

Marple Bridge & Mellor U3A NEWSLETTER Nov. 2018



The University of the Third Age
Reg. Charity No. 1104944

*'At the going down of the sun and in the morning
we will remember them'*



Chairman's Chatter

By the time you read this newsletter many of us may have attended some of the special remembrance services that will have taken place in the area and a wreath will have been laid at the war memorial in Mellor, on behalf of all the members of our U3A. While we continue to take our personal freedoms for granted, it is worth being reminded from time to time about the great sacrifices that our predecessors made to secure them. It is also a reminder of how much can be achieved when we work together towards the same objectives as part of a team.

As I've mentioned before, we all have our part to play in furthering the work of our U3A, from the work on the committee to the various jobs that need to be done at each of our meetings and as group leaders. As the new year approaches we will be looking for new members to continue the work of our committee, when a number of our current committee members retire. I am hoping that there will be some people who might be interested in coming forward to see what the work of the committee is all about and think about joining us next year. Please do speak to us if you think you can help.



Our Chairman laying a wreath at the Mellor Remembrance Day Service on 11th Nov. 2018

Two of the recent events which we held showed how well we work as a team. The Charity Fundraising Event which we held in September has currently raised £1,007 and we still have more money to add to that total, from the raffle which is still in progress. Many thanks, to everyone who took part on the day, or provided items for sale. Similarly, a big thank you to those group leaders, who gave up their time to talk about their activities, to potential new members at our recent coffee morning.

Looking forward, we have our Christmas Lunch & Social coming up on Dec 11th and tickets are currently on sale at meetings.

Clare Gwilym

Marple Bridge & Mellor U3A - Renewal of Membership 2019

The membership renewal form is attached to this Newsletter. It would be very much appreciated if you could renew your membership NOW and avoid the Christmas rush,

We are asking all members to pay by cheque (see the renewal form for details of arrangements) and we would welcome your co-operation. If you have any problems with this please contact Malcolm Moss Membership Secretary.

Please note we only post out the Newsletter to members if they attach 6 stamped addressed envelopes, sized 230mm x 160mm (A5 size)



CHRISTMAS LUNCH

Meat & Potato Pie & Dessert (with vegetarian option)
at St Paul's Church Hall

on Tuesday 11th December 2018

Raffle - Entertainment

Admission £7.00 Entry by Ticket only (Bought in advance)

Outings Group

Mon.3rd December

CHRISTMAS AT CHATSWORTH HOUSE

This outing is fully booked and we have a waiting list for cancellations.

Please contact J. Summers (427 2861) if you are interested



Thurs. 24th January 2019 at 2.30 p.m.

THE PRODUCERS at Royal Exchange Theatre, Manchester.

This outing is fully booked with a waiting list for cancellations.
Tickets are available for collection at the Outings desk.

Future Outings for 2019

It was agreed to postpone the short planning session until after the 20th November General meeting. Again we ask that members come along with suggestions in order to complete 2019 agenda

Jenny Summers

For you attention

Top Tip: saving money on train fare by using railcards

You may know that buying a Senior railcard can save you a third off certain rail fares. The Senior card costs £30 per year and it can only be used during off-peak times.

However, if you have a visual or hearing impairment (that is, wear a hearing aid), have epilepsy or receive either PIP or DLA, you can buy a Disabled Persons Railcard which only costs £20 per year to buy.

Not only does the Disabled Persons Railcard give 1/3 off all train travel, the discount is applied regardless of the time of travel.

Strolling Group

Our "Strolling Group" is for members who would like a gentle stroll rather than a longer walk for which we have a "Walking Group". We arrange strolls of about 2 miles followed by a cuppa. These take place on the first Tuesday mornings in the month at 10.30am.

If you would like to be put on our contact list pass your details to Geoff Fogg joanfogg@btinternet.com 0161 430 3517 or Shirley Hammond david.hammond60@btinternet.com or 0161 366 8223

Don't forget your bus pass in case we need to ride back! Bring a drink over the summer months! Wear appropriate footwear in case the ground is wet.

Tuesday 4th December Joan Fogg 0161 430 3517
Meet at 10.30 in Wyevale Garden Centre car park.

The Stroll

We will stroll part of the Midshires Way. Cross the road to the Stockport Hydro then alongside the River Goyt, passing the Weir, Valley Cottages to Middle Farms. We will return along the same route, which is all on the flat and good underfoot. Sturdy footwear advised.

The stroll will take approximately 1 ½ hours.

After the stroll we can enjoy a drink and a natter in the café at Wyevale.

There will be no stroll in January

Tuesday February 5th Pam Turner and Shirley Hammond
Meet at 10.30 in Chadkirk car park.

The Stroll

More details on the stroll later, but it should take approximately 1 1/2 hours.

After the stroll we can enjoy a drink and a natter in the café at Wyevale.

Please be aware that our strolls are arranged by members of the group. This tends to fall on the same few people! We desperately need some other strollers to arrange future strolls. Please speak to Shirley Hammond or Geoff Fogg. If you have a basic idea they will give you assistance to plan a stroll.

