

Bramhall



THE UNIVERSITY OF THE THIRD AGE

Newsletter

Issue 4

August 2010

Signed, sealed and delivered



North West Third Age trustee John Ellison (second right) presents our chairman Dorothy Chesterman with our charter at the June meeting. Also pictured (from left), Peter Levy, Alistair Gardner, Joy Armstrong and Michael Hollingsworth

Chairman's message

A few weeks ago I was in the village of Oberammergau in Bavaria to watch the world famous Passion Play which is performed every 10 years in thanksgiving for the village being delivered from the Black Death in 1633.

It was an excellent production by a cast of villagers. Some 4,500 people come to watch each performance which runs from May to October. The organisation of accommodation, providing meals between the two acts and ensuring everyone is cared for is fantastic and an example of what can be done when people pull together. A lesson for the Big Society the government is proposing.

Communication in so many languages doesn't throw them and I heard one lady switch from German to English to French to Spanish while waiting to be served. Communication is a challenge to us as at Bramhall U3A now we have over 400 members and the newly formed Communications Team have already met to review how we can best let you all know what is happening. Alistair Gardner is chairing the team and any problems or suggestions should be directed to him. Charlie Barker has taken over the management of the website and Susan Bosworth will be ensuring the group information is put on.

Peter Levy our news sheet editor will welcome any items, articles and photographs, you would like to submit and Michael Hollingsworth will be keeping in touch with external groups. Rachel Mulliner did not feel able to serve on this team and we thank her for her hard work in getting the website off the ground.

If you haven't already let us have your email address could you please do so and please let us know if you change it, as hopefully this should be a key in keeping you informed. Please be patient with the team as they develop different ways of keeping in touch. As the autumn approaches, groups will be resuming after the summer break – if you can't find what you want – let us know and we will try our best to get it started.

Dorothy M Chesterman

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
Theatre/Outings Co-ordinators	Judith Fell Christine Hollingsworth
External Relations secretary	Michael Hollingsworth
Newsletter Editor	Peter Levy
Website	Charlie Barker

Dates for your diary

September 16	Superstitions	Raymond Rush
October 21	Library Services	Linda Huddart & Joy Guest
November 18	Av Roe and Woodford	Kevin Whitaker
December 9	Christmas party	
January 20 2011	I Was An Alien	Rosemarie Sumira

■All meetings at St Michael's Church, Robins Lane Bramhall 2pm (doors open at 1.30pm). Please have your membership cards and £1 admission fee with you.

■Congratulations to Tom and Mary Fanning who celebrate their Ruby Wedding this month

Group Updates

Theatre and Outings



An outing to Powis Castle was enjoyed, as you can see above, by 48 U3A members on June 24. Members marvelled at the beautiful terraced gardens and took a tour round the castle. It proved to be an ideal venue for a lovely sunny day. The outing to Saltaire and East Riddlesden Hall on July 28 was also a great success with a full coach-load of 55 U3A members..

Autumn Programme

Christine Hollingsworth and Judith Fell will be available at the monthly meetings to give further information about future 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. The booking forms are available on the Theatre & Outings page of the website at <http://www.bramhallu3a.org.uk> where you can download and complete the forms and email to outings@bramhallu3a.org.uk.

Event date	Event	Price
Friday October 15	Lichfield and the National Memorial Arboretum	£13.00
Friday November 12	The World of Glass and Bents Garden Centre	£20.50
Saturday December 18	Hallé Carol Concert	£28.50

Walking Group; Itinerary for the next two months

Walk Type	Leader	Location	Length	Grade
Aug 25 Short	Tony Sharples (contact Bob)	Prestbury/Whiteley Green	4.5 miles	Easy
Sept 2 Short	To be arranged			
Sept 9 Long	Peter Rhodes	Teggs Nose	5 miles	Mod
Sept 22 Short	Gillian Rowe	New Mills	4.5 miles	Easy
Oct 7 Short	Bob Dumbarton	Styal	4 miles	Easy
Oct 14 Long	Tony Sharples	Shakerley Mere	6.5 miles	Easy
Oct 27 Short	Peter Wood	Goyt Valley	4.5 miles	Easy

U3A Art Group

The Art Group has been running since February 2010 and after the summer break will continue on Monday 13th September. The group meets at the Scout Hut on Fir Road on alternate Mondays at 1pm until 3pm and the cost is £5 per head per session which includes tea/coffee and biscuits. The group is open to all levels of ability, but absolute beginners are particularly welcome. All materials required are provided initially and tuition/guidance given as needed. Contact Peter Richardson, Group Coordinator.

Personal Image course Less than happy with the way you look? Limited money to spend on clothes? Been wearing the same lipstick for years? Always end up in black because it's safe?

A Personal Image Course will show you how to leave your old ways behind and introduce simple changes that will make you feel like a new woman. By choosing colours and shapes that suit you and by wearing your clothes the right way, you will be amazed by how much your confidence will grow and how many compliments you will receive!

With advice ranging from how to apply eye shadow to which hairstyle will suit you best, what accessories will complement your look and the right eyewear for your face, it couldn't be easier to feel confident and look great.



Catherine Jones is presented with a bouquet by Maureen Carroll after a very successful personal image course.

The next personal image course can begin on Tuesday November 16, for five weeks.

