

Cascade

Social Group

January 2012

www.cascadesocialgroup.co.uk



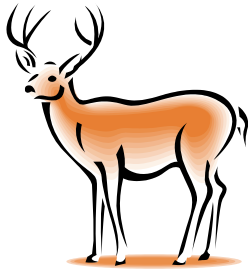
Cascade Diary Synopsis

January	Event	
New Year Day Sunday 1 st	Dunham Massey Dawdle	Stroll
Thursday 5 th	Visit to Cutlery Factory, Hathersage	Cut off 4 Jan
Friday 6 th		Leave details on Bulletin Board
Saturday 7 th	Yara Restaurant Altrincham	Cut off 3 Jan
Sunday 8 th	Lever Park Walk in Rivington	Easyish
Monday 9 th	Reading Group	
Friday 13 th	Ten Pin Bowling Trafford Centre	Cut off 10 Jan
Friday 13 th	Cinema Night Parrswood	Singles only
Saturday 14 th	Rylands Library Guided Walk City Centre	Cut off 13 Jan
Saturday 14 th	Round the World Buffet City Centre	Cut off 4 Jan
Saturday 14 th	Chamber Music Festival Royal Northern College of Music	
Sunday 15 th	Lyme Park Walk	Moderate
Wednesday 18 th	Winter Ale Festival, City Centre	
Thursday 19 th	Poynton Rhythym and Blues	
Friday 20 th		Leave details on Bulletin Board
Saturday 21 st	Civil War Battle, Nantwich	Cut off 19 Jan
Saturday 21 st	Sale Folk Club	
Sunday 22 nd	Sworton Heath Walk	Easy
Monday 23 rd	Gombay Restaurant Chinese New Year Altrincham	Cut off 21 Jan
Thursday 26 th	Burns Night Supper Church Inn Cheadle Hulme	Cut off 19 Jan
Friday 27 th	Badminton, Sale	
Friday 27 th	Pub Night, Woodford	
Saturday 28 th		Leave details on Bulletin Board
Sunday 29 th	Sabden & Spence Moor Walk	Moderate
February	Event	
Friday 3 rd		
Saturday 4 th	Alfie Bolton Octagon	Details to follow
Sunday 5 th	Redesmere Walk, Cheshire	Easyish

Friday 10 th	Charity Quiz, Navigation Road	
Saturday 11 th	Sing Live Choir, Bridgewater Hall City Centre	
Sunday 12 th	Hebden Bridge Walk, Yorkshire	Moderately Strenuous
Monday 13 th	Reading Group	
Friday 17 th	3 Day Coach trip to Market Bosworth	
Saturday 18 th		
Sunday 19 th	Alderley Edge Walk, Cheshire	Easyish
Friday 24 th		
Saturday 25 th		
Sunday 26 th	Win Hill & Hagg Farm Walk Derbyshire	Moderately Strenuous
2012 Diary Dates		
Friday 2 nd March	Royal Exchange Theatre, City Centre	Cut off 15 Jan
Friday 9 th - Sunday 11 th March	Glasgow Weekend	Balance by 3 Feb
Saturday 14 th April	Wonderful Town Musical The Lowry Salford Quays	10 places only
Sat 9 th - Sat 16 th June	Austria Holiday	Balance by 3 March
Friday 14 th to Tuesday 18 th September	Scotland Long Weekend	4 places only
Friday 21 st to Monday 24 th September	Llangollen Long Weekend	Deposit & cut off 28 Jan

Regular Events Every Thursday Jive Club Mottram St Andrew

New Years Day
Sunday
1 January



Dunham Massey Dawdle
Altrincham,

Grade 1- Easy 4 $\frac{1}{2}$ miles & about 2 hours

Route:

To start the new year an attractive dawdle through the countryside of Cheshire, a quarter of the dawdle is along the Bridgewater Canal, finishing through the wooded golf course and a trip through Dunham Massey park to see the reindeer at rest after a busy Christmas pulling Santa's sleigh.

Any ascent is a one off up the canal bank with pleasant country views. Bring a packed lunch and a warm drink or save yourself for the excellent tea shop/restaurant at the end of the walk.

