

May 2022 Newsletter

Chairman's Chit Chat....



Spring has arrived with some warmer, drier weather encouraging us to venture out, socialising and meeting our friends. I hope you are once again getting involved with lots of different activities, whether they are with our u3a or elsewhere. We just need to get our lives back to some kind of normality! I had my first actual meeting in person for the French group this month after 2 years of zoom meetings! It was superb. I am aware that many other groups are now restarting and I'm also looking forward to some new

groups starting. I like to think our members can look for new experiences, try out new skills and enjoy making new friends. Our drive to do this makes me proud to be part of MBMu3a.

This year is a special year as our national u3a is celebrating its 40th anniversary. It was established in 1982 and was based on "L'Université du Troisième Age" in France. The idea was to encourage people to realise that once they'd reached retirement they could do a lot more than just watch television! They wanted to encourage self-help movements where third agers organised their own activities. The u3a has grown across the country and has contributed to promoting an active retirement for lots of people, both mental and physical. The founders worked towards getting the message across that getting older is just another stage in life and should be embraced.

In order for our u3a to continue to thrive we desperately need some members to take part in our general organisation. We need you to shadow various roles on the committee with a view to taking over at the next AGM. If you want the u3a to continue we need you to take some responsibility in its running. The roles are enjoyable and not arduous but should be shared amongst our membership. Please speak to any member of the committee and find out how you could become involved. MBMu3a was established in 2004 and I'm sure you all agree with me that we do not want it to flounder and have to close down. If we cannot get any further volunteers then I am fearful that this will happen!

Shirley Hammond

Notices & News Items

Marple Bridge & Mellor u3a Meetings

17 May	Paul Dodsworth.	" Protecting Your Wealth"
21 June.	Frank Pleszak.	" The fatal bombing of New Mills & Hayfield in 1942".
19 July	Edwina Curry.	" Tales from the Corridors of Power"

Jigsaw Sales at Monthly Meetings

We are planning to have a table selling **2nd HAND JIGSAW PUZZLES** at our monthly meetings. Please bring some along and buy another one.



Marple Bridge Association's Queens Platinum Celebration. June 3rd 12 to 6pm. Compstall Cricket Club, Ernocroft Road, Marple Bridge SK6 5DY

We will be having a table at Marple Bridge Association's celebration for the Queens Platinum Jubilee at Compstall Cricket Club.

They plan to have a variety of stalls along with brass bands, choirs, food and drink. This event will give us the chance to advertise our organisation and encourage some new members. We would love you to support this event and come and say hello to us. If anyone is willing to help handing out leaflets and telling people about the u3a please contact me.

Shirley Hammond chairman@mbmu3a.org.uk



Marple Bridge & Mellor u3a's 40th Anniversary Stroll and Picnic June 7th

This is part of our celebrations for the National u3a's 40th anniversary. All members are welcome to come for the whole morning or just the stroll or the picnic. If you are joining us just for the picnic it will be from approximately 12.00, midday. Details are in the Strolling Group article in this newsletter. If you are joining us for the picnic remember to bring your own food and something to sit on. If anyone wants to bring an activity for other to join in with, please feel free to do so.

New Members Meeting June 17th 10am Mellor Parish Centre SK6 5LX

A meeting has been arranged for members who have joined us over the last couple of years during the pandemic. They have received a separate invitation to encourage them to come and find out more about the u3a in general and its workings. Many of the committee and group leaders will be there to inform everyone of what is available at MBMu3a and to chat with them whilst enjoying a drink and a cake or biscuit.

All members are welcome to come and join us and talk with some of our newcomers but I do need to have numbers. Please email me if you would like to come.

Shirley Hammond chairman@mbmu3a.org.uk

The Samaritans

Samaritans listen to people when they are at their lowest moments. Our aim is to reduce the number of people who take their own lives.

Three times more people die by suicide than die in road traffic accidents in the UK. Stockport has a higher than national suicide rate



We have a freephone number 116 123 and email address jo@samaritans.org. Webchat is being piloted and will soon be available to our callers also. We are non-judgemental, confidential, free and the call does not show on the phone bill.

People don't have to be suicidal to ring us. Callers talk about abuse, bereavement, job issues and mental health. We are available 24/7, 365 days a year when many other organisations are closed.

Our Branch is very active in raising awareness of our service – you might see us on Stockport Station and we go into businesses, schools, colleges and sports clubs. We want to do more. We work closely with Stockport College giving workshops for their staff and students.

In Stockport we take about 25,000 calls and emails per year.

There are 111 of us highly-trained volunteers at the Stockport branch which is based in Heaton Moor. Even though we are all volunteers we need to raise ourselves £20,000 to run the Branch – rent, general office costs and, of course, the phone bill. We don't receive any direct national or government funding.

