

Newsletter – January 2025

Happy New Year to all our readers

Notices & other News Items

Notice of Marple Bridge & Mellor u3a Annual General Meeting 2025

Notice is hereby given that the Annual General Meeting of MBM u3a will take place on Thursday 20th February 2025

Nominations forms for committee roles are available from our Secretary Barbara Scholes secretary@mbmu3a.org.uk

Any questions that you wish to raise in 'Any Other Business' must be submitted, to the Secretary at the latest, 2 weeks prior to the AGM, i.e. 6th February 2025, to allow for any necessary research for information to be carried out.

Agenda for the AGM

1. Apologies for Absence
2. Approval of minutes of the 2024 AGM
3. Chairman's Report
4. Treasurer's Report
5. Appointment of Independent Examiner of Accounts.
6. Election of Secretary
7. Election of Committee Members
8. Members Annual Subscription for 2026
9. Any Other Business
10. Vote of Thanks
11. Formal conclusion of the AGM



Membership Renewals for 2025

We will be open for membership renewal from the general meeting on Thursday 16th January.

The subscription for 2025 is £ 12 per person.

There are two ways to renew your membership: (You don't need to fill in a renewal form)

1. In person at the membership desk at any general meeting
2. By post to – MB&M u3a Membership Secretary, 18 Churchill Crescent, Marple, SK66HJ
(enclose a stamped addressed envelope if you wish your new cards to be posted back to you).

You can pay by cash, or cheque made out to MB&M u3a. Please put your name and membership number on the back of the cheque, this can be found on the bottom of this year's membership card.

IMPORTANT: If any of your personal details, such as address, telephone number, email address etc, have changed please let us know at the same time as renewal. Failure to report any changes may result in you not getting important communication from us.

If you wish to receive the newsletter by post please enclose 6 stamped addressed envelopes (size 230mm x 160mm – size A5) when you renew your membership.

Chairman's Chit Chat...

I trust you all had a wonderful Christmas and New Year. Now that is all behind us for the next 12 months we should all look to 2025 to being another successful and enjoyable year.

A reminder that next month (February) is our AGM and I hope some of you will "throw your hat into the ring" with regards to joining the committee. Our members come from all walks of life and I know you are more than capable of using your vast knowledge and experience in sharing this with the members, thus contributing to our members varied knowledge/activities. So PLEASE come and join us. Talk to any committee member if you are interested and we will be more than pleased to discuss it further. You may also be interested in starting your own group in which case you do not need to be a committee member if you don't wish to. All contributions/suggestions are welcome.

A few months ago I mentioned the idea of having a "games group". It would mean that members could come and play any game of their choosing ie: Scrabble, Trivial Pursuits, Backgammon, Ludo, Bridge, Canasta, Rummikub, etc., etc., This way you could play a different game every time if you so wished. The games would be provided so no need to bring any, but you could also introduce the players to any other game you may know of. This should all make for an enjoyable session. To see what interest (if any) there is in this idea, I will prepare a questionnaire to gauge numbers and days, after which time a suitable venue will hopefully be sourced.

This year we will be choosing another worthy cause as our nominated Charity. You can send in any that you would like to be considered, and the chosen one will be announced at the AGM.

This just leaves me to saythank you all for your support last year and wishing you

A Very Happy New Year.

Diane

Cold Hands/Warm Heart

Throughout my life I have suffered from cold hands and cold feet. My mother and sisters were the same and it was treated as normal! Friends joked about it being linked to a warm heart, but really it wasn't a joking matter! Especially as it led to white fingers and a painful feeling.

I am not a medical practitioner but having suffered all my life I have investigated the causes and how to cope with it.

There are 2 very similar conditions, Raynaud's Syndrome and Carpal Tunnel Syndrome. Both can cause numbness and pain in fingers and toes and it has now been found that it can be inherited and also occurs more in women.

Carpal Tunnel Syndrome can be caused by pressure on the nerves in the hand.

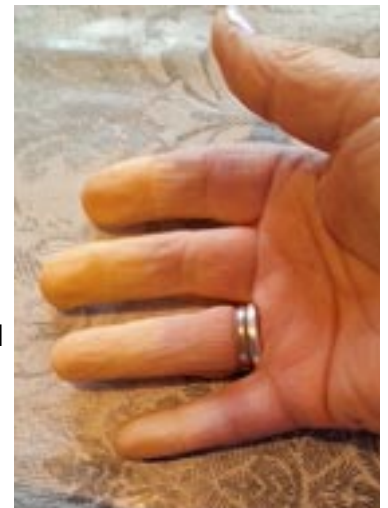
Raynaud's Syndrome can be caused by cold, emotional stress, smoking etc.

Some tips from me on how to manage these symptoms.

