



Year Book

2023-4



*u3a Walk by Ray Jordan*

Website: [www.maccu3a.uk](http://www.maccu3a.uk)

For latest information, activities and events.

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## u3a General Committee Members

Please ensure that the details of contact names are not publicised outside Macclesfield u3a.

Chairman                      Alec Johnston

[chair@maccu3a.uk](mailto:chair@maccu3a.uk)

Vice Chairman              Vacant

Secretary                    Marion Grant

[secretary@maccu3a.uk](mailto:secretary@maccu3a.uk)

Treasurer                   Keith Boulton

Treasurer elect            Steve Hodgskiss  
(for 2023)

[treasurer@maccu3a.uk](mailto:treasurer@maccu3a.uk)

Web Master & Beacon Management  
Tony Middleton

Membership Secretary

Phyllis Thomas

[membership@maccu3a.uk](mailto:membership@maccu3a.uk)

Groups' Co-ordinators

Mandy Orton

[groups@maccu3a.uk](mailto:groups@maccu3a.uk)

Shirley Stretton

[groups@maccu3a.uk](mailto:groups@maccu3a.uk)

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Other post holders

Publicity

Vacant

Speaker Secretary

Vacant

Newsletter Editor

Peter Whitham

Members' Morning Co-ordinator

Vacant

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# Chair's Comments

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Alec Johnston

We have had several newsletters setting out our Macclesfield u3a activities but no year book since 2019 due in part to covid, so by popular request you now have the 23-24 edition. This is thanks to Peter Whitham who is new to the committee and of course the input from all the Group Leaders setting out their groups' activities. Thanks also go to the 'distributers' of the booklet which saves on postage.

A warm welcome to several new faces to our u3a committee; Steve Hodgskiss is our new treasurer and we of course thank Steve Fallows and Keith Boulton for their diligence with our finances over the past years.

The Membership Secretary's role is now in the capable hands of Phyllis Thomas and hopefully all of you will have been in correspondence with her to renew your subscriptions.

The role of group coordinators has been kindly filled by Shirley Stretton and Mandy Orton and some of you will have met them already. Their role is to help group leaders with any queries that you may have and setting up new groups and generally bringing together our membership to 'Live Laugh Learn'.

All contact details are within the year book. *[Please keep these and Group leaders' details confidential]*

On your behalf I thank all the committee members, existing and new for their work to keep our Macclesfield u3a running and effective throughout the pandemic but we do need someone to manage the running of the Members' Mornings as well as a vice chairman to take over from me when I retire on March 31st 2024.

With Best wishes

Alec Johnston

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## From the Secretary

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Marion Grant [secretary@maccu3a.uk](mailto:secretary@maccu3a.uk)

I moved to Macclesfield 23 years ago and joined Macclesfield u3a almost immediately. I set up and ran the Spanish group until recently. I have attended several groups over the years and I have found the u3a an excellent organization for retired people and long may we 'laugh, learn and live' productive lives.....

I have been your secretary for a year now, during which time we have had several committee meetings, but most of the work is done via email.

The AGM is to be held on April 19th, at All Saints church. After the business, we will have a speaker from ANSA talking about what happens to our waste in the county.

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## From the Treasurer Elect

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Steve Hodgskiss – [treasurer@maccu3a.uk](mailto:treasurer@maccu3a.uk)

I was approached recently to see if I was interested in standing to be the next treasurer of Macclesfield U3A in April. And now I am a fellow U3A member.

Keith, the current treasurer, is being very helpful in showing me the ropes and I'm getting up to speed by studying his impressive spreadsheet and looking at some records. This is what I've learned so far:



Macclesfield U3A has in the past used both of the 2 main options for raising the income required to cover costs. Up to 2013 all members paid a relatively low subscription of ~£12 pa which covered less than half of total outgoings. Additional contributions were then paid by some members related to costs actually incurred by the groups they were in. This was seen as a fair method but was rather complex to administer and account for. In 2014 the subscription was raised to £25 which was enough to dispense with nearly all group additional contributions and to simplify the finances. This change led to some loss of membership, but numbers soon recovered. All was going well until the pandemic caused a large surplus for 2020-21, when normal subscriptions were coming in but hardly any venue costs were going out. This was then rebalanced by a large planned loss in 2021-22, when subscriptions were waived but venue payments restarted, to bring the reserves back within the target range. Things have settled back down in the 2022-23 accounts which will be presented by Keith at the AGM, and a modest surplus is predicted. A hybrid funding method is used currently, where the £28 subscription covers ~80% of expenditure, but members of a few groups with the highest venue costs pay some additional contributions to make up the shortfall. Most of our banking is now electronic and we have stopped making any cheque payments. 50-60% of subscriptions are also made electronically, and we encourage any members who use internet banking to use this method for their U3A subs. Please ask Phyllis our membership secretary for bank details. Of course, we are still happy to accept cheque payment for those who don't bank on-line. You can contact me by the details inside the front cover.