Remember we only stroll 2-3 kilometers.

Shirley Hammond

Dining Group

Thank you to everybody who has joined us for our recent meal experiences.



Forthcoming Events

NOVEMBER

An evening meal at Perugia Restaurant Woodheys

A Three course meal for £19 on Wednesday 28th November 7.00 for 7.30

This event is fully booked but names can be added to a waiting list

JANUARY 2019

An evening meal at Platform One Romiley

A Three course Pub meal for £11 on Thursday 17th January 6.30 for 7.00

Tea or coffee extra

Bookings to be taken at the November meeting.

£5 deposit to secure your reservation for all Dining experiences will be required at the time of booking; sorry but this is non-refundable.

Pat Walker

Being prepared is clear as ICE!

Recently one of our U3A members had a fall whilst out walking on their own. It would have helped if details for family emergency contact had been available such as their mobile phone or another source such as your U3A membership card.

The concept of ICE - In Case of Emergency was created by a paramedic. By adding ICE to your mobile phone contacts, it allows paramedics on the scene to be able to identify and contact your next of kin immediately. Also, friends and family can relax knowing, that should anything happen to their loved ones whilst out, medics will know who to call first.

You can add more than one ICE contact to your mobile phone so the paramedics can call other people if there is no reply to the first ICE on the list.

How do you add your "In Case of Emergency" to your mobile phone?

On your mobile phonebook, add your contact and call them ICE. For example:-

ICE1 John Smith Son 07749 621876

ICE2 Rita Smith Friend 0161 423 9889

ICE3 Jean Frost Daughter 0220 768 5643

The U3A membership card has space on the back for you to put details of your Emergency Contact. The card is another method to record your "In Case of Emergency" details.

If illness or accident occurs whilst you are participating in a U3A activity (such as an outing or a walk), others around you can obtain your "ICE".

Walking Group

Hello. I am Roy Bradshaw and have taken over as Walks Coordinator. I am about to send out a Membership List.. Please contact me with any corrections, and also if you do not receive one as presumably this means I have the wrong email address. Thanks. Roy

Eight people gathered for another interesting walk, this time over Werneth Low from Hyde and back down to the canal, where the photo was taken. We enjoyed fine, if rather cloudy weather, and lovely Autumn colours. The route took in an old railway line and the interesting hamlet of Godley Green, before reaching the war memorial on the summit from where we had excellent views. If any new members want to join us, please ring the organiser and give it a try. We usually do about 5/6 miles with a stop for coffee and a packed lunch.



Group Organisers/Co-ordinators Roy Bradshaw 427 7324
Judith Lynch 0161 449 7507

Dec/Jan Walks

Wed Dec 5th	Rowarth	4m	Moderate	Irene Riley
	+ lunch at the Little Mill at about 12.30 - see comment below*			
Tues Dec 11th	Eccles Pike	5m	Moderate	Sheila Stafford
Wed Dec 19th	Dovestones Reservoir	5m	Easy+	Judith Lynch
Wed Jan 2nd	Roman Lakes	5m	Moderate	Val and Roy Bradshaw
Tues Jan 8th	Longdendale	4m	Easy	Sue Ward
Wed Jan 16th	TBA			John Bloor
Tues Jan 22nd	Styal Woods	5m	Easy+	Val and Roy Bradshaw
Wed Jan 30th	Roman Bridge/Goyt Valley	4.5m	Easy+	Judy Rhodes



New walkers please contact Roy or Judith before attending a walk.

cont overleaf

Walk Grading Very Easy: More or less flat, good surface, few stiles Moderate: Typical of local terrain
Easy: Small sections of hill, not too rough, limited stiles Moderate + : More climbing and/or more stiles

All walks meet IN Brabyns Park for prompt departure at 9.45 am. Car passengers are asked to contribute 10p per mile to petrol cost.

Walking safety: Footwear (walking boots), clothing and equipment needs to be suitable for the conditions likely to be encountered. This area is famous for changeable weather so come prepared for all eventualities. Bring your mobile phone and inform the leader of your phone number and that of an emergency contact. Provide your own first aid kit.

Refreshments: Bring more than adequate food and drink for the length of walk and weather conditions. Remember delays sometimes occur.

(D) Indicates that the walk is some distance away and will therefore take longer. All walks are subject to change.

Please stay with the group unless you have arranged with the leader to do otherwise.

Local Theatre Group

Here are the plays for the second half of the 2018/19 season which the local theatre group will go to see.

Please contact Carol Rice on email i.rice@virgin.net to book in for the play by the given "book in" date. This will allow for the purchase of tickets in advance.

The emphasis is on car/ taxi share. We generally meet in the foyer about 15 minutes before curtain up. Most tickets (concession rate) are between £8.00 - £9.

