



NEWSLETTER



Summer 2026

Issue 11

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WELCOME FROM THE CHAIR



As I move on to the second half of my first year as Chair, my thanks must go to my Committee colleagues. Their patience and support have been invaluable as I settle into the role. And also to members who have been so welcoming at meetings.

My style tends to lean toward the informal, and we have had some lively discussions, but certainly managed to get through some serious business. You can see items we have covered from the Minutes File available on the Information Desk at the monthly Speaker Meetings.

One of our recent decisions was to apply to the Third Age Trust for a 'Publicity Support Grant' to help market the September Groups Display event at New Mills Town Hall. We always attract a good number of visitors but felt we could expand our reach even further with some professionally printed publicity.

I am pleased to report our application was successful and we have been awarded the full £250. We will now consider how best to spend the grant. Certainly banners and posters and perhaps a handbook. What do you think? Please let us know if you have any suggestions.

Something else we have agreed to consider later in the year is if and how we might streamline the membership process a bit more. Clearly, with 500+ members, any way we can make it easier for the Treasurer and Membership Secretary to keep a check on numbers and payments would be appreciated.

Mention of membership prompts me to remind you that if you have not yet renewed your subscription then please do so by the end of the month latest. With forty activity groups, a programme of interesting and eclectic presentations at speaker meetings, a coffee morning, a schedule of enjoyable outings etc etc what better value could you wish for.

Finally, a very warm welcome to new members together with a hope that everyone has the best summer.

Catherine

A~Z OF WHO'S WHO ON THE COMMITTEE



CATHERINE AGER
CHAIR

Chairs and hosts meetings; represents group externally; newsletter editor



EVA LAWSON
COMMITTEE MEMBER

Contributes and actively participates in all discussions, decisions, activities and events



MARGARET WEAVER
TREASURER

All financial affairs including managing bank accounts and handling day to day transactions; prepares



ANN APPS
WEBMASTER

Manages website assisted by two website editors; minute taker at Committee meetings



ROGER MAY
DEPUTY CHAIR

Deputises for Chair; uploads social media postings; creates and posts YouTube videos; manages book table at monthly meetings



JEAN WINDSOR
GROUPS' COORDINATOR

Coordinates and oversees activity groups; supports Group leaders; organises Annual Groups' Display



WENDY CHESHIRE
MEMBERSHIP SECRETARY

Manages membership including renewals, data entry and statistics; sets up and mans Information Desk at monthly meetings



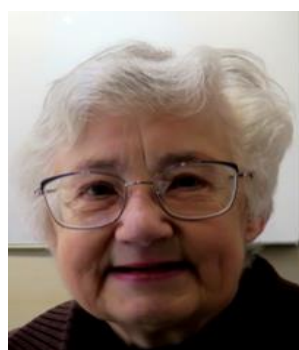
STEVE MILLNS
COMMITTEE MEMBER

Contributes and actively participates in all discussions, decisions, activities and events



DENISE HALL
SPEAKER ORGANISER

Organises monthly meetings programme and oversees arrangements; corresponds with and takes care of speakers



PAT STANWAY
BUSINESS SECRETARY

Administration, continuity, communication and effective running of the group; supports other officers

Hope this brief overview of who does what – intended to give an idea of roles and responsibilities rather than exhaustive listings - is helpful in directing you to a specific Committee member.

If you have a query, or an issue you wish to raise, please seek out any one of us at Speaker Meetings and Coffee Mornings.

Alternatively, drop us an email. If that member cannot help they will make sure to bring it to the attention of someone who can or to the Committee.

COMMITTEE NEWS

We continue to meet on the first Tuesday of the month but now in a new venue. Many of you know the Council had to increase room hire rates so it was agreed we should investigate the possibility of a more economical option. Happily, Inghams Room at Spring Bank Arts was available and we all think it is proving to be an agreeable alternative.

We welcomed Margaret Weaver back in April from her round the world cruise and offered big thanks to Sue Rivers for deputising as Acting Treasurer with such efficiency during this period.

The Committee very much appreciates the important contributions of Richard Lawson (Auditor), Hazel Perry (Almoner), Pat Cooper and Barbara Matthews (Outings), Lesley Mason (Refreshments) Eileen Gilligan and Hilary Harmer (Website Editors). Thank you all.



The very comfortable Inghams Room at Spring Bank Arts

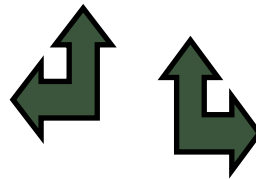
CURRENTLY WE HAVE FORTY ACTIVITY GROUPS

Want to find out more?



