

Pick a card, any card....

(a local charity will feel the benefit)

The Card Group make all sorts of cards, male and female birthdays (for adults and children) and occasions ranging from anniversaries to sympathy.

Our inspiration comes from each other, as we all have different ideas and styles, and we also browse the internet. Some cards are for ourselves but many are for our card stall that is set up at every monthly meeting.

We sell our cards at different prices from £1 to £3.50 and all of the proceeds go to one of our u3a Bramhall charities.

In 2023 The Card Group, donated £720 to The Wellspring charity in Stockport. In 2024, the total, so far, is £770.

Many thanks to all who have bought cards from our stall.

Jill Rickman



Pop-up Café for Carers

Are you a carer for someone with dementia? If so, you and the person you care for are invited to a pop-up lunch on Friday 1st November at Bramhall Village Club. **The Bramhall u3a Thrive group** is organising this event to recognise the work carers do in our community. There will be a chance to meet other carers and we will do our best to entertain the person you care for. A traditional afternoon tea will be served for lunch.

The event is free of charge. However, as places are limited, they will be allocated on a first come first served basis. It is essential that you complete a booking form and receive the confirmation of a place. If interested, contact **Carol Wilson**. Please contact via: groups@bramhallu3a.org.uk

The Thrive Group

This group has been set up as a pioneering project, loosely based on the Duke of Edinburgh's Award structure with four key components: physical activity, learning new skills, volunteering/community involvement, expedition/adventure. This group is specifically aimed at older adults with the intention of improving health and wellbeing, increasing social interaction and slowing down physical and cognitive decline.

Details of the group's activities will follow in due course and there will be opportunities for you to join a similar group.

Chris Stubbs

The Duplicate Bridge Group meet for very friendly and social games on Wednesday, 10:00–12:00. We have vacancies for up to 8 more people. Couples are preferred but individuals would be paired up. **For further information Email: groups@bramhallu3a.org.uk**

Chris Stubbs

Next meeting – Thursday October 17 @ 2pm

Alan Kibble – A Reinvestigation of the Moors Murders

Alan Kibble, a retired police officer, was part of the team working on this infamous case, first brought about in July 1963. Many aspects of the investigation never appeared in the media. This fascinating talk gives us an insight into police procedure in such extreme cases.

Chairman's Note

We've been lucky enough to get a volunteer for our Holidays Organiser vacancy but we still need someone to arrange our Outings and Events. We also need someone to run the Music for Pleasure Group. Could you be a good organiser of any of these? Why not give it a try? Previous post holders are more than willing to advise and help you get started.

Alaister Macrae

Film and Video Group – More Members Needed

I'll bet you take lots of pictures on your phone and even video in some cases. Likewise with your camera.

How about putting them together to make a little film or slide show to show them to others?

The Film and Video Group is a small **Open Group** with at least one member from another u3a. We meet monthly on a Monday to view the progress video makers, or slide-show makers, have been making and to see the odd training video. In between times, our co-ordinator visits individuals in their own homes, and using their own computers, helps them to edit video or stills, and to add commentary and music sometimes. Why not give us a try?

Alaister Macrae

History Group 2

We have two vacancies in our friendly, interesting group. Each month we cover a different subject, often on topics and people that were not on the school curriculum. Why not join us, come along to the meetings and listen to our talks and join in the discussions? There will also be the opportunity to visit historic places of interest. We meet at the house of a member of the group, on the first Thursday of the month at 10.30am. For more info, Email: groups@bramhallu3a.org.uk

From Sea Level to the Cheshire 'Matterhorn' Two very different walks this month for our Walking group. The first out to Hilbre Islands on the Dee Estuary – a flat, easy and very atmospheric walk, made challenging by the tides. Get the timings wrong and you could be stranded! Fortunately, we all made it there and back safely, before heading to Port Sunlight for a walk around the village, learning about its history. Then we hit the heights of Shutlingsloe – known as the Cheshire Matterhorn. A tough walk this one, which involved two miles of climbing and rock scrambling to reach the summit – worth it for the views over Cheshire and Manchester. A total of 6.5 miles of challenging walking finished with a much-needed picnic next to the Trentabank reservoir.

Clare Forrest



Bramhall u3a 5 day holiday to South Wales Departing 5 May 2025

Join us as we visit South Wales. During our tour we visit the seaside resort of **Tenby**; we take a Steam train ride on the **Gwili Railway**; explore the amazing **National Botanical Gardens**; take a guided tour around **Picton Castle** and complete the tour with a visit to the **White Castle Vineyard** with lunch.

Our base is the **Ivy Bush Royal Hotel**, in **Carmarthen**, just a short walk from the town centre. There is a comfortable lounge bar and restaurant offering seasonal menus. All bedrooms are en-suite with TV, Wi-Fi and courtesy tea trays.

MONDAY - we depart Bramhall, arriving in time for lunch at **St Fagans Museum**. (National Museum entrance is free). We then continue to our hotel in **Carmarthen**

TUESDAY - we head to the village of **Laugharne**, the home of Dylan Thomas, and then to **Tenby** for the remainder of the day. From here you can take a boat trip to **Caldy Island**.

WEDNESDAY - we visit **Picton Castle**, where we have a guided tour upon arrival, followed by a light lunch then free time to explore.

THURSDAY - this morning we take the short journey to the **Gwili Railway**. We then spend the afternoon at the **National Botanical Gardens of Wales**.

FRIDAY - on our way home we stop at **The White Castle Vineyard**, where we have a guided tour, followed by a lunch platter and a tasting of 4 wines. We aim to arrive in the Bramhall area early evening.

***Your tour includes:** Luxury coach travel, 4 nights half board, entrance to Picton Castle with guided tour and light lunch, a train ride on the Gwili Railway with Welsh elevenses, entrance to National Botanical Gardens and a guided tour of White Castle Vineyard with lunch.*

£620.00 p/p sharing twin/double room £80.00 single room supplement
(£27.28 optional insurance)

Bookings to be made via the website <https://www.bramhallu3a.org.uk/events/holidays> or directly with Jennefer Richmond at Bramhall u3a meetings

Walking Group 2024

Thurs 10 Oct Lyme Park 6m Mod
Keith Mant

Thurs 23 Oct Details to follow Prob. Easy/Easy+
Bryan Johnson

Definition of Grade:

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

Upcoming Meetings & Speakers

November 21
Title: Air Traffic Control
Presented by Nicky Paterson

December 12
The SECOND Thursday!
Title: Memories of the 60's
Presented by Malcolm Macfarlane

*This is a ticket only event. Tickets cost £5.00
Numbers are limited, so get yours at Bramhall u3a meetings or via your group coordinator.*

Date	THEATRE - Events open for booking <small>Theatre contacts: Frances Bell & Kay Witham</small>	Price
Sept 30 + Oct 5	Dracula - The Bloody Truth at The Players Theatre A comedy version of the story. There is also an afternoon performance on Saturday October 5	£13
Oct 22 + Oct 26	My Fair Lady - Stockport Operatic Society at The Plaza Theatre Evening Tues Oct 22 and matinee Sat Oct 26 . <i>All tickets sold but others can be obtained.</i>	£20
Dec 29	Halle play the Music of Queen at the Bridgewater Hall - with coach	£45

u3a Bramhall Committee - THERE ARE 2 VACANCIES

Outings & Events

Remember, there will be **NO OUTINGS** or **PARTIES/EVENTS** until these posts are filled.

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
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
Sports 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
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
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
Coordinator needed
2nd and 4th Tuesday – 2pm
Monthly – Contact for details
See schedule on website
Bi-monthly – contact for details