

Cheadle and Gatley u3a

Learn, laugh, live, and enjoy life to the full

July 2026 Newsletter

No longer working full time?

Our u3a is run by the members
for the members

We have 29 varied activity and
interest groups such as Reading,
Walking, Painting, Gardening,
History, Craft, Bridge and Spanish.



By Alison Seymour



The Local History Group visit to Elizabeth Gaskell's house

Enjoy activities, talks, outings, social events, fun and friendship,
all for a membership of **£12 per year**



The Singing for Pleasure Group entertain at the AGM

Cheadle and Gatley u3a is a Registered Charity, Number 1172853

Message from the Chair

Margaret Seaby

I write this the day after our AGM which was attended by 100 members. After the formal business, which included voting for Blood Bikers as the charity we support this year, we enjoyed performances by our Singing for Pleasure and Ukulele Groups and were able to view a display of our members' creativity. We are certainly a diverse group of mature people who vividly demonstrate that age is no barrier to the enjoyment of learning and pursuing new skills.

I would like to thank the members of your Committee who work together to make our communal events successful and extend my thanks to Conveners and their helpers who devote their energies to the running of our interest groups.

I would also like to invite you to join the Committee, maybe as observers initially, then to shadow specific roles. Each Committee member serves a three-year term in any one role after which we have to stand down from that role. Six of us will be standing down from our current roles after June 2027 so, as you can see, we need more of you to join us to ensure the continuity of our u3a.

Enjoy reading this Newsletter. Many thanks to the contributors and to Liz Ardern and Allan Witton for its production. Also enjoy a good summer with sun and enough rain to keep our gardens looking their best.

Exhibition of members' creativity at the AGM

Here are just a few samples of the fine craftsmanship on display.



A Winter Evening project by Heather Wilkinson



Long Stitch by Tina Kelly



By Marion Shuttleworth



Sewing since retirement by Liz Ardern



New flowerbed created by Lesley and Allan



Calligraphy by Liz Irons



Embroidery by Tina Kelly



Stockport Rocks by Josie

Monthly Meetings

Heather Wilkinson

Meetings are on the **Second Wednesday: 1:15 for a prompt 1.30 start** (every month except August) at the United Reformed Church Hall, Elm Road, Gatley SK8 4LY.

The monthly open meeting is where to find out about all our activities and visits, and to hear speakers talk on a wide range of subjects, as well as a good opportunity to socialise with friends over refreshments.

Since the last Newsletter we have had a variety of speakers - Professor Nigel Linge on the fascinating history of telephone boxes, Melanie Latham with a chutney cooking demonstration and lots of anecdotes, and talks about Blood Bikers, Francis House Children's Hospice and Mules and Minders (Customs)



Telephone boxes



Francis House



Mules and Minders



Blood Bikers



Melanie and her chutneys

Here is a preview of forthcoming speakers. I hope you will find them interesting and informative.

Speakers at our Monthly Meetings from July to January 2027

July 8th 2026	The Magic of Musicals	Marilyn Shalks
August	No meeting	
September 9th	Highwaymen? What about the Women?	Margaret Holbrook
October 14th	Tax, Care and Toy Boys	Speaker to be confirmed
November 11th	Bramall Hall through the Ages	Howard Green
December 9th	Christmas meeting with entertainment	
January 13th 2027	The Life of a BBC Reporter	Kevin Fitzpatrick

Our Newsletters

Our 6-monthly Newsletters are published in January and July each year, with an online colour version sent to all members by email, and printed black and white copies available at our monthly meetings.

Our Newsletters are designed to be an overview of the activities of our u3a, and in particular Group activities over the previous 6 months. As well as being of interest to current members, they are also very useful for posting on our website so that prospective members can get a clear picture of what our u3a is about.

GROUP NEWS

All our groups are sociable and friendly, and most would welcome new members, so have a look at what they do and if one appeals, contact the Convenor and go along to find out.

Book Group 1

Lesley Witton 428 1522

We started with the theme of Biographies and had an interesting discussion about the subjects chosen.

In March we read Agatha Christie, this being the 100th anniversary of her death, and Cheadle Civic Society holding several events to mark her connection with Abney Hall. Opinions varied from 'entertaining puzzles' to 'a complete waste of time'!

Next we chose to read books about Art or Artists and covered a wide range including Turner, Michelangelo, Mary Cassatt, David Hockney and women artists and designers at the National Trust.

In May we revisited Ian McEwan and again all enjoyed his challenging novels.

Our choice for June was Elif Shafak, a writer new to most of us. She is of Turkish heritage but lives in England. Her novels are extremely well researched and exquisitely written.



Two members were unable to make the June meeting

Book Group 2

Jean Lawrowitsch 428 9678

We read a variety of books selected for us by the Stockport Library Service. They encourage us to read books we haven't considered before, including both contemporary and classic fiction. We learn about the different authors and find out interesting facts about their life and work. We also talk about other books we have enjoyed and would recommend. This year we have read:

<i>What you are looking for is in the library</i>	Michiko Ayoyama
<i>V2</i>	Robert Harris
<i>Songbirds</i>	Christy Lefteri
<i>The Lincoln Highway</i>	Amor Towles
<i>Trio</i>	William Boyd

We meet to discuss them on the first Tuesday of the month, 1.30 pm at Cheadle Library. At the moment we have one space available for someone to join us.



Book Group 3

Margaret Seaby 221 0944

We welcome new members to join us at Cheadle Library where we meet at 10.30 on the first Monday of the month to discuss books we have selected from the wide range available to us from Stockport Library Services sets for book groups within the borough. We tend to select books where the title or the author is new to us so we go beyond what is familiar and predictable. Sometimes we are disappointed, sometimes surprised, often delighted by what we read. Always we engage with the material and offer a viewpoint. Over the last six months we have read:

<i>My Name is Leon</i>	Kit de Waal
<i>Unsettled Ground</i>	Claire Fuller
<i>Klara and the Sun</i>	Kazuo Ishiguro
<i>Lessons in Chemistry</i>	Bonnie Garmus
<i>The Devil and the Dark Water</i>	Stuart Turton
<i>The Wartime Book Club</i>	Kate Thompson

Bridge**Linda Ewing 312 5072**

The Bridge group has been running very well. Membership has increased lately and we regularly have four tables. We have all enjoyed the social contact as well as the Bridge.

