

***NB.** This edition, covering three months, is a one-off to facilitate better timing of notices etc. in the future. The next issue will be No. 209 – September – October.

EVENTS, VIEWS AND REPORTS

UPCOMING MONTHLY MEETINGS

JUNE MEETING

AGM & Celebration of Penrith u3a's 30th anniversary

2.15 pm Thursday 18 June at Penrith Rugby Club

Plus 'A NEW LIFE FOR BROUGHAM HALL' Mary Chappelhow

In December 2024 the newly formed Brougham Hall, a Community Interest Company (CIC), bought the Hall. Led by Mary Chappelhow, six creative people with businesses at Brougham, are being supported by the local community to save this important building. Mary will be telling us more about this interesting and exciting new scheme. The site has a very long history with buildings ranging from the Roman period through the mediaeval centuries to more recent times. The workshops will be continuing to operate along with the popular café.



Light refreshments will be served after the meeting in celebration of the 30th anniversary of Penrith and North Lakes u3a.

JULY MEETING

VISIT TO LEVENS HALL AND FARFIELD MILL – Thursday 16 JULY

Full details on the application form at the end of this newsletter.

AUGUST – NO MEETING

SEPTEMBER MEETING

LINKING LIVES

Dr Gavin Young

2.15 pm Thursday 17 September at Penrith Rugby Club

Loneliness and isolation are significant problems for many people of a variety of ages throughout the UK. Dr Gavin Young is known to many as a popular and successful GP at Temple Sowerby. Now retired, he is very well qualified to understand people who have these problems. He very much enjoys his role as a befriender with our local Linking Lives project. and his talk is likely to be laced with both common sense and humour.



CHAIR'S PIECE

You are probably already aware that this year we are celebrating the 30th Anniversary of Penrith and North Lakes u3a and having a celebration at the AGM. I hope a lot of members are able to join us. I remember well the 20th anniversary when we had a buffet at The Roundthorn Hotel – I cannot believe that was ten years ago. Many members have been with us for a long time, but a special mention to Robin Acland and John Upson who have been convenors from very early days and only recently John has stepped down. We thank them both for their hard work and commitment.

This is the last chair's report you will be receiving from me as I am giving up the role at the AGM. I joined the committee many years ago and I think right away I became treasurer. After three years, I gave this up and came off the committee. However, a few years later a chance telephone conversation with Josie Dunlop resulted in me agreeing to rejoin the committee as secretary, which I did for three years before becoming chair, which I have done for the last two years. I have thoroughly enjoyed my time on the committee. It is a very friendly group who all support each other- I encourage people to join! I end by wishing the new committee all the best for the coming year and look forward to still being a member and helping out at the Local History Group.

Margaret Irving (Chair)

GET A DISCOUNT ON TICKETS TO SOUTHPORT FLOWER SHOW

20th - 23rd August 2026 at Victoria Park, Southport PR8 1RX

10am - 6pm (5pm Sunday).

Tickets from £29

u3a members can gain a 30% discount on tickets for the Southport Flower show by using the code U3A26.

For further details and to book tickets, see their website: <https://southportflowershow.co.uk/>

APRIL MEETING

CHILDREN'S LITERATURE Rev. David Milner

Children's Literature might seem an unusual subject for a retired Methodist Minister to speak about to a u3a audience, but David explained that he is an avid reader, likening reading to the difference between radio and television and saying that "the pictures are better" with both reading and the radio! Our imagination can often produce much richer images, so that adaptations of books for TV and film can be a disappointment and can also fail to "get inside the author's head" when a book has been written in the first person. David already belongs to two book groups and had noticed that one of our u3a book groups has spaces!

He explained that he had originally trained as a primary school teacher at Charlotte Mason College and had taught in primary schools for 5 years before deciding to become ordained. His teaching years seem to have furthered his appreciation of children's literature and the imagination it helped to foster.

David then discussed when children's literature had "arguably" begun – with children in earlier centuries either expected to be mini adults or to read works of a moral or educational nature. He argued that it wasn't until the Victorian period that Children's Literature really took off, helped by serialisation in magazines, greater availability in bookshops like WH Smith, and the introduction of education for all (following various education acts from 1870 onwards).

