



Hale & District Newsletter October 2026

Members Dance The Night Away At Our 2nd Nightclub Night



The dance floor was packed at Ringway Golf Club on 2nd September for a great night. The Sheffield band DOSH provided a good mix of music for our enthusiastic dancers.

A new committee was formed to organise this night and using the experience of our first event made it even better.

Comments on our Facebook page include **"a really great evening"** and **"a great band and lovely food"**.

Many thanks to organisers Anne Marie Mayes, Alison Jurkowski, Sarah Booth, Arlene Moss, Jerry Mayes, David Zucker and Alison Smart. Look out for more events like this in the future.



Hale u3a in the Altrincham 10K

There were wet conditions for this year's Altrincham 10k but that didn't dissuade our hardy u3a walkers and runners led as usual by Gerry Murphy with his bagpipes. Volunteers manned our stand in the race village to promote the benefits of u3a to



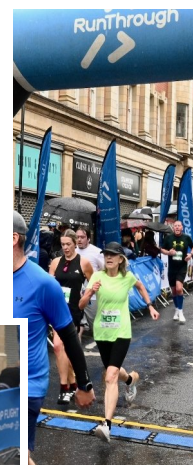
runners and spectators (or their parents!) A recovery lunch was enjoyed at The Con Club by walkers and supporters.

Our members showing off their medals



Special mentions must go to Colette Garner and Richard Denby.

Colette only started running in 2024 as a result of signing up for walking with u3a in that year's race. She has been running ever since, and this year completed the 10K in under an hour. Fantastic! She now has her sights set on her first half marathon in October.



At the age of 91 Richard may have been the oldest runner in this year's race. Despite the conditions he crossed the finish line with a smile.



You can see more pictures from the event on the Hale u3a Members Facebook page or by following the link [HERE](#).

MONTHLY MEETINGS

Meetings are held at the Marquee Room, Bowdon Rugby Club, Clay Lane, Timperley, WA15 7AF on the first Wednesday of the month. We start at 2pm (doors open from 1:15pm). Please have your Membership Card to hand. Refreshments will be served by the Rugby Club staff at about 3.15pm and you are welcome to stay for a chat in the room or in the Bar.

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|---------------------|---|
| 7 th Oct | "Inn and Out at the Top" Neil Hanson will tell us humorous tales of life in the highest pub in England |
| 4 th Nov | "Rosie-Lee aka The Reluctant Shepherdess" After starting her career with Barclays Bank, she took an unexpected turn into farming. With warmth and humour, she shares honest stories of sheep, land and rural life. |
| 2 nd Dec | The Gala |

HOLIDAYS

- | | |
|-------------------------------|--|
| 23 rd May 2027 | Ireland A 6-night holiday based at the Hodson Bay Hotel on the shores of Lough Rea near Athlone. The holiday takes in beautiful scenery, Irish history, boat trips on the waterways and loughs of the Shannon, a visit to Galway and some time to explore Dublin. |
| 15 th October 2027 | Mediterranean Cruise 10 nights aboard SS Balmoral plus a night in Alicante and a night in Athens. Ports of call – Ibiza, Corsica, Sardinia, Malta, Milazzo (Italy) and Crete with close-to-shore cruising of the Amalfi coast and Stromboli. |

Please contact Sue Power for availability holidays@haleu3a.co.uk

A Trip To Russia by Andrew Weighell

Moscow and St Petersburg August 2026 – reality versus agitprop?



Andrew in the Moscow Business District

Why Russia? I have been interested in Russia since being a junior infantry officer in the TA in the 70s and early 80s. Our role was NATO support at the Inner German Border. Our training involved the history and culture of Russia and Soviet states as part of "knowing your enemy". What was their motivation, collective resolve etc?

