

Bramhall



THE UNIVERSITY OF THE THIRD AGE

Newsletter

Issue 3

June 2010

Chairman's message

Summer is here at last and those of us who went to the Harrogate Flower Show will soon be enjoying our purchases as they take root and grow.

Growing is something we continue to do as a U3A with over 370 people now fully paid-up members and still people are requesting application forms. The committee met with the Cheadle Hulme U3A committee to discuss how we can develop together. We both agreed that our monthly meetings could only accommodate our own members but that the groups of both U3As would be open to each others membership so you will find contact details of all the groups in this news-sheet. More new groups have started up, so please check if you are still looking for a group. How about joining the Bramhall U3A Singers? Christine Hollingsworth has all the details. Thirty people turned up to the first meeting. We had lots of fun and are hoping to be able to sing at the December meeting. As with all choirs, more men would be welcome.

Michael Hollingsworth has been co-opted as External Relations secretary and he will be liaising with the local authority, GP practices, schools etc to see how we can support our community.

Diane Bright and Helen Webster have agreed to organise our Charity stall. Two charities were suggested – St Anne's Hospice and Wellspring. Money raised from the stall will be divided between the two. We will also collect tins and packets of food for Wellspring which can be used to provide hot meals for the clients, many of whom are homeless. Please bring items to sell – jam, cakes, books, cards etc.

Some of our members have transport problems due to disability. Can you help? Could you let your group co-ordinator and Kay Witham know if you are willing to give someone a lift. I attended the AGM of the NW region which included a fascinating lecture by Dr Pang on the reconstruction of faces from skulls found in archaeological digs. The Regional Committee will be putting out a questionnaire in the autumn to ascertain how the region can best support local groups. John Ellison, the NW trustee for the TAT (Third Age Trust), will present us with our certificate at the June meeting.

Dorothy M Chesterman
Chairman

Dates for your diary are on the website diary page

Your Committee

Chairman	Dorothy Chesterman
Vice-chairman/secretary	Joy Armstrong
Treasurer	Alistair Gardner
Groups co-ordinators	Sue Bosworth Joyce Street
Membership secretary	Kay Witham
Speakers secretary	Jane Hind
External Relations Secretary	Michael Hollingsworth

Phone numbers are on the print newsletter, emails are on the website

**Other members: Sandra Millard, Gordon Jackson,
Renee Emmott, Judith Fell, Christine Hollingsworth
Web designer: Rae Mulliner. Newsletter editor: Peter Levy**

Flying high

The dining group has grown to 60 members from an initial take-up of about 20, with the next two meetings on Wednesday July 21 and Tuesday August 17. The picture on the right shows members enjoying a night out at Wings in Cheadle Hulme. The group were due to meet again two days ago at The Bridge in Prestbury when bookings had been taken for 27.



Members who attended our monthly meetings in April and May were rewarded by contrasting but very informative and entertaining speakers.

May's talk, entitled All Cakes and Ale, gave us a very interesting illustrated tours round the pub signs of England, courtesy of Ann Metcalf and Don Roach.

In April, Dr A McMinn of Ormskirk U3A, demonstrated just how far a U3A group could go with an inspirational address. Ormskirk have over 2,000 members and a high-quality all-colour newsletter.

Our membership is growing, our chairman has always stressed the role we can play in he community and now Michael Hollingsworth has joined the committee as External Relations secretary to further that purpose. He has set out his initial aims below.

The U3A branch should be outward looking as well as serving its members. To that end I have been asked to be External Relations secretary. My first role is to publicise the U3A by posting notices (e.g. the Library) and writing articles for local magazines. My second role is to form links with local organizations (such as local authorities, local health services, police and educational services). From these links I will inform members of volunteering opportunities and also determine how these organizations may benefit U3A members. If you have some good ideas, then please speak to me at the monthly meetings.

A good example of an opportunity to volunteer is with the local charity Communicare. Elderly or infirm people need help to travel to places such as hospitals, health and local centres. There is an urgent need for volunteer car drivers who are asked to give their time on times and dates convenient to them. Telephonists are also needed to be available at home for one or to days a month to take incoming calls and organize lifts. Expenses are reimbursed for both drivers and telephonists. To find out more, speak to Renée Emmott at our monthly meetings

Michael Hollingsworth External Relations secretary

Theatre and Outings

Christine Hollingsworth, Judith Fell and/or Renée Emmott will be available at the monthly meetings to give further information about the venues and take bookings. If you are unable to attend the meetings, please ask a friend to either book or obtain details for you. Coach travel is included in the price.

