

## Newsletter

Issue No.2

June 2011

### Chairman's Remarks.

It barely seems possible that three months have passed since the last newsletter. It was cold, wet and dark when I was writing the last one. Since then we've had some wonderful spring weather and as we move into summer let's hope for a good one so that our outdoor groups can continue to benefit.

Interest groups are going well but there is always room for new ones. Don't be shy in suggesting a new subject or activity. You only need to have an interest in something to form a group. No expertise is required. The groups can be at any level from beginners, mixed ability, to more advanced level. Please contact Joan or a committee member if you could help.

The main meetings have gone well and it is there you can find out what is going on. Keep logging on to the web site which is updated regularly to see what's on offer at <http://www.poyntonu3a.org.uk>. There's a great "latest news" addition. Not all members are on the internet so it is always useful to have interest group organisers or a representative at the main meeting, so that members can meet them and find out more about their particular activity.

In August it will be an open meeting, without a speaker, when members can get together and find out more about Poynton U3A groups and activities. It is hoped that some of the current interest groups will give us a glimpse of their activities so please think about what you could display, perform or give a brief resume on.

A link is being formed with our neighbouring U3As which we hope will lead to joint activities and ventures. So watch this space. Also check out what's on offer from Stockport Summer School. As always we welcome your feedback and comments.

Jo Leach (chairman) [chairman@poyntonu3a.org.uk](mailto:chairman@poyntonu3a.org.uk)

**Hello and  
welcome to our  
summer  
newsletter!**

Hi! Hope you enjoyed your first newsletter in March. My apologies for the errors in the group tables, I'd like to blame gremlins in the computer but really it was edit overload. By the time you've changed things a dozen times you see what you know should be there not what is. Still U3A is all about learning and I've learned to stick to deadlines in future and not try to make last minute changes.

We have our first item in the members' section so check out the pearl of wisdom and keep items coming in please.

Anybody wishing to contribute should email information to [newsletter@poyntonu3a.org.uk](mailto:newsletter@poyntonu3a.org.uk)

All items should be original and submitted with authors' name and contact details.

My grateful thanks go to all who have contributed so far.

Joyce

### Diary Dates

#### Monthly General Meetings

**3<sup>rd</sup> Tuesday in month; 2pm Poynton Civic Hall**

Each Meeting deals with Poynton U3A events and information and the highlight of the meeting is usually the guest speaker.

#### Guest Speakers

21 <sup>st</sup> June	Mrs J. Dillon – "Francis House"
19 <sup>th</sup> July	Mrs B. Davies- "Beehive Power"
<b>16<sup>th</sup> August</b>	<b>Open Day</b>
20 <sup>th</sup> September	Mr D. & Mrs A. Drackley- "Antarctica"

