

Newsletter – July 2025

Chairman's Chit Chat...

I'm pleased to announce that the new Games Group is now up and running, and details of which have been sent to you by email. (See also under Games Group listing below) I hope more of you will be able to attend and possibly play games that you have almost forgotten or even learn new ones. Whatever your preference, I'm sure we will be able to find a game that suits you.

August is again our charity event and we look forward to the usual attractions!! Raffle, cakes, bric-a-brac, plants and much more, so please any donations would be much appreciated.

Looking ahead to October (yes I know it's a long way away) we intend to have a meeting for new members (which again you have been emailed) which will give you an opportunity to talk to group leaders about their chosen group as well as committee members to see and tell us what you would like to see us either improve on or how to move forward. So put Thursday, 2nd October in your diaries so you don't forget!!!



A few weeks ago my granddaughter was walking her dog down a country lane when she came across a blind baby hedgehog. She took him home and contacted a hedgehog rescue centre near her who took him in. We believe he is doing well so far. A photo is enclosed. If you find a hedgehog during the day it means he's in trouble, so please do what Jess did, take him to your nearest rescue centre to be cared for.

Diane

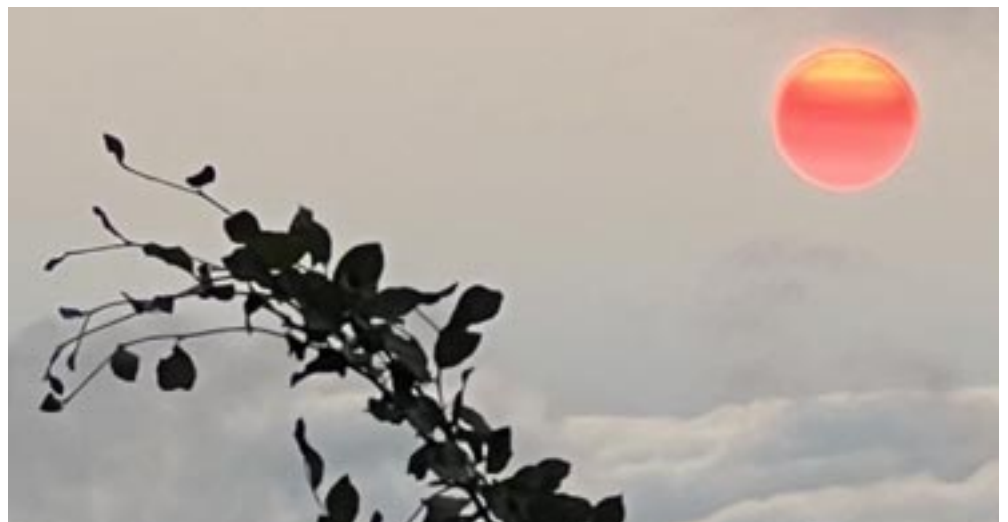
Marple Bridge & Mellor u3a Meetings Speakers

July 17th	Graham Eagland	My Life in Music
Aug 21st	Charity Event	
Sept 18th	Frank Vigon	The Birth of Television

Fame at Last !

One of our members, Terry Lomax, took this photograph, from his home in Marple, on Saturday 7th June and it was viewed on the "Look North" Weather Forecast on BBC1 on Monday 9th June.

As Kay Crewdson explained the effect was caused by smoke particles from wildfires in Canada rising in the atmosphere.



MBM u3a Open Meeting & Grand Charity Event

Thursday 21st August 10am – 12 noon

St Paul's Church Hall, Compstall

in aid of HEADWAY

a charity that helps people rebuild
their lives after brain injury

Admission £2 – includes Coffee/Tea Biscuits

Raffle – Books – Jigsaws – Crafts – Plants
Homemade Produce – Bric-a-Brac Bring & Buy
Cards – Fun Activities

Come along and bring your friends

Games Group – 1st Wednesday of the month – 10am to 12 noon

The new Games Group is now up and running with a variety of board games for members to choose from. The meetings are held on 1st Wednesday of each month at Marple Methodist Church at 10am till 12, and we would like as many of you to come and enjoy playing games, meeting new people to socialise with and bring your friends and even learn new games if you so wish.

