



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
Newsletter Editor	Claire Jones, 47 Macclesfield Road, PRESTBURY, SK10 4BW	Tel 07703 162823

Chairman's Letter to AIR Members

As this Newsletter is the last before Christmas, I would like to wish you all a Merry Christmas and a Happy New Year on behalf of the Committee and Trustees.

Although most AIR annual membership subscriptions are now paid, some are still outstanding and these memberships will automatically cease at the end of the year. Any concerns or difficulties please contact membership secretary David Bowden.

Annual accounts have now been completed and overall, we have reduced our funds by approximately £5,267. This is mainly due to increased rentals, but our funds are sufficiently healthy to maintain our activity fees at the present rate. Full details will be available at the AGM after the accounts have been independently audited and submitted to the Charities Commission.

We previously agreed to invest £15,000 of AIR funds into an annual bond which has now concluded. Therefore, we have re-invested the same amount plus interest into a further bond to maintain a good interest return. This money is invested in a 'charities bond' which is guaranteed safe and money can be withdrawn at any time, although we would be penalised and lose all interest payments if withdrawn prior to conclusion of the term. This type of bond ensures that our capital is not at risk.

Recently we have received accident reports regarding slips on steps and stairs that have required first aid treatment and hospital care. Darker evenings and colder weather can also increase the risk of slips, trips and falls. At this time of year surfaces can be perilous, which means slip and trip accidents may become more frequent. There are plenty of seasonal factors to consider when avoiding these sorts of accidents including poor lighting, snow and ice, excess water from rain and wet or decaying leaves. Therefore, I urge everybody to take extra care now that the clocks have gone back and during this season of colder and wet weather.

For your information Cheshire East Council are running a 'Falls Prevention' class at Hurdsfield Church Hub each Friday morning. Details can be found at Cheshire East website.

Also, AIR have purchased first aid kits for each activity venue. Although each venue is required to have a first aid kit, our inspection highlighted that some were not kept up to date and used items replaced. Therefore, AIR will take responsibility of maintaining our own kits, like we do with maintaining the Defibrillator.

[AIR plan to hold our Annual General Meeting on Wednesday 21st January 2026 details are attached to this newsletter](#) for nominations and attendance times. We are seeking additional trustees,

Chairman's Letter to AIR Members (cont.)

committee members and activity deputies to continue the smooth running of our charity. So if you feel you would like to contribute some time to help, then please contact myself, or any committee members. Nominees are welcome to be put forward but must be seconded before being proposed on the day. Our Constitution Document states that a quorum must attend in order for the AGM to be held. To satisfy this we need 5% of membership, or 50 members, whichever is the greater. We look forward to meeting members and hearing their views whether in favour, or against, any proposals.

We would welcome any comments and correspondence from AIR members

Stay safe.

Paul Waugh – Chairman – December 2025_January 2026

AIR Membership

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

Maureen Boughey	Christopher Harrison	Chris Juskiewicz	Paul Roman
Wendy Chadwick	Jackie Harrison	Andrew Kennedy	Susan Slater
Mary Finch	Marjorie Holmes	Jean Millar	Elizabeth Smith
Philip Gosling	Marion Johnston	Jennifer Patterson	Fauzia Trafford
Jane Hammond	Janet Jones	Ann Robinson	Caryl Watkins

Total membership is now 713

Thank you to all those members who have renewed their membership which is now valid until September of next year. A reminder that we are not renewing membership cards each year so please retain your current card.

If you are in any doubt as to if and when you have paid, then please **email** (bowdens@outlook.com) or give me a call (07767 406480).

David Bowden, Membership Secretary

AIR SOCIAL EVENTS

FESTIVE COFFEE MORNING

Come and join us at our **Festive Coffee Morning on Saturday 6th December** from 10 a.m. to Noon and enjoy a Mince pie with your Tea or Coffee.



We are happy to welcome **Sutton Handbell Ringers** to entertain us with a medley of carols for us to sing along to with all donations going to the East Cheshire Hospice.

We look forward to seeing you there.

Any queries to Anne Mathews on 07958800914.

AIR IN ACTION

MUSIC AND MOVEMENT

The last session of Music and Movement will be held on 12 December, and classes will restart on Friday 13th February.