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## From the Membership Secretary

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Phyllis Thomas – [membership@maccu3a.uk](mailto:membership@maccu3a.uk)

I am delighted to be the new Macclesfield u3a membership secretary. Since November I been able to welcome a few new members and some lapsed members back into our group of about 450 current members. I also enjoyed chatting with several current members on the phone, whilst tidying up Beacon in preparation for the 2023 renewal period.

The good news is that the membership fee has not increased for 2023. Many thanks to all those who pay their subscriptions in a timely manner. I hope that members enjoy the various groups and events that are offered locally and nationally. It can be easily overlooked, but the national u3a body does offer a vast array of online events as well. Some of these are mentioned in the quarterly Third Age Matters, but even more seem to be available online via [u3a.org.uk](http://u3a.org.uk). If you are not currently receiving this TAM magazine via the post and would like to, please let me know.



If you have moved location or changed other contact details, such as phone or email, please let me know so that I can update Beacon, which securely holds your personal information and which group leaders use to manage their groups. If you have joined a group that can get discounts by showing a u3a membership card, please send me a self-addressed stamped envelope and I will send one to you.

If you are choosing not to renew your membership due to a particular issue, please do let me know. I would be delighted to see if I could help to address any problems or concerns. If you have skills, knowledge or ideas for setting up a new group, please contact one of our new Group Coordinators for assistance.

I can be reached at [membership@maccu3a.uk](mailto:membership@maccu3a.uk). I look forward to serving Macclesfield and the surrounding area.

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## From the Groups' Co-ordinators

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Mandy Orton – [groups@maccu3a.uk](mailto:groups@maccu3a.uk)

Shirley Stretton – [groups@maccu3a.uk](mailto:groups@maccu3a.uk)

As Group Leaders Co-ordinators, we have recently joined forces to share the position offering help and advice to group leaders. We are planning to organise meetings to enable leaders to come



*Mandy Orton and Shirley Stretton*

together for discussion and hope to visit as many venues as possible in order to make ourselves known.

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### Shirley Stretton

I have been a member of u3a for just over 3 years having retired from my job as an HLTA at a local primary school after 21 years. I am an active member of u3a thoroughly enjoying

being part of four different groups and making the most of the brilliant choice of events that the Macclesfield branch has to offer.

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## Mandy Orton

I became a member of u3a when I retired from a career in teaching and consultancy about 6 years ago. I am currently a member of the Croquet, Psychology and Knit and Natter groups and try to attend U3A events and meetings when I can. I'm looking forward to working with the GLs and visiting some of the groups over the coming year to find out a bit more about the many activities we have available.

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## From the Editor

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Peter Whitham – [editor@maccu3a.uk](mailto:editor@maccu3a.uk)

I hope you find this Year Book interesting and useful.

The Committee has asked me to provide this Year Book and two Newsletters each year.

The Newsletters are emailed to as many members as possible, and are in full colour, and can be read on computers and tablets. These are planned for August and January.

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## Members' Mornings

The post of Members' Morning Co-ordinator is currently vacant.

We would greatly appreciate someone taking on this important role, enabling us to meet regularly as a membership.



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## General news of group activities

A very big thank you to all the Group Leaders for getting their contributions in in good time for this Year Book.

This Year Book aims to give you a feel for what each group does – we have a very wide range of activities. Many groups have vacancies, and would welcome you.

Please note that contact details should not be shared outside Macclesfield u3a.

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## Allotment Gardening

- Steve Fallows

4th Thursday of the month at 2pm,  
Byron Lanes Allotments, off  
Laburnam Road

We are an enthusiastic group of amateur gardeners who meet on the fourth Thursday of each month at Byrons Lane allotments, off Laburnum Road in Macclesfield. We each have small individual plots, where we grow a wide range of vegetables, fruit and flowers for our own use. Success varies with the weather and our expertise but we generally manage to produce something that we can take home without too much embarrassment. We also have a shared greenhouse and shed.

As well as meeting other Group members on the plot, it's a good place to meet other gardeners to share tips and ideas – or just to sit and enjoy the peace and a brew. We also join with them from time to time to undertake fence and hedge maintenance.



We have a short waiting list: plots do become available from time to time. Feel free to get in touch if you think that you may be interested.

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## Art Appreciation

- Julia Marwood

2nd and 4th Tuesdays at 11am.

Various Event Locations

This group is for anyone who is interested in learning about art – you don't need to have any prior knowledge. Members are free to contribute as much or as little as they like to our explorations of a wide range of topics. We are currently meeting on the 2nd Tuesdays on Zoom and the 4th Tuesdays at a member's house, and we have room for new members.



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## Bird Watching

- Tony Middleton

2nd Thursday

Various Event Locations

We meet on the 2nd Thursday of the month visiting a variety of locations in our local area throughout the year. We usually have a walk to explore habitats in the area visited. Meetings usually continue until early afternoon with members bringing sandwiches and drinks, although we do try to ensure that it is practical for members to leave at lunchtime.