We are very grateful to Marple Bridge and Mellor u3a for making us their Charity of the Year.

Chrissie Gibson

Please have your u3a Membership Card ready to show at the desk when you book in at monthly meetings, along with the £1 entrance fee

Dining Group

Thank you for your support in March and April.

May 31st We have booked the [Sycamore Inn, Birch Vale](#)
Three course evening meal 6.30 for 7.00 £24

June 22nd **A new venue The Topkapi, Hazel Grove**
Two course meal £22 including Tip 6.30 for 7.00pm



We require a non-refundable £5 per person deposit in cash at the time of booking. If for any reason you have to cancel your booking please let us know as soon as possible.

Pat Walker/Shirley Hammond

Outings Group

We have organised a few interesting places to visit this summer.

Join us on some of the trips or all of them if you wish. Bookings for the trips are taken at monthly general meeting or you can email to enquire or book at email address "outings@mbmu3a.org.uk". Please take note of the fact that we have changed the program for August and September (swap the destinations !! In August we will now visit Gawthorpe Hall and Portmeirion in September).

This month (on 18/5/22) we are visiting Renishaw Hall the Sitwell family country estate near Chesterfield. The Sitwells siblings (Edith, Osbert and Sacheverell) are known for their literary output especially Edith's poetry. The guided tour will take you around the ground floor rooms and last approximately 1 hour. The gardens are recommended by the Royal Horticultural Society to visit. In addition to this there are vineyards to visit self guided tour is included. There is also a farm shop selling local produce. (Royal Horticultural Society members and Historic Houses members get discounted entry fee which means an £8 reduction)

On the Tuesday the 28th of June, we are visiting two main attractions in Halifax. First we will visit Piece Hall, a grade 1 listed heritage building and a guide will take us around and explain about this unique building and its place in the local history. After lunch we will travel a short distance to Shibden Hall a home to diarist Ann Lister whose life story is currently on BBC1 on the Sunday evening drama Gentleman Jack. As the hall is at the top of the hill we will travel through the woods for 10 to 15 mins on the land train. The hall itself is a small family mansion so it will be a self guided tour.

This year we will visit The Isle of Wight as our main holiday on the 10th July (5 nights /6days) staying at the Royal Esplanade Hotel in Ryde. The price for this trip is £566 (no single supplements) including luxury coach travel, 5 nights dinner, bed and breakfast as well as a full day tour of the island and entrance fee to Ventnor Botanical Gardens



On Thursday the 4th of August we are planning to visit Gawthorpe Hall, affectionately known as the Downton of the North an Elizabethan gem in Lancashire. It is known for its large collections of portraits, textiles collections (lace ,embroidery & needlework) and their associations with the Brontë sisters. This hall opens after 12o'clock so we will stop at Clitheroe in the morning for a short visit on their market day.



On Thursday the 9th of September a visit to one of the main attractions of North Wales "Portmeirion". It is like visiting a little Italian resort in North Wales. So just pray for the weather to make it more realistic. Even if the weather doesn't play ball there are indoors facilities to take shelter as well as to entertain you. Join us if you can.

Organiser.... Hazel Bhatt. Tel ...0780880979
email...outings@mbmu3a.org.uk email...outings@mbmu3a.org.uk

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 commencing at 10.30am, unless otherwise stated.

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



Tuesday June 7th Jane Hallam

This stroll and picnic is open to all members of our u3a to celebrate the British u3a's 40th anniversary and also the Queen's Platinum Anniversary.

Meet in Mellor Parish Church car park to leave at 10.30am. Please park at the far end of the car park. Leave the car park and turn right heading through the gate, up a steady rise along The Furze (Footpath number 102). If the weather is gorgeous – continue to follow the footpath which passes Meadows Farm and Hilltop Farm and swings down to join Moor End Road. Turn right onto Moor End Road. Approximately 200 yards down Moor End Road turn right onto Podnor Lane (Footpath 104). Head straight along behind Oddfellows Arms and towards Lower Hall. Exit the footpath onto Church Road (Footpath 105). Turn right. Either take the footpath (very steep rise at the end) or continue up the road (gentler rise) towards Mellor Church car park! Approximate time 1 hour +, not including stops to admire the view, catch your breath. A shorter version: walk along The Furze. Turn right over the stile opposite Meadows Farm (Footpath 66). Descend across field. Pass Podnor and cross the cattle grid, join Podnor Lane. Turn right onto the footpath behind the Oddfellows Arms (Footpath 104) and head towards Lower Hall and Church Road etc. This will be a circular stroll taking in some fantastic views across Derbyshire and returning back to the car park.

This will be followed by a picnic to celebrate the British u3a's 40th anniversary and also the Queen's Platinum Anniversary.