Thursday
5 January



Visit to a Cutlery Factory
with optional Hathersage Walk

David Mellor Design Museum, The Round Building,
Hathersage, Derbyshire, S32 1BA.

www.davidmellordesign.co.uk

Free Admission


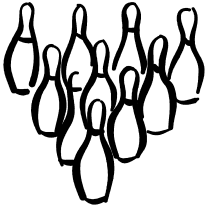
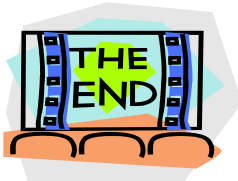
The Museum site is quite elegant and houses a small factory that makes prestigious cutlery, a high quality country shop, a rather trendy cafe, and a museum that displays some of Mellor's designs and products. You will have seen some of his products without realising who designed them.

This is a good opportunity to watch some very stylish and expensive products being manufactured.

Depending on the weather, we can enjoy a two or three hour moderately strenuous walk over the hills surrounding Hathersage. The views from the top provide an excellent panorama of either Hathersage or the approaching rain clouds.

Tired but quite excited, we will then go to Castleton and have a late lunch at a sensible price in a warm and cosy pub.

<p>Friday 6 January</p>	<p>Reduce your membership fee and host an event tonight please leave details on the bulletin board</p>
<p>Saturday 7 January</p>	<p style="text-align: center;">Yara Altrincham</p> <p>Cheer up January and the post Christmas and enjoy a meal at Yara, a family run restaurant specialising in a wide selection of Lebanese and Syrian food. Service is friendly and portions (especially starters) are generous.</p> <p>You can bring your own wine for £1 corkage or buy wine and beer at the restaurant.</p> <p>There is no set menu but prices are reasonable and it is possible to choose a selection of starters as a main if people prefer.</p> <div data-bbox="710 817 949 1019" data-label="Image"> </div>
<p>Sunday 8 January</p> <div data-bbox="175 1243 367 1467" data-label="Image"> </div>	<p style="text-align: center;">Sworton Heath Swagger</p> <p style="text-align: center;">Sworton Heath, near Lymm.</p> <p style="text-align: center;">Grade 2 - Easy (4 miles.)</p> <p>The terrain for today's walk is gently undulating, passing byres, barns and a miscellany of cottages, amidst very attractive countryside.</p> <p>It is ideal for anyone who has done little or no walking before - go on, give those New Year's Resolutions a whirl!</p> <p>A warm waterproof jacket etc and walking shoes or boots are recommended, plus bring a few nibbles and a drink.</p> <p>We'll visit the Bears Paw pub afterwards for an excellent lunch & a chat!</p>

<p>Monday 9 January</p> 	<p style="text-align: center;">Reading Group Meeting</p> <p>This month's book is Wide Sargasso Sea by Jean Rhys</p> <p>The reading group is at full capacity but we are always interested in hearing from people who want to join and will do our best to assist the setting up of a second group.</p> <p>Meetings are on Mondays (usually on the 2nd Monday on the month). Titles, as they are chosen, will be featured in the newsletter. There a few used copies around in second hand bookshops, libraries and on Amazon for 1p plus £2.80 p&p.</p>
<p>Friday 13 January</p> 	<p style="text-align: center;">Tenpin Bowling in the Afternoon</p> <p style="text-align: center;">14, The Orient, The Trafford Centre, M17 8ED</p> <p style="text-align: center;">Cost: £10:50 for 2 games</p> <p style="text-align: center;">Tenpin bowling for pleasure and light exercise</p>
<p>Friday 13 January</p> 	<p style="text-align: center;">Singles Only Cinema Night</p> <p style="text-align: center;">Cineworld, Parrswood, Didsbury, M20 5PG</p> <p>Don't know at this stage what's on, but we can check on www.cineworld.co.uk/cinema/18 nearer the time.</p>

Saturday
14 January



John Rylands Library tour and Saint Ann's Church

The tour costs £6 (£5 concessions) and lasts for about two hours.

Want to find out more about two of Manchester's cultural and historical treasures? Join me on this guided tour and listen to fascinating details of Manchester's past.

The John Rylands Library has been called "the Taj Mahal of the North-West", for it is a palace built out of love; a widow's love for her late husband, a family's love of religious literature; a city's love of Gothic architecture. It is one of the world's greatest libraries, for out of the bequest of John Rylands, Manchester's richest 19th century cotton magnate, his widow Enriqueta, created an unrivalled collection: Dickens novels in their original wrappers; a first edition of Shakespeare's Sonnets; the second largest collection of works by the pioneering printer William Caxton; and most remarkably of all the 2nd Century St John Fragment - the oldest existing remnant of the New Testament.

