

Upbeat Magazine





Welcome to Upbeat Your magazine

A little bit of Spring

The **Garden Visits Group** hope that despite not being able to go visiting at this time, everyone is enjoying their own garden, or appreciating the flowers on exercise walks in the woods or park. Below are a few images from Glenys Steedman's garden.

If you have pictures of your garden that you would like to share then please send them to magazine@bramhallu3a.org.uk

We can print them for the benefit of all our members so lots of your pictures please



A little QUIZ GUESS WHO ... this Committee Member is

This is a photo of one of the Committee when they were not eligible for U3A membership.

Try and guess who it is.

The answer will be revealed in next month's Magazine.

Next month a few more to ponder



A Warm Welcome to you all from Alaister Macrae

As we can't meet for some considerable time to come, this will be our only means of keeping in touch which I hope we all want to do. As yet, I've not gone stir-crazy with this self-isolation lark. After all, there's no place like home! I have plenty of interests and it's enabling me to catch up with all sorts of little things that have needed doing for quite a while. I've also found that a lot more messages are being exchanged with friends and families, so there is something useful coming out of this not-going-out business. I'm lucky.

There is plenty of open ground near me where I can stroll about safely, without coming into contact with people. We can smile and wave at each other. Who knows, I might acquire some new friends by the time it's all over.

I assume Mothers' Day was a bit quieter than usual, as will be Easter. I haven't gone away for years after spending hours stuck on the M6 the last time my wife and I tried it. We were heading for Weston-Super-Mare and just made it in time for dinner.

In the meantime, I hope everyone is managing to keep well and find the odd toilet roll somewhere. Look after yourselves ... and keep taking the tablets.

It's worth sharing ...

Why not set up a rotating phone tree with your friends or your U3A group so each member of the group is responsible, in turn, for calling all of the others and thereby keeping in touch? You know it's a good idea.

And then there is always the more traditional way to keep in touch. Remember writing things called letters? Now posting a letter could well be your exercise walk to the post box. Unable to get to the post box? Ask a friend to collect the letter from your porch or a space just outside your door and post it for you.

Keeping in touch and keeping learning

Here are some ideas and suggestions for keeping learning in these times:

Why not find and/or develop your own subject puzzles, challenges, crosswords or even quizzes for general interest so we can publish them in the next magazine? Or for your own U3A group members?

Why not hold a creative writing competition with your other group members? One idea is to work within your interest group for someone to start a story and all take turns to write a chapter about what happens next. Work out a rota and send a written submission via post or email to the next person in your group.

We can publish the end results in this magazine - so keep them clean, please!

Be a 'buddy' to someone

We all feel it is important to keep in touch with one another, but those people without internet connection/ email, and those who are not comfortable with the technology, should be kept fully involved at this time.

Such people could well be the most excluded from so much that is going on. Could you or a friend or a group of friends all be a "buddy" to someone else?

If everyone who can read the U3A magazine online has a friend who cannot, as a buddy, then the former can phone their buddy to talk about what has been in the Magazine. Or you could always print parts of it yourself.

That helps us all stay in touch.

Upbeat Magazine articles, pictures, ideas?

Contact: magazine@bramhallu3a.org.uk

Your Committee

Chair: Alaister Macrae **Vice-chair:** Peter Webster
Treasurer: Alistair Gardner **Groups:** Chris Stubbs
Membership: Kay Witham **Speakers:** Doreen Neil

Along with: Edward Haynes; Meg Rowell; Bob Dumbarton;
Christine Hollingsworth; Frances Bell; Jill Rickman and Joy Armstrong.

Please keep in touch:

Your website:

www.bramhallu3a.org.uk

The groups email:

groups@bramhallu3a.org.uk

All enquiries email:

enquiries@bramhallu3a.org.uk

NEW - Upbeat Magazine articles:

magazine@bramhallu3a.org.uk

Keep a Diary

Living History in Unprecedented Times

Why not help craft a shared learning, life project, where you create a living history of this extraordinary time?

Why not keep a journal or a diary logging your personal thoughts, ideas and reflections on how this feels to you and what things are happening on a day-by-day basis?

You may not wish to write something each day so go for once a week or simply when something of note happens to you, your friends or in your local area.

