

A quarterly newsletter that gives you a voice and keeps you up to date with the latest news and views



Inside this Issue

- The Ceilidh
- Events Team need help
- u3a Clusters
- u3a Eye
- Membership Announcement
- Farewell to Andrew Seed
- Hello from Rob Kemp
- Remembrance
- What's New for 2025
- A View From My Window
- A Poem
- Just for Fun
- Alphabet Survival Guide
- Step Back To The Past
- Courses from Talking Therapies
- Monthly Meetings
- Annual Coffee Morning
- Contact Us

The Ceilidh

Our u3a is 10 years old
To celebrate, a Ceilidh we'll hold
It's our first, so here we go!
Back-to-back for a do-si-do.

One big circle filled the hall
Let's have some fun, let's have a ball.
Issy led and gave the call
Forwards, backwards left or right
Sometimes sideways, what a night
Such a laugh when we went wrong
Losing the place where we belong.
Step we gaily - on we go
Heel for heel and OW!! My toe.

Then the hotpot was the best
Gave us all a well-earned rest
The chilli too went down well
The bar was open, wine to sell.

Then it's up again and into rows
This is how the next dance goes
Down the middle, the first pair
Not too fast oh! Do take care

Arms in arches then make a star
Turn around, don't go too far.
Make new friends as you progress
(some with tartan on their dress)

Groups of 4 or 6 or 12!
Making OXO with themselves
Issy will you demonstrate
How to do the figure of 8?

Ah! The Gay Gordons, a dance we know
But it took some time, even though
To get the arms right and to turn
Issy explained again and again.
Finally sorted off we stride
Forwards and backwards in a glide
Round and round and round we spin
Makes you feel you've been on the gin.

Then suddenly, it's all over
We need tomorrow to recover
BUT - when's the next one? comes the shout
Same time next year - we'll sort it out.

See you then!

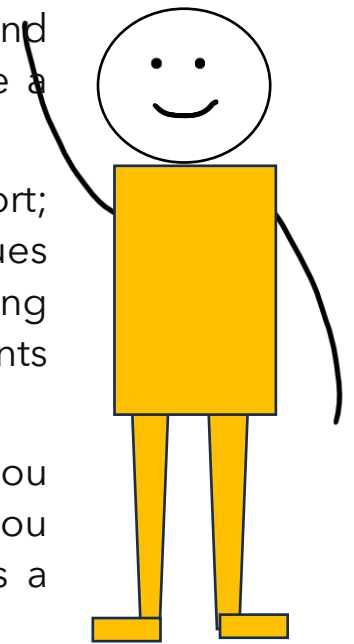
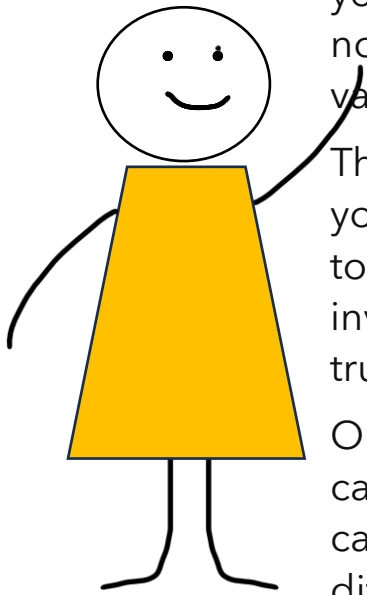
Shelagh Richardson

The Events Team Need Your Help

Longridge u3a has hosted countless memorable events over the years, with our dedicated members playing a vital role in making them possible. Last year, an Events Team was formed to support the 10-year anniversary, and now, as this team is officially recognized, they're gearing up to organize a variety of events for the upcoming year.

Those of you already lending a hand, thank you for your ongoing support; your efforts are appreciated by everyone, but as our organisation continues to grow, we need more people to help. If you're interested in getting involved, now's a great time to start so we can continue to make these events truly special,

Our events are diverse, so there are plenty of ways to contribute. and you can choose the activities that suit your interests and schedule, whether you can volunteer occasionally or more frequently; every bit of help makes a difference.



Stand out and be part of Longridge u3a's future!