Wrap up warm with layers of clothing. Wear thick socks and mittens. They are better than gloves and you can put hand warmers in them.

Get the blood flowing. Exercise improves circulation and stress. This can be done from a standing or sitting position. Gentle exercise such as swinging the arms as you walk or clapping your hands or even doing the old hand jive when listening to music. To warm cold hands put them under your arm pits or in warm, not hot, water.

If your symptoms are badly affecting you, I suggest you seek medical advice. It truly is a painful debilitating problem.



Shirley Hammond

Marple Bridge & Mellor u3a Meetings Speakers - 2025

Jan 16th	Craig Wright	Edith Nesbitt and how the book 'The Railway Children' is linked to the area
Feb 20th	Roger Browne	The Golden Age of Radio
Mar 20th	Kevin & Joy Siddall	The DNA of British Musicals
Apr 17th	Simon Michael	Crime writer
May 15th.	Haroon Akram	The work of ROCU and how to protect against scams and fraud

Open Gardening Group

Meetings on 2nd Wednesday of each month at Marple Methodist Hall, 09:45 for coffee then 10:00 for the meeting. All u3a members welcome. £3 per meeting. Do come along.

February 12	Trip – Dunham Massey
March 12	Tracy Jones – Garden Pharmacy Everyday herbs and weeds, learn how they can help for all the family with history, anecdotes and recipes



Members who are Unwell or in Hospital

So often we hear about members who have been ill, who have been in hospital or need a bit of cheering up, weeks after it has happened so if you know someone like this please let Olwyn Wych (almoner@mbmu3a.org.uk or 0161 285 6766) know, or any member of the committee, so that we can send a little card to let them know we are thinking of them.

Crossword Compiled by Marple Bridge and Mellor u3a Crossword Group

compiled jointly by u3a Crossword Group

Clues across

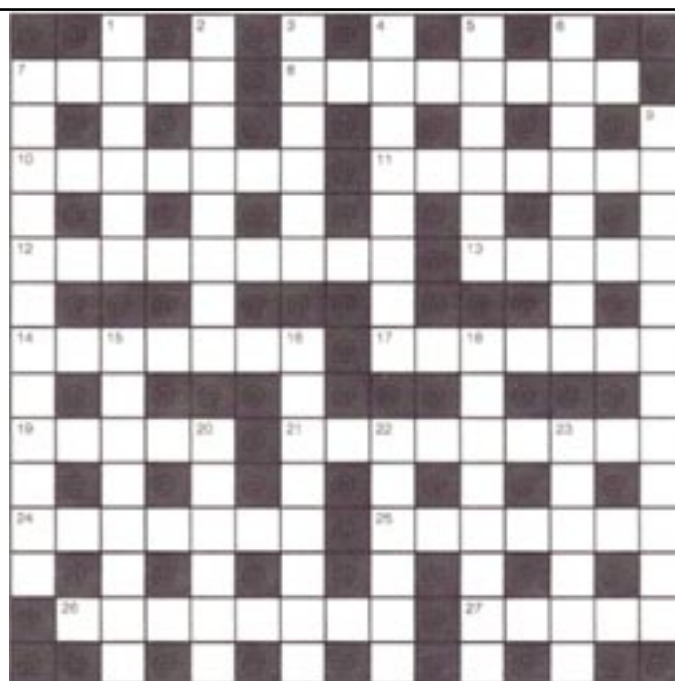
7. Part of the Athletics competition for Erica. (5)
8. Having no French sensation is rubbish. (8)
10. Scent compounded with ice, but not time for mechanics
11. Sketch in pub is reserved. (7) say. (7)
12. Press hunter to produce old loco. (4,5)
13. Explorer's daughter hung on to garden tool. (5)
14. A mode of transport I have heard is vulgar.. (7)
17. An egret performed as a kind of indicator. (7)
19. Supported partisan. (5)
21. Dangerous place with rapid granulation. (9)
24. Old Prime Minister lost head to Middle Easterner. (7)
25. Leaves one loaf for example to be cooked. (7)
26. Youngster went after under-five to get a number. (8)
27. So nun could be proper or common. (5)

Clues Down

1. An offence committed in company gaming room. (6)
2. Attack whilst travelling in China. (8)
3. Surprised Ed getting near treasure. (6)
4. Technologist uses motor with brief hesitation. (8)
5. Guide journalist to old decorated window. (6)
6. Get up to lease cat out. (8)
7. Emergency Treatment Centre in the main. (8,4)

Clues down cont.

9. Thankful state Bess intended composing. (12)
15. Bottom of heap – beneath boxer. (8)
16. Investigator to ask first riddle. (8)
18. Mend leak around broken nail with caustic substance. (8)
20. Back after dead. Yes? That's depressing. (6)
22. Child likes popular loud insect. (6)
23. A cab takes us to play with adding machine. (6)



Dining Group

Happy New Year to all our members



Please remember all members of the MB&M u3a can come on any of our meals. Just check the venues we have booked and the menu choice, if you like the look of it just email or phone me to check there's a place and book. You can now also do a bank transfer once you have booked.

