

Buxton & District u3a

<https://buxton.u3asite.uk>

The Bulletin – July 2025

From the chair, Jill Murphy

Announcement

We are very pleased, that following Marge completing her term as Vice Chairman and with many thanks to her for her support and counsel, Jean Brown has agreed to take on the role. Welcome Jean.

Summer Season

Please check our website (buxton.u3asite.uk as above) for group meetings or check with your group leader, because this is the summer season, and meeting arrangements change.

RECENT OUTINGS AND EVENTS

Attingham Park NT and Foodhall Organic Farm Cafe





The charabanc group may have stood in the dripping rain or huddled in the bus shelter as we gathered to get on the coach but true to our magic the sun came out for our coffee stop of the day at Foodhall Organic Farm shop and café. There, many sat outside sipping coffee and munching delicious homemade biscuits whilst gazing at the rolling Shropshire hills. We had time to visit the tempting Foodhall farm shop and look at the Longhorn cattle which were in the farmyard for a vet's visit.

Our main destination for the day was Attingham Park NT, a superb Georgian Mansion, surrounded by a Humphry Repton parkland where, overhead, was a clear blue sky and sunshine.

Many enjoyed sitting eating lunch outside in the courtyard chatting before heading in different directions. The walled garden with its, almost ripe, apricots and cherries, Medlar fruit developing on the trees, displays of a wide variety of vegetables and flowers and it's going to be a bumper year for apples by looking at the trees in the orchard.

Others strolled along beside the River Tern spotting dragonflies and damsel flies.

The house was a must with helpful guides for everyone. Some of the group took the opportunity to explore further taking the NT “Hidden Home Tour” a tour behind closed doors discovering the regency furniture of a Wall St banker who once lived there and its history. “Fascinating” was the comments as they got back on the coach.

Members not only enjoyed walking in the grounds, but some used the excellent shuttle golf buggy service and others used a Tramper mobility scooter provided by the NT

A brilliant memorable day out. Why stay at home? Come with us next time.

A MESSAGE FROM THE CHARABANC ORGANISER, Trish

Charabanc outings are fun and friendly, whilst giving you time to discover new places and meet new and old friends. The coach is comfy and air conditioned and the joy of being in a coach whilst traveling along is that you can see over walls and hedges discovering views you never knew existed,

You can sit quietly taking in the views or chat sharing that moment with those around you.

If you have not been, try one by just emailing me, Trish, by clicking on my name on the charabanc group page. You do not have to come every time, some come twice a year, others nearly every time.

Here is a full list of our outings already organised so why not come?

Thursday 10th July **Tabley House and Knutsford Heritage Centre** to see the famous Knutsford Tapestry. Cost £24

Tuesday 29th July **International Bomber Command Centre**, near Lincoln to see the Ceramic poppies creating the image of a Lancaster Bomber. Cost £26

Tuesday 19th August **Floral Media near Newark**. I am sorry this one is full.

Wednesday 10th September The **Time keeping Museum and Southwell** Cost £26

For more details and to book see Charabanc groups page https://buxton.u3asite.uk/u3a_groups/charabanc-outings/

It would be great to see you on a charabanc outing

Trish (redacted)

NEW GROUPS

Starting on 9th July 2025 **Mindfulness and Relaxation Group**

Every Wednesday from 9th July 2pm-4pm we will be gathering at the Buxton Methodist Church, Lower Room for a beautiful session of guided relaxation.

A chance to press pause on life and breathe away daily stresses. To rest, reset and gather yourself amongst friends, to go forward into the following week with a calmer and refreshed outlook.

A typical session:

2pm - Meet for welcome chat and check in.

2.15pm - 2.45pm - Sit or lie down and commence guided breathing, gentle movement and guided grounding, body scan and relaxation, based on yoga Nidra practice.

3pm - 4pm - Don't rush off! Stay and enjoy tea or coffee and biscuits.

For further information, look on the website https://buxton.u3asite.uk/u3a_groups/mindfulness-and-relaxation/ Please contact Tracy if you have any questions [REDACTED]

NEWS FROM EXISTING GROUPS

There will be **NO Country Dancing on 10th July** but things will be back to normal from 17th July.

Italian Conversation will meet on 3rd July and then stop for the summer and be back in September.

Crochet and Knit & Natter groups

These groups have come together to contribute to the Town Team decorations – see the full banner they made below. More information and photos on the website



Also, the knitting groups have made about 20 Bilberry Bumble Bees which Friends of Buxton Station are using to create a Bumble Bee Trail during the Fringe.

This is to keep reminding us all that these bees, which normally live on the moors among the



bilberries, are an endangered species. This would be a fun activity for children. More information can be found at the Pump Room.

PROPOSED GROUPS

Friday 18th July 2025

The proposed **Kurling** group will meet in Pavilion Gardens Café upstairs at 2pm to discuss the date and place to start the activity. For further information email Trish **redacted**

Friday 19th September 2025

This is the date for an initial chat about starting a **Travel Group** focussed on holidays, tips and advice. It will probably meet in the Pavilion Gardens or the Cheshire Cheese initially. The first formal meeting will probably be in October with monthly meetings thereafter.

FORTHCOMING EVENTS – including the next Monthly meeting and some Charabanc Outings

10th July 2025 - Charabanc

Charabanc outing to **Knutsford and Knutsford Heritage Centre** – click here for more details which are on the website https://buxton.u3asite.uk/u3a_events/tabley-house-knutsford-and-knutsford-heritage-centre/ (Back in time for the evening

performances at the festival) For more information, email Trish on **redacted**

14th July 2025 – 9:30 am Tech Team at Methodist Church Hall

The team will be there to help with tech queries from 9:30, then

14th July 2025 -10.00am “A Funny thing happened on the way to the Theatre”. A talk by **Darren Finn-Hurst** about his 20+ years working in theatre.

19 August 2025 Charabanc outing to **Floral Media near Newark**. Sorry this is full with a long waiting list.

10th September 2025 - Charabanc

Charabanc Outing to **Southwell, and the Timekeeping Museum**.

Click here for more details which are on the website - https://buxton.u3asite.uk/u3a_events/southwell-and-the-time-keeping-museum/

For more information, email Trish on **redacted**

GROUP LEADERS – please remember to take suitable photos of your group and any outings and send them to Darren (**redacted**) or Trish (**redacted**) for incorporation in their ‘Out and About with the u3a’ presentation in January 2026.

If you want photos on the website (front or group pages), please forward to Marge (**redacted**) or Christine Billington (who also looks after our Facebook presence) on **redacted**. For incorporation in the bulletin, contact Marge or Jill.

There is no limit to the number of places to which you can submit photos.

OTHER ITEMS

u3a Peak District Family History Conference

Tickets are now on sale for this year's Conference which is being held at the Palace Hotel, Buxton on Saturday 6th September.

They have managed to hold the ticket price once again at £30 which includes a light lunch and free entry into the prize draw. Tickets can be purchased through their website where all details about the conference can be found – click below

<https://peakdistrictnetwork.wixsite.com/familyhistory/about-5>

Volunteering opportunity at Eyam Museum

We have had an approach from Emma McBeath who is the manager of the museum. She is looking for a treasurer who would work in a voluntary capacity for the museum. She can be contacted through the museum on Hawkhill Road, Eyam, S32 5QP or email her at manager@eyam-museum.org.uk

Jill Murphy

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