. Some questions cannot be resolved easily!

The discussion took place about mobile phone usage where it was noted that not all adults set a good example to children. It seems parents have conceded the battle over screens. Privacy and security concern with sites such as TikTok which gave exposure to harmful content could have negative impact on mental health. The use of phones over many hours could also have a negative effect on physical health. Many schools are now banning the use of phones within the school timetable.

It has been stated that the present government would scrap university courses which do not lead to employment and good salary prospects in favour of more apprenticeships. We thought that on the subject of university courses the consensus was that nurses should not have to do university degrees. The fees may exclude some students but that learning on the job as in the past was more inclusive and could solve some of the staffing shortage in the NHS.

We would welcome a few new members if you would like to take part in our discussions.
Paulene Whyte

GARDENING

Our visit this month was to Betty's garden in Middlewood. It was a fascinating change from our usual house gardens; almost an "Escape to the Country" house. We admired large beds of thriving vegetables. We wandered over swathes of lawn/meadow, with a busy robot mower showing us the easy way to cut grass. We passed beds of cottage perennials set close to a large pond (almost a lake!). Some of us reclined in the summer house in this large plot adjacent to the Middlewood Way. A really enjoyable afternoon!

On a more traditional thought, Deirdre sent us a couple of pictures from her lovely rose collection, for you to admire.

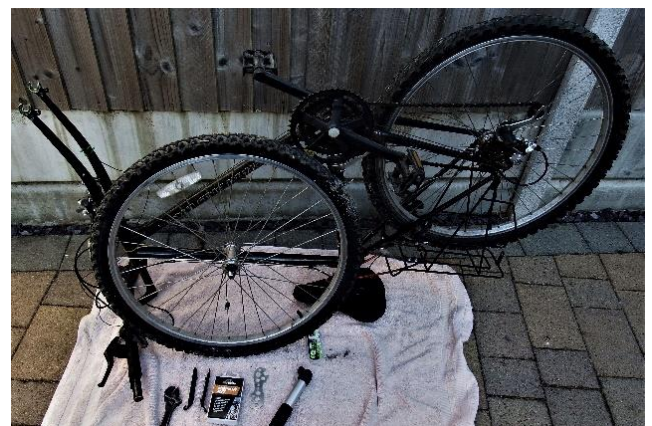


Walter Mason

PHOTOGRAPHY

The photography group continues with a monthly themed competition. If anyone would like to join the group, they would be most welcome. Contact me, Ken Jackson, via the u3a site, email (photographygroupleader@highlaneu3a.org.uk) and I will include you in the emails sent out.

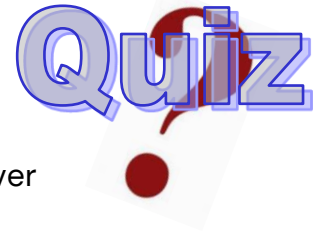
June's competition theme was BICYCLES. Jeff's photos of a group of cyclists passing through Marple during the Tour of Britain race was the outright winner. Four photographs tied for 2nd place just one point behind. Heidelberg from Ken, Blue bike from Pam, Come on in from Diane and Puncture from Jeff. There was a three-way tie for 3rd place.



Well done everyone. Next month's subject is LANDSCAPES. Entries by July 18th please

Ken Jackson

QUIZZING



Our quiz for June was set by Alvin. Questions were in various categories, including Film and TV, food, geography, history, food and drink, arts and books, and general knowledge. Alvin led our first ever music round in which we had to identify the artist on the tracks. It grieves me to have to report that we didn't do awfully well on these!

This month's sample questions.

Which was the first Bond film to win an Oscar?

What is the name of a French beef dish which is named after an Italian composer?

What is the town where Dad's Army is set?

Who was Prime Minister at the time of the General Strike?

What is the title of Agatha Christie's first book?

We normally meet on the fourth Thursday of the month. The next meeting is 25th July and don't forget our quiz night for all in August. There will be lots of different types of questions and we will make sure everyone finds a friendly team to join. Please come and join us.

I spotted this snippet in the latest issue of Third Age Matters magazine recommending quiz groups.

Please get in touch if you are interested in this group.

Diane Saxon

LOVE LEARNING

The longer you live, the more you think you know. But join a u3a quiz group and you realise just how much knowledge you have yet to acquire! Keep learning something new every day – you might even dredge up the answer in your next quiz session.

TRAVEL GROUP VISIT - LITTLECOTE MANOR REPORTS



Monday 17th June 2024 Stratford-upon-Avon

On arrival in Stratford -upon-Avon the sun came out. We strolled along Henley Street, the main thoroughfare, with cosmopolitan crowds eager to take photos of Shakespeare's birthplace, library and his statue. A mix of small shops including a Christmas Shop!! mingling with the cafe scene selling both hot and cold foods.