My tour included three days in Moscow, a sleeper train and three days in St Petersburg. Moscow included Red Square, St Basil's Cathedral, Kolomenskoye Palace, Victory Park and the Metro. The Moscow Metro is a destination for its artwork in its own right. The Museum of the Great Patriotic War, their name for WW2, in Victory Park is a monument to the 27 million who lost their lives. The Hall of Remembrance and Sorrow is particularly moving.

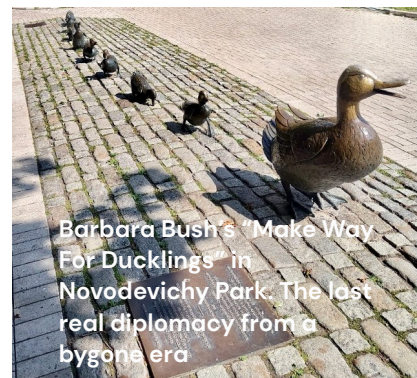
St Petersburg included the Summer Palace, the Hermitage Museum at the Winter Palace, the Cruiser "Aurora", a city tour and a boat trip.

Both Moscow and St Petersburg were comfortably busy. Moscow has many new buildings and even more under construction. Sanctions? What sanctions? All major attractions had long queues of both Russian and foreign tourists. UK and US tourists were less common. Our tour group included two from the UK with three from the US – a psychologist, a Filipino nurse and an 81-year-old career New York photographer!

Everywhere was very clean and tidy. People were very friendly and surprisingly "normal". The atmosphere was calm and without any hint of insecurity. I travelled on my own to several sites in both cities after the group tours.

Booking the trip, visa, flights, travelling, medical insurance and hotels were part of a package tour. Payment and booking was no more complicated than for any package tour.

Hotels, restaurants, tour guides, shops, public transport, phones, Wi-Fi and internet were as good as any European city. The only practical differences are that a visa and cash is required. The visa process requires a 5-minute visit to Knightsbridge to be fingerprinted. (Rather than at an airport as when entering the EU).



Passport control into Russia took about as long as Tenerife. US and UK passport holders were subjected to enhanced questioning as expected. Immigration control must have been told to interview US/UK passport holders face to face. Everything asked was listed on the visa which seemed a bit unnecessary.

I am planning another trip to Russia in spring-summer 2027. Maybe Moscow and Kazan. Please email if you might be interested in joining me. a.weighell@btinternet.com

Editor's Note: Current ForeignOffice (FCDO) advice is to avoid all travel to Russia citing risks from the Ukraine conflict, lack of consular support and possible arbitrary detention of British nationals.

Maritime Themes on the Portsmouth Holiday

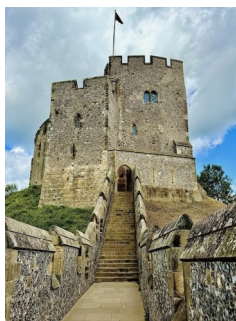


The u3a group on the Isle of Wight Ferry

Members stayed for 5 nights at the 4* Holiday Inn on Portsmouth's sea front and there was a multitude of things to see. The holiday started with the D-Day Story Museum which includes the amazing Overlord Embroidery – 32 incredible panels telling the story of D-Day. Sue Power said, "We were blown away by it". The Portsmouth Dockyard is home to the big attractions, Nelson's flagship "Victory" and the Mary Rose Museum but also the Victorian HMS Warrior, Britain's largest, fastest and most revolutionary iron-hulled warship.



The Overlord Embroidery



Arundel Castle

Arundel Castle is a fascinating place to explore, not just a castle but also a stately home with gardens and a fine collection of art. The ferry trip to the Isle of Wight took in the Italianate Osborne House, Queen Victoria's holiday home. The house was considered too small and was rebuilt between 1845 and 1851 to Prince Albert's design. The views were said to remind him of the Bay of Naples.



Osborn House, IOW

The last full day was spent at the Weald and Downland Living Museum where BBC's The Repair Shop is filmed.

