

INTERNATIONAL LINE DANCE FLASHMOB DAY



The International Line Dance Flashmob Day is the first Saturday in May and the International Committee choose three dances illustrating the different levels of line dancing. Last year Line Dance 1 leader, Pat Williams took part in the day with her American line dance group via a video shown on YouTube.

This year she arranged with Waitrose for the U3A Line Dance group to dance in the shop on May 2nd at 10am. Waitrose did video the group dancing and showed it on their community website. The shoppers were certainly surprised when the music started and dancers left their trolleys to participate.

As the day was rain free the group decided to use the pavement outside Hays Travel and to perform five dances, including the special dance "Everybody Dance!" which was one of the three suggested by the International Committee.

Following the success in Formby village two members of the group suggested that we dance at St Peter's Spring Fair to The Liverpool Shanty Kings' song "A Sailor Ain't A Sailor". We were not so fortunate with the weather, but the twelve dancers enjoyed themselves despite the heavy rain.

Judith Pike



Walking Group 4 – The Dream

Walking Group 4 walk in April was to see the 'DREAM' sculpture near St Helens. It was a pleasant walk in the dry, which was a bonus as rain was forecast and we finished off at the Millhouse Pub for a good lunch.



Walking Group 6 – We saw Rivington Pike!!

What a difference for Walking Group 6 on their walk to Rivington in May. When visiting last year, the weather was so poor, due persistent rain and mist, that we could not even see the pike!! This time the weather was clear and dry with lovely views to enjoy.

The group set off walking up the pike, then descended to go up to the Two Lads Cairns on Crooked Edge Hill. There are many stories about these huge cairns which are said to be memorials to 2 lads who died after getting stuck on the moors. The cairns are very close to the Winter Hill transmitting station which is the highest structure in the North West and has broadcast our TV channels for 70 years!! Our descent was via Liverpool Castle and the reservoir and of course to the cafe for tea and cakes.

Christine Hosie and Dave Goodwill



Walking Group 5- July walk from Anderton Boat Lift

In July, Walking Group 5 went to Anderton Boat Lift near Northwich for a 7- mile walk. Thankfully the weather was cooler than it had been giving us pleasant walking conditions. Frances, our walk leader, led us around the area including the River Weaver, the Trent and Mersey canal and Budworth Mere. The walk took us through several areas of parkland and woodland, some of them reclaimed from derelict land including landfill. The ponds and flashes were developed due to subsidence caused by salt mining. The resulting terrain looks extremely natural providing habitat for all sorts of flora and fauna. At Budworth Mere birds such as kingfishers abound though we never saw one!

The group returned to Anderton Boat Lift which can be seen in the photo. The lift is closed for repairs at the moment but hopefully will re-open Summer 2027 when it will lift boats from the River Weaver to the Trent and Mersey canal.

Christine Hosie



Local History Group 16 – Liverpool Town Hall



On a lovely sunny Tuesday afternoon in June 2026 Local History Group 16 enjoyed a very interesting guided tour of Liverpool Town Hall.

We arrived a bit early and as we weren't allowed into the Town Hall we took 10 minutes to enjoy the sunshine.

We met our incredibly enthusiastic and knowledgeable guide James and started the tour in the entrance hallway. We were then surprised and delighted to meet the current Lord Mayor of Liverpool Councillor William Shortall who was sworn into office in May 2026. He made history as the first wheelchair user to hold the ceremonial position (I would like to say I had arranged this but it was a pure coincidence). He was interested in where we had come from and very kindly agreed to have a photograph taken with us.



The Town Hall is a stunning Georgian building in the heart of the city and claims to be one of the finest surviving town halls of the 18th century. We were surprised at its vast size and elegance from the ballrooms to the reception and dining room as well as the mahogany decorated Council Chamber.

A favourite part was being allowed onto the balcony where The Beatles had stood years before. We finished the visit by paying our respects to the city's fallen in the Hall of Remembrance where the Roll of Honour is housed.

A thoroughly educational and enjoyable tour which we would recommend to other groups.

Author: Paula Parker

Photographs: Jacqueline McMillan



Local History Group 6 – Ince Blundell Hall



Ince Blundell Hall is one of the hidden gems near Formby and was held by the Blundell family from the 12th Century until 1960. LH6 enjoyed a recent guided estate and hall tour followed by lunch. Now approached via Back o' Town Lane, most will only know the estate from the unused but impressive South Lion Gate, on the main road to Formby, the gateway being the original grand entrance to the hall. Given the proximity to the main road the entire site is remarkably peaceful, thanks to the many trees which screen the property.