# Meet the Groups

## Established Groups

STD Code 01625 unless otherwise stated

Group	Organiser	Meeting
Antiques	Judith Davis	To be advised
Art	David Williams Tony Worthington	Mondays 1.30-3.30 Civic Centre
Bird Watching	Peter Owen	Monthly (20 <sup>th</sup> May)
Bridge	Dorothy Rowlands	2.00 alternate Mondays (23 <sup>rd</sup> May)
Cake Decorating	Ann Tofield	To be advised
Computing	Joan Bridge	Starts 19 <sup>th</sup> Sept 9.30-11.30 Community Centre
Concert Visits	Wendy Vigurs	Information at General Meetings or groups email
Creative Writing	Veronica O'Connor Ann Walker	Meeting Third Mon. In month 1.30-3.30
Dining Club	Jessie Monaghan	Sunday 26 <sup>th</sup> June Information at General Meetings
Embroidery	Barbara Davies	Starts Sept 2 <sup>nd</sup> Wed. afternoon
Exercise Class-Postural Stability	Irene Johnson	10.30-11.30 1 <sup>st</sup> Wed in month St Martin's Church Hall
Family History	Moyna Barrott	2.00 1 <sup>st</sup> Wed in month Poynton Community Centre
French Conversation	Vivienne Arnold	To be advised
Gardening	Ruth Roberts	Ruth is contact for Poynton Home Gardeners' Club
Geology	Peter Bennett	2.00 4 <sup>th</sup> Thurs in month Vernon Room, Civic Centre
German Conversation	Peter Owen	Monthly (24 <sup>th</sup> June)
History	Wendy Fermor	2.00 4 <sup>th</sup> Tues in month St Georges Church Hall
Photography	Jan Slinn	Information at General Meeting
Pilates	Wendy Litchfield	Summer Bramhall U3A Mon 11.30-12.30 Winter Poynton U3A restart
Play Reading	Catherine Owen	1 <sup>st</sup> Tues in month
Poetry	Elaine Houghton	To be advised
Reading	Iris Neale	2 <sup>nd</sup> Tues in month (group full; 2 <sup>nd</sup> group being organised)
Scrabble	Dorothy Bayman	2.00 3 <sup>rd</sup> Monday in month
Singing	Lil McPhee	3 <sup>rd</sup> Thurs in month ( temporarily postponed)
Spanish	Wendy Vigurs	Alternate Mons 10-11.30 and Fris. 11.30-1.00
Table Tennis	Janet Gill	1 <sup>st</sup> & 3 <sup>rd</sup> Thurs in month 2-4pm Poynton Sports Club
T'ai Chi	Brenda	Scout Hall, Marple, Mondays 2 – 4 pm
Theatre Trips	Elaine Roe	Information at General Meetings or groups email
Walking	Joy Bradburn	2 <sup>nd</sup> June, 23 <sup>rd</sup> June, 7 <sup>th</sup> July, 11 <sup>th</sup> Aug. Meet Nelson Pit Visitor Centre 10.00 Details on website
Short Walks	Bob Stepto	2 <sup>nd</sup> & 4 <sup>th</sup> Tues in month Information at General Meetings and on website

If you are interested in joining any of the groups contact group organiser

## Organiser Needed

Groups with potential members, but needing organisers.

Dancing	Discussion Group	DIY for Women	German Beginners	Local History	Wildlife Study
---------	------------------	---------------	------------------	---------------	----------------

**WOULD YOU LIKE TO PLAY YOUR PART AND BECOME A GROUP ORGANISER? PLEASE SEND AN**

<mailto:groups@poyntonu3a.org.uk>

# Groups in Focus

## Dining Club

All thirty two of the diners turned up on time at 6.30 for our first club outing at Ciao on the 31<sup>st</sup> March. What a delightful evening we had! Everyone came prepared to enjoy the food and each other's company and the evening went with a swing. The food was great and the staff were very attentive. So thanks Ciao and thank you to all the people who came and made the evening so enjoyable.



The next gathering will be at the Tarantella on Sunday 26<sup>th</sup> June. Please sign up. We have also had two offers for the future. One is the prospect of a Christmas event, and the other may be outside the area. So a big thank you to those two people

Jessie Monaghan

## Family History

The first meeting held at the Civic Hall was attended by about 18 people. This was quite encouraging. Some people had already done a considerable amount of research over many years, some had done a little and several had done none at all but were very keen to start.



It was agreed that for some meetings we needed access to computers. We decided to meet in the Community Centre where there is a computer suite with 13 computers. We felt we would probably need two sessions initially which were arranged for Wednesday afternoon and Friday morning. The Wednesday meeting was attended by 11 people, but 5 on the Friday was insufficient to meet session costs. It is essential that we have time with the computers as some people do not have home access and others need help with their research but a decision will have to be made whether one session each month is adequate. We were only able to access free websites but think that this problem can be overcome.

We have since enjoyed sharing the triumphs and some tribulations in trying to progress our researches. Some help has arrived in the form of a new member of the group, Dianne Peace, who works at The Cheshire Family History Group Research Centre at Alderley Edge, for which the group has been very grateful. A planned talk about researching your family history by David Morris, a local resident with much experience may be able to help with any further problems.

