

Walking Group Heating Up

On a baking hot day (remember those?) the walking group made it from Helsby Hill to Frodsham Hill and back. A tough walk made worthwhile by magnificent views from the war memorial at the top of Frodsham Hill. Next year, Ben Nevis . . .



This Month's Certificate of Appreciation Winner is Val Murray

Val, coordinator of the **Mapping Bramhall group** produced the Green Ways walk. This is a three and a half mile circular walk along old paths, boundary lines and new byways linking the green spaces with the suburban sprawl in Bramhall. The maps, as well as giving people the experience of walking and enjoying visual perspectives, give a historical narrative. Read this month's article on the walk, written by a participant, on page 2.

Chairman's Chat

Here we are in July but where's the summer? It's no wonder people go abroad for their holidays. Have you been away anywhere yet? If you manage to get away this year, I hope you have a good time wherever you go.

Its great to be able to reward Val Murray for her hard work with the Mapping Bramhall group. It just shows how volunteering to work with our members has its own rewards.

In our Bramhall u3a, we have many groups covering an impressive range of subjects. All are run by volunteer co-ordinators, but we rarely see any photographs of their activities that we could publish in the Newsletter and on the website for all to see. Why not send some in for next month's edition? In the meantime, try not to get too wet.

Alaister Macrae

Group Coordinators

All our **Coordinators are volunteers** who give their time willingly. If you are willing to help either with an existing group or have an idea for a new group, please email: groups@bramhallu3a.org.uk

Leaders required

Leaders are required for dance groups. This could be one person or a shared leadership. **Line Dancing** and **Scottish Dancing** groups have had to be suspended until a leader can be found.

We also would like to set up **any other type** of dancing group eg. **Ballroom, Zumba, Disco** etc.

If you have the skills and would be willing to help keep U3A members fit and healthy:

Email: groups@bramhallu3a.org.uk

The Green Ways Walk.

Comments from a participant.

What a delightful walk Val took us on!

I think she pitched the balance of walking and pausing to talk just right. It was interesting to hear both from her and Judith (on the history). Walking among the group I heard some people saying that the paths were new to them or that it was good to visit some of them again as they had not walked locally since Covid times. People seemed to be fascinated by the oaks marking the ancient boundaries. Folks were using their maps but also saying they would look at them more closely later, because it was clear that there's a lot going on in the images. I was called upon to name plants a few times during the flow of conversation, as we came across flowers that people admired. It was a very jolly evening and how fortunate to have the sunshine!

Map leaflets of the Green Ways are available at the Library.



Members of the u3a Strollers group enjoying a rest during their 3.5 mile walk through the woods and gardens of Quarry Bank Mill on a warm and sunny day.

Walking Group 2024

Wed 24 July	Shutlingsloe	6.5m	Tough
<i>Alan Davidson</i>			
Thurs 8 August	Lyme Park	6.25m	Mod+
<i>Bryan Johnson</i>			
Wed 28 August	Holcombe Moor	7.5m	Mod+
<i>Chris Hall</i>			
Thurs 12 Sept	Rushup Edge	7m	Tough
<i>David Pechey</i>			

Definition of Grade:

Easy	<i>A flat walk with no hills</i>
Mod	<i>Generally a flat walk with some hills</i>
Tough	<i>A walk with some hills which may be severe</i>

Dates & Speakers Over the next few months

September 19

Title: **Jerome Kern**
Presented by Roger Browne

October 17

Title: **A Reinvestigation of the Moors Murders**
Presented by Alan Kibble

November 21

Title: **Air Traffic Control**
Presented by Nicky Paterson

****December 12****

(Its the second Thursday!)

Title: **Memories of the 60's**
Presented by Malcolm Macfarlane

THIS IS YOUR NEWSLETTER

We are the only local u3a that publishes a monthly Newsletter.

Get more involved and contribute to it.

Items can include any short pieces that you feel would be of interest to other members, including photographs of group activities, details of group events, recipes and helpful tips and ideas.

Email all items to:

newsletter@bramhallu3a.org.uk



Art Group Open Day



The art group open day provided an opportunity for U3A members to drop in and have a go with various media.

They were also able to view a display of work done by the art group this term.

The room was a hive of activity, painting with acrylics, designing and painting coasters, acrylic pouring, drawing and using collage.

Chris Stubbs



Have you ever looked at our website?

<https://www.bramhallu3a.org.uk/>

1200 people did during June, and once again, at the top of their list, was the **Groups Index** page making up nearly **25%** of the total. Next was **Groups News**. This underlines the importance of all coordinators having interesting and up-to-date information about their group. The **Monthly Meetings** page was next and was visited over 100 times. **Please note**, a group page will always benefit from a good quality **picture or two** as well. Please send any words and/or pictures, for the website, to: webupdate@bramhallu3a.org.uk

Barrie Roberts

Next meeting – Thursday August 15 @ 2pm

Geoff Scargill – The German Occupation of the Channel Islands

Join us, we love your company. **Doors open 1.30pm** *Doors will close at 2pm*

Members £2 Remember your membership card.

