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Check out our website

Registered Charity Number
1168597

Web: www.south-manchester.u3asite.uk



www.facebook.com/groups/807060236097165



**The Walking for Health group were caught in the rain for their May walk
but still enjoyed the beauty of Heaton Mersey Common**

August 2025 Newsletter items to: editor.smu3anews@gmail.com

NO LATER than Monday 21st July 2025

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GENERAL MEETING at DIDSBURY BAPTIST CHURCH

Tuesday 1st July 2025 at 2.00pm

“Child Gambler Wins His Life Back” by Paul Isherwood

See page 5 for details

Parking at Didsbury Baptist Church - Would members please note that there is no parking at the church with the exception of temporary drop-off for the catering team. (Blue Badge holders could use double yellow lines)

If you have any information about members’ special birthdays, anniversaries, illness, bereavements, etc. please notify Kath Thompson on



Message from the Chair

Hello again and welcome to our new members.

A few weeks ago I attended a retirement dinner. It was well done with good food, good company and lots of flowers and presents. I asked the lady what she was most looking forward to in retirement. Her reply was “light and air”. It appears that her room had no windows where she worked and in her office, there was no daylight. Now she is looking forward to windows, light and enjoying being outside.

Retirement can be a daunting event. I actually got depressed 6 months before I left teaching. It was silly really. All I could think of was whether my work would be carried on, whether my 25 years in education had been wasted and whether I would be forgotten. However, after some help, I was soon over this and began to plan what the next phase of my life would be. The result is that every week is a busy week and I am really happy and contented. How is this so? It is the u3a spirit. New challenges, new friends and laughter whilst learning new skills. I am very grateful to the lady who introduced me to this organisation over coffee one evening, as she gave me something to look forward to once retired.

When my husband joined, he was very impressed at how young looking all the oldies were. I quote: “I have never seen such a bunch of young old people”. He was so right. As I meet some of you over the weeks, I see your determination and enthusiasm, even if that week’s subject matter is difficult. It is gratifying to see the ethos of the u3a at work in your lives. It makes us happy and gives us the willpower to keep going.

As your chairperson, I hope that the committee and I lead by example. Which brings me to a serious matter. The committee needs new people. We have 2 important posts to fill. Firstly, we need a speaker secretary and secondly, an events coordinator. There are details of these vacancies in our newsletter. Please consider joining our taking on one of these roles. We also need more people as general committee members too. Your u3a needs you. Please come along to our next committee meeting. They take part on the second Wednesday of the month. See how we work, (it is not very onerous), and join us in endeavouring to take our organisation further on our journey of the u3a.

Beryl



Message from the Editor

If you have an article or interesting story that you can submit for the newsletter which our readers might find enjoyable, I would be very grateful. The story could be about something which you have done with the u3a or it could be totally non-u3a related. Perhaps something you did on holiday, some interesting place which you have visited or something to do with your hobby.

Please email me: editor.smu3anews@gmail.com

NATIONAL AND NORTH WEST NEWS

National: www.u3a.org.uk for latest news of u3a around the country and courses/events on offer.

National Newsletter: June's newsletter can be found here [June National Newsletter](#)

North West Region: <https://northwestregion.u3asite.uk/> for the latest information and newsletter

SOUTH MANCHESTER u3a NEWS

SMu3a welcomes the following new members

Antoinetta Craven

Judy Walker

Thomas Saint

Tradesperson Book

Is available at general meetings. It will only be of value if members use it, so please do.

South Manchester u3a General Meeting Speakers

Tuesday 1st July 2025 at 2pm	"Child Gambler Wins His Life Back" by Paul Isherwood
Tuesday 5th August 2025 at 2pm	"The History of Manchester Theatres" by Marilyn Shalks
Tuesday 2nd September 2025 at 2pm	TBC
Tuesday 7th October 2025 at 2pm	"Osteopathy" by Jennifer Emmott
Tuesday 4th November 2025 at 2pm	"Hello Delia Murphy" by Carmel Cullen
Tuesday 2nd December 2025 at 2pm	A Performance by the SMu3a Choir and Ukulele Groups
Tuesday 6th January 2026 at 2pm	"The Neville Family and their Many Connections Including Didsbury, Burnage, and Bramall Hall" by Dr. Diana M Leitch BSc, PhD, FRSC



COMMUNITY SING-ALONG GROUP

It's been a joy to have a few new members join us in recent months and that has coincided with the production of yet more song sheets to keep our repertoire fresh. The latest was made up of songs which members would choose to sing at a karaoke. Quite a range!