He touched on books of fantasy & adventure like Alice's Adventures in Wonderland (1865) by Lewis Carroll, which can be interpreted as an allegory for the Christian life (Carroll was - albeit reluctantly – an ordained C of E Deacon) The Water-Babies (1863) by Charles Kingsley, Treasure



Island by Robert Louis Stevenson (1883) and Peter Pan (1904) by J.M. Barrie, as well as the nonsense verse of Edward Lear and the animal stories of Beatrix Potter and Rudyard Kipling. Though many more well-loved children's books were produced later, David decided to concentrate on 1926, the year Enid Blyton's first book was published and 2026 also marks the 100th anniversary of A.A. Milne's first Winnie-the-Pooh book, with illustrations by E.H. Shepard.

David then detailed the life of Alan Alexander Milne who was born in 1882. His father had run a small independent school in Kilburn, near St John's Wood, London. Though A.A. was the youngest of 3 brothers, he was the first to read. HG Wells was his science teacher and "taught me all the botany I never learned". In 1893, having won a scholarship to Westminster School and, despite in his first year coming 3rd in the whole school in maths, the Head wrote that he "has done ill", perhaps because, being bright, he didn't work very hard. With his brother he wrote poems for the school magazine and while studying on a mathematics scholarship at Cambridge, became the editor of the student magazine Granta. He went on to work for Punch, becoming assistant editor and marrying the granddaughter of the editor in 1913. In 1915 he was a signals officer, laying lines on the front line at the Somme. Invalided with trench fever he went on to teach signalling, started writing plays and became a pacifist. Christopher Robin, an only child, was born in 1920. Evidently the poem Vespers, about Christopher Robin saying his prayers, was in part satirical rather than sentimental, as by then A.A. was a committed atheist and you can't really teach a young child to say their prayers. Evidently it was his wife Daphne who initially gave Christopher's toys a character while playing with them. There was Eeyore, Piglet, Tigger, Kanga, and Roo, with Edward Bear going on to become Winnie-the-Pooh. The rest, as they say, is history, though by the 1930s A.A. wished he'd never written the stories and, at school, so did Christopher Robin. Despite thinking his father had stolen his childhood, in later years Christopher Robin made peace with those events. He died in 1996. A.A. died in 1956 and Daphne in 1971. The original toys are on permanent display at the New York Public Library. More modern toys are influenced by Disney, who acquired the rights to Winnie the Pooh.

Josie Dunlop

MAY MEETING

A ROMAN PALACE IN CARLISLE? Dr Andrew Wallis

Dr Andrew Wallis gave a fascinating talk to over 100 members of U3A on the archaeological digs which have been taking place on the cricket ground and surrounding area in Carlisle over the past few years. It has long been known that Carlisle (or 'Luguvalium') was a significant place in Roman times (from AD 72) as it is situated close to Hadrian's Wall and was the most north-westerly city in the Roman Empire. The fort of Petriana, near Stanwix, (previously 'Uxelodunum') was built in AD 122. Following the exposure of new remains during Storm Desmond, an excavation in 2017 on the site of the Carlisle cricket club revealed a Roman bath house. Frank Giecco, technical director at the archaeological consultancy firm Wardell Armstrong, said he had not expected "such a great result" as the significance of this discovery was recognised.



The site during the 2023 excavation



The site during the 2024 excavation

Excavations undertaken by local volunteers, including our speaker, with the supervision of professional archaeologists, have continued. Another dig has unearthed a large number of Roman tiles bearing the IMP (Imperial) motif from a former tiler site with 25 kilns at Scalesceugh. These excavations indicate that over the period of Roman occupation a range of significant activity took place around Carlisle. More than 2,000 items - including pottery, weapons, coins and semi-precious stones - have been found at the Carlisle Cricket Club site. The Uncovering Roman Carlisle project has now been recognised for its training work and for involving members of the local community.

The early 3rd century AD saw another period of significant building in Carlisle in the period of the Emperor Septimus Severus's visit to Britain (c AD 208 to 211). Concerned about the Scots, he ordered the reoccupying of the Antonine Wall and strengthening of Hadrian's Wall in this period. It is quite possible that Severus spent time in Carlisle and encouraged its development. Complex remains of buildings have been found, but so far there has been no certainty about them.