The original Medieval Hall is long abandoned and in ruins, near to the equally ruinous stables. However, the parkland, Georgian Hall, Garden Temple and Pantheon are each spectacular. The latter 2 were constructed by Henry Blundell to house his eclectic collection of over 500 antiquities. Some remain on the estate, although most are now housed in Liverpool Museums. The Hall's rooms are large, airy and welcoming, most with their original decoration. The Catholic Chapel was created from the original Hall of Paintings when the property was gifted to the Augustinians, the adjoining stunning church, still in regular use today, being separated and gifted to the Liverpool Archdiocese.

Bob was an excellent leader who was more than willing to answer our many questions. After his tour we adjourned to the oak panelled dining room for an enjoyable lunch with tranquil views overlooking the front lawns. This is a tour that we can highly recommend to others.

Elizabeth Goodwill



Songs of the Sixties



In June instead of our usual speaker meeting we were treated to a performance by our Songs of the Sixties group seen here in the photograph. This was very entertaining and even got some of us up dancing. We look forward to them taking part in our Christmas concert this year.

Current Affairs Group

On Friday, June 5, Brian hosted the monthly meeting of the Current Affairs Group. This month we touched on some serious topics, such as the repercussions of the murder of Henry Novak. This prompted a wide-ranging exploration of the topic and revealed a great diversity of opinion on such matters as religious toleration, policing and the media.

We then went on to discuss a local story, which because it involved the tragic death of a girl on Formby beach, had made the national news. We were all aware of the problems caused by the influx of people and cars over the holiday weekend, some from personal experience, and discussed possible solutions.

Cheating in examinations, the plight of Nicola Sturgeon, and of young people trying to get a job were some of the other stories we explored, and then we considered a survey which indicated that a surprising percentage of Britons are put off certain holiday destinations because they cannot pronounce their names!

The joy of these meetings is that we get to express our views, sometimes passionately, disagree, sometimes vehemently, but always retain our good humour and our love of a hot drink and biscuits. We have lost some members recently through ill-health, so if you are interested in spending a morning once a month talking about the news, why not join us?



Local History Group 7 visit to Bank Hall, Bretherton near Tarleton



On Friday 26th June 2026, Local History Group 7 had an excellent visit to Bank Hall, near Bretherton village. The visit was arranged by Glennis and David Poole who arranged for a tour guide to show the group around the hall and talk about its history. Bank Hall is a beautiful, restored Grade II* Jacobean mansion located in countryside at the centre of a private estate.

The hall was built on the site of an older house in 1608 by the Banastres, who were the Lords of the Manor, – they were a Royalist family in the Civil War. A Prospect Tower was added in 1660. Such a tower was added to provide panoramic views of the surrounding countryside. The architect, George Anthony Legh Keck was later commissioned to extend the building and build a walled garden. Over future years the building changed hands several times and eventually fell into disrepair.

Since 2006 a complex scheme involving: the National Heritage Lottery Fund; a Building Preservation Trust; The Heritage Trust for the Northwest, and a development partner, has resulted in the restoration of the Hall as you see it today.

John Adamson



The Singing for Pleasure Group said a fond farewell to their much loved conductor and choir mistress, Caitriona Talbot, 3rd July.

Caitriona is returning with her husband to her roots in Ireland. She has conducted our choir for the past 4 years with professionalism and great humour and really made our Friday mornings a joy for everyone present. Many of the choir said the Friday morning singing sessions are the highlight of their week. Choir members subscribed to a leaving gift for Caitriona and as a result she was presented with a voucher for £250 by Mike Hastie, Group Leader, and a bouquet of flowers by Fiona Martin, keeper of our music. We also enjoyed a glass of fizz to toast Caitriona and wish her well.

We are fortunate in having a new conductor and choir mistress when we restart in September, so our Friday morning sessions will continue unabated.

We meet in Holy Trinity Parish Hall on Friday mornings, 10.00am till around 11.30am and we sing a wide range of largely well-known songs. We currently have a few vacancies for both men and ladies and would be delighted to welcome newcomers. The philosophy is to have fun and enjoyment in singing as a group. It is not necessary to have a great singing voice but just to enjoy singing.