We are a very friendly group and would welcome any new members. If there were enough beginners wanting to come along, I am sure we could arrange some tuition.

We meet at St James Church Hall on the first and third Wednesdays of the month at 1.30. If you would like to join us, please ring me on the number above. Anyone who would like to come along for a visit to see what it is like, then just turn up on the day.

**Card Games****Michelle Slater 07710883579**

The Card Games group continues to be popular. We are currently concentrating on playing Solo but we also play Canasta and Cribbage.

Computing**Peter Bayley 282 3468**

This Group operates in a low key manner and I have been able to offer advice and assistance to help try and solve those niggly little issues which seem to crop up from time to time, especially with the technology we seem to need to interact with on an almost daily basis.

Craft/Sewing**Pam Allen 971 1880**

We are a small but enthusiastic group with interests in most craft work; our members cover knitting, crochet, sewing and various paper crafts. We have been pleased to welcome two new members recently.

We don't do tutorials as such, but encourage each other with the different projects that we are each working on.

Hand-made greetings cards by Pam



We meet in my house on the third Tuesday of the month, 10.30 until 12.00. For further details please contact me.

Creative Writing**Nigel Bann 491 6835**

The Creative Writing group meets at the house of one of the members on the second Tuesday of the month from 2:00 to 4:00.

Each member brings along a piece of about 600-1000 words. It can be on any subject, poetry, short stories, report writing, anything that comes to mind. Each person reads their work to the group.

After many years of co-ordinating, I have found the following:

Creative Writing cannot be taught by any of the members, but there are college courses.

Members write what they know about and are comfortable with.

Helpful comments only. In the past, criticism has caused disharmony.

There are now eight members in our group and we meet on the second Friday of each month at 10.00 a.m. at one of the member's houses.

As convenor, I provide all the crosswords (and the solutions if needed!). The puzzles are of varying levels of difficulty and we solve them together, usually three or four puzzles per session.

If you require any further information, please contact me on the above number.



Dance

Elaine Bowker 07833 347 231

The month of June will see our eleventh and twelfth DANCE sessions. About 20 members turn out on a Friday afternoon between 1:00 - 3:00 to dance to songs; some of them requested and some of them chosen by me, and all of them are songs that are great to dance to. Some members stay on the dance floor for the whole of the hour.

Here is a selection of the Playlist that we danced to last time.

Do You Wanna Dance	Cliff	Relight My Fire	Dan Hartman
Sweet Caroline	Neil Diamond	The Twist	Chubby Checker
Reet Petite	Jackie Wilson	Rescue Me	Fontella Bass
Do I love You	Frank Wilson	September	Earth, Wind & Fire
Angel Baby	George Carrow	Locomotion	Little Eva
Le Freak	Chic	Dancing on the Ceiling	Lionel Richie

On 26th June, Elaine arranged a special event for the Dance Group and other members of our u3a and friends. She invited the Silhouette Band to come to play for us. The eight piece band aged from 60-80 play lovely arrangements of Sixties classics.

Unfortunately, we found ourselves dancing on the hottest day of the year. Some folk were a little reluctant to get going in the heat at first but by the end of the afternoon session lots of people had taken to the floor. The band played an excellent medley of tunes which most of us knew well! It was a great afternoon.



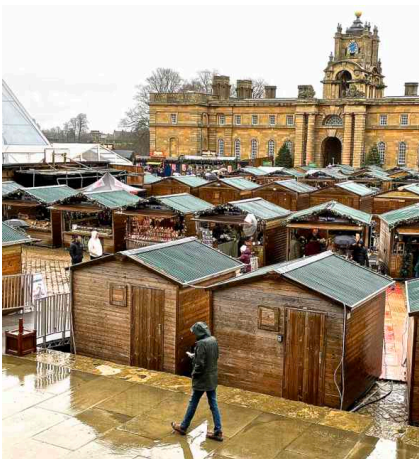
Our Explorers Group remains a friendly group. Come along for a cuppa, a chat and bring your diary to see where we are off to next. We try to vary our programme to include day trips and holiday weekends away, for example we are planning a short trip to Bletchley Park and Woburn Abbey in September and a trip to Scotland for a few days in December. We also organise events: in June we are having a delicious afternoon tea and later in the year we will be having a 'Winter Warmer'.

We like to support The Plaza Theatre and make suggestions where we can go using our bus passes. We have a lot of efficient helpers, so come and see what takes your fancy whilst trying to keep up learning, laughing and living. **Janet Farrall.**

Reports on visits by Norman Bradbury

After another enjoyable and successful few months, our group continues to have something on the go every month. That could be inviting you to put your name on a list for our next event, day trip or holiday, to support and donate to Gatley Food Bank, to look at our '*Where We Have Been*' book (so ably put together by Norman and Joyce) or simply to enjoy refreshments and a 'catch up'. Whatever is your choice, you will always be welcomed.

December saw a group of Explorers enjoying a wonderful short break to **Blenheim Palace and Windsor Castle**. When we arrived at Blenheim Palace, we found the Christmas market was in full swing and despite the cold December rain that fell for most of the day, some of the group even managed a ride on the Ferris Wheel in the grounds. The palace itself, the home of Winston Churchill, was splendidly decorated for Christmas in a Wizard of Oz theme, with splendid animated scenes. Further excitement came when the fire alarms sounded and everyone had to evacuate to the grounds until the fire service said it was safe. Fortunately, the alarm was only a fault on the system and we all made it safely to our overnight stay.



Christmas market at Blenheim Palace



Churchill's desk



Tin man

The next day we made the relatively short journey to **Windsor**, where after being dropped at the coach park, we were free to explore at our leisure. The visit to the Castle included the grounds, the State Apartments and Saint George's Chapel, the burial place of Queen Elizabeth II. Members of the group had enough time to enjoy lunch and to take a walk around the town centre, some even enjoying a stroll along the banks of the River Thames before re-joining the coach for our long journey home.



At Windsor



December was also the group's annual **Christmas lunch** at the Horse and Farrier. This year due to high demand, we were split into two groups over two days, all enjoying a festive meal in good company.

