

August 2012

Bramhall



Notes from the chair

I hope you've all enjoyed the Olympics and shared in the excitement as our young Olympians have competed for the cherished medals.

I wonder if we were to have a Bramhall U3A Olympics what would we include?

Well, we have cycling and swimming, table tennis and bowling, then there's walking and pilates for a start. Just a few activities which enable us to keep fit.

Mike Hollingsworth is contributing to a university study into the role of U3As in

the well-being of retired people. The recent BBC series of Over 65s showed that keeping active physically, mentally and spiritually was the key a good retirement. Another study says people who volunteer are much healthier than those who don't.

Our organisation gives opportunities for members to join in a wide range of activities. As we start back after a summer break in many groups, I hope you will find something new to try and enjoy the ones you are already involved in.

Dorothy M Chesterman
Chairman

History Study Day

This event on Friday October 5 at Cheadle Hulme Methodist Church is proving very popular but there is still time to book a place.

The speakers are Dr Brigitta Hoffmann 'The End of Roman Britain' and Mr Alan Stevenson 'Arthur—Myth or Legend?' The cost is £15 (including lunch and coffee). Registration forms are available on the Bramhall U3A website or by contacting Dorothy Chesterman.

Put on your dancing shoes

A new group 'Learn to dance for Christmas' is under consideration.

Members present at today's meeting can sign up at the front or contact David Armstrong to express an interest. If there is sufficient demand, the group would meet monthly, starting in September.

Dates for your diary

September 20 Sean Swallow Garden Design

October 18 Eric Newton Life and Times of a Busker

November 15 Keith Warrender Underground Manchester

December 6 Christmas Party

January 17 Josephine Gosling Amazing History Walks

February 21 AGM

March 21 Keith Vigurs Mystery Shopper

All meetings are at St Michael's Church, St Michael's Avenue, Bramhall. Doors open 1.30pm for 2pm. Admission £1 for members.

■ **The Group has an archivist, Meg Rowell. She will work with the communications team.**

Theatre and Outings

The November Outing to BBC Media City goes on sale this month.

We have booked all 3 tours meaning 60 places are available. The tours last 1½ hours and start at 10.30am, 12.30pm and 3.00pm.

Other attractions within a few minutes walk are the Lowry, Lowry Shopping Outlet and the Imperial War Museum North. Some transport is available.

The cost of some events includes transport, driver's tip and tickets. These events can be booked at monthly meetings and via the U3A website

(<http://www.bramhallu3a.org.uk/>). An online booking form has been developed making it easier to book via the website.

Members enjoyed our trip to the very interesting and beautiful White Marble Church and Llandudno. Some visited the Great Orme and Copper Mine whilst others enjoyed the seaside and the shops.

Event date	Event	Price
Fri Sep 14	Saltaire	£13
Fri Oct 19	Cromford Mill and Hardwick Hall	£14 NT member £24 Non NT
Wed Oct 24	42nd Street, Palace Theatre (matinee)	£39
Tue Nov 27	BBC Media City UK tour	£6.75 for tour Optional coach journey £3 each
Thur Jan 10	One Man, Two Guvnors, Lowry Theatre (matinee)*	£33

The event marked with a * is full but you can apply to go on the waiting list.

LOST PROPERTY

A pair of black gloves was found on the coach after the Llandudno trip. Contact Judith Fell or Chris Hollingsworth.

Group news: Computer course update

We are hoping to run some more computer courses from September and after asking what people wanted, we have decided on the following:

1. Introduction to Digital Photo Processing – Downloading photos from your camera to your computer; sorting into folders; loading the free program Picasa; using Picasa to crop, lighten, straighten and manipulate photos.

The course will be run over four sessions in members' houses in groups of around six. This is not a course for absolute beginners to computers although you may not know much about any of the above. You will also have your own

laptop and an email address which you use regularly. Cost is likely to be £5 to cover printing of notes.

2. Word Processing – Another four-session course on writing articles and letters using a word processor to be run at Queensgate School in Bramhall.

You will have your own computer with a word processor program installed although you do not need to bring it to the school as we use their facilities. Cost is likely to be £10 to cover printing and hire of the school.