The next to be printed is dedicated to the songs of The Carpenters. Many more to come!

We are giving the following performances: -

Friday 4th July 2025 at 2pm at Buccleuch Lodge (M20 2XA)

To celebrate the NHS birthday and for prayers to USA!

Monday 18th August 2025 at 2pm at BELONG (M20 2UW)

New voices are always welcome. We sing well-known songs in unison and without rehearsal.

Contact Mike Evans for more details on

South Manchester u3a September General Meeting

Tuesday 1st July 2025 at 2pm

At Didsbury Baptist Church, School Lane

“Child Gambler Wins His Life Back” by Paul Isherwood



A 10-year-old schoolboy lured by the magnetic pull of a four-year gambling addiction, having a light bulb moment, seeks help and now, well into his fifties, hasn't gambled since.

Paul Isherwood knew he had a gambling problem when he realised money had become irrelevant. As a 10-year-old, he used to enjoy playing the slot machines in his native Blackpool, but it became a way of life. Gambling dominated his every waking minute and he would sneak off from home to play the slot machines on his own.

Paul praises his mother who had the courage to admit her 14-year-old son had a problem, and got him referred to Gambler's Anonymous 39 years ago.



SPEAKER SECRETARY

South Manchester u3a

We have an opportunity for someone to be our speaker secretary for the monthly general meetings of South Manchester u3a. This role is not difficult. We have access to the details of various speakers in the north west. Your role would be to make contact with these speakers and to arrange for them to talk at our general meetings.

Experience is not essential. You just need to be organised and friendly. Is this a job which interests you? If you require more details or to register your interest, please contact Andrew: smu3a.secretary@gmail.com

We also still have a vacancy for an **Events Coordinator**. From time to time, we are invited to take part in events like the Didsbury Festival, and we really don't want to miss out on opportunities to spread the word about the many activities which we have to offer in our u3a.

We need someone to confirm that we will be at the event, to book the space and perhaps a table, and to make sure that at least two people from South Manchester u3a are available to man the stand. These will usually, but not always, be committee members. And that's it! You won't have to man the stand yourself unless you want to. We have banners, posters and, of course, leaflets available to hand out. Contact: smu3a.secretary@gmail.com

The Secrets of Lyme Hall

Behind the Scenes

By Ian Burn



For seven days a week, Lyme Hall, near Disley, runs at least one daily “Behind the Scenes” tour. I have the privilege of being a tour guide who gets to lead these fabulous tours.

You will see the parts of Lyme that other tours don’t reach. On the tour you will see how the house was organised and run in the “Golden Period”; that time of the Edwardians before the First World War, when this style of living was at its peak.



There were three key roles in the servant hierarchy: the butler, the housekeeper and the chef. They each played their part and had their own responsibilities but the butler regarded himself as a cut above the others, (even though he was not paid the most).

The tour starts with a visit to the “control centre”; the butler’s pantry, where you will be introduced to Mr Truelove, the butler and Monsieur Perez, the chef. After examining some unique appliances and trying to polish the floor, you will meet the housekeeper, Mrs Campbell. She kept a firm eye on all of the female servants, including locking them up in the tower at night (for their own safety, mind you).

Lunch was the only formal meal of the day for the servants, preceded by a little procession of the upper servants around the courtyard to the servants’ hall. The same hall was used for Christmas parties for the estate children and the ceremony of beef distribution on Christmas Eve. Each followed a strict formula every year and rank played an important role in establishing a hierarchy.

You will then explore some of the more specialist activities: the brushing room and the lamp room. Who cleans the expensive top hats? How many lamps do you need to illuminate a house with a hundred rooms?

The pièce de résistance of the tour is the Dark Passage. This is an underground tunnel, built in the nineteenth century to give access to the kitchen and to keep the hoi polloi away from their betters. I’m sure that you will all feel very much at home in these surroundings. It is spacious and roomy, not at all what you might expect. Off the passage are more specialist rooms including the most important of all, the brew house. At its height, Lyme could produce 1,100 gallons of beer at a time. Competition for Robinson’s! To be fair they supplied the whole estate. All employees, plus their families, as well as tradesmen and suppliers visiting the house. The brew house and the next-door bakery produced plenty of heat but it was very cleverly dispelled by pumping it through into the adjacent Orangery.