Afterwards we can have a cup of tea and a sticky bun in the tea shop at the library.

St Ann's Church is in St Ann's Square in the centre of Manchester near to the Royal Exchange.

Please note this is not exclusively a Cascade tour but is part of the Manchester guided walks programme.

Saturday
14 January



Red Hot World Buffet

48 Deansgate, Manchester M3 2EG

Cost: £14.99. (no deposit necessary, but please confirm by 13 January)

Cuisines: Indian, Italian, Chinese, Thai, Mexican, Japanese, English

Please note that this is not fine dining, but is an all-you-can-eat buffet. The restaurant has 300 places and has 300 dishes plus 40 desserts on offer.

Saturday
14 January



Luthiers Demonstration

(Carol Nash Recital Room)

Free

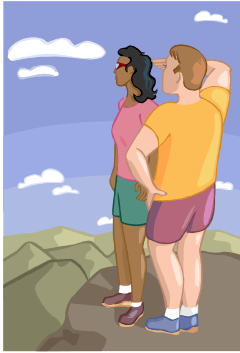
As part of the RNCM Chamber Music Festival "L'Esprit de Paris" 13th-15th January (0161 907 5555, www.rncm.ac.uk), music both old and new on instruments provided by exhibiting luthiers. Also Bow Makers Exhibition.

Triangle Ensemble

(Carol Nash Recital Room)

Free

Sunday
15 January



Lyme Park Loop

Grade 4- moderate (7 miles and 4 hours)

Join us at the beautiful Lyme Park, for this enchanting walk contrasting the gently landscaped parkland, and then climbing out to the wild and rugged moorland, and the Gritstone Trail, on the western edge of the Peak District. Weather permitting, we can take in the wonderful views across the great British countryside. We will then return to the tranquil settings of the park. Waterproofs, poles and walking boots are required, and a snack and drink are advised.

Afterwards a well earned meal/snack at the White Horse Disley. SK122BB

Wednesday
18 January



2012 National Winter Ales Festival

Sheridan Suite, Oldham Road, Manchester
M40 8EA

Admission: £2, £1 concs.

Over 200 beers (plus cider and perry) to sample
Please drink responsibly - 1/3 pint measures
available

See www.alefestival.org.uk for more details

<p>Thursday 19 January</p> 	<p>Poynton Rhythm and Blues Club Poynton SK12 1RG Cost: £12:00 (tbc) pre booked</p> <p>Sinnerboy are returning to Poynton Blues. YES ! One of my favourite bands, Sinnerboy play many of Rory Gallagher's hauntingly beautiful songs with amazing different guitar styles. Expect to hear "Bullfrog Blues", "A Million Miles Away", "Shadow Play", "Tattoo'd Lady". Sinnerboy played at the Mathew Street Festival in Liverpool 2011 and they continually tour Europe and America. Barry Barnes, the lead guitarist plays with soul and passion to create an electric atmosphere. Phone me to book a ticket.</p>
<p>Friday 20 January</p>	<p>If you would like to host an event tonight please leave details on the bulletin board</p>
<p>Saturday 21 January</p> 	<p>A Civil War Battle Nantwich Holly Holy Day 40th enactment of a civil war battle.</p> <p>Ticket Price £11.60 Senior card holders £7.65</p> <p>This goes back to the 17th century and the four year long civil war between the Parliamentarians (roundheads) and the Royalists (cavaliers) loyal to Charles 1. The war broke out in 1642, soon afterwards in January 1643 Parliamentarians took over the town of Nantwich (Cheshire's second town and because of its strategic position on the road to Chester where the Royalist reinforcements from Ireland could be landed). By December, the town was surrounded by Royalists and under siege.... What happened next? Come on this trip and find out more. Other events on the day include 17th century music in a church hall and a living history exhibition.</p> <p>We can catch train from Piccadilly station at 11.30am</p> <p>websites www.hollyhollyday.org.uk/battle-history.php and www.hollyhollyday.org.uk/news.php</p>

