

September 2026

Message from NW region

The following message has been received from Professor Rose Jenkins of Manchester University.
email: rosemary.broad@manchester.ac.uk

Hello,

I am a Professor at the University of Manchester and I am researching women's use of roads in Greater Manchester as drivers, passengers, users of public transport, cyclists and pedestrians funded by Greater Manchester Combined Authority. We have an online survey open at the moment and we are keen to include more women over 59 as fewer of this age group have completed the survey at the moment and particularly those over 64. Would it be possible to circulate the survey amongst relevant groups? We have ethical approval through the University. There is a link to information and the survey here - <https://www.manchester.ac.uk/about/news/womens-experiences-of-travel-and-road-safety-in-greater-manchester/> but please do get in touch if you would like any more information or have any questions. Many thanks, Rose

This is an excellent opportunity for your u3a to establish a link with Manchester University as such relationships with universities have been very beneficial to other u3as in the North West Region.

If you wish for your u3as members to be given the opportunity to participate, please circulate survey details as explained below and the link to the survey which is:

<https://www.manchester.ac.uk/about/news/womens-experiences-of-travel-and-road-safety-in-greater-manchester/>

The deadline for completing the survey is 30th September.

Best wishes

David Blanchflower

NW Region Council Representative

News from the Groups

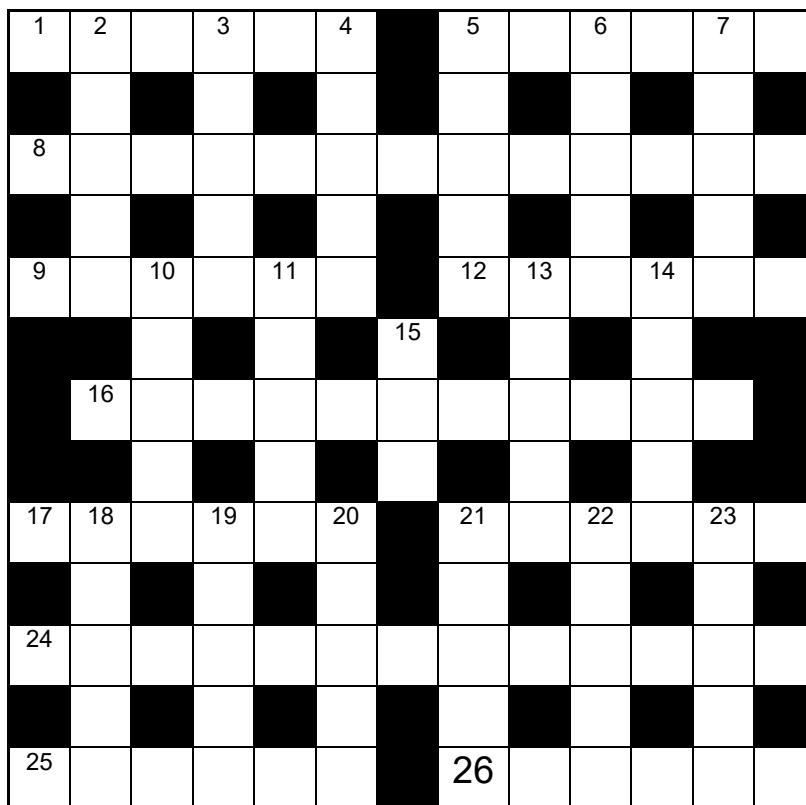
Mid-day Concerts

Friday September 18th. FREE. 12.45. Bridgewater foyer.
Celebrate the 30th season at The Bridgewater Hall.
True stories and music 'It Happened Here.'

Monday October 26th The Bridgewater Hall. 1pm. £10
The Scott Brothers Duo. Rossini. Handel. Rachmaninov. Wagner
Book at the September speaker meeting.