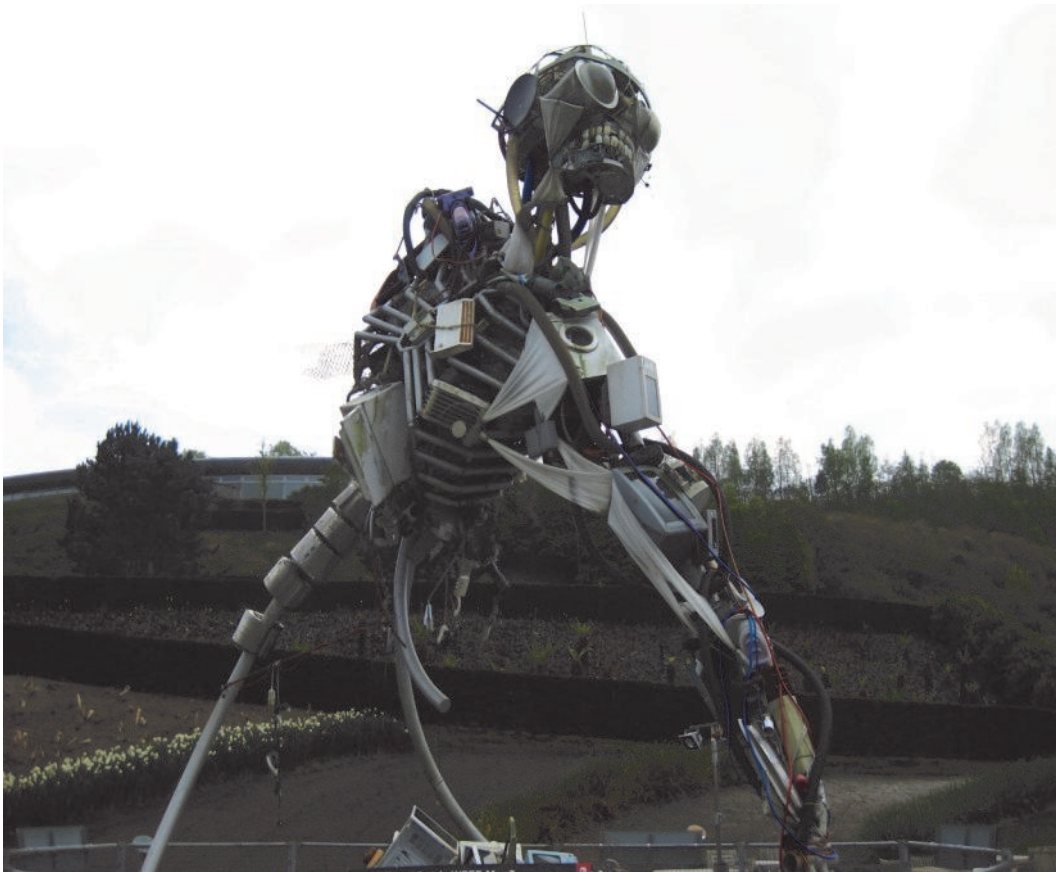
3. Using Skype – Equipment needed; loading and connecting to Skype; logging on and

contacting other Skype users. Skype is a telephone system that uses Broadband technology as a telephone system so that you can talk to other Skype users anywhere in the world for free.

This is envisaged as a one-off course to be run in members' houses. Cost is likely to be £2 to cover printing.

You must have a laptop with Wi-Fi capability and a Broadband connection at home.

If you are interested in any of these courses (some people have already signed up at the recent Jubilee party) please contact Charlie Barker at cejbarker@gmail.com



This U3A veteran member (Robotic section) was pictured during the group's highly successful holiday in Cornwall.

Contact

Chairman	Dorothy Chesterman
Vice-chairman/secretary	Joyce Armstrong
Treasurer	Alistair Gardner
Groups co-ordinator	David Armstrong
Membership secretary	Kay Witham
Speakers secretary	Jane Hind
External Relations secretary	Mike Hollingsworth

Community News: Patient Education courses

Stockport NHS runs two group courses to help people manage long-term illnesses. One course is called Diabetes X-Pert and helps people with Type 2 diabetes, whether newly diagnosed or who have had the condition for a while.

