

# HEATONS AND REDDISH u3a NEWSLETTER



April

&



May

2026

[heatons-reddish.u3asite.uk](http://heatons-reddish.u3asite.uk)

**u3a**  
Heatons & Reddish

Registered Charity No: 1037772

# Welcome to the spring edition of our newsletter.

Thank you for electing me as your new chair at the AGM in February. It's a great pleasure to take on the role and I look forward to the coming year working with our dedicated committee members to continue to develop and enhance our u3a and offer new opportunities for our Members. We are always open to suggestions and ideas from you.



None of this would be possible without the work of our fabulous group leaders and our members who come along to support the many groups we have on offer. Thank you all.

I would like to express my gratitude to Colin for his skills, dedication and leadership over the past 2 years and am pleased he continues on the committee as vice-chair.

We also welcomed 2 new committee members Kathy and Paul who bring great experience and new ideas.

If anyone is interested in joining our committee please have a chat with us.

I hope the spring weather improves after our recent "second winter" and that everyone enjoys the Easter break and all the treats that this brings.



Jude

Hi everyone

## Notes from the Editor

Welcome to the April and May 2026 edition of the Newsletter.

Firstly, let me apologise for the lateness of your Newsletter. I have been away and did not get back until the very early hours of Sunday morning and, of course, I have brought back with me the obligatory cold and feel rotten! Again, I apologise for the lateness but please do enjoy your Newsletter.

Can I remind you that if you want anything in the Newsletter on a continual basis then please let me know each bi-month. Thank you.

If you want anything putting in the next Newsletter (June/July 2026) which comes out on Friday 29<sup>th</sup> May please get the copy to me by Wednesday 27<sup>th</sup> May.

I (we) all look forward to hearing from you.

Do you know where the saying

A Square Meal



Comes from?

No. . . well I will tell you.

It is a nautical term from the days of old sailing ships. Any significant meals (usually the last one of the day) would be eaten off a square-shaped wooden plate, which also served as the tray. It was square because you could fit more plates on a table and they fitted together which, in rough weather, stopped them moving about the table – you didn't want to see your hard earned meal go flying onto the floor! A decent meal on board became known as a square meal.

## YOUR COMMITTEE



**Jude  
Chair**



**Colin  
Vice Chair**



**Sue  
Treasurer**



**Virginia  
Secretary**



**Theresa  
Membership Secretary**



**Jenny  
Groups Co-ordinator**



**Barbara  
Minutes**



**Mary  
Newsletter Editor**



**Kathy  
Committee Member**



**Deanna  
Committee Member**



**Peter  
Committee Member**



**Diana  
Committee Member**



**Paul  
Committee Member**



# IMPORTANT ANNOUNCEMENT

## U3A COFFEE MORNINGS

During April and May we will be trialling a slightly new format. Our membership is growing monthly and it gets very busy in the Coffee Lounge before the meeting.

Due to health and safety concerns and overcrowding in the Coffee Lounge we will be proposing the following:

<b>1</b>	<b>Entry to Coffee Morning will be via the side door into the Patio Room.</b>
<b>2</b>	<b>Welcome desk and registration will be in the Patio Room.</b>
<b>3</b>	<b>Booking tables for Heritage and Theatre Trips will be in the Patio Room.</b>
<b>4</b>	<b>Booking table for Wildlife &amp; Gardening trips will be in the main entrance area.</b>

The above will give easier access to the Lift and Toilets. The Treasurer's table will remain in the Coffee Lounge and, of course, tea and coffee will still be available in the Coffee Lounge. If you have any comments or concerns about the new arrangements, please speak to a member of the committee.



## ANOTHER IMPORTANT ANNOUNCEMENT

### SINGALONG

Due to unforeseen circumstances the Easter Monday meeting has had to be cancelled.



Hopefully, all will be well for the May meeting.

Best wishes

Pauline

Group Leader

# EVENTS

Here is a list of events happening in April and May. If you are interested in any of these, please contact the event organiser by email.

**Note** - there are only a few places left on the Skipton trip and the Bat Walk, and Houses of Parliament trips are limited in numbers.

If you have already signed up for any of these trips there is no need to make contact again.

Wednesday, 29th April

Bat Walk

Dusk at the River Mersey

Contact: Barbara

Saturday, 9th May

Trip to Skipton

Coach £30.

Optional trip on the Embsay & Bolton Steam Railway £16.

Times to be confirmed

Contact: Theresa

Wildlife & Gardening – Hodnet Hall

Friday, 22nd May

Travel by coach, cost £30.

