



newsletter

Executive Committee

Hearing from Members

One Step Forward

Meet the Country Dance Group

Walk and Talk Event

Short History Tour of New Mills

Summer 2023

Issue 4



Contacts

Chair

Sue Rivers

chair@newmillsu3a.org.uk

Deputy Chair

Ann Apps

vicechair@newmillsu3a.org.uk

Treasurer

Margaret Weaver

treasurer@newmillsu3a.org.uk

Business Secretary

Pat Stanway

secretary@newmillsu3a.org.uk

Membership Secretary

Wendy Cheshire

membership@newmillsu3a.org.uk

Groups Coordinator

Jean Windsor

groupscoordinator@newmillsu3a.org.uk

Newsletter Editor

Catherine Ager

newsletter@newmillsu3a.org.uk

Almoner

Hazel Perry

almoner@newmillsu3a.org.uk

Refreshments Organiser

Lesley Mason

Website Editors

Ann Apps

webmaster@newmillsu3a.org.uk

Eileen Gilligan

Hilary Harmer

website@newmillsu3a.org.uk

Book Exchange

Sue Rivers

www.newmillsu3a.org.uk

Chair's Welcome

Hello Everyone

It will be well into June by the time you get this Newsletter, the lighter evenings are with us, and don't you feel so much better when the sun shines?

The team has been busy with membership renewals, so thank you all who have renewed, and I hope you enjoy another year of our activities.

As well as our groups, which remain popular, the Speaker Meetings on the third Tuesday of the month are always well attended and the numbers for the Coffee Mornings on the last Tuesday remain buoyant.

Of course, our u3a could not function without the Committee and others who work very hard to keep it running.

If you feel you could help run a group or even set up a new one, please don't hesitate to contact us. We cannot do without you. And if you would like to help in any other way please get in touch.

We have heard that some of you have reported missing out on seeing the Newsletter. However, I can confirm that it is made available to all members either digitally or mailed in the post.

For those with a computer or iPad the Deputy Chair sends out a message to say when a new issue is posted on the website. Her list is up to date so if you do not receive the message in your Inbox it could be in your Junk file, so please remember to check!

Enjoy the spring, make the most of the fine weather when we have it, even rain is good!! I look forward to seeing you all at sometime.

Sue



Hearing from the Executive Committee

The Executive Committee manages the group on your behalf

The Committee meets on the first Tuesday of each month with reports from members as a standard agenda item. And for the information of members, the file of minutes is always available on the Information Desk at monthly meetings.

There is much information on the website including formal documents (the Constitution and Committee member roles for example) news from Activity Groups and communications from the Third Age Trust. However, if there is anything additional you wish to know someone on the Committee will be more than happy to advise!

We do have a current vacancy and if you would like to join this happy team, or help in any way, we would love to hear from you.



For this issue we are profiling three of our current Committee members

Sue Rivers (Chair)

is a familiar face to those of you who are regulars at Speaker Meetings and Coffee Mornings.

She chairs the group with cheerful efficiency and always tackles any issues raised in a fast and straightforward way.

Possibly less well-known is what she has referred to as “a surprising fact!!”

How long have you been a member of New Mills and District u3a?

I have been a member of the u3a for nearly thirteen years.

Which Activity Groups do you belong to?

My first group was Dancing, swiftly followed by Needlecraft. I also belong to the Singing Group, the Knit and Natter group and the Canasta Group, and don't forget the Outings!

What prompted you to become a Committee Member?

I joined the Committee the first time because it was short of members so wanted to help out where needed. Then I took on the role of Book Organiser and Refreshment Organiser. Two years ago when it was time for Lesley to give up being the Chair we sort of swapped roles and I became Chair and Lesley took over the Refreshments.

Tell us something we might not know about you

My husband and I ran our own business as motor factors for over thirty years, so I used to be able to strip an engine down and rebuild it. No chance these days with the modern ones!



Ann Apps
Deputy Chair
& Webmaster
an ardent supporter of
the group with an
enthusiasm for the
outdoor life.



Jean Windsor
Groups' Coordinator
is who to call to find out
more about one of our
35 Activity Groups.
Here she tells us about
her many other pursuits.

How long have you been a member of New Mills and District u3a?

I have been a member of New Mills and District u3a for fourteen years.

What prompted you to become a Committee Member?

I joined the Committee in 2010 and then I was Chair for five years from autumn 2011. I rejoined the Committee during the Covid pandemic to assist with Zoom meetings. I am currently the Deputy Chair.

I think that the u3a is a great organisation which brings many benefits to its members who are in their 'third age'. But to function it needs volunteers to run it. Hence why I joined the Committee.

Which Activity Groups do you belong to?

I am the coordinator of the Cycling Group, my role currently being administrator – I've not recently joined in the rides on my electric bike. I also belong to the Geology Group, enjoying learning the subject by listening to our excellent group leader.

I am the Webmaster, and one of a team of three who maintain our website. This is another volunteer role to help with the communications within our u3a and publicity about us to potential new members.

Can you tell us a something we might not know about you?