To join our volunteer team or learn more, please speak to one of the Events Team members at the next monthly meeting, or simply send us an email.

publicity4longridgeu3a@gmail.com

We look forward to welcoming you!

East Lancashire u3a Cluster

Did you know there are currently nine clusters of u3a's within the Northwest Region? Longridge u3a is part of the East Lancashire Cluster along with Clitheroe, Burnley, Todmorden, Hyndburn and West Pennine Villages.

This cluster arrangement means that once you are a member of Longridge u3a, you have the freedom to attend groups or meetings hosted by any of the other u3a's in our cluster—at no extra cost. Likewise, members from other nearby u3a's are welcome to join our groups, with many exchanges taking place with Clitheroe, being our closest neighbour.

'Why not Preston', I hear you say! Well, unfortunately Preston is in another cluster, although we do have an association with Preston which allows you a small discount on one of your memberships, if you wish to join both.

To foster collaboration, cluster meetings are held every six months, rotating among the u3a's. These gatherings provide an opportunity to share updates on membership, group activities, and address common challenges. One challenging topic for all u3a's is succession planning and the ongoing effort to recruit new committee members. Volunteers are the backbone of our organisation, and sustaining Longridge u3a depends on the commitment of members like you.

A New Year - A New Challenge

If you're interested in helping us continue this valuable work, we would love to hear from you! Please speak to one of our committee members to learn more about how you can get involved.



Get involved with the u3a Eye

This is not just for the photography group, although I'm sure they will be interested, but anyone can submit a photograph to the u3a eye, with the hope of being one of 15 images chosen to appear in the gallery. Members are encouraged to submit pictures of their surroundings on a different topic chosen every two months.

It is not a competition and it's not only about your photography skills. It's more about any interesting photos and interpretation of the theme. Something that has captured your imagination or caught your EYE. Only one photo, per person, per theme, can be submitted, so why not have a go: It is very easy to do. Please do let us know if your picture is selected or just send the picture you have entered and we can feature it here.

Click the link to enter or to find out more, <https://www.u3a.org.uk/learning/learning-activities/u3a-eye>

October/November theme was orange.

Membership Announcement

The committee are making some small changes to the way we pay our membership. From January new people joining will pay £20. (£30 for couples) but their membership will run until the end of March 2026, so from when they join, until April, will be free.

Our membership has grown considerably over the last 2 years and now stands at 281. To try and ease the pressure of everyone paying membership in April, we are asking members, if they wish, to pay early. The time period will be exactly the same, but it will help if the payments can be a bit more staggered.

The forms can be downloaded from the website as usual or completed at the monthly meetings. You may also request one from your group convenor.

The cost of membership will stay the same this year at £20 for one person and £30 for a couple. There is no charge for anyone who is also a member of any of the u3a's in our 'Cluster' and a reduction is available if you are currently a member of another u3a, such as Preston. Thank you for your help in this matter, it is greatly appreciated.

Farewell and Thank You

We said goodbye to Andrew Seed at the Trustees meeting in November. Andrew has served as the Group Coordinator for the past few years and it's always sad when someone must step down. So, although we say goodbye, we also say hello to Andrew as the first person to officially put their name down for the new volunteer team.

Well done!

Hello from Rob Kemp

I am very pleased to say I started as the Group Coordinator in September last year and am here to help support the Convenors and others with the smooth running of the groups and to build on their success.

I am particularly keen to help get new groups started and to support them through the early stages. If you are interested in running a group or becoming a Convenor or contributing in any way, I would like to invite you to get in touch so we can discuss how this can be achieved. There are still a number of groups from last year I am looking to get started soon. You can usually find me at the monthly meetings so catch me there or just send an email. Look forward to hearing from you.

Remembrance

Thank you to everyone who was able to join in the Remembrance Parade to represent the u3a. It was the first time we had been invited by the Council to participate and we look forward to having a greater presence next year.

Sally Maxwell



Committee Meeting at The Heritage Centre

Left to right, Back Row

Barbara Griffiths, Rob Kemp, Andrew Seed, David Metcalfe, Eleanor Hick.

