

TOMBOLA PRIZES NEEDED for our Christmas Party. Proceeds to our two charities. Any suitable prizes? contact: Peter Webster

Christmas Party-18 December
Tickets £3

November 2014

Bramhall

www.bramhallu3a.org.uk

U3A

Bramhall U3A meet monthly at St Michael's Church hall.
Every 3rd Thursday, 1.30pm for 2pm. Members Admission £1.

The Wellspring - RUCKSACK PROJECT – Please see the enclosed flyer for details or speak to Peter Webster
The Wellspring, Harvey Street, Stockport. SK1 1YD

Notes from the chair ... Well winter really has come; the Winter clothes & boots have come down from the loft and I walk round muttering that I hate the Winter, hate the cold etc. I really am a Summer person.

I am pleased to be able to report that the Singing for Fun Group is now almost back to normal and singing merrily, accompanied by pianist Ian. They do at last leave with the familiar smiles we were used to seeing. At our Christmas Party, you will have a smile on your faces when you see and hear them entertaining you and leading you in carol singing.

COPYRIGHT : There has been much bandied about in recent months with regards in particular to the Choir/Singing for Fun Group. The following was printed in a Church Mag recently - perhaps you will understand why we in U3A have to be so careful in what we do in order to keep on the right side of the law.

"In recent months unintentional Copyright infringements have resulted in local URC churches being faced with legal action. As a result, the URC urges all churches to take great care with everything that is published or used and never publish items without permission. This does of course, include poems, prose extracts and songs/hymns music and lyrics. To publish something which is protected by Copyright in your church newsletter or on your church website, it is vital that written permission is sought from the Copyright Holder BEFOREHAND. The URC recommends that churches check their insurance cover in order to ensure that the church is appropriately insured in the event of a claim for Breach of Copyright being made"

Obviously, this does not just apply to churches. Bramhall U3A has done a great deal of work looking into Copyright and it is a real can of worms but, clearly, if churches are being threatened with legal action, it confirms our view that they are tightening up on Copyright.

Those of you who have access to our web site will have seen that we are on the lookout for a new Group Organiser and new Meetings Secretary, together with a couple of new committee members and it would be good to see some of the newer members of our U3A coming forward.

Could I just remind everyone who comes to the monthly meetings, to please turn off your mobile phones or put them on silent as it can be irritating and embarrassing when they suddenly go off when the speaker is going great guns!

The Nation did us proud with all the remembrances of World War I. There were many poignant stories; the poppies in London were beautiful and much admired and everyone breathed again when the Remembrance Service in London went on without any terrorist attack taking place.

Joy A. Armstrong Chairman

Scottish Country Dance Group - On the 13th of November 12 dancers performed 8 dances for the Thursday Club at Bramhall Methodist Church. This was a return visit for us, as we had provided 45 minutes entertainment of dancing and songs by Andy Stewart in January. They gave us a very warm welcome and were generous with their applause. Their president expressed their appreciation of the entertainment we had provided and hoped we would go back again. We were then invited to join the members for tea and cakes.



New Groups - We are aiming to expand the range of interest groups available. If you feel that we need a new group to cover a subject/topic you are interested in, and/or you are willing to lead a new interest group please let us know through groups@bramhallu3a.org.uk with new groups as the subject.

Chairman	Joy Armstrong
Vice-chair	Peter Webster
Business Secretary	Dorothy Chesterman
Treasurer	Alistair Gardner
Groups organisers	Ann Smith *Vacancy*
Membership	Kay Witham
Speakers	Jane Hind
External Relations	Mike Hollingsworth

Talks ...

18 December
A Christmas Party - £3.00
BU3A Members

& Walks

Wed 26 Nov
t.b.a.
Contact Tony Sharples or
Bob Dumbarton

December - No walks

New walks needed for
2015 - Please contact
Bob Dumbarton

Groups

A VACANCY - Groups Organiser
My colleague, David Armstrong, is standing down from his role as Joint Groups Organiser, therefore, I need to recruit a member to share this role with me. With the right organisation this is an enjoyable and not too onerous role. If you would like to discuss further, I will be at today's meeting, or on groups@bramhallu3a.org.uk. I'm really looking forward to hearing from you whether you are an 'old' member of Bramhall U3A or a member who has recently joined us. Ann Smith - Groups Organiser

Fitness and flexibility is held Mondays at 10.30am in the Scout Hut, Fir Road, Bramhall. The class includes 30 minutes of low impact aerobics, toning floorwork, stretch and relaxation to finish. Participants are encouraged to work at their own level. You will need a drink of water, a mat or a towel and a smile!
Interested? Please contact groups@bramhallu3a.org.uk

NEW GROUP - Video Making Group
It is proposed to form a video-making interest group. Do you shoot video with your phone, tablet, still camera or video camera? Would you be interested in joining such a group to learn how to cut out the less good bits, shots of your feet etc.? The new group hopefully would start in late November or December this year. Come and learn how to make better videos that won't bore your family and friends! Interested parties should contact Mike Waterhouse through groups@bramhallu3a.org.uk for more information or go to the BU3A website.