The Picnic from approximately 12 noon

You can drive down to the Recreation Ground in Mellor and park on the roadside. Please bring your own picnic, along with any picnic table and chairs or rug that you could use. You could also previously arrange with other members to share your car, picnic and chairs etc. I see this as a sociable event where we could all mingle and chat whilst enjoying our picnic and continuing our anniversary celebrations. As this is the Recreation Ground members could always bring equipment or activities for those who feel the need for further activity!

We would also like to welcome any members who don't want to stroll with us but just join us for the picnic.

Tuesday July 5th Jane McConniffe

Meet outside Romiley Forum to leave at 10.30am

Stroll along Tangshutt Lane and continue for a circular stroll returning back to Romiley. The stroll will last for approximately one and a half hours.

Join us for a cup of coffee or tea after the stroll in one of the many cafes in Romiley.

Tuesday August 2nd Colin and Carol Burkitt

Tuesday September 6th Sue Norcross

Tuesday October 4th Gail Dixon

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 trying to keep any hills to a minimum. Living on the edge of the Pennines this can be difficult!

Medical Detection Dogs

Medical detection dogs are dogs that are trained to sniff out diseases such as Covid and Parkinson's

The following article is re-produced from u3a Magazine "Third Age Matters"

Medical Alert Assistance Dogs

These dogs are changing the lives of children and adults who are at risk of sudden collapse from conditions such as Type 1 Diabetes, postural orthostatic tachycardia syndrome (POTS), Addison's disease and several allergies.

With 350 million sensors in their nose (a human has just 5 million), dogs can detect minute changes in a person's body odour ten minutes before they are about to have an episode, allowing them vital minutes to keep themselves safe.

For 14 year old Tom, who has type 1 diabetes, it means being able to play his favourite sport and go for sleepovers, knowing that his Dog, Grace, will keep him safe. His condition means he can suffer up to eight hypos a day, some taking an hour to recover from. This meant he had to have constant blood tests, which his mother Sarah says left him feeling 'rubbish'. Grace the Labrador cross, alerts Tom to changes in his blood sugar levels, meaning he can take action to reduce the severity of the hypos. Sarah says "As parents, we are more relaxed about diabetes. We can sleep at night . "For Tom, having Grace means he can get on with being a teenager.



An interesting birthday present (an article from one of our members)



My daughter said "I've bought you a Walking with Alpacas Experience for your birthday" . I didn't know what to expect but it was a delightful afternoon with the gentlest of creatures. The walk lasts about 90 minutes and is around several fields holding 5 pregnant females and 3 young ones - all curious as we passed by.

We had bought special treats for them from the shop which the alpacas love and it encourages them to move along if they are distracted. Mine was called Tiny , a handsome beast with long eyelashes and the softest of coats. When we visited Saltaire near Bradford we heard how Sir Titus Salt made his fortune making garments from alpaca wool for Queen Victoria and the landed gentry.

Alpacas are smaller and easier to handle than llamas ; they all originate in South America as beasts of burden and as a source of milk, meat and wool for the indigenous population; they are related to the camel and are becoming very popular in this country.

This particular venue is Oakmere Stables, near Norley , Cheshire, down the A59 and you need to book. There is a cafe with home made cakes etc. which makes a perfect ending for a birthday treat.



Book Sales at the Monthly Meetings

Due to the limited amount of storage space and the fact that hard back books and non fiction books are not popular, it is requested that Paper Back Fiction books are mainly brought for the Stall.

Please do not bring any magazines as these also do not sell.

National u3a Events

u3a Science Network virtual meetings 2022

Meetings for this group will be held during the year with the meeting in July being designated as the Anniversary meeting. For further information visit u3a Science Network website.

u3a Week 17th – 25th September 2022

A time to challenge negative perceptions of older adults and bring together everyone in the community to learn about the contribution u3a makes to the quality of life for the third agers.

u3a at the Royal Institute October 31st 2022

A hybrid event at the Royal Institution in Albemarle Street London.

Lifts to General Meetings

It has been suggested that some of our members may need a lift to the General Meetings at Saint Paul's Church Hall. It may be a temporary need, for example due to an operation etc. or a regular need due to some difficulty in getting to the Hall.

If you would like to take advantage of this initiative and have a lift to the meeting or to offer anyone a lift, please contact Margery using her details below.