Book in by Date	2019 Dates	Title of Play	Venue
3rd December	Wednesday 23 January 7.45pm	Fathers Day by Eric Chappell	Brookdale, Bramhall
3rd January	Monday 4 February 7.45pm	Barefoot in the Park by Neil Simon	Poynton Players
3rd February	Saturday 2 March Matinee 2-30pm	Gaslight by Patrick Hamilton	Carver, Marple
3rd February	Monday 11 March 7.45pm	A View from the Bridge by Arthur Miller	Chads, Cheadle
3rd April	Saturday 11 May Matinee 2.30pm	Harvey by Mary Chase	Carver Marple
3rd April	Monday 20 May 7.45pm	Communicating Doors by Alan Ayckbourn	Chads Theatre

- * *When attending a meeting please show your Membership Card and have the entrance fee ready (preferably as a £1 coin)*
- * *You **MUST** show your membership card at all U3A events, including groups.*
- * *Please use the Etherow Country Car Park*
- * *Please remember to bring and buy books and C.D's at the monthly meetings.*

CONTACTS

Chairman: Clare Gwilym
chairman@mbmu3a.org.uk

Vice Chairman:
vicechairman@mbmu3a.org.uk

Secretary: Barbara Scholes
secretary@mbmu3a.org.uk

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Other Committee Members
Geoff Fogg, Stuart Gaw, Derek Hesketh

Website: www.mbm3a.org.uk

National Website: www.u3a.org.uk

National Office: The Third Age Trust
52 Lant Street, London, SE1 1RB
020 8466 6139

Stop Press . . .

Parking at Monthly Meetings

Please be aware that work is still going on at St Paul's Church and therefore parking is still limited

Announcements

It is with regret that we record the death of one of our members Ann Booth, and the death of Anne Eade, who was a member until recently, and Anne held the position of Secretary of Marple Bridge & Mellor U3A for many years.

We send our sincere condolences to their families and friends

Newsletter

If you would like to see the Newsletter early go to our Website, www.mbm3a.org.uk and click on the relevant Newsletter heading. You can also view past Newsletters on the website

Crossword Solution
Across 8 linguist 9 unable 10 stated 11 halftime
12 bettermint 13 song 14 refreshment room 18 epic
20 inspection 23 toxemia 24 rotten 25 resign 26 schooner
Down 1 little 2 agitator 3 heder 4 Michaelmas daisy
5 bulletin 6 cactus 7 flamingo 15 employer
16 skimming 17 rotation 19 cranial 21 earthy 22 opened

This Newsletter appears bi-monthly. The next edition will be published January 2019

Please send items for publication by email

to Malcolm Moss

Email: newslettereditor@mbmu3a.org.uk

Any stories, articles or photographs of interest to members are welcomed.

You can read all issues of the newsletter on our website www.mbm3a.org.uk

All contributions for the next edition of the Newsletter should be received no later than Friday 4th Jan.

Marple Bridge and Mellor U3A Membership Application / Renewal 2019

Membership renewal is due on 1st of January each year. The fee is £9.00 per person.

If you are a new member and apply for membership from October, your membership will include the following year.

You can apply or renew your membership in one of two ways:

(1) By post: send your form, cheque and small SAE (for the return of your card) to Malcolm Moss, Membership Secretary, .

OR:

(2) Leave your form and cheque in the "post box" on the Membership Desk at December/January meeting.

If you do not attend U3A monthly meetings, please enclose an SAE with your form or ask a friend to collect your card.

Cut here -----

Please tick ONE box: Renewal of Membership or New Member Application

PLEASE COMPLETE YOUR DETAILS IN CAPITAL LETTERS (except email address)

1. TITLE.....1st NAME SURNAME.....

EMAIL:PHONE \ mobile.....

2. TITLE..... 1st NAMESURNAME

EMAIL:PHONE \ mobile

ADDRESS POST CODE

RELATIVE/FRIEND PHONE NUMBER/S (in case of incident whilst on U3A activity).....

TERMS AND CONDITIONS OF MEMBERSHIP

All members must tick the boxes below to indicate their agreement of membership terms:

- Abide by the Principles of the U3A movement and the Terms and Conditions of the Constitution.
- Always act in the best interests of the U3A, treating other members with respect and courtesy at all times.
- Advise the committee of any change in your personal details.

I/We will abide by the terms of membership as stated above

PRIVACY STATEMENT

Please tick the box below to give us permission to use the information you have supplied in the following ways:

- To store it securely for membership purposes
- To communicate with you as a U3A member either in email or newsletters
- To share with group leaders of those groups for which you are a member
- To use your photograph in newsletters participating in a U3A group activity
- To send you information about the Third Age Trust (the national organisation to which U3As are affiliated)

I/We consent to personal data being used for purposes as described above

I/We apply for membership of Marple Bridge & Mellor U3A

Signed: 1st MemberSigned: 2nd Member.....

Please be advised that you can request for your data not to be used for any purposes at any time by contacting us: membershipsecretary@mbmu3a.org.uk

You will be notified by email when the newsletter is on the website. If you wish to receive the newsletter by post, please enclose 6 stamped addressed envelopes with your membership form, size 230mm x 160mm (size A5)