

# GOOD MORNING!



## Macclesfield U3A - Members' Morning

Please remember to SIGN IN!  
 Coffee/Tea and biscuits - FREE for everybody.

27th June 2019  
 Doc : MM1906

Welcome to Macclesfield U3A. If you are new please ask an organiser (Look for someone wearing an ORANGE LANYARD) to introduce you to people to start getting to know us. Our morning starts at 9:45 with coffee and meeting friends, getting to know what is going on in Macc U3A and the wider movement. At 10:30ish we normally have a speaker for about an hour, before we end the meeting around 12:00.

Today's Speaker : **Claire Moores** : "Physick, Potheary or Chirurgeon? "  
**Uncovering Cheshire's Medical Men and their work**

Our modern age has developed advanced scientific methods for dealing with illness and well being. It has been a journey to get here and it is fascinating to look back at medical practices as the scientific age developed. Claire takes a look at the "Doctor Experience" before modern methods, knowledge and the NHS were established... a little knowledge can be a bad thing..... she reveals some interesting patient tales of early medical treatment!

*Music and live performances are covered by U3A PPL Licence and Calvary Church PRS license.*

### INFORMATION BOARD

#### From the Chairman: Focus on the Future

U3A is all about life-long learning, self-help and mutual aid to allow anyone who wants to enhance their skills or learn new ones to enjoy the positive attributes of belonging to U3A. As chairman, along with the committee, our aim is to support our many excellent groups and their group leaders to make this possible. We want to encourage new groups and attract more members, so if you know of anyone who might enjoy our activities, has a skill or interest they can impart and would like to share please encourage them to join Macclesfield U3A. Recently quite a few of the members on the geology outing discussed the wild flowers in the Peak district and thought a wildlife flower group would be a very helpful addition to members to improve the identification of flowers in the country side. Do you have a contact that might help. We have group coordinators who will be delighted to help set up new groups.

We plan to increase our publicity with leaflets and posters using information points in the town, Library, GP surgeries, local web sites and perhaps even social media. If you use this medium I can send some more information. Don't forget though that you as members are the best advocates for our organisation. Why not bring along a friend to our very social Members morning? the next one is Thursday 26<sup>th</sup> September with a hands-on session at the potter's wheel!!

**Alec Johnston**

Contact me at [chair@maccu3a.uk](mailto:chair@maccu3a.uk) or Tel: 01625 420209

#### Next Members' Morning:

**26<sup>th</sup> September**



**Albrighton Pottery**



**Six Thousand Years  
with Clay**

#### U3A National Newsletter

**June 2019**

[Sign up to the National Monthly  
Leter Updates Here](#)



North-West Region has  
it's own Publication (and  
events) [Follow this link.](#)

**Read Macclesfield 2019  
newsletters & year book**  
[Macclesfield U3A NEWSLETTERS](#)

Website links in these pages are  
Active, which means **CLICK&GO**

**Members' Mornings : 4<sup>th</sup> Thursday of the month, this edition : 27<sup>th</sup> June 2019**

Please visit the Members Morning Page at : [www.maccu3a.uk/page/26734](http://www.maccu3a.uk/page/26734)

## U3A Calendar 2019/20

Get up to date event details and plans from our MaccU3A Website : [www.maccu3a.uk/events](http://www.maccu3a.uk/events) and from the [National Website](#) including access to NW regional information and events:



### Rest of 2019 to 2020

<b>JULY</b>	<i>NO Members' Morning</i>		
<b>SUMMER HOLIDAYS</b>			
<b>23RD</b>	Clonter Opera, Don Giovanni (Theatre Goers)		
<b>AUGUST</b>	<i>NO Members' Morning</i>		
<b>SUMMER HOLIDAYS</b>			
<b>12TH-15TH</b>	National - Aston University, Birmingham		
<b>20TH</b>	MaccU3A Diners Club - Stanley Arms, Macc Forest,		
<b>27TH-29TH</b>	National Conference and AGM, Nottingham University		
<b>27TH-30TH</b>	NWReg. Summer Show at Newton Rigg Coll.		
<b>SEPTEMBER</b>	26th M.M. John Christopher	Calvary	
6,000 years of clay - hands on session			
<b>5TH</b>	Regional The Big Sing, Liverpool, Led by Stuart Overington, Halle.		
<b>10TH - 13TH</b>	Nat2: Royal Agricultural University, Cirencester		
<b>17TH</b>	National Jazz Study Day : Cecil Sharp House, London.		
<b>18TH</b>	National "We are Curious" - Bristol Science centre.		
<b>25TH</b>	National A Day of Welsh History - St Fagans - Cardiff		
<b>OCTOBER</b>	24th M.M. Rob Mason	Calvary	
A Flavour of Lancashire Stories, songs, audience participation			
<b>NOVEMBER</b>	28th M.M David Templeman	Calvary	
Mary Queen of Scots in captivity in the North west...			
<b>DECEMBER</b>	Christmas at the Calvary	Calvary	
<b>12TH</b>	Macc U3A Christmas party at the calvary.		
Tickets on sale from September			
<b>2020 to 2021 LEAP YEAR!</b>			
<b>JANUARY</b>	23rd M.M. 'Allan Trayes and Peter Roberts	Calvary	
3 'E's & Climate Change s			
<b>2020</b>	As usual, national events will be announced Visit U3A Website to find out details. National Conference likely to be mid to late August.		
<b>FEBRUARY</b>	27th M.M David Bell	Calvary	
The Plague Doctor - Myth and Superstition			
<b>MARCH</b>	26th M.M Philip Caine	Calvary	
From Barrow to Baghdad			
<b>APRIL</b>	23rd Macclesfield A.G.M at the Calvary	Calvary	
Notices out in Early March for AGM			
<b>MAY</b>	28th M.M. Jackie Boulton (U3A)	Calvary	
Parkside Hospital and me.			
<b>JUNE</b>	25th M.M Joy Kewney	Calvary	
Growing Up in South Africa			