Go to www.newmillsu3a.org.uk, select **Activity Groups** and click on the relevant icon as illustrated below

Still have queries then email either the **Group Leader or Groups Coordinator**



Cannot see one of immediate interest? **Contact the Groups' Coordinator, Jean Windsor, to discuss the opportunities to introduce a new one**

Note if you do not have computer access we do of course mail a printed version of the **Newsletter and Activity Groups**



HEARING FROM ACTIVITY GROUP LEADERS



COUNTRY DANCING ENGLISH & INTERNATIONAL FOLK

Meets: 1st and 3rd Tuesday of the month

Time: 2:15pm

Venue: Whaley Bridge Uniting Church

Group Leaders: Sally Auld and Ruth Gay

Contact: groupscoordinator@newmillsu3a.org.uk

Benefits of Dancing

“Dancing provides a powerful outlet to express our emotions, lift our spirits and feel more in control” says Dr Lovett, Dance Psychologist.

Dancing with others does help us feel more connected, reduces feelings of loneliness and builds bonds. It helps interaction with others, fosters teamwork and improves verbal and non-verbal communication, including reading others’ body language and facial expressions.

The actions of dance maintain bone density, strengthens muscles and improves joint stability which is crucial for preventing injuries and conditions like osteoporosis. Your balance, strength and posture could also be improved.

The dynamic and repetitive movements of dance

will get your heart and lungs working to supply oxygen to your muscles.

Dancing breaks us out of rigid or repetitive thought patterns, making space for more creative flexible ways of thinking and when combined with music or other rhythms, dance boost brain activities and creates new neural connections. This helps disrupt negative thought cycles and promotes a sense of wellbeing.

In the Spring issue of u3a Matters we are sure many will have read the article on the benefits to health that dancing can bring.

We at the International Dance Group in Whaley Bridge are a small welcoming group; the dances we practice involve modest movement although you are free to put as much effort into the dance as you wish, so do not feel embarrassed to come along and give us a try.

Our group is held on the first and third Tuesday afternoon of each month at the Uniting Church, Whaley Bridge. Parking is behind the Church in their private car park. Come and join us and enjoy a nice, happy and relaxed atmosphere. Everyone welcome including beginners.

Sally Auld and Ruth Gay





FREEWHEELERS PUBLIC TRANSPORT GROUP

Meets: Various dates

Time: As arranged

Venue: Various locations

Contact: petenann58@hotmail.com

We have been running outings on public transport once a month and had some interesting trips.

Recently we went to Bury Market, Hathersage and Bakewell Cattle Market. On one memorable occasion Roger May organised a multi bus trip. Starting in New Mills he used the 61 bus to Buxton, from there the Trans Peak to Bakewell, changing, after a coffee break, on to the 173 run by Andrews to Castleton including a nail-biting descent from Monsal Head to Cressbrook before our lunch in Castleton. Refreshed we caught the 62 bus which goes via Edale and up Mam Nick to Chapel en le Frith and the 199 back to New Mills.

Thank you Roger for the excellent planning and finding good café stops.

I do wonder if we should rename ourselves the Café Outing group as we always have at least one café stop if not two. What has been a challenge is to find days that everyone can make but in the end we leave that up to the person organising the trip. Sometimes it is a Saturday or maybe a Friday or in the case of Bakewell cattle market it had to be a Monday.

Never daunted we meet up and enjoy ourselves immensely. Do come and join us with bus pass and senior railcard in hand.

Ann Clark



The Dangerous Cockerell of Hathersage



Cattle Auction at Bakewell



Enjoying lunch in Bury



CURRENT AFFAIRS

Meets: 1st Wednesday of the Month

Time: 10am ~ 12 noon

Venue: Council Chambers, New Mills Town Hall

Group Leader: Ann Clark

Contact: groupscoordinator@newmillsu3a.org.uk

The purpose of this popular, well attended discussion group is to look at what are the underlying events in the news. We pick a topic or topics the month before to give members time to research, if they wish, but we also try to discuss events as they happen by people bringing to the meeting items of news which have interested them.

We meet in the Council Chambers of New Mills Town Hall which is a most luxurious venue.

Our meetings have covered many contentious subject ranging from Assisted Dying, Modern Misogyny to China and its Belt and Road Initiative.