The fuel for all of these processes was stored in a specially constructed yard adjacent to the brew house. The Legh family owned a large part of the South Lancashire coalfield so, as well as giving them a substantial income (over £2 million at today’s value), it also meant that they had free coal. Just as well perhaps, considering that the house could use up to a ton and a half of coal each day. There was a clever design of chute allowing the coal to be tipped in from ground-level and adjacent to it was the same arrangement only larger, this time for logs.

Finally, you will emerge from the tunnel to the end of the tour. But not quite the end. In case you didn’t know, the funny wooden structure high on the garden wall, is a meat safe. After all, one has to hang one’s meat somewhere after a day’s hunting.

Walking for Health Group 2 Walk - Wednesday 9th July 2025

Marple to Dobbie's Garden Centre

A 3.1-mile walk via the Peak Forest Canal. Mostly good paths, some steep ups and downs, some steps. Wear suitable shoes or boots, bring a wet coat and a travel pass if you have one. Meet at Stockport interchange by the ticket office at 10.20. Lunch at Dobbie's Garden Centre. If you want to come, phone Anne Clarke on



Walking for Health Group 1 Walk - Tuesday 29th July 2025

Cheadle to Bramhall Green via Ladybrook Valley

A 3.2-mile walk. A walk from Cheadle to Bramhall Green following the Ladybrook Valley. No stiles, fairly flat but some steps, can be muddy in places. Wear suitable shoes or boots, bring a wet coat and a bus pass if you have one. Meet at Parrs Wood in front of the cinema at 10.20. Lunch at the Ladybrook pub in Bramhall Green. If you want to come, phone Ian Burn on



DIDSBURY HERITAGE OPEN DAYS 2025



Friday 12th September 2025 at Didsbury C of E School at 6.30pm

“Some Didsbury Buildings: Those That Disappeared During The 19th/20th Centuries and Those That Still Survive Today”

By Dr Diana Leitch BSc, PhD, FRSC

Diana will describe and illustrate some interesting buildings and homes which were created in the 18th and 19th centuries, including where they were and who lived in them and whether they still exist or have disappeared. A fully illustrated talk which may surprise you and set you looking for those that still exist



Southport Flower Show

Thursday 14th August to Sunday 17th August 2025

Victoria Park, Southport, PR8 1RX

Thu - Sat: 10.00 - 18.00 Sun: 10.00 - 17.00

The normal ticket price is £30.00 however if you book online or over the telephone and you mention the u3a, the cost of a day ticket is £19.00 plus a £1.43 fee.

Car parking is available nearby at a cost of £8.00 per day.

For further information: <https://southportflowershow.co.uk/>

or telephone: 01704 547147

Historical Maps from the Mid 19th to the Early 20th Centuries For Sale



Have you ever wondered who used to own or live on the land where your house, flat or garden is now? What roads were in existence, what they were called and what farmers grew in the fields? If you are interested, Diana Leitch has large scale historical maps from the 1840's, known as the Tithe maps, for sale at £3.00 each. They cover, in great detail, three parts of Didsbury, four parts of Withington, three parts of Northenden, two parts of Cheadle and four parts of the Heaton. They are all in black/white.

She also has some late 19th/early 20th century Ordnance Survey maps for parts of south Manchester (Alan Godfrey reproductions) for sale at £3.50 each.

Please contact Diana Leitch on:

HERITAGE OPEN DAYS IN DIDSBURY - SEPTEMBER 2025



The organising team of Cllr. Richard Kilpatrick, Sue Good and Diana Leitch have been busy over the past few months pulling together the information about the arrangements for Heritage Open Days in Didsbury in September 2025. This information will be on the English Heritage website soon, but here is advance information about some of the activities and buildings which will be open. More detail will be available later.

Friday 12th September at 6.30pm in the School Hall at Didsbury C of E Primary School, Elm Grove, Didsbury.

Diana Leitch, Didsbury Parish Historian, will give a talk entitled '*Some Didsbury Buildings - those that disappeared during the 19th/20th centuries and those that survived to the present day*'.

A **donation of £5 per person** is suggested to attend the talk and the money will go to the **British Red Cross** who worked tirelessly to support families in the flooding by the River Mersey on New Year's Day 2025.

