

March

Bramhall U3A

The membership fee for 2015 is now overdue. If you have any questions about membership please contact Kay Witham

Notes from the chair ...

This weather really does not know what it is doing! I know it is only March but we have had a couple of days with bright sunshine, blue skies and even a little warmth in it; we have had bright sunshine, blue skies accompanied by an absolutely freezing wind and the usual rain and dull skies. I was driving to Macclesfield the other day, on a reasonably sunny morning and all the hills were covered with snow. I actually have a photograph at home, taken some years ago in late May and all the cherry trees were in full bloom with lovely pink blossom yet the ground was covered with 2 inches of snow. I am sure this only happens in England. Wonder what sort of Summer (if any) we have in front of us?? Enough of the weather, we are just stuck with it and have to hope for the best, although a sunny, pleasant Easter would be good.

Having never had any sympathy for our extremely well paid professional footballers limping off with an injury, I have changed my mind! I recently tore a ligament in my groin and the pain was horrendous, so much so that I had to resort to my old wheelchair as I could not walk. Getting in and out of the car was excruciating and I eventually had to have the doctor to visit, who said the only cure was complete rest!! Had to look those words up in the dictionary, as they do not usually come within my vocabulary! However, I was such a good girl that my halo must surely have been visible and I rested for three full days, such a thing never having happened before. However, as usual the doctor was right and all is now nearly back to normal, just have to think about it when I walk!

We held a 'Thank You' Lunch on March 6th for the Group Co-ordinators as they seldom get a mention and do considerable work to keep their groups going. As well as a 'thank you', the idea was that we could ensure that they were still enjoying the job, and see if they required help or assistance in any way. It also meant that we as a committee, were able to put faces to names, as, unless we are members of a particular group, we just do not get to know the individual co-ordinators. The Group Co-ordinators were introduced to Ann Smith and the two new Groups Organisers, Pat George and Helen Webster. They were encouraged to make any suggestions they wished in order to ensure the smooth running of their particular groups, if they wanted help in any way or even a little advertising to find new members for their group. We received a good deal of useful feedback and felt the lunch had been a happy and interesting afternoon. Grateful thanks to the team who organised it, set the room out and cleared away at the end.

Joy Armstrong - Chairman

Bramhall U3A ... Out and About

The Real Railway Group at the East Lancashire Railway, Bury.



The Walking group, Lyme Park and Goyt valley



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

Website: www.bramhallu3a.org.uk
Groups Information: groups@bramhallu3a.org.uk
Bramhall U3A meets in St Michaels and all Angels Church Hall, on the third Thursday of each month, at 2pm.
Members entrance: £1

Talks ...

16 April
Richard III
Allan Stevenson

21 May
Making the most of your home movies
Alaister McCrae

18 June
Bollington History
Tim Boddington

& Walks

Wednesday 25 March
Lyme Park
5miles - M
Pam Rhodes

Thursday 9 April
Goyt Valley
6 miles - E/M
Marjorie Davies

Wednesday 22 April
Buxworth
6 miles - M
Liz Cresswell

Thursday 14 May
Hare Hill
5 miles - E
Bob Dumbarton

Groups

Knitting Group

During the last year I have been contacted by 4 people wanting to join the Group and I have had to disappoint them as the group is full. One lady expressed an interest in crochet as well as knitting. This may be an opportunity for someone to start a crochet / knitting group. I would be willing to assist a member starting up another group. Please contact groups@bramhallu3a.org.uk. *Mary Flynn*

Crown Green Bowling

It's the start of the new season and if you are interested in taking part in the group please contact groups@bramhallu3a.org.uk for further details. Coaching will be available from Monday 13th April at 10am *Ann Smith*

Personal Image Course

I hope to run new 6 week course starting on Tuesday morning, 28th July, 10-12 noon and finishing on Tuesday 1st September. There are a few names on the waiting list but the course **requires a minimum of 12 people. Don't worry if you can't come to all the sessions, I will go over with you anything you miss.** For more details contact groups@bramhallu3a.org.uk. *Catherine Jones*