Front Row. Amanda Lawrenson, Bev Keating, Margaret Martin.

What's New for 2025

We're always on the lookout for creative ways to make our organisation even more exciting for our members. Last year's 10th-anniversary celebrations set a high bar, and we're determined to keep up the momentum!

One exciting idea we've been exploring is expanding our programme to include learning events, short courses and hands-on workshops. Some groups are already enriching their activities with outings and another member would like to do some training for their group - perhaps your group might enjoy trying something similar?

To kick off the year, the card-making group is hosting a full-day journaling event. This could serve as inspiration for other groups to organise their own workshops or even team up to create joint learning experiences.

To support this new direction, we've formed a dedicated team to help support and facilitate these activities – but we need your ideas!

What would you like to learn, try, or explore? Do you have a skill or interest you could share with others? The possibilities are endless, and your input will help shape this exciting new venture.

Stay tuned for more updates, but don't wait - get in touch! You can reach the team through Publicity or the Group Coordinator email (contact details on the back page). Let's make this an inspiring year together!

Get - in - Touch

A View From My Window

The year is 1966 and I am sitting in a science lesson at Longridge High School. A white banner of steam appeared in our view and our science teacher Mr Miller rushed to the window to watch the train as it crossed Shay Lane, and of course all the class did the same!

As a regular attendee of the trains, planes, automobiles and boats group, I have my own favourites. I know nothing about planes and boats, but I always had a car (well since I was 18) but was never a petrol head... but trains; now we are talking. My interest in railways doesn't transcend to modern electric and the like but is entirely steeped in nostalgia. I am a steam buff, pure and simple.

So, the conversation turned to where this interest came from, after all I wasn't from a railway family and the Longridge/Preston railway seemed remote and such a long way from our house that I rarely ventured to the middle of Longridge. So where did it come from?

My mother was born in Blackburn but back in the 1930's her whole family, her parents and four daughters, upped sticks and moved to Derbyshire, to a village called Draycott. Draycott was a non-descript place, basically one long street lined with houses and standing at right angles to the road was a weaving mill, known as Fayers and it had a tall clock tower called Jardines. It was a very vocal clock, chiming meticulously every quarter of an hour. Folks in Draycott claimed they could 'set their clocks by it,' so to speak.

My grandmother lived at 62 Station Road: a clue perhaps. When we visited, my mother and father had the spare room, my sister shared with the unmarried daughter, aunty Doris. I was relocated to a bed made up in the front room what loosely passed as a wooden framed settee. Uncomfortable wasn't the word and of course it was pitch black with no clock. If I slept for an hour, it was a bonus. I would then lie awake, listening for the strike of Jardines. First the quarter, then the half, then with great anticipation.... the hour. Four chimes, then bong! What! One o'clock! Oh no!

However, that was all forgotten in the morning, another sister, aunty Ada, also lived on Station Road, her son, my cousin, was my age and first thing after breakfast, he would come racing down the lobby and we set off for our adventure; to the station!

Draycott Station was still up and running, although passengers were hardly thronging. My cousin Keith and myself would spend all day there, watching the trains go by. Although the station was quiet, the line was busy. Ninety percent were goods trains, coal mainly, heading for the huge marshalling yard at Toton; and all steam! I obviously had seen locomotives in books but now I was seeing them for real, for the first time.

There were no shiny expresses of course but an endless procession of Stanier Black 5's, already caked in rust and limescale as steam entered its last years: They were magical of course. Draycott Station was soon to close but Keith and I still went there, and the coal trains still ran, but the occasional diesel was in charge.

Back home I finally began to notice the Longridge line, something I took for granted, but the writing was on the wall there too. Then was the hammer blow in November 1967 and it seemed hard for me having really only just taken an interest in the railway. I determined to make the railway the subject of my CSE project, getting information from Norman Parkers, books and even writing to the science museum in London for anything they could tell me. And they replied, pointing me in the direction of Railway Magazine for May 1952. (The month of my birth by coincidence.) Now my project was finished; and I got good marks.

Unfortunately, steam was finished too so I pestered my dad to take me to Lostock Hall where many condemned loco's were stored. Many other boys had the same idea and the staff obligingly turned a blind eye to all these boys getting filthy, clambering all over the engines.

