

News Sheet

November 2017

Cheadle Hulme



Committee News

It has been agreed that new members joining after September will be charged an initial joining fee of £6. It appeared that the old rule of charging the full yearly fee for new members, whenever they joined, was putting people off. The first monthly meeting is, of course, free.

Please make sure that you have the agenda for the Annual General Meeting which will be held on Thursday February 1st 2018. Proposals for new and returning Committee members are required. Please return the completed forms to the Chairman at 26 Grange Road, Bramhall, Stockport, SK7 3BD by Thursday 4th January.

We are particularly looking for a new Secretary and a Groups Co-ordinator.

Music Appreciation Group.

John Kenny is handing over the leadership of the Music Appreciation Group to Terry Bridal. Thanks to John for the time and effort that he has put in to leading this group. Since the October meeting was cancelled, 'Morning, Noon and Night' will take place at the November meeting.



Speakers

Monthly Meetings are held on the first Thursday of the month at 2pm in the Methodist Church, Station Road, Cheadle Hulme, SK8 7AL.

November 2nd **The History of Abney Hall** Estelle Weiner

December 7th **Christmas Party** (cost £3.50)

The Conchords Harmony Quartet

The Conchords is a barbers shop/acapella group. Audience participation is featured!

Events

A visit to Tatton House and Gardens

Thursday, November 30th.

20 places have been reserved for lunch at the Gardener's Cottage restaurant at 12 noon, followed by a tour of the mansion at 2 p.m.

Cost: £9.50 Car Park:£6.00 Plus cost of lunch.

Car share possible .

Adlington Hall

Tuesday, 22nd May 2018

As well as the many interesting and unique features of the Hall, the gardens are one of the finest examples of a Rococo garden in the U.K., and at the end of May the laburnum arch should be in full bloom.

Guided tour of Hall at 2p.m.:£8.50 Tea/coffee and cakes:£5.50

Car share to be arranged.

Groups

Craft Group

Tuesday 7th November - **Bring along a craft!**

Tuesday 21st November - **'Christmas Cards'**

Tuesday 5th December - **'Star Books'**

Contact Carole Pilkington

Technology for Everyone.

7th November: Jim Hanson's talk is entitled **Domestic Refrigeration.**

5th December: John Leigh will tell us about the **Narnia Project.**

January – No meeting.

Thursday Evening Dining

Thursday 16th November. **Tang's Restaurant**, Church Road, Cheadle Hulme.

Two courses for £16.00. 6.00 for 6.30pm.

Contact Judith and Brian Durrant

Family & Social History.

Friday 24th November . **Christmas Event.**

Friday 26th January 2018; **The History of Quilting.**

Computer Group

Tuesday November 28th at 10.00am. Topics to be covered: Resolution of problems raised by members. Discussion on use of databases and spreadsheets.

No meeting in December

Contact: Kelvin Vann

Local Amateur Theatre

Friday 17th November; '**Bette & Joan**' by Anton Burge at Chads. A Studio Production.
Booking 2nd November. Tickets £9.50. Start 7.45pm.

Friday 15th December; '**Harvey**' by Mary Chase at Stockport Garrick.
Booking 2nd November and 7th December Tickets £10. Start 7.30pm.

Friday 26th January 2018; '**Sweet Revenge**' by Francis Durbridge at the Brookdale Theatre.
Booking 7th December and 4th January 2018. Tickets £9.00. Start 7.30pm.

Friday 16th February 2018; '**Old Times**' by Harold Pinter at CHADS.
Booking 4th January and 1st February. Tickets £9.50. Start 7.45pm.

9th March 2018; '**Handbagged**' by Moira Buffini at CHADS.
Booking 1st February and 1st March. Tickets £9.50. Start 7.45pm.

27th April 2018; '**After The Dance**' by Terrance Rattigan at Stockport Garrick.
Booking 1st March and 5th April. Tickets £10. Start 7.30pm.

18 May 2018; '**Hound Of The Baskervilles**' adapted by Steven Canny and John Nicholson at the Cheadle Hulme Players.
Booking 5th April and 3rd May. Tickets £9.00. Start 7.45pm.

22nd June 2018; '**Lord Arthur Savile's Crime**' based on the short story by Oscar Wilde at the Stockport Garrick.
Booking 3rd May and 7th June. Tickets £10. Start 7.30pm.

Contact: Derek Moffitt

Music Appreciation Group

20th November - **Pick and Mix**
John Kenny. 85 Abingdon Road, Bramhall

18th December - **Music for Christmas**, Bring a CD
John Kenny, 85 Abingdon Road, Bramhall.

Art Appreciation

Thursday 16th November. **The Fourth Plinth.** Barry Richards (ex-Thames & Hudson, art book publishers) talks about the artworks that have appeared in Trafalgar Square.

Thursday 21st December. **Christmas Lunch.** Venue t.b.c.
Contact: Bernadette Murray-Robb

Photography

Tuesday November 14th. Discussion on use of more advanced digital editing. 10.00am at Café Unity, Heald Green.

Tuesday December 12th. Taking photos indoors, including flash photography. 10.00am at Café Unity, Heald Green
Contact: Neil Rackham

Looking Back

At the Technology for Everyone Group Meeting on 3rd October, Helen Griffiths gave a talk entitled "Dementia - not just Memory Problems".

Dementia is defined by changes in the brain, of several different types, causing different problems with cognitive functions - not just with memory, although this is very common. We all forget 'what we went into the spare bedroom for' but if memory lapses are frequent and cause problems they need investigating.

Patients are usually seen by a psychiatrist and then by a neuropsychiatrist such as Helen. This is to diagnose and sort out the different types of dementia which need different sorts of treatments. Alzheimer's, where the temporal lobes of the brain shrink, is only the most common type. Helen showed slides of a patient's brain in successive years, showing the shrinkage which produces lack of cognitive functions such as language or memory. Other types are vascular dementia and Parkinson's type diseases and posterior cortex atrophy with lack of spatial judgement and other cognitive functions.

Appropriate treatments can slow the processes, such as by increasing blood supply to the brain where it is deficient.

Helen recommended the following to all of us:

- Anything to increase blood supply - such as brisk walking
- Eat fresh fruit and veg, particularly 'colourful' ones, a Mediterranean-type diet with less dairy fat and less meat
- Keep intellectually busy
- Be careful about weight
- Don't smoke.

Report by Betty Mandl.