Our usual method is for one of our members to research the topic with the rest of the group finding out more. This has led to some wide-ranging discussions with different opinions mentioned. We may not all agreed but everyone's opinion is considered and we manage to respect each other's views.

We rarely manage to finish within our two hours slot and we can be seen walking away still talking about it. If anyone would like to join us, you would be very welcome and you can be certain that you will be treated with respect.

As there are many subjects and world and local events happening all the time there is never a shortage of topics and we will be kept busy for ever.

A warm welcome is extended to any new members wishing to join us.

Ann Clark



Keeping up with Current Affairs



PLAYREADING

Meets: Wednesday an Alternate Weeks

Venue: Members' Houses (Varies)

Group Leader: Barbara Garland

Contact: playreading@newmillsu3a.org.uk

Share the enjoyment of our small friendly group of play readers

LAUGH at Travers' "Rookery Nook"

CRY at Greenwood's "Love on the Dole"

BE PUZZLED by Agatha Christie's detective plays

MARVEL at Noel Coward's scintillating wit

Discover these writers and many others who enliven our meetings

Members of the Playreading group meet every two weeks in each others houses to delve into a huge range of plays mainly from the last hundred years or so.

Casting is random but fair and we have a lot of fun taking on the characters and the unfolding plots. Recent highlights have included plays by Noel Coward, Willy Russell, Oscar Wilde, Agatha Christie and Alan Ayckbourn.

Barbara Garland



POETRY READING

Meets: 2nd Tuesday of the Month

Time: 2:00pm ~ 4:00pm

Venue: New Mills Volunteer Centre

Group Leader: Carol Potter

Contact: poetry@newmillsu3a.org.uk

Each month we choose a poet or theme and each member selects a poem or poems for the group to read and discuss. Lively discussions usually follow which often give us ideas for the following month.

We currently have space and are welcoming new members.

BUXTON INTERNATIONAL

GILBERT AND SULLIVAN FESTIVAL

5TH AUGUST 2026

THE MIKADO

The Festival organisers are offering u3a groups a special discount.

For more information and contact details visit the [Buxton & District u3a website](#)



GARDENING

Meets: 3rd Monday of the Month

Time: 10:30am to 12:30pm (March to September)

Venue: New Mills Volunteer Centre

Contact: gardening@newmillsu3a.org.uk

We are a cheerful group of green-fingered enthusiasts and always welcome new members. Please get in touch if you are happy to join one of our sessions to share your gardening expertise or talk about a current project.

Please note we have recently changed our venue to the Ground Floor Meeting Room of the New Mills Volunteer Centre and swapped from the afternoon to the morning.

In **JUNE** we visited the NMVC allotment at Ollersett Avenue to be hosted by Lorna Young, Rick Hale and Debs Laugensen.

With recent funding the beds are being renewed and a shed and patio seating will be installed. All the fruit and vegetables are used for the Centre's lunch clubs.

It was such an enjoyable morning and the sun shone the whole time.

In **JULY** volunteers from the Townend Community Garden will give a presentation. The garden, located in Chapel-en-le-Frith, was set up to provide an environment for all residents,



NMVC Volunteer Gardeners at the Allotment

including those needing some support, to meet, grow flowers and vegetables or just enjoy relaxing in the space.

The garden has accessible paths, raised beds, a pond and a greenhouse powered by solar panels, water tanks and its own compost. It will be interesting to find out more and if any Plant Sales are planned.



Raised Beds at the Townend Community Garden

In **AUGUST & SEPTEMBER** we will visit two of our members' gardens. Arrangements to be



GARDENING (continued)

posted nearer the time and we are looking forward to sharing tips and experiences. Just keeping our fingers crossed for fine days.

In **OCTOBER** we will have a fascinating insight on sustainability give by the Buxton Field Club. Volunteers manage three areas with the aim of improving biodiversity and habitats for wildlife. The largest, Serpentine Walks Park, has a Biodiversity Plan, the second an expanded wildflower area on The Slopes and the latest addition a greening of one of the cobbled alleyways in Buxton.

Catherine Ager



One of the Areas the Field Club Volunteers Manages



Mullein Moth Caterpillar

BIRDS & BOTANY

Meets: Varies (once or twice a month)

Time: 10:0am (unless verified)

Venue: New Mills Coop Carpark (unless stated)

Contact: groupscoordinator@newmillsu3a.org.uk

We are always happy to welcome new members. None of us claim to be experts but try to puzzle our way to the names of the organisms we find.

If you are interested in joining us or want more information please contact us.

