

Notes from the chair

Hello Everyone

I'm sure we've all been enjoying the hot weather recently, which is of course wonderful if you have nothing to do, but the high humidity can be a bit uncomfortable if you are trying to be active!

It was most sad to hear of the recent death of Neil Westerman. This lovely man had helped the Ukelele Group a great deal when they started up and was very kind. Our sincere sympathy and condolences go to Rosalyn and the family.

Our interest groups continue to educate, entertain and even attempt to keep us fit, in the best traditions of the U3A. It is good to see that two classes of the new Fitness and Flexibility Group commence in September. I'm sure they will be most popular and well attended. Also starting up in September is **Beginners' Bridge**, another group which will no doubt prove popular. It is also good news that the Gardening group is to continue, with the help of all those who are determined to follow in Ron Butler's footsteps. You will notice that the Table Tennis group have changed their days and times, and that the Humour group has finished for now.

Many of you will be interested in the Arts Study Day: 'Every Picture Tells a Story', which is to be held in October. Further information about this fascinating day is to be found on page two of this newsletter. This looks as if it could be an unmissable event.

Our very popular outings seem to have covered some wonderful gardens already, with their visits to Malvern and to Dunham Massey. More to come in August with the trip to Plas Newydd in Anglesey, where both house and grounds are real gems.

We're still looking for someone to share the business of running our charity fund-raising, as Helen is often unavailable during the summer months. Contact Helen or any Committee Member if you feel you could help out a little.

Groups

Beginners French

A Beginners' French group is now taking place on the first and third Thursdays of the month. It is held in the home of the group leader, a retired French teacher, where accommodation is limited and the group is full at present. The emphasis is on spoken French with various activities to give confidence and practice. Reading and writing in French are also encouraged as aids to memory and in order to lay a foundation of grammar.

Table Tennis

I'm changing the session days for table tennis, again! From August 2014, we will be meeting on the first three Wednesdays of every month, 10.30am-12noon. *Liz Pennington*

Dog walkers

The Dog Walking Group meet monthly, usually on the 2nd Sunday. We are a small group and welcome non dog owners who would like to join us for a fairly gentle afternoon stroll.

Please contact groups@bramhallu3a.org.uk

Beginners Bridge

This newly formed group will start on Tuesday 2pm on 23rd September; if you are interested and would like further details contact groups@bramhallu3a.org.uk

Pilates Stretch & Relax July/Aug courses start 21/24 July

John McEnroe is reported in the media to be doing Pilates for spinal mobility and core strengthening. If you want to try it then now is the ideal time There will be courses consisting of 5 sessions starting on Mon 21 July and Thurs 24 July. For those who have had previous experience of Pilates then there are a limited number of places available on the 4 classes - Monday 10.15 and 11.30 and Thursdays 10.00 and 11.15. See the Group Page for full details or contact Wendy Litchfield

Chairman
Vice-chair
Business Secretary
Treasurer
Groups organisers

Membership
Speakers
External Relations

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

The Wellspring

www.thewellspring.btck.co.uk
0161.477.6344



Our two nominated charities are St Annes Hospice and The Wellspring. Whilst the amazing work at St Annes Hospice is well known, the work of The Wellspring may be a bit more of a mystery.

The Wellspring is based in Stockport, on Harvey St, behind Robinsons brewery in the town centre. It is a resource centre for homeless and disadvantaged people in Stockport and provides all of its numerous services completely free of charge. It is totally dependent on financial donations from the general public, businesses, schools and churches.

In addition, donations of food, clothing, bedding and toiletries are always needed. It is open 365 days a year from 11.30am - 2pm and Monday to Thursday evenings from 6.30pm - 8pm.

The Wellspring actively engages with disadvantaged people, providing advice and support, as well as referrals into housing or supported accommodation. The Wellspring workers have Supported over 700 rough sleepers off the streets and into accommodation. They actively engage with people who are at risk of becoming homeless, therefore preventing homelessness from happening.