With my husband I own a static caravan on the west coast of Scotland, near Oban. This is our 'home from home' by the sea.

How long have you been a member of New Mills and District u3a?

I have been a member of New Mills and District u3a since 2014.

Which Activity Groups do you belong to?

I am an active member of Photography 2 and Birds and Botany groups since then.

What prompted you to become a Committee Member?

When the opportunity to join the committee of u3a arose, I accepted as I see this as a way of giving something back as I really enjoy being a member of the groups.

Tell us a something we might not know about you

As well as being Groups Co-Ordinator (since 2019) and Committee member, I am a Parish Councillor in Disley and I will be standing again for another four years as I have enjoyed being involved in the community and being on various projects. This seemed a natural progression from my other community activities.

I am Footpaths Maintenance Co-ordinator and Committee member of Disley Footpaths Society so I organise and take part in our monthly work sessions on footpaths in Disley plus Peak Forest Canal towpath. Since I was elected as Parish Councillor, I have been Secretary of Friends of Disley station and also organise and take part in our monthly sessions there.

Considering that all my working life, I worked in the Financial Services industry in the City of London, most of my activities these days seem to be in the great outdoors, which I love.

Outside of those activities, my hobbies are reading, walking and crochet when I can fit them in!!! I speak Italian fluently as my mother was from Turin, Italy.

New Mills Walk & Talk

Thursday 6th July 2023

To celebrate the u3as 40th Anniversary

a series of 'Walk and Talk' events in the Derbyshire area has been organised. These will involve short tours of local areas and highlighting on the way places and buildings of historic interest. Two of our neighbouring groups – Glossop and Belper – held theirs in March with another - Matlock – planned for later in the year. We are pleased to announce our event, which is scheduled for Thursday 6th July, and running in collaboration with the New Mills Local History Society.

Together with the History Society (which also coincidentally celebrated four decades last year) we are inviting members of each group to participate. Indeed, all walkers are welcome!

Historian Mike Daniels, from the Local History Society, will host the event providing details of the history and buildings along the way. Our thanks go to Pat Stanway, for liaising with him and keeping us up to date with arrangements and supplying details of the proposed itinerary.

Beginning at 10:30am the starting point will be outside the Rock Mill Centre (formerly known as the Heritage Centre) on Rock Mill Lane (behind New

Mills Bus Station at the top of Union Road).

Carparks at Market Street, the Town Hall or Torr Top Street and please note charges will apply.

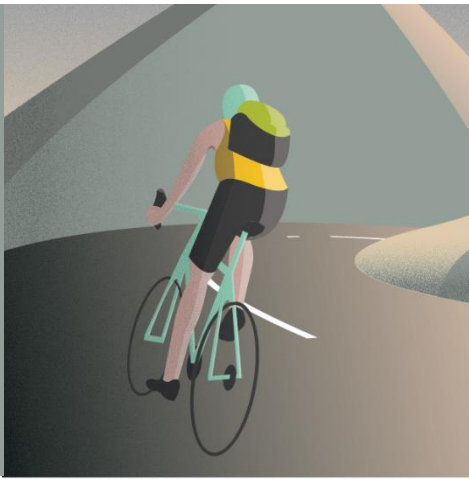
The route then follows down Rock Mill Lane, along Torr Top Street, visiting the top of High Street, walking down Meal Street, rejoining the bottom section of High Street, up Dyehouse Lane, turning left onto Spring Bank and Spring Bank Arts Centre where the walk is scheduled to end.

It is very much hoped you will be able to join the tour and because there are fairly steep slopes with narrow pavements and cobbles, stout walking shoes are highly recommended! Mike's contact email is secretary.nmlhs@gmail.com

And if you would like to join keen fellow walkers you really are spoilt for choice with a variety of Activity Groups ranging from easy on the knees right through to something a bit more strenuous. Note one new addition is the Thursday Weekly Longer Walks Group with members aiming to cover ten to twelve miles.



Activity Groups



Activity Groups are the foundation of u3a's. Based on members' enthusiasms currently we have a varied list of thirty-five, some of which are oversubscribed. Possible only because of the commitment of Group Leaders so a big thank you to them and of course to Jean Windsor, Groups' Coordinator. If an activity catches your eye but does not have space for additional members right now, why not think about starting a new one? All the support you need is here.

Country Dancing English & International Folk Dancing Leaders Sally Auld and Ruth Gay

Ruth Gay, one of the Country Dancing Group Leaders, has shared a photograph below (i) which she took a few weeks ago.

The Dance sessions are held twice monthly in Whaley Bridge at the Mechanics Institute and usually on the first third Tuesday of the month starting at 3:00pm.

Ruth says "We dance for about an hour and a half and are happy to welcome anyone willing to give it a go and enjoy the lovely music too."



