

October

2023

HEATONS AND REDDISH U3A

NEWSLETTER

u3a
Heatons & Reddish

Registered Charity No: 1037772



Libra



<https://www.facebook.com/groups/253548616560370>

<https://u3asites.org.uk/heatons-reddish/welcome>



Scorpio

CHAIR'S NEWS FOR OCTOBER 2023

Hello friends and colleagues,
Just a short message this time to let you know (if you hadn't heard already) that I'm stepping down as chair.

My family are moving down to Weymouth in Dorset and after a lot of heart searching, I've decided to go too, living separately but nearby.

I haven't found a new home yet, but it will be easier to look once I'm there. In the meantime, I'll be staying with them and then probably in an Airbnb or even a caravan!

I must say I'm looking forward to the change and treating it as an adventure. In the meantime, you are all in the safe hands of vice-chair Jude Wells who will carry out my duties until the AGM in January. The committee and group leaders will keep everything ticking over as they always do.

I just want to say thank you to everyone who has supported me with special thanks to all our lovely members who are the heart of the U3A. You really are a smashing bunch. And lots of people agree because our membership is growing all the time.

So, onward and upward! Look after each other and enjoy all your activities. Lots of love - **Jude**

FROM THE EDITOR

The next Newsletter will be the November issue which will be published on Friday 27th October. We are putting in an extra issue because of the timings for the AGM and nominations for the committee.

If you have anything you wish me to include in the Newsletter then please e-mail me, at the latest, by Wednesday 25th October at

maryneedham.U3A@hotmail.com.

Thank you.

Mary



POLITE REQUEST FROM HEATON MOOR UNITED CHURCH.

If you are going on one of the organised u3a trips, either by shared cars or by coach, can you please not leave your car parked in the church car park all day. It prevents other church groups from parking.

It is perfectly okay to use the car park, if space permits, if you are attending a coffee morning or one of the groups. Because of the on-going building work, spaces are limited.

Please do not use the residents spaces and please ensure you park correctly between the lines and not take up one and a half spaces.

Thank you.

Meet the Committee

	 <p>Jude Wells Vice Chair</p>	 <p>Colin Mitchell Treasurer</p>
 <p>Theresa Rogers Secretary</p>	 <p>Clare Downing Membership Secretary</p>	 <p>Jill Calder Groups Co-Ordinator</p>
 <p>Carolyn Canning Facebook Co-Ordinator</p>	 <p>Barbara Dunne Co-opted (minutes)</p>	 <p>Mary Needham Newsletter Editor</p>
 <p>Jenny Moorhouse Committee Member</p>	 <p>Sue Walker Committee Member</p>	 <p>Virginia Lloyd Committee Member</p>

ANNUAL LUNCH

We are pleased to announce that our Annual Lunch is re-instated!
Our first since Lockdown! It is one of the few occasions where we can get together over a glass of something alcoholic!

The lunch will be held at the Alma Lodge Hotel on 29th February 2024
12.30 for 1.00 pm.

Cost is £35 per person to include a tip for the staff.

Please add your name to the list at the next Coffee Morning (16th October)
or November, December and January Coffee Mornings.

A copy of the menu will be available for you to see, and your own copy will
be given to you on receipt of payment.

We will need your choice of menu as soon as you decide, but latest at
January Coffee Morning.



The monthly Coffee Morning takes place on the third Monday of each month.

Please note – entry from 10.00 am. Meeting with announcements etc, starts at 10.45 am. Speaker starts at 11.00 a.m. Meeting ends approx. 12.00 noon.

16th October	The British in Palestine 1945 - 1948	Vincent Atherton
20 th November	Scott Joplin - his life and music	Roger Browne
18 th December	Entertainment by our own Groups!	
15 th January	Legal & Financial Issues for the Retired	John Mumford
19 th February	Patterns from the Past	Richard Smith

HEATONS & REDDISH USA HERITAGE GROUP

**THERE IS A VISIT TO GORTON MONASTERY ON
WEDNESDAY 1ST NOVEMBER 2023.**

**THERE WILL BE A PRIVATE TALK ON THE HISTORY AND RESTORATION OF
THE MONASTERY, FOLLOWED BY TIME TO EXPLORE
THE MONASTERY, GIFT SHOP AND GARDEN.**

COST: £20 PER PERSON TO INCLUDE LUNCH

(A SELECTION OF SANDWICHES, SALAD, CRISP GARNISH AND TEA/COFFEE)

IF YOU HAVE NOT ALREADY BOOKED, PLEASE DO SO AT THE OCTOBER COFFEE MORNING.

PLEASE NOTE THAT THIS IS A HERITAGE OUTING.

