

**NEWSLETTER – July 2020****FROM THE CHAIRMAN – Christine Foreman**

I haven't really got much to say this month. I can't believe that it is now the beginning of August! Where has the year gone? Despite not being able to do much that I would normally do, the time seems to have sped by.

Some of our groups have started again – see later in the Newsletter – but for others, like table tennis and pickleball, it may well be a long wait because, although the Leisure Centre has re-opened, they have informed me that it may well be the end of the year before they can accommodate our groups.

I hope that you are all keeping well and trying to stay active.

Take care, stay well

Chris

NEWS AND UPDATES

PAYMENTS TO THE U3A

The preferred method of making payments to the u3a (including annual subscriptions) is online using the following details:

Sort Code: 40 52 40

Account number: 00032217

The reference box should contain your membership number and some details to enable the payment to be identified. An email receipt will be issued for online payments.

For those members who do not use online banking, payments for all activities, except the annual subscription, can be paid by cash or cheque.

Cheques should always be made payable to Wilmslow u3a. Annual subscriptions can be paid on the subscriptions day by cash, debit or credit card but not by cheque.

STUDY INTO THE EFFECTS OF COVID-19

Manchester University are conducting a study to understand how isolation due to coronavirus is affecting people over 70 and how this may be different for people with hearing loss.

Participants will complete an online survey so we can measure the psychological effects of forced distancing. The results will determine: a) how hearing loss and social distancing are related to loneliness, depression, anxiety and cognitive function and b) if people with hearing loss require additional support during the crisis, and if so, what this support should involve.

If you would like any more information please contact Jenna Littlejohn on

jenna.littlejohn@manchester.ac.uk or

to take part please follow this link: <https://is.gd/dsnresearch>

VICTORIAN DAY

The outing has had to be cancelled for 2020 due to the pandemic and the money paid refunded.

The organiser (Pauline Bushnell) hopes to arrange the outing for 2021. Watch for announcements.

NEWS AND UPDATES

FILM ON LIFE IN LOCKDOWN

U3A members across the movement have been finding creative ways to keep learning and stay in touch with each other during these uncertain times. This film is a visual snapshot of just some of the amazing ways U3A is staying connected with each other. It is available at: <https://www.youtube.com/channel/UCrqc8qYDZ4U24lq0J4qx0fQ>

LOCKDOWN STORIES

There are some stories of what other groups have been doing during lockdown on the North West News, June 2020 edition. This is available at: <http://www.u3asites.org.uk/north-west/NWnews>

SOURCES ONLINE BLOG

The blog has some great new stories. Visit it on the website:
https://sources.u3a.org.uk/?utm_source=U3A+Newsletter&utm_campaign=96a2d98105-EMAIL_CAMPAIGN_2020_01_16_02_20&utm_medium=email&utm_term=0_40791d727a-96a2d98105-517787333

SOME THINGS TO LOOK AT ONLINE

The North West website now has two pages which can support your online activities.

Web learning has a list of sites which offer online courses

Future Learn huge choice of free online courses with options to upgrade for certification.

The Great Courses

Technology Education Design (TED)

U3A online (Australia)

MOOCs (Massive open online courses)

The Royal Opera House has launched a programme of free online content.

<https://www.roh.org.uk>

A site for history enthusiasts: <https://www.timewisetraveller>

YouTube – many resources

Open Learn offer free short courses

Duolingo – learn a language

THE INTEREST GROUPS

PHILOSOPHY GROUP

The intervention of lockdown prevented the Philosophy Group from having its intended inaugural meeting, so we have since been carrying on by correspondence via email.

I took the view, and nobody's argued with me, that this format would work well for philosophical discussions. We haven't worried about mastering Zoom or whatever, or arranging fixed times for virtual meetings.

We've discussed some subjects straying towards politics (Illegal Drugs Policy and, topically, the Ethics of Lockdown) as well as what I think of as more purely philosophical subjects (Free Will and Determinism, Moral Relativism).

The group is certainly open to anybody who's interested. No academic qualifications in the subject are required; I have none myself.

If anyone is interested in joining the group, please contact Dave Mangnall on: 01625 526010, or at: davemangnall@aol.com.

