

Our membership is now 650.

There are over 40 interest groups available to you.

October 2012

Bramhall

www.bramhallu3a.org.uk



Bramhall U3A on the town in London

Notes from the chair...

We are now 3 years old and our membership currently stands at 650 - far above our expectations when we set out, expecting 60 people to join!!.

We are already planning our AGM in February and there will be 2 vacancies on the committee. If you feel this is something you could do, please contact me. We meet once a month and meetings are always good-humoured.

The NE Cheshire Network held its first study day this month when 50 members studied the History of Britain in Arthurian times. We hope we can plan more study days in the future.

If you would like to suggest topics and/or know of any exceptional speakers we could invite, please contact the committee. We have a joint network committee in November so it would be good to go with some suggestions.

Dorothy M Chesterman

U3A Holiday April 2013 Bookings Now Being Taken

The Booking Form for the 2013 holiday is now available. Full details are on the U3A website. The 6-day Isle of Man Heritage Tour will take place between 25 and 30 April 2013.

BRAMHALL U3A now has an archivist, Meg Rowell. She will be working with the communications team. If you have anything, relating to our organisation, that you feel ought to be archived, please contact Alistair Gardner.

Community news

Researchers at Manchester University

are investigating the factors that determine the vulnerability and resilience of older people to developing depression. They need volunteers who are currently healthy who may or may not have had depression in the past.

Further information can be found on the Community Information page of the Bramhall U3A website.

<http://www.bramhallu3a.org.uk/other/community.html>
or contact Mike Hollingsworth, External Relations secretary.

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

Dates for Your Dairy

- 15th November**
Keith Warrender
Underground
Manchester
 - 6 December** 
Christmas Party
 - 2013**
 - 17 January**
Josephine Gosling
Amazing History walks
 - 21 February**
AGM (No speaker)
 - 21 March**
Keith Vigurs
Mystery Shopper
- Bramhall U3A meetings**
St Michael's Church,
Bramhall.
Every 3rd Thursday
1.30pm for 2pm.
Members Admission - £1

Group news

NEW BADMINTON GROUP - If you would be interested in joining a Badminton group please contact Dorothy Chesterman

NEW LINE DANCING GROUP. Help needed - There are a number of people who would be very interested in joining a line dancing group, but who are not able to lead it. If you feel that you could lead this group, please contact Dorothy Chesterman.

NEW WHIST GROUP - There have been a number of requests to form a whist group. Would you be able to run this? If so, please contact Dorothy Chesterman.

NEW CANASTA GROUP - There are a number of members interested and so there could be two sessions each month, one on Thursday evening and the other a daytime session. If you are interested call Sue Young

PILATES

Your last chance for Pilates Stretch and Relax in 2012.
FINAL COURSES START 5 NOVEMBER.

Did you know that many of the Olympic competitors include Pilates/Core Training as part of their fitness regime??

This includes men as well as women! What more incentive do you need to join us?

The planning for the final Pilates Stretch & Relax courses of 2012 will commence soon. All courses start week commencing 5 November, either Monday 5 or Thursday 8

- There will be 4 sessions each week:
- Monday 10.15 to 11.15 - Improvers
 - Monday 11.30 to 12.30 - Intermediate /Advanced
 - Thursday 10.00 to 11.00 - Intermediate
 - Thursday 11.15 to 12.15 - Beginners

All previous participants and those who have attended Pilates classes in the past are welcome to return (subject to the usual Health Questionnaire) on Mondays at 10.15 and 11.30 and Thursdays at 10.00.

Thursday 11.15 is reserved for Beginners/limited experience and people new to Pilates.

The Computer group is running 3 courses, 1. Digital Photo Processing, 2. Word processing, 3. Using SKYPE. Please look at the Computer Group page on the website for more information or contact Charlie Barker at cejbarker@gmail.com

Scottish Country Dancing is looking for new members, no experience required.

Walking Group

Wed. Oct. 24
Whaley Bridge
6m; mod
Mike Hayward

Thurs. Nov. 8
Edale
4.5; easy
Rodney Inglesfield

Wed. Nov. 28
Brabyns park/Marple
5.5; easy
Mike Hawkin

December
No walks

Please note: The December meeting and Christmas Party are on the first Thursday of the month and not the third.

Theatre, Visits and Outings



Congregational Church, Saltaire



Tower Bridge, London

SALTAIRE: We had a glance at an industrial setting of a bygone age, Victorian philanthropy as long as you played by the rules. It was an interesting and informative day out.

WEEKEND IN LONDON: The sun shone. Big Ben gleamed and we were all impressed by the stunning Houses of Parliament and Buckingham Palace. With an excellent guide, we visited Westfield Centre to view the Olympic park before driving around it. He gave us a whistle stop tour of the London sights. We even crossed the Thames on the new Emirates cable car, from which we had a bird's eye view of the Dome. We packed it all in and came home exhausted.

Event date	Event	Price
Wednesday 24 October	42nd Street, Palace Theatre (matinee)*	£39
2013		
Thursday 10 January	One Man, Two Guvnors, Lowry Theatre (matinee) *	£33
Monday 28 January	BBC Media City tour	£6.75
Tuesday 19 February	BBC Media City Tour	£6.75
Wednesday 17 April	The Full Monty, Lowry Theatre (matinee)	£31

Due to demand for BBC Media City tours, we have booked a further two dates (80 places). Those people on the waiting list for the November 27th tours will be offered first choice. The tours last 1½ hours and start at 10.30am and 12.30pm. Transport will not be provided.

The stage production of The Full Monty at the Lowry will feature songs from the film and is prior to going to the West End.

*Both events marked are full but you can apply to go on the waiting list. The costs include transport (except for the BBC Media City tours), driver's tip and tickets. Events can be booked at monthly meetings and via the U3A website (<http://www.bramhallu3a.org.uk/>).

Bramhall **U3A** Interest groups

Group	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
Bird Watching	Diana Oldfield	Monthly; to be arranged
Book group	Dudley Newell	4th Thursday
Bridge improvers	Rodney Inglesfield	Wednesdays 10am-noon
Canasta group	Sue Young	Thursday eve + daytime session
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	<i>t.b.a.</i>
Creative writing	Keith Wright	2nd Wednesday 2pm
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	Wednesdays 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
History	Tom Fanning	Alt Thurs 10 -12
Italian	Helen Webster	Alt Thursdays 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	Lynn Whyte	2nd Monday 2pm
Pub Quiz	Sheila Porter	4th Sunday 8.30pm
Scottish country dance	Sheila Bruce-Smith	Alt Fridays 1.30 - 3.
Science for All	Mike Hollingsworth	4th Tuesday 2 - 4
Scrabble	Val Barker	2nd Monday 2 - 4.30
Spanish	Gaye Huddart	Tuesdays 10-11.30am
Spanish (beginners)	Diana Blaney	Thursdays 2-4pm
Swimming	Jo Critchley	Mon 7pm; Thurs 9.30am
Table Tennis	Liz Pennington	at Hazel Grove pool
		1st + 2nd Wed and 4th Mon
		10.30 - 12.00
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