Photos: Kate Higgins, Sue Power, Mike Wingate

TALKS

Science For All The u3a Science For All group has a very varied programme of speakers. Although it is a members' group, it is open to guests each month. We meet at Hale Barns Unitarian Chapel Hall on Hale Road (opposite the former Asda) from 1:30 to 3pm. Cost is £1 to cover the cost of the venue and a gift for the speaker.

October 5th **The History of the Earth in 100 Steps** by Colin Henshaw. The history of the Earth from its formation.

Nov 2nd **Britain the Peninsula: Rethinking Early Human Pathways** by Amy McGuire

Trafford Council Leader At Local History Group

Our speaker this month was Tom Ross, former Mayor of Trafford, and presently leader of Trafford Council. Tom gave an excellent talk; he spoke with enthusiasm and passion for his many roles.

He found his Mayoral years enriching and rewarding. In one year alone he undertook 475 engagements, ate a lot of cake, and drank too much mulled wine! But he valued enormously his varied days, visiting schools, care homes, Cubs and Brownies, musical events, theatre visits including a stage performance at the Garrick, and many other community events.

Tom was promoted to leader of Trafford Council where his priority targets for improvement were to give children and young people the best start in life, with good schools and opportunities for jobs; to improve health provision for the diverse population here; to tackle practical problems caused by the Climate Crisis including updating the ancient drainage system so that it could cope with heavy rain and avoid flooding and ensure care is available in the event of a heatwave.

Tom wants to encourage a thriving economy with adequate housing, and with regeneration of town centres. He believes passionately in our heritage and history and wants to encourage the arts, leisure, sport and music.

Tom concluded by mentioning the problems over costing the Council's plans and coping with the present deficit. It is an ongoing difficulty; Covid was responsible for a considerable lack of funds, but the Finance Department is working hard to improve the situation.

Ginny Murray



GROUPS

New Groups and Opportunities

These new groups need your support:

French for Beginners A proposed new French group led by a retired French teacher will meet either Tuesdays am or pm or at 4.00pm on Wednesdays in Hale Barns. The group will follow a bottom-up approach, similar to that undertaken in school, ie covering grammar points then practising same via listening, reading, speaking and writing. Plus vocabulary learning and cultural fun! Members will need to buy a textbook. The starting level will depend on the members. Please contact Amanda Falk or Gill Gordon.

Spanish for Beginners We have several people interested in joining this proposed group but it needs a leader. If you are a Spanish speaker or ex-teacher would you consider getting the group started?

Pool? A new group suggested by Mark Hope. Get in touch if you would like to join.

Aeronautics Paul Hancock is interested in starting an aeronautics group for anyone interested in aviation. From its history and development through to the more technical aspects of aircraft design and operation. The group would meet monthly with each session focusing on a particular topic. If you are interested in joining or have a specific interest in this area please get in touch via Amanda and we can gauge the level of interest.

Belly Dancing We have a member who would like to start a belly dancing group. If you are interested please contact Amanda.

Craft Group We're delighted to report that the new craft group will be going ahead. They will be meeting at the Larkhill centre at 10.00 am on the third Tuesday of each month (the next meeting will be 20th October). In addition to new members, they are keen to hear from anyone who might not want to join the group but who has any particular arts/crafts talent they would be prepared to demonstrate. Please contact Christine Sharpe at craftgroup@haleu3a.co.uk

Please contact Groups Coordinator Amanda Falk [HERE](#) if any of the above groups interest you.

Cycling Group

A group of six rode out to Pickmere via the old Chester Road and returned via Knutsford, on 11th September, avoiding Tatton which is currently closed due to aggressive Red Deer stags! The Pickmere café was a disappointment due to lack of hot food and will be avoided in future. The ride was a short 28 miles to attract a possible new member, Andy, seen here on a trial run. We hope to see him again!