The other course is called Expert Patient Programme and is to help anyone living with a long-term health condition to manage their symptoms better and feel more in control of their life. The courses are free and are run in various venues across Stockport. Each course runs for 2.5 hours each week for 6 weeks. For further information on the Diabetes XPert course, contact 0161-426-5576. For further information on the Expert Patient Programme, contact 0161 426 9366.

Further details at <http://www.stockporthealth.nwest.nhs.uk/patients-and-services/healthy-living>

New courses are starting in September, but ring now for an application form to get on the waiting list.

WALKING GROUP NEWS
All the Autumn outings

Thursday
September 13
Lyme Park
6 miles; mod
(NT card; bring snack)
Jane Asterley

Wednesday
September 26
Wildboardclough
5 miles; mod
Bob Dumbarton

Thursday
October 11
Prestbury
4 miles; easy
Anne Wynn

Wednesday
October 24
Whaley Bridge
6 miles; mod
Mike Hayward

Thursday
November 8
TBA
Rodney Inglesfield

Wednesday
November 28
Brabyns Pk/Marple
5.5 miles; easy
Mike Hawkin

Bramhall U3A Interest groups

Interest	Co-ordinator	Meeting dates
Archaeology	Peter Levy	Outings usually on Fridays
Art	Peter Richardson	Alt Mondays 1-3pm
Beginners Bridge	Rodney Inglesfield	Wednesdays 10am-noon
Bridge improvers	Rodney Inglesfield	Wednesdays 10am-noon
Bird Watching	Diana Oldfield	Monthly; to be arranged
Book group	Dudley Newell	4th Thursday
Card making	Dorothy Chesterman	Alt Mondays
Choir	Chris Hollingsworth	2nd and 4th Tues 10am-noon
Church history	Dorothy Chesterman	Alt Weds 10am-noon
Computers	Charlie Barker	Tuesdays Jan 10-31 4-5.45pm
Creative writing	Keith Wright	Monthly—2nd Weds
Crown green bowling	Ann Smith	Mondays 10am
Cycling	Ann Green	Tuesdays
Digital Photography	Harry Bosworth	Mondays 2- 4pm
Dining	Janet McMurray	Monthly - Tuesday or
Dining	+Joy Armstrong	Wednesday evenings
Discussion group A	Dina Levy	4th Monday 2pm
Discussion group B	Pat Wright	3rd Friday 2pm
Embroidery	Dorothy Chesterman	2nd Thursday 10am -12noon
Family History A	Diane Bright	Tuesdays 2pm
Family History B	Mary Hambleton	Wednesdays 2 - 4pm
Family History C	Brian Turner	First Thursday 1-3pm
Film & discussion	Pamela Roth	4th Wednesday 10.30am
French	Kay Witham	Alternate Mondays 2pm
Gardening	Ron Butler	Thursdays 2pm
German beginners	Alison Davids	2nd and 4th Tuesdays
German advanced	Evelyn Ingram	
History	Tom Fanning	Alt Thurs 10 -12
Italian	Helen Webster	Alt Tuesdays 10am
Knitting	Mary Flynn	1st Tuesday 2pm
Mapping Bramhall	Val Murray	3rd Monday 2pm
Music (for leisure)	Joanne Haigh	3rd Friday 10.30am
Norwegian	Joan Mobbs	Tuesdays 10.30am
Personal Image	Catherine Jones	Thursdays 10am-noon
Pilates	Sue Bosworth	Mon 11.30-12.30 + Thurs 10-11
Poetry	Jean Budd	2nd Monday 2pm
Pub Quiz	Sheila Porter	Sunday evenings
Scottish country dance	Sheila Bruce-Smith	Alt Fridays 1.30-3. Mar 9, 23 & 30, April 13 + 27
Science for All	Mike Hollingsworth	4th Tuesday 2-4
Scrabble	Val Barker	2nd Monday
Spanish	Gaye Huddart	Tuesdays 10-11.30am
Spanish (beginners)	Diana Blaney	Thursdays 2-4pm
Swimming	Jo Critchley	Mon 7pm; Thur 9.30am at Hazel Grove pool
Table Tennis	Liz Pennington	1st + 2nd Wed and 4th Monday 10.30 -11.30
Walking	Bob Dumbarton	See newsletters and website
Theatre/outings	Judith Fell	See newsletters
	Chris Hollingsworth	and
	Val Graham	website
Holidays	Peter Rhodes	See newsletters and website