

Happy New Year 2013

January Bramhall

www.bramhallu3a.org.uk

U3A



Christmas party 2012

Notes from the chair...

Happy New Year! Most groups are now in full swing after the Christmas holiday and we can look forward to an interesting programme of outings over the summer months. If you haven't renewed your membership already, please let Kay Witham have your subscription as soon as possible.

Over recent weeks, the book 'Terror in the Arctic', an authentic story of life in the Arctic towns during the war, has been circulating the Norwegian group. The author, Bjarnhild Tulloch, who was a 5-year-old child in Kirkenes on the Russian border when the Germans invaded in 1940, was encouraged by her grandchildren to put her experiences down on paper. In her late 70s, this, her first book, is making film-makers interested. It is never too late to start to write - want to have a try? Then why not come along to the Creative Writing group and have a go. Keith Wright, our leader, gives us guidelines and we surprise ourselves with what we develop from one liners.

New groups are starting up: canasta, badminton and line-dancing have been added to our list this term. If you have an interest you'd like to share with others, please talk to David Armstrong or Anne Smith and they will help you get started.

Dorothy M Chesterman - Chairman

Membership forms should be returned by January 31st and should include payment of £10 per member, plus a stamped addressed envelope, if posted.

Kay Witham

Third Age Matters' magazine.

Bulk delivery of 'Third Age Matters' magazine will cease from April 2013. U3A members will still be able to receive the 5 issues of the magazine, sent direct to your home, for the year commencing April 2013. For approx. £2.10 per year, you will receive 5 issues of 'Third Age Matters' plus the educational supplement, 'Sources'.

Please contact Kay Witham for your application form which should be returned by 28th February 2013. Bramhall U3A will cover the shortfall of 10p for 2013.

Your Committee apologise for this inconvenience, which has arisen through developments outside our control.

Group Holiday to the Isle of Man: 25th April to 30th April 2013

Places are still available for this holiday. Please see the website for details. For those who have already paid a deposit, the final payment is due on or before 1st March 2013. Participants will be contacted individually with the balance due.

Peter Rhodes

Chairman
Vice-chairman/secretary
Treasurer
Groups co-ordinator
Membership secretary
Speakers secretary
External Relations secretary

Dorothy Chesterman
Joy Armstrong
Alistair Gardner
David Armstrong
Kay Witham
Jane Hind
Mike Hollingsworth

Dates for Your Dairy

21 February
A.G.M. + Talk about the Memory Course

21 March
Mystery Shopper
Keith Vigurs

18 April
Albania Land of Contrasts
Sue Young

16 May
My Life as a Tiller Girl
Carol Ward

20 June
That Certain Age
Gay Rhodes

Bramhall U3A meetings are held monthly at: St Michael's Church.
Every 3rd Thursday, 1.30pm for 2pm. Members Admission - £1.

Group news ...

Potential New Group

A **WHIST** group is being set up. If you are interested, please email groups@bramhallu3a.org.uk with group's name as the subject.

Walking Group - Hopefully I will see many of you on our walks during this year. I still need walk leaders particularly for the second half of the year, so please let me know if you would like to volunteer.

Bob Dumbarton

German - Did you do 'O Level' German or similar and would you like to revise your knowledge and take it further? Our German Intermediate class is what you are looking for. If you are interested please email groups@bramhallu3a.org.uk with German as the subject.

Open Groups are open to all members of the **North East Cheshire Network**, of which we are a part. All of our other activities are only available to members of Bramhall U3A. Open groups from other North East Cheshire Network members are also available to Bramhall U3A members. For further details go to www.bramhallu3a.org.uk, click on Groups and follow the link.

Community news ...

There is a **Community Information** page on the Bramhall U3A website: www.bramhallu3a.org.uk/other/community.

The aim is to produce short articles on local and national topics of relevance to members. The 23 articles are organized into financial, general, health, legal, local services and research categories.

Recently added topics are "Cold weather – how to protect your health" and "Healthy Stockport – a website by NHS Stockport giving advice on healthy living and wellbeing".