Creative Writing 2 (not to be confused with its older brother) will start on Tuesday afternoon, 6 October. Hugh Wolfson writes: I suspect that everybody has forgotten the "topics" from a few months back, so here's the reminder:

1. a hotel desk bell 2. a Toby jug in damaged condition 3. more work on something discussed last time. I have seen a couple of hotel desk bells since June, and the damaged Toby jug is still on my coffee table.

So far, I have not written my piece.... but there have been 3 positive responses. See you there?

New or existing group members should check with Hugh if you are interested in joining the Group on 6 October. creativewriting2@haleu3a.co.uk

Play Reading restarted on Thursday 17th. Six of us read "Darling Deborah" by Peter Harrison, a dramatisation of a sustained incident in the life of Samuel Pepys at the time of the Great Fire of London and his dalliance with a housemaid.

The next meeting is planned for Thursdays at 2pm, on 15th and 22nd October. As usual, we may cancel one (or both) in the event of insufficient support, as it's not much fun reading and talking to oneself! The likely play is GB Shaw, Widowers Houses, which we last read on Zoom in 2022. It's a late-Victorian social polemic about exploitative landlords. If you are interested, let Hugh know and be added to the circulation list. We are still looking for accessible plays in which the cast is not predominantly male.

Contact Hugh at creativewriting2@haleu3a.co.uk

Walking Group 1 – Two September Walks



Pickmere

Making the last of the summer sunshine, walking group 1 set off on a circular route from the Red Lion, Pickmere. Maize crops looked to have suffered from too much sun and little rain over the season, but recent wet weather has helped the pasture grassland recover somewhat.

The team photograph displays some rather serious looking walkers, but rest assured, all were enjoying the walk. However, some were caught 'mid chew' as we had just stopped for our customary booster sweet break!



Styal

Able led by Peter, our small intrepid group set off from the Ship Inn in Styal heading west towards the airport. A little bit noisy but we then ventured south, leaving this behind us as we headed towards Morley. An enormous maize field seemingly blocked our way but Peter found a path through it. If anyone knows the whereabouts of Cath Humphries please let us know as she had no chance in this labyrinth! Crossing near Wilmslow Rugby Club we entered the Quarry Bank estate to make it back to the pub for lunch.

Circle Dance

Let's Dance! Circle Dance will recommence on Thurs 1st Oct at the Unitarian Church schoolroom Dunham Rd access Sylvan Grove. 1-30pm to 3-30pm First time is free otherwise £5-00 until numbers have stabilised. We dance until 3-00 then have a "cuppa" and a chat. We would love to welcome you

Contact Catherine Windridge at dancingcircle@haleu3a.co.uk

Walking Football at Move

Walking Football is a fun, friendly and low-impact way to get moving. A slower-paced version of football designed for over-55s who want to stay active and enjoy the beautiful game at a more relaxed pace. Perfect for all abilities.

Our weekly session takes place at 11.00am every Tuesday in the indoor sports hall at Move Altrincham (Altrincham Leisure Centre). The cost is £4.15.



To book your place simply download the Move app (find it as 'TWMove'), set up your 'Pay as you go' account and then follow these instructions: Select 'Altrincham' as your Move location; Click on the icon 'Book' at the bottom of the page; Select 'Classes' (at top left of page); Select 'Tuesday' (from days at top of page); Select 11.00am.

MOTO - Correction

In last month's newsletter we mistakenly said that the MOTO group meets on the last Saturday of the month. We should have said:

MOTO meets on the first Saturday of every month

Please contact Lorna Barton at moto@haleu3a.co.uk if you would like to come.

u3a Local Trader – Claim Your Discount With Your u3a Membership Card

Please would u3a members let me know if they have had good service from a supplier, which would be beneficial to other members? We will seek out a discount! We have at present no discounts in Timperley or further! Ewan Smith Suggestions to newsletter@haleu3a.co.uk

New Listings

JAKE'S SHOES, George St, Altrincham
0161-928-0503 Manager. Dawn Ridgeway.

Thanks to Judy Rose for recommending. She says, "Really good shoes and really excellent service."

