



## Notes from the chair

Dear All

Happy New Year!! I hope this coming year will bring you all you hope for.

Since sending out the renewal forms and requests for nominations for the AGM, Liz Pennington and Jenny Richmond have decided to stand down from the committee. We are therefore looking for 2 new people to join the committee. One person will work with Chris and Val organising the theatre trips and outings - they need someone who is happy handling the financial side of this so if you are comfortable with accounts please have a word with Chris or Val for more information. Alistair is looking for someone who could shadow him with the main accounts - this could be the same person or could be the other person we are looking for to help David and Ann with the Groups organisation. Part of that role will be develop one off courses or short specialized courses - please contact Alistair or myself if you feel this is something you can do.

I made representation on your behalf over the closing of the supermarket in the precinct. I'm pleased to be able to tell you that Sainsbury's will be taking it over the beginning of February. The precinct owners would be interested in knowing what shops we would like to see there. Don't forget to renew your membership - this must be paid by 31 March 2014.

**Dorothy M Chesterman**  
Chairman

### One Off Courses

The Committee would like to develop more one off courses. For example First Aid, Flower Arranging etc. We are looking for suggestions and help in running and organising these events. Please let us know if you can assist in anyway by contacting [groups@bramhallu3a.org.uk](mailto:groups@bramhallu3a.org.uk) subject heading One off Courses.

## Thank you to Bramhall U3A members.

Thanks to the generosity and hard work of our members in 2013, we were able to donate £363.27 to St Anne's Hospice, whose work is so valuable to our community. Special mention must be given to the Knitting Group who contributed £91.50 to this handsome sum. We also supported The Wellspring with donations of £58.50 from the Card-making Group and £115 collected at the Christmas Party. These last two donations, delivered immediately before Christmas, were greeted most gratefully, as the project managers there were obviously expecting a greater than usual need of help at this sensitive time. Regular donations of food and toiletries have also been taken to the centre, which provides support to the disadvantaged and needy of Stockport, as well as the homeless. Occasional gifts of good warm clothing were also received with thanks as the colder weather arrived.

While 'The Wellspring' are most grateful for all contributions to their food stocks, they find the following items the most useful:

**Disposable razors, any tinned meats,  
instant coffee & sugar**

### U3A, NW Region - Summer School 2014

This residential Summer School will be held near Penrith from 26th-29th August 2014. Topics are: Archaeology, Geology, Creative writing, History of Ideas, Design Principles in Art Colour, Digital Photography and A Musical Journey - from Renaissance to Romanticism. Full board cost is £300 with a discount of £40 if you pay your deposit before 31st January.

### Walking

The new Walks Programme for January to April is now available. (see next page). New walk leaders are needed for later in the year so please get in touch with the Group Co-ordinator with a date and start location so that we can continue to enjoy our sociable and healthy walks throughout the year.

**Chairman**  
**Vice-chairman/secretary**  
**Treasurer**  
**Groups organisers**

**Membership secretary**  
**Speakers secretary**  
**External Relations secretary**

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

## Dates for Your Dairy

**20 February 2014**  
**A.G.M.**

**Followed by:**  
A Tribute to Joyce Grenfell  
*Doreen Firth*

**20 March 2014**  
Talking Newspaper  
*Vincent Knowles*

## Walking Group

**Thurs 13 Feb**  
**Romiley**  
5 miles. Easy.  
Mike Hawkin

**Wed 26 Feb**  
**Kerridge**  
5.5 miles. Mod.  
Bob Dumbarton

**Thurs 13 Mar**  
**Disley**  
6 miles. Easy/Mod.  
Peter Jaques

**Wed 26 Mar.**  
**Tatton Park**  
4 miles. Easy.  
Pam Rhodes

**Thurs 10 April**  
**Nelson Pit**  
TBA.  
Marjorie Davies

**Wed 23 April**  
**TBA**  
5/6 miles. Mod.  
Liz Pennington

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

## Groups

### Humour group

Is 'laughter is the best medicine'? Is that true? Are you interested in joining a proposed Bramhall U3a Humour Group? Discussions are currently taking place and more information should be available shortly. If you would like to join, contact [groups@bramhallu3a.org.uk](mailto:groups@bramhallu3a.org.uk) subject heading Humour Group.

### Dog Walking

This will be a small group and the walk will be moderate lasting approx 1.5 hours. Suggestions for destinations would be welcomed (avoiding sheep/cattle!). We usually meet the 2nd Sunday each month (weather permitting). We welcome non dog owners to join our walks!

### Computer Group

**New Course** starts Thursday 30 Jan 2014. To register your interest and for further information please check the Website or contact [groups@bramhallu3a.org.uk](mailto:groups@bramhallu3a.org.uk)

### Scottish Country Dancing - Dates for 2014

24 Jan, 14 + 28 Feb., 14 + 28 March, 11 + 25 April. If you would like to join, contact [groups@bramhallu3a.org.uk](mailto:groups@bramhallu3a.org.uk) subject Scottish country dancing.