If you would like to give it a try, please contact our Group Leader, Mike Hastie, Telephone Number 07516 414 426.



Photo shows Fiona Martin on the left, Caitriona Talbot and Mike Hastie

U3a Group 6 Walk July 2nd 2026

Walk led by Eileen and Marcia The Walk started at Etherow Country Park near Marple and we did a short circuit to see the Weir and have coffee in the picnic area there.

Then we followed the Midshires and Goyt Way (fields and pleasant paths) to go through the area of Roman Lakes. These Lakes (not sure why they're Roman!) were the water source for the Mellor Mill which, at one time, was the largest mill in Europe.

We looked at the ruins and the information boards. The owner paid his workers with his own printed money which they could only use in his shops! His mill burnt down in 1870! The Goyt Way led to Strawberry Hill and a climb up to the Peak Forest Canal.

This area is rural and picturesque but the signs of its industrial past are everywhere. We followed the canal through Marple before descending the staircase of 16 locks to the Aqueduct – the highest in England.

The locks are lovely with quaint little stone bridges and lots of flowers. There were a number of boats on the canal and we watched one as it navigated through one of the locks . The final leg of the walk followed the River Goyt back to the Country Park.

I discovered Marple while doing the Greater Manchester Ringway – it's a lovely walking area.





Llangollen Trip

On 29th July 77 members in two coaches set out for Llangollen. We had about an hour here before getting the train to Corwen. We were then taken by coach for the afternoon in Betws-y-Coed. The weather was good and everyone reported having had an enjoyable day.

Social Evenings and Meals

We've had a couple of lovely social evenings and meals at local restaurants in Formby recently. We had a great meal in Himalayan Spice which was really good value and the staff could not have been more accommodating. One we will definitely do again.

We also had a nice evening at Moulin restaurant where we enjoyed cheese and drinks. Lovely surroundings and very good company made for a good night.



Forthcoming Trips and Events

People have been asking about our afternoon disco which we had at Wall of Fame. We hope to plan another one of these for October and will keep people updated.

We will be having 2 Christmas events this year. On the 8th December we will be visiting Leighton Hall in Carnforth which will be decorated for Christmas. We will have coffee/tea with mince pie on arrival followed by a guided tour. Afterwards we will have some food at a nearby venue yet to be confirmed before returning home.

On 16th December we will be going by coach to Briars Hall in Ormskirk for an afternoon of celebrations. There will be a three-course meal followed by games of bingo, a singer and dancing.

Details of Christmas events will be confirmed and sent out at the end of August/beginning of September.

AI, Forces and Horseshoe Crabs

Interested in Science but not an expert then Formby u3a Science Group is for you. We meet on the first Wednesday of the month to hear talks on a wide range of scientific topics. We usually have an outing in July and this year we went to the Davyhulme waste water treatment plant near Trafford which was very informative.



Our May talk was on AI and the speaker, Dave Sutton used AI to generate a special poster advertising his talk. He gave us some examples of the things AI can do which was pretty mind-blowing.

Nic Dickson, a Formby u3a member gave us a very amusing talk called Fun with Forces illustrated with demonstrations which are easily reproduced at home. This included using a hairdryer and light ball and by hiding behind the door made it appear if the ball was suspended in mid air! Balloons can be used to demonstrate rocket propulsion.

