

July 2026

## News from the Groups

### Badminton

Marple & District u3a is a member of the Pennine Link meaning members can attend each other's groups without being a member. A good example of this is the Badminton group run by Marple Bridge & Mellor u3a. It is open to new members and all abilities including beginners are welcome.

When: Thursday afternoons 2:00 - 3.00 pm

Venue: Brinnington Leisure Centre

Cost: £2.50 per week

More information and contact: [https://mbm.u3asite.uk/u3a\\_groups/badminton-group/](https://mbm.u3asite.uk/u3a_groups/badminton-group/)



Cryptic Crossword Compiling Group – July 2026 Crossword

Solution on bottom of page 4

1	2		3		4		5		6		7	
8												
9		10		11			12	13		14		
						15						
	16											
17	18		19		20		21		22		23	
24												
25							26					

Across

- 1 Questions parties about universal telecom company (6)
- 5 Influence the coffee maker, without that i.e., er...? (6)
- 8 Che or Mao circling around (13)
- 9 A deck shuffled, King in front – then use one’s brain (6)
- 12 Handy to find centre of a houseful (6)
- 16 In two minds Valerie, shortly, was lost in the atmosphere (11)
- 17 Lose Id and become an anonymous being (6)
- 21 A promise to do the polishing (5)
- 24 Shooting star meets headless clock-maker to predict the climate (13)
- 25 The girls go South and lose their head to judge (6)
- 26 A leader of wide’s opposite loses head for unknown flower (6)

Down

- 2 A rope to tangle magic flute, perhaps? (5)
- 3 Brother’s alright, says the stream (5)

- 4 Last of the pounds moves to the front to give a mollusc (5)
- 5 Frenchman goes to God when saying goodbye (5)
- 6 East Anglian bog meets the established church and finds barrier (5)
- 7 Does Kung Fu’s brother live on this island (5)
- 10 Come to see the meteor (5)
- 11 Threw out wild civet (5)
- 13 Take time to work magic (5)
- 14 Craze involving Church, confronted (5)
- 15 Grass sounds like someone calling (3)
- 18 Essentials discovered when dense undergrowth is untangled (5)
- 19 Goodnight ... lady of peace (5)
- 20 Measurements found at the rear of some house (5)
- 21 Survey with an unknown factor, she put the kettle on (5)
- 22 Keen when period is surrounded by the faces of the Eiger (5)
- 23 Enthusiasm when travelling from Angus to Aberdeen (5)

## Member Contributions

A coach full of our members enjoyed a trip to Skipton. We had time to explore the market town, look round the castle and a canal boat trip.

Colin Hughes



## News about Forthcoming Day Trips

Trip information sheets/booking forms can be found on pages 6 to 8

### Trip to Leeds Armouries – Thursday 9th July – Marple Probus Club

Marple Probus Club has organised a trip to Leeds Armouries on Thursday 9 July 2026 at a price of £25, and still has spare places available. We would like to offer these to members of Marple U3A and their families.

### Trip to Llandudno – Wednesday 15<sup>th</sup> July 2026 - u3a

By popular demand we are returning to Llandudno. There is plenty to see and do in the resort, from walking along the prom, pottering around the shops and galleries or taking a bus ride to Conwy. There will be approximately 5 hours free time there. £20.00

### Trip to Sheffield (including tour of Cutlers Hall) – Wednesday 19th August – u3a

We have organised a trip to Sheffield on Wednesday 19th August, with a guided tour of Cutlers Hall, which is located in the centre of Sheffield. As well seeing a building with numerous lavishly decorated rooms, there are also examples of the finest and most sophisticated items that the Sheffield industry has produced over the last few hundred years. The tour will be led by the Beadle or one of his assistants. £35.00

## Monthly Meeting Talks for 2026

Held in Marple Senior Citizens Hall on the second Monday of the month at 10.00am

<b>13th July</b> Colin Hughes	<u>Benefits of Tai Chi Practice</u>
<b>10th August</b> Paul Isherwood	<u>Centenarian Lady hires Buff Butler</u>
Years ago, my curiosity was piqued when stumbling across an ad saying, 'want to get paid for going out, wearing just a bow, tie cuffs and a bottom revealing apron for fun and different celebrations?'	
<b>14th September</b> Brian Groom	<u>These Isles: A People's History of England, Ireland, Scotland, and Wales</u>
An inventive new look at the entwined histories of Britain and Ireland's nations – and the people who have called them home. In his compulsive and hugely enjoyable narrative, Groom explores the role of religion and the British Empire, international diasporas and internal migration, gender relations, and war.	
<b>12th October</b> Marian Hankey	<u>The importance of a Correct Body Posture.</u>
The body posture changes with age and why this matters.	
<b>9th November</b> Alice Walker	<u>Winning Mastermind</u>
<b>14th December</b> Roger Browne	<u>Musical Christmas</u>