There were some very quirky window dressings especially in the interesting side streets. In addition to a mix of very colourful floral arrangements in hanging baskets and standing pots. It was a very good lunch break with something to suit everyone. Thank you for arranging the lovely holiday Sue.



Margaret Williams

Tuesday 18th June 2024 Salisbury

Sun and Salisbury. What more could we ask for? After a short drive through the beautiful Wiltshire villages and countryside we arrived in Salisbury. We were free to browse and have lunch and then meet with Sue and group at 2pm for a guided tour of the Cathedral. We had a most enjoyable lunch at Reeves the Baker which was on the corner of the Market Square and near the Guildhall. We met with Sue and the group and after splitting into 2 groups we started our Tour of this magnificent Cathedral in the very capable and knowledgeable company of our guide David Edwards.

Salisbury Cathedral has been a place of worship and has been welcoming people for over 800 years. Work started in April 1220. In 1258 the Nave, transepts and choir were completed. It was the first major cathedral built on an unobstructed site and laid out exactly how they wanted. It replaced the original Cathedral which was higher up. It has the highest Spire in the UK, standing at 123 metres tall and weighing 6500 tonnes.



This was a remarkable feat of Medieval Engineering especially as the Cathedral was built on a drained lake which was fed by a river. If this ever slows down or dries up and the gravel settles the Cathedral will fall down with foundations of only 1.2 metres. The weight of the Spire caused it to move so sluice gates were created to regulate the water. The level is checked twice a day. We saw the floor tile lifted by our guide and a dipstick measured the level of the water.

Another special artefact housed here is the world's oldest surviving working clock, made of hand wrought iron. It dates back to c1386 or may be earlier.

One of best-preserved copies of Magna Carta (1215) is also housed in the Chapter House of Salisbury Cathedral and now displayed in a new case with hidden safety features. The others can be found in the British Library and Lincoln Castle. It was delivered to the cathedral at Old Sarum in 1215, probably by Elias Dereham, who was present when King John agreed to the Magna Carta, which established the right to trial by jury and ensured that no one (including the King) was above the Law. Elias later became a priest at Salisbury Cathedral and he oversaw the building from 1220 onwards. William Longespee, the 3rd Earl of Salisbury is named in Magna Carta and was an important English baron. He and his wife Ela, laid two of the Cathedral's foundation stones in 1220.



A more recent name can be seen in the Nave. Edward Heath lived in a grade 11 listed house in the Cathedral Close (Arundells) from 1985 until his death in 2005. His ashes are interred in the Cathedral.

.....and the sun was still shining as we arrived back for dinner at Littlecote House.

Irene Taylor

Wednesday 19th June 2024 "Steam" (GWR Museum) Swindon

We must first of all mention one Christopher Charles Teesdale, who was the father of one of our members, Janet Vockings. He began his career at the Swindon works of the Great Western Railway in 1925, with a five year apprenticeship, by 1945 he was a section leader in the drawing office and was probably responsible for some of the mechanical marvels we saw today. He stayed with GWR in various management positions until 1969, when he retired, and together with his wife, moved to the south coast where they taught ballroom dancing together. A significant career change.

The museum though, wasn't just about steam, there was a lot of wood in the rolling stock including the passenger carriages and the ubiquitous goods van, examples of which were on display. It explained the function of the shunting yard where trains were built up truck by truck to suit their future destinations, but it was all powered by steam and all hauled from Land's End to John O'Groats by the massive mechanical masterpieces that we were privileged to view that day.

“Steam” was an excellent museum which depicted the whole of the steam era developments. The locomotives of the Great Western Railway have been kept in a beautiful condition and visitors can get a true feeling of what it was like to stand in the driving cab of an express locomotive.



1A demonstration display of a signal box as it was during the steam era.

Ron Barrow

Adjacent to the museum a number of the old erecting shops which have been converted in to a huge shopping mall. Some of our group took great delight in spending their time and money in this area rather than in the museum.

The Ladies what shopped!!



Thursday 20th June 2024 Horse Drawn Boat Trip

We travelled to Kintbury for a boat trip on the Kennet and Avon canal. On arrival the crew members explained the necessary safety procedures as we admired the barge decorated in the traditional style from the 1800's.



We were invited on board, whilst Drummer, a cross between

a Clydesdale Shire and Cob horse, was connected to the barge by a thick strong rope to enable him to pull us on our way. There were plenty of opportunities to observe and photograph the beautiful surrounding countryside before we arrived at the lock.

The lock was close to the Irish Hill so called as it was where the " Irish navvies" lived whilst constructing this canal and its locks. As we disembarked we observed the process from the bridge of turning the barge around ready for our return journey.