(Contact Sandy for details: 07847433224)

Cryptic Crossword Compiling Group – August 2026 Crossword
Solution at bottom of page 4



Across

1 East German police got my sister – nothing's changed

5 No boasting that you live on a fashionable street (6)

8 So much more than ordinary – amazing! (13)

9 Turn towards the publicity (6)

12 Fairy with refreshing citrus drink (6)

15 I, I, I – such conceit (3)

16 Hero scrambles to post grain (11)

17 British school for French boy (6)

21 Left a little opening door (6)

24 Basically, provide cash for the count including final word (13)

25 Stop journalist sounding stodgy (6)

26 Making an example, heard a view (6)

Down

2 Short cab took boy to be charged (5)

3 Berlin river looks odd (5)

4 It's your turn - to yell for a drink (5)

5 Rocker's opponents (and you and I) show the way (5)

6 Main meal loses name for the one who eats it (5)

7 Do your stuff to provide support (5)

10 Poetic passage loses sin and wins victory for energy (5)

11 Rodent gains ten and keeps things in proportion (5)

13 Imperial measure adds nothing for a black and white ride (5)

14 Small portrait when Getrude Stein gets drunk (5)

18 Throw out when 22 down changes vowel (5)

19 Now initially when the other dog always yaps (5)

20 Called when amend is amended (5)

21 Rush around when Greek God in charge (5)

22 Cook in summer oast house (5)

23 Key sounds like a man (5)

News about Forthcoming Day Trips

Trip information sheets/booking forms can be found on pages 5 to 7

Trip to Biddulph Grange Garden National Trust – Friday 18th September

At Biddulph Grange Garden you can take on a global journey, from Egyptian pyramids, a Himalayan Glen through an Italian Garden to a Victorian vision of China. The garden features collections of rhododendrons, a stunning Dahlia Walk (at its best in September), and the oldest Golden Larch in Britain, just to name a few. It's also home to the country's oldest Stumpery, an unusual display of upside-down oak tree roots. The gardens are set on a hillside, there are many steps and differing gradients, which may be a problem to members with walking difficulties. £15.00 plus entrance fee for non-members

Trip to Hardwick Hall National Trust House and Gardens – Wednesday 7th October

Our October trip is a visit to Hardwick Hall, a spectacular Elizabethan house, built in the late 16th century by Elizabeth, Countess of Shrewsbury, better known as Bess of Hardwick. It is celebrated as one of the finest examples of Elizabethan architecture, set in the grounds of a Grade 1 listed parkland. The house is surrounded by herb gardens, mixed borders and orchards. £20.00 plus entrance fee for non-members

Trip to Bury Market – Friday 27th November

For over five hundred years, Bury Market has dominated the consumer retail sector in the area. Over the past thirty years, retail giants have developed in the vicinity, yet Bury Market remains the undisputed champion of the North, attracting thousands of visitors every week. Quite rightly as the World Famous, Bury Market oozes charisma and atmosphere. The ambience and layout offer visitors the opportunity to seek out and visit every stall. The range of products and facilities is second to none. Bury Market is a very large traditional market in a modern setting.

Christmas lunch 2026

We are pleased to inform you that our Christmas lunch will be held again at Disley Golf Club on December 7th 12.30 for 1.00. If you would like to join us, please complete the attached form on page 8. Further details are on the sheet itself.

Paul Ashall and Toni Baron

Monthly Meeting Talks for 2026

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

14th September 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.	
12th October Marian Hankey	<u>The importance of a Correct Body Posture.</u>
The body posture changes with age and why this matters.	
9th November Alice Walker	<u>Winning Mastermind</u>
14th December Roger Browne	<u>Musical Christmas</u>

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

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

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.

By providing content for publication to Marple and District u3a, members assert that they are the copyright owner of the submitted work or photograph and grant Marple and District u3a, the Third Age Trust and Third Age Trust Trading Ltd. a non-exclusive, royalty free, worldwide license, to hold, process, publish and display the work on their website, social media accounts, newsletter and in other u3a Trust media e.g. Third Age Matters magazine in the form of an article or photograph.

