



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

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

*** Annual Subscriptions - to be renewed during September please ***

Chairman's Letter to AIR Members

Our next coffee morning will be held at the Macclesfield Community Centre on 3rd August 2024 commencing at 10:00am. These free bi-monthly events are friendly and social, proving very popular and donations collected are given to East Cheshire Hospice. A recent letter of thanks from ECH has advised that AIR have totalled over £17,900 in donations – Well done everybody!

Our annual Leaders Meeting was held on Wednesday 17th July 2024 unfortunately this was poorly attended. Those that attended gave positive reports regarding the numbers for each activity and the minutes of the meeting are attached to this newsletter. The committee are considering asking those leaders that cannot attend to provide a short report beforehand, so this can be read out and then we can have a better understanding of all the AIR activities.

Under our Constitution it is a requirement that Accident forms should be completed in the event of any accident (whether serious or minor) or a 'near miss' i.e. no actual injury occurred, but due to good fortune was narrowly avoided. This information may then be something we can add to Health & Safety Risk Assessments for future prevention. This is usually completed by the activity leader and sent to AIR General Secretary (Anne Mathews).

Thursday evening Kurling will recommence on 19th September (to be confirmed nearer that time). Up-to-date information regarding Pilates classes is on the AIR notice board in the MCC entrance hall. The next activity will be chair based at 12:30pm on Thursday 1st August 2024. Our Sequence Dance group is organising a 3 night dance break in Lytham St. Annes in July 2025. Non-dancers are being invited to attend for their own holiday break. See notice in Newsletter for details and contacts. Since some of our more traditional activities seem to be losing regular numbers, we are always open to discuss any new activities that members may wish to undertake. Initially this may involve getting a group of like minded people together at a convenient venue. If this then needs financial support we can provide this and help with arrangements.

Trustee, management committee, social committee and activity leadership roles still need additional members so if you feel that you can spend a little time supporting AIR then please contact myself, or any committee member. We all look forward to your continued enjoyment of the many activities offered by AIR and welcome any comments and correspondence from AIR members (including reports and photographs of activities for the AIR Newsletter) and also your aspirations for the future.

Stay safe and look after yourselves

Regards

Paul Waugh – Chairman – August /September 2024

For Hire

AIR now own approximately 150 glass champagne flutes and are 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 next Coffee Morning on Saturday 3 August from 10am til noon.

The usual Book, Jigsaw and Bric a Brac stalls will be available with all proceeds going to the East Cheshire Hospice.

We have decided, after feedback, that you prefer not to have a musical background and like to chat with your friends and put the world to rights.



We look forward to seeing you there.

Any queries to Anne Mathews on 07958800914 or email at e.annie01@hotmail.com.

Annual Subscription Renewal

The annual membership subscription is £10; see the attached form for details of how to renew before the end of September please.

Subscription Day, when you can pay in person, will be Saturday 5 October, combined with a Coffee Morning at the MCC.

AIR COACH OUTING TO ORDSALL HALL

There will be a joint AIR and Macclesfield Countryside & Heritage Club (MCHC) visit to Ordsall Hall in Salford on Tuesday 24 September. Ordsall Hall is a hidden gem and was built in the fifteenth century. It is distinguished by its' elaborate roof structure which displays the skills of the carpenters. It is supposed to be haunted and has cameras on "ghost watch"!



On arrival, there will be a guided tour followed by lunch. Lunch will consist of sandwiches, crisps and tray bake with tea or coffee. There will then be time to have a further look at the Hall and garden before departing at 3pm. It has a small garden. If you are interested in attending, please complete the attached application form.

NEW MEMBERS

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

Abercrombie	Jonathan Heathcote	Valerie Potts	Jennifer Wright
John Bennett	Kay Heathcote	Margalit Stott	
Joyce Cook	Marie Hewson	Jayne Williamson	
Janet Gould	Anthony Pittendreigh	Wai Wong	

Total AIR membership is now 661

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 walk from Whitely Green
Any enquiries please contact Chris Jones 07821 587440

Walk Leaders Rota:

05Aug Mavis/Peter Solomon (420782)
12Aug Pat Wroe (01260 603024)
19Aug Alan Chapman (422295)
26Aug Terry Heathcote (07421324599)

02Sep Chris Jones (07821587440)
09Sep Alistair Croft (261964)
16Sep David Bowden (07767406480)
23Sep Doreen Dean (01260 227207)
30Sep Mike Cliff (501534)

07Oct Mike Mrozek (07972715487)
14Oct Mavis/Peter Solomon (420782)
21Oct Pat Wroe (01260 603024)
28Oct Terry Heathcote (07421324599)

AIR GENTLE PILATES—An update

Liz Kensdale is conducting Pilates sessions as often as her schedule allows.

The next class will be on Thursday 1st August at MCHC. This is chair based.

Classes will now commence at 12.30pm and finish at 13.15pm.

Classes alternate between chair based and mat based.

Classes are not weekly.

Please watch the notice board for details of dates.