But what now?

Steam was gone, but railways still went on into the future, but it wasn't the same. Electrical trains, good as they are, simply have no soul. Even the magnificent Pacific's from the 1940's don't touch me the same way. My memory is of the rusty relics, powering through Draycott Station, with the long line of coal truck behind.

An author of a book I now have said 'His cherished memory of steam was that of a clapped out Black 5, slogging its guts out on a heavy goods train'. I can understand what he meant! Of course, steam still lives on in the shape of the heritage line and even some steam loco's being built new. But it isn't the same and it can't be, like in the words of Joni Mitchell, 'You don't know what you got till it's gone'.

Steam will always be something special to me, just a pity it took me so long to realise it. Instead, I live nostalgia with my model railway, steam era of course. The truth is that apart from the Heritage Lines and the various museums, we will never see them or anything like them again. But as long as we can still talk about it fondly, in that way alone, steam will never die. So whatever rocks your boat!

Andrew Seed

**Could you write a short story titled, 'A View From My Window',
with a picture too if you have one, and send it to:
publicity4longridgeu3a@gmail.com**

'Hope is a thing with feathers'

Hope is a thing with feathers
That perches in the soul,
And sings the tune without the words,
And never stops at all.

And sweetest in the gale is heard;
And sore must be the storm
That could abash the little bird
That keep so many warm.

I've heard it in the chilliest land,
And on the strangest sea;
Yet, never, in extremity,
It asked a crumb of me.

Emily Dickinson

Just For Fun

1. Find the missing number in this sequence:
2, 6, 12, 20, 30, ____, 56
2. The more of this there is, the less you see. What is it?
3. Five friends are standing in a line. Paul is directly to the left of James. Sarah is next to the right of Emily. James is second from the right. Who is standing in the middle?
4. You have 6 eggs. If you break 2, cook 2, and eat 2, how many eggs do you have left?
5. If the day after tomorrow is four days before Monday, what day is it today?
6. What comes once in a minute, twice in a moment, but never in a thousand years?

Alphabet Survival Guide

C
B
A

D - Decluttering. New Year is a good time for resolutions and turning over a new leaf. Decluttering is about letting go both mentally and physically - achieving satisfaction with less. What would you let go of this year?

H - Healthy Habits. Developing healthy habits that stick is about small changes over a period of time. Things like simple exercise routines, sleep hygiene, maintaining hydration and meal planning.

Send your survival guide to:

publicity4longridgeu3a@gmail.com or drop it off at the next monthly meeting.

Step Back to the Past

At last, a boat anniversary for last year.

It was thrilling to mark an historic moment at Samlesbury Hall on October 7, 2024, as the iconic Bluebird K7 hydroplane returned to its roots. Known for its record-breaking speeds and legendary status, Donald Campbell's Bluebird K7 reunited with the World Water Speed Trophy for the first time since Campbell's tragic accident on Coniston Water in 1967.

Originally built seventy years ago, by Samlesbury Engineering, located next to Samlesbury Hall, the Bluebird K7 holds a powerful place in history. It achieved an astonishing top speed of more than 276 mph, breaking the World Water Speed Record on 6 separate occasions, 4 of them on Coniston Water in the Lake District. Donald Campbell and the Bluebird K7 were literally catapulted into legend when he crashed on 4th January. This anniversary event drew an enthusiastic crowd, including Donald's daughter, Gina Campbell, who joined in the celebrations of her father's incredible legacy.



Free Online Wellbeing Courses from Blackpool Talking Therapies

Life is full of challenges—whether it's illness, loss, or the rising cost of living, we all face difficulties at different times. As we age, it becomes even more important to prioritize our health and wellbeing to stay active and enjoy life. Eating well and staying physically active are key components of maintaining both mental and physical health, but sometimes we need a little extra support.

To help with this, Blackpool Talking Therapies is offering free online courses for residents of Lancashire. These resources are designed to provide support for mental wellbeing and are available to anyone who may benefit.

Please see the information and contact details below. Even if you don't need this support yourself, feel free to share it with someone who might—it can make a big difference when someone is struggling.