Walking group 2015 - Once again your help is required - the task is not onerous and I can provide any help that may be needed. Over the past three years, we have had a core of approx. 10 Leaders but this number does not provide us with a full Walk Schedule. Please check your diary for next year and let me know if you could lead a walk. A cafe or pub at the end of the walk is not necessary but this is quite popular.
Bob Dumbarton

Community Online courses have grown enormously in recent years. The U3A nationally provides 11 free untutored courses on topics as wide ranging as "Digital Imaging", "Creative writing" and "Italian Art". Go to www.onlinecourses.u3a.org.uk for more details.

Do you want to understand more about "Tackling the global food crisis", "WWI – changing faces of heroism" or "Managing My Money"? These topics are just 3 of the many free online courses provided by FutureLearn, an arm of the Open University. The tutored courses are just a few hours a week for a few weeks. Go to <https://www.futurelearn.com> for these and other courses.

Feeling anxious or depressed, have low mood or are stressed? Pennine Care NHS Foundation Trust have launched a new website Healthy Minds (www.penninecare.nhs.uk/health/healthyminds) through which you can access help. Complete a simple form and a health care professional will contact you. This service runs in parallel with your G.P. service.

A researcher at Warwick University is investigating how personality and perception change with age. Participation involves watching a short (30 second) video and answering some questions about what you watched. The research takes about 15 minutes in total and can be done online by going to http://colloff.warwick.ac.uk/expt/pandp_2/

Are you a talented amateur hair stylist? BBC 2 is looking for people to take part in the second series of their hairstyling programme called Hair. For more details email Stefanie Jones at hairstyle@bbc.org.uk

Mike Hollingsworth

SILVER THREADS AND HIDDEN GEMS - This is the title of the book of stories and poems written by the Creative Writing Group and we would like to share them with you. Some are from our own experience while others are pure imagination **we're sure there is something for everyone. The book is now on sale at £3 a copy and all profits will go to The Wellspring.** To get your copy, please contact Pat George or Dorothy Chesterman

Theatre and outings - The trip to Blackpool Illuminations was a stroll down memory lane. We had an hour or so in St. Annes before having our fish and chip supper. Here we had to marvel at the speed with which we were all served. The Illuminations were spectacular and extended over a large area. Memories came flooding back as we languished in a long traffic jam – some things never change!

Date	Events open for booking	Price
Thurs 22 nd Jan 2015	Gorton Monastery (tour plus refreshments)	£16
Tues 3 Feb 2015	Radisson Blu – tour and cream tea (25 places) – own transport	£19
Wed 11 Feb 2015	Tour of Bridgewater Hall own transport	£4
Thurs 5 Mar 2015	Coppelia Ballet at the Lowry Theatre (matinee)	£46
Thurs 19 Mar 2015	Oklahoma Lowry Theatre (evening)	£40.50

On sale at the monthly meeting are two new outings for February 2015. The first outing is a Blue Badge guided tour of the Radisson Blu, the former Free Trade Hall, followed by a cream tea. Later in the month there is a fascinating tour of the Bridgewater Hall, where you even see the springs in the basement. Also on sale this month are the ballet Coppelia, which is a new venture for us, and the musical Oklahoma. Events can be booked at monthly meetings and via the U3A website www.bramhallu3a.org.uk.

Date	Full but with a waiting list	Price
Wed 19 th Nov	Co-op Pioneers Museum & The Chocolate House (includes morning coffee and lunch)*	£24
Tues 6 th Jan 2015	The Curious Incident of the Dog at the Night Time, Lowry theatre (evening)*	£40
Tues 13 th Jan 2015	One Man, Two Guvnors, Lowry theatre (evening)*	£31
Wed 18 th Mar 2015	The Producers, Palace Theatre (matinee)*	£28

Holiday 2015

A provisional booking has been made for a six-day holiday by luxury coach to Northumberland from 10th to 15th June 2015.

