

u3a JULY VISIT, 21 July 2022: SUNBEAMS TRUST AND LOWTHER

Our first visit on 21 July is to the **Sunbeams Trust** by the kind invitation of Annie Mawson. This is situated at Redhills, just off the A66 between the Travelodge and Rheged, at CA11 0DT. We will meet there at 10.30 am to hear about the Sunbeams Music Trust and to see round its award-winning building. Annie Mawson is the Founder and Chief Executive of Sunbeams Trust, an organisation set up in 1992 to promote the healing power of music.

Annie's project developed so successfully that new premises were needed. The new building began as a university thesis project for Annie's nephew, Will Mawson, who was studying the charity for his final year project at Newcastle. He planned a purpose-built home for the Sunbeams Music Trust to offer music therapy to people with disabilities. His ensuing building has an ambitious design, executed with great craftsmanship and a degree of homeliness to create a very welcoming environment.

In the afternoon we are planning to visit the farmland around **Lowther** Castle to see something of the conservation work being introduced on the estate, as described by Jim Bliss in his excellent talk to u3a members in April. Please meet in the courtyard at 2 pm for this part of the visit.

Members may choose to go on either or both parts of this outing. Transport will not be provided as it is a very local visit. We hope the members will be prepared to offer lifts and to share cars. Light refreshments will be provided at the Sunbeams Trust. Lunch can be taken at Rheged, at Askham, at the café at Lowther Castle, or members may prefer to bring their own picnic.

U3A SUMMER EVENT, Thursday 21 July 2022, SUNBEAMS TRUST AND LOWTHER

The latest date for booking is **Sunday, 10 July**. There is a limit on the number of places available, so please book in good time. Please return forms to Sue Tomlinson at 3 Brunswick Square, Penrith, CA11 7LL or e-mail the form to her. For further information, please ring Sue on 01768 865622 or e-mail her on sca.tomlinson@gmail.com

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Name:Address:

Phone contact: E-mail address:
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Number of places required: (a) Sunbeams Trust..... (b) Lowther.....

I AM AWARE THAT THE VISIT TO LOWTHER WILL NOT BE SUITABLE FOR THOSE WITH REDUCED MOBILITY Please tick to indicate you have read this

Signed: Date: