

Welcome to the August & September Newsletter

Hello and welcome!

Let me introduce myself. I am Kathy, have been a u3a member for just over a year and was elected to the Committee in February. You may have seen me at the new members' meeting point at coffee mornings.

I have lived in the Heatons since being a child when my parents bought a house to be closer to my maternal grandparents. The family association with the area dates back to 1940 when my mum's family were evacuated from Guernsey just prior to the German occupation.



I was educated at the newly opened Norris Bank Primary School starting in 1965 before moving on to Goyt Bank in Offerton and Stockport College.

After almost three years working for an insurance broker in Manchester, I was employed by Stockport Council as the first Word Processor Operator in 1979. I spent the rest of my career there in secretarial and administrative posts before moving into, and becoming qualified in, Human Resources. I worked at all levels of the profession but latterly as HR Service Manager, my team providing HR services to schools, colleges and third sector organisations. I also had the opportunity of working with the newly formed Viaduct Care, a GP federation established to provide health and wellbeing services in primary care.

I have been married to John for 33 years and we have a 29 year old son, Calum, who lives with his wife Kate in Stockport, both of whom carry on the family tradition of working in the public sector.

I volunteer with Greater Manchester Cancer Voices as a patient representative and have recently joined the Breast Pathway Board which seeks to improve breast cancer care, diagnosis and treatment within the GM area.

I like to read (crime novels mainly), Nordic walking, football (watching only these days!), listening to music and socialising. I also travel to Guernsey three times a year with family to visit cousins (I think I must be related to half the island!) and, since my Mum died, keep my Guernsey connection alive here by meeting up with other evacuees and their offspring.

Kathy

BITS AND PIECES FROM THE EDITOR



Welcome to the August & September 2026 edition of the Newsletter.

If you want anything putting in the next Newsletter (October & November 2026) which comes out on Friday 25 September please get the copy to me by Wednesday 23 September.

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

Do you know why the slang or nickname for the dollar is

‘buck’?

Back in the 1700s in the ‘Wild West’ of America the trading of goods was mainly by barter and animal skins were the main currency.

The most prized of these was a buckskin which quickly became shortened to ‘buck’ hence, when dollars became currency they were known as ‘bucks’.

YOUR COMMITTEE



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Chair**



**Colin
Vice Chair**



**Sue
Treasurer**



**Virginia
Secretary**



**Theresa
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**Jenny
Groups Co-ordinator**



**Barbara
Minutes**



**Mary
Newsletter Editor**



**Kathy
Committee Member**



**Deanna
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**Peter
Committee Member**



**Diana
Committee Member**



**Paul
Committee Member**





As a charity our u3a has a written constitution setting out our aims and objectives and how we operate. As with all such documents they need to be reviewed from time to time. This year your committee has carried out such a review and will be calling a Special General meeting to be held during the September Coffee Morning to ask members to approve the proposed revised constitution which will be posted on the website shortly after publication of this newsletter.

The proposal does not change our aims and objectives but clarifies some administrative issues and reduces the quorum for general meeting to bring it more in line with national guidelines.

All members will be sent a formal notice of the meeting at least 14 days prior to the September meeting.

The SGM will be very short and will be followed by the normal Coffee Morning talk.



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

Please note - ENTRY AFTER 10.00AM

Meeting with announcements, etc, starts at 10.30am.

Speaker starts at around 10.45am.

Meeting ends approximately 12.00noon.

Here are the speakers for the next few months:

17th August - A speaker from Embassy; a project which supports homeless people to turn their lives around.

21st September - Jake R, Professor of Law at Oxford University, will talk about 'The state of free speech in the UK'.

19th October - Roger J will talk about 'My Life in Broadcasting'. Roger is a television journalist, newsreader and presenter currently working as the main presenter for BBC North West Tonight.

16th November - Hazel will tell us about the work of Age UK.



U3a Festival

The u3a national festival took place at the University of York between 1st and 3rd July this year two years on from the first ever national festival.

After having seen it advertised in the monthly e-mail and in Third Age Matters, Jude and I decided to give it a go and very pleasantly surprised we were!