Here are the buildings which will be open:-

St James' Church - Sunday 14th September plus bell ringing 12.00 -16.00

The Old Parsonage - Saturday 13th, Sunday 14th, Saturday 20th and Sunday 21st 10.00 to 17.00 each day

The Towers - Sunday 14th September 13.00-17.00

Didsbury C of E Primary School - Saturday 13th September 10.00-16.00

Warburton Street - Saturday 13th and Saturday 20th - shops open

Didsbury Library - Saturday 13th and Saturday 20th 09.00-17.00 each day

Nazarene College - Saturday 13th 10.30-13.00

Manchester Islamic Centre - Sunday 14th and Sunday 21st 12.00-16.00

The Albert Bowling Club and Tennis Club - Sunday 21st September tours at 10.30 and 11.30

Christ Church, West Didsbury - Saturday 13th and Sunday 14th 10.00-16.00

St Nicholas Church - Saturday 20th September 11.00-16.00



PIANO GROUP

The Piano Group has arranged a tutorial session at the Apple store in the Arndale Centre on Wednesday July 23rd from 10.30 to 12.00 to find out more about GarageBand software, which can be used to record, compose and arrange music of all kinds (not just garage bands!). There are more places available if anyone else is interested.

Contact Hilary if you would like to join us.



Walking Football Research at Manchester Metropolitan University

What is it?

We are looking for people who want to participate in walking football research. We are planning to do a study around the effects of walking football participation on health and we need your help!

- * Are you aged 50 or over? All genders welcome.
- * Are you able to participate in physical activity?
- * Do you want to try walking football for the first time?

If yes, then please contact us.

Do you want to get involved?

We will need to send you a full information sheet.. This will explain what the study will involve and provide more information such as:-

Location: Platt Lane Sports Complex, Manchester

A full health MOT before, during and after the study

Sessions will be twice weekly.

Contact details: Egan.Goodison@stu.mmu.ac.uk or telephone: 0161 2475594



Didsbury Probud Programme 2025

Didsbury and District Probud Group meet on the 1st and 3rd Thursday of the month. Unlike many Probud clubs, we are a mixed group of men and women. Annual membership is £40.

Thursday 3rd July 2025

"Twenty Portraits of Manchester People" by Brian Groom

Brian chooses 20 portrait paintings of the most fascinating characters from the region's past, and tells their stories. There are some very interesting and revealing facts about these twenty people.

Thursday 17th July 2025

"Large Telescopes" by Rodger King

Brilliant illustrated talk on the top ten telescopes in the world, both on the ground and in space. Plus many truly amazing photographs from outer space.

All meetings are held in the Didsbury Baptist Church, School Lane, opposite the Scout Hut and Didsbury Metrolink station.

Tea/coffee and biscuits are served from 10.30am before the talk at 11am.

Visitors are very welcome. Any donations from visitors to help with running costs would be very helpful.



Opera at Menorah

Opera for All and Menorah Synagogue

Opera Appreciation with Diana Rosenthal

September to December 2025

All events are on Thursdays at 1.30pm

£10 per performance, paid at the door using card payment

Menorah Synagogue, 198 Altrincham Road, Wythenshawe, Manchester, M22 4RZ

Go to <https://menorah.org.uk/opera/> for more information

18th September 2025



LA SONNAMBULA (BELLINI)

Just as a young woman is about to marry her love, the entire village discovers her sleeping in the house of a stranger. The suspicions of infidelity drive the jealous fiancé to break off the engagement. It takes two acts for him to realise that sleepwalking is the true culprit behind the misunderstanding.

30th October 2025



HAMLET (AMBROISE THOMAS)

A Danish prince becomes melancholic after the death of his father. But when the late king appears as a ghost and claims that he was murdered, events begin to spiral out of control. Thomas's adaptation was one of the most popular French operas of its day.

13th November 2025



ARABELLA (R STRAUSS)

On the surface, a simple comedy plot with Viennese waltzes and a late Romantic wall of sound – but, at a closer distance, an entertaining as well as multi-layered dismantling of values and binary role models.

11th December 2025



TOSCA (PUCCINI)

Tosca is a roller coaster story of love, lust, murder and political intrigue. With Puccini's richly romantic score, it is one of the world's most loved operas. It tells the story of the impetuous opera singer, Floria Tosca, as she fights to save her lover Cavaradossi from the sadistic police chief Scarpia.