The 'reading' and analysis of an archaeological site is often complex and one may have to consider the 'most likely' or 'best guess' interpretation which can change as more evidence is found or new suggestions are made. Andrew Wallis was very helpful in explaining how the process of archaeological interpretation develops with steps forward and back. New evidence may give a totally new understanding of the earlier developments and changes. Tullie Museum in Carlisle is currently exhibiting finds from various of the Roman digs at Carlisle and Andrew Wallis emphasised the value of seeing this before it closes in June.

See also the account of the Archaeology group visit to Tullie Museum later in the newsletter.



Rare head sculptures of two Roman gods.

These sandstone artefacts are thought to date back as far as AD 200 and once formed part of full-figure pieces about 3.5 - 4.5m high.



One of the IMP tiles

Among the finds were over 550 Roman coins from centuries of occupation, more than 300 hair pins, imperial stamped tiles, North African style vaulting tubes for roof construction, hundreds of stunning glass beads, gaming pieces and even a rare Roman doll's foot. Significantly, 70 intaglios have been discovered in the drains: these are magnificently carved gemstones which dropped from Roman signet rings in the heat of the bath house.



Intaglios



A rare dye made from snails for the robes of the Roman elite almost 2,000 years ago has been unearthed. The chunk of Tyrian purple, roughly the size of a table tennis ball, was dug up at Carlisle Cricket Club as part of the ongoing yearly excavations.

Sue Tomlinson

ARCHITECTURE 2 VISIT TO RHEGED

Penrith and North Lakes U3A Architecture 2 Group recently visited Rheged for a talk and guided tour of this intriguing building. Bryan Gray, until recently chair of the board of trustees of Westmorland Services, delivered a fascinating insight to the vision, building and development of this local landmark, visited by many thousands of motorists, and others, ever since its' opening in 2000.

The sites of Rheged and of Westmorland Service station (Tebay) are on land once belonging to the Dunning family who were farmers near Orton when, in 1969, the route of the new M6 motorway was planned to cut through their farmland. With great foresight, and no small degree of courage, they changed their focus from farming to creating a service station of a totally new style. The ethos, food and whole experience with wholesome, home-made food and good quality gifts on sale introduced a very different experience from previous service stations.



Entrance echoing the old lime kilns



Large windows bring plenty of light into the building

The success of Westmorland Services led to the family's idea of opening Rheged, not as a service station but near enough to the M6 and close to the A66 and to Penrith to attract visitors and again it could be a stop off for a variety of motorists and a destination for visitors. At first, in 1990 the Dunnings had thought of buying a 6-acre site near Penrith to build a hotel but their plans changed. Limekilns, a stream and a quarry on this land made planning and securing the necessary permissions challenging but these and other difficulties were overcome thanks to the persistence of John Dunning. Eventually the opposition of various individuals and businesses was overcome and Carlisle architects, Unwin-Jones, were appointed.

Building the structure was challenging but a number of difficulties were met and now give particular interest to the final design of Rheged. The finished structure with its 8,500 square metres on 5 levels is probably the largest earth-covered building in Europe. Built of shuttered concrete clad with artificial limestone has been a controversial feature. The stream running through the site is now seen as an asset, bringing a natural feel to the grounds .

The original layout has been modified over the 25 years since Rheged's opening. Much of the opposition and uncertainty has been overcome. The petrol station with its grass roof is very well used and the cinema with its 2 screens is proving to be popular. Food for the cafes at both Rheged and Tebay services is prepared in the Rheged kitchens. There are rooms to hire, the shops sell locally designed or produced goods as a showcase for 'made in the Lake District' products. Visitor numbers are good and the Dunning family has gained a great reputation for an innovative style of pleasant, high quality service stations and outlets at Tebay, Gloucester, Cairn Lodge in Scotland and the unique visitor centre at Rheged.



Outside space and old lime kilns

Sue Tomlinson

BALLROOM DANCING - There's No Such Thing As Two Left Feet!

Our Ballroom and Latin Dance Group has celebrated its first anniversary! We have danced our way through a whole year! Not up to Strictly standard yet, but we have had a good time. Janet Jones, from The Lakeland School of Dance, kindly gives up her time each week and is the most patient and good humoured teacher anyone would wish to have.

