

MARPLE & DISTRICT



NEWSLETTER February 24

Hello Everyone,

Sadly, due to health issues, this will be my last edition as editor of the Newsletter. During my time as editor, I've really enjoyed writing and producing these small snippets of news for you all and will no doubt miss the juggling, cutting and pasting of your various contributions into some form of order.

The format and delivery of the newsletter will be changing from March and it's possible the hand delivery of printed versions will no longer be available.

However, in this, my last edition, we have quite a few items of interest for you all.

Firstly, we have the announcement of the trips group trip to the Recycling centre followed by a sandwich lunch and tour of Bramhall Hall. The garden visits group is ramping up for the new season and Mellor u3a Open Garden Group is also restarting. Unfortunately, the Quiz group is dissolved.

Finally, February sees the annual clamour to renew your membership. If last year was anything to go by, this year will be a quiet, calm and uneventful day.

As a note to the male members of M&D u3a, could I offer some parting advice? I know there has been a lot of talk in the news lately of the increase in prostate cancer, but it really is vital that if you have even the faintest hint of a half concern in that area, you must get yourselves checked. Apparently, more men are dying from prostate cancer than women of breast cancer. Not a race anyone wants to win, but facts are facts. I would also urge spouses to encourage their menfolk to act if there are concerns. In my case, I've been told that the prospects are good as I've been diagnosed relatively early.

Renewals

Our Annual subscriptions (£6.00) run from February 1st to January 31st.

We are holding a 'renewals meeting' on Wednesday 19th February 2025 between 10.00 and 11.00 am at Marple Senior Citizens Hall. You can pay by cheque, by cash or by bank transfer:

Marple and District u3a

Sort Code: 01 05 51

Account: 55060250

Please quote your name and membership number (if known) as a reference.

You do not need to complete a new membership form unless your details have changed.

Group News

Home Insurance

On a precautionary note, can those members that hold group meetings in their own homes please check the details of their home insurance policy to make sure they are not compromising their cover.

Board Games Group – Lesley Williams

This group started on Tuesday 4th at the Conservative Club. It will meet on the first Tuesday of the month. Times are from 7:00 to 9:00.

If you think you may come to some of the meetings, please let Lesley know on 0785 609 6540.

Cryptic Crossword Compiling Group - Graeme

This month's meeting is from 13:00 to 14:00 at The Bull's Head on the Thursday following the monthly meeting (same date and place just the time changing slightly).

U3A Creative Writing Group - Janet Graves

This very friendly group has two spaces for anyone who likes the challenge of a blank page. We meet every month at each other's houses and share a short piece (usually a page) of creative writing to a theme.

We've written the opening to a murder mystery, conversations in a lift, and a piece set in William Shakespeare's time. If you'd like to join us, please contact

j.graves52@icloud.com

Garden visits Group

The Garden Visits group are inviting new members to join them. We meet on the 4th Friday of the month, usually at Rose Hill Station between 9.30 and 10am.

We will be visiting several gardens in the local area and in Cheshire, but we do rely on there being sufficient car drivers to make these possible.

Our visits are usually between 2-3 hours depending on the size of garden and are followed by an optional lunch.

Our next visits will be to:-

Dunham Massey winter garden on the 28th of February.
Lyme Park to see the spring flowers on the 28th of March.

If you are interested, please contact Christine Birchall on 0161 430 2943

Trips Group –

I've mentioned it before, but it does no harm to repeat it here that there is a vacant position on the Trips Group organising committee.

The work is minimal, you may only have to be involved in arranging a few trips, but it would greatly help the other members if you could lend some time to organising events.

Please contact any member of the Trips group at the meeting to discuss what is required and how it all works. Or, send a message via the website to register your interest.

March Trip. The GM Recycling Centre on the March 18th including extras.

[Please refer to website for updated details of this trip](#)

~~We are going to visit the GM recycling Centre and afterwards we have arranged to go on to Bramhall Hall for lunch and a guided tour of the hall. The cost will be £33, which includes the coach, tour of Bramhall Hall and an £8.95 sandwich and drink lunch in the café.~~ You can sign up at the February meeting, but if you want to jump the gun, please contact: -

Ruth Wilbey on 449 0534 or Robert Freer on 0795 805 5890.

As a reminder for those who booked for the Bridgewater Hall adventure, it takes place next week next week. There may be places/cancellations available. Please contact John to check.

February Trip: -

Tour of the Bridgewater Hall Friday 21st February 2025

The Bridgewater Hall is a concert venue in Manchester City Centre known to us all. The building was built at a cost of £42 million in the 1990s and is the home of the 165-year-old Halle Orchestra. Located on the site of Lower Mosley Street bus station, the hall is named after the third Duke of Bridgewater.

The building replaced the Free Trade Hall, which had poor acoustics and audience facilities

The main auditorium sits on a foundation of earthquake-proof isolation bearings that insulate it from noise and vibration from the adjacent road and Metrolink line. The structure is mostly formed from solid, reinforced concrete, moulded and cast like a vast sculpture. The auditorium has a double-skinned roof with a stainless-steel outer shell.

