Up Holland & District Newsletter

November 2026 Issued 19.10.2026 No. 258

Dear Friends

Two pieces of good news this month. Having won the u3a Trust Board elections, our Vice Chair, Neil Stevenson has now joined the Board of Trustees. Congratulations Neil. Closer to home, at the last committee meeting, Dorothy Walls and Sue Jones were co-opted into their respective roles as Group Coordinator and Assistant Membership Secretary. Grateful thanks to both ladies.

The end of October and into November is the time of year to dig out our winter woollies. It brings cooler days, colourful leaves and the dreaded dark nights. It reminds us that winter is approaching and encourages us to enjoy simple moments. With most outings having ended, more of our groups once again meet indoors. As usual, details of all activities can be found elsewhere in this issue. Alternatively, check out our website upholland.u3asite.uk. Val Garner, Chair

Intrigued? See Variety Theatre Group for details



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

October 20 - Elaine Taylor
Parks, Promenades and Gardens of Remembrance by Thomas Mawson. Thomas Mawson created glamorous pleasure gardens for Lancashire's holidaymakers and after World War 1, elegant and comforting gardens of remembrance for millions of mourning families.

November 17 - Brian Topping
Tales of a Customs Officer part 2
Brian continues his talks of a custom officer drawing from his and other officers experience at Heathrow Airport during the 1970s 80s and 90s.

December 15 A morning of entertainment and fun featuring Cherry Red. Tickets on sale at the November coffee morning, £2.

Charity No. 1119682

Group Activities

Not all groups are listed each month. Details of all groups can be found on our website upholland.u3asite.uk. Contact details can also be found in your Yearbook.

Art 2

The latest watercolour course will continue every Tuesday in November, 10am at Bispham Methodist Church. Waiting list in operation.

Bird Watching

September took us to Martin Mere. Not too many birds but the longest set of stepping stones in the UK. As we plan ***October 28*** we'll be looking for somewhere like Pennington Flash to afford us some shelter. Group members will be contacted by email and WhatsApp with further details. If you're interested in joining contact Lance.

Bridge

The newly formed Bridge Group will meet for the 1st session at 2pm Friday October 23 in the foyer of Upholland Methodist Church alongside our Board Games Group. Future sessions 2pm 4th Friday of each month.
We will all be learning the basics together and hopefully enjoying the experience.

Crown Green Bowling

Season closes at the end of October

Cycling

Season has ended

Dining Out

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.

Egyptology

Friday 13 November 2pm St Teresa's. Different month due Egypt holiday.

Family History and Computing

2nd Tuesday 10am Upholland Methodist Church Foyer.

Fun with Words

October 22 2pm usual place. Meeting will be around the theme of "Dreams" – we've already been "threatened" with a nightmarish contribution!
November. 26 Theme yet to be decided.

Galavanters

There are still places available on the trip to the 'Calf's Head' for our Christmas meal on ***December 5***. The cost is £49. Some members have paid a deposit of £20. The balance (£29) to be paid by Coffee morning, November 5.

Gardening

November 4 Matthew Smith (a popular visitor to our group) will talk on 'Weeds - to love or loathe – that is the question?' This is a topic that affects everyone with a garden, however this talk aims to get you thinking about weeds differently. Matthew will also bring some of his tulip bulbs for sale.
New members always welcome.
Doors open at 9.45 when refreshments are served, and the talk will commence at 10.30. Cost £2.00.

General History

We meet on the 1st Thursday of the month 7pm at Bispham Methodist Scout Hall, Crank Road Billinge WN5 7DT.
November 5 the subject of the talk will be Joseph Locke (The engineer not the singer!), who was responsible for the design and construction of The West Coast mainline and other routes.
If you are interested in joining our group, contact Kevin Griffin at generalhistory@uphollandu3a.org

Heritage

Indoor meetings at St Teresa's over the winter period.
Monday ***November 9*** Lancaster Castle which dates back over 1,000 years. Our speaker is Graham Kemp. The doors will be open at 9.45 am.
This talk has been highly recommended by Parbold Library.

Lawn Tennis

Our Winter Tennis programme starts in November
Outdoor at Winstanley Tennis Club
Three courts available every Wednesday ***from November 4*** 1pm-3pm
Indoor at Robin Park 1.30pm --3pm on the following dates
November 9, 16, 23, 30, December 21 only as the other dates are taken up by an event .

Local History

St Teresa's on the 4th Thursday of each month at 10am, price £3.
Thank you to all who came to our September meeting, wasn't it great to see Ken Pye on top form? On ***October 22*** we will be pleased to welcome Grahame Birtles who will be talking on 'The History of Gorton Monastery' - just in time for those of us who will be visiting the Monastery in December. Our Christmas Meeting will be on ***November 26*** and is TICKET ONLY. We will be entertained by Santa's Little Helpers and doors open, as usual, at 9.45 am. Tickets will be available at the Speaker Meeting and at our October meeting, price £3. I am looking forward to seeing you all soon. For more information please contact Dorothy Walls.