CYCLING GROUP

I am happy to report that for the last three weeks the Wilmslow U3A Cycling Group have restarted group rides.

During lockdown many members had been cycling singly, or with a partner or someone they live with. However, when the government announced that we could meet in groups of up to 6 people socially-distanced, some of the Cycling Group members suggested that it was time to restart cycling as a group. So Jane Rawlings and I had a socially distanced face



to face meeting (either side of our open patio door – Jane outside in the rain with her umbrella and me on the dry side!), and hashed out a plan of action going forward.

One of the main goals was to enable those who hadn't the confidence to cycle alone, or who were not appreciating solitary expeditions, to enjoy, and benefit from, the social interaction of a 'safe' group cycle.

Briefly, the plan included :

- Scheduled cycle rides on Tuesdays and Thursdays, one 'Longer/Faster' and one 'Shorter Relaxed' on each day.
- Members to volunteer to lead any of these rides to a destination of their choice, and to invite the whole group to join them on the ride.
- Accept the 'first' five respondents for the ride.



- If more than five reply, the remainder would be prioritised for a future ride. (However in practice, when this has occasionally happened, a second leader has volunteered to follow on 10 minutes later, thus keeping safe distancing and greater road safety also)
 - One or two socially-distanced refreshment stops to be decided on by the leader, either 'bring your own refreshments' or a stop at an open café.



Three weeks into the restarting, the plan has settled down; everyone knows the system; and it is proving very popular.



We have enjoyed 13 group rides, ranging from 14 miles to 40 miles, three of which were over-subscribed so used a follow-on group and around 26 members have joined at least one of these (about half of the Cycling Group membership). There are four more rides in the schedule for the week ahead, one of which is 55 miles (I definitely won't be joining that one!).



There are some photos of our various safe, socially-distanced, coffee and lunch stops attached.



I'd like to thank all our members for helping to make this such a successful restart, especially those who have led rides.

Kate Bryant
Cycling Group Convenor

CROQUET GROUP

As with everyone else, COVID scuppered our plans to start the new croquet season just after Easter. Once the restrictions were eased it was feasible to renew outdoor activities like croquet, providing a risk assessment had been carried out. An email canvass of the group members showed that enough people were interested in playing to be worth sorting out the details to make it possible.

Having carried out the risk assessment and confirmed that the Phoenix Sports Club, where we play, were also comfortable to have us back, we were due to have our first playing session on 27 July. However quite independent of COVID, the English Summer weather can also ruin your plans and we had to cancel because it was pouring down. We were more successful the following week as the picture shows.



Now that we have started and sorted out how we can play and have fun even in these strange times, we will carry on playing every Monday starting at 2pm at the Phoenix Club in Styal and we would welcome along anyone else who fancies an opportunity to do something outside for an hour or two. As the picture shows, there is plenty of space on the croquet lawn and it is easy to maintain social distancing. The equipment can be easily

wiped down and there is no requirement to handle anything that has been touched by anyone else once the game starts. We also have appropriate wipes and hand sanitiser if required.

I would encourage anyone wanting get out of the house and have a bit of exercise and fun to consider croquet even if you have not played before or expressed an interest in our group.

If you are interested then please contact the Group Convenor - Peter Highfield - at pehighfield@tiscali.co.uk .

Please do not turn up without making contact because you need to receive a simple, short form to complete before attending. The form will show that you have properly considered whether playing would represent a risk to either yourself or your household.

Thanks to Dave Mangnall for the report on the Philosophy Group
Thanks to Kate Bryant for the report and photos of the Cycling Group
Thanks to Peter Highfield for the report and photo of the Croquet Group

CURRENT INTEREST GROUPS – July 2020

This list is a summary of the groups offered by Wilmslow U3A. If you would like any further information check the website, www.wilmslowu3a.org.uk, or contact the Convenor.