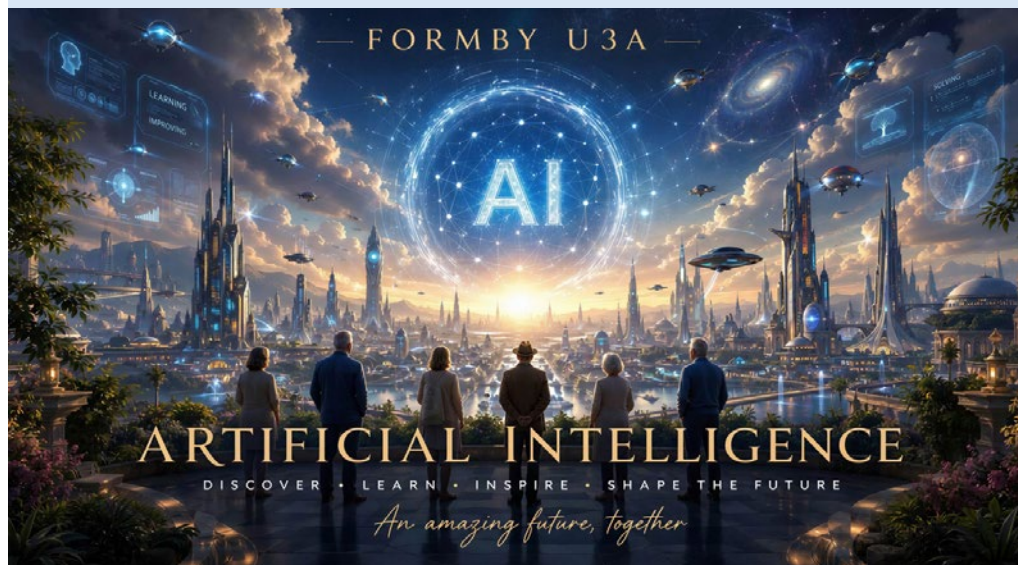
Earlier in the year we had a talk with the intriguing title of Drugs, death, rabbits and crabs. This described how the pharmaceutical industry learned to stop killing patients with contaminated injectable drugs by using horseshoe crabs, a creature from the Jurassic period. The crabs were not harmed during the process and were released back into the sea.

One of our regular speakers Dr Steve Barrett from Liverpool University Physics Department gave us a talk on the Beginning of Everything and perhaps next year we will have the End of Everything.

Other topics include HS2, flu jabs, psychology, genetics, environmental issues and astronomy. Talks are given by members and outside speakers and are aimed at the interested layperson.

After the talk we have tea and biscuits and a chat.

Frances Taylor



At the September coffee morning Emma from Sefton Council's Active Lifestyles team, specifically in the Active Ageing Falls Prevention programme will do a short talk

This is with the aim of raising awareness around falls prevention and supporting people to better understand and manage their risk of falling.

Staying with the theme of healthy living and keeping active in October Sam Dore from Formby will attend the coffee morning to talk to us. This is what he says :

Having heard stories from relatives who are part of U3A, I think the community and mission of U3A is fantastic! Where possible, I'd like to work with you to help create activities to stay active and opportunities for people to reduce any pain from headaches to plantar fasciitis and everything in-between.

With this in mind I would love the opportunity to deliver a talk for U3A, explaining what we do, how we may be able to help, and how you can help yourself right now and perhaps some classes.

The main goals of this would be to empower everyone to understand their own bodies and move better, as well as hopefully creating awareness of the services we will be offering at Formby Injury & Rehab Clinic. I'm not about pushing sales. It's more about creating awareness of free resources to help you get out of pain and creating awareness of the services we offer should you need a helping hand.

Newsletter Contributions

Articles informing members of your group and its activities are always welcome. When submitting Newsletter reports could authors please ensure all article have: A title (not the group name/number) to reflect the activity (please feel free to be creative/attention grabbing). The author's name. The group name/number is included somewhere within the report. Photographs (no more than 3, please) relevant to the report, showing some or all members on the activity. Please ensure that all people shown in photographs are aware that photographs are being taken for inclusion in the Newsletter and may be shown on the Formby U3a website.

Photos sent as one of the common picture format attachments (jpeg, png, tif etc) to the report and not embedded in the text for the report. Please do not send photographs as a separate message as there is a risk they will not be identified as part of the group's report, nor embed them within the writing but send as an attachment to the submission. Photos submitted must be members' own photos as copyright of third parties' photos remains with the owner and the Newsletter cannot publish such photos.

Please send submission to the newsletter editor asap after the event occurred and, where possible, are not sent within the final few days before a deadline. Please remember, it is contributor's responsibility to check articles for grammar, spelling, punctuation etc, not the Newsletter Editor's. ***Deadline for the submission of articles and photos for the next newsletter is November 5th.***

Previous Newsletters: are available at: https://formbyu3a.org.uk/?page_id=331

Next (December '26) Newsletter

The next Newsletter can be viewed found at: https://formbyu3a.org.uk/?page_id=331 from 1st of December. Paper copies can be collected at the monthly meeting & coffee morning.

