

100 Squats a Day: One Bramhall U3A Member's Powerful Promise to Cancer Research

Most of us know at least one person whose life has been touched by cancer and **Bramhall u3a member Jackie Latham** has decided to do some fundraising for **Cancer Research** by joining the "100 Squats a Day in August" challenge.

Jackie regularly attends supervised gym sessions, which often include squats as shown. This was good practise. Every day Jackie posts a social media video of 10 of her squats. The remaining squats are completed usually in 3 further sessions.

To make it more interesting, Jackie has themed each session (10 squats at a BBQ for example).

A still from each video can be seen on her donate page using the link below:

<https://fundraise.cancerresearchuk.org/page/jackies-giving-page-10014188>

At the time of writing up to 16th August and including Gift Aid, she has raised nearly **£700** and any donations will be accepted until the end of September.

Can we support Jackie?



Strollers Group 1

9 Members of the group walked on Wednesday 15 July from Holehouse Lane car park along the Macclesfield canal to Bollington and the Waterside cafe where we enjoyed a rest in the shade with cool drinks and coffee and, of course, a chat.

We were very lucky with the weather it was a lovely sunny day, but too hot.

Anne Barker

Bramhall u3a have supported The Wellspring charity for many years now.

They provide invaluable help to many homeless and disadvantaged people in Stockport. Our donations of money and nearly-new clothes, including underwear, and toiletries are always much appreciated.



History Group 2 enjoying a guided tour of Eyam, in Derbyshire, on a hot Day in July.

Excellent museum with lots of information about the devastation caused by the plague in the Village and in England generally. **Olga Hampson**



This Celtic Cross is from the 8th or 9th century. It is located in the graveyard of the parish church of St. Lawrence in Eyam.



The sundial (1775) is on the wall of the parish church.

July meeting – *Painting the Saints*

by Paul Gillyon



A fascinating account of Italian and Northern Renaissance artists, how they introduced the idea of 3D and perspective into their work and the attributes that enable us to tell one saint from another.

Your next talk is:

Earthquakes by Peter Webb

Thursday 15th October at 2pm

We all hear much about earthquakes and the devastation they can cause, but what causes them and how are they measured?

Peter helps us understand this most terrifying of natural phenomena.



The **Mapping Bramhall group** did a survey of bees in Bramhall last year. The Group has followed that by visiting a beekeeper and his apiary in Woodbank Park, Stockport.

Val Murray

Science Group – October

The next Science Group talk will be at **2pm on Wednesday October 7th**. The talk will be given by **Dr Emily Colins** from the **Dept of Computer Science, Manchester University**. Her talk is entitled “Where’s the Trust?” The implications of human interaction for Robotics and AI.

Talks are held at the Village Club on Lumb Lane.

Please note the room is limited to a capacity of 65 and there is a charge of £2.00

Art Appreciation group – October

Our October talk will be at **2pm on Wednesday October 14th** at the Village Club on Lumb Lane

Frank Vigon will be talking on **G F Watts – Watts my line**.

Date	THEATRE – Events open for booking <i>Theatre contacts: Frances Bell & Kay Witham</i>	Price
Sept 21	These Shining Lives – Players New Season	£14
Sept 24	High Society at the Lowry by coach. <i>Extra tickets may be available</i>	£72
Oct 22 + 24	Chess at the Plaza – Stockport Operatic	£20
Dec 7	The Muppet Christmas Carol The Halle/Film – Bridgewater hall by coach	£69
May 2027	The Magic of Motown – Bridgewater Hall by coach	TBC