After a break in January, our **February** trip took us to **Lytham** for a new event, the Lytham Ice Festival. On a sunny day, our group made its way to the town centre, where we were provided with a map of locations of the various ice sculptures around the town. Most of the group enjoyed a walk around the town, visiting locations probably not visited before, searching out the various sculptures. Several of the group also enjoyed the winter sunshine with a walk on the beach.

March was a throwback to Bus Pass Group days, with the group enjoying a production of **Carousel at the Plaza in Stockport**.

Also in **March**, the group enjoyed a mystery trip, could anyone guess where? The eventual destination was **Carsington Water**, a man-made lake/reservoir in Derbyshire, where members enjoyed walks along the bank and delicious food in the restaurant before the journey home through the picturesque Peak District

April was another favourite rejigged, this was a **Lancashire and Yorkshire tour**, following the River Ribble through the splendid countryside of first Lancashire, passing Brockholes nature reserve, the infamous Pendle Hill, homeland of the Lancashire Witches then on to Yorkshire with a lunch stop in Settle, then passing the impressive Ribblehead Viaduct on our way to a second stop in Ingleton. Although the group did not have sufficient time to walk to the famous falls, several of the group did manage a walk along the river banks leading to the falls.

May's tour took us to **Skipton** where we were free to explore the town, some choosing to visit the castle, at over 900 years old, one of the best-preserved medieval castles in England. Others took a stroll along the towpath of the Leeds and Liverpool Canal.

We then made our way to Bolton Abbey train station for a ride on the **Embsay and Bolton Abbey Heritage Railway**. There were plenty of photo opportunities on the journey, with a break for the steam locomotive to be refuelled and watered at Embsay station, before the journey back to Bolton Abbey.



We are looking forward to the rest of the year's planned and yet to be planned visits with anticipation of future pleasures to be had.

"Stop Press" A double room has become available for our Scottish Holiday, a 4 day break at the Winnock Hotel Loch Lomond from 4th December, at £399 each. It includes breakfasts, dinners, and tours. See Yvonne of the Explorers Group for further details.

The Family History group, currently numbering 7, meets in my house off Styal Road. We usually discuss where we have got to in our own research and try to help each other by giving advice. Occasionally a group member gives a presentation about some aspect of research.

Unusually, recently we have had 2 speakers. In February we had a speaker remotely via Zoom, talking about validating family history research. In April a speaker joined us, to tell us about his own, very interesting, family history.

Gardening

Deborah Connell 0797 010 3503

The Garden group meet on the fourth Thursday of every month at 10:00 outside the Elm Road URC where we car share to various venues chosen by members. We do not have an allotment or go digging people's gardens, we merely visit and explore beautiful gardens and garden centres. We enjoy lunch together in their restaurant and travel home around 3 pm. We are a very active and friendly group of 20+ members and would welcome others to share our interests.

In **January**, we held our annual quiz at Elm Road where our winners this year were Tina Kelly and Heather Wilkinson. Well done both and what a lovely prize you received.

In **February**, we completed our annual walk round Fletcher Moss in Didsbury. We enjoyed lots of flowering bulbs in their natural setting, which included daffodils, crocus, and snowdrops.



In **March**, our visit was to Friars Roses. This was a lovely garden centre full of lots of interest where we all bought a wide range of mementos from clothes to plants and ornaments. We all enjoyed a lovely home cooked lunch in relaxing surroundings.

In **April**, we enjoyed exploring RHS Garden Bridgewater which was beautiful and neatly presented. There was a fantastic display of tulips of every shade and variety. As usual we all ate together in the lovely restaurant and left about 3 pm to avoid the traffic.



At the RHS Bridgewater Garden



One of the RHS glasshouses



Bodnant's laburnum arch

Then in **May**, those members who wanted to visit Bodnant Gardens and Llandudno booked on a trip with Bullocks Coaches. Those who went reported they had enjoyed a super day out and the laburnum arch was in full flower.

On the **25th June**, the hottest day recorded for June so far, we were delighted to be able to visit Michelle's garden in Gatley. We all admired the different garden 'rooms' and the variety of planting. The cold drinks under the sunshade were very welcome too!

German

Marianne Owen 491 3323

The German class is held every third Tuesday of the month from 10:00 till 12:00 at Elm Road. The price is £2 per session and that includes coffee and a biscuit. We take it in turn to prepare the lesson and be the leader.

The main aim is to improve our spoken German and expand our vocabulary. To achieve this we use newspaper articles, games, pictures and role play. Most sessions comprise translation exercises, some grammar and of course talking. All in a pleasant and relaxed atmosphere.

History

John Houghton 428 2892

The History Group continues to examine the 19th century. In September we will decide on a new topic.

History of Art

Mary Sharples 428 4901

The Group seeks to combine an academic analysis of art history with a study of more informal aspects of the subject. The meetings are usually a combination of a visual media presentation followed by an opportunity for discussion about a topic previously selected by our members. This usually features research and information produced from our collaboration.

We also look for opportunities to visit art exhibitions and cinema productions of Exhibitions on Screen, for example the Whitworth Art Gallery and a cinema visit showcasing Frida Kahlo were recent events.



At the Whitworth Art Gallery

In the Autumn we plan to learn about how art is featured in books that are published for children and study the importance of the illustrations.

No previous experience or knowledge is required and new members are welcome. We meet on the last Wednesday of the month and the next meeting is planned for September 30th. We meet at Elm Road URC at 1:15 to start at 1:30.

Our 2026 season focused on the 19th century and started with a fascinating illustrated talk on The Arts and Crafts Movement in Manchester. We are lucky to still be able to see some beautiful examples in and around Manchester.

In March we learnt all about The Great Miss Lydia Becker who is acknowledged to be the leader of the women's suffrage movement in the late 19th century and who inspired Emmeline Pankhurst to carry on her work.

A visit to Elizabeth Gaskell's house in April gave us an interesting insight into the life of this celebrated writer who recorded so much of Manchester and the North West's history in her novels. A talk about Elizabeth Gaskell and Victorian servants was an illuminating follow-up to this visit. We heard how Gaskell had a very good relationship with her servants, who enjoyed far better conditions than many of their contemporaries.



The visit to Elizabeth Gaskell's house

The Battersby family, who founded one of Stockport's largest hat-making manufacturies, was the topic of June's talk, illustrated with wonderful photos from the family archive. The original factory was built by William Battersby in 1886. The complex in Offerton has now been converted into housing, but retains the impressive water tower.