This friendly group has kept up the fun whilst learning steps in waltz, foxtrot, quickstep, cha cha, tango and salsa! Something for everyone! Janet has the knack of taking improvers on to new steps, whilst supporting beginners with their first moves.

There are so many benefits we can get from dancing – muscle strength, balance, cardio. It lifts your spirits and certainly gets the brain working.

We have a lovely sprung dance floor at Stainton Village Hall where we meet on Wednesdays in term time, 1.15 to 2.15 pm. We run blocks of lessons, half termly, although if you wish to come and give it a try you could book yourself in for one Wednesday session. At the end of the block we usually gather after the last lesson for tea and cake and a chat at a local hotel!

In June/July we have some space for couples or leaders, usually but not always men, who have done some ballroom before.

In September we will be able to welcome beginners, couples or two friends who wish to learn together, one learning the leader's steps (traditionally but not necessarily the man's steps) and one the follower's steps. We may also have space for people who wish to come on their own to learn the leader's steps.

You just have to be brave and give it a try! Learning ballroom dance is a bit like learning to drive, you build up the skills bit by bit. You would be assured of a warm welcome.

If you wish to know more please contact the Convenor, Margaret Bancroft by email:

mb1952@btinternet.com

Margaret Bancroft

BALLROOM AND LATIN DANCE GROUP

Wednesday July 1st A free one off taster session – Sequence Dance

Are you a couple who have done a bit of dancing before? Want to know what sequence dancing is about, and learn easy ones? It involves the steps from ballroom and Latin dances arranged in a sequence that is repeated, so once learned, it is an easy way to dance.

Sequence dancing is held in Penrith, Low Hesket and all over the country.

Come along to Stainton Village Hall 1.00 – 2.15pm to learn with our guest teacher, Martin Willis.

Contact Margaret Bancroft 07855662068 for more information and to book your place.

ARCHAEOLOGY VISIT TO BROUGHAM CASTLE

Our Archaeology Visit on 11th May was to Brougham Castle, an English Heritage property which we were able to visit free as an Educational Group. The staff at Brougham were very helpful, and though we were prepared to be self-led, we were grateful that, on the day, a volunteer was able to talk to us about the history of the Castle and show us around.



The site was strategically important, set on a river bluff near the confluence of the rivers Lowther and Eamont, and at the junction of the main north-south and east-west Roman roads which crossed the Eamont at this point. The Roman Fort of Brocavum had been laid out in the late C1st AD and occupied till C4th. This, with the surrounding civilian Victus, has been in the news recently because of the nearby archaeological excavations which have been taking place because of the

A66 upgrade. Readers might be interested in two video talks about the recent discoveries at Brougham Roman cemetery & Victus. <https://oxfordcotswoldarchaeology.org.uk/news/in-depth-insight-into-brougham-cemetery/>

<https://oxfordcotswoldarchaeology.org.uk/news/uncovering-brocavum/>

After the Romans left and later Northumbrian rule collapsed, the area was part of the Scottish kingdom, until the seizure of Cumbria by William Rufus in 1092. Castles were built to secure the border and strategic routes, including castles at Carlisle, Appleby and Brough, followed by Brougham between 1214 & 1228. Initially Brougham consisted of a Norman Keep, enclosed within defensive earthworks topped with a timber palisade. It was built by Robert de Vieuxpont, whose Lordship of Westmorland passed by marriage to Robert Clifford. Anglo-Scottish Wars broke out in 1296 and Robert increased the castle's defences with a stone curtain wall with inner and outer gatehouses. In 1300, he hosted King Edward I at the castle, and this might be why he decided to build the Tower of League (or Liege/Lord) and add a storey to the Keep, but Edward was not to return, dying at Burgh by Sands in 1307. Robert died at Bannockburn in 1314. Conflict with the Scots was to last for 300 years on and off, and Robert's grandson Roger, as Warden of the Marches, added ranges of buildings including a great hall, kitchen and chapel, with a covered way from the hall to the keep.



The Wars of the Roses (1455-84) saw an interesting situation locally with the Lancastrian Cliffords at Brougham and the Yorkist Nevilles at Penrith Castle competing for dominance.