Alternatively you can contact Mike or Beryl on interestgroupscoordinator@wilmslowu3a.org.uk

Meeting Day	Time	Place	Waiting List	Convenor	Contact Details
Adventures in Digital Photography					
1st Thur of the month	10.00 – 11.45	Rise Café, Water Lane, Wilmslow	No	Mike Redfern	m_redfern@iCloud.com
Amblers Walking Group					
2nd Wed of the month		At various venues	Yes	Jane Sheldon	sheldon_jane@hotmail.com
Art					
Tuesday	14.00	Oakmere, Spath Lane, Handforth	No	Geoff Hutchinson	2denandme@tiscali.co.uk
Book Group 1					
3rd Wed of the month	14.00	Member's homes	Yes	Denise Hutchinson	2denandme@tiscali.co.uk
Book Group 2					
2nd Wed of the month	pm	Member's homes	Yes	Sheila Cookson	sheilacookson@brooklane.net 01625 582132
Bowling					
Apr-Sept, Fri	12.30-16.30	Ald Edge Park	Yes	Peter Scurfield	peterscurfield@tiscali.co.uk 01625 582673
Oct-Mar, Fri	12.30-15.30	Ald Edge Festival Hall	Yes	Anna Bainbrigg	b.a.bainbrigg@gmail.com
Bridge – Beginners/Improvers					
Monday	14.00	Oakmere, Spath Lane, Handforth	No	Caroline Mangnall	cmmangnall@gmail.com 01625 526010
Bridge – Improvers					
Friday	14.00-16.00	Oakmere, Spath Lane, Handforth	No	Lynne Rudd	lynnerrudd46@gmail.com
Bridge - Players					
Monday	19.30-21.30	Oakmere, Spath Lane, Handforth	No	Mavis Merryman Caroline Mangnall	01625 522991 cmmangnall@gmail.com 01625 526010
Croquet Group					
Mon, until 30 September	14.00-16.00	Phoenix Sports Club, Styal	Yes	Peter Highfield	pehighfield@tiscali.co.uk
Cycling Group					
Tue, Wed or Thur	09.30 or 10.00	Depends on group	No	Kate Bryant	katedavebryant@aol.com
Discussion Group					
1st Tue of the month	10.00 -12.00	Member's homes	No	Maurice Palin	mgpalin@btinternet.com 01625 535841
Easy Walking Group					
4th Thur of the month	10.00 - usually	Close to the start of the walk	Yes	Sheila Cookson	sheilacookson@brooklane.net 01625 582132

Meeting Day	Time	Place	Waiting List	Convenor	Contact Details
English Country Dancing					
2nd & 4th Mon of the month, not Aug	13.30-15.30	Oakmere, Spath Lane, Handforth	No	Shan Bristow	shan@shanbristow.co.uk 01625 520193
Exploring The Moral Maze					
2nd Tue of the month	10.00 – 11.45	Rise Café, Water Lane, Wilmslow	No	Beryl Pearce	beryl.pearce@waitrose.com
French Conversation					
1st and 3rd Wed		At convenor's home	Yes	Ann Thompson	athompson@email.com 01625 520138
Gardening Group					
Various days at various venues during the growing season			Yes	Judy Van Langenberg Tress Attwell	judyvan9@hotmail.com 01625 528485
Genealogy Beginners Group					
3rd Tuesday of the month		At convenor's home	No	Caroline Mangnall	cmmangnall@gmail.com 01625 526010
Genealogy Group					
4th Tuesday of the month		At convenor's home	No	Caroline Mangnall	cmmangnall@gmail.com 01625 526010
Handicrafts					
2nd Wed of the month	14.00-16.00	Morley Tea Room, Altrincham Road	No	Cherry Dolden	cherrydolden5@gmail.com 07531 670522
Intermediate Walking Group					
2nd Fri of the month	Start of the walk, transport pick-ups are arranged		No	John Cookson	johncookson@brooklane.net 01625 582132
IT					
No specific day or time		Not yet specified	Yes – for next course	John Cookson	johncookson@brooklane.net 01625 582132
Mah Jong					
Tue, 10.00-12.00, but not regularly at present		At convenor's home	No	Kate Forster	catherinelforster@gmail.com
Occasional Outings					
As and when, usually at the Coach and Four, Alderley Road			Open membership	Organised at each outing	
Online Book Group 1					
This is an online group, conducted by email, no meetings			No	Linda Bain	linda.bain@hotmail.co.uk
Opera Appreciation Group					
Wed pm, determined by transmission schedules		At convenor's home	No	Robert J Farr	rifarr2@icloud.com 01625 526404
Philosophy Group					
Currently the group is corresponding by email, no meetings			No	Dave Mangnall	davemangnall@aol.com 01625 526010
Pickleball					
Thurs	10.15-11.15	Wilmslow Leisure Centre	No	Mary Tindiglia	marytindiglia@gmail.com