This is a friendly group and welcomes both those experienced in bird watching and those who are totally new to it. New members are always welcome.

Meetings planned for the remainder of the year:

- 13th April Wildboardclough
- 11th May RSPB Combes Valley
- 8th June T.B.A.

Further details can be found on our web page –  
<https://u3asites.org.uk/macclesfield/page/26662>

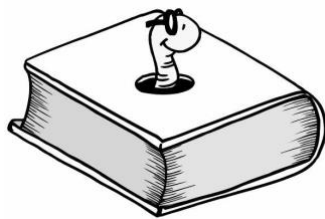
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## Bookworms 1

- Vicky Darlington

We meet on the 1st Thursday of the month at 2pm in various members' homes.

As a Book Club we have continued to use our local library to collect the books each month, which are obtained from the Central Library, near Chester. At present we have no vacancies in the Group, but please do not hesitate to contact me if you are interested in joining us in the future.



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## Bookworms 2

- Linda Godfrey

2nd Thursday at 2pm in members' homes.

We start the meetings socially with tea or coffee then discuss the book chosen for the month, taking turns to give our thoughts, and then a more general discussion about the book and any issues arising from it. We often finish by sharing thoughts about what we have been reading recently.

Members choose books a few months ahead. We have diverse tastes and consequently there is a good variety of books, both fiction and nonfiction, and all are easily available. It is an excellent way to be introduced to new authors.

We are a very sociable group and would be pleased to welcome some new members, so, if you would like to join our group, please contact me.

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## Bookworms 3

- Margaret Burnham

2nd Thursday at 10am in members' houses.

We are a friendly group of 8. The books are chosen by the members, ensuring that they are available on audiobooks for members who prefer to listen. We chat over coffee about the month's chosen book. Members have different interests and fiction and nonfiction books are discussed. We could welcome one or two new members.



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## Bookworms 4

- Maggie Hayes

3rd Wednesday at 2pm in members' houses. The group is currently full.

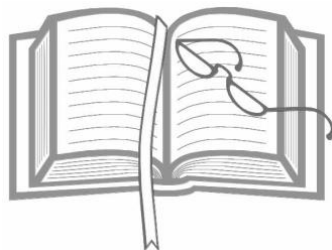
We meet in each other's homes for two hours, potentially travelling as far as Rainow, Congleton, Marton and Bosley. Every autumn we choose the books we want to read for the next

year (our list is on the website). We read a variety of books, some have a paperback, others read on kindle and one sometimes listens on audio. There are some very interesting discussions about each book after which we have a cuppa and biscuits and a catch up. There are 12 in the group and we very rarely have a vacancy.

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## Bookworms 5

- Peter Caulkett
- Christine Johnston



3rd Thursday at 10am in members' houses.

Love reading? Have you read a good book that you want to share with others?

Well Bookworms 5 is the place to come. You will also hear about books that our other members recommend – fiction, non-fiction, biographies, crime, award winners, books of yesteryear as well as the latest releases. What variety!

You may also find something that would make an ideal gift – we have!

You will never again say – I don't know what to read!

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## Bridge

- John Fisher

Currently suspended due to lack of numbers. Please email me if you would like the group to start up again.

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## Café walks

- Anna Franks

2nd and 4th Wednesdays at 10am.

This group was formed in May 2022. The aim is to do a short walk (around two miles) with a café stop usually at the end. It has proved a popular group. The time in the café helps us to get to know each other better.

Our walks have included the canal in various directions, along the River Bollin, Alderley Edge, Tatton Park, Henbury, Gawsworth and Sutton. We meet on the second and fourth Wednesdays of the month, for a 10 am start.



At the moment, we are operating a waiting list, to make sure of fitting into our chosen cafés. We have managed Yas Bean, and Rustica on Park Lane, but they were both a bit of a squash! Watch this space.

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# Card Making

- Joy Kewney

[joykewney@virginmedia.com](mailto:joykewney@virginmedia.com)

3rd Thursday 10am

At the leader's house.

Card Making is very therapeutic and full of fun.



We use dies, embossing folders, distressing inks, paints, stencils, stamps, teabag folding, Iris folding, scraps, Backing sheets, Ephemeral items, Washi tape.

There are many forms of card making – Gate fold, Z fold, Easel cards, Teabag folding, Iris folding. Rocker cards, Box's, Origami, Reveal cards, Shaker cards, to name a few. We also make Christmas decorations.

There is such a feeling of achievement when you leave, at the end of two hours, with something that is unique to you. You will be most welcome to join the group. Please send me an email or phone me if you are interested.

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## Country Dancing

- Jill Smart
- Jane Turner

1st & 3rd Mondays at 2pm  
St Thomas's Church Hall, Henbury,  
Macclesfield

- Dance Caller: Christine Smith
- Music Provider: Graham Smith

Gentle exercise or as much skipping as you like!  
Good for the brain – we are reliably informed.  
And great fun!  
Welcome to Country Dancing!