Walking Schedule June 23-August 25

Date	Description	Contact	Venue
Thur July 1	Short, 5mls, easy/mod	Sue Barker	Nelson Pit/Lyme Park
Thur July 8	Long, 7mls, mod/stren	Bob Dumbarton	Shutlingsoe
Wed July 28	Short, 4mls, easy/mod	Peter Wood	Styperson Park/ Middlewood Way
Thur Aug 5	Short, 4mls, easy	Anita Gregory	Styal
Thur Aug 2	Long, 8mls, mod/stren	Peter Jacques	Whaley Bridge/ Brownstones
Wed Aug 25	Short, 4.5 mls, easy	Bob Dumbarton	Prestbury/Whiteley Gree

Our List of groups is always being amended, with additions as well as subtractions. The emphasis this month seems to be on the mind and body with Pilates and Life Coaching to the fore. The group details on pages 5-6 also encompass the interests and activities Cheadle Hulme has to offer.

Life Coaching

Life Coaching is a way of looking at your life in order to bring power into every area. It is seeing what is positive in you as a person and building on your strengths to lift your self-esteem and produce new confidence.

In every part of your life you can increase the power you have to change the situation to one that makes you the best you can be. Look at the different areas of your life:

Your body and mind – health, spirituality and personality
Your retirement – social life, time and money
Your family - relatives, friends, relationships

Life Coaching is usually done on a one-to-one basis for an expensive fee. These sessions will enable you to be your own life coach for ever, for free!

If you are interested, please contact Janet Owens

Pilates, Stretch and Relax

The course of six structured and progressive sessions aim to provide the following:
Increased spinal mobility – a strong healthy back needs to be flexible and strong enough to deal with the strain of everyday living

Stronger core – strengthening the deep internal abdominal muscles will provide additional support to the back, improve balance, thus reducing the risk of falls, and build inner control

Better posture – raising awareness of good posture can help reduce general wear and tear on the back and may reduce reliance on painkillers for minor back problems

Increased flexibility – effective and targeted stretching will help lengthen and relax muscles and also provide ideas for improved warm-up before, and cool-down after, other daily activities and interests

Relaxation – valuable ‘me time’ reduces stress and enable evaluation of techniques learned during your workout

If you want to become stronger from the inside, improve posture and flexibility and generally make yourself better able to deal with daily challenges then book now.

Course of six structured lessons £36 Monday June 28 – August 2 11.30-12.30 The Village Club, Lumb Lane, Bramhall

Contact Susan Bosworth Groups Co-ordinator or Wendy Litchfield (instructor)

■ **We are always looking to expand our interests. We have a member who could lead a Norwegian group for those interested in holidays in that country, and another woman member who could lead groups on Literacy and Art. Another new member would like to convey the Joy of Classical Greek. He is also a Badminton coach.**

Contact Groups Co-ordinator Sue Bosworth (telephone number above) for more details.

■ *The cycling group has decided to go out every Tuesday. There are cyclists of all abilities, and each month we are trying to have at least one short easy ride that anybody can undertake, and one fairly long one. Our numbers are very low, so we are seeking more members of any standard. So far, all our outings have involved finding somewhere for lunch, and we intend that to be an integral part of our rides.*

Co-ordinators are Ann Green and George Ellis.

More photos and news of groups will be on the website shortly

Register . . . Register . . . Register . . .