Online booking for the festival and accommodation was easy and from that point regular email updates were sent. The accommodation (on campus) was £80 a night including an en-suite room and a very generous breakfast offering. The 3 day festival ticket was excellent value for money at £50.

Booking for festival sessions was through Eventbrite and you had to be quick on the draw for the most popular ones! Other "no ticket required" sessions were available throughout the festival too.

Over the three days I tried my hand at Painting for Beginners, Getting Started as a Writer, Researching for Writing, psychology talks on developing the brain, T'ai Chi Qigong, then joining Jude for a very entertaining talk by a former TV producer, Dance Choreography and Snickleways of York tour. Jude tried her hand at Kurling, making Macrame Dragonflies, several history talks and her overwhelming contribution to our quiz team on the Thursday night saw us come in third out of twenty six teams!

If you haven't already, take a look at the YouTube video here https://youtu.be/qlwkEs19bJE?is=YO_ARVdQx5JCXvJR, you may just catch a glimpse of someone familiar trying to paint! If you have Facebook, you may also want to see the result of our choreography class here <https://www.facebook.com/share/v/1Ee4LbTMpB/?mibextid=wwXlfr>

All in all, an excellent three days of learning, meeting u3a folk from the far north of Scotland down to the Isle of Wight, great company (thanks Jude) and a lot of fun!

Kathy



I am looking to start a group for Scrabble. The plan is that this will meet on Thursdays 2 pm - 4 pm each first and third Thursday.

If you are interested, please contact June

It is likely we will begin meeting in August.

June

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.



The next few walk dates are:

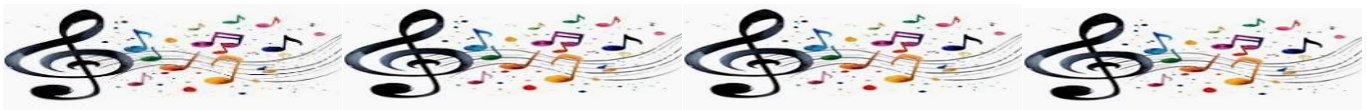
- + 18 August
- + 15 September
- + 20 October

The walk on 18 August is planned to be around Marple and Marple Bridge.



The longer more strenuous **Middlers Plus** walks take place on the first Tuesday of the month and are planned for 4 August and 1 September. The walk on 4 August is planned to be a 6 mile walk from Tideswell along Millers Dale and Cressbook Dale.

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



Music Appreciation

Hello, Music Appreciation meets on the first Thursday morning at the United church.

Please note that there is no meeting in August.

It would also be nice and helpful if we could get more members to come forward with more programmes of music for us all to enjoy. As they say 'whatever rocks your boat' when it comes to the genre of music.



Helen

HALLE OPUS CONCERTS AT THE BRIDGEWATER HALL

There is an Opus Group which is not a u3a group but comprises of u3a members and friends who get discounted tickets for the Winter Season of Opus concerts which are approximately once a month from October to May.



We have a coach from the Heaton's United Church to go to the Thursday evening concerts and the cost is shared by those using it. I can also book tickets to get the discount for the Sunday series of concerts when you travel independently. The dates and programmes can be found on the Halle website.

If you would like to go to the Opus concerts or know anyone who may be interested in going.

Margaret
Opus Group Leader



NEWS FROM THE DRAMA GROUP

Money, Murder and Mystery.

"Money is always a factor in a case of suspected Murder"

A quote from one of the characters in the Drama group's forthcoming play "Annie one, two, three"

A familiar story but given a new unexpected twist in this production. It's a tale of 3 elderly sisters.

Why are they so wealthy? What is the secret they are sharing? Who is Annie?

This is a show based on actual war time facts.

Come along and puzzle it out – fortified by an afternoon tea of sandwiches and cake.

Sunday Sept 6th at 2.30pm. Heaton Mersey Community Centre SK4 3BR

Tickets are £10. On sale at the next coffee morning, August 17th or from Margaret



PLAY READING

There will be no meeting in August.