Discussion group

We meet on the third Friday of the month in each others' homes. We plan the meetings for six months, having a balance of serious subjects and lighter topics. To give you a flavour, these are some of the topics we have discussed: UKIP is a party to be reckoned with; Rock and Roll is the best music. Bring a piece of music of your choice to support or refute this statement; Which three famous people would you invite to a dinner date and why; Are we a moral society? We are, I hope, a very friendly group and would welcome any new members. Why not come and try us out? For more details contact groups@bramhallu3a.org.uk *Pat Wright*

Science for All

The Group meets once a month for talks or visits, usually on the 4th Tuesday of the month. On Thursday 23rd April we will be going by coach to BAE systems at Broughton for a tour of the factory that makes A350 Airbus wings. There may be a few places for U3A members who do not regularly attend Science for All group meetings. If interested, contact *Mike Hollingsworth* (439-2865). For details about the group contact groups@bramhallu3a.org.uk

Charity update

The loyal and generous support which Bramhall U3A offers to our chosen charities, The Wellspring and St Ann's Hospice, is recognised and very much appreciated by both. A recent letter from The Wellspring thanking us for a donation of £95 read as follows: 'This gift is greatly appreciated by all at The Wellspring and will help provide care for those in the community who come to The Wellspring for help. We appreciate your continued support.' A letter of thanks from **St. Ann's Hospice on receipt of a donation from us of £148.50 referred to 'such a wonderful amount to have raised.'** 'This generous gift will be used in the best possible way to support our Inpatient, Day Therapy and Community Services. It really is no understatement to say that St Ann's was built and is still running today through the kindness and generosity of individuals and groups just like yourselves. Only 35% of our funding comes from the Government and as such we rely on our incredible community who help us to raise the £16,000 we need every day in order to keep our doors open. There is absolutely no doubt that without this support, we simply wouldn't be able to exist.'

A Big "Thank You"

Many thanks to all those club members who have supported the Card Making group with our card stall over the last year. You will be pleased to know that we made £169 for "The Wellspring " in 2014. We hope to top that in 2015 with your continued support. We try to cover all events, but will always make "special requests " for those who ask. Many thanks to you all. *Jill Rickman*

Community

A researcher at Manchester University is looking for healthy volunteers as controls for a project investigating how people with **Parkinson's Disease** respond to different objects and movements in their environment and how well they communicate. They will ask you to watch some video clips and pictures and make judgments about them, while they measure your reaction times, eye and hand movements. They may video you while you complete the tasks and ask you to answer some questionnaires. The study will involve up to 9 visits, 2-3 hours each, over 3-4 years.

For further information go to <http://www.bramhallu3a.org.uk/other/community.html> or contact Mike Hollingsworth on 439-2865.

Would you like First Aid advice at your fingertips? If you have a smartphone, the Red Cross and St. John Ambulance produce free apps that you can download from the Apple App Store or the Google Play Store. The advice covers from minor injuries to major emergencies.

For further information, go to www.redcross.org.uk/en/What-we-do/First-aid/Mobile-app and www.sja.org.uk/sja/support-us/the-difference/helpless/mobile-phone-app.aspx. *Michael Hollingsworth*



Gorton Monastery

Theatre & Outings

Impressed by Gorton Monastery and then dazzled by Radisson Blu. A good start to the New Year.



Radisson Blu

There are still places left for the Towneley Hall/Boundary Mill trip on 20th March. There has been very high demand for the outings to Eyam Hall/Biddulph Grange and the Welsh Highland Railway from Caernarfon to Porthmadog. There are now very few places left so book quickly if you want to go.

Short Break (12 – 14 September) This year we are visiting Stonehenge, Bath and Bristol – see Britain through the ages starting with the Neolithic and ending with the Victorian. A deposit of £40 is required by the end of March. Only a very few places are left.

Events can be booked at monthly meetings and via the U3A website www.bramhallu3a.org.uk

Date	Events open for booking	Price
Fri 20 Mar	Towneley Hall & Boundary Mill	£26
Fri 17 Apr	Eyam Hall & Biddulph Grange	£9.50 (N.T.); £23 (non-N.T.)
Mon 11 May	Welsh Highland Railway	£39
Sat 12 – Mon 14 Sept (short break)	Stonehenge, Bath & Bristol – A 2 night stay	£210 + £50 single supplement

Date	Full but with a waiting list	Price
Wed 22 Apr	Dance 'Til Dawn , Lowry Theatre (matinee)	£48.80
Wed 20 May	To Kill a Mockingbird, Lowry Theatre (matinee)	£33.20

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.