Beginners' Bridge It is proposed to start a series of beginners' bridge lessons on Friday mornings at 10am, starting on October 22. These are intended for absolute beginners and will start with the very basics. It will however assume that you know that there are 52 cards in a pack - you do now, even if you didn't know before reading this! There will inevitably be some formal teaching with hand-out notes, but as much as possible of the learning will be by actual play with guidance as needed. My hope and expectation is that the group will reach a sufficient standard later in the winter to enable it to be opened up to players with some knowledge of the game, and so become a bridge club within Bramhall U3A. Our meeting place would ideally be at the Village Club, Lumb Lane. or in private houses if numbers are insufficient to justify the cost of room hire. If we are able to book the Village Club room, the cost would depend on the numbers, but would not be more than £18 to cover the nine weeks up to Christmas, less if more people sign up. Contact: Rodney Inglesfield

Pilates, stretch and relax The current course has proved successful so we are offering it again after the summer break. This course is six structured and progressive sessions. Start date:- Monday September 20, 11.30am-12.30. Venue: The Village Club, Lumb Lane Bramhall

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! Places are limited so contact Susan Bosworth Groups Co-ordinator or Wendy Litchfield (Instructor)

Digital Photography Sessions Two groups, one for beginners, one for more advanced members, finished at the end of June. It is the intention to start new sessions in September, when over a period of eight weeks, there will be two practical photography trips about four weeks apart when members will be encouraged to make full use of the facilities on their cameras, the remaining sessions being devoted to learning techniques to correct common faults such as underexposure, lack of sharpness, poor composition etc. There will also be advice given on printing problems, special effects, and creating black and white images. Members will be encouraged to bring any problem images to meetings for discussion and rectification Harry Bosworth

New Badminton Group Fun, friends and gentle fitness – that’s badminton. No experience or expertise is necessary. Equipment is provided for beginners. All you need to bring is comfortable clothing and suitable sports shoes. The cost is 50p per person plus hire of venue. Playing tips are available, if required, from a former coach. Contact Chris Wild

New Classical Greek group There are two possibilities: 1). Joys of Classical Greece; 2). Christendom before Christians. Both groups are for those interested in history, language, literature, music, poetry, theatre – actually all art and some science subjects. No prior knowledge is required. Ideally the television set is a focal point for visual and audio presentations. From there we follow a typically Stoic uninhibited, free-flowing discussion anywhere the mood takes us. Ancient sources and modern scholarship dissipate the mists of antiquity to reveal the joys of ancient classics. Contact Chris Wild

Services and volunteering Part of my remit as External Relations secretary is to inform members of local services and volunteering opportunities that might be of interest. **FLAG** (For Local Advice and Guidance) is a new body that operates as a one-stop shop for advice on adult health and social care services in Stockport. They can be contacted by phone (474-1042), the web (stockportflag.org.uk), at their office (39 Chestergate) or their drop-in sessions at Centrepont, Bramhall 11am – 1pm on the third Thursday of the month.

LINK is a watchdog seeking views of the public on the health and social services in the area and passing them on to the Primary Care Trust, hospitals, local authorities, etc. They collect views and evidence by feedback forms, focus groups and questionnaires and conduct visits of care homes. They seek people to volunteer to be on their committees investigating issues, e.g. quality of discharge procedures from hospital. Contact LINK by phone (477-8479), via the web (stockportlink.co.uk) or at their office (45 Middle Hillgate). Would you like to volunteer but don’t know what is available, then use the **Volunteer Centre** where they will match your skills and interests with opportunities in the area. Contact them by phone (477-0246), via the web (stockportcvs.org.uk) or at their office (8-16 Lower Hillgate). Alternatively you can log on to the national website do-it.org.uk and match your skills and interests with local organisations. Michael Hollingsworth

■The newsletter is available at monthly meetings, as is the U3A magazine. It is published every other month, with the next edition due out in October. 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 Other useful web addresses: chairman@bramhallu3a.org.uk; communications@bramhallu3a.org.uk; groups@bramhallu3a.org.uk; enquiries@bramhallu3a.org.uk; outings@bramhallu3a.org.uk; newsletter@bramhallu3a.org.uk

■**Wellspring.** A Russian choir is to perform on October 30 at Cheadle Hulme Methodist Church, and in December Gordon Burns of Granada Television is to present “The Spirit of Christmas” at the Plaza in Stockport. Our chairman Dorothy has received a letter of thanks for our last donation

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

Interest	Co-ordinator	Meeting dates
Archaeology	Berry Tomlinson	To be arranged
Art	Peter Richardson	Alt Mondays 1-4pm
Badminton	Chris Wild	To be arranged
Beginners Bridge	Rodney Inglesfield	Fridays
Book group A	Rachel Mulliner	3 rd Monday 2pm
Book group B	Dudley Newell	4 th Thursday
Classical Greek	Chris Wild	To be arranged
*Choir	Chris Hollingsworth	Alt Tues 10am-noon Start date Sept 14
Church history	Dorothy Chesterman	Alt Weds 10am-noon
Computer/software	Gordon Jackson	Alt Tuesdays 2pm
Cycling	Ann Green	To be arranged
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	Tuesdays 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	
Theatre/outings	Renee Emmott Judith Fell Chris Hollingsworth	See full details P3
Walking	Bob Dumbarton	See full details P3

***The autumn meetings of the Choir group will now be on alternate Tuesdays at 10am at the United Reform Church. The first meeting will be on September 14**