

September 2026 Issued 18.08.2026 No. 256

Dear friends

First and foremost, I would like to welcome our new members. I rarely have chance to speak to anyone individually as I am usually rushing around like a headless chicken! I do however like to greet everyone as they enter the hall. Having said that, I am going on holiday just as this newsletter is issued and will not be at August speaker meeting.

September is new beginnings for those groups that have taken a summer break, so I am sure you are all ready to get back into the swing of things. Speaking of new beginnings, check out the Blue Book for any new group suggestions. Remember though, a group can only run if someone steps up to lead it.

Moving on, Gardening and Heritage groups have trips to look forward to at the end of the month and into September. We also have our social evening "Hot Pot with Richard Hart" on 24th September. Event details are elsewhere in the newsletter, via the group, or in most cases, on our website upholland.u3asite.uk.

Best wishes, Val Garner, Chair

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

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.

October 20 - Elaine Taylor

Parks, Promenades and Gardens of Remembrance by Thomas Masson.

Green Fayre, Beacon Park 18-19 July

Our u3a had a stall over the two day event and had over 40 offers of help over the weekend - and many have provided some excellent feedback which will help in planning hopefully for next year's event? We will learn from this valuable feedback.

The idea was to get ourselves out in the community and promote our u3a – well we certainly did that, so success! We've followed up with people who showed interest - hopefully this will lead to a few new members, which of course would be a bonus. A sincere thanks to all who helped on both days – we couldn't have done it without you!

Group Activities

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

Bird Watching

After the summer break we will reconvene on **September 23** at Martin Mere. At that time we will discuss other locations members might want to visit and places we have visited recently.

Board Games and Chess.

4th Friday 2pm in Up Holland Methodist Church Foyer. Next mtg **August 28**.

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

Cycling

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

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

Sept 10 Full Day Ride Burscough to Southport Circular Route.

Sept 17 TBA

Sept 24 Appley Bridge to Burscough Wharf

Oct 1 Rainford to Pimbo Garden Centre Tea Rooms

Oct 8 St. Teresa's to Billinge Ice Cream Parlour

Dining Out

On behalf of Mary, we are currently taking bookings for the Christmas Lunch at the Glendower Hotel, Lytham on Sunday **20 December**.

Price £47.00 for a three course meal, plus coffee tea and mince pies.

This includes the cost of the coach, parking and driver's tip.

Family History

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

Fun with Words

4th Thursday 2pm

27 August around the theme of "Poetry" – including own compositions and song lyrics. Usual venue. We might invite (but not compel!) contributors to say why they have chosen a particular piece and what it means to them.

Next session **24 September**.

Galavantes

October 24 Cheshire Oaks

December 5 Christmas Lunch at the 'Calf's Head', Worston. Bookings and deposits being taken now.

Gardening

Our final garden visit for 2026 is on Wednesday **September 2** when we will be visiting Erddig. The trip is fully booked but we are maintaining a waiting list in case of cancellations.

The speakers for our Autumn/Winter programme are all booked and leaflets giving details will be available from the Gardening table at the September coffee morning. We have some new speakers and one or two 'old favourites'.

General History

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

September 3 The talk will be "Napoleoeon Bonaparte"

If you are interested in joining our group, contact Kevin Griffin at generalhistory@uphollandu3a.org

Handbells

We will resume on Monday **September 7** when we will start practising our Christmas repertoire.

Heritage

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

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

Thurs 8 October :Shugborough Estate. Cost £15.00 for National Trust Members & £32.00 for non members.

Indoor Bowling

New season starts on October 9. More info next month.

Local History

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

27 August Marianne Howell is giving a talk on 'Courts, Crimes and Constables'.

24 September An old favourite, Ken Pye, returns to recount his story of 'The Joy of Scousers and Scouse' 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 and 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 early September MOTO members will have the opportunity to visit Port Sunlight village and Museum as well as the Lady Lever Art Gallery. Later on in the month the popular Last Night at The Proms by Pemberton Brass Band will be on the Moto to-do list.

In mid-October the group hope to see an Andy Fairweather Low & the Low Riders concert at The Atkinson.

We will look at possibly arranging a Sunday lunch for September and as it is almost that time of year again, we will shortly review the options for where to book this year's MOTO Christmas Lunch.

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

On October 30 and 31, the Variety Theatre group will be presenting a sort of pantomime, Snow White and the Seven Giant Menopausal Dwarfs.
A mixture of comedy, song and antics, with a new twist. Tickets available soon.

Photography

Our next meeting after the break will be on Friday **25 September**. We will be having a show of pictures taken during the summer months, which will be followed by a session on looking at ways to improve these pictures. The following meeting will be on **23 October** where we will be having a talk on flower photography by Jim Harrison. 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.

Singing for Fun

Usually 1st and 3rd Wednesdays. Group members will be advised by email when a decision is reached about restarting in September.

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 recommence our weekly sessions on Friday **Sept 4** at the usual time of 1-2pm at Bispham Methodist Church Hall. We are currently taking names on our waiting list.



To say 'thank you' to all Tai Chi members past and present, group leaders organised an Afternoon Tea at The Hub, St Thomas' Church on 31st July. We would also like to express our thanks to the catering team at The Hub for their hospitality. We plan to hold our next get-together around Christmas

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 so we start again on September 3.

Theatre

At long last we have got a new show that can be booked. This is Legally Blonde on Thursday **12 November** at the Opera House Manchester. This is an afternoon performance and we have chosen this as many of our regular theatre goers have expressed concern about driving to St T's at night. The ticket price is £60. Book early to avoid disappointment.

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.