MOTO

For November a couple of events are under discussion, a concert by the Really Awful Orchestra and a visit to the cinema to see George Michael's Faith tour.
MOTO's Christmas Lunch this year will again be at The Dog and Partridge, Charnock Richard; on Sunday ***29 November***.
An update from The British Museum, should be received on 21 October about Moto's recent application to book tickets to the Bayeux tapestry.
If you want any further information or would like to join the group please contact Sylvia or Kevin by email: moto@uphollandu3a.org

Photography

At our September meeting we had a show of pictures taken during the summer months, including sessions on ways to improve these pictures. Our next meeting will be held on ***23 October*** where we will be having a talk on flower photography by Jim Harrison. At our final meeting of the year on ***27 November*** we will be holding a digital competition entitled "Anything Goes" followed by a fun quiz, accompanied by mince pies. 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*

Singing for Fun
We are still seeking a keyboard player with a keyboard on a temporary basis to continue the group sessions. We meet on the first and third Wednesday of each month in the afternoon at Up Holland Methodist Church. Music can be provided and the main theme is songs from the musicals. Reasonable travel expenses can be met by the group. Please contact Alma Harrison. Details in Yearbook.

Stitchcraft
2nd and 4th Mondays in our own homes 2-4pm. We do all types of needle craft, crochet, knitting, embroidery, tapestry etc., but not dress making. For more information contact Kath Lewin

Tai Chi
No session on ***November 13.***

Ten Pin Bowling
No session on ***29 October***. (half term)

Variety Theatre
Every Friday 9.30am-12 at St Teresa's.
Don't forget to purchase your tickets for the sort of pantomime 'Snow White & the 7 Giant Menopausal Dwarfs' performances on ***Friday 30 and Saturday 31 October.*** A 21st century production of the much loved fairy tale with a magical twist. On sale at the Speaker Meeting on ***Tuesday 30 October***, or by phone on 01744 322215. Tickets may also be available at the door on both dates. Bar is open and a raffle on both occasions.
Do come and enjoy a trip back to your childhood; unfortunately, we cannot supply ice creams in the interval



Walking
Big Foot Monday Walk
10.30am start.
26 Oct. Rivington Barn cafe.
30 Nov. Worthington Lakes, 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 10:30 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

PLEASE BE AWARE that, during the next few weeks, Lancashire County Council have made provisional plans to undertake pothole repairs and surface dressing along the route of the Tour de France cycle race that will pass through Appley Bridge, Roby Mill and Up Holland next summer. The repairs will necessitate some ROAD CLOSURES between 9am and 3pm on various dates from 27 October to 6 November as the work progresses in short sections from the Dicconson Arms, through Appley Bridge and Roby Mill, passing St. Teresa's and St. Thomas's, then along Church Street to the LCC boundary in Sandbrook Road. (Source of information www.one.network/public).
Maybe leave extra time if you travel on these roads to u3a meetings.



This event was open to all u3a members in the North West Region – and it was fun! Some of our committee members attended, Val, Stella and Maz.

Representatives from 17 u3a's in the North West attended. We all had a good time, and everyone got involved from chatting with colleagues, to group exercises! A lovely venue, some nice food and excellent, informative and brief talks from Christine, Southport Chair (our hosts) and Christine Garrity our NW regional Chair.

How would you go about setting up a new group in our u3a?

We were given a group title – we had a **Ghost Hunting group**, and we wholeheartedly entered into the "*spirit of things*", planning trips to some of the 51 haunted locations in Lancashire. Within minutes of starting to discuss, we were planning to visit National Trust partners in Merseyside and Cheshire, get risk assessments done, and were discussing how we publicise same! I am glad we got that group as a topic, although a **Lego group** was also very popular – we all remember Lego surely?

You might say what does the Third Age Trust do for us? You might be surprised at just what is available….

Interest Groups Online (IGO) is the u3a movement's national online community — a virtual equivalent of a local u3a but entirely online. Like all u3a activities, IGO groups are member-led and member-run, offering a friendly, informal space to learn, share and socialise from the comfort of home. For those of you who prefer to learn with direction, these online groups are fabulous. Have a look at the links below. There is a £12 annual fee – now reduced to £6 for membership until March – this might be a useful taster for you to look at?

Here is the **website**: u3a - Interest Groups Online (right click and select open hyperlink)
OR type https://www.u3a.org.uk/members-area/subject-networks into your browser
You can if you prefer **email** to find out more about these IGO's - interestgroupsonline@u3a.org.uk

IGO Offers a wide range of interest groups, covering subjects such as languages, history, music, literature, science, creative writing, technology and much more. Many groups are interactive, and members are encouraged to take turns sharing skills, leading discussions or presenting topics that interest them. The ethos is informal learning for fun and shared fulfilment, not for qualifications or taught courses.