The next meeting will be on Wednesday 23rd Sept in the Patio Room, Heaton Moor United Church, Stanley Rd for a 10am start.

New members welcome.

What do we do? We read scripts, play sets borrowed from Stockport Library's very varied selection. We have recently enjoyed Agatha Christie's whodunnit 'Witness for the Prosecution' (currently running in London); an adaptation of Daphne du Maurier's famous drama 'Rebecca' and, more recently, Willy Russell's laugh-out-loud 'Breezeblock Park'. Participants are assigned a part if they wish, or just follow the script as listeners if they prefer. No previous experience is needed, and no props - just a chair to sit on and a script. Oh, and tea and a biscuit if you like.

Thanks
Sue



Open Mic Session, consisting of Words or/and Music on the third Wednesday of the month at 2pm for an hour and a half.

Tea, coffee and biscuits to be served followed by each of the Turns and subsequent short discussions.

The first session will be Wednesday the 16th September at 2pm.

Cost £1 plus 20p for refreshments.

Location: Heaton Moor United Church upstairs in the Coffee Lounge.

It will be most helpful if you could email me if you are interested in either taking part or spectating.

Thank you.

Hilary

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



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 to johnhewitt07900@hotmail.com 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.



**THE MINDFULNESS AND MEDITATION
GROUP**

**MEET ON THE FIRST TUESDAY OF THE
MONTH IN THE PATIO ROOM OF THE
UNITED CHURCH AT 2PM.**

WE WILL BE MEETING IN AUGUST.

U3A HOLIDAY TO LINCOLNSHIRE

Sixteen brave souls set off on Sunday 14th June towards Grantham. We joined a group of four others from Whitworth u3a (near Rochdale) making us a comfortable group of 20. Our driver was Richard and he was extremely pleasant and very helpful throughout.



As we had plenty of time for the journey, we stopped at a Boundary Mill Outlet which was huge!

We had lunch there and a bit of retail therapy, and then on to our hotel - The Barn Hotel in the rustic countryside of Grantham. The hotel was good, and we quickly settled in to our rooms.

We had dinner followed by a talk by a Chocolatier on the rudiments of chocolate production and how to make truffles. This rounded off a long day and we all went to bed early.

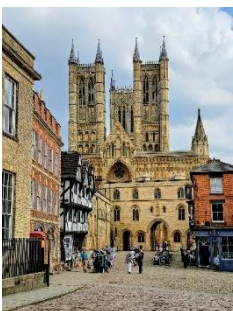
The next day was a visit to Burghley House. What a wonderful place - both the house and gardens. We were greeted with homemade shortbread and drinks. We then listened to the fascinating story of the Cecil family and toured the house. There's an excessive amount of paintings (about 700 we were told) but many features of interest.

The gardens were stunning. Two main gardens were full of colour and beauty. Sculptures abound and the Instinctive Garden was a surprise at every turn.



The day concluded with a visit to Melton Mowbray

On Tuesday we set off for Lincoln. Our first stop was the Bomber Command Centre which is a memorial to all those who died during World War Two fighting in the air or in the Bomber Command support services. The memorial opened in 2018. The guide gave us an in depth and stimulating talk about the Lancaster planes and their role in the war. Lincolnshire had 19 airfields during the war, all of which are remembered by a tree planted on a grass plot in the shape of Lincolnshire. The stories told were very moving and the names of all who died were engraved on a metal sculpture.



As many of you will know, a visit to Lincoln Cathedral is mind blowing. The Cathedral has been restored during the last 30 years but as the guides told us, it has no end to its maintenance - six stone masons are employed to keep the building in repair. There was a lovely carved depiction of Stations of the Cross on 21 wooden plaques by David Fairweather constructed of various woods from all over the world, something we had never seen before. Barbara and Jill also visited the Castle and saw the Magna Carta. Apparently, there are only four original ones, and Lincoln has one of them - a treat for those who read Latin!!!

We had another entertaining talk one evening on Melton Mowbray pies and a lot about the history of the area. Our friends from the other u3a brought a quiz and we also did a Beetle Drive on the other evening.