The Wellspring provides educational courses, including Maths and English, with many members gaining qualifications up to GCSE level as a result. They also run computer courses, art classes and other activities such as football, walking groups and gardening courses. Health services are available, including a drop-in service from a GP. Referrals to other specialist services, such as drug and alcohol teams are made frequently. Free food and drink is available 365 days a year. The Wellspring provides people who are sleeping rough with showers and clean clothing, as well as blankets and sleeping bags. One-to-one support planning sessions take place regularly. All Wellspring staff are qualified learning advisors and constantly signpost people into education.

Not everyone who attends The Wellspring is homeless, but 95% of the client group are people who would be at risk of becoming homeless. We aim to reduce considerably future homelessness in Stockport by engaging and providing services to this at-risk group. Prevention is so much better than cure.



Arts study day - Every Picture tells a Story

Thursday 9 October 2014, St Michaels Church Hall, Bramhall

This fascinating programme will look at how the visual image has evolved through the centuries. From the earliest cave paintings through to the development of projected visual entertainment, from its earliest forms in the C17th to the type of images we are all familiar with today.

To book Contact Dorothy Chesterman

4 dates for your diary

21 August
The Lady Policeman
Karen Corcoran

18 September
My nine lives
Characters from
Saxon times to WW2
Janet Bradshaw

16 October
Penguin Safari to
The Falklands
Peter Kirk

20 November
A Christmas Cracker
Michael Burgess

Walks ...

Wed 23 July
Prestbury
5-6 miles. Easy/Mod.
Tony Sharples

Thurs 14 Aug
Broadbottom
4.5 miles. Easy/Mod.
Bob Dumbarton

Wed 27 Aug
Leader Required

Thurs 11 Sept
TBA
Marjorie Davies

Wed 24 Sept
Chadkirk &
Peak Forest Canal
4 miles. Easy
Chris Stubbs

Thurs 9 Oct
Werneth Low
6 miles. Mod.
Mike Hawkin

The U3A story by Francis Beckett - An updated version is now available from the U3A online shop www.u3a.org. £1 (incl P&P)

Community

Healthcare in Greater Manchester, including Stockport, is set to undergo the largest transformation in the country. The aim is to reduce variations in the quality of care across Greater Manchester as it is believed that this will ultimately save more lives. The Healthier Together consultation on these changes will take place until 30th September. There will be a Listening Event in the Regis Suite, Alma Lodge Hotel, 149 Buxton Road, Stockport on Tuesday 12th August from 2-5pm. Further information, including a link to a consultation questionnaire, can be found on the U3A website at <http://www.bramhallu3a.org.uk/other/community.html> or by contacting Mike Hollingsworth.

Theatre and Outings

Date	Open for booking	Price
Fri 25 July	Yorkshire Sculpture Park & Nostell Priory (N.T.)	£13.50 (N.T. members) £20.50 (non-N.T. members)
Mon 18 Aug	Plas Newydd, Anglesey	£17 (N.T. members) £24.50 (non-N.T. members)
Wed 29 Oct	Blackpool Illuminations plus Fish & Chips supper	£16
Tues 6 Jan 2015	The Curious Incident of the Dog at the Night Time, Lowry theatre (evening)	£40
Tues 13 Jan 2015	One Man, Two Guvnors, Lowry theatre (evening)	£31

Date	Full but with a waiting list	Price
Wed 17 Sept	Jersey Boys, Palace theatre (matinee)**	£48
Sun 12 Oct	Riverdance, Opera House (matinee)**	£41.50

Our trip to Malvern Flower Show was a great success. On arrival we found we were in good company as the Princess Royal had also just arrived. It was a huge showground with show gardens, large indoor displays and many specialist plant producers.

The crowds had flocked to Dunham Massey to see the recreation of the Stamford WW1 Military Hospital. It was well done with plenty of information about injuries, how the men fared and an idea of the staff and conditions. On such a beautiful day, everyone enjoyed a stroll around the gardens.