Meeting Day	Time	Place	Waiting List	Convenor	Contact Details
Play Reading					
1st Tues of the month		At convenor's home	No	Pauline Bushnell	pauline6633@talktalk.net 01625 531753
Real Ale Appreciation					
Monthly		Lunchtime at real-ale pubs, accessible by public transport	No	Mike Redfern	m_redfern@iCloud.com
Science Group					
3rd Tue of the month	19.00 for 19.30	Wilmslow Library, 1st floor meeting room	No	David Simmons Chris Foreman John Palfrey	david.simmons1@btinternet.com 01625 536847
Scrabble Group					
2nd and 4th Thur of month	14.00-16.00	Oakmere, Spath Lane, Handforth	No	Jennie Palin	jennie.palin@btinternet.com 01625 535841
Spanish Beginners Group					
1st and 3rd Fridays of the month	10.00	At convenor's home	No	Mary Easingwood	m.easingwood@btinternet.com
Sunday Lunch Group					
1st Sun of the month		The Coach and Four, Ald. Road Wilmslow	No	Anna Corrigan	annacorrigan@live.com 01625 527751
Table Tennis					
Friday	10.15-11.15	Wilmslow Leisure Centre	Not at present	Chris Foreman Pat Bell Diann Simmonds	01625 530007
Monday	10.15-11.15	Wilmslow Leisure Centre			
Tai Chi					
		United Reform Church, Chapel Lane	Yes	Phyllis Barber	01625 533715
Theatre Outings					
Theatre trips are organised on the basis of what is most likely to appeal.			No	Anne Grace Cherry Dolden Kate Forster	annegrace@virginmedia.com cherrydolden5@gmail.com catherinelforster@gmail.com
Tuesday Coffee Morning					
3rd Tues of the month	10.00-12.00	Hoopers rest, Wilmslow	No	Heather Coward	heathervcoward@gmail.com 01625 348092
Tuesday Tea Group					
2nd Tues of the month (not Dec)	14.30-16.00	Morley Tea Room, Alt Road	No	Pauline Scurfield	pscurfield@tiscali.co.uk 01625 582673

EAST CHESHIRE NETWORK OPEN GROUPS

Members of U3As affiliated with the NE Cheshire Network may participate in other U3As' Interest Groups to a limited extent - that is, where the group is declared 'open' by the convenor and relevant Interest Group Coordinator. A list of current open groups is provided below - please get in touch with your own U3A Interest Group Coordinator for further contact details.

BRAMHALL

Creative Writing
Embroidery
Line Dancing
Scottish Dancing
Video and film making

All details, venues and time, of these groups can be found on the website. Any enquiries from prospective members should be sent to: groups@bramhallu3a.org.uk

CHEADLE AND GATLEY	Organiser	Contact Details
Archaeology	Lois Evans	0161 428 4373
Bridge	Linda Ewing	0161 312 5072
Environment	Peter Briggs	0161 485 6871
German	Lee Fairlie	0161 428 4791
MOOCs [Massive Open on Line Courses]	Batsheva Samely	0161 428 6030

CHEADLE HULME

Art Appreciation
Computers
Tai Chi
Photography

Contact Cheadle Hulme U3A for further details.

POYNTON

Art
Bridge
Creative Writing
Geology
German Conversation
Halle Concert Visits
History 2
Needlecrafts
Spanish

For further information contact: groups@poyntonu3a.org.uk

WILMSLOW	Organiser	Contact Details
Bridge	Mavis Merryman	tonyandmavis2@btinternet.com
English Country Dancing	Shan Bristow	01625 520193