## Crossword Puzzle Solution

Answers	
Across	1 Doubts 5 Affect 8 Revolutionary 9 Racked 12 Useful 16 Ambivalence 17 Entity 21 Pledge
Down	24 Meteorologist 25 Assess 26 Yarrow
	2 Opera 3 Brook 4 Squid 5 Adieu 6 Fence 7 Corfu 10 Comet 11 Eject 13 Spell 14 Faced 15 Hay 18 Needs 19 Irene 20 Yards 21 Polly 22 Eager 23 Gusto

## Useful Information

The aim is for the newsletter to be published every two months – May, July, September, November, January and March. The target date for publication will usually be the first Monday of these months (some flexibility will be needed for holidays) with deadline for copy being the last Monday of the previous month.

Please continue to send material to [newslettermarple@gmail.com](mailto:newslettermarple@gmail.com)

We aim for our website to be the source of the most up-to-date information. Please help us by submitting any new information, changes or updates to [websitemarple@gmail.com](mailto:websitemarple@gmail.com)

Our website is <https://marple.u3asite.uk/>

The North West region website is <https://northwestregion.u3asite.uk/>

The u3a national website is <https://www.u3a.org.uk/>

We are a member of the [Pennine](#) Link which is a group of u3as (Marple Bridge and Mellor, New Mills and Romiley) who have agreed that members can attend each other's groups without being a member of that u3a. We also have an arrangement with High Lane to join some of their groups. You still need to pay the relevant group session fees and any trip costs, but you should only need to prove you are a current member of Marple u3a by showing your membership card

u3a has partnered with Riviera Travel to support local u3as. When a local u3a supporter books a holiday directly with Riviera Travel, 10% of the basic cost will be donated to The Third Age Trust (registered charity number 288007), benefiting your local u3a. Don't forget to mention our group.

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### **Contacts:**

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Newsletter	"	<a href="mailto:newslettermarple@gmail.com">newslettermarple@gmail.com</a>

## Marple Probus -Trip to Leeds Armouries

Thursday 9<sup>th</sup> July 2026 - £25

We have organised a trip to the Leeds Armouries on Thursday 9<sup>th</sup> July 2026. The Royal Armouries Museum in Leeds is located in Clarence Dock adjacent to the Leeds-Liverpool canal. The museum opened in March 1996. It houses part of the national armouries collection, shared with the Tower of London and Fort Nelson near Fareham. Currently, the Royal Armouries at Leeds is divided into five, free themed galleries: War, Tournament, Hunting, Oriental and Self Defence. These house 6,000 objects in the permanent displays. In addition there is the Hall of Steel, the walls of which are decorated with a further 2,500 objects.

Running until 1 November 2026 is a special exhibition - Genghis Khan: How the Mongols Changed the World. Ticket Prices are £9 for adults, with Time slots: [ 12pm to 1pm ], [ 1pm to 2pm ], [ 2pm to 3pm ]. If you wish to visit this exhibition, please book a ticket directly with the museum for one of the three time slots above.

Café – There is a café on site providing sandwiches, salads, hot food plus hot/cold drinks. There is also a picnic area if you prefer to take your own food.

Canal – With the canal adjacent to the museum, the Canal Trust has details of walks towards Thwaite Watermill or towards Leeds rail station; details and map on the Trust web page. A Water Taxi running between the museum and Leeds centre may be operating again by July.

We will leave Marple (outside Greggs, The Hollins) at 9.35am and Rose Hill (bus stop near station; next to Railway Road) at 9.40am. We expect to arrive by 11.15. We will depart from Leeds to Marple at approximately 3.30pm

Cost: £25. This covers the cost of the bus and driver's gratuity. You can pay by bank transfer, or contactless (at club meetings) or cheque (Bank: 16-25-18; Account: 10215790)

For Bank Transfers: Please put your initial, surname plus Leeds as "Reference". Please make Cheques payable to "Marple and District Probus Club"

Contact details; Robert Freer, 14 Flaggwood Ave, Marple, SK6 6HP  
[Robert.Freer21@gmail.com](mailto:Robert.Freer21@gmail.com) Telephone 07958 055890

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Please return this lower portion with your remittance. Retain top portion for your information.