I look forward to seeing lots of you there.

Diane Holker
Tel: 07778458593
chairman@mbmu3a.org.uk

HEADWAY – improving Life after Brain Injury

The Charity which our members are raising money for this year.

Headway is a leading charity that supports people to rebuild their lives after brain injury through the provision of information and support services. Headway has a freephone nurse-led helpline which provides confidential support and information for those affected by brain injury. The helpline is available Monday to Friday 9am to 5pm.

An acquired brain injury (ABI) is an injury caused to the brain since birth. There are many possible causes, road traffic accidents, assaults, falls and accidents in the home or at work. The effects of a traumatic injury can be wide ranging and depend on a number of factors such as type, location and severity of the injury.

Other forms of acquired brain injury covers all situations in which brain injury has occurred since birth and includes traumatic brain injury as well as tumour, stroke, brain haemorrhage, meningitis and encephalitis, to name a few.

The effects are often very similar to those of traumatic brain injury but there are key differences that make treating and coping with acquired brain injury quite different.

IMPORTANT DATE FOR YOUR DIARY

We are planning a meeting particularly targeted at members who have joined our u3a in the last couple of years. The meeting will be held on the morning of Thursday 2nd October, put this date in your diary now!

This meeting will also be open to any other members, who are encouraged to bring along a friend or neighbour who may be interested in learning more about our u3a.

The meeting will be an opportunity for members to meet the committee and some group leaders one to one in an informal setting to discuss what we have on offer. At the same time we would love to hear from you about the things that we do well, the things that we are not so good at, and any new activities that you would like to see available. Our committee will also be offering advice about the opportunities within the wider u3a organisation, whether those be at Pennine Link level, regional level or nationally.

We are still in the process of planning the details of the meeting and when they are finalised we will be sending out invitations to all member.

Diane Holker Chairman

GARDENING GROUP OUTING TO POWIS CASTLE

We all really enjoyed a sunny and warm day trip to Wales to visit Powis Castle with an amazing garden and a castle full of history.

While the Castle goes back to medieval time it has been restored at different times and we were able to explore some of the magnificent rooms with murals and ceiling paintings and beautiful furniture.

The Garden is just stunning. The formal terraces with yew trees clipped in different shapes, the herbaceous borders and the Fountain garden were just some highlights.

There is also a woodland walk from which we were able to admire the castle across the Great Lawn.

This was a day to remember.

To share the experience with friends also interested in gardening made it very special.



Strolling Group

Tuesday August 5th Shirley Hammond Meet in Romiley outside the Romiley Forum.

Stroll up the main road to Tangshutt Lane. Follow this through the park to the canal. along the canal to the far end of Romiley where we can make our way back up to the main road and back to the centre of Romiley. The going should be good along flat paths. No strenuous challenges.

Join us for a cuppa and possibly some lunch at one of the cafes in Romiley



Tuesday September 2nd Colin Burkitt

Bramhall Park and Happy Valley. Meet in Rose Hill station car park (free) at 1030 to arrange car share to the walk, or if you wish drive direct. We will be parking on the road by St Michael & All Angels church (SK7 2PG) starting the walk at 11am. Please do not park in the church car park, there is plenty of roadside parking by the church.

The stroll takes us through Happy Valley, into Bramhall Park and on to Carr Wood and back via Bramhall (chance for coffee and cake) to our parking spot. We will stroll about 2 miles in total, relatively flat, on predominantly paths with good surfaces but a couple of areas may be a bit muddy after rain.