TAI CHI

The last session of Tai Chi will be held on 10th December and will restart on Wednesday 14th January.



QI GONG

AIR is fortunate to have new member Alan Horton, a Kung Fu Master with 55 years' experience. Alan has kindly agreed to run a new activity Qi Gong which takes place in the MCC every Friday at 12.15pm.



Qi Gong developed in China thousands of years ago within the context of traditional Chinese medicine. The practice combines body posture, movement and breathing techniques. Benefits include increased general health and well-being, reduced stress levels, improved circulation, enhanced balance and a more positive outlook on life.

Alan is gearing his teaching to the needs of AIR members who speak highly of his classes. If you are interested and need to know more, come to the MCC on a Friday for 12.15pm and watch of join in.

For more information, **contact Anne Matthews on 07958 800914 or email e.annie01@hotmail.com or Alan on 07488 352639 or email alboyhorton@gmail.com**

LINE DANCING

Line dancing is great fun and good exercise. We hold a line dance at the MCC on the fourth Friday each month at 2pm, comprising a mix of beginner, improver and intermediate line dances. Don't worry if you've never tried it before as we teach each dance.

If you fancy giving it a go, feel free to contact Pauline and Ian, email: airlinedance@gmail.com

Details and dates for all monthly dances are on the AIR website: <https://airmacclesfield.com/activities-2/line-dancing/>



Hope you can come along.

Pauline and Ian Crewdson

AIR RAMBLERS



AIR Ramblers on a recent walk from Ridgeway Reservoir to Teggs Nose

The AIR Ramblers group continues to meet on Monday mornings for walks of around 5 miles, usually around the local area but occasionally further afield. Details of the walk are supplied to members a few days beforehand and we set off at 9.45am. We are a friendly group and are always happy to welcome new Ramblers.

AIR Ramblers Leaders Rota:

December	January	February
01 Dec-Xmas lunch	05 Jan-David Bowden (07767406480)	02 Feb-Chris Jones (07821587440)
08 Dec-Cath Day (01612502344)	12 Jan-Doreen Dean (01260227207)	09 Feb-Mike Mrozek (07972715487)
15 Dec-Pat Wroe (07969 012537)	19 Jan-Mike Cliff (501534)	16 Feb-David Bowden (07767406480)
22 Dec-Mike Mrozek (07972715487)	26 Jan-Alan Chapman (422295)	23 Feb-Doreen Dean (01260 227207)
29 Dec-Terry Heathcote (07421324599)		

Please contact Jane Kwiatkowski on 079234 37713 for further information.

AIR Insurance Policy

The policy covers Public Liability and not individual members. Members or their guests participating in an AIR activity do so at their own risk. Non-members/guests must also sign the 'Disclaimer Acceptance' form indicating that this is understood.

ACTIVITY IN RETIREMENT - ANNUAL GENERAL MEETING

WEDNESDAY 21 JANUARY 2026

Macclesfield Community Centre at 1.30pm

A G E N D A

1. Apologies for Absence
2. Minutes of the last AGM January 22nd 2025
3. Chairman's Report
4. Hon. Secretary's Report
5. Hon. Treasurer's Report
6. Hon. Membership Secretary's Report
7. Election of Officers
8. Any other business
9. Speaker (to be arranged)

Management Committee Elections

Several posts are up for election this year. If you feel you would like to join us, you would be most welcome. To nominate a member for any of the posts listed below please use the attached form. Please ensure you have the Nominee's permission, and you will need another member to second your proposal. You may nominate more than one person but NOT for the same position. The expected tenure of office is three years.

Elections this year are for:

- Hon. General Secretary
- Assistant Treasurer
- Assistant Membership Secretary
- 2 x General Committee Members
- Newsletter Coordinator

NOMINATION FORM - ELECTION OF OFFICERS

I/We the undersigned wish to nominate.....

for the office of

[Nominees permission has been obtained.]

Signature of Proposer

Print Name

Signature of Seconder

Print Name

Please send the completed forms to: Mrs Anne Mathews, Hordern Farm Pottery, Buxton New Road, Macclesfield, SK11 0AN to arrive by January 5th 2026.