The plan is to catch the 10:11 train from Rose Hill. We will meet beyond the barrier for platform 1 at Piccadilly station at 10:50 and catch the tram to the Bridgewater.

If you travel directly, we will meet in the entrance hall at 11:15

After the event, you are free to eat at the Bridgewater Hall, spend some time in the centre of Manchester or return home immediately

Last month's trip - Colin Hughes

A trip to look round the Hat Museum Stockport and Afternoon Tea in the Plaza, organised by Sue Palmer, was a great success. We had a really knowledgeable guide around the museum who told us all about the history of hat making and how they were made in Stockport. We could even try some hats on! After the tour, we all enjoyed an afternoon tea in the Plaza Cafe.

Classical Music Group - Mike Connolly

The Classical Music Group has space for new members. They meet on the last Monday of the month from 2:00 to 4:00, if you are interested call Mike Connolly on 0161 430 5576.

Quiz Group - Graeme

It was mentioned last in last month's issue that Graeme is retiring from the position of quizmaster. Sadly, as no one has offered to take on the task of running the group, last month's quiz was and as a result, this group will be dissolved.
or christine89@talktalk.net

Lunchtime concerts – Sandy Maclean.

Due to weather conditions and unreliable trains, I am not planning any Bridgewater Hall visits for the moment.

However, for your information, there are lunchtime concerts at Alderley Edge Methodist Church starting at 1pm costing £8. (Light lunches from 12 sold separately) They take place on the 3rd Wednesday of every month.

19 February...	Kitty Casey/soprano, Alex Bradford/piano
19 March...	J2 Guitar Duo, Josh Hughes & Joel Redfern

Mellor Open Gardens - Nuala James MOG Committee

I've been contacted by Mellor Open Garden Group. About the re-activation of their activities. At this stage, it is a 'please keep the date' with more information to follow nearer the time. All proceeds from the day are for Cancer Research UK and Mellor Centre.

The date May 11th 2025 with 14 gardens, lots of attractions, food available and a free bus.

Please contact nuala@jamesmail.org.uk or 07771741736 nearer the time for details or possibly to pre-register an interest.

Group Admin

Members are reminded that they are supposed to bring their membership cards when they first take part in group activities and that group organisers are required to make a note of who attends.

Hilary has been contacted by Mags Clarke, who came to talk to us about balance and her work on an NHS funded project. The details are below. If you would like to volunteer, please see the contact details.

A study to investigate the effects of a Digital Health Application to help improve physical function and balance in older adults.

The university of Manchester are running a (RCT) Randomised Controlled Trial called (KOKU) Keep on Keep up.

We are looking to recruit local residents from the Stockport area. If you are over 60 and feel you have become deconditioned and lost confidence through falling or fear of falling -This trial could be just what you have been looking for!

If you would to know more, please contact Mags Clarke, Research Rehabilitation Assistant who will send you an information sheet explaining the full details of the RCT

margaret.clarke@manchester.ac.uk or Mobile 07989 259558



The Wellspring

We've been contacted by Janet Parish of The Wellspring, a charity supporting people in Stockport who are homeless or at risk of losing their home. We provide essential services, including meals, healthcare, housing support, and more, to help individuals rebuild their lives.

They have a couple of upcoming events that might be interesting.

The Wellspring Factor – Our annual quiz hosted by Gordon Burns (former Krypton Factor presenter) at Stockport Grammar School.

Patrick Hemmerle – A concert by the renowned pianist at Mellor Church Hall.

I've attached the posters—please feel free to share them with your members.

You can contact Janet at Mobile 07961611461 or Email janet@thewellspring.co.uk

Almoner

Our almoner is Jacqui Airey. If you know of anyone who is ill or has been bereaved, please let Jacqui know and she'll send a card, flower or plant as appropriate. It is important that members know we care about them and miss them, but Jacqui does need your help by keeping her informed.

Contact Jacqui - jacairey@hotmail.co.uk

Marple & District u3a Policies.

Tom has asked me to make members aware that the Web page now has a list of various policies available for members viewing pleasure. Please take time to examine these as they form the basis of how your local u3a is run.

You will also find a list of the groups that are available in the High Lane u3a.

Marple and District u3a groups chart.

A few copies of the latest version of the chart will be available at the monthly meetings. If you want an up-to-date copy, please contact Martin using the form on the website.

Committee membership.

For those interested, we are still desperate for members to join the committee.

U3a central - On line talks and information.

There is a plethora of talks and information being provided by the u3a. It can all be found at www.u3a.org.uk

Contributions to the newsletter

Given the changes that are afoot with the newsletter contributions to the newsletter is also likely to change. However, whatever system is adopted, it is still the case that any contributions need to be aware of the disclaimer below. Also, if submitting photographs, you need to make the subjects aware that they will be published as below.

By providing content for publication to Marple and District u3a, members assert that they are the copyright owner of the submitted work or photograph and grant Marple and District u3a, the Third Age Trust and Third Age Trust Trading Ltd. a non-exclusive, royalty free, worldwide license, to hold, process, publish and display the work on their website, social media accounts, newsletter and in other u3a Trust media e.g. Third Age Matters magazine in the form of an article or photograph.