Tuesday October 7th Sue Norcross Stroll on Werneth Low

Meet at Quarry car park, Werneth Low, Hyde, at the junction of Werneth Low Road and Joel Lane (SK143AA) Explore Werneth Low with Sue. After the stroll we could meet at the Hare and Hounds for drinks/lunch

Tuesday November 4th Jenny Summers

Stroll from Mellor Golf Club to Fox Inn at Brookbottom – linear walk.

Directions to car park. From Marple Bridge travel up Longhurst Lane and turn right into Gibb Lane opposite the Devonshire Arms on the left. Follow signs for the Club (SK6 5NA). Club will be open for refreshments after the stroll (or Devonshire Arms).

Meet at the Golf Club top car park at 10.30am to stroll across the course and down to the Fox Inn, Brookbottom. Flat until the road slopes down to the Inn. Good views across to Strines and Marple.

Tuesday Decembert 2nd Shirley Hammond or Colin Burkitt

Dining Group

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 Pat to check there's a place and book.

You can now also do a bank transfer once you have booked, see below

Tuesday 22nd July The Aviator @ Woodford
6 Lancastrian Way, Woodford SK7 7SA
Three Course Evening Meal for £20

Tuesday 23rd September The Lamb Inn @
Chinley

Hayfield Road, Chinley SK23 6AL
Two Course Evening Meal for £28

Wednesday 22nd October
The Hare and Hounds
Mill Brow, Marple Bridge SK6 5LW



You can now pay for your meals by Bank Transfer, details below.

Please make sure you have booked before you pay

Make payable to MB&M Dining Account number 16583188 Sort code 16 00 30

Outings Group

Just a reminder for those who are joining us on the trip to the National portrait gallery exhibition at the Mediacity

I have arranged two group bookings for this. They are Tuesday the 15th of July at 12:30pm (NB: not 11:30am mentioned previously) & Tuesday the 22nd of July at 11:30am.

For those who are booked to go on the 15 th of July, I am travelling from Rose hill station at 10:42am and then take a tram to Mediacity from Market street(5 to 10 mins walk from Piccadilly station). If you are travelling from Marple station you can catch 10:40 train arriving at Piccadilly at 11:07 am and then walk to Market street tram stop from there you catch a tram to Mediacity or you can wait for us from RoseHill to arrive at 11:14am at Piccadilly and we can all walk down to the Market Street tram stop. Let me know your plan beforehand please.

For those who are joining us on the 22nd of July, I will be travelling on the 9:41am train from Marple to Manchester (I would suggest everyone catch a train from Marple because the timing is better to reach Mediacity for 11:30 time slot). We can all meet up at the Piccadilly station to walk down to the Market Street tram stop together.

Organiser - Hazel Bhatt

We had an enjoyable day at The Eaton Estate on Sunday 15th June. The gardens were immaculate, chapel beautiful, choirs in tune and the sun shone for us.

Saturday, 16th August to LYTHAM for the 1940s weekend celebration has been cancelled because of insufficient numbers.

Saturday matinee at 2.30 p.m. 17th January 2026 SINGIN' IN THE RAIN,

Christmas show, at the Royal Exchange, price £50 p.p. (group discount). There are a few tickets left. Please pay by cheque to MB&MU3A Outings at the Outings desk or telephone J. Summers (07388236537). Anyone with their name down to go is kindly asked to pay a.s.a.p to secure our group tickets.

Christmas at Tatton – If you are interested in going again this November by coach please visit the Outings table by which time the theme, prices etc .will have been announced. Cheque payable to MB&MU3A Outings.

Jenny Summers

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.

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| July 9 | Andrew Wetters – Chickens and eggs for all
Andrew will be talking about keeping poultry for egg production and food, and much, much, more. |
| August 13 | Annual Show |
| September 10 | Trip – Bridgemere Show Garden |

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Newsletter items

Thank you to the people who have submitted articles for inclusion in past Newsletters,
can I 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

This Newsletter appears bi-monthly. The next edition will be published in September 2025
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.mbm.u3asite.uk

All contributions for the next edition of the Newsletter should be received by Friday 29th August AT THE LATEST