### Pilates Stretch and Relax

Due to the success of the current Beginners session there has been no spare capacity for new people to join. It might be possible to add an additional session time slot from next March if enough people express an interest. **This would be on Monday morning at 09.00 at Bramhall Village Club from early March 2014** If you would like to try Pilates, or if you have already enquired and been added to the Waiting List, then please indicate if you want to attend at the potential new time slot by contacting [groups@bramhallu3a.org.uk](mailto:groups@bramhallu3a.org.uk) with 'New Pilates 2014' as the subject.

### Proposed Photography Group

We have been asked to form a Photography Group. We need someone who would undertake the running and organisation of the group, so any photographers or budding photographers who would be interested organising it or just being part of it, please email [groups@bramhallu3s.co.uk](mailto:groups@bramhallu3s.co.uk) subject heading Photography Group

### Bird Watching

There is now a list of forth coming outings on the bird watching group page; new members are welcome. Please see Groups Index page for details or contact [groups@bramhallu3a.org.uk](mailto:groups@bramhallu3a.org.uk)

### Creative Writing

This group urgently needs new members and is to be opened to allow members of U3a groups in our area Network to attend. This matter will be raised at the Network meeting in November but in the meantime please contact [groups@bramhallu3a.org.uk](mailto:groups@bramhallu3a.org.uk) subject "Creative Writing" for further details about the group.

# Community

## Rapid change in the Arctic: What does it mean to you?

by **Professor Terry Callaghan**,  
Nobel prize winner.

This talk will be given at 2pm on Tuesday 28th January in St, Michael's Church Hall.

Cost is £2, including refreshments. Entrance is by ticket only, which are available at this meeting.

Enquiries to [groups@bramhallu3a.org.uk](mailto:groups@bramhallu3a.org.uk), with subject to read "Science for All".

For further details see *Mike Hollingsworth*.

**The Silverline** is a new confidential free helpline for older people offering information, advice and friendship. You can call them just for someone to talk to.

Their *freephone* number is **0800 4 70 80 90** and their website is <http://www.thesilverline.org.uk/>.

A **Researcher at Manchester Metropolitan University** is seeking healthy volunteers for a study into walking to compare with people with diabetes. He is trying to understand why people with diabetes may have difficulties with walking and other everyday tasks.

For information on these topics or on other Community Information matters go to: [www.bramhallu3a.org.uk/other/community.html](http://www.bramhallu3a.org.uk/other/community.html) or contact Mike Hollingsworth.

## Theatre, Visits and Outings

105 people enjoyed the trip to Xmas at Chatsworth. The sun shone, the decorated house was delightful – a good time was had by all. A pair of black gloves were left on Coach 1 and an umbrella left on Coach 2. Please ring Christine or Val.

Date	New Events BOOK NOW	Price
Tue 21 Jan	<b>Tour of John Rylands Library &amp; afternoon tea at Hilton Beetham Tower</b>	£26
Wed 29 Jan	<b>Tour of John Rylands Library &amp; afternoon tea at Hilton Beetham Tower</b>	£26
Wed 19 Mar	<b>The Mousetrap</b> , Lowry Theatre (matinee)	£32
Fri 21 Mar	<b>Boundary Mill &amp; Canal Cruise</b>	£24
Wed 3 to Fri 5 Sept	<b>Oxford</b> Churchills, Colleges & Codebreakers	£225 (£50 single supplement)
Sun 12 Oct	Riverdance, Opera House (matinee)	£41.50

Our programme for January to March is proving popular so an additional date has been added for the John Rylands Library tour (29 January). The Mousetrap and Riverdance have been booked for our theatre trips later this year. Now on sale is our 3 day (2 night) trip to Oxford (Churchills, Colleges and Codebreakers) visiting Blenheim Palace, Oxford and Bletchley Park.

**We are looking for an additional person to join our Theatre & Outings team.** If you are interested, please contact Christine Hollingsworth or Val Graham or email [outings@bramhallu3a.org.uk](mailto:outings@bramhallu3a.org.uk).

Date	Full but with waiting list	Price
Mon 10 Feb	Tour of Manchester Town Hall plus option of afternoon tea**	£15 (tour + tea), £4 (tour only)
Wed 22 Jan	Tonight's the Night, Palace Theatre (matinee)**	£34

### Bramhall U3A Holiday - May 2014

**There is one room left for the holiday to Southern Ireland in May 2014.** This may be used as a single, twin or double as required. Details of the holiday and a booking form may be found on the website. Members who have already paid their deposit, the balance is required by the 10<sup>th</sup> March.

*Peter Rhodes*

The events marked with \*\* are full but you can apply to go on the waiting list. The costs for all outings include transport, driver's tip and tickets. Events can be booked at monthly meetings and via our website [www.bramhallu3a.org.uk/](http://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*.

#### Cancellation and Guest policies

**A full refund** will only be made if a booking is cancelled by telephone within 2 days of the booking being made.  
**A refund of transport costs** will be made if there is a sufficient number of members on the trip to cover transport costs.  
**A refund of ticket costs** can only be made where either the ticket has not yet been purchased, e.g. National Trust properties, or the ticket is sold to another member.  
**Guest policy** – Non-members can come on an outing as the guest of a member on one occasion only.