FREE ONLINE COURSE

Mindfulness-Based Cognitive Therapy Course

MBCT combines traditional cognitive behavioral therapy with mindfulness techniques and meditation. MBCT teaches you how to pay attention to the present moment, rather than habitually getting caught up in ruminating about the past or worrying about the future. MBCT enables you to learn to let go of the negative thoughts that can often precede increased stress, distress or a dip in mood.

This course is for complete beginners as well as for those who have had some experience of meditation or mindfulness. Like any skill, mindfulness takes time to practice, and it is highly recommended you set some time aside each day for daily home practice to be able to optimize new skills. You will be given links to online guided meditations to support your daily practice.

Available to people who live, work and study in Blackpool, Lancashire or South Cumbria

All recordings available for 72 hours after the live event



The 8-week course lasts for 2 hours.

Scan here to visit our website

Check out our website and Facebook page for the next course dates

To self-refer, please call: **01253 955700** (Monday–Friday 9am–5pm)

or email: **bfwh.talkingtherapies@nhs.net**

www.blackpoolteachinghospitals.nhs.uk/services/talking-therapies

 **Blackpool Talking Therapies**

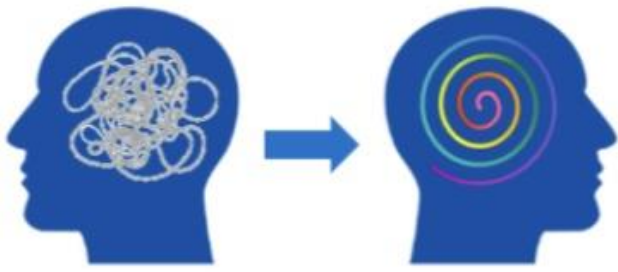
Blackpool Talking Therapies is not able to provide reports for compensation, legal or benefits claims or prescribe medication. We do not offer 24-hour or weekend access, crisis or emergency treatment, treatment for alcohol or drug problems or treatment for severe and enduring mental illness.

Please discuss these needs with your GP.



for anxiety and depression

Service provided by Blackpool Teaching Hospitals NHS Foundation Trust



Free Online Course: **MASTERING STRESS**

- ✓ Combines Cognitive Behavioural Therapy (CBT), Positive Psychology & Mindfulness
- ✓ Not interactive - no discussion of personal problems
- ✓ Aims to teach new coping strategies and skills
- ✓ Associated worksheets available

Steps to Wellness



The course runs every month.

Starts with an initial 30 min Introduction session, followed by six weekly online sessions, lasting 90 minutes each.

If you are unable to attend the live session then you can watch a recording via an email link, accessible for 72 hours.

Check out our website and Facebook page for the next course dates



Scan here to visit our website

**AVAILABLE TO PEOPLE WHO LIVE, WORK AND STUDY IN
BLACKPOOL, LANCASHIRE OR SOUTH CUMBRIA**

To self-refer, please call: **01253 955700** (Monday–Friday 9am–5pm)
or email: **bfwh.talkingtherapies@nhs.net**

www.blackpoolteachinghospitals.nhs.uk/services/talking-therapies

 **Blackpool Talking Therapies**

Blackpool Talking Therapies is not able to provide reports for compensation, legal or benefits claims or prescribe medication. We do not offer 24-hour or weekend access, crisis or emergency treatment, treatment for alcohol or drug problems or treatment for severe and enduring mental illness.
Please discuss these needs with your GP.