***Go on, surprise yourself,
Learn something new in 2026***

Groups email: groups@bramhallu3a.org.uk

What

Leader

When

Art 1	Toni Stern	2nd+4th Wed 10 – 12
Art 2	Alison Hunt	2nd+4th Monday 2 – 4pm
Art Appreciation	**VACANCY**	2nd Wednesday 2pm
Badminton	Dave Pennington	Tuesday 1.45pm to 3.45
Bird Watching	Robert Mantle	3rd/4th Thurs 9.15am
Board Games	Phillipa Fitzpatrick	4th Wednesday 2pm
Book Club 1	Dudley Newell	4th Thursday
Book Club 2	Steve Normansell	3rd Thursday 10am – 12
Book Club 3	Patricia Vermes	1st Tuesday 10am
Bowling Crown Green	G & R Kempster	Contact for details
Bridge Beginners	Angela Harding	Wednesday 2pm
Bridge Duplicate	Ray Lee	Wednesdays 10am – 12
Bridge contract	Judi Cooke	2nd/4th Thurs 2pm
Café book club 1	Olga Hampson	Monthly. Monday 10.30am
Café book club 2	Kay Witham	Monthly. Tuesday PM
Café book club 3	Sharon Turner	Monthly 3rd Wed PM
Canasta A	Veronica Dean	1st/3rd Monday 2pm
Canasta B	Judi Cooke	2nd/4th Tuesday 2pm
Card making	Jill Rickman	Closed Group
Computers	Neil Rackham	4th Tuesday 10am
Creative writing	Pat George	2nd Wednesday 2pm

Cribbage	Val Graham	1st Thursday – 7.30
Cycling	Steve Hughes	Various days
Dining	Vera Moore	Tues or Wed – 4th week
Diners early evening 1	Walter Fitzpatrick	3rd Thursday
Diners early evening 2	Hilary Lightfoot	2nd Tuesday – 6.15
Diners Monday lunch	Philippa Fitzpatrick	1st Monday 12.00
Discussion 1	Dina Levy	4th Monday 2.30
Discussion 2	Brian Dougal	4th Tuesday 2pm
Family History 1	Mary Hambleton	Monthly Wed 2pm
Family History 2	Brian Turner	Second Thursday 1 – 3pm
Fitness & flexibility	Vikki Radford	Mondays 9.30 – 10.15
French	Kay Witham	Alternate Mon 2pm
French Conversation	Julia Bell	1st+3rd Mon 10.30 – 12
French Pot Pourri	Hilary Lightfoot	1st Monday 10.30
Gardening A	Doreen Donnan	2nd Monday 2pm
Gardening B	Nancy Comerford	2nd Monday 2pm
German Intermediate	Jean Cox	2nd+4th Tues 10.30
German Conversation	Susan Brayzier	3rd Wednesday 2.30
History 1	Angela Devaney	Alt Thurs 10 – 12
History 2	Olga Hampson	1st Thurs 10 – 12
Holidays	Jennefer Richmond	At least one per year
Italian Beginners	Steve Goodall	2nd + 4th Tuesday 10
Italian Improvers	Helen Webster	Alt Wed 10 – 11
Knitting A	Sheila Porter	3rd Tuesday 2pm
Knitting B	Shelagh Lord	1st Thursday 2pm
Local Amateur Theatre	Hilary Lightfoot	Various days
Mac group	Barry Richards	2nd Monday 10am
Mapping Bramhall	Val Murray	3rd Monday 2pm
Photography	Neil Rackham	2nd Tuesday 10am
<i>Pickleball</i>	<i>Julie Suckling</i>	<i>FULL – Waiting list</i>
Pilates	Vikki Radford	Monday 10.30 + 11.40
Poetry 1	Valerie Greenwood	2nd Monday 1pm
Poetry 2	David Greenfield	2nd Friday 2pm
Pub Quiz	Cathie Kay	1st Thurs 8.30pm for 9
Quiz at home	Neil Rackham	Alt. Thursdays 11am
Science for All	**VACANCY**	1st Wednesday 2 – 4pm
Singing For Fun	Vera McWhirter	1st + 3rd Monday 10am
Spanish Intermediate 1	Diana Blaney	Alt. Thursdays 2pm
Spanish Intermediate 2	Janet Smith	Tuesdays 10 – 11.30am
Spanish Conversation	Hilary Lightfoot	Alt Thursday 2pm
Table Tennis: Fun for All	Liz Pennington	1st/2nd/3rd Wed 10 – 12
Comp Singles	Liz Pennington	4th Wed 10.30 – 12
This is my life	Rae Lomas	Contact for details
THRIVE 1	Carol Wilson	Contact for details
Ukulele	Jackie Harmer	2nd and 4th Tues @ 2pm
Video & Film Making	Alaister Macrae	Monthly – contact
Walkers 1	Viv Grimshaw	2nd Thurs. + 4th Wed.
Walkers 2	John McNally	4th Wednesday
Strollers 1	Ann Barker	1st Tues + 3rd Wed
Strollers 2	John McNally	2nd Wednesday 10.15
Wine Tasting	Judy Godsell	Bi-monthly