



Up Holland & District Newsletter

August 2026 Issued 20.07.2026 No. 255

Dear friends

As the newsletter is issued, we will have had, weather permitting, a busy weekend at West Lancs Green Fayre. This is one of our new initiatives to reach out within the community in the hope of attracting new members. Grateful thanks to Maz for overseeing the organisation and to all those who volunteered to help at the stand.

The new, reduced committee are busy planning ahead as well as dealing with the everyday business of running our u3a. Remember, every u3a is run by the members, for the members. We welcome a fairly new member, Lesley Day onto the committee as she joins Stella on membership. We still have three vacancies, committee member, assistant secretary, and group coordinator (Beth is covering this temporarily). As usual, speak to me or Beth for more information.

Having reached the time of year when some groups take a summer break and the pace slows down a little, there are still several outings going ahead. If you are off on any of these, I hope you have an enjoyable time. Regardless of that, I would like to wish all of you a lovely relaxing summer.

Best wishes, Val Garner, Chair

Speaker meetings 9.45am-12noon at St Teresa's

July 21 Matt & Yvonne Pinder

An adventure on wheels.

(Welcome aboard our RV as we take you on our year long trip around the USA).

August 18 - Brian Groom. These Isles

The story of England, Scotland, Wales, and Ireland with references to show how Up Holland and Lancashire fit into the picture.

September 15- Sue Holden.

Queenies Tea. Real life story of a trip to Buckingham Palace.

September Social

Hot Pot with entertainment by Richard Hart

Thursday 24th September 7.30 pm at St Teresa's club

Tickets £10 now on sale at Speaker meetings and Coffee Mornings

Group Activities

Not all groups are listed each month. Please use the calendar and Yearbook for a full list of groups.

Bird Watching

No planned meetings for July and August. We won't see swallows when we meet again in September so enjoy this one.

Board Games and Chess.

4th Friday 2pm in Up Holland Methodist Church Foyer.



Computing

Up Holland Methodist Church Foyer. 2nd Tuesday each month at 10am to 12 noon. Please bring laptops, tablets or phones as usual. Wi-Fi is available

Chess for Beginners

The last session is on Friday **July 24**. at 2pm in Up Holland Methodist Church foyer. Chess will still be available in future months to play alongside board games but no tuition will be available.

Cards and Papercraft

2nd and 4th Wednesdays 9.30-11.30am Bispham Methodist Church Hall

Come Dancing

1st and 3rd Mondays, 1pm (12.40 for tuition) St Teresa's Social Club

Cycling

Afternoon rides start at 12 noon. Full day rides start at 10.30am.

July 23 Appley Bridge to Leyland Garden Centre

July 30 Appley Bridge to Rufford Marina

Aug 6 Full Day Ride Lydiate Parish Hall to Scarisbrick Marina

Aug 13 Trencherfield Mill to Haigh Hall

Aug 20 Full Day Ride Trencherfield Mill to Worsley

Aug 27 St. Teresa's to Bridge Farm Café via Kings Moss and Rainford

Sept 3 St. Teresa's to Warbreck Garden Centre

Egyptology

2nd Friday of every other month In St Teresa's Social Club. Our next meeting is on Friday **14 August** at 2pm. At each meeting we have two talks from our members. We notify group members of the talks two weeks before the meeting. In addition to our meetings, we organise an annual trip to Egypt. This year's trip is from 5th- 19th October. Details are available from Neil Stevenson.

Family History

2nd Tuesday of each month, 10am to 12 noon. See computing above.

Flower Arranging

2nd Tuesday 10am-12noon. Winstanley Tennis Club.

Fun with Words

4th Thursday 2pm

23 July around the theme of "Quotations, Sayings and Proverbs". Usual venue. Next meeting **27 August**.

Galavanterers

August 15 Lytham 1940's Festival.

December 5 Christmas Lunch at the 'Calf's Head'

Gardening

Our next garden visit is to Mount Pleasant Gardens Cheshire and Dunham Massey on Wednesday **5 August**. There is one place available on this trip - please see Beth at the Speaker meeting if you are interested. The cost varies depending on membership of RHS and National Trust.

Green Fingers

Thank you to all the members of the group who have helped to clear the left hand side of the building, put edging around our commemorative trees and continued to look after the pots and planter. We meet on an ad hoc basis when needed but if anyone else would like to join our small group please see Beth at one of our monthly meetings.