**WE NEED TO FIND SOMEONE TO ORGANISE FUTURE
HERITAGE OUTINGS.**

**IF YOU ARE INTERESTED IN TAKING THIS ON,
PLEASE CONTACT JILL CALDER (GROUPS CO-ORDINATOR)
ON 07747 856834. WE HAVE A NUMBER OF IDEAS OF
WHERE TO VISIT, BUT WE NEED AN ORGANISER. PLEASE DO
CONSIDER THIS ROLE, IT IS VERY REWARDING.**



**Wildlife &
Gardening
Group**



**OUR NEXT MEETING IS ON 31ST OCTOBER IN THE COFFEE
LOUNGE OF HEATON MOOR UNITED CHURCH AT
10.00 AM FOR A TALK BY**

**IZABELLA DONOHUE FROM THE WILDLIFE TRUST FOR LANCASHIRE
ENTITLED THE WONDERFUL WORLD OF WADING BIRDS**

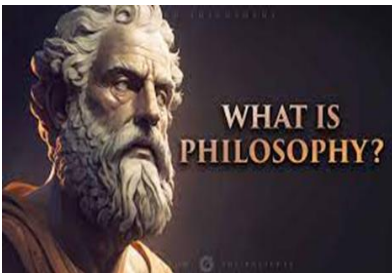
**Cost is £5 per person - please book if you can at October
Coffee Morning
but if unable to do that, just come, you can pay at the
door.**



Tea & Chat Meetings



**OUR SESSIONS CONTINUE ON THE THIRD THURSDAY OF EACH MONTH
WE MEET AT MOOR TEA (ON HEATON MOOR ROAD) AT 2.00 - 4.00 PM
JUST TURN UP AND HAVE A CHAT (AND THE CAKES ARE REALLY GOOD!)**



Philosophy Group



Philosophy begins with dialogue. Philosophy is most apparent in conversations, teasing out opinions in a search for reasons and justifications.

Something you may want to consider :-

What is Justice?

Accountants talk about economic justice.
Policemen talk about criminal justice.
Parents talk about fairness and equality.

What is justice?

*Plenty to think about
Cheers...Clyde*

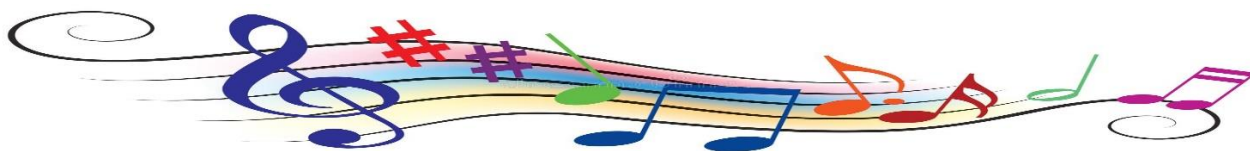


Looking at Art



Upstairs in the HMUC at 10am

Oct 12 th	Looking at Art in the Tate, London	This will enable us to look at the changes in art over about six centuries through the collection in one Art Gallery.
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Music Appreciation

The music appreciation group meets at 10am at the United Church on the first Thursday of the month.



We meet on the 4th Monday of the month at 2pm in the Heaton Moor United Church.



HEATONS REDDISH U3A STROLLERS GROUP

Walks are on the first
Tuesday of the month.



DATE	MEET	WALK	LUNCH	LEADER
3 rd October	Travel Lodge 10.45	Abney Hall circular	Ashlea	Pat Sullivan 432 4565
7 th November	Heaton Mersey War Memorial 11.00	The Mersey to Stockport	Grandads	Audrey Willis 431 0422
5 th December	TBA	End of Year Seasonal Lunch	TBA	

PLEASE NOTE this is for “Strollers” and it means for slow walkers so please take your time and do not go ahead of the leader.

The walks will be approx 2 to 3 miles, we try to avoid hills, none will be steep.

Details of the walk will be announced at the prior coffee morning, if you did not attend, you are advised to contact the leader, the walk could change.

Sometimes we cannot avoid patches of mud, so please wear suitable **stout** footwear, you are advised to bring a walking pole.

HEALTH & SAFETY RISK ASSESSMENTS

Please bring with you a note of your next of kin and their telephone number.

