

JANUARY

u3a Sale

Newsletter

January 2026

Welcome to the January 2026 Newsletter

Happy New Year to all our members and welcome to our first newsletter for 2026! We have a good programme of events planned for the coming year.

We sometimes forget that we are part of the very extensive u3a family. In the UK there are over 1,000 u3a groups with some 400,000 members. In this newsletter there are links to some of the activities of the [u3a NW Region](#).

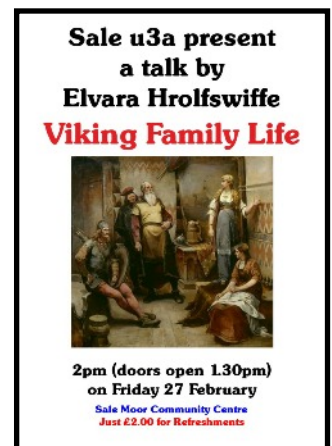
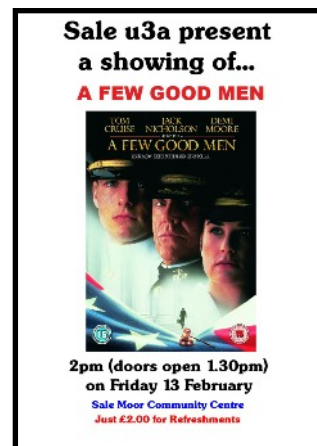
Chair – Carole Barley

Friday Talks and Film Shows

Our general meetings are always popular. Most months we have a film on the second Friday and a talk on the fourth Friday.

On 13th February our film will be “A Few Good Men”, starring Tom Cruise, Jack Nicholson and Demi Moore.

On 27th February Elvara Hrolswiffe will talk about “Viking Family Life”.



U3A Radio Podcasts

The u3a have a series of audio podcasts.

A few months ago we had a talk about the danger of scammers. This podcast is from November but is relevant as we hear about the battle against scammers. Are we destined to always be one step behind them? And music brings people together – have you ever wondered what really makes a great song so memorable? November is a month of remembrance of the two World Wars so let's also remember women munitions workers who risked their lives & well-being for the war effort.

Hear the podcast by clicking [here](#).

U3A North West Region Summer School

The NW Region Summer School will be held at Manchester Metropolitan University from 11th to 14th August 2026. Click here for [Booking details and application form](#).

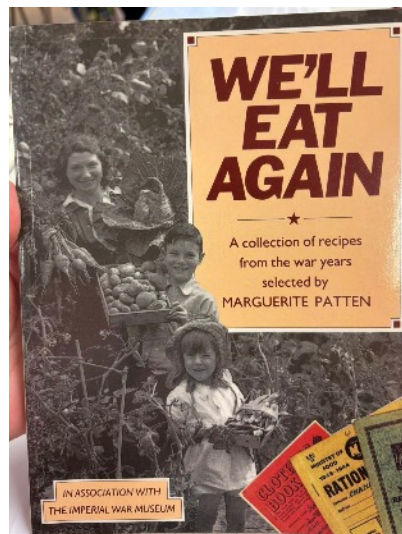
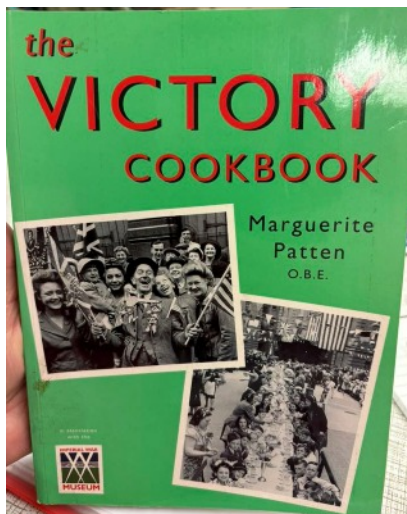
If you are interested, please book quickly as places are soon booked up.

Sale u3a website <https://sale.u3asite.uk>

Sale u3a Facebook <https://www.facebook.com/groups/saleu3a>

Family History And Local Studies Group

Great meeting of the Family History and Local Studies group recently. We discussed a variety of aspects of how recipes (and smells) spark memories of homes and families through our lived experiences. Members shared recipes handed down from grandmothers and mothers (mostly) and brought examples of books and pamphlets used daily by family members. Some are ready to be handed on to the next generation to keep these recipes "alive". A broader chat about tools, food storage and how and where food was bought included the Corona man, fish van, milk man and rag and bone man (with horse and cart) were mentioned as we talked about access to food stuffs and what we learned from our parents. War time rationing affect how we ate. I confess I was not convinced by the idea of powered canned egg or some of the shell fish options suggested. A very enjoyable session. Everyone is welcome to attend our group so do contact secretary.u3asale@outlook.com to find more about what we are covering in the coming months. [Kathryn](#)



Egyptology Group

The Egyptology group had a little party just before Christmas with food including humus, dates, grapes, and baklava as well as mead and mince pies. We played a game to test our knowledge of ancient Egyptian culture and belief. It was fun discussing what we know about the creation story, the family tree of the gods and the nature of the quest for immortality, amongst other things. The discussions were prompted by cards showing various Egyptian images. Brilliantly planned by two members of the group. After all this, some of us then went to Bolton for our final hieroglyphics session and practised trying to read a lintel created for an overseer of works called Hatyi. I think we need a lot more practice

There is always room for new members at our Egyptology group. Why not pop along? No knowledge required. **Meetings are once a month, in the Sale Moor Community Centre, Lesser Hall on the third Tuesday 9.45 to 11.45am.**