On the return journey we were served with drinks and delicious homemade cake.

Kath Gooding and Pam Cooke

Thursday 20th June 20 Marlborough

On the way back to our hotel we stopped in Marlborough, described as a vibrant market town with one of the widest main high streets in the country, with a church at both ends. The town built on a slope, has many ginnels/alleyways to explore off the main street.



Not far from Marlborough College at the western end of Marlborough High Street is the 15th century Church of St. Peter and St. Paul. It was in this church that the young Thomas Wolsey was ordained as a catholic priest in March of 1498 and went on to become the most powerful man in England after the King himself.

Kath Gooding and Pam Cook

Friday 21st June 2024 Lacock Village

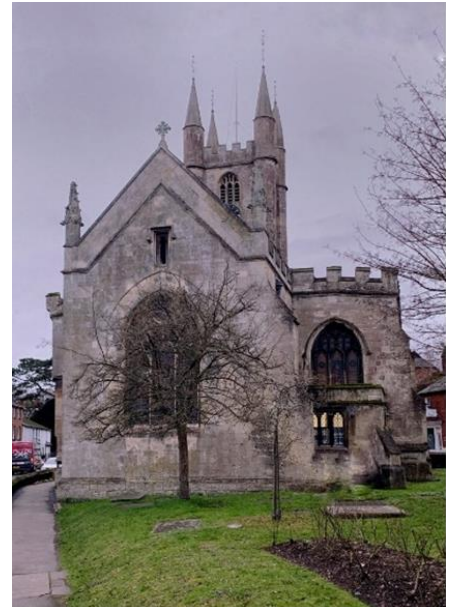
Lacock Village was a delight to visit, with its historic streets, Abbey and Museum. The Abbey started as a Nunnery in the 1200s before becoming a Tudor family home. In 1232, Ela, Countess of Salisbury, founded the Abbey and in the 1500s, Sir William Sharington purchased the Abbey after the dissolution of the monasteries.

In 1714, John Ivory Talbot inherited and over 58 years, transformed both the Abbey and grounds inspired by the Gothic style of the time. William Henry Fox Talbot inherited the house in the 1800s, altering the Abbey and grounds to fit the lifestyle of a Victorian household. In 1835, he captured the first photographic negative, an invention which would change the way we see the world.

Matilda Talbot inherited the house in 1916. During hard times, started to sell some of the Abbey's collection to improve the homes of her tenants and in 1944, gave the estate to the National Trust

Today, Lacock is a well-known location for film production, including Harry Potter, Pride and Prejudice and Downton Abbey.

June Christon



The Alternative Report. Things that went wrong.

We all turned up for the coach, well nearly all. Sue had two phone calls to say that people were waiting for taxis that hadn't turned up. Not a good start. The coach had to make two stops in Hazel Grove to pick up the missing passengers. As we left High Lane someone found out they had left their phone at home. Oh dear here we go!

On we went until we reached Stafford services. Walking out of the services someone managed to climb into the wrong coach. Looks like being a good holiday or an entertaining one.

As we reversed out of our parking space something didn't feel right with the coach. We drove onto the motorway but didn't have any power. The coach struggled along until we managed to pull into one of these new smart motorway laybys. Our driver made a few calls and apparently there is a retarder on the gears which had accidentally got pushed. Problem soon solved. As we were in a smart layby our driver then had to phone the highways department. He was then asked to wait until the highways department had controlled the traffic down to virtually a standstill then we could go. Apparently, we then had ninety seconds to drive out into the traffic and then we were off. On we went till we arrived in Stratford upon Avon. We had a good break for lunch. Stratford was hot and it was getting hotter. We were booked in for evening meal for 6pm at Littlecote House but it would be pushing it for us to be there on time. Contact was made with Littlecote House and our mealtime was rearranged to 7pm which was better.

When we arrived for the evening meal there were complaints that it was a long walk to the restaurant from people's rooms. You couldn't make this up could you.

People were saying that they hadn't got a walk-in shower or they hadn't got this or hadn't got that. Had they asked for this or that. No. If you don't stipulate what you would prefer don't complain.

Somebody complained they had lost their handbag and somebody else after going into the hotel found she had left her money on the coach.

A hearing aid was lost, and a bracelet was lost, the coach driver found a neck pillow outside the coach. Another room had apparently got water dripping through the light in the ceiling.

On Wednesday when we went to the Steam Museum we should have had a guide to show us round but the museum had not arranged one for us, to cap it all they weren't expecting us! They told us to go upstairs to the cafe where they would put on tea and biscuits whilst they sorted out their guides. Great, the problem was the lift wasn't working.