Accommodation will be at The Blue Bell Hotel in Belford, five nights dinner, bed and breakfast. Price: £493 per person for National Trust member and £507.50 for non-N.T. members with £25 single supplement and £25.50 optional insurance. Rooms available are double or twin-bedded. All single rooms have already been reserved but bookings are being taken for a waiting list. For a description and booking form contact Gill Moorhouse or go to:

<http://www.bramhallu3a.org.uk/groups/holidays>

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

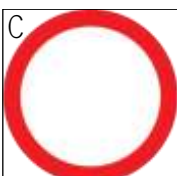
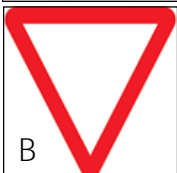
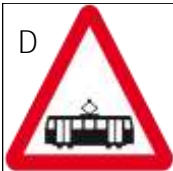
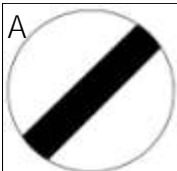
A full refund will only be made if a booking is cancelled by telephone within 2 days of the booking being made.
A refund of transport costs will be made if there is a sufficient number of members on the trip to cover transport costs.
A refund of ticket can only be made where either the ticket has not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

A 2014 survey of over 2000 motorists by 'More Than' insurance discovered that a third did not know common UK road signs, road markings and regulations. How good is your knowledge of the 160 different road signs in common use on our roads today?

Over the next few months there will be different quizzes focussing on the various types of signs, regulations and markings used on our roads today. All questions and signs used are based on The Highway code, 2014 edition. This is to help us all become safer road users.

For a colour version go to the online copy.

Try these for starters:



G. What is the national speed limit in lanes 1, 2 or 3 on a motorway/dual carriageway?

H. What is the national speed limit on a 2 lane main road??

- Answers:
- A. National speed limit
 - B. Give way
 - C. No Vehicles
 - D. Trams crossing
 - E. No MOTOR vehicles
 - F. Dual carriageway ends
 - G. 70mph
 - H. 60mph
 - I. Hospital NO emergency
 - J. Traffic cameras
 - K. Queues likely
 - L. Crosswind possible

Bramhall U3A Interest groups

Group	Co-ordinator	Days/times
Art	Peter Richardson	Alt Mondays 1-3pm
Badminton	Douglas Moore	Tuesday 2-4pm
Bird Watching	Diana Oldfield Paul Carter	Usually 4th Wednesday @ 9.15am
Books	Dudley Newell	4th Thursday
Bridge - Beginners	Peter Levy	Tuesdays 2 - 4pm
Bridge - Improvers	Ray Lee	Wednesdays 10am-noon
Canasta	Sue Young	1st Thu @ 7pm + 3rd Mon @ 2pm
Card making	Dorothy Chesterman	Alt. Mondays 2-4pm
Church history	Dorothy Chesterman	Alt. Weds 10am-noon
Computers	Michael Lacey	Please call for details
Creative writing	Pat George	2nd Wednesday 2pm
Cribbage	Val Barker	4th Thursday 7.30pm
Crown green bowling	Ann Smith	Mondays 10am
Cycling	Ann Green	Tuesdays
Dining	Janet McMurray Joy Armstrong	Monthly - Tuesday or Wednesday evenings
Discussion	Dina Levy Pat Wright	4th Monday 2pm 3rd Friday 2pm
Dog walking	Ann Smith	2nd Sunday - contact for details
Embroidery	Dorothy Chesterman	2nd Thursday 10am -12noon
Family History	Diane Bright Mary Hambleton Brian Turner	Wednesdays 2pm Wednesdays 2 - 4pm First Thursday 1-3pm
Film & discussion	Pamela Roth	4th Wednesday 10.30am
Fitness & flexibility	Vikki Radford	Mondays 10.30-11.30 & 11.30 -12.30
French	Kay Witham	Alternate Mondays 2pm
Gardening	Marilyn Hughes	Contact Marilyn Hughes for details
German - Intermediate	Alison Davids	2nd and 4th Tuesdays 10.30am
History	Angela Devaney Margaret France	Alt Thurs 10 - noon Alt Thurs 10 - noon
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
Photography	Janice Shaw	2nd Monday @ 2pm
Pilates	Wendy Litchfield	See website for details
Play reading	Olga Hampson	1st Thursday 10am
Poetry	Lynn Whyte	2nd Monday 2pm
Pub Quiz	Sheila Porter	Last Thursday each month
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
Singing for fun	Gill Wroe	1st & 3rd Mondays 9.30 - 11.30
Spanish - Intermediate	Diana Blaney	Thursdays 2-4pm
Spanish - Upper Inter.	Gaye Huddart	Tuesdays 10-11.30am
Table Tennis	Liz Pennington	1st, 2nd + 3rd Wed 10.30-12.00
Ukulele	Joyce Kilgour Ann Gray	1st + 3rd Tuesday 2pm
Video	Mike Waterhouse	Contact for details
Walking	Bob Dumbarton	See newsletter and website
Wine Tasting	Jenny Richmond	Bi-monthly - contact for details
Theatre/outings	Chris Hollingsworth Val Graham Tricia Canning	See newsletters and website
Holidays	Gill Moorhouse	See newsletters and website