You may wish to share your thoughts and diary entries with a friend or even through this Magazine.

What an amazing legacy to pass on to the next generation.

A Request ...

Our new **Upbeat Magazine** and any web changes involved put a lot of pressure on the small team of volunteers putting it all together.

If you feel that you can help out in any way with the editorial or the IT side of things or that you feel that you could collect and collate items for inclusion in the next few issues then please contact:

Peter Webster or Bob Dumbarton (Editorial) or Charlie Barker (Website design)

via magazine@bramhallu3a.org.uk

Your support would be much appreciated as it benefits all of us at this time.

Cooking up lots of ideas ...

All Members are invited to contribute ideas for activities that they can circulate to everyone ...

Submit new recipes for others to try, using the kind of ingredients you can still find available on the supermarket shelves! Or just simple meal ideas.

Why not be part of a telephone chat-line team - calling up members who may be very lonely now that they can't attend their group meetings.

We need members to get a little team together **to compile a puzzle page** which we can send out to members on a regular basis.

Jokes ... good, bad, but clean, please! **Submit your favourite jokes** to: magazine@bramhallu3a.org.uk

Photos of Spring - submit your photos to: magazine@bramhallu3a.org.uk

Hello fellow walkers ...

No doubt most of you will have been enjoying your allocated period of outdoor exercise, especially in the sunny weather, though we all miss the social interaction and the lunches on our group walks.

For a change of scenery in the form of a virtual walk, the BBC have had a series following the beautiful SW coastal path. It has just finished, but for anyone who missed it, iPlayer will come to your aid ...

Coastal Path, BBC2, Tuesdays, 7pm.

You may also enjoy reading *The Salt Path* by Raynor Winn if you have time in your busy schedule. It is the true story of a couple who walk the SW path under difficult circumstances. An excellent book.

Hopefully it won't be too long before we can meet up again, so stay safe in the meantime.

Viv & Tricia

Community stuff

There is loads of information available for you on the **Community Information page on the Bramhall U3A website**

<http://bramhallu3a.org.uk/other/community.html>)

Keep up to date, use these official websites

The Government or NHS111 page on Coronavirus.

<https://111.nhs.uk/covid-19>

The Stockport Council website.

<https://www.stockport.gov.uk/> for up to date local information.

Bin Collection Changes



STOCKPORT
METROPOLITAN BOROUGH COUNCIL

Our charities still need our support

Hello everyone from your U3A cardmakers

Jill Chris D Chris W Avril

We would like to offer you a service, as we are staying at home as much as possible and many shops are closed.

If you would like a hand-made card made or need more than one, we would make a card of your choice and deliver it to your home for you to send out. We can bring you a selection to choose from in a bag left on your doorstep. We would wait in the car; you can then leave any money in the bag and take your cards. Alternatively we would make, sign and post your card for you. It's your choice.

You will of course realise that The Wellspring is still helping those less fortunate than ourselves. They are still cooking twice daily and giving out takeaway food to the homeless. However, they will not be getting donations at the moment, so this is a way we can all help.

ALL our proceeds go directly to **The Wellspring** and with your help, we would like to keep this going as much as we can, so please give me a ring if you need our services.

I hope you like our idea and if anyone can give any suggestions as to what they would like us to try, either ring me or email me at magazine@bramhallu3a.org.uk

My phone number is in the Newsletter. Keep safe and I look forward to hearing from you. **Jill Rickman**

Please can you buy some chocolate ...

Due to the cancellation of the AGM Meeting **Knitting Group A** have Easter novelties containing Crème Eggs, hollow eggs, chocolate oranges and lavender for sale. If you are willing to help by buying some and supporting **St Ann's Hospice**, please contact **Sheila Porter**. Phone number on newsletter.



Just a thought to ponder

I have been thinking about the loss to our charities of the money collected at the monthly meetings, the card stall and Helen's books for **St Ann's Hospice** and collections of items for **The Wellspring**. There would also have been the Easter items from the Knitting and Card groups.

My only idea, so far, is to suggest that we each put aside coins in a money box or tin to save for a time when everything is normal again. I don't think things will be quite the same!

We're not spending money on our usual outings, holidays and meals out, so put it in a box. Keep Safe **Gillian Rowe**