31 Aug. Royal Oak, Riley Green.

28 Sept. Hickories, Standish.

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.

Possible new groups- Blue Book

We now have some new suggested groups in the Blue Book which is always available at coffee mornings or speaker meetings. Please put your details on the relevant list if you are interested but remember we cannot start a group unless someone comes forward to be a group leader.

The groups added this week are:

- Motor biking
- Strength and Conditioning training – we do have a trainer available for this one but no group leader as yet
- "The Confident (but not too confident!) Driver" - Maintaining Confidence and Skill in Driving. We do have a u3a member with the necessary skills and qualification to lead this course It is expected to be a course lasting 5 weeks and will be repeated if necessary.

Other groups already suggested are:

A variety of crafts, Grumpy Old Men (needs names -we have a leader), Walking with Dogs, Yoga, Jewellery Making, Simple DIY for home or car, Cooking on a budget, Darts, Basic Keep Fit

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

Year Book

Members should now have received an email copy of the Year Book giving contact details for committee members and group leaders.

Please do save this or take note of the contact details for the groups you attend.

A small number of Year Books will be available at the August speaker meeting or September coffee morning for those members not on email.

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.

Items for the **October Newsletter**, issued by September 15 must be submitted to newsletter@uphollandu3a.org by Friday **September 4 latest**. The newsletter will be issued by email and for those without email, printed copies are available at the Speaker Meeting on Sept 15 and Coffee Morning on Oct 1. 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**

PLANNED EVENTS

AUGUST

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

24 Galanvaters Cheshire Oaks

30&31 Variety Theatre Sort of Panto

NOVEMBER

12 Theatre Legally Blonde, M'chster

DECEMBER

05 Galanvaters 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

Mon	Tue	Wed	Thu	Fri
31	1	2	3	4
10:30 - BigFoot Monday Walking 14:00 - Tennis WT	10:30 - Crown Green Bowling 1 GH 10:30 - Table Tennis Singles SL 13:30 - Crown Green Bowling 2 GH 14:00 - Reading 1 OV	Gardening - Erddig 09:15 - & 10.30 Italian Every 09:30 - Golf every Wednesday PW 13:00 - Guitar BM 13:30 - Singing for Fun UMC 14:00 - Tennis WT 17:30 - Pickleball every Wednesday	09:45 - COFFEE MORNING ST 12:00 - Cycling 12:45 - Ten Pin Bowling WBA 19:00 - General History BM	09:30 - Variety Theatre ST 10:00 - Artists BM 10:30 - Table Tennis SL 13:00 - Tai Chi BM
7	8	9	10	11
10:30 - Hand Bells ST 13:00 - Come Dancing ST 13:00 - Snooker ST 13:30 - Military Whist GG 14:00 - Tennis WT	10:00 - Fam Hist & Computing UMF 10:00 - Flower Arranging WT 10:30 - Crown Green Bowling 1 GH 10:30 - T/Tennis Singles SL 13:30 - Crown Green Bowling 2 GH 14:00 - Reading 2 OV	09:00 - Hills & Fells 09:30 - Paper/Cards BM 13:00 - Musicians BM 14:00 - Science & Technology (UM) 14:00 - Tennis WT 14:00 - Ukulele WT	10:15 - Social Walks 10:30 - Crown Green Bowling 3 AP 10:30 - Cycling 10:30 - Spanish Conversation SM	09:30 - Variety Theatre ST 10:30 - Table Tennis SL 13:00 - Tai Chi BM
14	15	16	17	18
13:30 - Mah Jong WT 13:30 - Rubbish Friends FL 14:00 - Stitch Craft OV 14:00 - Tennis WT	09:45 - SPEAKER MEETING 10:30 - Crown Green Bowling 1 GH 12:15 - Wine appreciation ST 13:30 - Crown Green Bowling 2 GH	Heritage Canal Cruise 10:00 - Committee Mtg UMV 13:00 - Guitar BM 13:30 - Singing for Fun UMC 14:00 - Tennis WT	10:15 - Social Walks 12:00 - Cycling 12:45 - Ten Pin Bowling WBA 14:00 - Topical Discussion BM	09:30 - Variety Theatre ST 10:00 - Artists BM 10:30 - Table Tennis SL 13:00 - Tai Chi BM
21	22	23	24	25
10:30 - Hand Bells ST 13:00 - Come Dancing ST 13:00 - Snooker ST 13:30 - Military Whist GG 14:00 - Tennis WT	10:30 - Crown Green Bowling 1 GH 10:30 - Table Tennis Singles SL 13:30 - Crown Green Bowling 2 GH	09:30 - Paper/Cards BM 10:00 - Bird Watching OV 13:00 - Musicians BM 14:00 - Tennis WT 14:00 - Ukulele WT	10:00 - Local History ST 10:30 - Crown Green Bowling 3 AP 10:30 - Spanish Conversation SM 12:00 - Cycling 14:00 - Fun with Words OV	09:30 - Variety Theatre ST 10:00 - Reading 3 OV 13:00 - Tai Chi BM 14:00 - Board Games&Chess UMF 14:00 - Photography ST
28	29	30	1	2
10:30 - BigFoot Monday Walking 13:30 - Mah Jong WT 14:00 - Stitch Craft OV 14:00 - Tennis WT	10:30 - Crown Green Bowling 1 GH 13:30 - Crown Green Bowling 2 GH	14:00 - Tennis WT	09:45 - COFFEE MORNING ST 12:00 - Cycling 19:00 - General History BM	09:30 - Variety Theatre ST 10:00 - Artists BM 10:30 - Table Tennis SL 13:00 - Tai Chi BM