## MEMBERS MORNING

Sep 2019 to June 2020



Members Mornings will be held at the Calvary again next year, information on dates and speaker programme for 2019/20, are now available under the events link on the main website (or look left at the calendar!) , or go to the members morning page at : [2019-20 Speaker programme](#)

We will also be holding our Christmas Party at the hall on December 12<sup>th</sup>, tickets available in September, link to a flyer with the details here:

### CHRISTMAS PARTY.

We are still looking for a volunteer to manage the Christmas prize draw, if you can help please let Allan know soon.

**Tea and Coffee.** As you will see this month, we are running a trial on **self service**. Free as usual, all make your own and please place used cups in the waste bin provided.

**Speakers.** We are continuing to encourage members to consider doing a presentation at a morning event. Help is given in preparation and delivery. There are two slots available in the 20/21 programme, currently being built. If Interested please contact Allan to find out more.

Thank you to everyone who helped deliver Members Morning this season. Today (June 27<sup>th</sup>) is our last meeting of the 18/19 season. **No meetings during July and August**, see you again when we start again on September 26<sup>th</sup> Have an enjoyable summer.

Allan Trayes (Members Morning Leader):  
[aptrayes@gmail.com](mailto:aptrayes@gmail.com) or 07803 598265

## News Letter Material.



Articles and adverts for appropriate LOCAL Non-U3A events always welcome and can usually be included. Please send to [aptrayes@gmail.com](mailto:aptrayes@gmail.com) in email or as a word file. Pictures are welcome.

ALL Groups are welcome to advertise or share information about planned events with the wider U3A membership. Articles reporting group activity & events that have happened are always appreciated by [fayBowling@hotmail.com](mailto:fayBowling@hotmail.com) , for the newsletters, particularly if pictures are attached..



# Newslines, Events & Information @ March 2019

Leaflets and flyers for some of these events are on the notices table, when available.

## **Macc U3A events, Groups and Local information:**

### **AROUND THE GROUPS - Helen Vernon-Jones - **Groups Coordinator****

Helen is a committee member and can be contacted at [helenvernonjones@gmail.com](mailto:helenvernonjones@gmail.com) : 07775 536271



#### **Photography group in Wales**



Our Photography Group has just been away on their annual Three Day Photo Trip. Three fabulous days in Conwy with dawn to dusk sunshine and more subjects than you could shake a stick at. The members that went on the trip have each contributed three of their favourite shots. A presentation will be running on the main screen so take a look at the excellent images they captured.

#### **Committee Authorise Some more expenditure.**

The committee meeting on 17<sup>th</sup> June authorised the purchase of £300 more croquet equipment for this ever expanding group. Highly successful and well attended, they can still entertain a few more members if you care to go along (see website for contact details)

Painting and art have a need for more storage and trolleys to move materials around and £300 was approved to help ease the load of shifting materials around each week.

These recent purchases have helped bring our cash reserves back in line with our obligations to only hold 6 months of expenditure in reserve. As stated at the AGM, our day-to-day expenditure must be matched by income on a day-to-day basis. General expenditure is now tightening and we will review our operational spending budget in detail over the coming months.

Photo courtesy of Malcolm Griffiths.

#### **MONDAY WALKERS Annual Trip**

Just shows who you can meet meet on a walk in the Lake District. A chance royal encounter during the Monday walkers annual trip to Skelwith Bridge last week.



#### **Theatre Goers: Chris Hewitt : 01625 425740 : [chriscorin35@gmail.com](mailto:chriscorin35@gmail.com)**

If you are interested in joining us you can submit your e-mail address to Chris above and be included on our coming season's plays list, or you can find them on our website.