If you have any queries about the group or the proposed meetings please contact me at [groups@poyntonu3a.org.uk](mailto:groups@poyntonu3a.org.uk) with "Family History" as the subject

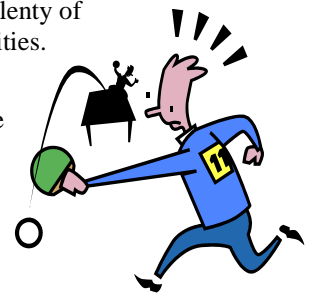
Moyna Barrott.

## Table Tennis

The group meets at Poynton Sports Club, London Rd. which is local with plenty of parking. There are three tables and we play doubles and singles games of varying abilities.

Everyone seems to enjoy themselves but it's the mixed doubles that generate the most fun.

We are a very friendly group and would like to extend an invitation to new members. Meetings are twice monthly on the 1<sup>st</sup> & 3<sup>rd</sup> Thursday at 2pm. No experience is necessary just a get up and have a go attitude. Cost is £3 to cover room hire but with more members we hope this can be reduced. Equipment and refreshments are provided so it's great value for two hours of fun, activity and new friends.



Janet Gill

## Short Walks

Organised jointly with AGE UK Cheshire East as part of the Walking for Health programme

These are gentle walks of about 2 miles, taking approximately one hour to one hour and a half. Meet on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month at **11 a.m. at the start of a walk**, or at **10.45 a.m. outside the Civic Centre, Poynton**, if you need a lift or can provide a lift to the start.

14-6-11 Wood Lane Wild-Flowers Walk. Start at Lay-by on Wood Lane West near the Miners Arms Pub

28-6-11 Happy Valley. Start at lay-by opposite the Brookdale Theatre on Jackson's Lane, Bramhall

12-7-11 Whiteley Green to Bollington. Start at the public car park just past the Windmill Pub near the canal, on Holehouse Lane, Whiteley Green

26-7-11 Lyme Park with picnic by the "Darcy Pond". Start at Lay-by by West Park Gate

## Theatre Trips

In March a small group went to see an excellent production of Private Lives, starring Imogen Stubbs, at the Royal Exchange in Manchester, and in May some members joined trips to see the fantastic new musical Ghost at the Opera House and the Alan Bennett play, The Lady in the Van, at the Lowry.

We hope to have further outings later in the year, so if you would like to join us or if there are any productions that particularly interest you then let me know. Most of the people who have expressed an interest so far would like transport to be provided. (A few people are willing to drive and offer a lift to others.) To provide transport at a reasonable cost would require minimum numbers of around 22 people for a small coach (about 14 for a minibus) so please bear in mind that any proposed trip would have to appeal to these numbers of people.

Elaine Roe

## Concerts Visits

We are just starting to book for the next series of Hallé concerts, which runs from September 2011 to May 2012. We are a friendly established group, in our 22<sup>nd</sup> year, which has teamed-up with Poynton U3A, and we invite members to join us.

As a fairly large, non-profit-making group, we get a discount (about 20%) on individual retail prices for seats for Opus Concerts, Bridgewater Hall. These are lighter classical concerts, often of well-known music. We take coaches once a month on Wednesdays (not always same one each month) from the Civic Hall car park. We meet at 6pm, returning at approximately 10.30pm. Prices range from £94.50 to £233.10 for 9 concerts, depending on where you sit. I can sometimes resell individual seats if there is an odd concert you can't manage.

Wendy Vigurs

## Spanish

¡Buenos Dias, amigos! We have now had 10 Spanish language get-togethers (don't bank holidays get in the way of regular Monday meetings?) though English words and some gestures (only the polite kind) creep in too. I believe we **are** learning from each other, which is the general idea and we make a happy bunch. We now have up to 9 members coming to meetings, with the prospect of 1 or 2 more. Whether we shall all fit in is an interesting question.

Wendy Vigurs

## Exercise Class

Exercises in a Postural Stability (PS) Class are adapted to suit the individual within a group setting and allow individuals to achieve their goals at their own pace. In a PS group you won't have to "keep up" to "keep fit". A home exercise programme will be given to help progression.

I am a Chartered Physiotherapist with 35 years experience in the NHS and a qualified PS Instructor. If unsure about health or fitness please discuss with me in confidence or with your GP.