Up coming dates are:

Thursday 9th July

Tideslow Rake

W/C 20th July

Nightjar Walk (evening subject to weather)

Monday 10th August

Lightwood Valley, Buxton

Friday 4th September

Solomon's Temple and Grinlow, Buxton

Wednesday 23rd September (9:30am start)

RSPB Old Moor

The number on walks is limited only by having enough seats in cars. Attendance varies with members' diaries, inclinations and the weather (we are sensible people, not masochists).

Come and join us. There's no limit to the number on the mailing list.

Fred Pickering and David Pierce

Dates to add *to your* Diary

SPEAKER MEETINGS

Open to all current and prospective members our ever popular Speaker Meetings are held on the third Tuesday of the month in the Main Hall at New Mills Town Hall.

Presentations start at 10:30am with complementary refreshments available from 10:00am. Come early to get a seat and note we keep the first row free for those who are hard of hearing.

It is the ideal opportunity to browse the Book Table, sign up for one of the many and varied outings or take a query to the Information Desk. And of course to chat and socialise with other members.

16TH JUNE



DIANE LAIR GUIDE DOGS

Guide dogs are of course highly trained animals and of huge benefit to those with a visual impairment. It will be inspiring to learn from Dianne Lair more about this much admired man's best friend.

21ST JULY



CAROL WILSON FIRE SAFETY IN THE HOME

Apparently, the biggest fire hazards in homes are cooking, heating equipment and electrical malfunctions. Community Safety Officer, Carol Wilson, says her normal job involves working closely to support vulnerable residents in the High Peak community. So we will be receiving expert fire safety advice.

18TH AUGUST



PAUL AND MANDY MILES TISSINGTON HALL

Tissington Hall built in 1609 by Francis FitzHerbert and inherited by Sir Richard FitzHerbert in 1989 who lives there with his family. Tissington's rich history dates back to the eleventh century and is unique in that it is one of only three properties in the country with the descendants of the original builder still living there four hundred years later.

22ND SEPTEMBER GROUPS' DISPLAY

The Groups' Display is an annual event held in the Town Hall during the New Mills Festival. It attracts a large number of visitors both our own and members of the public and is an opportunity for Activity Groups to showcase their activities. With the grant from the Third Age Trust we will be aiming to market the date widely and we hope many of the Group Leaders can be tempted to participate. Contact Jean Windsor, the Groups' Coordinator, for full details.



20TH OCTOBER



SIMON AUTHOR MY LIFE OF CRIME

Simon Michael studied Law at Kings College and was called to the Bar in 1978.

Until the late 1990s he worked almost exclusively in the field of criminal law then specialised in clinical negligence.

Simon retired early to resume a successful literary career. The famous Charles Holborne Series are based on his own life, cases and real events.

17TH NOVEMBER



ANNUAL GENERAL MEETING

Our important annual meeting when we ratify Committee membership, receive reports from the Chair and Treasurer and vote on resolutions.

It is also your chance to have your say, ask questions and give the Committee some feedback. How are we doing, what could we do to improve etc?

And of course a chance to meet up with other members and enjoy the refreshments provided.

16TH DECEMBER



CHRISTMAS QUIZ

The festive celebrations get off to a good start with our traditional Christmas quiz.

Very much a group affair with prizes for the table with the highest score and the best team name.

Plus mince pies and of course some very good company.

COFFEE MORNINGS



30th June 2026 : 28th July 2026

25th August 2026 : 29th September 2026

27th October 2026 : 24th November 2026

Please note:

Coffee Mornings are not held in December

An open invitation to this wonderfully social occasion including to new and prospective members. Held on the last Tuesday of the month at the New Mills United Reformed Church on Mellor Road from 10:30am to 12 noon and just £2 per person for as much tea or coffee and biscuits as you can manage. Some members enjoy playing Mahjong, Scrabble or different board games. All enjoy catching up with other members. There is an opportunity to chat with a Committee member or Group Leader also.

SPEAKER MEETINGS YOU MIGHT HAVE MISSED

Speaker Organiser Denise Hall has done it again this year! She has produced another varied and interesting schedule of talks for our popular monthly meetings at the Town Hall.

Here those we have already enjoyed. Always time for questions and I think without fail we go away better informed on a variety of subject.

In **JANUARY** Peter Slater a retired BBC Sports Reporter and Producer shared some of his close encounters with significant personalities in the sporting world.