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# Crafters Together

- Jackie Boulton

3rd Monday at 2-4pm

Gawsworth Methodist Community Hall, Dark Lane, Gawsworth  
SK11 9QZ

If you knit, sew, cross-stitch, rug make, embroider, do felt craft or patchwork and quilting, we may be the group you are looking for. We are a chatty, friendly group of crafters who make new members welcome. Don't feel you need to be an expert, there are always people to help you learn a new skill or revisit an old one. Come and join us!

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# Creative Writing

- Veronica O'Connor
- Chris Hewitt

2nd & 4th Friday at 10am,  
every month.

Like the rest of the world, we  
have been affected by

illness but we continue to keep the group together.

We all need to express our ourselves, our hopes and feelings.

Writing has a way of being very therapeutic. For us the group  
has been and still is a source of sympathy and support.

Our writing has been varied in so many ways. the topics we  
chose and the way members responded. Everyone has  
something to say and we all respond either by joining in a



discussion or by being stimulated to write. Our wealth of memories is a treasure bank of ideas.

Do come and join us, you will gain much from our friendly supportive group.

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## Croquet

- David Lee

Every Tuesday morning from 10am-12 Noon, and Thursday afternoon from 2.30-4.30pm.

Macclesfield Cricket Club, Victoria Road.

Our group is about to enter its sixth season, and has grown from strength to strength in that time. We play on the outfield of Macclesfield Cricket Club on Tuesday mornings, and Thursday afternoons, during the season, and remain the only group playing Croquet in the whole of the Macclesfield area.



The group has built up a regular playing membership of about two dozen players, but we are very keen to attract new folk this season, as we shall now have six lawns available.

If you are at all interested in joining us, we have a gentle induction programme for newcomers ~ in truth, very few of our current players had ever played before joining us.

Croquet is the most fascinating of all sports ... it has been likened to a mix of bowls, chess, and snooker – can we tempt you?

In addition to our twice weekly sessions, we have developed close links with the U3A group in Congleton and have also enjoyed reciprocal visits to the Buxton Group. We do see ourselves as a social group first and foremost, with the very clear aim to have fun!

We plan to restart on Tuesday, 4th April. Please get in touch if you would like any further information, or just to tell me you'd like to join us.

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## Crown Green Bowls

- John Hayes
- Sylvia Bostock

Wednesday at 10am.  
South Park Bowling  
Green.

Bowls is a well-established group where we play bowls socially with an

optional competition running throughout the season. We are a friendly, informal group and welcome new members, both newcomers and those who have played before. We run some 'taster' sessions in April for beginners. If you would like to join us, please give Sylvia a ring first as numbers are limited.

Last season we moved to play each week at South Park while remedial work is carried out at West Park Bowling Green in 2022 and 2023.



*Crown Green Bowls by Susie Davies*

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## Discussion

- Chris Hewitt

1st Thursday 10am every month  
Sandra Moss' house until  
further notice.

Members each choose and  
present a topic for discussion  
on average about once a year,  
this gives us a range of topics and makes for added interest.



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## European Studies

- Norton Wragg

1st Tuesday 7.30pm

Leader's house

Even if your only experience of  
Europe is as a visitor to holiday  
destinations but would like to  
know more about the countries  
you visit or wider Europe then you are welcome to come and  
join us. We cover all aspects of life, culture, geography and  
history. We have looked at individual countries and topics that  
have impacted on many of them. We share our knowledge and  
experiences but also welcome anyone who only wants to  
come and listen. We try to take a balanced view of  
controversial subjects.

We meet monthly except August as a house group. We would  
welcome new members who share our interest. Please give me



a call for more information. No knowledge of Europe is required just a wish to expand our horizons!

If you would like more information, please contact me on the above number.

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## French Conversation 1

- Allan Trayes

3rd Wednesday at 2pm

At members' houses (limits apply).

Nos réunions sont pour bavarder et parler des nouvelles en France. Nous discutons une heure et demie, tout à fait en Français. Après ça on prend un gouter avec du thé, vers 16 heures, où on peut parler n'importe quoi langage, souvent moitié Français – moitié



Anglais. Quelque fois il y a un thème, la photo à gauche vient de notre fête de Noël, qui s'est passée en décembre. Ici les gens jouent au «Francopoly», inventé par Beryl !

### **The next bit is in English!**

Lived in a francophone country?  
Own/rent a property in a French speaking country? Got a good basic standard of spoken French? Want to improve or practice your ability to communicate in French speaking places? Come and try out our conversation group and meet people

like you for an entertaining 3rd Wednesday afternoon, once a month. You'll be sure of a warm welcome followed by some tea and cake towards the end of some free and easy banter. If you

haven't spoken French for a while, don't worry – we have dictionaries and will willingly help you on your way. Contact Allan and arrange to come along for a couple of trial meetings.