The Country Dance Group (i)
Photograph: Ruth Gay



The Country Dance Group (ii)
Photograph: Jean Windsor

Gardening Club



An Appeal from Eileen Gilligan who has let us know the Gardening Group is looking for a new leader. She says "If you, or maybe you and a friend, are interested in running this group please contact the Groups Coordinator Jean Windsor."

groupscoordinator@newmillsu3a.org.uk

'Going the Extra Mile' with the Thursday Weekly Longer Walks Group:

- **This walk will be a bit undulating** = Feel like climbing Mount Everest
- **Some of this may be slightly squelchy** = You'll be up to your knees in mud
- **It looks a little different from when I reced it** = We're lost
- **There is a wonderful view from here** = If it wasn't for the mist
- **From here it is downhill all the way** = Except for the up bits
- **We will be back in half an hour** = We are miles away
- **The sun always shines on a Thursday** = actually it is amazing how often this is true
- **And: You will love this walk** = You will love this walk

= indicates 'translates as'



Dates for your 2023 Diary

Tuesday Speaker Meetings in the Town Hall start at 10:30am with refreshments



20 June

This presentation to be given by **John Hope**, has the poignant title - 'Extra Time'. His tribute to the people of Sri Lanka who tragically lost their lives in the 2004 Boxing Day Tsunami and which John and his wife survived.



18 July

As a Blue Badge Tourist Guide **Ellen Outram** is a seasoned explorer of the Peak District & Derbyshire. She shares her extensive knowledge with us in a talk 'Magnificent Monuments and Graves'. Not morbid or glorifying Ellen tells us, but an insight into how people revered and honoured their dead relatives.



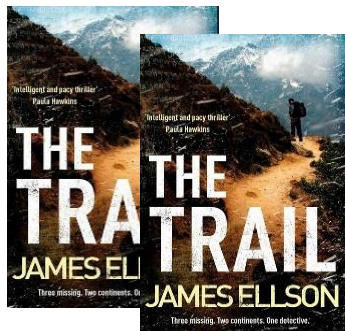
15 August

Established in 1894 the Tiller Girls are the world's longest running dance group. **Bez Cooper** will be reflecting on a glorious dancing life through her 'Tiller Girl History'. Together with a short audience participation. Sure to be fun!



19 September

No Speaker this month but a special opportunity to visit the **Annual Groups Display**. Coordinated by Jean Windsor it is a chance to meet and chat to Group Leaders. With a current eclectic list of thirty-five Activity Groups you really are spoilt for choice.



17 October

James Ellison is a man of many skills. He entertained us earlier in the year with his adventures on soloing the Matterhorn and returns to give an insight this time into 'The Long Road to Publication' of his debut novel 'The Trail'.



21 November

Annual General Meeting
An important event for the Group when when we receive reports from the Officers and elect the next year's Committee. Also for you to raise issues and, if you have some, express your concerns. So join us to celebrate our 20th year!



19 December

Mince pies, quiz, convivial company - all to be enjoyed at our **Christmas Party**.

And a few special thanks must go to:

- **Carol Wright** who, as Speaker Organiser, brightens up the Monthly Meetings with a mix of stimulating and varied talks
- **Barbara Matthews & Pat Cooper** who each year schedule a programme of inspiring and enjoyable destinations for Outings and Holidays
- **Lesley Mason** ever ready with the tea, coffee and biscuits at meetings and Coffee Mornings
- **Ann Apps, Eileen Gilligan & Hilary Harmer** keeping the website up to date so for those with access you can schedule your next event

Outings and Holidays

Churnet Valley Railway

All places are taken for the very popular trip but there is a waiting list.

For those who have booked:

Depart: New Mills 9:00am Cost: £26

Day Rover ticket on heritage railway.

Journey starts and ends at Froghall and passengers can leave and join the train along the route. Refreshment kiosk at Cheddleton and station café at Froghall.

6 nights in the Isle of Wight

Deadline for booking this trip is 1st September and as previously advised in the interest of fairness if the demand for places exceeds availability, those who travel regularly with the Outings Group are to be given first option.

New Mills Art Theatre

Joseph and the Amazing Technicolor Dreamcoat. Reserve your seat now! £13 (payment nearer the date)



21 June

Plas Cadnant Hidden Gardens, Menai Bridge Anglesey

This Outing is recommended by several members. Depart: 8.30am Cost: £23. Estimated return time New Mills 6.00pm Please note parts of the garden have steep paths with seating available around the site. The walled garden and tea rooms are accessible to all..

11 July

6 August

RHS Bridgewater

More details to follow and in the words of RHS Vice President Alan Titchmarsh MBE "Everyone deserves access to beautiful landscapes and glorious gardens and having an RHS Garden on your doorstep is a real horticultural treat." Hard to disagree we think.

17 August

23 November

Thursford

2023 Christmas Spectacular

Some early festive spirit with two nights (three days) for as the website describes "an extravaganza of non-stop singing, dancing, music, humour and variety. It's a fast-moving celebration of the festive season featuring an eclectic mix of both seasonal and year round favourites.

1 December

Manchester Ship Canal Cruise

Recently, the Outings Group took a cruise from Castlefields along the Manchester Ship Canal during which they were served with a three-course lunch.

Docking at Salford Quays there was free time to visit the Lowry Centre, Imperial War Museum and the shopping outlets. Judging by those smiling faces a good time was certainly enjoyed by all!