Contacts:

Chair	Tom Pettigrew	chairmanmarple@gmail.com
Treasurer	Phillip Wright	treasurermarple@gmail.com
Secretary	John Penny	secretarymarple@gmail.com
Talks Organiser	Olga Henner	alexahenner@gmail.com
Membership Secretary	Hilary Ashall	membershipmarple@gmail.com
Group Co-ordinator	Martin Hancox	groupsmarple@gmail.com
Website	Lindsay Proffitt	websitemarple@gmail.com
Newsletter	"	newslettermarple@gmail.com

Puzzle Solutions

Across	1 Stasis 5 Modest 8 Extraordinary 9 Advert 12 Sprite 16 Protagonist 17 Breton 20 Portal
	24 Fundamentally 25 Stayed 26 Citing
Down	2 Taxed 3 Spree 4 Shout 5 Modest 6 Diner 7 Strut 10 Verve 11 Ratio 13 Pinto 14 Inset 15 Ego 18 Roust
	19 Today 20 Named 21 Panic 22 Roast 23 Allen

Biddulph Grange Gardens National Trust

Friday 18th September 2026

£15

A Victorian Masterpiece. At Biddulph Grange Garden you can take on a global journey, from Egyptian pyramids, a Himalayan Glen through an Italian Garden to a Victorian vision of China. The garden features collections of rhododendrons, a stunning Dahlia Walk (at its best in September), and the oldest Golden Larch in Britain, just to name a few. It's also home to the country's oldest Stumpery, an unusual display of upside-down oak tree roots.

There is a tearoom which has a variety of hot and cold drinks on offer, as well as a full menu including a delicious array of cakes and bakes. The Shop includes a well-stocked Plant Centre, filled with seasonal plants inspired by the planting within the garden.

The gardens are set on a hill side, there are many steps and differing gradients, which may be a problem to members with walking difficulties.

The gardens are free if you are a National Trust member, however **if you are not a member, admission to the gardens is £14 which you will have to pay at the garden entrance on the day.**

We will be leaving Marple at 1000 arriving just after 1100. We will spend two and a half hours in the gardens and tea room, departing at 1330 and returning home around 1430

You can pay by cash, cheque or card

Please make Cheques payable to "Marple U3A"

Contact details; John Pollock, 10 Flaggwood Ave, Marple, SK6 6HP

john.ha.pollock@btconnect.com 07885 294960

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

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

Biddulph Grange gardens Friday 18th September 2026

Name; _____ Phone No _____

Name: _____ Phone No _____

Boarding at Marple Navigation Hotel (1000) _____ Rose Hill Station (1010) _____

Emergency contact and their phone number _____

Payment (£15.00 pp) Cash; Cheque Card

Please circle

TRIP TO HARDWICK HALL NATIONAL TRUST HOUSE AND GARDENS
WEDNESDAY 7TH OCTOBER 2026

***£20 for members plus £20 entrance fee for non members of the National Trust**

Our October trip is a visit to Hardwick Hall, a spectacular Elizabethan house, built in the late 16th century by Elizabeth, Countess of Shrewsbury, better known as Bess of Hardwick. It is celebrated as one of the finest examples of Elizabethan architecture, set in the grounds of a Grade 1 listed parkland. The house is surrounded by herb gardens, mixed borders and orchards. There is a shop, visitor centre and restaurant on site, where you can buy lunch. Both main meals and light bites are available to purchase on the day.

****Entrance to the hall and grounds is free to members of the National Trust but there is an additional charge of £20 per person for non members. Can you please indicate below whether you are a member or non member. The price includes the coach and driver gratuity.****

We will leave Marple by coach at 10.15am from The Hollins and 10.20am from Rose Hill, aiming to arrive at approximately 12 noon, where we will be welcomed. Please note that you will then have free time to visit the house, gardens or cafe at your leisure. We will leave Hardwick no later than 3.30pm, depending on the weather.