U3A Summer School

The NW Region of U3A has organized a residential Summer School for 27 -30 August 2013 to be held near Penrith. There are 7 courses (Archeology, Energy, UK Cinema, Geology, Creative Writing, "The Romantic Movement [Poets]", Painting).

For further information go to: www.bramhallu3a.org.uk/other/otherevents

Rise to the Challenge Roadshow

The Roadshow, organized by NHS Stockport and Stockport MBC, will give advice on money matters, healthier living, leisure activities, Stockport MBC services, volunteering, etc. It is on Wednesday 6th March 1.00-3.30 in Centrepont, Bramhall Methodist Church. Bramhall U3A will have a stall at this Roadshow.

For further information, including paper copies on any of the above, contact Mike Hollingsworth .

Walking Group

Thurs 14 Feb
Marple Bridge
4miles, easy
Marjory Davies

Wed 27 Feb
Macclesfield Forest
4.5miles, mod
Bob Dumbarton

Thurs 14 March
TBA
Ray Lee

Wed 27 March
Buxton
6 miles, mod
Mike Hayward

Thurs 11 April
TBA
Rob Knowles

Wed 24 April
Brabyns Park, Marple
5.5miles, easy
Mike Hawkin

Bramhall U3A Memory Course - The course has been designed especially for later life learners in informal adult learning situations. It explains how our memory works, aims to reduce anxiety about memory problems and enables people to change their lifestyle behaviour and so prevent or reduce the risk of developing dementia. It is also practical and fun! Small groups of 12 people only as each session is interactive.

There will be a short presentation about the course after the AGM on February 21.

Each course runs for 2 hours, one morning a week for 4 weeks.

****You MUST be able to commit to all 4 sessions.****

1st course 4, 11, 18 & 25 APRIL 2013 -Thursday morning 10-12am.

2nd course 4, 11, 18 & 25 NOVEMBER 2013 - Monday morning 10-12am.

3rd course JANUARY 2014, Dates to be confirmed.

4th course APRIL 2014.

If you are interested, come and listen to the presentation after the AGM and fill in your form, stating your preferred dates, and hand it in immediately. **But**, if you can't be there then either go onto the Bramhall U3A website (after 21 Feb.) and click onto Memory Course where you will find the application form to print off, which you can return by post **or** if you have no internet or access to printing, then phone 439.3672 and leave your name and address. I will send an application form to you by post.

Four online courses for U3A members, organised by the **Third Age Trust**, will be available from 20 January, at a cost of just £5 per course. For further details go to www.onlinecourses.u3a.org.uk

Theatre, Visits and Outings ...

Event date	Event	Price
Wed 20 Feb	Priscilla Queen of the Desert Opera House (matinee)	£37
Wed 27 Feb	Underground Manchester tour	£7
Mon 18 March	Oswaldtwistle Mills with tour	£22
Wed 17 April	The Full Monty Lowry Theatre (matinee)	£31
Fri to Sun 23-25 Aug	Edinburgh & the Edinburgh Royal Military Tattoo	£272 £40 single supp
Mon 2 Dec	War Horse , Lowry Theatre (evening)	£50



BBC Media City, Salford, November tour



We are starting off the New Year with a varied programme of events. In January and February there will be **Media City Tours** (waiting list), which fascinated those people who went in November. Also in February we have an **Underground Manchester** tour of the tunnels around Deansgate. Numbers are very limited (30) so book early for this one.

February also sees a theatre visit to **Priscilla Queen of the Desert**. March brings the Bobbin Package at **Oswaldtwistle Mills**, where refreshments/lunch and a guided tour of the Moorland Highlights are all included in the price and, of course, there is the shopping.

Two more theatre visits are also on sale: **The Full Monty** and **War Horse**. The stage production of The Full Monty at the Lowry will feature songs from the film, prior to going to the West End.

August 23-25 Edinburgh and Royal Military Tattoo - After the success of the London trip in 2012, this year we are off to Edinburgh. A 2-night stay, Friday-Sunday, will include a seat at the Royal Edinburgh Military Tattoo (as seen on TV), Palace of Holyrood House, Royal Yacht Britannia, a guided coach tour of Edinburgh and a visit to Dumfries House on the way home. A busy and varied 3 days.