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.

Bramhall Interest groups

Group	Co-ordinator	Days/times
Art	Peter Richardson	Alt Mondays 1-3pm
Badminton	Douglas Moore	Tuesday 2-4pm
Bird Watching	Diana Oldfield	Usually 4th Wednesday @ 9.15am
Books	Paul Carter	4th Thursday
Bridge Beginners	Dudley Newell	Tuesdays 2 - 4pm
Improvers	Peter Levy	Wednesdays 10am - noon
Canasta	Ray Lee	1st Thu @ 7pm + 3rd Mon @ 2pm
Card making	Sue Young	Alt. Mondays 2 - 4pm
Church history	Dorothy Chesterman	Phone for information.
Computers	Dorothy Chesterman	Phone for information
Creative writing	Michael Lacey	2nd Wednesday 2pm
Cribbage	Pat George	4th Thursday 7.30pm
Crown green bowling	Val Barker	April to October - Mondays 10am
Cycling	Ann Smith	TBA
Dining	TBA	Tuesday or Wednesday evenings - 4th week of each month
Discussion	Janet McMurray	4th Monday 2pm
	Joy Armstrong	3rd Friday 2pm
Dog walking	Dina Levy	2nd Sunday - contact for details
Embroidery	Pat Wright	2nd Thursday 10am -12noon
Family History	Ann Smith	Monthly - Wednesday 2pm
	Dorothy Chesterman	Monthly - Wednesday 2pm
	Diane Bright	First Thursday 1-3pm
	Mary Hambleton	4th Wednesday 10.30am
	Brian Turner	Mondays 10.30-11.30 & 11.30 -12.30
	Pamela Roth	Alternate Mondays @ 2pm
Film & discussion	Vikki Radford	4th Thursday
Fitness & flexibility	Kay Witham	2nd and 4th Tuesdays @ 10.30am
French	Marilyn Hughes	Alt Thurs 10 - noon
Gardening	Alison Davids	Alt Thurs 10 - noon
German - Intermediate	Angela Devaney	Alt Thursdays 10am
History	Margaret France	1st Tuesday 2pm
	Helen Webster	Wednesday 1.30 - 3.30pm
Italian - Improvers	Mary Flynn	3rd Monday 2pm
Knitting	Chris Chapman	3rd Friday 10.30am
Line Dancing	Val Murray	Tuesdays 10.30am
Mapping Bramhall	Joanne Haigh	Thursdays 10am-noon
Music for leisure	Joan Mobbs	3rd Monday @ 2pm
Norwegian	Catherine Jones	See website for details
Personal Image	Janice Shaw	1st Thursday 10am
Photography	Wendy Litchfield	2nd Monday 2pm
Pilates	Olga Hampson	Last Thursday each month
Play reading	Lynn Whyte	Monthly - contact for details
Poetry	Sheila Porter	4th Tuesday 2 - 4pm
Pub Quiz	Peter Webster	Alt Fridays 1.30 - 3pm
Real Railway Group	Mike Hollingsworth	2nd Monday 2 - 4.30
Science for All	Sheila Bruce-Smith	1st & 3rd Mondays 9.30 - 11.30
Scottish country dance	Val Barker	Thursdays 2 - 4pm
Scrabble	Gillian Rowe	Tuesdays 10 -11.30am
Singing for fun	Diana Blaney	1st, 2nd + 3rd Wed 10.30-12.00
Spanish - Intermediate	Gaye Huddart	1st + 3rd Tuesday 2pm
Spanish - Upper Inter.	Liz Pennington	Last Friday @ 2pm
Table Tennis	Joyce Kilgour	See newsletter and website
Ukulele	Ann Gray	Bi-monthly - contact for details
	Mike Waterhouse	See newsletter and website
Video	Bob Dumbarton	
Walking	Jenny Richmond	
Wine Tasting	Chris Hollingsworth	
Theatre/outings	Val Graham	
	Tricia Canning	
Holidays	Gill Moorhouse	See newsletter and website