

October

www.bramhallu3a.org.uk

# Bramhall

**U3A**  
Established 2010

\*The Knitting Group are selling Remembrance Day Poppies\*

## Notes from the chair ...

I think the holiday season is finally over and hopefully those of you who have been away have had a lovely time and come back refreshed and raring to go! If you are looking for something to do during those chilly winter days that we love so much (!), look no further than our group activity list. **There's something for everyone there, and you can be sure of a warm welcome.** We are, after all, the friendly U3A!

It is hard to believe we are in the run-up to Christmas - here we go again! We will be holding our usual Christmas Party on the 3rd December, earlier than usual this year due to usage of the hall. Entrance will be by ticket only and the tickets will be on sale in October. As last year, we will be running the popular tombola stall in aid **of our two charities, St Ann's Hospice and The Wellspring.** If you can donate unwanted gifts, appropriate items in excellent condition, or, of course a bottle or two, please get in touch with Helen Webster or Bob Dumbarton. After November 1st and they will arrange to take them. Alternatively, just bring them to the November meeting. The whisper on the streets is that some of our talented members will be providing entertainment as well. . . .

The Crown Green Bowling group are taking a winter rest after an exciting and successful season, re-forming in Spring, with space for new members. Lots to look forward to! Of course our intrepid walkers, with the help of Bob and his volunteer **walk leaders will continue well into the cold days** and **Chris's line-dancers** will be exercising mind and body every week through winter, so if you feel a little physical activity is what you need, take a look at that extensive list of groups. The newsletter provides some details, but much more is to be found on our website.

Gill, who creates holidays for us, is planning a trip to Norfolk in June. How nice to have something to look forward to when the weather is lovely again (we hope).

Joy Armstrong - Chairman

Bramhall U3A immersed in Bath



Stonehenge, Bath & Bristol – 48 of us spent a wonderful 3 days being amazed at Stonehenge, exploring beautiful Bath and marvelling at Isambard Kingdom Brunel's **SS Great Britain.** **Our guided tours of Bath and Bristol were so informative.** Our guides made sure that we saw all the best places. Even better, the rain held off until our last afternoon. Fair to say, a good time was had by all.

### 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

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](http://www.bramhallu3a.org.uk)  
 Groups Information:  
[groups@bramhallu3a.org.uk](mailto: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 ...

19 Nov. 2015  
 The Eddie Stobart Story  
*Sheila Dale*  
 3 Dec. 2015  
 Christmas Party  
*Everyone*  
 21 Jan. 2016  
 Rhine, Main and Danube Waterways  
*Tim Boddington*  
 18 Feb. 2016  
 Writing Crime Fiction  
*Barbara Fagin Speake*  
 17 March 2016  
 A History of Soap & Bathing  
*Matthew Lepp*

## Groups

The PLAY READING Group meets on the first Thursday of the month at Bramhall Library at 10am. The plays are usually one-act comedies or dramas and we have fun reading these out in character, although we don't stand and "perform" them as such. We do discuss the plays and characters briefly but don't dissect them as we feel that we have all done that in our former lives. We prefer to read and enjoy the plays. We are a group of ten ladies, which is ideal as space is limited. However, are there any men out there who would like to join us? If you are interested in joining us at some stage and would like to go on a waiting list, please contact me on [groups@bramhallu3a.org.uk](mailto:groups@bramhallu3a.org.uk) Olga Hampson

FITNESS & FLEXIBILITY - Get that Friday feeling by joining the Fitness and Flexibility class. For just 8 weeks we will wiggle and giggle through different exercises - aerobics, toning, interval training (not as scary as it sounds!), stretch and relaxation at the end of each class. Work at your own level, injuries and ailments catered for. Bring a mat/towel and water. Reduced rate when you pay for the course in full. New course starting. For details please email [groups@bramhallu3a.org.uk](mailto:groups@bramhallu3a.org.uk) or call the group co-ordinator; details on the back of this Newsletter. Vikki Radford