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

Contact details: Sue Palmer 0755 1382128 mrsguard301@gmail.com or

Margaret Riley 07711 528386 margaret.riley@yahoo.co.uk

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

.....
Please return the lower portion with your payment. Keep the top copy for info.
Wednesday 7th October 2026- Hardwick Hall

Name:..... Phone number:

Name: Phone number

Emergency Contact details: Boarding
at Marple: 10.15am or Rose Hill 10.20am

Please indicate whether National Trust member: Yes No Payment: Cash
Cheque Card Please circle

Amount paid:

Bury Market
Friday 27th November 2026
£15

For over five hundred years, Bury Market has dominated the consumer retail sector in the area. Over the past thirty years, retail giants have developed in the vicinity, yet Bury Market remains the undisputed champion of the North, attracting thousands of visitors every week. Quite rightly as the World Famous, Bury Market oozes charisma and atmosphere. The ambience and layout offer visitors the opportunity to seek out and visit every stall. The range of products and facilities is second to none. Bury Market is a very large traditional market in a modern setting.

There are over 200 unique stalls to explore on Bury Market, across a Market Hall, Open Market, Fish & Meat Hall and Market Parade. From exotic indulgences such as black puddings and egg custards to everyday necessities, you'll find what you are looking for at Bury Market.

Whilst in Bury you might also like to visit the Rock Shopping Centre, Bury Art Gallery, The Fusilier Museum or the East Lancs Railway.

We will be leaving Marple at 1000 arriving just before 1100. We will spend three hours at the Market, departing at 1400 and returning home around 1500

You can pay by cash, cheque or card

Please make Cheques payable to "**Marple U3A**"

Contact details; John Pollock, 10 Flaggwood Ave, Marple, SK6 6HP

john.ha.pollock@btconnect.com 07885 294960

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

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

Bury Market Friday 27th November 2026

Name: _____ Phone No _____

Name: _____ Phone No _____

Boarding at Marple Navigation Hotel (1000) _____ Rose Hill Station (1010) _____

Emergency contact and their phone number _____

Payment (£15.00) Cash; Cheque Card

Please circle

Marple and District U3A Christmas Lunch 2026

Monday 7th December 1230 for 1300 at Disley Golf Club

Our Christmas lunch is to be held again at Disley Golf Club, Stanley Hall Lane, SK12 2JX. A 3-course Luncheon is on offer for £34 which will include tea or coffee after the meal, a mince pie and a gratuity. There will be the usual quiz on the table.

Wherever possible please print your own form. Payments can be made from October 1st with form and payment in an envelope. Forms will also be available at the u3a meeting on September 14th.

Contacts: Paul Ashall paulashall@hotmail.com

8, Kings Drive, Marple, SK6 6NQ

FOR POSTAL RETURNS

Toni Baron tonibaron@sky.com

FESTIVE MENU		
Starters	A	Chicken liver pate
	B	Winter vegetable soup
	C	Prawn cocktail
Main	D	Turkey with all the trimmings
	E	Chicken supreme with mash, green vegetables and white wine sauce
	F	Grilled salmon, roast potatoes, mixed vegetables and Prosecco sauce
	G	Cauliflower steak and mixed vegetables
Desserts	H	Christmas pudding and brandy sauce
	I	Cheese board
	J	Lemon posset

DETACH HERE

Please ring your food choices										
Name 1	Starter			Main				Dessert		
	A	B	C	D	E	F	G	H	I	J

Please ring your food choices										
Name 2	Starter			Main				Dessert		
	A	B	C	D	E	F	G	H	I	J

Phone number:	Email:			
Payment type:	Cash	Cheque	Card last 4 digits of card no:	BACS
Payment details:	Cheques Maple & District U3A Names + Xmas on back		BACS Marple & District u3a Sort code 01 05 51 A/C no. 55060250 Reference Names + Xmas	
Any food allergies:				
Names to be seated with:				