

**Discussion Group**

Interest exceeds capacity—is anyone willing to form a new Group & hold meetings in their home. If you can help email :- [groups@bramhallu3a.org.uk](mailto:groups@bramhallu3a.org.uk)

**The Strollers group** have had their first few walks, which have been enjoyed by all. If you would like a stroll for between 2 -3 miles twice a month we have room for more members.

Contact Gwendoline Shorrocks or email [groups@bramhallu3a.org.uk](mailto:groups@bramhallu3a.org.uk)

**Keeping in Touch – Members’ Survey**

Social media buff? Love WhatsApp? Twitterati?

Whatever your preferences, we’d like you to tell us please. We know that the majority of you use email and the internet, but not how you use social media, which could be an excellent way for us to keep you up to date with what’s happening.

So that we can plan how best to communicate with you now and in the future, we’re inviting you to complete our survey. It’s all about online communication.

(Don’t worry, there will still be paper and post for those who prefer this.)

Use the QR code here to access the survey or

go to <https://forms.gle/KcTeUdBvWxSJhyXf8>



**The Committee**

**WALKS**

June 28	Higher Poynton	7 miles	Mod+	Alan Davidson
July 13	Lyme Park (NT Card)	5 miles	Mod	Keith Mant
26 July	Around River Goyt	6 miles	Easy	Clare Forrest

**Our Next Two Meetings**

Doors open 1.30pm Venue Bramhall URC

July 20th	Jerome Kern	-	Speaker Roger Browne
August 17th	Anecdotes of a Registrar	-	Speaker Carol Codd

**Research Study**

**Volunteers** are needed for a research study comparing the walking gait of healthy control subjects with patients suffering from normal pressure hydrocephalus. Control subjects need to be >60 years old and free from injury or neurological disorder. Volunteers will be asked to go once to a gait laboratory at Manchester Metropolitan

University, where they will complete some questionnaires and undertake a gait assessment. They will be given a Fitbit to record activity levels for 1 week.

For further information, go to <https://www.bramhallu3a.org.uk/links> under Research.

Date	THEATRE – Events open for booking <i>Theatre contacts: Frances Bell (439.8654) &amp; Kay Witham (439.6898)</i>	Price
July 30th	Trip by coach to Buxton to see The Mikado (Waiting list)	£45
Oct 24th & 28th	Stockport Operatic Society—The Music Man	£20
Nov	Players Theatre Programme and date TBC	£11
Dec 13th	G4 at Gorton Monestry (almost full)	£55

# Bramhall

Alaister Macrae	Chairman	Peter Webster	Vice-Chair/Newsletter
Alistair Gardner	Treasurer	Meg Rowell	Meetings
Kay Witham	Membership	Helen Webster	Speaker Secretary
Bob Dumbarton	Newsletter	Chris Stubbs	Groups
Frances Bell	Theatre	Vera Moore	Dining Group
Jill Rickman	Almoner	Graham Porter	Accommodation
Barrie Roberts	Website Manager	Frank Tucker	Holidays
Clare Forrest	External Relations		
<u>VACANCIES</u>	<u>Outings</u>	<u>Business Secretary</u>	<u>Events</u>

## u3a

# Committee

## Groups

Art	
<b>Art Appreciation</b>	
Badminton	
Bird Watching	
Books	
Bowling – Crown Green	
Bridge – Improvers	
Bridge – Beginners	
Café book club	1
	2
	3
Canasta	
Card making	
Creative writing	
Cribbage	
Cycling	
Dining	
Discussion	
Family History	1
	2
Fitness & flexibility	
French	
Gardening A	
Gardening B	
German Intermediate	
History	
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
<b>VACANCY</b>
Phil Kay
Robert Mantle
Paul Carter
Dudley Newell
Gordon & Ruth Kempster
Ray Lee
Angela Harding
Kay Witham
Olga Hampson
Sharon Turner
Margaret Ramsden
Jill Rickman
Pat George
Val Barker
Ian Pennie
Vera Moore
Dina Levy
Mary Hambleton
Brian Turner
Vikki Radford
Kay Witham
Carol Wilson
Nancy Comerford
Jean Cox
Angela Devaney
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
Peter Webster
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
Wednesdays – 10am to 12
Wednesday – 2pm
Monthly. Tuesday – PM
Monthly. Monday – 10.30am
Monthly. 3rd Wednesday – PM
1st Wednesday – 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
Monthly – Wednesday 2pm
First 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
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
Thursdays – 2pm to 4
Tuesdays – 10am to 11.30
1st Tuesday pm – 3rd Wed am
1st/2nd/3rd Wednesday – 10 to 12
4th Wednesday – 10.30 to 12
Contact for details
2nd and 4th Tuesday – 2pm
Alternate Fridays – 2pm
See schedule on website
Bi-monthly – contact for details