Saturday
21 January



Sale Folk Club at the United Services Club
M33 6HQ

The Zoe Mulford Trio

Cost £9.00

Hotline - 0161 432 4317 or info@salefolkclub.co.uk

A set by American songwriter Zoe Mulford is like a small volume of short stories, alternately powerful and funny, beautifully crafted, and endlessly varied. Whether her starting-point is Franklin's doomed polar expedition or the neglected contents of her own refrigerator, her vivid storytelling and down-to-earth humor promise listeners an enjoyable journey. She backs her clear voice with guitar or claw-hammer banjo and draws on the traditional music of the US and the British Isles to make sense of the modern world. This show marks the debut of Zoe's new acoustic trio. Tom Fairbairn played fiddle and viola on Zoe's acclaimed album, "Bonfires" and has worked with numerous bands including Whapweasel and Pigeon English. He and percussionist Sam McEvoy enliven Zoe's songs with the energy of traditional English music and vintage jazz.

Monday
23 January



**PLEASE
NOTE THIS
EVENT IS
ON A
MONDAY TO
CELEBRATE
CHINESE
NEW YEAR.**

**Celebrate Chinese New Year - Year of the
Dragon at The Gombay Restaurant
Altrincham**

Join us for a fantastic three course Chinese meal.
Starter: crispy combination platter;
fourteen choices of main course and four choices
of dessert for only £13:50 plus tip.
Drinks should be paid for when ordering, please.

We have reserved three circular tables of eight.



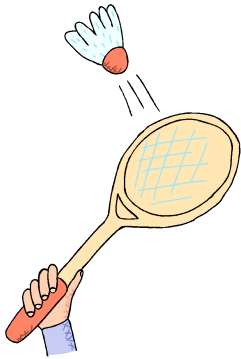
Thursday
26 January



**Celebrate Burn's Night at The Church Inn
Cheadle Hulme**

Enjoy a warm welcome and a Scottish four course
meal at this quaint little pub where the Haggis will
be piped in by a traditional Highland Piper to the
formal Burn's address. The menu and price are not
yet available but if you are interested get in touch
and I will let you know when they are ready .and
put them on the bulletin board

Friday
27 January



Badminton
Sale Leisure Centre

Cost: Between £2.25 and £4.50 each court hire, depending on numbers. Racquet hire £1.20 + £5 returnable deposit. Locker £1 returnable

New Year weight loss resolution?
Did you overdo it with festive food?
Or would you just like a bit of exercise?
This is an informal hour of badminton for beginners and those who have played before - we'll match up abilities so that it's fun for all.
Afterwards, we could go and re-hydrate at a nearby pub - suggestions welcome.

Friday
27 January



Cosy Fireside Drink at The Davenport Arms Woodford

Come and join us for a social drink at a friendly traditional pub. The Davenport is an old place with small rooms and a warm atmosphere. Some rooms have an open fire so feel free to bring a toasting fork and some bread.

For those who can remember, we can share Christmas memories: what you did, who with, where, and if you feel guilty about it. After that, we can conjure up ideas for new Cascade events.



Sunday
29 January



Sabden & Spence Moor Massif Mooch
Sabden Village Car Park near Clitheroe,
Grade 4 - 5 ½ mile moderate (SD 779 374).

This walk encompasses the broad grassy expanse of Sabden Moor which is just one of numerous moors that collectively comprise Pendle Hill, but is the only one of sufficient distinction to stand alone, even though it merges seamlessly with the adjoining moors.

It lies at the south western edge of the sprawling Pendle Hill massif, separated from the higher ground of Barley Moor by the deep ravine of Ogden Clough.

What this invigorating walk lacks in distance it more than makes up for in up and down leg work & some marsh land where careful footwork is needed, which is more than compensated for by the sweeping views of the surrounding hills.

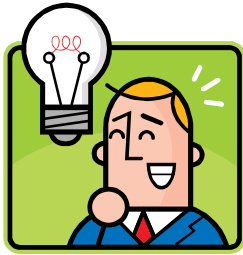
Waterproofs, walking shoes/boots are needed and a walking pole would come in handy. Bring some nibbles and something to drink to put you on. There are conveniences in the car park should you need them ☺ and the car parking fee is £1.70.

We'll have our well earned lunch afterwards at the nearby 'Swan with 2 Necks' in Pendleton which won the 'Lancashire CAMRA Pub of the Year 2012 ☺.