PLEASE COME & JOIN US - ALL ARE WELCOME

Organiser Michael R. Alderson,
8 Cavendish Court, 406 Didsbury Road SK4 3HB Tel. 432 0402

**U3A
Strollers
Group**



23 rd October	IJKLMN	Peter Williams
27 th November	Spa Therapies	Deborah Symmonds



**ANOTHER APPEAL – PLEASE DO COME ALONG TO OUR
TWICE MONTHLY LINE DANCING SESSIONS.
BEFORE THE SUMMER WE HAD QUITE A LARGE
NUMBER OF PEOPLE, BUT THESE NUMBERS HAVE
DWINDLED, AND WE DO HOPE TO KEEP GOING.
OUR NEXT SESSION WILL BE ON TUESDAY, 24TH OCTOBER
2.00 – 3.00 PM**



Español



From: Jenny Moorhouse and Virginia Lloyd

Hola

Spanish Workshop continues as a mixed level conversation and study group. Current topics include: The Spanish General Election; Stockport as Manchester's Town of Culture and Hobbies and Pastimes.

Spanish Beginners are no longer beginners and the Class has been renamed Basic Spanish. As the name suggests we are covering basic conversation topics including: Everyday Events and Routines; Directions; and Using Public Transport.

The groups meet in the Patio Room at HMUC on the 1st and 3rd Mondays of the month with timings as follows:

2.00 - 3.30 - Spanish Workshop

3.00 - 4.15 - Basic Spanish

From 3.00 – 4.15 the two groups meet together for refreshments and joint activities.

jenny.moorhouse@yahoo.co.uk 07480 387764 or
virginia.lloyd@outlook.com 07968 052059

ARCHITECTURAL GROUP PROGRAMME 2023/24

The History of Western Architecture

Monday October 9th	A look at PostModernism and Deconstructivism
Monday November 13th	Dictatorship of Adolf Hitler. Hubris to Horror.
Monday December 11th	A walk in New Manchester
Monday January 8th	The High Priest of High Tech, Norman Foster.
Monday February 12th	Stalin. The New Empire.
Monday March 11th	The Victorians. No Holds Barred
April	A few days visit to Newcastle Upon Tyne. A Victorian City showing off.
May and June.	To be thought about!

Note- The Group leader reserves the right to change almost all of the programme but will try not to.



Midders Plus Walking



There will be no more Middlers Plus walks this year.
We hope to start them up again next spring when the weather starts
to improve.



THE BRIDGE GROUP

The Bridge Group would love to recruit any interested new players - complete novices to experienced players would all receive a very warm welcome.

Our objectives are to have an enjoyable, fun afternoon, whilst learning a new hobby or developing existing skills. We are very lucky to have an external teacher/coach who is both teaching the beginners and sharing his experience and knowledge with everyone else.

We play on the 2nd & 4th Thursday each month (2-4pm) at the United Church, Heaton Moor.

If you are interested please send me an email (michaeldonegan@sky.com), what have you got to lose?

Kind regards,

Michael Donegan



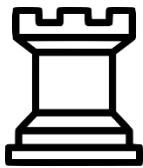
MIDDLES WALKING GROUP



We will meet at the United Church in Heaton Moor at 9.30 where we shall arrange car sharing at the start of the walk. Passengers will make a contribution towards the cost of the driver's petrol at the current rate of 10p per mile. The walks will be 4-5 miles in length, occasionally slightly more, and will not be too demanding. Sturdy footwear should be worn and you should bring a picnic lunch.

If you need any further general information, please contact Moyra Mitchell or, for specific information on the walk, the individual leaders shown below.

<u>Date</u>	<u>Leader</u>	<u>Location</u>
17 October	Margaret Moss	Lyme Park and Disley
21 November	Christmas Walk and Meal	



CHESS



Members interested in chess could get together, perhaps once or twice a month to play friendly games. There is a wide range of standards in chess from beginners, possibly needing help with the rules, to advanced players who play in chess clubs and competitions. To follow the U3A mission I would hope that established players would help beginners and the stronger players provide some coaching for those who would like to improve.

Interested? Contact Gordon Robson, 07770 877863, gordonrobson9@gmail.com.

U3A - The Fitness Forum

Hello

My name is Andy Lee and I would like you to join our new group. It's called The Fitness Forum. Let me tell you a little bit about it.

It will be hosted and facilitated by me at St Thomas' Church (Buckingham Road, Heaton Chapel, SK4 4QG) from 10:00-12:00 on the third Friday of every month. The first session will take place on Friday 17 November.

Cost is £2 plus a small donation towards refreshments.

I am a highly qualified exercise professional and specialise in supporting 'special populations' – and, as older adults we are one.

The aim of the group is to encourage, inspire, educate and support one another as we explore the opportunities available to lead a more active and healthy life, regardless of our circumstances. Everyone is welcome and no previous experience or athletic capability is required.