IGO members also have access to u3a's broader national online learning programme, which includes additional talks, workshops and competitions open to all u3a and IGO members.

It was very interesting to see what other u3a's do – **community involvement and collaboration, developing community links**. Keep your eyes peeled for the next NW letter – no doubt you will find out more!.

This was a fabulous opportunity to meet other u3a's and we are sharing ideas and hopefully bring back to you as Up Holland members!



Congratulations to Anne Jones and John Lewis who became Mr & Mrs Lewis on 16 October.

Annual Christmas Party

10th December
featuring Paul McCoy
a Stars in Their Eyes heat winner .
Venue: Holland Hall Hotel
Cost:£40 including Hot and Cold Buffet.
Tickets on sale at the Coffee Mornings

PLANNED EVENTS

OCTOBER
24 Galavanters *Cheshire Oaks*
30 & 31 Variety Theatre *Sort of Panto*

NOVEMBER
12 Theatre Legally Blonde, M'chster

DECEMBER
05 Galavanters *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.
Has anyone got anything planned for the New Year?

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 **December Newsletter**, issued by November 16 must be submitted to newsletter@uphollandu3a.org by Friday **November 6 latest.** The newsletter will be issued by email and for those without email, printed copies are available at the Speaker Meeting on November 17 and Coffee Morning on Dec 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**

Group Meetings

Nov 2026 (United Kingdom Time)

Mon	Tue	Wed	Thu	Fri
2 10:30 - Hand Bells ST 13:00 - Come Dancing ST 13:00 - Snooker ST 13:30 - Military Whist GG 14:00 - Tennis WT	3 10:00 - Art 2 BM 10:30 - Table Tennis Singles SL 14:00 - Reading 1 OV	4 09:15 - & 10.30 Italian Every 09:30 - Golf every Wednesday PW 10:00 - Gardening ST 13:00 - Guitar BM 14:00 - Tennis WT 17:30 - Pickleball every Wednesday	5 09:45 - COFFEE MORNING ST 12:45 - Ten Pin Bowling WBA 19:00 - General History BM	6 09:30 - Variety Theatre ST 10:00 - Artists BM 10:30 - Table Tennis SL 13:00 - Tai Chi BM
9 10:00 - Heritage ST 13:30 - Mah Jong WT 13:30 - Rubbish Friends FL 14:00 - Stitch Craft OV 14:00 - Tennis WT	10 10:00 - Art 2 BM 10:00 - Fam Hist & Computing UMF 10:00 - Flower Arranging WT 10:30 - T/Tennis Singles SL 14:00 - Reading 2 OV	11 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	12 10:15 - Social Walks 10:30 - Spanish Conversation SM	13 09:30 - Variety Theatre ST 10:30 - Table Tennis SL 13:30 - Indoor Bowling 14:00 - Egyptology ST
16 10:30 - Hand Bells ST 13:00 - Come Dancing ST 13:00 - Snooker ST 13:30 - Military Whist GG 14:00 - Tennis WT	17 09:45 - SPEAKER MEETING 10:00 - Art 2 BM 10:30 - Table Tennis Singles SL 12:15 - Wine appreciation ST	18 10:00 - Committee Mtg UMV 13:00 - Guitar BM 14:00 - Tennis WT	19 10:15 - Social Walks 12:45 - Ten Pin Bowling WBA 14:00 - Topical Discussion BM	20 09:30 - Variety Theatre ST 10:00 - Artists BM 10:30 - Table Tennis SL 13:00 - Tai Chi BM
23 13:30 - Mah Jong WT 14:00 - Stitch Craft OV 14:00 - Tennis WT	24 10:00 - Art 2 BM 10:30 - Table Tennis Singles SL	25 09:30 - Paper/Cards BM 10:00 - Bird Watching OV 13:00 - Musicians BM 14:00 - Tennis WT 14:00 - Ukulele WT	26 10:00 - Local History ST 10:30 - Spanish Conversation SM 14:00 - Fun with Words OV	27 09:30 - Variety Theatre ST 13:00 - Tai Chi BM 13:30 - Indoor Bowling SL 14:00 - Board Games UMF 14:00 - Bridge UMF 14:00 - Photography ST
30 10:00 - Reading 3 OV 10:30 - BigFoot Monday Walking 14:00 - Tennis WT	1 10:30 - Table Tennis Singles SL 14:00 - Reading 1 OV	2 09:15 - & 10.30 Italian Every 09:30 - Golf every Wednesday PW 10:00 - Gardening ST 13:00 - Guitar BM 14:00 - Tennis WT 17:30 - Pickleball every Wednesday	3 09:45 - COFFEE MORNING ST 12:45 - Ten Pin Bowling WBA 19:00 - General History BM	4 09:30 - Variety Theatre ST 10:00 - Artists BM 10:30 - Table Tennis SL 13:00 - Tai Chi BM