Day 4 was a morning visit to Stamford and an afternoon tea on the Nene Valley Railway (more food - oh dear the pounds are going on). Whilst waiting for the train we were entertained by a young lady singing songs from the 50's and 60's, so we enjoyed a sing-along together.

All in all, we had a very enjoyable few days, and the bonus was - we didn't have any rain! Or a heatwave!



WILDLIFE AND GARDENING GROUP

Our next outing will be on Tuesday, 25th August to an NGS garden at 2 Ashcroft Cottages, at Wottonhall, Winsford. We will travel by cars (shared).

This is a $\frac{3}{4}$ acre garden with large herbaceous borders, mature shrubs and a wildlife pond with a waterfall.

Entrance £6 – Refreshments available – tea, coffee and cake (buy your own).

LEAVE: Heaton Moor United Church at 9.30 a.m.

If you have not already done so, please add your name to the list at the next coffee morning on 20th August.

Heritage Trip to West Kirby

A nice relaxing day out. A lovely walk along the prom, nice places to eat and the weather was very pleasant. As you can see some of us made good use of the seating along the prom to enjoy an ice cream.



A VISIT TO THE PALACE OF WESTMINSTER

On the 6th of July, a group of members from our U3A visited the Palace of Westminster as guests of our local MP, Navendu Mishra.

We travelled down to London on a very hot day by train and thankfully both journeys ran smoothly!

We were met by Navendu in Westminster Hall, the oldest part of the Houses of Parliament. He shared the history of the building and information about all the stunning art in the various rooms we visited.

We had lots of photo opportunities including the one below on the balcony overlooking the Thames. After a lovely lunch in the café there, we watched the speakers parade and then spent time in the viewing gallery observing a debate about defence.

It was a fascinating day.

Everyone enjoyed themselves very much and appreciated the time and attention Navendu and his team gave us.

We received a lovely letter thanking us for our visit.

There will be other opportunities to visit as he has confirmed he would be very happy to welcome people again.



The writers' group were tasked with writing on:
'Departure to arrival, hour by hour on a plane flight.'

The unsympathetic flyer...

By JOSEPH

Departure: How much longer do we have to sit here twiddling our thumbs? We're already an hour late taking off. Whyever did that woman get on the plane in the first place if she was afraid of flying? All that fuss about wanting to get off. And then they had to find her luggage? Why do people all buy the same black suitcases? I ask you. Eighty suitcases exactly the same! They all had to be sorted through till they found hers. It's thanks to her we lost our slot.

Ah, we're rolling... at last. Aqaba here I come! Three-and-a-half hours from now we should be landing.... Pity the wife's not with me. She always wanted to go to Petra. It's her big dream, especially after seeing Harrison Ford galloping through the Sik away from that Treasury place in that Indiana Jones film. Her fault, not mine. Not many eighty-year-olds get arrested at Airport Security for having traces of glycerine on their hands. I did tell her not to play patience with those old cards last night. If she'd asked, I could have told her the shiny backs of old playing cards were coated in glycerine to make them easier to deal? And that glycerine is a prime component in explosives... like dynamite!

1½ AN HOUR IN FLIGHT: Glass of red, please, steward. Large... Oh, only a little bottle. That's a bit rubbishy. Never mind. It's wine... I wonder how the wife's doing. Probably sitting in a police cell being grilled by the Anti-Terrorist Squad! Oh well, she can follow on later... if they let her out in time and she doesn't end up at the Old Bailey first. We've only booked a week in Jordan.

1 HOUR: I wish that baby two rows up would stop screaming. It's doing my head in. It's been screaming at the top of its voice ever since we took off. Don't its parents realise it's probably got earache from the change in cabin pressure once we became airborne. It affects my ears, so it's bound to affect its ears. Why don't they give it a sweet or a dummy or something and shut it up? Ban all babies on long-haul flights, I say. Give the adults some peace!... Yes, please, steward...another wine...