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## French Conversation 2

- Sally Lowden

1st Wednesday 2–4pm every month

At members' houses

Nous avons encore quelques places si on voudrait rejoindre notre groupe de conversation française. Nous nous rencontrons le premier mercredi du

mois aux maisons de nos confrères et consœurs. Si vous savez un peu de la langue et vous voulez pratiquer dans un milieu très sympa, venez nous rejoindre pour discuter de tous ce qui est français et de beaucoup d'autres choses aussi. Cependant, ce groupe n'est pas convenables aux novices; il faut savoir comprendre et parler français – pas beaucoup, mais un peu.



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## Geology

- Adrienne Noble
- Admin Beryl Beattie

Meeting 2nd Friday every month.

Geology Group meetings are usually on the 2nd Friday of each month. Because of large numbers we sometimes split into smaller groups and meet at additional times. The group is currently full but there is a waiting list.

The majority of meetings are outdoor field visits that enable us to explore the rich diversity of the local landscape. In addition we have a few indoor visits, lectures and workshop style meetings in the winter.

Details are sent out each month to members of the Geology Group's email list, giving information about any need to book, accessibility and walking distances, transport arrangements, and background information.

In 2022, with Covid restrictions lifted, we had monthly trips through the year. We visited a number of sites with rock exposures of the Sherwood Sandstone

group – Styal, Alderley Edge, Nottingham Castle and Hilbre Island. Our annual long trip was in Snowdonia visiting sites in the Snowdon Volcanic and Harlech Grits Groups – Conway Falls, Cwm Idwal, Sygun Copper Mine and Llanberis Slate Museum and Walk. In the last quarter we visited Apedale Coal Mine, Knutsford (Town Geotrail) and Biddulph Grange Garden (Geological Gallery).

Spring 2023 featured two indoor meetings with talks about Paleomagnetism (by a group member) and Salt Landscape (by



*Urban Geology – Park Tunnel,  
Nottingham*

a guest speaker from Northwich U3A) and then a visit to World of Wedgwood.



*Rural Geology – Cwm Idwal, Snowdonia*

In Quarter 2, we have visits to Lion Salt Works and Geodiversity Sites (in Northwich) then a Town and Cemetery Geotrail (Middlewich). Our long trip is to the Malvern Geopark and its fantastic scenery and range of geology sites.

In the second half of the year we switch to the Peak District to focus on sites featuring Limestone and Volcanics.



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# Geology Rock Bottom

- Adrienne Noble

## New group

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### The mission statement for the group

To deliver a course that gives people a basic understanding of geological principles including the structure of the Earth, how mountains and oceans are created and destroyed, and how geological processes have affected what we know as the British Isles through the ages.

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### The background history

The course had previously been run by Barbara Kleiser (recently retired as leader of the Geology group) for new starters in the group. Ron Pierce and Chris Brooks – long-standing members of the Geology group – volunteered to upgrade and run this course again. Initially open to ‘new’ members of the Geology group, the invitation to participate was extended to the whole of u3a Macclesfield. A total of 24 signed-up for the course.

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### The future of the group

Ideally, participants of the course will be motivated to take the Rock Bottom group forward to the next stage and develop a programme of local field trips.

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# German 1

- Kate Bonson

2nd & 4th Tuesdays at 2–4pm.

Various members' homes

We currently have 10 members in the group (the maximum is 12, for practical reasons). At each meeting, we start with "Was gibt es neues?" (What's new), where each of us describes (in German) some event or activity which they have experienced since we last met. Then, after a break for coffee/tea, the "Leiter/in" (that day's leader) takes us through a written or sometimes recorded sound article, which we read and translate.

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# German 2

- Nicky Campbell

1st & 3rd Tuesdays at 2–4pm

In group members' houses.

When we meet, one member of the group acts as "Leiter(in)" each time, devising the main activity for the session. We start by each reporting briefly on what we have done since the last meeting. Then we pause for Kaffee und Kuchen before our main activity.

Recently we have played Scrabble in German, as well as "Just a Minute", the "Unbelievable Truth", "Who am I?" and other word games. We aim to balance prepared contributions and impromptu speaking opportunities. Each meeting has two main



aims. Firstly, we try to practise spoken German as widely as possible. Secondly, we aim to have fun. One of the highlights of 2022 was the trip we organised to Berlin, where we spent time visiting the old eastern and western parts of the city, as well as the neighbouring city of Potsdam. Currently there are 12 group members, which means we are full.



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## Italian – Beginners Fumblers

- Phyllis Thomas

Mondays at 10am

Zoom

When I took over leading this group a few months ago, I took the

opportunity to rename it as I am the first to admit that I am not at all fluent in Italian. However just like the other members of this group, we love the language and the country (and the food and wine!) and we want to improve our language skills. Getting basics from a platform such as DuoLingo is a good start, but this group offers a friendly forum to practice those skills. We are perhaps better at reading Italian than conversing in it, and hence we do not feel ready to join a Conversational group. I would not describe us as true beginners in terms of knowledge of the language, but perhaps we are at a 'pre-intermediate' level. We continue to meet via Zoom as this allows u3a



members from outside of Macclesfield to join us and it allows our members to continue with our weekly sessions when abroad for extended periods of time. Our hour is generally split in half: during the first half we share our previously-prepared diaries of the past week and during the latter half we use external aids such as the internet to further our abilities. We all pitch in to help each other as best we can. I thank Doug Hughes for his previous leadership and for setting our firm foundation.