**Tuesday 23rd July: Clonter Opera, 'Don Giovanni'** Cost: £20pp Time: 7pm short interval of approx 20 mins Meet: in the foyer, doors open from 6pm Venue: Clonter Opera Theatre, Swettenham Heath, Congleton, CW12 2LR



Diners Club  
Macclesfield U3A

**STANLEY  
ARMS**

**DINERS CLUB!** NB: This group is NOT a closed group, anyone is welcome (maximum of 20!) Click on the logo to the left to go to our webpage for full information



**The next meal will be on : 20th August, 6.30 for 7, (Tuesday) at the Stanley Arms, Bottom of the Oven, Macclesfield Forest SK11 0AR.**

You will be able to choose your menu on the night as the specials board changes every day. Please contact me if you would like to go. I will need final numbers by Tuesday 13<sup>th</sup> August. Payment by cheque to Macclesfield U3A on the night or BACS the day after.

Please contact **Jackie Boulton** for further details, cheques to **Macclesfield U3A**. PLEASE let me know when you book if you have any **SPECIAL DIETARY REQUIREMENTS OR FOOD ALLERGIES** Jackie: 07531 250339, 01625 829280, 51 Drummond Way, SK10 4XJ.

## **PART 2 : National U3A Information and Events.**

Leaflets and flyers for some of these events are on the notices table, when available.

Two New NATIONAL EVENTS have just been announced That May be of interest:

**Cardiff - 'A Day of Welsh History' ,We the Curious - Bristol - Is there anybody out there**



**Bristol:Wed. 18 September 2019,10:30 –16:00 BST, 'We the Curious'- Is there anybody out there?£22.**

This exciting day starts with a 3D show in our incredible, full-dome Planetarium and in-between features three hands-on workshops. Each examines an aspect of the search for new life forms, giving visitors an opportunity to identify a mystery animal using DNA fingerprinting; determine the atmosphere of distant planets using spectroscopy and find far-away solar systems with the transit photometry technique:

<https://www.eventbrite.co.uk/e/we-the-curious-is-there-anybody-out-there-tickets-62354350541>

**Cardiff, St Fagans: Wed,25 September 2019,10:30 – 16:00 BST, A Day of Welsh History, £19.50.**



The exclusive U3A study day will take place in the museum, set in 100 acres of beautiful parkland in the village of St Fagans, just outside of Cardiff. The day will include 3 historical talks and 2 hours of free time to explore the museum and all it has to offer in your own time. A plenary session at the end of the day will give you the opportunity to ask questions.

<https://www.eventbrite.co.uk/e/a-day-of-welsh-history-at-st-fagans-tickets-62355298376>

***THE BIG SING*** Thurs. 5th September 2019, 10.30 a.m. – 3.30p.m.

**At The Friends' Meeting House, School Lane, Liverpool. Cost £15.**



Led by Stuart Overington, a conductor from the Halle and Members of the

North West Regional Team. Join-up and details are available on North-West regional website, follow this [LINK](#) for the event flyer. Contact Gill Russell: [gillruss71@gmail.com](mailto:gillruss71@gmail.com) Sign up required by August 20th

### **NATIONAL CONFERENCE - 27 - 29 AUGUST**



**EAST MIDLANDS CONFERENCE CENTRE,UNIVERSITY PARK,NOTTINGHAM, NG7 2RJ**

**AGM on Thursday 28<sup>th</sup>, free...£25 with lunch, range of attendance options. Follow link below**  
Together sharing our views, ideas and experience in this year's conference "Sharing Inspiring Learning". With workshops focusing on lifelong learning, managing new educational resources, finance for charities, and supporting the growth and development of U3As,opportunity to discuss, debate and enjoy the views of colleagues across the movement. There will also be some free time to share interests such as singing, ukulele playing, walking and many other choices. Day tickets are available: go to <https://conference.u3a.org.uk/>

## **PART 3 : Information and Local Events.**

Leaflets and flyers for some of these events are on the notices table, when available.

We have had this request from the **Psychiatry division of University College London:**



Are you aged 60 years and over? Are you currently experiencing difficulties with your memory and/or attention? Have you discussed this with your GP or attended a memory clinic and been told that there is nothing wrong with your memory and/or attention? If yes then we would really like to hear from you. We are researchers in Division Psychiatry at University College London and a have developed an online survey that will ask you a series of questions about your difficulties with your memory and/or attention, your mood, your satisfaction with life and various other psychological factors. This should take approximately 30-40 minutes to complete. If you are interested in taking part then please go to: <https://opinio.ucl.ac.uk/s?s=61647>

If you complete the survey, you will be invited to enter into a draw for one of eight Love2Shop vouchers worth £50 each.

**ERRATA:** The May edition carried a piece about volunteering at Hare Hill Gardens, the national Trust property on the edge of Macclesfield. The Hall and immediate grounds are NOT accessible to the public, as the text suggested, they are in private ownership. It is worth a visit though, I've been recently.

Hare Hill, Over Alderley, nr Macclesfield, Cheshire, England, SK10 4QB (Hat Tip to Linda McCabe)