The next performance is on **3rd July 2025**

NORMA (BELLINI)

A priestess is torn between love and duty in a timeless tale of love and betrayal. Star soprano, Sonya Yoncheva, brings the Bel Canto!

QUIZ

Chocolate Challenge



Match the chocolate brands with the initials of their most famous advertising slogans

1. PPPPUAP
2. AABTLLMT
3. AMADHYWRAP
4. TMBAOM

Find the brand from the tag line

5. Do you love anyone enough to give them your last one?
6. Tap it to unwrap it
7. The sweet you can eat between meals without spoiling your appetite
8. They grow on you
9. Why have cotton when you can have silk?
10. See the face you love light up with - - - -

ANSWERS ON PAGE 15



Walking for Health Group 1 – Tuesday 27th May 2025

East Didsbury Circular via Heaton Mersey



Today's walk was a wet one! That's very unusual for us - we usually manage to avoid the rain. I guess it had to happen sometime. We met up outside the cinema in Parrs Wood and headed down Manchester Road to the river Mersey, where we joined the river path towards Stockport. The trees along this path provided some much-needed shelter from the rain.

As we reached the weir at the end of the industrial estate, we paused for a brief history talk from Shirley about the bleachworks which once existed near to the river where the industrial estate currently sits. The bleachworks closed down in the 70's but some of our number could remember when the buildings were still there. We headed up Vale Road towards Heaton Mersey, passing Heaton Mersey Bowl, which is now a peaceful open space but which was once the drying ground for the freshly-bleached linen from the bleachworks.

At the top of Vale Road, we crossed over Didsbury Road and into Heaton Mersey, where we eventually came to Heaton Mersey Common. We took a walk around the ponds there, hoping to see the resident heron, but unfortunately, the rain had forced it away to shelter.

Leaving the common, we headed back down to Didsbury Road where we had lunch at the Dog & Partridge and a chance to dry out.



DIDSBURY ARTS FESTIVAL

Summer Open is part of this event and runs between 4th and 20th July 2025. Events include:-

Writing Workshop with Rachel Weld - **Friday 4th July 2025 at 10.00 - 12.00**

Water Colour Lessons for More Experienced Painters with Lelanie Slater - **Friday 11th July 2025 at 13.00 - 16.00**

Yoga Class followed by a **Sketching Class** - **Friday 11th July 2025 at 13.00 - 15.00**

All events take place at the Parsonage in Didsbury and tickets can be purchased here: <https://www.eventbrite.com/cc/didsbury-summer-open-related-events-4342553?utm-campaign=social&utm-content=creatorshare&utm-medium=discovery&utm-term=odclsxcollection&utm-source=cp&aff=escb>

All money raised will go towards community arts projects with disadvantaged children and will also help fund next year's festival.

SMu3a Groups A-Z LIST

Check Group News and this month's diary. Contact Group Leader before attending.