Malvern Show Garden



Princess Anne at the Malvern Show



Dunham Massey



Actors at Dunham Massey

Advertised for the first time today is our trip down Memory Lane to the Blackpool Illuminations. No trip to Blackpool would be complete without a fish and chip supper and this is included. Events can be booked at monthly meetings and via the U3A website www.bramhallu3a.org.uk.

The theatre events next January have to be booked and paid for by the end of July.

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. 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	Co-ordinator	Days/times
Archaeology	Peter Levy	Usually Fridays
Art	Peter Richardson	Alt Mondays 1-3pm
Badminton	Douglas Moore	Tuesday 2-4pm
Bird Watching	Diana Oldfield	Usually 4th Wednesday
	Paul Carter	@ 9.15am
Book group	Dudley Newell	4th Thursday
Bridge beginners	Peter Levy	Tuesdays 2 - 4pm
Bridge - Improvers	Ray Lee	Wednesdays 10am-noon
Canasta group	Sue Young	1st Thu @ 7pm + 3rd Mon @ 2pm
Card making	Dorothy Chesterman	Alt. Mondays 2-4pm
Chess	Arthur Mellor	Alt. Tuesday mornings
Choir	Chris Hollingsworth	1st & 3rd Mondays 9.30 - 11.30
Church history	Dorothy Chesterman	Alt. Weds 10am-noon
Computers	Michael lacey	Please call for details
Creative writing	Keith Wright	2nd Wednesday 2pm
Cribbage	Val Barker	4th Thursday 7.30pm
Crown green bowling	Ann Smith	Mondays 10am
Cycling	Ann Green	Tuesdays
Dining	Janet McMurray	Monthly - Tuesday or Wednesday
Dining	Joy Armstrong	evenings
Discussion group A	Dina Levy	4th Monday 2pm
Discussion group B	Pat Wright	3rd Friday 2pm
Dog walking	Ann Smith	2nd Sunday - contact for details
Embroidery	Dorothy Chesterman	2nd Thursday 10am -12noon
Essential Oils	Linda Vann	2nd & 4th Thursday 2-4pm
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	Thursday 2pm
German Intermediate	Alison Davids	2nd and 4th Tuesdays 10.30am
History	Angela Devaney	Alt Thurs 10 - noon
	Margaret France	Alt Thurs 10 - noon
	Joyce Kilgour	4th Thursday
	Ann Gray	2pm
Italian improvers	Helen Webster	Alt Thursdays 10am
Knitting	Mary Flynn	1st Tuesday 2pm
Line Dancing	Chris Chapman	Wednesday 1.30-3.30pm
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	Wendy Litchfield	See website for details
Play reading Group	Olga Hampson	1st Thursday 10am
Poetry	Lynn Whyte	2nd Monday 2pm
Pub Quiz	Sheila Porter	4th Sunday 8.30pm
Science for All	Mike Hollingsworth	4th Tuesday 2 - 4pm
Scottish country dance	Sheila Bruce-Smith	Alt Fridays 1.30 - 3pm
Scrabble	Val Barker	2nd Monday 2 - 4.30
Spanish Intermediate	Diana Blaney	Thursdays 2-4pm
Spanish Upper Intermediate	Gaye Huddart	Tuesdays 10-11.30am
Swimming	Jo Critchley	Thurs 9.30am - Hazel Grove pool
Table Tennis	Liz Pennington	1st, 2nd & 3rd Wed, 10.30 - 12.00
Ukulele	Joyce Kilgour	1st + 3rd Tuesday
	Ann Gray	2pm
Walking	Bob Dumbarton	See newsletter and website
Wine Tasting	Jenny Richmond	Bi-monthly - contact for details
Theatre/outings	Chris Hollingsworth	See newsletters
	Val Graham	and website
Holidays	Gill Moorhouse	See newsletters and website