



# AIR NEWS

**Activity In Retirement (AIR) founded in 1989, registered Charity No. 1001228**

*An organisation established by retired people, for retired people and run by retired people*

Website: [airmacclesfield.com](http://airmacclesfield.com)

<b>Chairman</b>	Paul Waugh, 45 Orme Crescent, MACCLESFIELD, SK10 2HU	Tel 424076
<b>Vice Chairwoman</b>	Liz Welton, 23 Hightree Drive, Henbury, MACCLESFIELD, SK11 9PD	Tel 428166
<b>General Secretary</b>	Anne Mathews, Hordern Farm Pottery, Buxton New Road, MACCLESFIELD, SK11 0AN	Tel 07958 800914
<b>Treasurer</b>	Judy Nicholson, 22 Vine Close, MACCLESFIELD, SK11 8PA	Tel 426796
<b>Membership Sec</b>	David Bowden, 307 Buxton Road, MACCLESFIELD, SK11 7ES	Tel 07767 406480
<b>Newletter Editor</b>	Claire Jones, 47 Macclesfield Road, PRESTBURY, SK10 4BW	Tel 07703 162823

## Chairman's Letter to AIR Members

With Easter coming early this year it seems to have thrown all our plans into confusion. Other external groups and charities have moved their activity dates forward and clashes have inevitably occurred. All I can say is 'make your choice and keep enjoying your activities whatever they are'. To add further confusion Thursday 2<sup>nd</sup> May 2024 seems to be a date for the forthcoming local elections, therefore we may not be able to conduct our normal AIR activities as some venues may be used as voting stations on that day and will not be available. Please monitor the situation nearer that time to ensure we do not clash. We have made enquiries to Cheshire East Council as to whether the Macclesfield Community Centre will be used for this purpose and shall confirm when a response is received. On the subject of voting, please don't forget that we all need to take identification to enable your vote to be registered.

Our next coffee morning will be held at the Macclesfield Community Centre on 6th April 2024 commencing at 10:00am. and will feature a brass band trio for your entertainment. These free bi-monthly events are friendly and social, proving very popular and donations collected are given to East Cheshire Hospice.

We are in discussions with Cheshire East Council regarding an increase in rental charges for the MCC. This is our main venue for activities and a rental increase is inevitable due to increased utility and maintenance costs, and also the costs have remained static for some years which has obviously been to our advantage. People living in the area must also be aware that CEC are in some financial difficulties, but they continue to recognise the important impact AIR has within the community.

The Management Committee are still endeavouring to move AIR funds into a new charities account. This will provide increased interest returns on monies that previously were sitting idle with very little interest. This can only be achieved by using a recognised 'charities account' which offers no risk to our capital and setting up the account is carefully controlled.

We continue to seek additional people for the role of trustee. The trustees carry out a valuable and necessary role to ensure the Management Committee runs the charity within the AIR Constitution and the rules of the Charity Commission. These positions must be maintained in order to satisfy charity operational requirements. Additionally, other committee and activity leadership roles are available, so if you feel that you can spend a little time supporting AIR then please contact myself, or any committee member.

Reports of the initial meeting of the pilates class suggest that it is very popular and it was over-subscribed. Details have now been circulated regarding a way forward to control numbers with two classes (mat based and chair based) being proposed. The dates are governed by the outside volunteer leader and we are working around her availability.

I would again remind members with computer access that our website (<https://airmacclesfield.com>) has been updated and overhauled, and that all current AIR Documents and newsletters are available for perusal.

Interest has been expressed in providing a First Aid course for our leaders and members. Although no details are available yet, if you are interested please contact me, so we can ascertain the viability of this.

We all look forward to your continued enjoyment of the many activities offered by AIR and welcome any comments and correspondence from AIR members and also your aspirations for the future.

Stay safe and look after yourselves  
Regards

Paul Waugh – Chairman – April / May 2024

## For Hire

AIR now own approximately 150 glass champagne flutes and are now offering these to members for hire. Should this be of interest and you wish to secure more details please contact Paul Waugh 07906 235913

## AIR SOCIAL EVENTS

### AIR COFFEE MORNING

Come and join us at the bi-monthly Coffee Morning on Saturday April 6 at the Community Centre [or Senior Cits. to most of us] from 10am to noon. Your Social Committee are looking for suggestions for the coming year so if you have something in mind just let us know and if you would like to join us that would be great. There will be the usual book, jigsaw and bric-a-brac stalls with all proceeds going to the East Cheshire Hospice and we are going to be entertained by The Promenade Brass Trio.



