



## July 2025 Newsletter

### Chair's Message

Hello Everyone!

I wrote my piece for the May Newsletter as I looked forward to a wet Bank Holiday weekend, but since then my memories of June have been (apart from my birthday!) mainly just how HOT it's been. My birthday, however, was a reminder that I am indeed comfortably into the age group known as 'vulnerable in very hot weather' in all the health advice bulletins – it's a bit of a surprise since in my head I'm still 21. I hope you are staying safe in the heat; I believe there are more heatwaves to come.

But it has been a good month for our u3a, Tony Swarbrick is getting to grips with the Membership Secretary role, tidying up the database and just generally being organised – thanks Tony! Please help him do his job by letting him know if any of your contact details change or if you don't seem to be getting emails. Pam Southall's Speaker programme has been wonderful this year hasn't it? And I believe next year's is looking good too. She has also, in the absence of a Social Secretary, helped with a couple of bookings for our Social Meetings. Thanks Pam!

To be fair all of our committee members go the full yard on your behalf, making our u3a the 'place to be'. I'm convinced some of you only come to some of the Thursday meetings to see what Carole Lapping has done with the PowerPoint (and this on top of the Business Secretary responsibility).

So as we get closer to our Summer break I would also like to thank other members of the committee for all that they do, balancing the books, Margaret Cullen; being on the door, organising walks and keeping us amused with your jokes, Ken Jackson; getting to grips with our interest groups Margaret Wycherley; and not least for stepping up and being there Alan Harding (those chairs don't put themselves out).

Our final meeting before the summer break will be Thursday 17th July, during that break, I hope you will take the time to see if any of your friends or neighbours might wish to join us – we have a lot to offer and would always welcome new members.

My best wishes to you all

Corinne

## The Olympic Games – A View from the Athlete Village.

David Mottram



What a truly interesting meeting we had in May listening to David, an Emeritus Professor of Pharmacy at Liverpool John Moores University (J.M.U.). With a keen interest in both sport and science, David has had an extraordinary career since 2001, playing a pivotal role in developing and delivering vital pharmacy services at some of the world's biggest sporting spectacles, including various Commonwealth Games, World Cups, and of course, the Olympic Games!

At these colossal events, a vast network of people—from the athletes themselves to officials, the media, and spectators—all need access to primary healthcare. This massive logistical undertaking requires thousands of dedicated healthcare volunteers, including pharmacists, to staff medical centres around the clock for the entire duration of the games. David told us that during the London Games, for example, 13% of competitors needed treatment? And that number is even higher for a Winter Games. Interestingly, David disclosed that dental services are consistently the most commonly used medical service at these events. Who would have thought?

For our talk, David concentrated on his fascinating experiences at the Rio Olympics. He gave us a unique insight into his view from the British team accommodation and how he spent his precious time outside of his shifts. Thanks to a free transport pass, he was able to explore other sites, with cycling being his favourite sport to watch. He brought along relevant maps, authentic uniforms, personal photos, and shared many captivating stories from his time there. His professional lecture skills were clearly evident, leaving us with no doubt that we had truly listened to an expert.

It was a truly insightful and engaging presentation that gave us a rare glimpse into the incredible world behind the scenes of global sporting events. A huge thank you to David for sharing his remarkable journey with us.

## Creation of a Garden

Michael Corfe

In June our speaker Michael described how he had purchased, from his neighbour, the disused driveway adjacent to his property in West Kirby. Acting as his own designer and labourer he created the garden with his wife who did the actual gardening. He illustrated his talk with numerous photos.



## The Holistic Cancer Centre



Patsy Hummerston is a nurse counsellor who came to talk to us about The Holistic Cancer Centre. It was originally set up in a room at St Cath's Hospital in 1988 by nurse Dorothy Crowther. Now it is based in a large property in Ashburton Road.

Patsy told us about how their nurses work with patients to help create a plan, which might include a combination of therapies for each individual. We heard about art classes, reiki, Indian head massage, but also visitors can simply pop in for a coffee and chat in a space that is warm and cozy.

A large part of their costs is raised by their charity shop in Moreton, with contributions from the Lord Mayor's fund, help from fundraising events which are constantly being held such as a recent summer garden party, and also donations, sponsorships and grants amongst other things.

However, due to the loss of their NHS funding and the growing number of people who get a cancer diagnosis, more money has to be raised each year, and another move is on the cards as their current premises are now too expensive.

Many members were interested in Patsy's talk and gave so generously when a collection was made that we were able to donate more than £247 towards this worthy cause.



\*\*\*\*\*

## June Lunch Club



## Thurstaston walk

led by Gwyneth and Corinne

We had very fine misty rain when Corinne and Gwyneth started the walk with a circular route on Thurstaston Common. The rain had stopped by the time we came back to Telegraph Road before heading down Station Road to The Wirral Way. We were relieved to be traffic free and side by side again for a mile or so till we reached the footpath for 'The Dungeon'. At this point we headed uphill along narrow paths beside fields then through ancient woodland and the steep sided sandstone valley. There was a footbridge and steps in some places but we were glad of a bench at the top of our climb. Finally, along peaceful country lanes, we could see St Bartholomew's church, before arriving back in beautiful sunshine at the Cottage Loaf for lunch.