Saturday
4 February

Alfie
Bolton Octagon
See bulletin board for details

Friday
10 February



Charity Quiz Night
Supporting Stroke Association/Parkinsons UK/
Trafford Carers Centre/
£5:00
Altrincham Railway Club, Navigation Road.

Saturday
11 February



Sporting Anthems

Sing Live Choir at

The Bridgewater Hall Manchester

Including Proud - the official theme for our Olympic Bid, Barcelona from the 1992 Olympics and Amigos Para Siempre from the same games. Dare to Dream from Sydney in 2000, The Power of the Dream from Atlanta 1996, and World in Union. Plus Take That's Shine and Tina Turner's Simply the Best.

Tickets available from the Sing Live Ticket Line 01609 780 315, www.singliveuk.com or The Bridgewater Hall 0161 907 9000, www.bridgewater-hall.co.uk

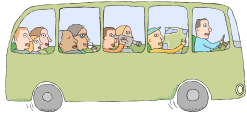
Monday
13 February



Reading Group Meeting

This month's book is **Birds Without Wings** by **Louis de Bernieres**

Friday 17 to
Sunday 19
February



3 day coach trip
staying in Bosworth Hall, Warwickshire
£89 pp Twin/Double
Single Rooms Fully Booked

- ❖ Coach travel throughout with reserved seating
- ❖ 2 nights Dinner, Bed and Breakfast at Bosworth Hall Hotel in Market Bosworth
- ❖ All bedrooms with en suite facilities
- ❖ Leisure Suite with Indoor Heated Pool
- ❖ 3 Hours free bar each evening with choice of beers, wines, spirits and soft drinks
- ❖ Visit to Stratford upon Avon
- ❖ Chance to enjoy the delights of Bakewell and Matlock Bath
- ❖ Visit lovely Stamford with its traditional market



Friday
2 March



Saturday Night and Sunday Morning
By Alan Sillitoe at The Royal Exchange

Cost: £14.25

Alan Sillitoe's iconic novel is transformed into a spectacular new stage version by Matthew Dunster.

Rebellious young factory worker Arthur Seaton has reasons to drink, reasons to fight and several girls on the go. But when the fun and risk of Saturday night turns to the hangover and bruises of Sunday morning, Arthur starts to understand the real meaning of love.

By turns heart-warming, ferocious and comic, Saturday Night and Sunday Morning won huge acclaim for its brutally honest portrayal of life in Nottingham in the 50s.

Friday
9 March
to
Sunday
11 March



Glasgow Winter Weekend

Come away on a weekend break to dust off the blues of winter! We are planning a two night stay at the Jury's Inn Hotel in the centre of Glasgow close to shops and places of interest. We envisage travelling by train from Piccadilly to Glasgow Central a journey of about three and a half hours. The hotel is near to the station so no complicated transfers. No activities have been planned in advance but there should be no shortage of things to do. We can decide when we are there.

There are numerous museums and art galleries including the famous Kelvingrove Museum; Rennie Mackintosh architectural masterpieces such as the Glasgow School of Art; Pollock House and Country Park (home to the Burrell Collection); the National Piping Centre; Glengoyne Distillery (50 mins by bus); Glasgow Cathedral and Necropolis; bus trips to places such as Loch Lomond; shops, theatres and lots more.

The hotel will cost £48 per person per night for dinner, bed and breakfast, based on two sharing a twin room. You will need to add on to that the cost of lunches and snacks and any travel etc within Glasgow that you may choose to make. We have reserved mostly twin rooms so let us know when booking who you want to share with, otherwise we will allocate you to a room! Some double rooms are available and also single occupancy rooms at an extra charge of £25 per night.

Saturday
14 April



Wonderful Town

The Lowry Theatre, Salford Quays
£ 21.60 (special group rate reduced from £24)

Featuring a superb score by legendary American composer Leonard Bernstein (*West Side Story*), the show has received countless awards since its premiere in 1953 including the prestigious Tony Award for Best Musical.

In this touring musical production Connie Fisher plays aspiring writer Ruth Sherwood who arrives in New York City fresh from Ohio with her beautiful younger sister Eileen. Bursting with dreams of romance, riches and perhaps a free lunch at Walgreen's deli, the indomitable pair meet an array of colourful characters in their search for success, causing chaos and delight at every turn. Wonderful Town recreates the bright lights of 1930s New York City with spectacular sets, dazzling choreography and the rich sound of Bernstein's magnificent music. The full force of the Halle orchestra will provide the music.

