



Pickleball

The Pickleball group have recently had two new courts provided for them by Bramhall Park Lawn Tennis Club.

Carol Wilson made an inaugural wreath with recycled pickleballs to open the new courts on the first day of play.



Committee Vacancies

Outings

Events

Business Secretary

Did you enjoy the outings and Christmas parties?

Do you realise that without the above Committee Vacancies being filled, there will be NO FURTHER outings or parties. It is a great shame to lose these popular events from our annual schedule.

Help us, help all members, by volunteering, perhaps with a friend, to fill these vacancies.

Full information will be provided. You will find your involvement both interesting, great fun and very rewarding.

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

Hello from your Chairman

I hope you are well and getting ready for next month's festivities. Have you thought about presents for the likes of nephews and nieces, or grandchildren yet, after all there are only 39 days until Christmas? What does one buy for a four-month old baby boy, for example? A three year old girl is easier in my opinion. Also, don't forget to treat yourself.

Something else we can be thinking about at this time of year, is where can we go on holiday next year? I've got a couple booked so far. Where do you fancy?

In the meantime, as this is the last four page newsletter until January may I wish everyone a Merry Christmas and a Happy and Healthy New Year.

Alaister Macrae

As we do not have an Events Organiser, there will no Christmas party this year.

In its place will be: **The Christmas Show** on **14th December 2023**

Presented by: **Steve and Carol Robson with their 'Fool's Gold'**

Meeting capacity - 130 members

Light refreshments will be available, as usual, after the meeting

The show is a mixture of elements that complement each other in that stories, movies and images are blended with a core element of acoustic music, all played live. We hear about the histories, mysteries, tragedies and romances that lie, often hidden and unknown, behind our songs.

December meeting special raffle prize

The prize: 1 year free u3a Bramhall membership plus free access to all meetings (value £34!)

Tickets will only be on sale at the meeting on 14 December - £1 for a strip of 5 tickets.

The winner will be announced at the end of the meeting. Money raised will be split between our charities.

Scam of the week

Scams, by phone, email, mail and cold calling are on the increase. Follow these golden rules to prevent yourself being a scam victim

Be suspicious of all 'too good to be true' offers and deals.
There are no guaranteed get-rich-quick schemes.

Remember - If it sounds too good to be true, it usually is.

Do not agree to any offers or deals immediately.

Always get independent, legal or family advice before making a decision.

Get help or report a scam - If you think you've uncovered a scam, been targeted by a scam or fallen victim to fraudsters, contact Action Fraud on 0300 123 2040

Remember! Any contact out of the blue . . . It's not for you!

More next month - take care till then.



Art Appreciation

The next Art Appreciation talk will be starting at 2pm on Wednesday December 13th. In festive mood the December talk is called Bah Humbug: a History of Christmas in Art and Literature.

Talks are held at the Village Club at 2pm and everyone is welcome.

2024 Walks

November 22

Whalley Bridge to Disley

5.5m Mod

Bryan Johnson

December 14

Poynton

5m Easy+

Sally Atkinson

**Yamaha Digital Keyboard PSR-E223.
YPT-220**

u3a Bramhall is disposing of this little-used Digital Keyboard, which is in excellent condition.

Ideal for a beginner

Its main features are:

61 regular-sized keys; 375 high-quality instrument voices; Yamaha's world-famous grand piano sound; 100 accompaniment styles; 102 built-in songs, for easy learning with the Yamaha education suite (YES5) system; 9 Reverb and 4 Chorus effects; MIDI IN/OUT; External mains adaptor and Sustain Pedal.

Bargain at £30. Can demonstrate on collection.

Contact Graham Porter or Alistair Gardner for details.



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

Volunteers for Research

Our Future Health is the UK's largest ever health research programme. It plans to collect information on 5 million adults. Discoveries made could lead to new ways to predict, prevent and detect diseases earlier in life when they can be treated more easily. Taking part involves first signing a consent form, which gives permission for your health records to be securely accessed. Second, you are asked to complete an online questionnaire about your health and lifestyle, that will take up to 45 minutes. Finally, you are asked to give a blood sample and some measurements taken such as blood pressure, weight and blood cholesterol level. The sample and measurements can be done at Boots in Merseyway, Stockport.

For further information and to sign up, go to <https://ourfuturehealth.org.uk/>

Mike Hollingsworth

Your Committee

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

Holiday 2024

Due to the limited number of bookings for the holiday to Oxfordshire in April 2024 it has been cancelled. Full refunds will be sent to all the people that have booked. Frank Tucker

Meetings & Speakers in 2024

Join us, we love your company.

Doors open 1.30pm

Meeting starts and doors close at 2pm

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|--------------------|---|
| January 18 | Witches and Superstitions
Presented by Jean Finney |
| February 15 | The Bentley Boys
Presented by David Skillen |
| March 21 | Great Musicals of Stage and Screen
Presented by Malcom MacFarlane |
| April 18 | Bringing Law to Life with Laughter
Presented by Sue Holden |
| May 16 | Lies, Damn Lies and Statistics
Presented by Neil Sheldon |
| June 20 | Air Born
Presented by John Wallace |

Members £2

Remember your 2023 membership card.