ANGLO SAXON AND MEDIEVAL HISTORY	Meetings are on the 1st and 3rd Mondays of the month at 10.30 via Zoom. This group covers all aspects of Anglo Saxon and Viking life in depth through language and social history readings and discussions. Beryl Cowen
ART APPRECIATION	Monthly meetings held at Didsbury Parsonage on the afternoon of the third Wednesday of the month cover a wide variety of artistic topics. Talks are either by the leader Diane Ward or guest speakers, followed by tea and discussion. Diane Ward
BIRDWATCHING AND NATURE	Meeting on the first Wednesday of every month from 11-12. Ideal Exploring birds in their natural habitats interacting with plants and trees. Rita Berriman
BOARD GAMES	Lots of different games are played by this group which meets at the Parris Wood pub from 2-4 pm on the second Friday of the month. Christine Salamone
BOOK GROUP 1	Meeting at 10.30 am in Meg's home in Didsbury on the first Wednesday of the month. A small friendly group who enjoy reading and discussing a wide variety of books. Meg Davis
BOOK GROUP 2	Held at Didsbury Library 1.30 pm on the fourth Thursday of the month, meetings are led by members in turn to discuss titles suggested and agreed by the group members. Tom Grimshaw
BOOK GROUP 3	This group meets on the second Thursday of the month at 1.30 pm. There's no fixed venue but we meet in our homes on a rota. Johanna Keane
BRIDGE	Held at the Nazarene Chapel on Dene Rd, Didsbury. We meet every Friday from 10 to 12 noon. We are experienced players of all skill levels and play the ACOL system of bridge. No partner is needed. Liz Thornhill
BRIDGE for BEGINNERS	This group meets weekly on Mondays from 1.30-3.30, at Emmanuel Parish Centre on Barlow Moor Rd. This group is for beginners and improvers although more experienced players are also welcome to join. You don't need a partner. Hilary Poole
CINEMA	Meeting on the last Friday of the month at 12.15 in the downstairs bar of HOME, 2 Tony Wilson Place. This group watches a variety films then meets afterwards to discuss them. Group Leader emails what's on the Tuesday before the meeting. Russell Ramsden
COMMUNITY SING-ALONG	This group sings well known songs in unison (no rehearsal time needed) in residential homes. Dates and times vary. Mike Evans
CREATIVE PHOTOGRAPHY	The group meets at Didsbury Parsonage at 10.30 on the second Monday of every month. The emphasis is on creativity rather than technical skill. Ann Howarth
CREATIVE WRITING	We meet at Withington Library on the last Friday of the month at 10.30 am. Members read and discuss their writings. New members always welcome. Gary Pearson
CURRENT AFFAIRS	This group meets to share and discuss items in the news on the 4th Thursday of the month at 1.30 pm in Ye Olde Cock pub, Didsbury. Adrienne Simpson
DRAMATIC READERS	Held on the 3rd Friday of the month, both face to face and by Zoom. Beryl Cowen
EGYPTOLOGY	This group meets at 10.30-12.30 on the third Thursday of the month at Didsbury Parsonage, to discuss all aspects of early Egyptian art and culture. Kathryn Fyfe
FRENCH CONVERSATION	We meet on the third Tuesday of the month 2 - 3pm at HOME cafe. Speakers of all levels of conversational French are welcome. Jean Thompson

GERMAN CONVERSATION	This group is for those who would like to practice their spoken German. Last Friday of the month at the Nazarene. Diane Ward
GETTING BY IN WELSH	At 10.30 on the first Friday of every month, this group meets at St Nicholas Church, Burnage, to discuss the language, history and culture of Wales. Beryl Cowen or Wena Stevenson
HOLIDAY GROUP	Keep an eye on the monthly newsletter for information about forthcoming holidays.
ITALIAN CONVERSATION	We are a small group looking to improve our Italian through listening and conversation. Please note that there is a separate group for learners – see Parliamo Italiano below. We meet on the 1st and 3rd Friday mornings of the month from 10.30 – 12.00. Annie Dodd
KEEP FIT	This fitness group caters for a variety of fitness levels – there is no competition! It meets every Friday morning at 11.30 at St Nicholas Church Hall in Burnage. Anne Clarke
KNIT AND NATTER	We work on either our own projects or on items for charity. Don't worry if you can't knit—this is the place to learn. It's never too late! We meet on the last Wednesday of the month at Nazarene College. Diane Ward
LOCAL INTEREST VISITS	These will be advertised in the newsletter from time to time. Jill Evans
LUNCH CLUB	The club meets monthly at a variety of local restaurants and pubs, chosen with a view to ease of parking or public transport as well as price. John Olbrich
OPERATIC AND VOCAL APPRECIATION SOCIETY (OVAS)	Lovers of opera and music meet from 3.30 – 5.45 on the last Wednesday of every month. Len Evans
PIANO GROUP	We are a small group for piano players to play to each other in a supportive and relaxed setting, and share ideas about anything piano-related. All types of music and all levels welcome. We meet monthly on a Thursday morning in Chorlton. Hilary Taylor
PARLIAMO ITALIANO Let's speak Italian!	A friendly and fun group for people who have little or no Italian but would like to learn. We aim to be able to understand and use familiar everyday expressions and basic phrases which would be of value on an Italian holiday. We aim to be able to interact in a simple way and to improve with time so that in due course, members could move on to the Italian Conversation group or attend both. We meet at St Christopher's Church, Moorgate Avenue, from 10.30 – 12.00 on the 2nd and 4th Fridays of the month. Andrew Bradbury
PHILOSOPHY	This group meets at 1.30 pm at Withington Library on the third Tuesday of the month. John Olbrich
PLAYREADING	Meetings are at Withington Library at 1.30 on the third Tuesday afternoon of the month. Numbers are limited for this group, but please contact the group leader to register your interest. Helen Nicolson
POETRY APPRECIATION	Poems on a chosen theme are discussed on the 1st Monday of the month from 11.00-12.30 at Victoria Grange, Barlow Moor Road. The group is currently full. Contact group leader to go on waiting list. Lynne Taylor
POETRY WRITING	This group meets on the 2 nd Friday of the month from 2pm – 4pm at Withington Library Paul Grace
PSYCHOLOGY	This group meets on the 1st Monday of the month at 2 pm via Zoom and the 4th Monday of the month face to face at St Nicholas Church, Burnage at 1pm. Beryl Cowen