Painting and Drawing

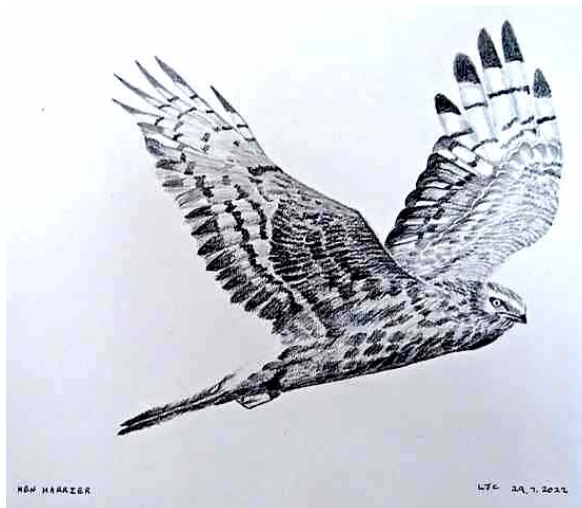
Pat Marsden 428 7820

We have about ten members who work individually on a variety of subjects using pencil, chalks and paints. There is an informal and friendly atmosphere but we work with concentration, seeking advice and inspiration from each other, making it an enjoyable and fruitful experience.

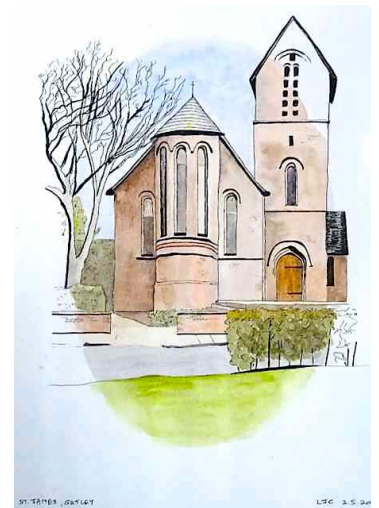
New members are always welcome.



Flower by Pat Marsden



Hen Harrier by Linda Corry



St James Church by Linda Corry

Basically, we're a happy group who love poetry in all its forms. Here's one of our group's thoughts about their u3a; -

*As a child I could not get over how stupid English could be
How did Orkestra become Orchestra with a 'che'?
'T' was always before 'E' – O.K.
But come on, - Except after 'C'*

*Now a new ME with new inner peace, thanks to my U3A
Great friends telling me wonderful stories – that rhyme.
Who'd have thought I would like - and even write – 'Poetry'.
How incredible life can be over time.*

*So, pick up your cudgels and join in with a Group
They will show you new crafts and new skills
New friends, new wider horizons.
Keeping that brain ticking over with new thrills.*

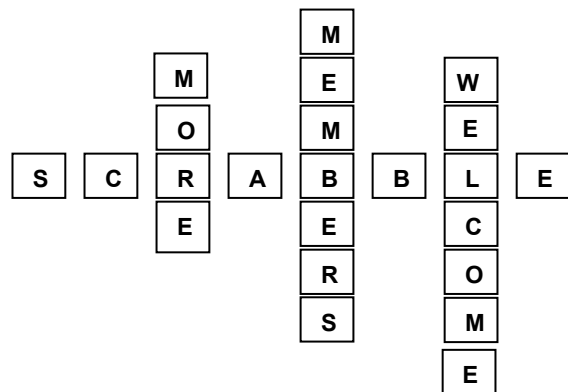
*Give every dau a new challenge
Search and find what it is you could be.
Soon you'll glimpse what others then see
Your old shadow gone, your new vibrant self set free.*

Scrabble

Ann Gane 428 0204

Our Scrabble Group is friendly and non-competitive – although we still try to win!

We usually get between four and five at our fortnightly meetings. We can still accommodate new members and would welcome anyone interested in joining us.



Singing for Pleasure

Barbara Clarke 437 4827

Don Haslam writes: Hello to you all from your Singing for Pleasure group. We are a group of u3a men and women who meet twice a month on the second and fourth Tuesday. We meet at 1:00 for about one and a half to two hours. Our leader and pianist Barbara Clarke takes us on a journey of singing songs. At present we are singing a medley of songs from the musical 'Les Misérables' plus *You Raise Me Up*, *Stranger in Paradise* and many more popular songs.

We sing just for fun and pleasure and we would welcome any new Members who would like to join with us, no audition required. Just come along and have fun and fellowship. We look forward to meeting you.



The Singing for Pleasure Group entertain at the AGM

Spanish**Michelle Slater 0771 088 3579**

The Spanish group currently only has two members but we are continuing with our weekly Zoom meetings as we still find them very useful. We remain a small but committed and enthusiastic group wanting to improve our ability to speak and understand basic Spanish using various techniques. We would welcome new members with any level of Spanish.

Technology for Everyone**Peter Cadman 437 8235**

This group invites speakers on technical subjects that we all come across in our day-to-day activities.

Our meetings are at 2:00 on the first Tuesday and run from **September to December** and **February to May** each year. The group has now finished for the summer having had a very successful year culminating in May with a visit to the Science & Industry Museum in Manchester. There were 16 Technology members who were taken on a guided tour of the Power Hall and then onto the Textile section of the museum.

We will be starting our group sessions again on the **1st September 2026** with a talk on "Fighting organised crime" with D.S. Mark Dunnington.