More details on the magnificent Bramhall u3a website: <https://www.bramhallu3a.org.uk/>

Date	THEATRE – Events open for booking <i>Theatre contacts: Frances Bell & Kay Witham</i>	Price
Aug 10	HMS Pinafore and Trial by Jury Buxton – Saturday Matinee with coach . <i>Waiting list only</i>	£50
Sept 26	War Horse at Lowry – Thursday matinee with coach. Seats available	£63
Oct 22 Oct 26	My Fair Lady Stockport Operatic Society at The Plaza Theatre Evening Tues Oct 22 + Matinee Sat Oct 26 Sold out but more can be obtained.	£20
Dec 29	Halle play the Music of Queen at the Bridgewater Hall – with coach	£45

Cancellation, Refund and Guest Policies for Theatre Trips

A **full refund** will be made if a booking with payment is cancelled by telephone **within 7 days of the booking being made**. In other circumstances, a **full or partial refund** will only be made if there is a sufficient number of members on the trip to cover the costs. A refund of ticket costs can only be made where either the ticket has not yet been purchased or the ticket is sold to another member. **Refunds** - All refunds will be made after the theatre event/outing has taken place. **Guest policy** - Non-members can come on a theatre event/outing as a guest of a member on **one occasion only**.

Other Aspects

The costs for all theatre events, outings and holidays will include transport, driver's tip and where appropriate, tickets. The dates for future theatre trips, for which bookings are not yet being taken, are posted on the website under **EVENTS/THEATRE**.

u3a Bramhall Committee - 2 Vacancies

Outings

Events

There will be **NO FURTHER OUTINGS** or **PARTIES** until these posts are filled.

Help us help the members

Volunteer with a friend or friends.

Interested in helping? Of course you are, so contact one of the Committee.

Groups

Art
Art Appreciation
Badminton
Bird Watching

Books
Bowling – Crown Green
Bridge – Beginners
Bridge – Duplicate
Café book club 1
2
3
Canasta
Card making
Creative writing
Cribbage
Cycling
Dining
Discussion 1
Discussion 2
Family History 1
2
Fitness & flexibility
French
Gardening A
Gardening B
German Intermediate
History 1
History 2
Italian Beginners
Italian Improvers
Knitting A
Knitting B
Mapping Bramhall
Music for Pleasure
Pickleball
Pilates A
Poetry
Pub Quiz
Science for All
Scrabble
Singing For Fun
Spanish – Intermediate
Spanish – Upper Intermediate
Strollers
Table Tennis: Fun for All
Competitive Singles
Transports of Delight
Ukulele
Video & Film Making
Walking
Wine Tasting

Co-ordinators

Mel Edge
VACANCY
Phil Kay
Robert Mantle
Paul Carter
Dudley Newell
Gordon & Ruth Kempster
Angela Harding
Ray Lee
Olga Hampson
Kay Witham
Sharon Turner
Veronica Dean
Jill Rickman
Pat George
Val Barker
Ian Pennie
Vera Moore
Dina Levy
Brian Dougal
Mary Hambleton
Brian Turner
Vikki Radford
Kay Witham
Carol Wilson
Nancy Comerford
Jean Cox
Angela Devaney
Olga Hampson
Steve Goodall
Helen Webster
Sheila Porter
Shelagh Lord
Val Murray
Jackie Harmer
Julie Suckling
Vikki Radford
Valerie Greenwood
Cathie Kay
Mike Hollingsworth
Val Barker
Vera McWhirter
Diana Blaney
Janet Smith
Gwendoline Shorrock
Liz Pennington
Liz Pennington
VACANCY
Jackie Harmer
Alaister Macrae
Viv Grimshaw
Judy Godsell

Days/Times

2nd + 4th Wednesday – 10am to 12
2nd_Wednesday_-_2pm
Tuesday – 1.45pm to 3.45
Usually 4th Wednesday –
at 9.15am
4th Thursday
Contact for details
Wednesday – 2pm
Wednesdays – 10am to 12
Monthly. Monday – 10.30am
Monthly. Tuesday – PM
Monthly. 3rd Wednesday – PM
1st + 3rd Monday – 2pm
Alt. Mondays 2pm – 4
2nd Wednesday – 2pm
1st Thursday – 7.30pm
Every other Tuesday – 10am
Tues. or Wed. evening – 4th week
4th Monday – 2.30pm
3rd Thursday – 2pm
Monthly – Wednesday 2pm
Second Thursday – 1pm to 3.00
Mondays 09.30 – 10.15
Alternate Mondays – 2pm
2nd Monday – 2pm
2nd Monday – 2pm
2nd and 4th Tuesdays – 10.30am
Alt Thurs – 10am to 12
1st Thursday – 10.30 to 12.00
2nd + 4th Tuesday – 10am
Alt Wed – 10am to 11
3rd Tuesday – 2pm
1st Thursday – 2pm
3rd Monday – 2pm
3rd Friday – 10.30am
Every weekday – 10am to 12
Monday – 10.30am + 11.40am
2nd Monday – 1.30pm
1st Thursday – 8.30 for 9pm
1st Wednesday – 2pm to 4
2nd Monday – 2pm to 4.30
1st + 3rd Monday – 10am
Alt. Thursdays – 2pm
Tuesdays – 10am to 11.30
1st Tuesday pm – 3rd Wed. am
1st/2nd/3rd Wednesday – 10 to 12
4th Wednesday – 10.30 to 12
Group coordinator needed
2nd and 4th Tuesday – 2pm
Monthly – Contact for details
See schedule on website
Bi-monthly – contact for details