

Would you like to research your family?

You can discover who your ancestors were, including their names, where they lived and their occupations. There is the possibility to explore family tales/legends and check their validity. **Family History Group 2** is looking for new members with similar interests to join our friendly, knowledgeable and supportive group.

email: groups@bramhallu3a.org.uk

Art Group

We urgently need new members for our newly formatted art group. If you like art then here is a place where you can come along and express yourself in a friendly, informal, relaxed environment; experiment with ideas, follow your own personal projects or simply learn from those around you.

If this appeals to you,

email: groups@bramhallu3a.org.uk

Last month, members of "Science for All", "Art Appreciation" and "Gardening A" travelled by coach to the **RHS Bridgewater Gardens** near Worsley.

The participants were treated to interesting guided tours by RHS volunteers explaining the planning of the gardens and the great progress that has been made since the gardens opened in 2021. That, together with the excellent weather, made it a very enjoyable day out



2025 Walking Group 2025

Wed 25 June 5 m EASY	River Mersey/Fletcher Moss Clare Forrest Text 07957 793642
Thu 10 July 6.25m MOD+	Lyme Park & Black Rocks Bryan Johnson 07957 242154
Wed 23 July 6 m EASY+	Chelford Ray Atkinson 07860 730315

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

Meetings & Speakers in 2025

More details on:

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

17 July
Wild Costa Rica
Speaker – Brian White.

21 August - Meeting cancelled
This is due to a clash of dates with the URC 'Holiday at Home' activity

18th September
English: A curious language
Speaker— Neil Sheldon

Thursday Book Group

The Thursday book group would welcome 2 new members!

We meet on the 4th Thursday of each month with the exception of Christmas! Every month we get a book from the Stockport Library Service—they offer a wide selection. We meet at member's houses, if it is possible, to discuss the book and have a natter about almost anything else.

If you want to chat about the Group, please contact Dudley Newell, via the u3a website or Newsletter.

An Enjoyable u3a Holiday in South Wales



Baby by Valerie Greenwood (Poetry Group)

I've fallen in love all over again
 The stars aligned when you were born
 Who could not be captivated
 When sinking into those deep blue eyes
 You are perfection, such beauty
 Rests on your delicate peachy skin
 Rosebud lips so precious and divine
 Velvet downy hair, angelic
 Ten toes waiting to be tickled
 Fingers clenching and releasing
 Rapid breaths, tiny whimpers
 You bring love, joy and happiness to all
 I've fallen in love all over again.

Study into the health and wellbeing of adults who grew up in foster or residential care

Research has shown that care-experienced adults face a greater risk of negative health outcomes compared to the general population.

Researchers, at the University of Oxford, are holding focus groups to understand the health and wellbeing concerns of older care experienced adults and explore the types of support they would like to receive from health and social care services.

If you, or someone you know, would like to learn more, please contact Jono on Jonathan.Taylor@ndph.ox.ac.uk or 01865 617912.

Date	THEATRE - Events open for booking <i>Theatre contacts: Frances Bell (439.8654) & Kay Witham (439.6898)</i>	Price
Oct 23 rd 2025	Fiddler on the Roof Palace Theatre Manchester. Matinee performance by coach. The cost may reduce if sufficient people want to attend	£75
Aug 10 th 2025	Gilbert & Sullivan at Buxton Princess Ida Waiting list only	£ 50
Oct 21 st —26 th	Stockport Operatic Society " Anything Goes" at the Plaza	£20
w/c Sept 29th	Steel Magnolias, Players Dramatic Society. 4 for 3 Season Tickets available	£14 tbc