SINGING FOR FUN	This group meets on the 2nd and 4th Tuesdays of the month at 2pm at Didsbury Baptist Church Judith Newton
SPANISH CONVERSATION	This group meets on the 1 st and 3 rd Thursdays of the month at 2 pm at the Slug and Lettuce in Didsbury Debbie Delange
TABLE TENNIS AND BADMINTON	Every Tuesday from 10.00-12.00, this group meets at the Armitage Centre, Moseley Road, Fallowfield. Equipment can be provided and the cost per session is £3.50. June Slatter
TAI CHI	Gentle exercise which benefits balance and calmness at the Lower Hall, Emmanuel Offices, behind the church from 1-2 pm every Tuesday. Peggy Foster
UKULELE	Would you like to strum and sing along with the ukelele group? Beginners are welcome. We meet from 10 – 11.15 at the Upper Hall of Emmanuel Parish Centre, behind the church, every Thursday Gerard Allcock
WALKING FOR HEALTH 1	Walks of around 3 miles are enjoyed by this group on the last Tuesday of every month. Details are given in the newsletter. Ian Burn
WALKING FOR HEALTH 2	This group meets on the second Wednesday of every month to follow the same route as Walking for Health Group 1. Anne Clarke

ANSWERS TO QUIZ

1. "P-P-P-Pick-up a penguin"
2. "And all because the lady loves Milk Tray"
3. "A Mars a day helps you work rest and play"
4. "The milky bars are on me."
5. Rolo
6. Terry's Chocolate Orange
7. Milky Way
8. Cadbury's Roses
9. Galaxy
10. Terry's All Gold



The British Society for Research on Ageing 2025 Annual Scientific Meeting Public Lecture

"Dietary Protein in Optimal Ageing – The Truth, The Whole Truth and Nothing But the Truth"

The British Society for Research on Ageing (BSRA) is thrilled to host its 2025 Annual Scientific Meeting in Manchester this September, and you're invited to a public lecture - the only keynote lecture during the annual event that is specifically aimed at the public and it is not to be missed.

Join internationally renowned expert Professor Stuart Phillips (McMaster University, Canada) for an engaging and myth-busting talk on the role of dietary protein in healthy ageing. With his work shaping global dietary guidelines, Professor Phillips brings cutting-edge science, practical advice, and lively discussion to the forefront of one of the most talked-about topics in nutrition today.

Wednesday 3rd September 2025 at 16.30pm, finishing at 17.30pm
Lecture Theatre G.27, Business School, Manchester Metropolitan University

Admission is free, however spaces are limited, so you will need to register.

Details and registration here: <https://britishsocietyforresearchonageing.beaconforms.com/form/68c7091f>