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## Italian Conversation

- Val Cutter  
[valcutter86@gmail.com](mailto:valcutter86@gmail.com)

2nd & 4th Tuesday at 10am

Italian Conversation is aimed at people with some knowledge of the language, who wish to practise what they know, and expand their grammar and vocabulary. We read and listen to audio books, devise exercises and games, to improve our skills – and enjoy general chat. We are a very friendly group.

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## Local History

- Steve Hurley

3rd Tuesday at 1.45pm in the Leader's house.

This is a group for those of us who are interested in learning more about the history of our local area. You don't need to be an expert. An interest in local history is all you need!

Our group is run on collaborative lines. The group leader coordinates content and arranges meetings, but members research about topics themselves and present back at our

meetings, although no one is forced to contribute until they are ready.

The members set the direction of the group, and one thing we're planning to do this year is to visit some places of historical interest in our local area.

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## Mah Jong

- Pete Caulkett

1st, 3rd & 5th Mondays at 2pm.

Sutton St. James Church Hall

Mah Jong is the Chinese game of "Winds and Dragons"; it is charming game that fascinates from the very start. It is similar to Rummy (played with tiles, not cards) and is easy to learn. We are happy to welcome beginners, so if you fancy giving it a go, please come along.



*Mah Jong game by Ray Jordan*



*Church Hall by Ray Jordan*

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# Make and Create

- Janet Parkinson

2nd Wednesday at 10am-12  
St. James Church Hall, Sutton.  
We are a lively group, willing  
to explore new things and do  
something different, perhaps  
out of our comfort zone.



We do a different, led project  
each month and everyone takes home something new.  
Recently Lynn led us doing Neurographic art,  
Stephanie made paper hexaflexagons – and  
tetrahexaflexagons.

And we are now making acrylic Christmas window hangings  
and Christmas Tea Lights.

We generally use materials we have got at home.

Everyone is experimenting, no one is an expert and we learn  
from each other and share our ideas

It is exciting to see  
how we all approach  
the task in a  
different way and  
end up with  
different results.  
No experience or  
preconceived ideas  
needed.



You are welcome to come and play with us.

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## Painting and Art

- Jackie Gibbs

Fridays, am and/or pm, during school term time  
(see website for schedule)

Langley Methodist Church Hall (Cock Hall Lane  
entrance), Langley, SK11 0BU

The morning is led with a topic or theme, and  
the afternoon allows artists to be free to do  
their own work. The morning welcomes  
beginners and accomplished artists alike, who  
want to be amongst like-minded people, in a  
relaxed atmosphere.



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## Photography

- Ray Jordan

3rd Thursday

Various locations and times

The group has had some  
successful outings this year,  
beginning with a trip to Rode  
Hall in February, to see their  
extensive show of snowdrops.

In March we had a fascinating visit to Avro Heritage Museum.  
This was followed by an historic and interesting walk round  
Macclesfield town centre in April.

August took us to the Gauntlet Birds of Prey Centre at  
Knutsford, where we saw many flying displays of impressive  
birds of prey.



*Trentham Park by Ray Jordan*

In October we went to Pilkington's World of Glass Museum at St Helens. As well as a tour of their museum, we were given displays of glass blowing, with the production of a beautiful glass bowl.



*Cheddleton Railway by John Howard*

Our Photography Group has gained several new members this year. We welcome anyone who is interested in photography to come and join us, whatever your level of skill, and whatever type of photographic device you have, whether it's a DSLR or a mobile phone camera.

*Stockport by John Howard*



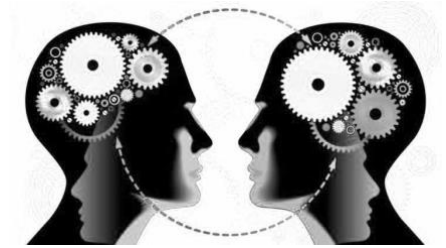


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# Psychology Forum

- Angela Raval

2nd & 4th Thursdays at 10am-12  
Macclesfield and Congleton  
Scout District HQ,  
32 West Bond St. SK11 8EQ



Our group runs lively discussions with the stimulus of presented material about a variety of phenomena from Psychology. The group has been in existence less than a year but we have already tackled issues and studies in Social Psychology and spent a few weeks looking at the Psychology of 'Normality'. We have just begun a series of sessions about Developmental Psychology, specifically looking at attachment. Meetings are highly participative, helped along by tea, edible treats and the wealth of experience and stories we can all share.

The group currently has a waiting list.

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# Rummikub Plus

- Denise Jones

2nd & 4th Mondays at  
2pm.  
Gawsworth Methodist  
Community Hall,  
SK11 9QZ.