The class will be 10.30 for a 10.40 start, approx 30mins long, followed by discussion and social time with refreshments.

Each class is £3 and a block booking of 3 classes (i.e. £9) will stabilise numbers and cover room costs. If you would rather pay as you go that's ok but preference will be given to block bookers if classes get busy.

Irene Johnson

## Creative writing

We are writing about our ancestors, so if you have a story to tell please join us on 20<sup>th</sup> June

# News in brief

**NATIONAL AFFILIATION** We are now officially registered members of the U3A. This gives access to all conferences, day schools, lectures etc. We can also access resource books and many special offers. All members will be eligible for 3 magazines a year which are available at meetings. Information on [www.u3a.org.uk](http://www.u3a.org.uk) and you need to book-in to activate membership.

**U3A NORTH WEST REGION** This committee organises events for all North West U3As. Full details of meetings and events it organises, together with application forms can be found at [www.nwu3a.officelive.com](http://www.nwu3a.officelive.com)

28<sup>th</sup> June 2011 Regional Conference No 1. A full day event funded by the Third Age Trust and free to delegates. It is designed to help U3As run efficiently and profitably for their members.

25<sup>th</sup> July 2011 Regional Conference No 2. A full day event funded by the Third Age Trust concentrating on finance and size considerations for U3As

October 2011 Singing Together Day.

**STOCKPORT SUMMER SCHOOL** Further opportunities for you to get involved. Information available at the main meetings or contact Stockport College by phone or on [www.stockport.ac.uk](http://www.stockport.ac.uk). Courses run from 11<sup>th</sup> to 15<sup>th</sup> July from 10am to 4pm, Cost is £20 for one day; lunch not included. Subjects are Mon- King Arthur Workshop; Tues- The Water Cycle; Wed-Digital Photography; Thurs- Introduction to internet and email; Fri- The History of the Police in England and Wales.

**PILATES** During the summer this can be accessed by joining the Bramhall Group under Poynton membership.

**DANCING** This has been temporarily suspended due to the organisers' unfortunate accident. Our best wishes are extended to Pat and her family.

**GARDENING** This group is now being organised through the Poynton Home Gardeners' Club.

**OPEN DAY PLANNING** Could all Group Organisers stay for a short meeting immediately after the June General Meeting to plan your input into the August Open Day.

**BADGES** Having tired of washing sticky labels on jumpers the committee will now have official badges (White). Group organisers will also have badges (Yellow) so that we will all be easily recognised at General Meetings.

**COMMENTS BOOK** A comments book will be available during each General Meeting. Please feel free to submit ideas, opinions (positive or negative), news, or original poems or sayings which should have the authors' name. All will be valued. Some will be included in the Newsletter or Web Page so state if you don't want them publishing.

**HOLIDAYS** Trip to Holland being organised by Bramhall for all local groups. Details on [www.bramhallu3a.org.uk](http://www.bramhallu3a.org.uk)

# Meet the Committee

---

<b>Name</b>	<b>Role</b>
Jo Leach	Chairman
Stan Shaw	Vice Chairman
Gerry Neale	Treasurer
Iris Neale	Assistant Treasurer
Carol Gatenby	Minute Secretary
Lindsay Kay	Business Secretary
Helen Long	Membership Secretary
Joan Stepto	Interest Groups Co-ordinator
Robert Stepto	Assistant Interest Groups Co-ordinator
Joyce Horan	Newsletter
Jeanne Maxwell	Speaker Organiser
Joyce Tapper	Refreshment Organiser
Jessie Monaghan	Assistant Refreshment Organiser
Audrey Lawson	Members Representative

Telephone numbers are available in the paper version

All Enquiries <mailto:enquiries@poyntonu3a.org.uk>

# Members' Corner

---

A tiny pearl of wisdom!

It's the tiny bits of grit you pick up in life  
that make you the pearl you are today



*How's that for our first ever item from the  
comments book!*

Can't wait to hear from you all for the next publication. Entries will need to be received by 16<sup>th</sup> of August  
<mailto:newsletter@poyntonu3a.org.uk> or see me at meetings.

Joyce.