July 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 Table Tennis / Badminton 10:00</p> <p>TaiChi 13:00-14:00</p> <p>General Meeting 14:00- 16:00 Didsbury Baptist Church</p>	<p>2 Book Group 1. Meg's house 10:30. Closed Group.</p> <p>Bird Watching & Nature 11:00–12:00 Note: If interested, please contact Rita: [REDACTED]</p>	<p>3 Ukulele 10:00 -11:15</p> <p>Spanish Conversation 14:00</p>	<p>4 Bridge 10:00 - 12:00</p> <p>Italian Conversation 10:30–12:00</p> <p>Getting by in Welsh 10:30 St. Nicholas Church, Kingsway</p> <p>Keep Fit 11:15-12:15</p> <p>Community Sing-Along 14:00 Buccleuch Lodge</p>
<p>7</p> <p>Anglo Saxon and Medieval History via zoom 10:30</p> <p>Poetry Appreciation 11:00-12:30 Victoria Grange</p> <p>Beginners/ Improvers Bridge 13:30-15:30 <i>New players see 14th</i></p> <p>Psychology 14:00 zoom.</p>	<p>8 Table Tennis / Badminton 10:00</p> <p>TaiChi 13:00-14:00</p> <p>Singing for fun 14:00–16:00 Didsbury Baptist Church.</p>	<p>9 Walking for Health 2. See Newsletter</p>	<p>10 Ukulele 10:00 -11:15</p> <p>Book Group 3. 13:30 HOME Café, Emmanuel Church.</p>	<p>11 Bridge 10:00 - 12:00</p> <p>Parliamo Italiano (Andrew) 10:30-12:00 St. Christopher's Ch. Moorgate Ave M20 1HE</p> <p>Keep Fit 11:15-12:15</p> <p>Board Games 14:00-16:00 Parrswood Pub</p> <p>Poetry Writing 14:00-16:00 (With. Lib)</p>
<p>14 Creative Photography 10:30 The Parsonage</p> <p>Beginners/ Improvers Bridge 13:30-15:30 <i>Please Note: New players must email Hilary before the session date.</i> [REDACTED]</p>	<p>15 Table Tennis / Badminton 10:00</p> <p>TaiChi 13:00-14:00</p> <p>Playreading 13:30</p> <p>Philosophy 13:30 <i>This group is now closed to new members. To be put on the waiting list please email John at: [REDACTED]</i></p> <p>French Group 14:00-15:00 HOME Café</p>	<p>16 Lunch Group. <i>Moved to 23rd July for this month only.</i></p> <p>Art Appreciation 14:00 Didsbury Parsonage.</p>	<p>17 Ukulele 10:00 -11:15</p> <p>Egyptology 10:30-12:30 The Parsonage.</p> <p>Piano Group 11:00 <i>[REDACTED]</i> <i>Note: Places are limited so contact group leader first.</i></p> <p>Book Group 2. 13:30 Didsbury Library</p> <p>Spanish Conversation 14:00</p>	<p>18 Bridge 10:00 - 12:00</p> <p>German Conversation 10:30</p> <p>Italian Conversation 10:30 – 12:00</p> <p>Keep Fit 11:15-12:15</p> <p>Music & Mindfulness 14:00 – 15:00 St. Christopher's Church Moorgate Ave. M20 1HE</p>
<p>21 Anglo Saxon and Medieval History via zoom 10:30</p> <p>Beginners/ Improvers Bridge 13:30-15:30 <i>New players see info 14th Jul.</i></p>	<p>22 Table Tennis / Badminton 10:00</p> <p>No TaiChi this week.</p> <p>Singing for Fun 14:00 – 16:00 Didsbury Baptist Church</p>	<p>23 10:30- 12:00 Tutorial session on Garage Band software Organised by the Piano Group. For info contact: Hilary Taylor [REDACTED]</p> <p>Lunch Group. 13:00 <i>To be added to the list please contact John johnolbrich68@gmail.com</i></p>	<p>24 Ukulele 10:00 -11:15</p> <p>Current Affairs 13:30 The Olde Cock Pub</p>	<p>25 Bridge 10:00 - 12:00 Venue to be announced.</p> <p>Creative Writing 10:30</p> <p>Parliamo Italiano (Andrew) 10:30-12:00 St. Christopher's Ch. Moorgate Ave M20 1HE</p> <p>Keep Fit 11:15-12:15</p> <p>Cinema 12:15</p> <p>Music & Mindfulness 14:00 – 15:00 (see 18th)</p>
<p>28 Improvers/ Beginners Bridge 13:30-15:30 <i>In UPPER HALL</i> Emmanuel Parish Hall.</p> <p>Psychology 13:30 St. Nicholas Church, Kingsway, Burnage</p>	<p>29 Table Tennis / Badminton 10:00</p> <p>TaiChi 13:00-14:00</p> <p>Walking for Health 1. See Newsletter</p>	<p>30 Knit & Natter 14:00-15:30 Nazarene College Dene Rd. M20 2GU</p> <p>OVAS 15:00–17:15. [REDACTED]</p>	<p>31 Ukulele 10:00 -11:15</p>	