Rummikub is a great game  
to keep the "little grey  
cells" working.



*Rummikub Meeting by Shirley Stretton*

We are a friendly group and tea/coffee and cake provided, 50p. Large car park off Dark Lane.

What is there not to like? Come and give it a try. All very welcome.

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## Spanish Improvers

- Pam Herring

1st & 3rd Tuesdays 2pm

Meet in members' homes (rotational basis)

This is primarily a relaxed and friendly conversation group suitable for anyone who already has some knowledge of Spanish and would like to keep it going. We use a variety of resources, including podcasts and books, and encourage members to talk in Spanish about their latest news and other topics. New members are most welcome.

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## Table Tennis

- Sue Whyatt

Thursday at 10am – 12 noon

Macclesfield Leisure Centre

We are a friendly group with a wide range of abilities. We play every week at Macclesfield Leisure Centre. It is not obligatory to attend for the full two hour session though the price remains the same, £1 cash per session for those not paying annually by BACS. At the end of the session some members go for a coffee upstairs, all are welcome.

Unfortunately we do not currently have the ability to teach beginners but anyone can come and have a go, please bring your own bat. Due to the number of people attending we tend to play doubles as a rule.



*Table Tennis by Susie Davies*

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## Technology & Science

- David Burnham

4th Tuesday at 2 pm, except for July, August and December  
Oakleigh House, 1 Riseley Street, Macclesfield, Cheshire SK10 1BW

We continue to meet at Oakleigh House. The room and acoustics are good enough for us not to use a PA system and, although a hearing loop would have been a help to some, the majority of hearing aid users seem to be happy with the current arrangements.

The last year has seen us transition from Zoom to face-to-face meetings. Zoom had the major advantage of allowing us to get speakers from around the UK. So, we have had Professor Jane Clarke FRS from the University of Cambridge describing how

proteins fold. She described some exquisite experiments involving picking up the end of a single protein molecule and measuring the force required to pull the folds out of it. Amazing stuff. Dr Jonathan Radcliffe from the University of Birmingham described the work going on to develop energy storage systems for the future energy grid. There are only so many valleys you can flood for pump storage systems. To me, the most alarming thing is the magnitude of the variation in gas demand from summer to winter – a factor of 6 between summer and winter – and gas supplies 2 to 3 times as much energy as electricity. Over the next few decades natural gas has to be replaced by something, possibly electricity and long-term storage clearly represents a major challenge. Finally, I would pick out Dr Jane Hundelby of the John Innes Institute, in Norwich. We have been changing the genetics of plants through most of human agrarian history, by conventional plant breeding, through radiation induced changes, gene insertion from other species to precise gene editing (CRISPR). Wild brassicas bear little superficial similarity to Kale (500 BC), Kohlrabi (100 AD) or Brussels Sprouts (1700 AD). Today, blight resistant potatoes are available through genetic modification in the USA, but are not in the UK at a cost of more than £50m pa to our economy. She described the development of insect, bacteria and drought resistant plants which are now being safely used worldwide.

At our most recent face-to-face, we learnt from Professor Steve Liddle about the chemistry of uranium and how this is leading to better ways to separate spent nuclear fuel.

In January we welcomed Dr Anna Bonaldi from the square kilometre array organisation (SKAO). SKAO has its headquarters in the UK in the grounds of the Jodrell Bank and it will operate sites in Australia and South Africa, with the two

largest and most complex radio telescope networks ever conceived. She is a cosmologist and her talk was entitled “Bigger, better, faster, further: Back to the cosmic origins with the SKA Observatory”.

In February we welcomed Professor Perdita Barran and Joy Milne from the University of Manchester. You may well have heard of the lady who can smell Parkinson’s disease; well, that is Joy Milne and Perdita has undertaken the challenging analytical work to identify the compounds that are associated with the disease.

In April, Professor Jamie Gilmour from Manchester University will talk about Meteorites and the Early Solar System and I think he will include some discussion on the processes that created the elements that we are all made of.

In May we welcome Dr Gareth Hatch who will describe where we get all the materials that we need to build the green economy of the future and the problems associated with these processes. I think we will know a little more about these elements from Professor Gilmour’s talk.

In June Andrew Devereau will show how analysis of disease data has allowed identification of genes responsible for some rare diseases using the 100.000 genome project database.

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Tue Apr 25th     Professor Jamie Gilmour, Professor of Planetary Science, Department of Earth and Environmental Sciences, University of Manchester  
Meteorites and the Early Solar System

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Tue May 23rd     Dr Gareth Hatch, Managing Director, Strategic Materials Advisory  
Why going green starts with brown earth

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Tue Jun 27th      Andrew Devereau, Division of  
Informatics, Imaging & Data Sciences, University of  
Manchester

Capturing disease descriptions to analyse genomes, a story  
from the 100,000 Genomes Project

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## Walkers 5 Milers

- Linda Hallatt

1st & 3rd Thursdays at 10am.