Theatre Visits**Chris Bester 376 7909**

Forthcoming performances at some of our local theatres up until our next Newsletter in January 2027:

CHADS THEATRE Cheadle Hulme chads.co.uk for bookings or 0333 666 336699 (fee applies)	<i>A Streetcar Named Desire</i>	Sep 5-12
	<i>The Girl on the Train</i>	Oct 17-24
	<i>Oleanna</i>	Nov 10-14
	<i>The Unfriend</i>	Dec 5-12
HEALD GREEN THEATRE 0161 436 5000	<i>The Unfriend</i>	Sep 29- Oct 3
	<i>Panto: Jack and the Beanstalk</i>	Nov 30- Dec 6
NORTHENDEN PLAYERS 07846089035	<i>It could be any one of us</i>	Oct 11-17
	<i>Vicar of Dibley Christmas</i>	Dec 6-12
PLAYERS THEATRE Cheadle Hulme 061 485 1441	<i>These Shining Lives</i>	Sep 21-26
	<i>Rope</i>	Nov 16-21
GARRICK THEATRE Stockport 0333 666 3366 (fee applies)	<i>The Sunshine Boys</i>	Sep 5-12
	<i>Dinner</i>	Oct 17-24
	<i>Every Brilliant Thing</i>	Nov 9-14
	<i>Little Women</i>	Nov 28- Dec 5
BROOKDALE THEATRE Bramhall 0161 302 2302	<i>Jeeves and Wooster, Perfect</i>	OCT 7- (Check website Aug 1)
	<i>Nonsense</i>	
POYNTON PLAYERS poyntonplayers.co.uk for bookings or 0333 666 3366 (fee applies)	<i>A Bedful of Foreigners</i>	Nov 23-28

Ukulele**Ian Ewing 312 5072**

After struggling with falling membership for a few months, a couple of new enthusiastic players have joined us which takes our membership up to 7. So after practising hard we put in an appearance at the AGM in June which judging by the applause went down very well, in spite of my efforts to kybosh the performance by starting the first number in the wrong key.

If anyone is interested in joining us, please give me a ring on 0161 312 5072 and I can find a spare ukulele to get you started.



The Ukulele Group entertain at the AGM

Strollers

Marianne Owen 491 3323

The Strollers meet every first and third Monday of the month at 10.30 at Elm Road. We usually walk for about an hour and go for a coffee somewhere, never far away from Gatley. When there is a car available we go to Bruntwood or Wythenshawe park. Sometimes we walk in Cheadle or take the bus to Bramhall. Fletcher Moss by train is also popular. We would welcome some new people as the group is rather small nowadays.

Short Walks

Stuart Forsyth 491 3592

The Short Walking Group undertake walks of between four and five miles. The walks are not very hilly with minimal gradients and they are led by group members. This year some of the walks have included High Lane, Chadkirk and Sale Water Park. Future walks will include Reddish Vale and Higher Poynton. We meet outside the URC at 10:00 on the second Thursday of the month. Instructions are provided before we set off with full directions on how to get there and where to park.

Anyone wishing to join us would be made welcome. Please note you don't need to have a car to join us as there are plenty of spare seats in members' cars. Please contact me if you wish to come along at Stuart Forsyth 0161 491 3592 or stuart.forsyth4@gmail.com



March walk along the Mersey



April walk round Lymm

Brushing your teeth is good for you, and we all do it regularly. Walking is *very* good for you, and with the Long Walks Group it's *much* more fun than brushing your teeth, so come and join us!

Some of our long-standing members have now retired and we would welcome new members to join us. We offer varied walks to suit a range of abilities, mostly between about 6 and 8 miles.

Car sharing from Gatley Hill House is the normal arrangement.

If you would like to join us for fresh air and exercise in marvellous countryside with convivial company, then register your email to receive monthly details of the forthcoming walks, and feel free to come on as many or as few as you wish.

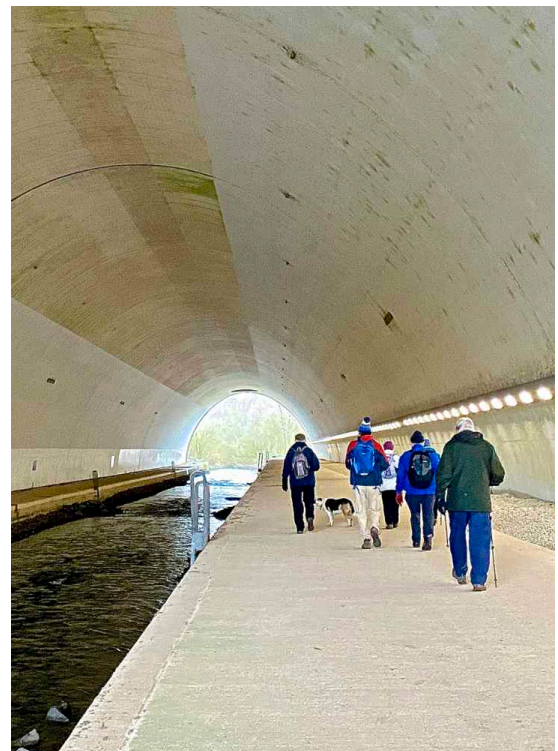
January Through Northenden and along the Mersey Valley

(5.7 miles - easy)



February Round the Airport Runway 2 and through the tunnel carrying the Bollin

(5.5 miles - easy)



March A loop through Mossley and Carrbrook

(5.1 miles - easy)



April Lyme Park

(4.9 miles - easy)



May Dunham Massey, the Trans-Pennine Trail and Bridgewater Canal

(7 miles easy)



June An easy ramble round the environs of Lymm

(6 miles easy)



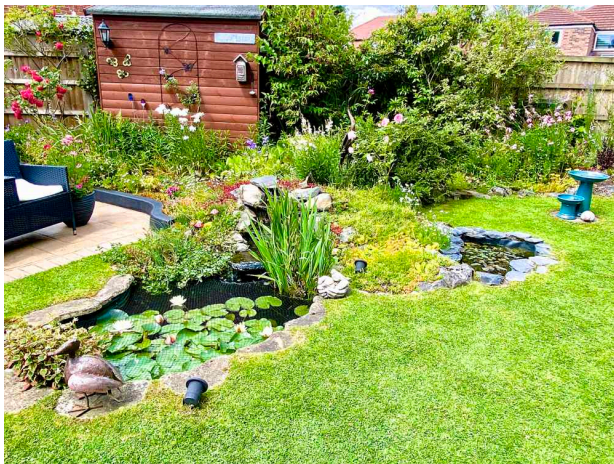
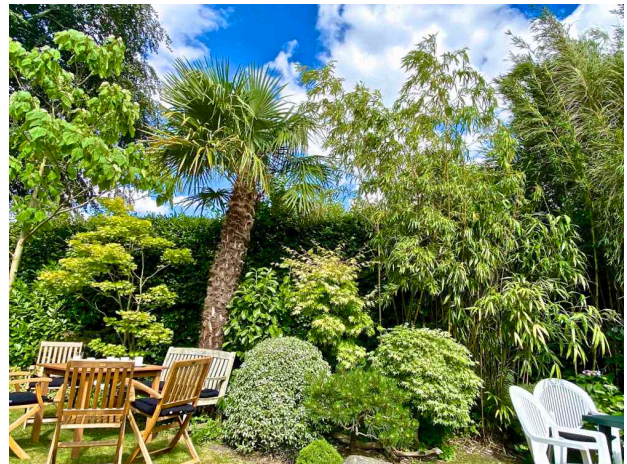
The group has continued to meet regularly each month during the past year. When we meet, the host for the evening selects the theme and the wines for that month and then costs are shared. In addition, we hold a 'Summer barbecue evening' and a 'Midwinter dinner'. Although our typical meeting formats have remained largely unchanged, they always prove to be interesting and lively evenings of animated discussion, coupled with the opportunity to sample a wide range of different wines and increase our knowledge of various wines.