Formby u3a Committee 2026-27

Chairman	Helen Lewandowska (2022 Co-opted) 07548 213496 chair@formbyu3a.org.uk
Secretary	Graham Higley (2023) 0780 1261537 secretary@formbyu3a.org.uk
Treasurer	Sue Robertson (2023) 0749 5413860 treasurer@formbyu3a.org.uk
Membership Sec.	Christine Hosie (2022) 882903 membership@formbyu3a.org.uk
Group Secretary	Veronica Curtis (2025) 07505 310662 groups@formbyu3a.org.uk
Officers	Andy Dickinson (2022) 643971 1stofficer@formbyu3a.org.uk Sonia Greenyer (2025 Co-opted) 2ndofficer@formbyu3a.org.uk Ian Robertson (2023) 07922 424924 5thofficer@formbyu3a.org.uk Bill Russell (2026) 3rdofficer@formbyu3a.org.uk

Monthly Meetings Meetings are at 2.00 pm in Holy Trinity Parish Hall.

Access: There is ramp access to the hall.

Parking: Please remember to enter your vehicle registration number on the electronic pad in the hall foyer each time you park. There is no charge for parking, but failure to enter your number will almost certainly result in a heavy fine. If you are unsure what to do please ask for help. Please remember that from January onwards you need to show your **2026 Membership Card** at all events, including group activities. **Coffee Morning** will be from **10.30am to 12 noon** on the 2nd Thursday of the month, except August. They are held in the Workshop, Holy Trinity Church & offering free coffee, they give a chance to pick up information about other groups and meet your Committee.

Speakers

September is a talk by two volunteers from the Daniel Adamson Preservation Society who are going to tell the remarkable story of the Danny ***“The Tug that Survived to Sail Again.”*** The Daniel Adamson is coal fired steam tug tender launched in 1903 from the golden age of British engineering and had a career ranging from towing humble barges to entertaining Kings and Queens on the famous Manchester Ship Canal. After a working life of over 80 years, she was eventually abandoned and destined for the scrap yard. At the 11th hour in 2004 she was rescued by a dedicated group of volunteers and after many trials and tribulations was returned to her former working glory, sailing the waterways of the North West for the enjoyment of all.

October is ***“The Assassination of Lady Diana Spencer”*** as she was not a royal at the time of her death. Pete will commence with a timeline of Diana’s life from her engagement to Prince Charles in 1981 to her arrival in Paris on August 30th 1997. He will then follow events from her arrival at Le Bourget airport with Dodi Fayed to the fateful journey from the Ritz Hotel to the crash in the Alma Tunnel. Utilising witness statements from the Diana Inquest, the presentation will refute the French & Scotland Yard verdicts that the crash was caused by a drunk driver being chased by paparazzi. He will submit that Diana had only minor injuries after the crash, and was mistreated in the ambulance, causing her death. He will further claim that this was an assassination run by British & French intelligence services.

November:	John Joyce – <i>Grenfell Tower</i>
January 2027:	Paul Hughes – <i>Medical Memories Roadshow</i>
February 2027:	Roger Browne Concert
March 2027:	Fran Sandham – <i>In the Forbidden Land</i>
April 2027:	Brian Topping – <i>Tales of a Customs Officer</i>
May 2027:	Jean Finney – <i>Nursery Rhymes Part 2</i>
June 2027:	Alan Williams – <i>Australian Romance Novelist</i>

Hello to all members old and new!

Future articles for the newsletter need to be sent to Ian Robertson who will check the content and send to us at the Print Quarter to print. Keep up your excellent contributions and your membership will flourish.

Ian Robertson 07922 424924

5thofficer@formbyu3a.org.uk

New Members

Formby U3A is pleased to welcome the following new members

Adrian Arnold	Noreen Evans
Andrew Curtis	Pauline Lamont
Beryl Smith	Pauline Rice
Caroline OHare	Peter Seddon
Diane Hosie	Sabina Jenkins
Francis Thornber	Sheila Arnold
Gillian Warr	Sonia Pate
Ian Perry	Steve Handley
Ian Smith	Stuart Heylings
Jane Perry	Susan Handley
Janet Farrell	Susan Jones
Jean Wilkinson	Suzanne Williams
John Hughes	Trevor Reynolds
Katherine Brown	Veronica Fahey
Lorraine Curlett	Wendy Sutcliffe
Michael Warr	
Mythili Ravindran	
Nicky Sutton	

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