Lady Anne Clifford, daughter of the 3rd Earl of Cumberland, is perhaps the most well-known of the Clifford family because of her relentless refusal to give up her claim to the Clifford Westmorland inheritance, and also because of the restoration work she later carried out on her castles and the endowments she made. She had been brought up in the Court of Elizabeth I where her father George was

Elizabeth's Champion in ceremonial jousts. When he died in 1605, Brougham became the dower house for his widow and, to commemorate an emotional final parting of mother and daughter, Anne later erected the nearby Countess Pillar to mark the spot. Annual alms-giving continues there on April 2nd. Sadly, many of Anne's Castles, including Brougham, fell into decline after her death there in 1676.

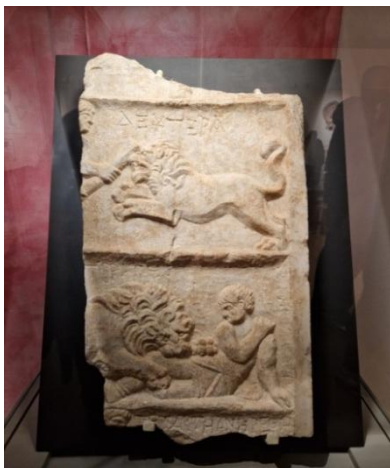
Josie Dunlop

ARCHAEOLOGY GROUP VISIT TO TULLIE MUSEUM

The April visit was to Tullie Museum in Carlisle to view the Roman Carlisle Exhibition. We were guided by a volunteer, Chester Forster. He was very enthusiastic and knowledgeable. Chester has taken part in the dig over several seasons. There were almost 20 members attending this visit. After coffee we met Chester in the foyer. He gave a brief outline of the dig at Carlisle Cricket Club. After a second flooding of the clubhouse in 2015 it was decided to move it to higher ground. An evaluation dig looked at the new site. This site is full of archaeology and the Clubhouse has not yet relocated. During mediaeval times the site was used as a quarry for cut building stones during the rebuilding of the city. Pillars and ramps were left during this process and this is the terrain being dug. As the site is between the forts at Stanwix and Carlisle, and just south of Hadrian's Wall, it is in a very safe position.

Severus campaigned in Caledonia from 208CE, before dying in York in 211CE. The seat of the Roman government was where the emperor was. Was Carlisle the capital of the Roman Empire in the early third century?

There was a monumental building of Severan date. This building is the largest found near Hadrian's wall. Vaulted roof tubes similar to those found in North Africa have been excavated. Severus was African. Chester was present when one of the two gigantic heads was found at Carlisle. He described the amazement of the diggers when these were excavated. The carving is fairly crude and the suggestion is that the heads were mounted high up with only one face showing.



A piece representing
gladiators

There was a bath house, the drains of which have provided many of the finds on display in the Roman Carlisle Exhibition. People had seal rings and the seals, intaglios, were glued in. These became loose in the heat and humidity of the baths and many were lost. There is a great variety of non-precious stone intaglios on display. There are also blanks and some suggestion of a Carlisle School of Intaglio Carvers

The group went round the gladiator exhibition independently viewing practice equipment and parts of armour. As gladiators were expensive to train, most fights were not to the death. Wild animals were imported for the shows.

Chester Forster usually guides round the Roman exhibits in the basement in Tullie. He took us down there and talked about his favourite exhibits. Although many of the group had visited before he gave much interesting inside information.

Many of the group then went for lunch in the excellent museum café.

Linda Davis

BUS PASS ADVENTURE GROUP

I think it's worth mentioning the work that Keith Walton puts into arranging the Bus Pass Adventure Group outings. You can find it at: https://penrith-n-lakes.u3asite.uk/u3a_groups/bus-pass-adventures, or go to the website, click on Groups page and select Bus pass adventures.

It not only details the next outing but features past and future trips with suggestions of what can be done at each venue. I can imagine it's not only of interest to members of the BPAG but could also inspire other members of our u3a to take the adventures with their own family and friends without the need to drive. Bus times change at different times of the year so be sure to pick up a timetable from Penrith Tourist Information Centre or check on line. Any further details regards joining the group contact Jim Sellars on 07400920940.