BALLROOM DANCING - One of the members has suggested that we should have a ballroom dancing group. If you are interested in helping organise this or being part of it then please contact [groups@bramhallu3a.org.uk](mailto:groups@bramhallu3a.org.uk) and we will keep you updated with progress

## & Walks

Wed 28 October  
 Dunham Massey  
 4 miles - Easy  
 Viv Grimshaw

Thurs 12 November  
 Poynton Pool  
 5 miles - Easy  
 Marjorie Davies

CARD GROUP - *Special Occasion Cards*  
 If anyone would like a special card customized to their needs, please see Jill on the card stall at the monthly meetings.  
 Jill Rickman

CROWN GREEN BOWLING - We have come to the end of the bowling season for this year. We are a happy, enthusiastic group who meet each Monday morning at Queensgate BC and it's a great way start to the week! We will regroup in Spring next year and would encourage you to join us. Coaching is available! To register your interest contact [groups@bramhallu3a.org.uk](mailto:groups@bramhallu3a.org.uk) Ann Smith

### My visit to "The Wellspring"

As I have been selling our group's home-made cards for nearly two years, with all proceeds going to The Wellspring, I thought it about time I made a visit to see for myself what went on there. Early one Monday morning recently I accompanied Helen Webster on one of her visits. On arrival we were met by Abdul Deen, a project worker, who showed us round. The area where people can get a hot meal is beautifully appointed, bright & colourful. There is a large T.V. on the wall giving various information, including, importantly, information about jobs. There is a

store room full of clean, donated clothes and other items that may be needed, such as towels, and a shower room. Our tour was inspirational and I can see why they go through the many toiletries, blankets, clothes and food donations that they do. Abdul was keen to show his appreciation to U3A for all their support.

I now feel it's even more important that we continue our support to this well deserving charity.

Jill Rickman

## Community Information

The NW Region of the U3A has linked again with St. John Ambulance to arrange First Aid courses for U3A members at the heavily discounted price of £5. Family members and friends of U3A Members can attend for £10. The courses are 3h long and cover topics such as resuscitation, severe bleeding, chest pains, choking and dealing with the unconscious casualty. Courses are being held in Heaton Chapel on 8 dates from 23 September to 11 December. For more details, location map and how to book, go to [www.bramhallu3a.org.uk/other/community.html](http://www.bramhallu3a.org.uk/other/community.html) or phone Mike Hollingsworth.

BBC1 is planning a new antiques and vintage quiz show, hosted by Fern Britton, called "For What Its Worth". They are looking for pairs of contestants who have a nose for a bargain and an interest in antiques. For further information on any of these topics, go to [www.bramhallu3a.org.uk/other/community.html](http://www.bramhallu3a.org.uk/other/community.html) or contact Mike Hollingsworth

The NW Region of the U3A is running a study day on "Living well in later life – Learn, Laugh and Live" in Lancaster on Tuesday 3<sup>rd</sup> November. The keynote lecture is about Silverline: the Helpline for Older People, given by its CEO, Sophie Andrews.

Among other talks are:

- Age-friendly communities
- Loneliness and the value of befriending
- Being a surrogate grandparent
- Defying Dementia – from compound to clinic

A researcher at Manchester University is looking for male 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 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.

The November Memory Course is now full. We are planning another course in Spring 2016. If you are interested please contact [groups@bramhallu3a.org.uk](mailto:groups@bramhallu3a.org.uk) and we will keep you up to date with progress.

There is a free legal helpline for U3A members. Contact U3A National office on [www.u3a.org.uk](http://www.u3a.org.uk) or call 020 8466 6139

Holiday 2016 - A 6 day 5 night holiday to Norfolk. June 2016.

A booking has been made for a six-day holiday by luxury coach to Norfolk from 2nd June to 7th June 2016.

Accommodation will be at the Holiday Inn, Norwich North and includes five nights dinner, bed and breakfast. It is a modern hotel with excellent sized rooms and has the bonus of an indoor leisure complex. The price is £483 pp. (Single room supplement £60). Available rooms are either double or twin-bedded. Visits to National Trust properties will be free for members, with an extra charge for non-NT members.