We will probably have a tour of the gardens, cafe on site.

Leave Heaton Moor United Church at 9.30 am.

Contact: Jill or sign up at next Coffee Morning.

Trip to the Houses of Parliament

Date to be confirmed

Contact: Jude

Wednesday, 1st July

Trip to West Kirby, Wirral

Travel by coach.

Times to be confirmed

Cost between £16-£20 depending on final numbers

Contact: Theresa



The monthly Coffee Morning takes place on the third Monday of each month.

Please note – **entry after 10.00 am.** Meeting with announcements etc, starts at 10.30 am.

Speaker starts at around 10.45 a.m.

Meeting ends approx. 12.00 noon.

Here are the speakers for the next few months:

20th April Alan Turing – the man and his legacy - Neil

18th May The History of The Christie Hospital - David

15th June We will go on a Musical Meander around Britain.



## HERITAGE GROUP

Trip to West Kirby

Wednesday, 1st July

There are still places left on the trip to West Kirby. Please sign up at the April Coffee Morning. Cost will be advised once I have final numbers.

Theresa

Heritage Group Leader

# WILDLIFE & GARDENING GROUP

Possible programme for outings

ALL BY COACH FROM HEATON MOOR UNITED CHURCH

Friday 24 <sup>th</sup> April	Harrogate Flower Show
Friday 22 <sup>nd</sup> May	Holden Clough Nurseries
Friday 19 <sup>th</sup> June	Hodnet Hall

Please contact Jill for more information.



**Heatons and Reddish u3a  
Photography Competition 2026.**

# REFLECTIONS

**We're running a photography competition looking for the photo of the year from amongst our members.**



**The theme this year is Reflections.**

**The photo can be taken on a camera or mobile phone. Send in one photograph taken in 2026 via email. The closing date is midnight on 30th November 2026.**

**Voting on the shortlist will be by show of hands at the Christmas coffee morning.**

**The winning photograph will be displayed on the photography group website and there will be a small prize. Please make sure you have the permission of any people in the photograph before you send it in. Good luck.**



# MIDDLERS WALKING GROUP

We meet on the third Tuesday of the month for a walk of 4-5 miles.

We meet in the car park of the United Church by 9.30 where we arrange car sharing. Passengers pay 10p per mile to the driver as a contribution towards petrol.

Walking boots and waterproof clothes are required and we generally take a picnic lunch unless notified otherwise.

We now have a programme of walks for 2026 and the dates for the next few months are:



✚ 21 April

✚ 19 May

✚ 16 June

✚ 21 July

The longer Middlers Plus walks will resume in May 2026. The first walk will be on 5 May and will be approximately 6  $\frac{1}{2}$  miles around Alderley Park. Subsequent walks will be on the first Tuesday of the month.

Please contact Moyra for further information or if you would like to be included in the email distribution list.

# WINNER OF THE SHORT STORY COMPETITION

ME AND MY SHADOW

*By Peter*

Yesterday I had an uncomfortable conversation with my conscience. It went something like this.

Conscience: Is something on your mind?

Me: Why do you ask?

Conscience: I think you're worrying about something.

Me: Well, yes. It's you that's troubling me, as so often.

Conscience: Well, you know that I'm only here to make you feel better about yourself.

Me: Thank you. I suppose I feel I could lead a better life especially in relation to the most pressing problem we face.

Conscience: You mean climate change and the state of the planet?

Me: Exactly. I think I know what I should be doing.

Conscience: Yes, I think you do. For instance, you could lower your carbon footprint by taking fewer foreign holidays. And why do you need a second car?

Me: I know the carbon emissions from aircraft are dreadful and we do go away too much. The second car is convenient when my wife and I have simultaneous engagements.

Conscience: But you could overcome that by planning your diaries more efficiently. And anyway, what's wrong with public transport? Especially as you oldies don't even have to pay for it.

Me: Point taken.

Conscience: I will also point out that relying less on the car benefits you as well as the warming of the planet. Regular exercise helps keep your weight down and, together with a sensible diet, lessens the chances of you requiring the services of the NHS. This saves money and goodness knows there are plenty of good uses for surplus cash.

Me: Yes, all right. You're starting to preach.

Conscience: Well, you did ask for my opinion. I thought you said you wanted to lead a better life.

Me: Mm, yes, ok.

Conscience: While we are on the subject of life style, I've noticed that you're eating out rather often. Is it necessary when so many are struggling to get the bare essentials on the table?

Me: You're right, and I'm putting on weight as well.