Jane Stables

Copy deadline for the next issue – FRIDAY 4th September
Please send all contributions ASAP PLEASE (don't wait till the deadline.)

Send copy to penrithu3newsletter@btinternet.com. Send contribution text and pictures together in an MS Word attachment if possible, or as separate .jpeg etc., rather than in the body of the email - it makes transcribing much easier.....Thanks, Ron Lyon. (Editor)



The group looking at the IMP
stamped imperial tiles (probably
made at Scalesceugh)

GROUP CONTACTS

For the most up to date information on a group between issues of the newsletter, see the applicable website page at <https://penrith-n-lakes.u3asite.uk/groups/>. Several groups are operating at capacity, but convenors still need contact from you, even if you've heard that your choice is one of them. We try to establish further groups where there's a clear call for them.

We don't normally give email addresses below, unless the Convenor has requested it, as the address would be in the public domain on the U3A website. However, if you would prefer to make your first approach by email, please contact janestables@icloud.com, who will pass your email to the Convenor.

Archaeology	2nd Mondays 10.00 - 12.00	Linda Davis 07855 926465
Architecture 1	1st Fridays Gillian Stoddart 10.00-12.00	01768 862501
Architecture 2	3rd Mondays 2.00-4.00	Sue Tomlinson 01768 865622
Art Discussion	1st Tuesdays 10.00-12. 00	Angela Davies 016974 75217
Art Discussion 2	First Mondays jan.edw@btinternet.com	Jan Edwards 07950 923666
Ballroom Dancing	Wed 1.15-2:15	Margaret Bancroft 07855662068 mb1952@btinternet.com
Birdwatching	4th Fridays	Jill Saunders - 01228 530267 Dave Neale - 0752 1295454
Book Circle 1	3rd Wednesdays 2.00-4.00	
Book Circle 2	1st Thursdays 2.00-4.00	Jackie Bramwell 01768 867208 Carol Mitchell 01768 890443 Judith Markey 01768 863742
Book Circle 3	3rd Wednesdays 10.30-12.30	Pam Head 01768 201572
Book Circle 4	2nd Fridays 10.00 - 12.00	Angela Power 07811 084500
Bridge	Thursdays 9.30-12.30	Nick Evans 07967647028 Janet Evans 07717 833089
Bus Pass Adventurers		Jim Sellars Where, Days, Time - all * tba 07400920940
Camper Van	Ad Hoc	Brian Hodgson 07788 510194 dak195955@gmail.com
Cinema Club	Fortnightly on Mondays	Angela Stretton 07766 935854
Cycling	*Rides on Tuesdays March to October (*see u3a website)	David Luckhurst 07739 189421
Folk Dancing	2nd & 4th Thurs 2.00-4.15pm	Tirril Village Hall Rose Johnson 07894 260580 Roger Burgin 01768 894107
Folk Music	1st and 3rd Thurs 10.00-12.0	Cliburn village hall Martin Fagan 07771 665923 Neil Stretton 07986 214541
French 4 beginners		Deborah Wilson Where, Days, Time – all * tba deborahkay1961@gmail.com
French Intermediate	2nd & 4 th Wednesdays 10am	Alastair Keelas 07929968648
Gardening	Ad-Hoc	Anne Jackson 07802 253413
Bits & Bobs		Christine Nicholson 07733 474083
German	Alternate Tuesdays 10.30-12. 00	Kath Lawless 07788420156 kathlawless@googlemail.com
Geology	Last Tuesday 10am Tirril Village Hall	Phil Newall 07976 711545
Handicrafts	2nd & 4th Friday 10.30am	Carol Mitchell 07718 144509 wollaton@gmail.com
Indoor Bowls	Thursday 2.00-4. 00	Andrew Frazer 01768 428814
Industrial History	4th Fridays 2.00	Ian Hoose 07961 322948
Italian	2nd & 4th Thursdays 2.00-4.00pm	Pam Head 01768 201572