Saturday
9 June to
Saturday
16 June



Walking Holiday to Austria
Summer 2012
Innsbruck - 4 star

- ❖ Direct Flights
- ❖ B & B, 6 course evening meal, Packed Lunches
- ❖ Swimming Pool, Gym, Spa
- ❖ Free Daily Walks
- ❖ Sightseeing Coach Trips

Final balance payable by 3rd March 2012

FULLY BOOKED

Friday 14 to
Tuesday 18
September



A 4 Night Walking Holiday for Food Lovers in Southern Scotland.

Limited to 15 places.

Total Cost of Accommodation is **£85.00** per person for
four nights in superb self catering cottages.

Arrive on Friday from 2pm, settle in and explore the
grounds of this working farm estate.

Evening meal in the cottages, bring breakfasts and
snacks, wine, etc., (and whatever you need for the
Friday night meal.)

Accommodation

There are four cottages around the courtyard, three
will take four guests in three bedrooms and the fourth
will take three in two bedrooms. Each cottage is
furnished to an exceptionally high standard. Three of
the cottages have two bathrooms and the third has one
bathroom.

Bed linen is provided and beds are made up, towels and
tea towels provided.



Friday 21 to
Monday 24
September

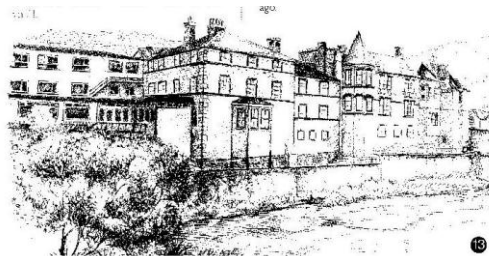


Llangollen Weekend

Join us for an Autumn weekend in Llangollen with Autumn colours, beautiful scenery and lots to do in the area. We are planning a three night stay at the Royal Hotel right in the centre of Llangollen next to the river and very handy for shops, cafes etc. The hotel is so named because the young Princess Victoria stayed there with her mother in 1832.

We have managed to secure a number of twin and double rooms at a rate of £47.95 per person per night for dinner, bed and breakfast based on a three night stay. Some single occupancy rooms are also available with a supplement of £10 per night. . If you are a worker and can't do three nights but would like to come, let us know and we will try and negotiate something for you though you may have to pay a little more.

We hope to organise some walks and a trip on the canal across the Pontcysyllte Aqueduct. If you prefer to do your own thing there is lots to do. Worth a visit are the Steam Railway to Carrog (30 minute journey), Chirk Castle (National Trust), Plas Newydd (home of the ladies of Llangollen), Welshpool and Powys Castle, the Horseshoe Falls, Valle Crucis Abbey, horse drawn canal trips and lots of lovely scenery. Bike hire is available from Llangollen for those of an energetic disposition!



See write up
for details

**The School Of Economic Science
Introductory Part 1 Practical Philosophy Courses**



Embrace the New Year - time to make a few changes!

Change won't happen unless you challenge the ideas you hold ...

about yourself

about your life

about the world you live in

The lives of hundreds of people in the North West and thousands throughout the country have been enriched by this 10 week evening course in Practical Philosophy.

The course draws on philosophies from east and west to explore practical ways to rest in the present, so that one begins to answer the fundamental questions:

Who am I, really?

What is this life all about?

How do I live a fulfilling life?

Topics include:

Session 1: Your wisdom.

Session 2: Getting to know yourself. Self awareness.

Session 3: How awake are you?

Session 4: Being awake in the present moment.

Session 5: Living a just life.

Session 6: Three types of energy - how to make the most of them.

Session 7: The light of reason.

Session 8: The power of beauty.

Session 9: Finding unity in diversity.

Session 10: Your desire for truth and goodness.

You and your family and friends are cordially invited to come and join the introductory course at any of the locations listed. For each centre listed, you can either turn up on the first night, pay the fee and start the course that night or you can pre-enroll via the website.