1½ HOURS: Ah, they're coming round with breakfast. Better late than never.... Thank you, I'll take both breakfasts, please.... I've paid for'em, so I'll have them. Blimey! They're a bit stingy! A bun, a pat of frozen butter hard enough to break your teeth on and a dab of marmalade that wouldn't cover the top of your finger. What else? Gracious! A box of bran flakes the size of a cigarette packet and a thimble of Longlife milk. Call that a breakfast? Ten pounds each we paid for these... TEN! Oh, well, I shall just have to eat hers since she's not here. That's if I can cut the bun with this damned plastic knife....

2 HOURS: Madam, the middle seat is mine... paid for by me, so I can put what

I like on it. And if I want to take off my shoes and socks and put them on the middle seat and give my toes a good rub, I can. I don't have to ask your permission....Steward, please! If you'll listen to me for a minute and not just to her... I was only rubbing my toes. My feet don't smell. I washed them this morning. These seats are very cramped, and I was only trying to keep the circulation going in my toes. Yes, my toes! You have heard of deep vein thrombosis, I suppose? You can get it in your toes, too, you know.

21½ HOURS: Hello, hello. Something's kicking off up front! Those two big blokes are squaring up to each other. Noisy lot! They're only sitting across the aisle from each other, so why do they have to shout at the tops of their voices. They oughtn't to allow rugby club stag 'do's' on ordinary holiday flights. I bet they were the ones I saw boozing away in the terminal. Stick the noisy blighters on an old wartime DC-7 and make'em parachute out when they're over wherever they're going, I say... Oh, good, here comes the captain. He'll shut them up.

3 HOURS: What was that? I saw a flash on the wing tip. Are we on fire? Are we going down? Am I the only one who saw it? A really bright flash. Are they all blind up front? What are the pilots doing? Are they asleep or something, flying on autopilot? Miss, Miss? I've just seen a flash on the wing tip. Very bright. Very distinct. I think we've been struck by lightning. We should try and land somewhere to check... We could be on fire! Oh, you did see it. Sunlight reflecting off the wing tip, you say. And we can't land because we're over water.... I see, thank you, Miss. Your information is very much appreciated.... Snidey bloomin' female.

31½ HOURS: Arrival at the carousel: I assure you, officer, I did not punch that man on the nose. He bent forward rather too quickly right next to me and his nose banged into my knuckles. I was merely reaching for my tartan-patterned suitcase off the conveyor belt. All I saw was him trying to take it. I thought he was trying to steal it. How was I to know he had a tartan-patterned suitcase the same as mine? Anyway, his nose isn't that bad... it'll stop bleeding eventually. What, officer? You're arresting me for what?... Assault?... What's that, a month in jail just for that?... But I'm only here for a week... Aargh! Your handcuffs are too tight...

What is your Cockney Rhyming Slang like???

Here are the beginnings of some 'fairly' common ones –

see if you can finish them off –

eg Apples = Apples and Pears = Stairs off you go then.

1	Rosie	=		=	
2	Dog	=		=	
3	Trouble	=		=	
4	Porky	=		=	
5	Plates	=		=	
6	Ruby	=		=	
7	Adam	=		=	
8	Mince	=		=	
9	Whistle	=		=	
10	Titfer	=		=	
11	Hank	=		=	
12	China	=		=	
13	Butcher's	=		=	
14	George	=		=	
15	Barney	=		=	
16	Scooby	=		=	
17	Barnet	=		=	
18	Daisy	=		=	
19	Dustbin	=		=	
20	Elephant's	=		=	

ANSWERS TO THE LOCAL KNOWLEDGE QUIZ

1	Stopfordians	11	1967
2	The Hatters	12	111 feet or 34m
3	Tame & Goyt	13	1932
4	Eric Brooks	14	Sale Sharks Rugby Union Club
5	13 th Century (1260)	15	Beziers, France and Heilbronn in Germany
6	Portwood	16	Offerton Palace Theatre
7	Strawberry Studios	17	The Bulls Head
8	Staircase House in the Market Place parts of date back to 1460	18	27
9	Poco Poco	19	Robinsons
10	Friedrich Engles	20	London and North Western Railway (LNWR)

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