The meetings are held in the homes of the group which effectively limits the overall size of the group to the current ten members. However, I believe there is potential within Cheadle and Gatley u3a for the formation of a second wine related group and we would be very happy to assist in the formation of another group.

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### Gatley Open Gardens, June 28th

Two of the many spectacular gardens on show belong to Cheadle and Gatley u3a members. Alan and Jennifer Bradbury's arches are in the first image and Batsheva Samely's bamboo is shown in the second. Another of our members, Denise Williams, was artist in residence in Batsheva's garden.





## My Dream in the Sky

Dorcas Flower.

Even as a young child, I thought parachuting looked easy. When I was 20, I told my new husband I wanted to do a parachute jump. You can imagine the prospect of seeing his new bride jump out of an aeroplane at 10,000 feet was unthinkable to my husband, so I did not insist.

At the age of 32, with two children under ten, I was diagnosed with Multiple Sclerosis (MS) and so I didn't contemplate parachuting or skydiving at this time. However, I wanted to do something positive; my motto is "Attitude is everything".

Armed with my Judy Graham book "Multiple Sclerosis - a Self Help Guide" I was determined to do all I could to improve my life chances. This meant eating very healthily, giving up smoking, sugar and fatty foods, having interests, exercising and getting involved in life. A group of six of us who had MS started meeting at each other's homes. Shortly afterwards, we joined the national MS Society as a group and helped raise funds.

At the age of 45, my dream opportunity arose to sky dive for an MS fundraise. The skies had become safer, as I could jump in tandem with a professional, so my husband agreed to it. I was overjoyed.

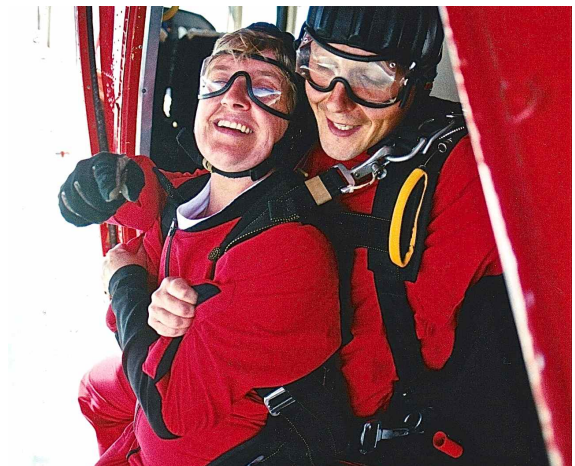
Given that fatigue is one of the main symptoms of MS, I am often asked, "How did you find the energy? How can you be so brave? Aren't you terrified?" My answer is "First of all, you have to overcome fear to be called brave. I was never afraid. Secondly, it doesn't take much energy to jump out of an aeroplane and fly around." I did an indoor sky dive just a few months ago with my grandsons in case they were nervous. The thrill of that first skydive was so intense, I could not wait to do another.

In total, I have been able to sky dive three times for different charities - first at 10,000, then 11,000 then at 12,000 feet with the Army "Red Devils". It was so exhilarating to jump in that red uniform! Not all my activities were plain sailing. I tried snorkelling once, but found it uncomfortable and I disliked it. No one pointed out that there was a valve that stopped you from accidentally breathing in water so, after that session I decided to leave it to my grandsons.

My fundraising interests in these intervening years took me abseiling down the tower at the Trafford Centre and also abseiling down "Devils Gorge" (head-first then backwards) in North Wales. The charities were mostly chosen for me and I will never forget the people I met through these activities. Other interests keep me active too. I do an exercise class, I am a voracious reader (ten books borrowed at a time), a keen puzzler and I can craft. I made my own jewel-encrusted, satin-lined and hinged "Faberge" eggs out of real goose eggs. It has been years since I made these and nowadays I am more likely to be knitting, as my first great grandchild is on its way!

I was looking forward to my 4<sup>th</sup> sky dive a few years ago. Disappointingly, it had to be shelved because of Covid, although I did enjoy doing that indoor sky dive quite recently at maximum height! Some people may say "Oh, your genuine outdoor experience was quite a while ago, I expect you wouldn't feel like skydiving now".

Believe me.....I would do it all again tomorrow!



Ready to jump from the plane



Rip-cord pulled



Safe landing



## North-East Cheshire Network Open Groups

The North East Cheshire Network of u3as comprises Cheadle and Gatley, Bramhall, Poynton and Wilmslow. Some Interest Groups within these u3as have been designated as 'Open Groups'. These can be attended by members of other u3as in the Network provided they are current members of their own u3a and pay for attendance at the meeting.