Sessions will typically follow the format below:

- 30/40 minute talk by me on a topic relevant to the group – I will provide information about
- local groups (both public private sector) that can offer further support/sessions should you wish.
- Q&A session on the topic.
- Next Month – I will offer a number of topics for the following month's talk for you to choose.
- My Journey – a member of the group can share their road to a more active life as a way to demonstrate to others the art of the possible.
- Local News – people can share news about activities that they enjoy locally, or activity groups they are interested in joining etc - in order to provide everybody with up to date information on what is available (I am not the font of all exercise knowledge).
- World News – an opportunity to look at topics that have been featured in the mainstream media and how may apply at an individual level.

The format/content will be very fluid and develop organically over time – the direction it goes in will be down to the members of the group.

Along the way I will give guidance and pointers etc to the group and individuals where appropriate and, it will give you the opportunity to meet like-minded others who you may wish to share activities.

Above all, it will be fun.... because leading a more active and healthy life is great fun.

The first talk will be entitled:

Improving Balance & Stability - A Ground Up Approach

Here I will explore and explain the importance of the connection between the feet and the body in providing a safe and stable platform from which to live our lives.

Clearly falls risk, hospitalisation etc increases as we age and this talk is a must for everyone.

It is a fact that people aged 65 and over who break their hip:

1. See the risk of one year mortality increase by 18-33%.
2. 20% will be in long term care within 12 months.

Enough said. Please come along.

Examples of other topics I will tackle over time are:

1. Anxiety, Depression & Ageing - Physical Activity & Mental Health
2. Exercise & Medical Conditions
3. Independence Day - Functional Exercises For Older Adults.
4. Fit For Surgery/Treatment - How Improved Fitness Aids Recovery
5. Cancer Rehabilitation Through Exercise
6. The Movement Approach To Non-Specific Lower Back Problems

These are examples and the list is endless. I have advanced (Level 4) qualifications in all of the above and more.

Remember, this is NOT an exercise class and nor is it there to provide of bespoke individual exercise programs.

To join:

- Email: andy@discreetfitness.com
- WhatsApp/Text/Call: 07930869324

My Qualifications:

Level 4 Cancer Rehabilitation Exercise Specialist

Level 4 BAREFOOT STRONG Balance & Stability Specialist

Level 4 Diploma in Physical Activity & Weight Management For Obese & Diabetic Clients

Level 4 Diploma in Movement Strategies For Non Specific Lower Back Problems

Level 4 Pain Free Movement Specialist

Level 4 Nutrition For Sports & Exercise Performance

Level 4 Diploma in Exercise Referral*

Level 3 Personal Trainer

Level 3 Functional Strength Training For Older Adults

Level 3 Corrective Exercise Practitioner

Level 3 Pelvic Balance Instructor

*Exercise Referral covers clients with one or more of the following conditions:

Hypertension, Obesity, Types 1 & 2 Diabetes, Osteoporosis. Osteopenia, Rheumatoid Arthritis, Osteoarthritis, Depression, Anxiety, Asthma, Total Knee Replacement, Hip Replacement, Hypercholesterolemia, Atherosclerosis, Arteriosclerosis, COPD (Chronic Obstructive Pulmonary Disease).

Thank you. I look forward to meeting you.

Andy

ANSWERS TO THE “DO YOU KNOW YOUR RHYMES”

1	The Farmer's Wife	11	Blackbirds
2	In Mary's Garden	12	Jack Spratt's Wife
3	Mary's Lamb's Fleece	13	Simple Simon/Pieman
4	Dr Foster	14	Little Miss Moffat
5	We Willie Winkle	15	Tom (the Piper's Son)
6	Pease Pudding	16	Cow
7	Old Mother Hubbard	17	Banbury Cross
8	Jack & Jill	18	Honey & plenty of money
9	Cow	19	One
10	Georgie Porgie	20	A bag of wool



1	Who are the three male suspects in a game of Cluedo?
2	In which film did Tom Hanks play a prison guard called Paul Edgecomb?
3	What colour is cobalt?
4	Which TV family live at 742 Evergreen Terrace?
5	Who had the hit with 'A Whiter Shade of Pale'?
6	What is the nickname of Cardiff City FC?
7	What colour was Coca-Cola originally?
8	Kermit, Mud and Timmy Mallet all like this Bikini colour?
9	Jordan's "red rose city" – which is claimed to be half as old as time itself, is called what?
10	A gateau made with cherries and chocolate?
11	A black Mamba is a type of what creature?
12	In the game of Monopoly, what colour is Euston Road?
13	Which American football team won the first-ever Superbowl?
14	In 1961 The Marcells sang about which celestial body?
15	DeWalt power tools are noted for which two colour combinations?
16	The first ever Green Party MP was elected in which city at the 2010 British general election?
17	Who wrote the book Anne of Green Gables?
18	A dye producing what colour was named after a 1859 battle?
19	What white marble Mausoleum was built between 1632 – 1653?
20	In 1968 The Scaffold said she invented a medicinal compound!