January Wednesday 29th 6.30 for 7.00pm

The Indian Restaurant BOKHARAA
51 Stockport Road Romiley SK6 3AA
Two course meal £20

February Tuesday 18th 7.00 for 7.30 £22

The Spread Eagle Hatherlow Romiley SK6 3DR
Main Course, Your choice from the Carvery
Plus you have a selection of desserts to choose from.

March - We are working on it.

Christmas Lunch December 2024



Strolling Group

"Our "Strolling Group" is for members who would like a gentle stroll rather than a longer walk. We arrange strolls of about 2 miles followed by a cuppa or lunch. 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 February 4th 2025 Dorothy Jones 10.30 start.

A stroll around Lyme Park.

Meet in Marple central carpark near the sorting office to leave at 10.30. Anyone who is willing to drive please let me know. We will need at least one National Trust member in each car. Bring your membership cards with you. It would be useful to have approximate numbers of people interested in joining us for this stroll. Please let me know.

Even if it is raining, we could still have a drive to Lyme Park and enjoy a drink in the café.

Tuesday March 4th Agnes Barlow(Colin Burkitt) 10 30 Start

Meet in the Carpark at Pear Mill. Follow the access road around the mill and park in the last carpark.

Stroll along the river and through the park.

Enjoy a drink and possibly some lunch at the end of the stroll.

Tuesday April 1st Colin Burkitt

Shirley Hammond

Outings Group

Happy New Year and Best wishes

Here is the programme for 2025 Outings group kindly organised by Jenny Summers.

11th January ...a trip to Royal Exchange Theatre "Spend Spend Spend".....fully booked

Saturday 29th of March...Saturday Matinee show at Stockport Plaza theatre

" Evita" by Romiley Operative Society production.....fully booked.

Tickets will be available to collect at the January Meeting.

Saturday 3rd - 10th of May... 8 days tour of Puglia, Lecce & Vieste by Riviera travels

cost £1549pp sharing double / twin room

booking by phone directly with Riviera travel tel: 01283 742322 / 01283 523470.

Sunday 15th of June.....Charity Day at the Duke of Westminster's Eaton estate.

This is a great opportunity to visit the stunning gardens, courtyard buildings, chapel for the organ recital and much more. Cost is £35 pp including entrance to the estate, coach and driver's gratuity. We leave at 9.30am from Rosehill with the usual pickups. Cheques only please to MB&MU3A Outings.

Organiser...Jenny Summers

Searching for interesting and different experiences?

Are you interested in the LYTHAM FORTIES WEEKEND?

Saturday 16th of August..... This is a nostalgic weekend of great music, dance, vintage traders and entertainers, weapons display, fashion parade of 1940s and much more AND, you could walk along the prom. and take in some bracing sea air.If you have any vintage clothes to wear all the better. Again we need at least 30 members to make this a worthwhile venture. More details will be updated when available.

Organiser...Jenny Summers

This will be my last article in the bi-monthly newsletter as the Outings Leader.

May I take this opportunity to thank everyone for their support during my time as your Outings Leader. It has been a privilege to serve you. Without your support we wouldn't able to visit many interesting places and fabulous Stately Homes.

Best wishes Hazel Bhatt.



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Newsletter items

Thank you to the people who have submitted articles for inclusion in past Newsletters,
can we have some more please !!!

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 let's try to make the Newsletter more interesting for all our readers.

Malcolm, Newsletter Editor

Jigsaw Sales at Monthly Meetings.

Please don't bring Jigsaws with pieces missing
We have a table selling 2nd HAND Jigsaw Puzzles at our monthly meetings. Please bring some along and buy another one.

Book Sales at the Meetings

Due to the limited amount of storage space and the fact that hardback books and non fiction books are not popular, it is requested that paperback fiction books only are brought for the stall.

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

Crossword Solution
Across: 7. health 8. nonsense 10. Science 11. Indra 12. Iron horse
13. Drake 14. Abusive 17. Reagent 19. Sided 21. Quicksand
24. Israeli 25. Foliage 26. Fourteen 27. Nouns
Down: 1. casino 2. shanghai 3. endear 4. engineer 5. leaded
6. escalate 7. hospital ship 9. indebtedness 15. Underdog
16. Enquirer 18. Alkaline 20. Drearly 22. Infant 23. abacus

This Newsletter appears bi-monthly. The next edition will be published in March 2025
send items for publication by email

Please

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.mbm3a.org.uk

All contributions for the next edition of the Newsletter should be received by Friday 28th February AT THE LATEST