For full details and booking form, please contact: Gill Moorhouse or Frances Wacker or online (available soon) at [www.bramhallu3a.org.uk/groups/holidays](http://www.bramhallu3a.org.uk/groups/holidays).

Bramhall boarding the SS Great Britain



Stonehenge

## Theatre & Outings

**New on sale this month is a tour around Robinson's** historic brewery, including tastings. This tour will be followed by a full afternoon tea.

Date	Events open for booking	Price
Thur 14 Jan 2016	<b>Robinson's Brewery, Stockport</b>	£19
Thur 3 March	Romeo & Juliet (ballet) Lowry Theatre (matinee)	£40

Date	Full but with a waiting list	Price
Wed 18 Nov	The Curious Incident of the Dog in the Night-Time, Lowry Theatre (matinee)	£45
Thur 26 Nov	Ding Dong Merrily at Tatton Park. includes Christmas lunch	£32
Wed 20 Jan 2016	A Murder is Announced – A Miss Marple mystery, Oldham Coliseum (matinee)	£22

Will members please note that confirmation of acceptance of bookings is not given. Your payment for the outing or theatre visit is the confirmation.

### 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/](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.

# Bramhall *Interest groups*

Group	Co-ordinator	Days/times
Art	Peter Richardson	Alt Mondays 1-3pm
Badminton	Carolyn Johnson	Tuesday 1-3pm
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	Wednesday 10 - 12
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 11am
Cycling	Ann Smith	TBA
Dining	TBA	Tuesday or Wednesday evenings - 4th week of each month
Discussion	Janet McMurray	4th Monday 2pm
Embroidery	Joy Armstrong	3rd Friday 2pm
Family History	Dina Levy	2nd Thursday 10am - 12noon
	Pat Wright	Monthly - Wednesday 2pm
	Dorothy Chesterman	Monthly - Wednesday 2pm
	Diane Bright	First Thursday 1-3pm
	Mary Hambleton	4th Wednesday 10.30am
	Brian Turner	Friday 9.45
	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	Contact for details
History A	Margaret France	Alt Thursdays 10am
History B	Glenys Steedman	1st Tuesday 2pm
Italian - Improvers	Helen Webster	1st Thursday 2pm
Knitting A	Mary Flynn	Wednesday 1.30 - 3.30pm
Knitting B	Shelagh Lord	3rd Monday 2pm
Line Dancing	Chris Chapman	3rd Friday 10.30am
Mapping Bramhall	Val Murray	Tuesdays 10.30am
Music for leisure	Joanne Haigh	Contact for details
Norwegian	Joan Mobbs	3rd Monday @ 2pm
Personal Image	Catherine Jones	See website for details
Photography	Janice Shaw	1st Thursday 10am
Pilates	Wendy Litchfield	2nd Monday 2pm
Play reading	Olga Hampson	Last Thursday 8.30pm
Poetry	Lynn Whyte	Monthly - contact for details
Pub Quiz	Sheila Porter	4th Tuesday 2 - 4pm
Real Railway Group	Peter Webster	Alt Fridays 1.30 - 3pm
Science for All	Mike Hollingsworth	2nd Monday 2 - 4.30
Scottish country dance	Sheila Bruce-Smith	1st & 3rd Mondays 10.00 to 12.00
Scrabble	Val Barker	Thursdays 2 - 4pm
Singing for fun	Gillian Rowe	Tuesdays 10 - 11.30am
Spanish - Intermediate	Diana Blaney	1st, 2nd + 3rd Wed 10.30-12.00
Spanish - Upper Inter.	Gaye Huddart	1st + 3rd Tuesday 2pm
Table Tennis	Liz Pennington	Alternate Fridays at 10.30
Ukulele	Joyce Kilgour	See schedule on website
	Ann Gray	Bi-monthly - contact for details
	Mike Waterhouse	See newsletter and website
	Bob Dumbarton	
	Jenny Richmond	
	Chris Hollingsworth	
	Val Graham	
	Tricia Canning	
	Gill Moorhouse	See newsletter and website
Holidays		