The costs include transport, driver's tip and tickets. Events can be booked at monthly meetings and via the U3A website, www.bramhallu3a.org.uk. The dates of several future outings, for which bookings are not being yet taken, are posted on the website under Dates for your Diary.

Bramhall **U3A** Interest groups

Group

Archaeology
 Art
Badminton
 Beginners Bridge
Bird Watching
 Book group
Bridge improvers
 Canasta group
Card making
 Choir
Church history
 Computers
Creative writing
 Crown green bowling
Cycling
 Digital Photography
Dining
 Dining
Discussion group A
 Discussion group B
Embroidery
 Family History A
Family History B
 Family History C
Film & discussion
 French
Gardening
 German - Intermediate
History
 Italian
Knitting
 Line Dancing
Mapping Bramhall
 Music (for leisure)
Norwegian
 Personal Image
Pilates
 Poetry
Pub Quiz
 Scottish country dance
Science for All
 Scrabble
Spanish
 Spanish (beginners)
Swimming

 Table Tennis

Walking
 Theatre/outings

Holidays

Cordinator

Peter Levy
 Peter Richardson
Jenny Gibson
 Rodney Inglesfield
Diana Oldfield
 Dudley Newell
Rodney Inglesfield
 Sue Young
Dorothy Chesterman
 Chris Hollingsworth
Dorothy Chesterman
 Charlie Barker
Keith Wright
 Ann Smith
Ann Green
 Harry Bosworth
Janet McMurray
 Joy Armstrong
Dina Levy
 Pat Wright
Dorothy Chesterman
 Diane Bright
Mary Hambleton
 Brian Turner
Pamela Roth
 Kay Witham
Ron Butler
 Alison Davids
Tom Fanning
 Helen Webster
Mary Flynn
 Chris Chapman
Val Murray
 Joanne Haigh
Joan Mobbs
 Catherine Jones
Sue Bosworth
 Lynn Whyte
Sheila Porter
 Sheila Bruce-Smith
Mike Hollingsworth
 Val Barker
Gaye Huddart
 Diana Blaney
Jo Critchley

 Liz Pennington

Bob Dumbarton
 Judith Fell
 Chris Hollingsworth
 Val Graham
Peter Rhodes

Meeting dates

Outings usually on Fridays
 Alt Mondays 1-3pm
Tuesday 2-4pm
 Wednesdays 10am-noon
Monthly; to be arranged
 4th Thursday
Wednesdays 10am-noon
 Thursday eve + daytime session
Alt Mondays
 2nd and 4th Tues 10am-noon
Alt Weds 10am-noon
t.b.a.
2nd Wednesday 2pm
 Mondays 10am
Tuesdays
 Mondays 2 - 4pm
Monthly - Tuesday or
 Wednesday evenings
4th Monday 2pm
 3rd Friday 2pm
2nd Thursday 10am -12noon
 Wednesdays 2pm
Wednesdays 2 - 4pm
 First Thursday 1-3pm
4th Wednesday 10.30am
 Alternate Mondays 2pm
Thursday 2pm
 2nd and 4th Tuesdays
Alt Thurs 10 -12
 Alt Thursdays 10am
1st Tuesday 2pm
 Wednesday 1.30-3pm
3rd Monday 2pm
 3rd Friday 10.30am
Tuesdays 10.30am
 Thursdays 10am-noon
Mon 11.30-12.30 + Thurs 10-11
 2nd Monday 2pm
4th Sunday 8.30pm
 Alt Fridays 1.30 - 3.
4th Tuesday 2 - 4
 2nd Monday 2 - 4.30
Tuesdays 10-11.30am
 Thursdays 2-4pm
Mon 7pm; Thurs 9.30am
 at Hazel Grove pool
 1st + 2nd Wed and 4th Mon
 10.30 - 12.00
See newsletters and website
 See newsletters
 and
 website
See newsletters and website