We look forward to seeing you there.

Any queries to Anne Mathews on 07958800914 or email at [e.annie01@hotmail.com](mailto:e.annie01@hotmail.com).

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### NEW MEMBERS

The Management Committee extends a warm welcome to the following new members:-

Christine Adshead	Jacqueline Eaves	William Heath	Keith Knight	David Preston
Janine Atkinson	Lesley Fallon	Jennifer Jack	Jonathon Knight	James Rouse
Lesley Brown	Anthony Glynn	John Kearey	Jackie Needham	Jonathan Tipler
Kenneth Burgess	Ann Glynn	Bernard Kerr	Christine Nightingale	Oonagh Wilkinson
Michele Burgess	Elsa Goodwin	Joyce Kerr		Jean Winnell

Total AIR membership is now 627

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### AIR IN ACTION

#### GENTLE PILATES with Liz Kensdale

After the huge success of the first class, new dates have been released for the gentle Pilates classes at the MCC as follows:

28th March @ 3pm CHAIR BASED Pilates  
11th April @ 3pm MAT BASED Pilates  
2nd May @ 3pm CHAIR BASED Pilates  
9th May @ 3pm MAT BASED Pilates

Each class will last for 45 minutes alternating between **chair only** (for those who cannot get down onto the floor and back up) and **mat based** classes (just for those who can do floor exercises). We hope this arrangement will be beneficial to the two groups of attendees. We also hope that it will reduce the size of the mat based classes so that the classes can be conducted safely. Please bring a mat and a resistance band (optional) to the class (Home Bargains was selling both mats and bands recently).

Please contact Anne Hooley on 0161 483 6940 for more information or Sue Waugh on 07955 721 480 who has kindly offered to assist with the running of the classes.

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### AIR CRAFT

Due to a lack of numbers the Craft Group will not be meeting again until September.

## AIR IN ACTION

### AIR RAMBLERS

In recent months the Ramblers Walking Group has become a victim of its own success. Groups of up to 30 people have become a regular occurrence, causing problems with parking, safety, especially along roads, and pace of walks involving stiles. As a result, we have decided not to admit any new members for the time being. However, we will continue to monitor the situation and apologise for any inconvenience.



AIR Ramblers enjoying a surprisingly fine weather walk to Bramhall Hall

Any enquiries please contact Chris Jones 07821 587440

### Walk Leaders Rota:

01Apr Pat Wroe (01260 603024)  
08Apr Terry Heathcote (574418)  
15Apr Alan Chapman (422295)  
22Apr Alistair Croft (261964)  
29Apr David Bowden (07767 406480)

06May Chris Jones (07821 587440)  
13May Doreen Dean (01260 227207)  
20May Mike Cliff (501534)  
27May Mavis/Peter Solomon (420782)

03Jun Pat Wroe (01260 603024)  
10Jun Terry Heathcote (574418)  
17Jun Alan Chapman (422295)  
24Jun Alistair Croft (261964)

### AIR TAI CHI

As with the Ramblers Walking Group the same thing is happening to the Tai Chi Class. I'm afraid we will have to stop taking any new members for the time being. I've started a waiting list, but how long it will take, I've no idea, as this hasn't happened before. But, if you're interested in joining the waiting list, please contact Enid Evans on 01625 610627.



### AIR TABLE TENNIS

Air Table Tennis Hurdsfield recently held a doubles competition, just for fun. The event was well supported on both days. Couples were selected randomly. Twenty participated on Tuesday and sixteen on Friday. The prizes were donated by members, and the trophies expertly crafted by Ian Bradley.

Any enquiries please contact Pat Scanlon on 01625 404278 or Ken Perkin on 01625 613162

### AIR SEQUENCE TEA DANCING

When we break for Tea and Biscuit's on Tuesday , the men have the job of washing up.

Here they are in full flow .....!

Any enquiries please contact Paul Waugh on  
07906 235913



## AIR IN ACTION

### AIR AMBLERS



AIR Amblers recent visit to see the daffodils in front of Astbury Church

**Any enquiries please contact Stella Roberts on 01625 610889**

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### AIR THURSDAY WALKING

Our Thursday walking group enjoying a walk on The Edge recently. Meeting every Thursday afternoon for a 3-4 mile stroll, fairly flat with few or no stiles and finishing with a stop for Coffee and a chance to put the world to rights !!!

**All enquiries to Anne Mathews on 07958 800914 or email at [e.annie01@hotmail.com](mailto:e.annie01@hotmail.com).**