Literature 1	1st Wednesdays 10 00 to noon	Robin Acland 01768 779672
Literature 2	1st Fridays 10.00-12.00	Katharine Cooke 01931 712429 kallycooke@gmail.com
Local History	2 nd Wednesdays 10.00	Lydia Gray lydiachapel@gmail.com
Lunch Group	Last Fridays 12.30	Sandra Barton 01768 840410
Motorcycling	Fortnightly Fridays April to October (weather permitting)	Kevin Lodge 07914 679507
Nordic Walking	events to be advised	Roger Burgin 01768 894107
Philosophy	1st Thursdays 2.00-4.00	Alan Green 07812 059575
Photography	meeting times to be decided	Alan Beale 07414 656268
Play Reading	4th Tuesdays 2.00-4.30	Peter Bowles 01768 881222
Pottery 1	Tuesdays 10.00-1.00	David Neale 0752 129 5454
Pottery 2	Tuesdays 1.00-4.00	Anna Bartrum 07876 572836
Reckless	Monday mornings	Margaret Bancroft
Recorders	10.00 -12.00 fortnightly The Quaker Meeting House	b1952@btinternet.com 07855 662068
Science Discussion	2nd Thursdays 2.00-4.00	Roger Leech 07841378121
Sketching 1	1st Thurs 2.00-4.30	Rosemary Koch-Osborne 01768 881274 Diana Smith 01768 862196
Sketching 2	1st Tuesdays 2.00 to 4.30	Steve Atkinson 07989 565023 Steve_atkinson@hotmail.com
Scrabble	1st Tuesdays 2.00-4.00	Mary Lund 01768 428312
Spanish	every Tuesday 10.30 -12 noon	Maggie Neale 01768 868123 Joy Davies 07521 754003
Table Tennis	Tuesdays - 2.00-4.00 Thursdays - 2.00-4.00	Denise Walker 01768 865096 Alan Beale 07414 656268
Wine tasting	2nd Fridays 3.00-5.00 October to April	Peter Edwards 07957866856
George hotel		wineofcourse@pm.me
Writing for Pleasure	Last Wednesdays 2.00	Angela Power 07811084500
WALKING GROUPS		
Short Walks	2nd and 4th Thursdays in the month	10am David Miller 07810521479 djtmiller@icloud.com
Moderate Walks	2nd & 4th Weds	Brian Hodgson Dak195955@gmail.com
Fell Walking	Second Tuesday	John Day johnday100@gmail.com

FOR GROUPS JUST GETTING ESTABLISHED

Tba.= To be advised

16 JULY 2026: U3A VISIT TO LEVENS HALL AND FARFIELD MILL

The visit will take place on **Thursday, 16 July** leaving the bus station in Penrith at **9 am** promptly. We will travel to **Levens Hall** where we will have the opportunity of joining a guided tour of the house at 10 am before the house opens to the general public. There will then be time to explore the house more thoroughly and also see its renowned gardens with their famous topiary work dating back to Jacobean times. There is a café which you may like to visit as well or if you prefer you may bring your own picnic lunch.

Next, we will be driven to **Farfield Mill** near Sedbergh. This is an old textile mill now housing work by a range of artists and craftspeople who exhibit their work and also run workshops. When we visit several new exhibitions will be taking place. Entry to Farfield is free. Members of our group have been invited to take up the option of having refreshments in the café on arrival. They are offering a hot drink and a tray-bake for £6.50.

We will leave Penrith at 9 am and are aiming to be back in Penrith by 5 pm.

2026 U3A VISIT TO LEVENS HALL AND FARFIELD MILL

Name/s.....

Phone number and/or email

Charges: £11 per person for the coach.....

Entry to Levens Hall with guided tour: £15

Optional refreshments at Farfield: £6.50.....

Total payment.....

Signed

Please return your form to reach Sue Tomlinson a.s.a.p. and by July 2 at the latest.

To book a place, please send your details and any payment by cheque or cash to **Sue Tomlinson, 3 Brunswick Square, Penrith CA11 7LL** or email: sca.tomlinson@gmail.com. If possible, please pay by **BACS** to: **Penrith and North Lakes U3A**; Sort Code **40-36-10**; Account number: **11559117**; Reference: **2026 visit**. Otherwise, you may pay by cash or write a cheque to Penrith and North Lakes U3A.

Levens Hall



Farfield Mill exhibit