In **FEBRUARY** Neil Hanson entertained us with some of the madcap events and experiences he had during his time at the Tan Hill Inn in North Yorkshire.



In **MARCH** Clare O'Donnell enlightened and entertained us on the smuggling, drinking and debauchery of Georgian England.



In **APRIL** Lead Ranger Chris Dunkerley gave a presentation on the invaluable maintenance, restoration and conservation work he and his team undertake at Lyme Park.



In **MAY** we very much appreciated Roger May stepping in at such short notice to replace the booked speaker and he gave an absorbing illustrated presentation on a selection of this country's stunning landscape and architecture.



In **JUNE** we enjoyed a fascinating account by Vicky Ibbotson from the Guide Dogs charity on training these animals from puppy to adult. Followed by an account from guide dog user Paula, accompanied by Tammy, on the working life and loyalty of these amazing dogs. And thanks to the generosity of members £70 was collected at the meeting to go with the donation made in place of the usual speakers' fee.



OUTINGS

You need to keep up to date with the schedule of trips organised by the Outings Group because places are invariably snapped up. Details are on the website and in the Newsletter and you can add your name to the list at one of the monthly meetings. Please note places are open to the full membership but coach trips are naturally limited by the size. So make sure to regularly check and if you have a query contact Pat Cooper and Barbara Matthews at outings@newmillsu3a.org.uk

8TH JULY



LLANDUDNO £18

Llandudno is a coastal town in north Wales. Known for North Shore Beach and the nineteenth century Pier, with shops and a games arcade. The cliffs of Great Orme headland jut into the sea and tunnels lead to a cavern at Great Orme Mines and the smaller headland Little Orme is a nature reserve.

9:00am From bus station

20TH AUGUST



VISIT TO TISSINGTON HALL

Arrangement to be confirmed and the visit links well with the talk to be given by Paul and Mandy Miles in the same month.

The Hall is open to the public with guided tours if preferred. There are extensive gardens and during August part of the National Garden Scheme. Also a tearoom with breakfast, lunch and afternoon tea menus and an art gallery.

16TH SEPTEMBER



BEYOND THE VIEW: CANELLOTO EXHIBITION AT TATTON PARK

Giovanni Antonio Canal, better known as Canaletto, was an Italian painter from the Republic of Venice.

For the first time Canaletto paintings are being shown at Tatton together with rare prints, letters and books.

Coach £15

Entrance free to NT members
£15 for non-members



Pat Cooper and Barbara Matthews
Outings Coordinators

Please note it is important you pay the month before any outing you book because tickets have to be bought in advance.

It is frustrating if Barbara has to keep chasing.

YOUTUBE VIDEOS

Have you checked the outings videos uploaded on YouTube by Roger May? Go to the website www.newmillsu3a.org.uk and just click on the link.

MEMBERSHIP RENEWALS 2026



Membership Renewal

Renewal forms have been posted to all members and includes information on how to pay. Please renew by **30th June** latest.

Renewing by Post

When renewing by post it is essential you return the form posted to you with your subscription (cheque not cash). To keep down the group's expenditure, membership cards can only be mailed if you enclose a stamped addressed envelope.

Renewing Online

If renewing online please remember to email the Treasurer to confirm you have made a BACS payment with your membership number. Also to give your option for gift-aiding.

Gift Aid

We are a registered charity (number 1134303) and gift-aiding your subscription brings us over £1,000 a year from HMRC in tax refunds. Please let us know if your tax situation has changed and you either now wish to opt out or opt in to Gift Aid, by emailing the Treasurer.

Data Privacy

To check our policy on data privacy please visit the website at newmillsu3a.org.uk and click on the link [Read our Data Privacy](#)

Affiliation

New Mills and District u3a is affiliated to the [national u3a](#) (Third Age Trust). We offer members the opportunity to share knowledge, experiences, interests and enthusiasms and learn from each other in friendly surroundings.

We are entirely run by volunteers who organise and provide interest groups. No qualifications are needed to join and there are no exams, it simply involves learning or pleasure.

Costs are low because our activities are organised by our members who share their skills and expertise. Currently we have 500+ members who are involved in a wide variety of activities.

New Members

New members are always welcome and if you know of someone who might be interested in joining us please let them know they are invited to an introductory Speaker Meeting free of charge.

Important Contacts

Margaret Weaver Treasurer
treasurer@newmillsu3a.org.uk

Wendy Cheshire Membership Secretary
membership@newmillsu3a.org.uk





established 2004

20 YEARS

LEARNING, LAUGHING, LIVING