Conscience: Think of what you could give to good causes if you cut down on your indulgencies.

Me: Oh dear, this is becoming difficult.

Conscience: Doing the right thing is sometimes difficult. And while we are on the subject, I'd like to discuss that dirty little three letter word that seems to cause so much upset to so many people.

Me: I presume you mean tax.

Conscience: Of course. I'm not picking on you in particular but it astounds me that so many seem to think that they can enjoy the privileges of a civilised society such as security, education, a health service and so on, while at the same time moaning about, if not avoiding, the amount of tax they have to pay.

Me: Look, given that we are at the start of a new year, I'm going to make a serious effort to mend my ways.

Conscience: I'm listening.

Me: But on the condition you stop getting on my back.

Conscience: Ah. I can't promise that.

# CREATIVE WRITING GROUP

The following is an example of the exercises we do in this group. This is my effort!

Use these three words in three sentences which follow in order to tell a short story :-

Cacophony                  Mendacious                  Silence

The cacophony produced by the symphony orchestra in their first rehearsal with their newly appointed conductor, Jonathon Handel, was nothing short of appalling as the percussionists were out of time, the string section sounded like cats fighting and as for the brass, no words could adequately describe the shocking racket produced by them!

Jonathon had recently flown in from Australia where he had built his excellent reputation at the Sydney Opera House and had no reason to believe that the Patron of this well known orchestra had been mendacious in his praise of both it and the talent of the musicians when appointing him to the position.

When the dreadful din ceased Jonathon smilingly surveyed the orchestra and drawled into the ensuing silence, 'Well, you can play exactly like that next Saturday week for our esteemed invited audience and the newspaper critics or you could oblige me by rehearsing the piece again, this time to the best of your exceptional abilities and setting aside your aversion to upstart Australian

Karen

## ANSWERS TO THE COLD QUIZ

1	The Northern Hemisphere	11	Sid
2	Harbin	12	Aurora Borealis (or Aurora Australis in the South)
3	Yes in 1848	13	Game of Thrones
4	Rubbing Alcohol	14	Canada
5	Kelvin	15	Happy Feet
6	6	16	Thames
7	Chamonix in France	17	Bobsleigh
8	Germanic	18	Australia
9	1930s	19	Lerwick, Shetland
10	Japan	20	Alistair MacLean

# A LETTER FROM STOCKPORT SAMARITANS

The Heaton Moor Centre, Thornfield Road,  
Heaton Moor, Stockport, SK4 3LD

## **THANK YOU**

25<sup>th</sup> March 2026

Diana Hewitt  
Heatons U3A

Dear Diana

### **Donation to Samaritans**

We would like to thank you and your fellow Heatons U3A members for their kind donations of £209.34 after the talk given by Chris and Roy. This will be very helpful to us and we really appreciate your support for our work. Please pass on our thanks to your members.

The Stockport Branch takes over 24,000 calls every year and is staffed by 120 volunteers. People reach out to us when they are in their darkest moments, we provide support by being there for them and most importantly listening to them. There are about 25-30 suicides per year in Stockport.

Although we are a national charity, we have to raise money locally to keep our Branch going. It takes £27,000 per year, over £500 per week to cover our costs, including the phone bill. The funds you have kindly donated, are an important part of allowing Stockport Samaritans to continue supporting those people in need. Thank you again.

Kind regards



Roger Thompson  
Branch Director, Samaritans of Stockport  
Cc Deputy Director Fundraising



[WWW.Samaritans.org](http://WWW.Samaritans.org)

# TRIVIA QUIZ

1	Which is the only planet in our solar system to rotate clockwise on its axis?
2	Which is the only sea on Earth without any coastlines?
3	What is the name for the plastic or metal tip on the end of a shoelace?
4	What is Bombay Duck's main ingredient?
5	Which freezes faster: hot or cold water?
6	What is the only flag in the world that does not have four sides?
7	What is the collective name for a group of flamingos?
8	What is the most common colour of toilet paper in France?
9	What is the largest organ in the human body?
10	What country features a shipwreck on its national flag?
11	What is the only U.S. state that can be typed on a keyboard using only one row?
12	What is the only bird that can swim but not fly?
13	What colour is an airplane's black box?
14	Which country has the most islands in the world?
15	What's the oldest continuously inhabited city in the world?
16	What is the rarest blood type?
17	Which African country was the setting for Tatooine in Star Wars?
18	What colour is a giraffe's tongue?
19	Who founded Motown Records?
20	What is the largest type of frog?