Members who attend a meeting of an Open Group should show evidence of their current membership. If you are interested in joining an Open Group, then first enquire as indicated for each Open Group below.

| u3a             | Group                   | Meet Times                                | Location                      | Convenor                    | Contact                                                          |
|-----------------|-------------------------|-------------------------------------------|-------------------------------|-----------------------------|------------------------------------------------------------------|
|                 | Creative Writing        | 2nd Wednesday 2:00                        |                               | Pat George                  | u3a Website                                                      |
|                 | Computers               | 4th Tuesday<br>10:00 - 12.00              | Ladybridge Residents Club     | Barry Richards              | u3a Website                                                      |
|                 | Family History 2        |                                           |                               |                             |                                                                  |
| <b>Bramhall</b> | History 2               |                                           |                               |                             |                                                                  |
|                 | Intermediate German     | 2nd & 4th Tuesday<br>10.30                | Home                          | Jean Fox                    | u3a Website                                                      |
|                 | Italian Improvers       |                                           |                               |                             |                                                                  |
|                 | Photography             | 2nd Tuesday<br>10:00 - 12.00              |                               |                             |                                                                  |
|                 | Video & Film Makers     | Alternate Fridays<br>10.30                |                               |                             |                                                                  |
|                 | Bridge                  | 1st & 3rd Wednesdays                      | St James Church Hall          | Linda Ewing                 | 0161 312 5072                                                    |
| <b>Cheadle</b>  | German                  | 3rd Tuesday Morning                       | URC Church Hall               | Marianne Owen               | 0161 491 3323                                                    |
| <b>and</b>      | Short Walks             | 2nd Thursday<br>10:00                     | Outside URC Church Hall       | Stuart Forsyth              | 0161 491 3592                                                    |
| <b>Gatley</b>   | Singing for Pleasure    | 2nd & 4th Thursday<br>1:00                | URC Church Hall               | Jenny Smith                 | 0161 428 8254                                                    |
|                 | Ukulele                 | 1st & 3rd Tuesday<br>2:00                 |                               | Ian Ewing                   | 0161 312 5072                                                    |
|                 | Technology For Everyone | 1st Tuesday 2:00<br>Sep > Dec & Feb > May | Heald Green Village Hall      | Peter Cadman                | 07833975408                                                      |
|                 | Acoustic Guitar Band    | Twice per Month                           |                               | Geoff Brindle               | u3a Website                                                      |
|                 | Art                     | Mondays<br>2:00 till 4:00                 |                               | Linda Thompson              | u3a Website                                                      |
|                 | Bird Watching           |                                           |                               |                             |                                                                  |
|                 | Bridge                  | Alternate Mondays<br>2:00                 | Davenport Golf Club           | Dorothy Rowland             | u3a Website                                                      |
| <b>Poynton</b>  | Creative Writing        | 2nd & 4th Mondays<br>1:30                 | Davenport Golf Club           | Ruth Howard                 | u3a Website                                                      |
|                 | Geology                 | 4th Thursday                              | Field Trip                    | Peter Bennet                | u3a Website                                                      |
|                 | German Conversation     |                                           | via Zoom                      | Peter Owen                  | u3a Website                                                      |
|                 | Photography             | 1st Friday 2:00                           | Poynton Leisure Centre        | Peter Bennet & Hilary Tivey | u3a Website                                                      |
|                 | Cycling                 | Tuesday or Thursday<br>9:30               |                               | David Lederer               | <a href="mailto:dalederer@hotmail.com">dalederer@hotmail.com</a> |
| <b>Wilmslow</b> | Croquet                 | Every Monday<br>2:00 - 4:00               | Phoenix Sports Club Styal Rd. | Peter Highfield             | 07958631061                                                      |
|                 | French Conversation     | 1st & 3rd Wednesdays                      |                               | Ann Thompson                | <a href="mailto:athompson@email.com">athompson@email.com</a>     |
|                 | Moral Maze (Discussion) | 1st Wednesday<br>10:00 - 11.45            | Rise Café Wilmslow            |                             |                                                                  |



## Your Cheadle and Gatley u3a Committee

|                         |                   |                         |
|-------------------------|-------------------|-------------------------|
| Chair                   | Margaret Seaby    | 221 0944                |
| Business Secretary      | Gill Brown        | 491 3623 / 07972 429489 |
| Treasurer               | Linda Louch       | 291 1855                |
| Membership Secretary    | Marian Fahy       | 07914 028502            |
| Speaker Secretary       | Heather Wilkinson | 428 9278                |
| Groups Co-ordinator     | Margaret Seaby    | 221 0944                |
| Catering Co-ordinator   | Elaine Bowker     | 07833 347231            |
| Network Representative  | John Barnard      | 436 4150                |
| Media Group Chair       | Tina Kelly        | 376 7909                |
| Trustee                 | Sue Somerville    | 07305 311716            |
| Newsletter Co-ordinator | Liz Ardern        | 07811269282             |



Gill Brown Margaret Seaby Elaine Bowker Tina Kelly John Barnard Linda Louch Heather Wilkinson



Marian Fahy



Liz Ardern

## Five Ways to Wellbeing

Social Prescribers employed by the Health Service are promoting wellbeing in the community with the message that looking after your mental health is just as important as your physical health.

When one of them came to talk to our committee, it was clear that many of the health recommendations on their posters and leaflets could be fulfilled simply by joining our u3a!



Connecting with the people around us is a great way to remind ourselves that we're important and valued by others



We know that there's a link between staying active and positive mental health and wellbeing



Taking notice of our thoughts, emotions and surroundings is a great way to stay present and pay attention to our needs



Learning new things is a good way to meet new people and boost our self confidence, which improves mental health and wellbeing



Research has found a link between doing good things and an increase in wellbeing



## **Membership**

We would be delighted to welcome any new members to join our u3a. Please pass this Newsletter on to anyone you think might be interested. There is no minimum age but instead a focus on groups of people who are no longer in full-time employment or raising a family, to come together and continue their enjoyment of learning subjects of interest to them while making new friends and having fun. Prospective members are welcome to attend one Monthly Open Meeting or one Interest Group meeting before being required to join the Cheadle and Gatley u3a.

Our annual membership fee is £12 per year pro-rata, April to March; e.g. someone joining in September would pay £7 (for September to March). In addition there is a charge of £1 for each Monthly Open Meeting and £2 for most group meetings in a hired venue to cover room hire and refreshments where appropriate. Renewals are due each April. Membership queries to Marian Fahy, 07914 028502.

## **Liaison with members**

Please give any notices about your group's activities (or anything else of interest to members) to Gill Brown so that these can be displayed on the noticeboard at Wednesday monthly meetings and emailed to members afterwards. Information can be sent by email to: *candgu3a@gmail.com*

We will continue to send cards on behalf of the Committee to anyone having a special birthday or undergoing an operation or illness or suffering a bereavement, so please let Gill know of anyone appropriate, preferably by email so that we can act promptly.