On our way home we were booked into a pub just outside Homes Chapel for a meal at 5pm. When we joined the M5 the traffic was horrendous and it was obvious we would never make the pub for 5pm. Contact was kept with the pub and we eventually arrived about 7pm. They had put off cooking the food till we arrived so the food was served freshly cooked. Even so some people complained that it took a long time to serve. No pleasing some people.

No names have been mentioned in this report to protect identity.

Thanks to Sue for organising the holiday and we look forward to the Isle of Wight next year.

Paul Kenneth

WALKING

U3A Walk – Wednesday 26th June 2024 Hayfield

Summer weather greeted us for today’s easy 5-mile low level walk in Hayfield. Merlyn and Joyce led the small group of walkers (7) on a historical walk following the railway route alongside the Rivers Sett and Kinder up to the base of Kinder Reservoir dam.



On route we stopped to watch the construction of the Hayfield well dressing tablet being undertaken by 3 ladies. The walk was on good paths and tracks, under cover of trees to shelter from the sun and opened out for us to enjoy wide views of the reservoir, Kinder Scout, Mount Famine, South Head, Lantern Pike, without the need to climb them!



We had a short coffee stop with views of Kinder Scout and the reservoir and brief talk on its construction over 7 years.

Onwards now past Farlands a country retreat used by Sir James Watts whilst the reservoir was constructed. (He was a successful textile merchant, Lord Major of Manchester, owner of Kinder Estate and High Sheriff of Lancashire, owner of Upper House.)

Next, we passed Booths Farm grade II listed dated 1793 and proceeded on a little known firm path to the small hamlet of Hill Houses. The panoramic view of surrounding hills lay before us.

We then joined the River Sett at the bridge and made our way for lunch stop by the riverside before our return journey back to Hayfield via Bowden bridge and Campsite route and a play photo shot in the park!

Merlyn and Joyce Young



NATIONAL OFFICE LEARNING EVENTS

These are a selection of the **July events**. All are free on Zoom. There are usually hundreds of members listening to the talks.

- 2 July Flight Inspirations Aviation Group Meeting: The History of Royal Flying
- 5 July Rembrandt at 34: A Mirror to the Soul
- 16 July Boost your digital confidence: how to overcome your mobile or tablet issues
- 17 July Laughter Yoga with Judith
- 25 July Numbers with Shapes with Dr Knott

Click here for details and to book a place. <https://www.u3a.org.uk/events/educational-events>

Share Something Brilliant Today

A new film in the u3a Share Something Brilliant Today series highlights how volunteers share their passions. Watch the film featuring u3a Subject Adviser for Fashion, Ruth, and Kenilworth u3a's Fabulous Fashion group, [on our YouTube channel](#).



u3a FESTIVAL

The u3a movement is preparing for its first ever festival in 2024. Taking place between 18–20 July 2024 in the picturesque city of York, u3a Festival 24 will be the largest meeting of u3a members since the u3a movement was founded in 1980.

Drawing on the experience, enthusiasm and talents of u3a members, u3a Festival 24 will bring the u3a movement together to showcase the wide variety of activities. The varied programme includes stargazing, yoga workshops, talks on art history, guided walks through York, a walking football tournament and musical entertainment and workshops. The various events are being led by u3a members, who have come forward in their droves to share their skills and interests with other members. Some of you will know the Stockport u3a Music making group. They are leading one of the sessions on Thursday. Other sessions include Art, Sewing, Croquet, Hey Up, Gardening, Maths, Yoga, French, German – and that’s just the first half day.



There are multiple ticket options for the festival. Individual day tickets are available – with a ticket for day 1 on 18 July costing £25 (with a buffet supper included), a ticket for day 2 on 19 July costing £10, or a half day on 20 July for £5. Tickets for the entire three-day experience can be purchased for £35.

The taster programme for u3a Festival 24 can be seen on the [Festival page](#). Tickets for the Festival are available now. On the left is a short extract from the programme

Talk on the History of Medicine Life Drawing Awake Asleep & Dreams

This talk explains how different parts of our brain are responsible for keeping us awake and making us go to sleep.

TaiChi/QiDong

Tai Chi and Qi Gong are closely related oriental practices for the health of body, heart, and mind. They incorporate simple, slow movements or held postures with an awareness of the breath.

STEM Centre Tour

Tour of the National STEM (Science, Technology, Engineering, and Mathematics) Learning Centre which will provide the opportunity to explore their many online teaching resources.

In the Footsteps of the Georgians

A walk exploring sightseeing in the period 1714 – 1830.

Games Room

Come to a Games Room to play a variety of board/card games with easy-to-pick-up rules, including (optionally) any games that you bring (with their rules!).

Minesweeping in WWII

Nick – a mine warfare and diving specialist – will give an overview of the Royal Navy's minesweeping operations in the Second World War.

Plato – is He Relevant?

Why is Plato so endlessly fascinating?