It would assist in organising classes if we had a telephone / email contact list so that cancellations to the programme could be notified direct (when we are unable to access the newsletter medium).

If you are happy to give your email address, home telephone number and mobile number to one of the organisers, that would be most helpful.

Please send contact details to annehooley@yahoo.co.uk or phone Anne on 0161 483 6940

Email “Junk” File

A polite reminder to AIR members when using email to regularly check their “junk” box for valid emails. Increasingly we hear from members that they have not received their AIR Newsletter only to find it had arrived via the junk file.

AIR IN ACTION

AIR SEQUENCE DANCE GROUP

The AIR Sequence Dance Group will be running a 3 night dance break in July 2025 at The Bedford Hotel, Lytham St. Annes. We have reserved the hotel rooms, and should any AIR member wish to holiday with us, they will be most welcome. Although the hotel is recognised as a dance hotel with ballroom facilities, it also makes a wonderful venue for a holiday break, with excellent meals included as part of the package.

Should this be of interest and you wish to secure more details
please contact Paul Waugh 07906 235913.

PICKLEBALL – A NEW ACTIVITY

Fast becoming one of the most popular racket sports in the world, pickleball combines elements of tennis, badminton, and ping-pong. Players can play as both singles and doubles, using paddles to hit a plastic ball between them.

This is a sport for all ages, backgrounds and abilities. It's easy to pick up for beginners and is a great way to exercise, keep active with friends and meet new people. Best of all, it's a low-impact sport, that's easy on the joints and it can help you build your fitness while playing a fun and challenging game.



If you would like to try the sport, the Macclesfield Tennis Club is inviting you to come along on Wednesday mornings between 10am and noon to watch or join in on their dedicated courts - someone will be on hand to offer advice and tuition. No equipment required - the bats (paddles) and ball are supplied. There is a charge of £3 per session. If there is sufficient ongoing support, then AIR will look to form a group.

For further details please contact David Bowden 07767 406480.

WALKING FOOTBALL

We have been invited to a '**Walking Football**' activity based in Macclesfield. Although not an AIR activity any members who wish to know more details should contact a member of the committee.

AIR Insurance Policy covers Public Liability and not individual members. Any member or guest participating in an AIR activity do so at their own risk.

Guests must also sign the 'Disclaimer Acceptance' form indicating that this is understood.

AIR SOCIAL EVENTS

Coach outing to ORDSALL HALL

AIR and MCHC

Tuesday 24th September 2024

There will be a joint AIR and MCHC visit to Ordsall Hall in Salford on Tuesday 24th September. On arrival, there will be a guided tour followed by lunch. Lunch will consist of sandwiches, crisps and tray bake with tea or coffee. There will then be time to have a further look at the Hall and garden before departing at 3pm.

Member cost £35.00pp for coach travel, tour, lunch and driver gratuity

Pickups:

Thornton Square

Co-op

10.00am

Churchill Way

Majestic Wines

10.10am

Brocklehurst Arms

Tytherington

10.20am

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Application form **ORDSALL HALL** Tues 24.9.24 **AIR / MCHC**

Your Name..... Membership Number.....

Companions' Names..... Membership Number.....

Your address.....

.....

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Post Code.....

Boarding Point(s).....

Your land line number.....

Your mobile number.....

Your Email address.....

Emergency contact number.....

Dietary Requirements.....

I would like coach places for ORDSALL HALL @ £35.00 pp

Total cheque (payable to MCHC) enclosed £

SUBSCRIPTION RENEWAL 2024/25

Current AIR subscriptions expire on the last day of September of this year. To retain membership of AIR you are invited to renew the subscription of £10 for a further year in one of the following ways:

1. **Bank Transfer.** Use the following details when making an on-line payment:

Payee: AIR Macclesfield
Account Number: 10058559
Sort Code: 16 24 32
Date of payment: 1st of September (or soon after)
Payee Reference: Membership number/s. Alternatively, use surname followed by initials and for a couple use surname and both initials (e.g., DB&J).

2. **In Person at Macclesfield Community Centre**. Renew your subscription with cash or a cheque and collect your new membership card at the MCC, Duke Street, on Saturday 5th October (when tea and coffee will be served) between 10am and 12noon.

3. **By Post.** Please use the payment slip below (Please do not send cash payments by post).

Note: Membership ends if a renewal subscription has not been received by 31Oct22.

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SUBSCRIPTION RENEWAL BY POST

Complete this form and enclose it with your cheque payable to “*AIR MACCLESFIELD*”, also enclose a stamped self-addressed envelope for the return of your new membership card.

I enclose a cheque for £..... (£10 per member)

Name..... Member Number.....

Name..... Member Number.....

Please notify any changes in personal details (home address, telephone, email address):

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Send to:

AIR Membership Secretary, David Bowden, 307 Buxton Road, Macclesfield, SK11 7ES,
before the end of September please.

Cheque enclosed ☐ tick

Stamped self-addressed envelope enclosed ☐ tick.