## **Contacting our members via the Online Management System, Beacon**

Our version of this u3a National system is used to enable many aspects of our membership to be managed centrally online. Emails to all members are now sent via Beacon, and Group Convenors who wish to can now use the system to maintain their group's membership list and to communicate with members of their group. If you change or acquire a new email address, please let one of the Committee know. Then you will not miss out on receiving the online colour Newsletter and u3a notices, e.g. about the Monthly Open meetings. Likewise for phone numbers: as well as your own number, an emergency contact number is requested, in case you should fall ill at a meeting or on a trip out.

## **Facebook**

We now have our own page on Facebook giving weekly updates on Interest Groups and other activities and a link to our website. It is getting lots of 'likes' so we are raising our profile in the local community. Weekly posts are also put on the Gatley page and Cheadle and Gatley Forum.

## **Cheadle and Gatley u3a Website**

Our website is an important window into the activities of our u3a from the outside world, and we refer to it in all our publicity. We also encourage current members who are online to look at it periodically. Clicking on the link below may take you directly to the site: <https://cheadle-gatley.u3asite.uk/>

In addition to summaries of all our active groups you will find, amongst other things, links to:

- the two latest editions of the Newsletter;
- membership application and renewal forms to print;
- a New Members' Leaflet with an overview of our u3a;
- various documents to help Convenors in the Convenors' Reference link;
- our Privacy, Diversity and Safeguarding Policies;

## **Parking near Elm Road Church**

Please remember to be considerate to local residents and not cause an obstruction when parking in Elm Road or nearby streets.

## **Note from the Editors**

Thanks very much to all those who have contributed articles and photographs for this Newsletter. Your pictures break up the text and add considerable interest which is especially good for our website readers. Please bear this in mind for the next Newsletter when you're out and about. It doesn't have to be the Group Convenor who takes and submits the photos, so start collecting photos for the next issue.



## DETAILS OF INTEREST GROUPS

Anyone interested in joining a Group should in the first instance telephone the Convenor, or speak to them at the Monthly Open Meeting. Details of forthcoming events for Groups which meet 'As arranged' can be obtained by contacting the Convenor.

Please note that occasionally dates or times do change between updates of the Interest Group List.

If you are interested in setting up a new Group, please contact any member of the committee.

Network Open groups are in blue

| GROUP                                     | CONVENOR         | CONTACT       | DATES                               | TIME        | VENUE                        |
|-------------------------------------------|------------------|---------------|-------------------------------------|-------------|------------------------------|
| Book Group 1                              | Lesley Witton    | 428 1522      | 1st Monday                          | 7:30        | House                        |
| Book Group 2                              | Jean Lawrowitsch | 428 9678      | 1st Tuesday                         | 1:30-3:00   | Cheadle Library              |
| Book Group 3                              | Margaret Seaby   | 221 0944      | 1st Monday                          | 10:30-12:00 | Cheadle Library              |
| Bridge                                    | Linda Ewing      | 312 5072      | 1st & 3rd Wednesday                 | 1:30        | St James' Hall               |
| Card Games                                | Michelle Slater  | 07710 883579  | 4 <sup>th</sup> Wednesday           | 1:30        | St James' Hall               |
| Computers                                 | Peter Bayley     | 282 3468      | As arranged                         | Various     | House                        |
| Craft                                     | Pam Allen        | 971 1880      | 3rd Tuesday                         | 10:30-12:00 | House                        |
| Creative Writing                          | Nigel Bann       | 491 6835      | 2nd Monday                          | 2:00-4:00   | House                        |
| Cryptic Crosswords                        | Jane Lloyd       | 07713 848734  | 2nd Friday                          | 10:00       | House                        |
| Dance                                     | Elaine Bowker    | 07833 347231  | Fridays Fortnightly                 | 1:00-3:00   | URC Oak room                 |
| Explorers                                 | Janet Farrall    | 428 7883      | 3rd Thursday                        | 10:00-11:45 | Bethany Church               |
| Family History                            | Linda Corry      | 428 4094      | 1st Tuesday                         | 9:30        | House                        |
| Gardening                                 | Deborah Connell  | 07970 103503  | 4th Thursday                        | Various     | Various                      |
| German                                    | Marianne Owen    | 491 3323      | 3rd Tuesday                         | 10:00-11:30 | URC Hall                     |
| History                                   | John Houghton    | 428 2892      | 2nd and 4th Friday                  | 1:30        | URC Hall                     |
| History of Art                            | Mary Sharples    | 428 4901      | Last Wednesday                      | 1:30        | URC Hall                     |
| Local History                             | Lesley Witton    | 428 1522      | First Wednesday                     | 1:30        | Cheadle Library              |
| Painting and Drawing                      | Pat Marsden      | 428 7820      | 1st and 3rd Friday                  | 10:30-12:30 | URC Hall                     |
| Poetry                                    | John Barnard     | 436 4150      | 3rd Monday                          | 1:45        | URC Hall                     |
| Scrabble                                  | Ann Gane         | 428 0204      | Fridays Fortnightly                 | 2:00        | House                        |
| Singing for Pleasure                      | Barbara Clarke   | 437 4827      | 2nd and 4th Tuesday                 | 1:00        | URC Hall                     |
| Spanish                                   | Michelle Slater  | 07710 883579  | Wednesdays Weekly                   | 10:00-11:00 | On Zoom                      |
| Technology for Everyone                   | Peter Cadman     | 07833 975 408 | 1st Tuesday Sep > Dec and Feb > May | 2:00        | Heald Green Village Hall     |
| Theatre Visits                            | Chris Bester     | 376 7909      | As arranged                         | Various     | Various                      |
| Ukulele                                   | Ian Ewing        | 312 5072      | 1st and 3rd Tuesday                 | 2:00        | St James' Hall               |
| Walking (Long)<br>(About 6 - 8 miles)     | Allan Witton     | 428 1522      | 3rd Friday                          | 9:15 - 3.00 | Meet at Gatley Hill car park |
| Walking (Short)<br>(About 4 miles)        | Stuart Forsyth   | 491 3592      | 2nd Thursday                        | 10:00       | Meet at URC                  |
| Walking (Strollers)<br>(Easy local walks) | Marianne Owen    | 491 3323      | 1st and 3rd Monday                  | 10:30       | Meet at URC                  |
| Wine Appreciation                         | Peter Bayley     |               | Closed group                        |             |                              |