General History

We meet on the 1st Thursday of the month 7pm at Bispham Methodist Scout Hall, Crank Road Billinge WN5 7DT.

August 6 "Giles Gilbert Scott" presented by Sean Jinks. If you are interested in joining our group, contact Kevin Griffin at generalhistory@uphollandu3a.org

Golf

Every Wednesday 9.30 for 9.45. Porters Wood Golf Course.

Guitar

New players welcome to attend. Ladies or Gents dust off your guitar and join us for a fun 2 hours guitar group. 1st & 3rd Wednesday in the month 1pm to 3pm Bispham Church Hall. Contact Alan Green for info.

Handbells

We are taking a break in August as many of our group have holidays booked but will meet again on Monday **7 September**.

Heritage

There are 2 trips booking. See Heritage table for more information

Wed August 26 Cromford Mills, Derbyshire. UNESCO World Heritage Site. £30.

Wed 16 September Barton Grange Canal trip/Garden Centre

Canal Cruise with Fish & Chips served and then free time in Garden Centre or entertainment complex. £37

Lawn Tennis

Summer Timetable.

Mondays 2-4pm, Wednesdays 2-4pm at Winstanley Tennis Club.

New members welcome. Come to one of the sessions at Winstanley Tennis Club for a taster. Tennis racquets available.

Local History

St Teresa's on the 4th Thursday of each month at 10am, price £3.

23 July Mervyn Saunders will entertain us with his talk on, 'George Groves - the Quiet Little Englishman'. You may remember Mervyn as he gave a very interesting talk at one of our Speaker Meetings on the history of rock 'n roll.

27 August Marianne Howell is giving a talk on 'Courts, Crimes and Constables'. Please come along and join our friendly group. Doors open at 9.45 am. All welcome. For further information contact Dorothy Walls.

MOTO

Group members are invited to suggest events/activities they are interested in attending; these suggestions are circulated to the whole group by email.

The group leaders record the responses and coordinate any reservations, purchase of tickets and travel arrangements that may be needed.

There have been regular events arranged (now over 100), covering a wide range of interests, including garden visits, walks, concerts, films and regular meals.

Some events have attracted over 20 attendees - others 3 or 4; if there is a demand we will try to arrange it.

In July MOTO members have tickets booked to the Royal Court Theatre for the comedy/drama production of "Taking the Piste". The following day, a visit is planned to the Summer Concert of Pemberton Old Wigan DW B Band.

We are planning the next MOTO Sunday Lunch for either **19 or 26 July** (to be arranged and may have happened when this newsletter is issued).

On Saturday **8 August** MOTO members have the opportunity to attend as a group to an evening of music and dancing at Bispham Methodist Church, Crank Rd, Billinge. Tickets £5 - refreshments included.

If you want any further information or would like to join the group please contact Sylvia or Kevin by email: moto@uphollandu3a.org

Musicians

2nd and 4th Wednesdays 1-3pm Bispham Methodist Church Hall.



Photography

At our June meeting we had a digital competition with the theme of "Technology".

This was won by Rob Brown with a picture entitled "Don Luis Bridge"; second was

Lance Houghton

with "Jodrell

Bank Giant

Lego" and third

was Lance again

with "Rolls

Royce Merlin

Engine". This



was followed by a short talk by Frank Simpson on the effects of focal distance on images and we then held a group discussion on the content of future meetings.

We do not hold meetings in July and August, so our next meeting after the break will be on Friday **25**

September. So if you fancy trying out a new group, come along and join us on the fourth Friday in the month, at 2pm at St Teresa's. *Frank and Mike*

Pickleball

Sessions are MOST Wednesdays from 5:30 to 6:30 at Shevington High School, 151 Shevington Lane, WN6 8AB.

We have paddles and balls available for beginners so you can "have a go" without buying any equipment. Most members of the group had not played

Pickleball before, so you do not need to worry about being embarrassed. Come

along and have a go, we are sure you will enjoy it. Please email us at pickleball@uphollandu3a.org the day before the session you wish to attend and we will confirm the session is on and explain how to find the sports hall.

Rubbish Friends

2nd Monday 1.30pm Up Holland Fishing Lake.