There will be introductory 10-week courses at the following venues and dates:

Sale: Quaker Religious Society of Friends -

Thurs 19th Jan 7:15pm - 9:30pm

Park Road, Sale, Cheshire, M33 6WX

Stockport: Belmont House -

Tues 17th Jan 7:15pm - 9:30pm

Belmont Street, Heaton Norris, Stockport, SK4 1TG

Macclesfield: The Heritage Centre-

Thurs 12th Jan 7:15pm - 9:30pm

Roe Street, Macclesfield, SK11 6UT

Blackburn: Blackburn School of Music -

Weds 18th Jan 7:30pm - 9:30pm

53 Preston New Road, Blackburn, BB2 6AY

Bebington: Bebington Civic Centre -

Thurs 19th Jan 7:15pm - 9:30pm

Civic Way, Bebington, Wirral, CH63 7PN

Preston: Penwortham Girls School -

Tues 17th Jan 7:00pm - 9:15pm

Cop Lane, Penwortham, Preston, PR1 0SR

Warrington: Penketh High School -

Tues 17th Jan 7:15pm - 9:30pm

Heath Road, Penketh, Warrington, WA5 2BY

For further details you can also visit

www.practicalphilosophy.co.uk or email

philnw@brinscall.org.uk or freephone 0800 8030 799

Thursdays
7.30pm to
11.00pm



Learn to Dance at Mottram Jive Club

The Village Hall, Mottram St Andrews, SK10 4QP

Cost: £6.00 Guests, £5.00 Members

It's the ideal place to enjoy a full evening of dancing to music played by either resident or guest DJ's. The evening includes two varied lessons, one to suit beginners & the other for more experienced jivers ... and you don't necessarily need your own dance partner. The lessons are designed in such a way that you will dance with a range of dance partners of varied abilities. We will make you feel welcome, ensure you learn the dance moves and have fun jiving in totally relaxed and friendly surroundings.

Experienced teachers, demonstrators and taxi-dancers are on hand to help new dancers in a hall that is air-conditioned, with a well-sprung dance-floor. There is also a licensed bar and free parking. You'll be surprised that within a few weeks you will be able to dance a few basic steps, and then quickly gain confidence to master even more moves.

Directions:

Take the B538, the Wilmslow to Prestbury Road. After approximately 2 miles from Wilmslow, look out for a diagonal road to the right (as the B538 bends left) which takes you up a hill and into the village of Mottram St Andrews. The Village Hall is on the right, as you pass through the village.

A local map and postcode can be found on the official website at www.mottramjiveclub.org.uk

RAMBLE/WALK GRADING GUIDE

GRADE NO	WALK TYPE	DESCRIPTION
1	Stroll	Classed as a very easy walk on the level & usually based around a beauty spot, up to 3 miles in distance.
2	Easy	A walk-taking place on level paths and up to 5 miles in distance.
3	Easyish	A walk-taking place on lower hill slopes, valley tracks and paths, and occasionally a bit of rough terrain and up to 6 miles in distance.
4	Moderate	Energetic walking over less difficult hills and moors following tracks and paths and up to 7½ miles in distance.
5	Moderately Strenuous	Energetic walking over less difficult hills and moors following tracks and paths and up to 9½ miles in distance.
6	Strenuous	Mountain & hill walking normally on distinct paths. There are likely to be some steep ascents/descents and usually between 6-9 miles in distance.
7	Very Strenuous	High-level mountain walking and hill climbing, often on indistinct paths, with steep ascents/descents and usually between 6-9 miles in distance.

BASIC RULES TO BE OBSERVED BY ALL WALK PARTICIPANTS:

1. Always book at least two days before the event to avoid disappointment. Walks numbers may be limited for safety reasons or be cancelled due to inadequate numbers booking the walk.
2. Please be prompt, its not much fun standing around waiting especially in inclement weather. Walks will leave no later than ten minutes after the stated start time.
3. Walking boots should be worn unless otherwise stated on the event publicity.
4. Appropriate clothing should be worn, waterproofs and spare clothing carried.
5. Always carry a drink and a nibble. The need for packed lunches etc will be advised in the event publicity.
6. Walk leaders may have to cancel an event due to inclement weather, etc.
7. They may also have to refuse to take someone because of inappropriate clothing or inadequate experience.
8. Our walks are free and the leaders are volunteers. Please respect their judgement and comply with their requests. They have your safety and that of the group in mind.
9. If you have any doubt about your abilities, or the suitability of your walking gear, please call the leader before booking the event, they will be pleased to offer friendly advice.
10. Please consult with the walk leader first if you wish to bring a dog, or children.
11. Wherever possible, please try and share transport to the walks.