Margery Mount – Email margery.mount@icloud.com Telephone 0161 427 4260

Crossword Compiled by Marple Bridge and Mellor U3A Crossword Group

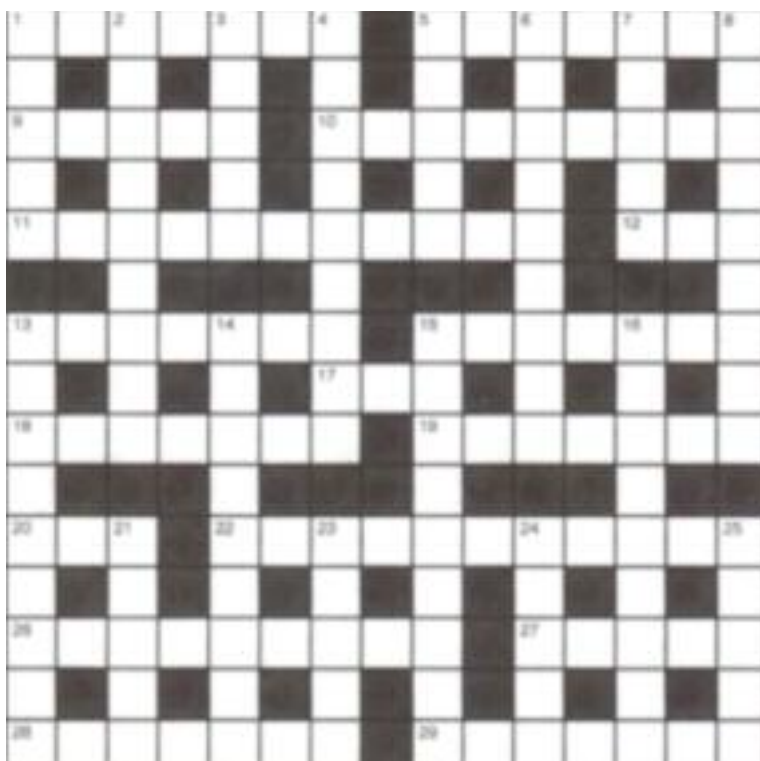
compiled jointly by U3A Crossword Group

Clues across

1. "No!" said Monsieur. Add a petticoat and all will be safe and stable. (3-4)
5. Develop confidence as gang retreats, hiding defeat. (7)
9. Newton has investment Account. (5)
10. Rename dancing girl in Paris adopted by craftsman. (9)
11. Ledge decked badly with rough outer surface. (6,5)
12. Time when Dad takes baby out occasionally. (3)
13. Old Germany is soft maverick state. (7)
15. Deer raps back with no energy and exchanged blows. (7)
17. Twitch hidden by optician. (3)
18. Extension to engineers, too far. (7)
19. Not many manage to converse. (7)
20. Environmentally friendly to introduce newt. (3)
22. Pele isn't hot, unfortunately, as communications controller. (11)
26. Best artist reaches the highest level. (3,6)
27. Have barbecue by first gurgling brook. (5)
28. Angrily decried the winning point. (7)
29. Worried teenage Ted had not time to call truce. (8)

Clues down

1. Diana disguised as water nymph. (5)
2. Not with bank? It's of no importance. (2,7)
3. Introduce lots of cans of lager to the neighbourhood. (5)
4. Fixed rate for each tea recipe cooked. (5,4)
5. Suspend after leading buyer gets drug. (5)
6. Advert for dealing with debt. (9)
7. Sadly I sold stable. (5)



Clues down cont.

8. My ram trod roughly, causing exaggerated suffering. (9)
13. Blocked opening in newly planted grass. (9)
14. Rebuild re-let shed – provided isolation. (9)
15. Naughty lad before daughter ran off. (9)
16. I had dinner to organise – what a performance! (9)
21. Point for discussion right out of latitude line. (5)
23. Depressed Queen is down. (5)
24. Dry spell – doctor missing anything? (5)
25. During Tuesday two students weave fine material. (5)

Sheila Stafford Group Co-ordinator

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Items for future Newsletters

I am looking for interesting items that can be included in future editions of Marple Bridge & Mellor Newsletters.

Things that have happened to you in the past, funny or serious, items that you think could be of interest to our members.

You don't need to have your name published with the article if you do not wish to, but I do need to know who has sent the article.

Put your thinking caps on and lets try to make the Newsletter more interesting for all our readers.

Malcolm, Newsletter Editor

Announcements

It is with regret that we record the death of Barbara Mee, who was a member of our u3a since it's insepction in 2004

We send our sincere condolences to John, the family and friends

Crossword Solution
Across 1. Non-ship 5. Blossom 9. Isaac 10. Enameller
11. Deckle-edged 12. Day 13. Prussia 15. Sparred 17. Tic
18. Extreme 19. Antonym 20. Eff 22. Telephonist 26. Top drawer
27. Grill 28. Decider 29. Detente
Down: 1. Nalad 2. No account 3. Local 4. Piece rate 5. Bhang
6. Overdraft 7. Solid 8. Martyrdom 13. Prevented
14. Sheltered 15. Scampered 16. Rendition 21. Topic 23. Lower
24. Ought 25. Tulle

This Newsletter appears bi-monthly. The next edition will be published July 2022

Please send items for publication by email

to 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.mbmu3a.org.uk

***All contributions for the next edition of the Newsletter
should be received by 29th June at the Latest***