## Hilbre Picnic led by Ken

Ken led a small group around Little Eye to Hilbre Island where they enjoyed a picnic before the return walk to West Kirby. Rocks were a bit slippery in places so trekking poles were useful on the way there and a scorching day was made pleasant by cooling sea breezes. No seals were spotted but at least one of the group made their first ever visit to Hilbre on the day. An art and science centre is being developed on the island and the group were lucky to witness some performance art taking place there as part of the Independents Biennial.



## July – Oct Tea and Coffee Rota

3 July 2025

Barbara Baker  
Kathy Sullivan

17 July 2025

Judith Wylie  
Joan Beedles

11 September 2025

Gwyneth Williams  
Gwyn Thomas

23 September 2025

Karen Little  
Norah Murray

9 October 2025

Marion Jackson  
Barbara Riley

23 September 2025

Ann Greenhalgh  
Norma Finlayson

Would you like to help out and get to know more members? Please contact Joan on 0151 608 6226 or 07568563329

[Joan Benton](#)

\*\*\*\*\*



### Are Your Membership Details Correct?

I recently sent individual emails to all members asking you to check membership details and correct or confirm as appropriate. Thank you to those who have responded.

I am still waiting to hear from a number of you – please reply as soon as possible.

Note – If your details are correct in the email I sent, please send a brief return email with 'Details Correct' in the subject line. [Tony Swarbrick](#)

[Membership Secretary](#)

## Art Appreciation

## Jim Moir Exhibition



The Art Appreciation Group met up to visit the Lady Lever Gallery for a viewing of Jim Moir's 'Dawn to Dusk' exhibition of bird art. Although he is famous as comedian Vic Reeves, Jim also has a TV show 'Painting Birds' on Sky Arts. This is his first exhibition in a national gallery, with most of the works available for purchase.

Thanks to Bernadette for organising another enjoyable visit. The three rooms of the exhibition were very busy so we chose our favourites and moved down to the café for refreshments with our discussions - which were not too serious in this instance.

\*\*\*\*\*

## NEXT SPEAKER MEETING

3rd Jul. Elvis - That's the Way it Was

Barry Humphreys

\*\*\*\*\*



As so many of our members were interested in the work of The Holistic Cancer Centre and gave so generously last Thursday, some might be interested in this event - money to a good cause and it looks a lot of fun!

# GROUP NEWS

**Art Appreciation** – Held in the Session room in TWPG. 3<sup>rd</sup> Wednesday each month. 10am for 10.15 start. Also Gallery visits. Contact Bernadette – <mailto:art@oxtonu3a.co.uk>

## **Natter and Read**

Meets at 10.30. – 12.00. in Wallasey at Joyce Woosley's home near Wallasey Town Hall on Thursday following the first u3a meeting in the month. Spaces available. All books are provided by the Library Service.

Contact Joyce: <mailto:book2@oxtonu3a.co.uk>

## **Book Group 1**

Meets in Oxton at Val Edward's house on the second Tuesday in the month. Full at the moment. Contact: [book1@oxtonu3a.co.uk](mailto:book1@oxtonu3a.co.uk)

## **Craft Group**

The meeting is on the last Monday of the month. 2.00 – 4.00. At Joan Benton's house. Next meeting 30<sup>th</sup> June. Full at the moment, but names can be added to a reserve list. Contact: [craft@oxtonu3a.co.uk](mailto:craft@oxtonu3a.co.uk)

## **Lunch Group**

Our lunch group hosted by Joan Benton is held monthly at the Refreshment Rooms. Numbers are limited so watch out at TWPG meetings for the sign-up sheet. It is held on the third Wednesday in the month at 12:45 for 1:00pm.

Next lunch: 16<sup>th</sup> July. Joan is planning to host a lunch in August.

## **Nordic Walking**

Come and join Corinne's Nordic Walking Group every Tuesday at 10.00 am at Birkenhead Park visitor centre. We walk for an hour then have refreshments at the café. All year round.

## **Play Reading**

2nd Tuesday monthly usually. Held at Eliane Davie's house. Full at the moment. Join the reserve list. 10.00am – 12.30.

Contact Eliane: <mailto:playreading@oxtonu3a.co.uk>

## **Bridge Group and Rummikub**

Bill Nock is the leader with Tony on hand to teach bridge to new members. Meets in the cabin at TWPG fortnightly from Wed. 25<sup>th</sup> June at 10.00am

## **Walking Group**

Usually 3<sup>rd</sup> Friday in month. <mailto:walks@oxtonu3a.co.uk>

Information and Sign-up sheet available in meetings.

Coming up in September

Walk and Talk at Rock Park

A fascinating glimpse into the history of the development  
of the park – with resident guide Su Lowry

10.30 am Monday 15<sup>th</sup> September

Followed by lunch at The Refreshment Rooms.

Numbers limited to 15 so sign up at TWPG is essential.

\*\*\*\*\*

Care of members

If you know of any member who is unwell, in hospital or in need of a card please let  
Mary Hamilton or Dot Matthews know.

Please give some info – a different type of card is required for someone who has a  
broken leg to someone who has had a major heart attack!

Also, a bit of information for sympathy cards is helpful.

[mary@oxtonu3a.co.uk](mailto:mary@oxtonu3a.co.uk)

[dot@oxtonu3a.co.uk](mailto:dot@oxtonu3a.co.uk)

\*\*\*\*\*

*And finally...*

Thanks to Steve Cottam for proofreading and to Corinne and Ken for  
photographs. If you have photos, reports, or comments regarding groups you  
lead or ones you have attended, or anything connected to our u3a, please  
send them to me for inclusion.

<mailto:newsletter@oxtonu3a.co.uk>

Kathy