for anxiety and depression

Service provided by Blackpool Teaching Hospitals NHS Foundation Trust

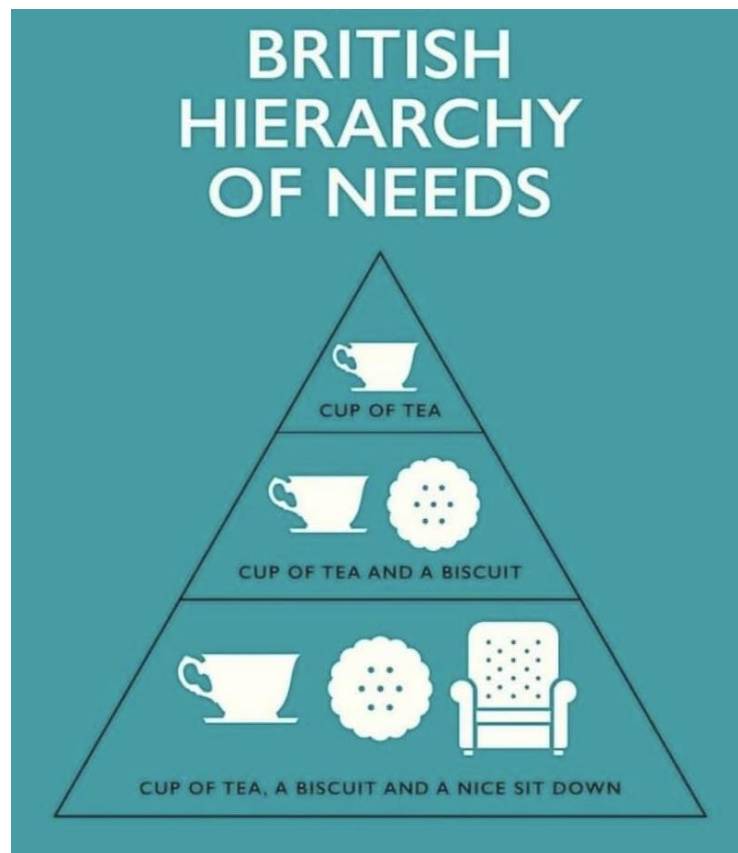
B0018 09/23

Please Pass It On

Just in case you weren't aware, you can share this newsletter with others so please pass it on to family and friends or share it on your social media page.

Monthly Meetings

This should also include - a time to catch up, meet friends and make new ones. We might not have plush chairs, but we have somewhere to sit and chat and enjoy some refreshments. These are held at the Civic Hall on Calder Ave in Longridge on the first Tuesday of the month, starting at 1.30pm. All members and non-members welcome. The Speaker's Secretaries have lined up an excellent programme for this year so please join us.



Speakers for the Next Three Months

Tuesday February 4th

Mount Etna &

The Treasures of Sicily

Steuart and Anita Kellington

Tuesday March 4th

Town Crier

Rawden Kerr

Tuesday April 1st

A Very British Meteorite

Martin Lunn

Save the Date

The Longridge u3a Annual Coffee Morning will take place on:

Friday 14th March 2025

at Christ Church on Berry Lane

from 10.00am to 12.00md

Bring a friend and enjoy free refreshment while finding out what is available at your local u3a. We like to welcome new members especially if they are new to the area, or those who have recently joined. The coffee morning is an opportunity to find out what Longridge u3a is all about.

We would love to see you there!

Just For Fun Solutions

1. Find the missing number in this sequence: 2, 6, 12, 20, 30, ____, 56
Answer: 42 (The numbers are increasing by 4, 6, 8, 10, 12, etc.).
2. The more of this there is, the less you see. What is it?
Answer: Darkness.
3. Five friends are standing in a line. Paul is directly to the left of James. Sarah is next to the right of Emily. James is second from the right. Who is standing in the middle?
Answer: Emily (Paul, James, Emily, Sarah, and one unnamed person).
4. You have 6 eggs. If you break 2, cook 2, and eat 2, how many eggs do you have left?
Answer: 4 (You only used the same two eggs to break, cook, and eat).
5. If the day after tomorrow is four days before Monday, what day is it today?
Answer: Tuesday (Two days after Tuesday is Thursday, which is four days before Monday).
6. What comes once in a minute, twice in a moment, but never in a thousand years?
Answer: The letter "M."

Longridge u3a

Trustees and Committee

would like to wish

all our members

A very healthy

and peaceful

New Year

Contact Us:

Secretary:

secretary4u3a@gmail.com

Group Coordinator:

groupcoordinator4u3a@gmail.com

Publicity:

publicity4longridgeu3a@gmail.com

Website:

<https://u3asites.org.uk/longridge/welcome>

Facebook:

Longridge u3a
<https://www.facebook.com/groups/1153818918591745/>