JADUGAR Ashley Rd, Altrincham

Discount Available

10% Shoe Shop

10% Indian restaurant

u3a Local Trader – Don't Forget To Use Your u3a Card At These Retailers

ALTRINCHAM IT , 12 Regent Rd, Altrincham	10%	Computers, Printers, Ink Supplies
CARRIE PHILLIPS 1, Barrington Road, Altrincham 0161 928 9016 carrie@cheshirebacktherapy.com	10%	Chiropractor / Back Therapy
CHRIS WALKER PLANTS , Thorley Lane, Timperley	10%	Plant nursery, Garden supplies
GREENHOUSE , 41-43 Oxford Rd, Altrincham	10%	Vegetarian Food
HALE BARNES GARAGE , 359 Hale Rd Hale Barns	10%	Car Repairs & Maintenance
LEATHER And LOCK 5 Regent Rd, Altrincham	15%	Shoe & Watch Repair, Key Cutting
MABEL'S CAFE , 6 Lloyd St, Altrincham	20%	Cafe & Tea Rooms
ROOMS BROTHERS , 45 Oxford Rd, Altrincham	10%	Home Technology, TV Aerials
THE ZIP YARD , 14 Lloyd St Altrincham	10%	Clothing Repairs and Alterations

Health Points A series of quick prompts for you to think about. This month –

Protect Your Joints

It is important to protect your joints to reduce the risk of more damage and/or pain. Pay attention when carrying, gripping or lifting things. Simple things like keeping items within reach, using jar openers or electric tin openers and carrying things in both hands can help. Eat a balanced diet and keep a healthy weight will keep your joints healthier longer.

Hazel Dowell

To see the pictures in this newsletter at full size and in high resolution please follow this link:-
[October Newsletter Pictures](#)

THINGS YOU MIGHT BE INTERESTED IN

Genealogy Help On Offer

My name is Lesley West. My career to date has been within the Social Services, Advocacy and Counselling arena.

I am a Londoner but have lived and worked in Timperley for over forty years.

My genealogy interest began quite a few years ago. Following the research my Father had started. I feel I have a lot of genealogy/family tree knowledge and experience. Which I would enjoy sharing with others who have the same interest.

The way I would like to do this is by, possibly, sitting down face to face with the person/ people who have a query and using genealogy websites, such as Ancestry and Find my Past, and hopefully knowledge I have accumulated over the time I have been researching my Family Tree. I have subscriptions to both sites and Family Search, the Mormon (the Church of Jesus Christ of Latter Day Saints) website is a free search site and very comprehensive.

I have a particular interest in Scottish genealogy as my Father was Scottish. My distant family and some more recent are from Shetland.

At present I volunteer with the Trafford library service. I look forward to possibly sharing with other people with the same interests. Contact lesley.west3@btinternet.com

Memory Cafe at Altrincham Town Hall



A new monthly cafe for those with dementia and their carers run by Oyez Arts is starting at Altrincham Town Hall.

Tuesday, October 13th, 10:30 – 12:30

It will then continue every 2nd Tuesday of the month

This initiative is being supported by Home Instead



Lunchtime Concerts at St John's

Thursday 8th October – The Kell Wind Trio

12:30 to 1:30 pm

St John The Divine, Brooklands Rd, Sale, M33 3PB

£5 entry on the door (cash or card)

Light refreshments from 12:00 (hot drinks, homemade cake)

Find us on Facebook at: [Music at St John's](https://www.facebook.com/MusicatStJohns)

Website at: stjohnsbrooklands.org.uk

Great Art on the Doorstep: How to Look at Religious Paintings

by Emma Anderson

Thursday 8th October 2026 at Altrincham Town Hall
Doors and licensed bar open at 5.45pm, Emma's talk starts at 6:15pm

•Duration: 1 hour •Cost: £10

How to look at Religious Paintings is the fourth and final in a series of four talks concentrating on the piece – *Christ Discovered in the Temple*, 1342. This piece can currently be seen in the Walker Art Gallery in Liverpool. Emma will share her enthusiasm for this chance to see a masterpiece close-up. This talk will decipher the story told in this and other medieval pictures and find the emotional, human dramas played out against gold backgrounds and jewel-like colours. **To book click here:** [Link to Book - Oyez Arts](#)



St Elizabeth's Church, Ashley Concert Series 2026

Simon Conning – Mozart, Gottschalk, Schubert

Saturday, 17th October at 12 noon.