# Bramhall **U3A** Interest groups

## Group

Archaeology  
**Art**  
 Badminton  
**Bird Watching**  
  
 Book group  
**Bridge - Improvers**  
 Canasta group  
**Card making**  
 Chess  
**Choir**  
 Church history  
**Computers**  
 Creative writing  
**Cribbage**  
 Crown green bowling  
**Cycling**  
 Dining  
 Dining  
**Discussion group A**  
 Discussion group B  
**Dog walking**  
 Embroidery  
**Essential Oils**  
 Family History A  
**Family History B**  
 Family History C  
**Film & discussion**  
 French  
**Gardening**  
 German Intermediate  
**History**  
  
 Italian improvers  
**Knitting**  
 Line Dancing  
**Mapping Bramhall**  
 Music for leisure  
**Norwegian**  
 Personal Image  
**Pilates**  
 Play reading Group  
**Poetry**  
 Pub Quiz  
**Science for All**  
 Scottish country dance  
**Scrabble**  
 Spanish Intermediate  
**Spanish Upper Intermediate**  
 Swimming  
**Table Tennis**  
  
 Walking  
**Wine Tasting**  
 Theatre/outings  
  
**Holidays**

## Coordinator

Peter Levy  
**Peter Richardson**  
 Douglas Moore  
**Diana Oldfield**  
**Paul Carter**  
 Dudley Newell  
**Ray Lee**  
 Sue Young  
**Dorothy Chesterman**  
 Arthur Mellor  
**Chris Hollingsworth**  
 Dorothy Chesterman  
**Michael lacey**  
 Keith Wright  
**Val Barker**  
 Ann Smith  
**Ann Green**  
 Janet McMurray  
 Joy Armstrong  
**Dina Levy**  
 Pat Wright  
**Ann Smith**  
 Dorothy Chesterman  
**Linda Vann**  
 Diane Bright  
**Mary Hambleton**  
 Brian Turner  
**Pamela Roth**  
 Kay Witham  
**Ron Butler**  
 Alison Davids  
**Angela Devaney**  
**Margaret France**  
 Helen Webster  
**Mary Flynn**  
 Chris Chapman  
**Val Murray**  
 Joanne Haigh  
**Joan Mobbs**  
 Catherine Jones  
**Wendy Litchfield**  
 Olga Hampson  
**Lynn Whyte**  
 Sheila Porter  
**Mike Hollingsworth**  
 Sheila Bruce-Smith  
**Val Barker**  
 Diana Blaney  
**Gaye Huddart**  
 Jo Critchley  
**Liz Pennington**  
  
 Bob Dumbarton  
**Jenny Richmond**  
 Chris Hollingsworth  
 Val Graham  
**Peter Rhodes**

## Meeting dates

Usually Fridays  
**Alt Mondays 1-3pm**  
 Tuesday 2-4pm  
**Usually 4th Wednesday @ 9.15 am (may change)**  
 4th Thursday  
**Wednesdays 10am-noon**  
 1st Thu @ 7pm + 3rd Mon @ 2pm  
**Alt. Mondays 2-4pm**  
 Alt. Tuesday mornings  
**1st & 3rd Mondays 9.30 - 11.30**  
 Alt. Weds 10am-noon  
**Please call for details**  
 2nd Wednesday 2pm  
**4th Thursday 7.30pm**  
 Mondays 10am  
**Tuesdays**  
 Monthly - Tuesday or Wednesday evenings  
**4th Monday 2pm**  
 3rd Friday 2pm  
**2nd Sunday - contact for details**  
 2nd Thursday 10am -12noon  
**2nd & 4th Thursday 2-4pm**  
 Wednesdays 2pm  
**Wednesdays 2 - 4pm**  
 First Thursday 1-3pm  
**4th Wednesday 10.30am**  
 Alternate Mondays 2pm  
**Thursday 2pm**  
 2nd and 4th Tuesdays 10.30am  
**Alt Thurs 10 - noon**  
**Alt Thurs 10 - noon**  
 Alt Thursdays 10am  
**1st Tuesday 2pm**  
 Wednesday 1.30-3.30pm  
**3rd Monday 2pm**  
 3rd Friday 10.30am  
**Tuesdays 10.30am**  
 Thursdays 10am-noon  
**See website for details**  
 1st Thursday 10am  
**2nd Monday 2pm**  
 4th Sunday 8.30pm  
**4th Tuesday 2 - 4pm**  
 Alt Fridays 1.30 - 3pm  
**2nd Monday 2 - 4.30**  
 Thursdays 2-4pm  
**Tuesdays 10-11.30am**  
 Thurs 9.30am - Hazel Grove pool  
**1st + 2nd Wed and 4th Mon 10.30 - 12.00**  
 See newsletter and website  
**Bi-monthly - contact for details**  
 See newsletters and website  
**See newsletters and website**