More details on our website.

History Group

Room for another member.

We are a friendly group who meet fortnightly on a Thursday morning.

We take turns to research a topic and then present it to the group.

If you are interested in joining us email:

groups@bramhallu3a.org.uk

More talks via Zoom

Last month I advertised talks that U3a National Office organises and delivers via Zoom. Are you aware of u3a Communities that also organises regular talks via Zoom? The categories are: Art history, Books & Literature, Climate, Computing, Current affairs, History, Rocket Science, Science & Technology.

For further information go to:

<https://u3acommunities.org/>

Mike Hollingsworth

Date	THEATRE – Events open for booking <i>Theatre contacts: Frances Bell & Kay Witham</i>	Price
Nov 27 – 30	God of Carnage by Yasmina Reja Players Theatre	£12
Dec 13	G4 at Gorton Monastery <i>Coach included.</i> Full	£55
Dec 29	Halle at the Bridgewater A Night at the Oscars <i>Coach included</i> Contact Chris Hartley 439 6535. Full	£38
January 11 2024	The King and I at the Lowry Matinee performance Coach included A few additional seats are available	£60

If interested your name can be added to a waiting list for all performances

Cancellation, Refund and Guest Policies for Outings and 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 outings, for which bookings are not yet being taken, are posted on the website under Dates for your Diary.

Bramhall u3a is education by members, for members – Bramhall u3a

Group	Co-ordinator	Days/Times
Art	Mel Edge	2nd + 4th Wednesday – 10am to 12
Art Appreciation	VACANCY	2nd Wednesday – 2pm
Badminton	Phil Kay	Tuesday – 1.45pm to 3.45
Bird Watching	Robert Mantle Paul Carter	Usually 4th Wednesday – at 9.15am
Books	Dudley Newell	4th Thursday
Bowling – Crown Green	Gordon & Ruth Kempster	Contact for details
Bridge – Improvers	Ray Lee	Wednesdays – 10am to 12
Bridge – Beginners	Angela Harding	Wednesday – 2pm
Café book club	1 Kay Witham	Monthly. Tuesday – PM
	2 Olga Hampson	Monthly. Monday – 10.30am
	3 Sharon Turner	Monthly. 3rd Wednesday – PM
Canasta	Veronica Dean	1st + 3rd Wednesday – 2pm
Card making	Jill Rickman	Alt. Mondays 2pm – 4
Creative writing	Pat George	2nd Wednesday – 2pm
Cribbage	Val Barker	1st Thursday – 7.30pm
Cycling	Ian Pennie	Every other Tuesday – 10am
Dining	Vera Moore	Tues. or Wed. evening – 4th week
Discussion	Dina Levy	4th Monday – 2.30pm
Family History	1 Mary Hambleton	Monthly – Wednesday 2pm
	2 Brian Turner	Second Thursday – 1pm to 3.00
Fitness & flexibility	Vikki Radford	Mondays 09.30 – 10.15
French	Kay Witham	Alternate Mondays – 2pm
Gardening A	Carol Wilson	2nd Monday – 2pm
Gardening B	Nancy Comerford	2nd Monday – 2pm
German Intermediate	Jean Cox	2nd and 4th Tuesdays – 10.30am
History	Angela Devaney	Alt Thurs – 10am to 12
Italian Beginners	Steve Goodall	2nd + 4th Tuesday – 10am
Italian Improvers	Helen Webster	Alt Wed – 10am to 11
Knitting A	Sheila Porter	3rd Tuesday – 2pm
Knitting B	Shelagh Lord	1st Thursday – 2pm
Mapping Bramhall	Val Murray	3rd Monday – 2pm
Music for Pleasure	Jackie Harmer	3rd Friday – 10.30am
Pickleball	Julie Suckling	Every weekday – 10am to 12
Pilates A	Vikki Radford	Monday – 10.30am + 11.40am
Poetry	Valerie Greenwood	2nd Monday – 1.30pm
Pub Quiz	Cathie Kay	1st Thursday – 8.30 for 9pm
Science for All	Mike Hollingsworth	1st Wednesday – 2pm to 4
Scrabble	Val Barker	2nd Monday – 2pm to 4.30
Singing For Fun	Vera McWhirter	1st + 3rd Monday – 10am
Spanish – Intermediate	Diana Blaney	Thursdays – 2pm to 4
Spanish – Upper/Inter	Janet Smith	Tuesdays – 10am to 11.30
Strollers	Gwendoline Shorrock	1st Tuesday pm – 3rd Wed . am
Table Tennis: Fun for All	Liz Pennington	1st/2nd/3rd Wednesday – 10 to 12
Competitive Singles	Liz Pennington	4th Wednesday – 10.30 to 12
Transports of Delight	VACANCY	Group Coordinator needed
Ukulele	Jackie Harmer	2nd and 4th Tuesday – 2pm
Video & Film Making	Alaister Macrae	Monthly – contact for details
Walking	Viv Grimshaw	See schedule on website
Wine Tasting	Judy Godsell	Bi-monthly – contact for details

Headings in **RED** indicate a **vacancy**

Interested? Apply to Chris Stubbs via the **GROUPS** email