Our second concert at St. Elizabeth's this Autumn welcomes back keyboard wizard Simon Conning. A programme of contrasts from the elegance of Mozart to the colours of Gottschalk. He will be joined by our local concert pianist, Alessandro Pompili, for the 4 hands Schubert's Fantasie in f minor. Pure emotion in music.

All welcome. Refreshments, admission free with a retiring collection.



Altrincham Choral Society- Come and Sing

Mendelssohn Choruses from Elijah

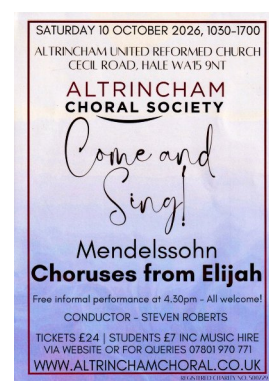
Saturday 10th October 10:30 – 17:00 United Reform Church, Cecil Road, Hale, WA15 9NT

Conductor – Steven Roberts

Tickets £24 Students £7 inc Music Hire via website :-

www.altrinchamchoral.co.uk

Free Informal performance at 4.30pm All Welcome



Harvest Hop With The Hobgoblin English Ceilidh Band



Friday 30th October

Holy Angels Church Hall, Wicker Lane, Hale Barns, WA15 OHG

Doors open at 7pm with dancing from 7.30-10.30

Tickets £10 each including a light hot supper

Raffle in aid of CAFOD

For tickets email harvesthop@talktalk.net

University of Nottingham Research Opportunity For Those With Listening Difficulties

We are looking for people who find it hard to hear speech in noisy places, including hearing aid users, to join an online training study. The study aims to improve two new listening and thinking games in a programme called PLUS (Practice Listening and Understanding Speech) as a support tool for people with hearing loss.

These training games were developed with people with hearing loss and are designed to support everyday listening, including listening in noise.

Natalie Lerigo-Smith, lead investigator

To take part follow this link <https://tinyurl.com/PLUS-Optimal1> or email Natalie.Lerigo-Smith@Nottingham.ac.uk

MEMBERS

John Taylor

It is with considerable regret that we have to inform you that John Taylor passed away on Sunday 13th September. John was involved in many groups, Beer Appreciation, the Badminton group – so helpful to new members, Historians, Walking Group 1, and he was instrumental in reforming the Wine Appreciation group.

John was one of the best and he will be sadly missed by all his many friends. Our thoughts are with Sandy and the family at this very sad time.

Stephen Halstead

Neil Morrow writes: I very much looked forward to seeing John and Sandy at the Historians meetings. John was a very knowledgeable member, and it was always a pleasure to speak with him at every meeting. John was also a keen supporter of the Historians trips out and I think thoroughly enjoyed them, especially hunting submarines at the Avro museum!

The funeral arrangements are Friday 9th October 12pm at Altrincham Crematorium followed by a get together with his many friends at the Boat House at Sale Waterpark.

New members we welcome this month are: Robert Dean, Ruth Hetherington, Lesley Spencer, Sheila Hardman, Richard Newton, David Pope, Kevin & Jill Rodgers, Marie Haslam, Jacky Lyons & Paul Haddock.

With best wishes from the committee David, Frank, Ginny, Mark, Arlene, Alison, Joyce, Amanda and Nick.

Newsletter: Nick and Nesta

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