Interest	Co-ordinator	Meeting dates
Archaeology	Berry Tomlinson	To be arranged
Art	Peter Richardson	Alt Mondays 1-4pm
Bridge	Chris Kiernan	In abeyance
Book group A	Rachael Mulliner	3 rd Monday 2pm
Book group B	Dudley Newell	4 th Thursday
Choir	Chris Hollingsworth	Alt Mons 10am-noon
Church history	Dorothy Chesterman	Alt Weds 10am-noon
Computer/software	Gordon Jackson	Alt Tuesdays 2pm
Cycling	Ann Green	Tuesdays
Digital Photography	Harry Bosworth	Sessions to resume in September, Monday afternoons
Dining	Janet McMurray/Joy Armstrong	Monthly, Tuesdays or Wednesdays
Discussion group A	Dina Levy	4 th Monday 2pm
Discussion group B	Pat Wright	3 rd Friday 2pm
Family History A	Diane Bright	Tuesdays 2pm
Family History B	Mary Hambleton	Wednesdays 2-4pm
Family History C	Brian Turner	Tuesdays
Film & discussion	Pamela Roth	4 th Wednesday 10.30am
French	Geoff Hunt	
Gardening	Ron Butler	Thursdays 2pm
German beginners	Jean Cox	
German advanced	Evelyn Ingram	
History	Tom Fanning	
Italian	Helen Webster	Tuesdays 10.30am
Knitting	Mary Flynn	1 st Tuesday 2pm
Mapping Bramhall	Val Murray	3 rd Monday 2pm
Life Coaching	Janet Owens	To be arranged
Classical music Gp 1	Ken Mulliner	1 st Wednesday
Classical music Gp 2	Ken Mulliner	2 nd Wednesday
Music (for leisure)	Joanne Haigh	3 rd Friday 10.30am
Personal Image	Catherine Jones	Thursdays am 10-12
Poetry	Jean Budd	3 rd Monday 2pm
Pub Quiz	Sheila Porter	Evenings
Recorder	Mabel James	Mon; 2pm beginners, 3pm advanced
Scottish country dance	Sheila Bruce-Smith	Sept 10, 24; Oct 8, 22; Nov 5, 19; Dec 3, 17 1.30-3pm
Spanish	Gaye Huddart	Mondays 10-11.30am
Swimming	Jo Crichley	Mondays 6:45pm, Thursdays 9:30am Hazel Grove Pool
Theatre/outings	Renee Emmott, Judith Fell Chris Hollingsworth	See full details on Diary page
Walking	Bob Dumbarton	See full details P3
Yoga	Katy Bhogal	Fridays 10-11am June 18-30 inc (except July 9) Lumb Lane

■ The newsletter is available at all monthly meetings, as is the U3A magazine. It is published every other month, with the next edition due out in August. Group Co-ordinators can take extra copies to distribute at their meetings while any members with friends not at the monthly meetings are urged to take a copy for them. The newsletter is also available on our website, www.bramhallu3a.org.uk



The dining group having a night out at the Pinewood Hotel in Handforth. Take an example from them and send your pictures in to the newsletter editor at newsletter@bramhallu3a.org.uk as well as sending your photos to our web editor Rae Mulliner

CHEADLE HULME U3A GROUPS

Interest	Co-ordinator	Day
Art Appreciation	Derek Moffitt	3 rd Thursday 2pm
Board Games	Margaret Bohl	Contact Co-ordinator
Book Discussion	Bernadette Murray-Robb	1 st Tuesday 9.45am
Bridge 1	Margaret Ross	2 nd /4 th Thursdays 2pm
Bridge 2	Margaret Ross	2 nd /4 th Tuesdays 1.30pm
Computer	George Rogers	Contact Co-ordinator
Country dancing	Ros Wade	1 st /3 rd Fridays 2pm
Crafts	Lynn Audley	Contact Co-ordinator
Discussion 1	Peter Hopkins	2 nd Friday pm
Discussion 2	Robert Hollingworth	3 rd Tuesday pm
Evening Dining 1	Walter Fitzpatrick	3 rd Thursday
Evening Dining 2	Bernadette Murray/Robb & Sylvia Pullan	2 nd Wednesday
Events	Shirley Cawthra	Contact Co-ordinator
Family History	Gillian Rowe	Contact Co-ordinator
French Study	Margaret Crowther	1 st /3 rd Mondays 10.30am
French Conversation	Dorothy Hollingworth	1 st /3 rd Mondays 10.30am
German (Basic)	Alison Davids & Jean Cox	Contact Co-ordinators
German	Evelyn Ingram	4 th Wednesday pm
Italian	Pat Clayton	2 nd /4 th Mondays pm
Music Making	Gwyneth Pailin	2 nd /4 th Thursdays pm
Music Appreciation	Joanne Haigh & Derek Moffitt	3 rd Monday pm
Play Reading	Patricia Kenny	3 rd Tuesday 2pm
Poetry Discussion	Alice Rawlinson	1 st Monday pm
Singing	Pat Vermes	2 nd /4 th Wednesdays 2pm
Spanish	Hilary Lightfoot	2 nd /4 th Tuesdays pm
Sunday Lunch	Bernadette Murray/Robb & Sylvia Pullan	Last Sunday each month
Technology	Ian Reid	1 st Tuesday 2pm
Walking	Patricia Kenny	2 nd Wednesday
Walking (7-10 miles)	John Anderton	3 rd Wednesday