Leeds – Thursday 9<sup>th</sup> July 2026

Name; \_\_\_\_\_ Phone No \_\_\_\_\_

Name: \_\_\_\_\_ Phone No \_\_\_\_\_

Boarding at : Marple – Outside Greggs, The Hollins (0935) \_\_\_\_\_

Rose Hill Station - bus stop near Railway Road (0940) \_\_\_\_\_

Payment (€25.00) Cheque      Contactless      Bank Transfer      Please circle

Llandudno

Wednesday 15 July 2026

£20

By popular demand we are returning to Llandudno. There is plenty to see and do in the resort, from walking along the prom, pottering around the shops and galleries or taking a bus ride to Conwy.

The trip will depart from Marple at 0900 and Rose Hill at 0910 with a view to arriving at Llandudno around 1100.

You will then be free to wander round for the next 5 hours.

It is planned to depart from Llandudno at 1600 to get us home to Marple at about 1800.

You can pay by cash, card or cheque.

Please make cheques payable to "Marple and District U3A"

Contact details; Margaret Riley 07711 528386 [margaret.riley@yahoo.co.uk](mailto:margaret.riley@yahoo.co.uk)

or

Sue Palmer 07751 382128 [mrsguard301@gmail.com](mailto:mrsguard301@gmail.com)

Please note we are both away for a week beginning Tuesday 9 June.

No refunds can be given unless a replacement from the waiting list can be found.

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Wednesday 15 July 2026. Llandudno trip

Name; \_\_\_\_\_ Phone No \_\_\_\_\_

Name: \_\_\_\_\_ Phone No \_\_\_\_\_

Emergency contact details .....

Boarding at Marple (0900) \_\_\_\_\_ Rose Hill Stn (0910) \_\_\_\_\_

Payment (£20.00) Cash Cheque Card Please circle

Amount paid .....

## Trip to Sheffield with tour of Cutlers Hall

Wednesday 19<sup>th</sup> August 2026

£35

We have organised a trip to Sheffield on Wednesday 19<sup>th</sup> August, with a **guided tour of Cutlers Hall**, which is located in the centre of Sheffield. The first Cutlers' Hall was built in 1638, but the present hall dates from 1832, and is considered to be one of the finest Livery halls in the country. We have booked tea/coffee and biscuits for 11.15 and the tour is scheduled for 11.30am. As well seeing a building with numerous lavishly decorated rooms, there are also examples of the finest and most sophisticated items that the Sheffield industry has produced over the last few hundred years. The tour will be led by the Beadle or one of his assistants.

From 13.00 to 15.45 you will have free time to explore the area. Opposite the Cutlers Hall is **Sheffield Cathedral**, and a short distance away are **St Marie's Catholic Cathedral** (Norfolk Street, just beyond M&S), **The Winter Gardens**, (90 Surrey Street, Sheffield, S1 2LH), **The Peace Gardens** (Pinstone Street) near the **Town Hall**, city centre shops and a variety of cafes/restaurants.

The price of the trip (£35) covers the cost of the bus and driver's gratuity, the cost of the guided tour of Cutlers Hall, plus tea/coffee and biscuits before the tour. There are numerous eateries in Sheffield, but you may wish to take a picnic.

We will leave Marple (9.30am) and Rose Hill (9.35am), and expect to be in Sheffield by about 10.45am. We will depart from Sheffield to Marple at 3.45pm

You can pay by cash, card or cheque. Cheques payable to "Marple and District U3A"

Contact details; Robert Freer, 14 Flaggwood Ave, Marple, SK6 6HP  
[Robert.Freer21@gmail.com](mailto:Robert.Freer21@gmail.com) Telephone 07958 055890

No refunds can be given unless a replacement from the waiting list can be found.

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Sheffield - Wednesday 19<sup>th</sup> August 2026

Name; \_\_\_\_\_ Phone No \_\_\_\_\_

Name: \_\_\_\_\_ Phone No \_\_\_\_\_

Emergency contact name and number.....

Boarding at

Marple – Outside Greggs, The Hollins (09.30) \_\_\_\_\_ Rose Hill Stn (09.35) \_\_\_\_\_

Payment (£35.00)      Cash;              Cheque              Card              Please circle