Singing for Fun

Usually 1st and 3rd Wednesdays No more sessions until the beginning of September. We hope to see all our current and possibly any new members then. The restart date will be advised in due course.

Spanish Conversation

2nd and 4th Thursdays 10.30am St Matthews Church Hall Highfield

Stitchcraft

2nd and 4th Mondays in our own homes 2-4pm. For more information contact Kath Lewin.

Table Tennis/Table Tennis Singles

1st, 2nd and 3rd Friday and 1st, 2nd and 4th Tuesday mornings respectively at St Lukes 10.30am.

Tai Chi

We break for summer on Friday **31 July**, resuming on Friday **4 September**. All members, past and present, are invited to join us at St Thomas's church hub on Friday **31 July**. We will meet at 11.00 to listen to Richard Hart, then will stay on for afternoon tea at 1pm. The deadline for booking afternoon tea has now passed but why not join us at 11am to hear Richard Hart.

Tenpin Bowling

We meet every 1st, 3rd and 5th Thursday of the month during school terms at 12.45 for 1pm in Wigan Bowling Alley. No sessions in August.

Topical Discussion

2pm on the 3rd Thursday of the month at Bispham Methodist Scout Hall. We are a small friendly group who discuss matters of local, national, global interest in a civilised and respectful manner. If you would like to join us, please email us at topicaldiscussion@uphollandu3a.org to let us know to expect you and then come along to our meeting.

Variety Theatre

Every Friday 9.30am-12 at St Teresa's.

Walking

Big Foot Monday Walk

10.30am start.

27 July Yarrow Park, Birkacre.

Social Walks

We walk on the 2nd and 3rd Thursdays of the month; our walks are typically about 4 miles and last around 2 hours. We usually assemble at a convenient hostelry at 10:15 for a 10:30am start and when we return members stay for lunch or leave as they choose. Group members are sent details of the walk, usually a week beforehand.

We are happy to welcome new members, if you would like to join us, please contact Alan Hough or Kevin Griffin at socialwalks@uphollandu3a.org.

Southport Flower Show Tickets

u3a members get a 30% discount when they buy advance tickets online using the code **U3A26**. Tickets are available on the website southportflowershow.co.uk

IMPORTANT NOTICE TO ALL MEMBERS

All members of Up Holland u3a must be aware that before participating in any u3a activity or visit, they should ensure the activity is suitable for them, taking into account their personal ability level, the information provided by Group Leaders and the venue to be visited.

Don't forget to recycle your batteries and stamps. Bring them to any coffee morning. Receptacles near the entrance door.

PLANNED EVENTS

JULY

26 Dining Out

Warton

AUGUST

05 Gardening

Mount Pleasant & Dunham Massey

15 Galavanter

Lytham 1940's festival

26 Heritage

Cromford Mills, Derbyshire

SEPTEMBER

02 Gardening

Erddig

16 Heritage

Barton Grange Canal Cruise

24 Social

Hot Pot with Richard Hart. ST

OCTOBER

05 - 19 Egyptology

Holiday to Egypt

08 Heritage

Shugborough

08 - 15 Walking holiday

Andalusia

DECEMBER

05 Galavanter

Christmas Lunch at Calf's Head.

10 Christmas Party

with Paul McCoy

Holland Hall

20 Christmas Lunch

Glendower Hotel, Lytham, St Annes.

Please send any dates for coach trips or anything open to the whole u3a to newsletter@uphollandu3a.org

Before organising a coach trip please check dates already booked as there is only space for one set of cars in St Teresa's car park.

Items for the **September Newsletter**, issued by August 17 must be submitted to newsletter@uphollandu3a.org by Friday **August 7 latest**. The newsletter will be issued by email and for those without email, printed copies are available at the Speaker Meeting on Aug 18 and Coffee Morning on Sept 3. It is also available on our website upholland.u3asite.uk.

NEW MEMBERS

If you have recently joined our u3a and need some help in finding your way around one of our Coffee Mornings (it can be daunting, especially if you are new) please tell us on the membership desk. We will be more than happy to show you round and explain how everything works.

To contact anyone mentioned in this newsletter, please use the interest group pages or contacts page on our website www.upholland.u3asite.uk (or find a phone number in your Year Book). **If your contact details have changed please email the Membership Team at membership@uphollandu3a.org**