Various locations. Distance between  
4.5 to 5 miles – easy/moderate terrain  
Linda is taking over as leader from Phil  
Davies.



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## Walkers Mid Week

- Chris Hirst

Meet 1st & 3rd Wednesdays at 9:30 a.m. at Arighi Bianchi's east  
Car Park (behind the main building) and/or somewhat later at  
the start of the walk.

Our walks generally start within a 25-mile radius of  
Macclesfield, and are mainly within the Peak District. They are  
mostly in the 6 to 8-mile range and will usually involve some  
moderate, but not over-strenuous hill climbing.

We are a small group and would like to increase our numbers  
somewhat over the coming months. Consequently, new  
members will be especially welcome.



*Walkers with Snowdrops by Ray Jordan*

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## Walking Mondays

- Valerie Herbert
- Frank Nicholson

2nd & 4th Mondays at or after 9:30am, every month.

Each walk is advertised on the website and new members of the group are welcome. Please contact either Frank or Valerie. After a very successful 4 day visit to the Lake District in 2022, Frank has organised another visit in June 2023 which is now fully booked. We have returned to having a good turn out at all our walks and frequently a member circulates some

photographs afterwards. We are a very friendly group who love walking 6–9 miles more often than not in super weather. We are going to continue arranging walks 2–4 weeks ahead and full details are circulated to members of the group.

## Wild Flowers

- Alec Johnston

We have a similar programme to last year but visiting venues at different dates so hopefully will see a different set of plants. Thanks to Tim, Val and John for offering to lead the visits. I could do with an offer of location and lead for all TBA please?



*Bee Orchid – Miller's Dale*

### Wild Flower group outing schedule

April–August 2023

		Leader of walk
17th April [amended date]	Swettenham Meadows	Gillian and Ron Pierce
8th May	Dane in Shaw – SSSI	John & Val Cutter
22nd May	Millers Dale Station and Quarry	TBA
12th June	Hoe Green Quarry Brassington, Longcliffe	Alec



26th June	Hartington Station	Tim Walters
10th July	Upper Lathkill Dale – Monyash	TBA
24th July	Solomon's Temple / Grindlow Car park	TBA
7th Aug	Deepdale / West of Sheldon &/or Magpie Mine SK 172 681	TBA

Local self guided visits:

- Henbury field [West of Henbury church] – Ragged Robin et. al.;
- Teggs Nose – Moon Wort; Mountain Pansy;
- Jacksons Brickworks – various.

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## Website: [www.maccu3a.uk](http://www.maccu3a.uk)

For latest information, activities and events.

The website also has contact details for each group, and you can send a message to the group leader from each groups' page.

*Reminder: Please keep Committee members' and Group leaders' details confidential within Macclesfield u3a.*

# Morning Activities

	Week 1	Week 2	Week 3	Week 4
Monday	Italian 1 p27	Italian 1 p27 Walking Mondays p39	Italian 1 p27	Italian 1 p27 Walking Mondays <b>p39</b>
Tuesday	Croquet p18	Art Appreciation p10 Croquet p18 Italian 2 p28	Croquet p18	Art Appreciation p10 Croquet p18 Italian 2 p28
Wednesday	Crown Green Bowls p19 Walkers Mid Week p38	Café walks p14 Crown Green Bowls p19 Make & Create p30	Crown Green Bowls p19 Walkers Mid Week p38	Café walks p14 Crown Green Bowls p19
Thursday	Discussion p20 Table Tennis p34 Walkers 5 Milers p38	Bird Watching p10 Bookworms 3 p12 Psychology Forum p33 Table Tennis p34	Bookworms 5 p13 Card Making p15 Photography p31 Table Tennis p34 Walkers 5 Milers p38	Psychology Forum p33 Table Tennis p34
Friday	Painting & Art p31	Creative Writing p17 Geology p22 Painting & Art p31	Painting & Art p31	Creative Writing p17 Painting & Art p31

Various dates: Wild flowers p40

## Afternoon Activities

	Week 1	Week 2	Week 3	Week 4
Monday	Country Dancing p16 Mah Jong p29	Rummikub p33	Country Dancing p16 Crafters Together p17 Mah Jong p29	Rummikub p33
Tuesday	German 2 p26 Spanish p34	German 1 p26	German 2 p26 Local History p28 Spanish p34	German 1 p26 Technology & Science p35
Wednesday	French Conversation 2 p22		Bookworms 4 p12 French Conversation 1 p21	
Thursday	Bookworms 1 p11 Croquet p18	Bookworms 2 p11 Croquet p18	Croquet p18	Allotment Gardening p9 Croquet p18
Friday	Painting & Art p31	Painting & Art 31	Painting & Art p31	Painting & Art p31

### Evening activities

European Studies 1st Tuesday p20

# u3a Macclesfield



*Croquet at Macclesfield Cricket Club*



*Table Tennis by Susie Davies*

Website: [www.maccu3a.uk](http://www.maccu3a.uk)  
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