

SANDBACH U3A

Welcome to your Autumn Newsletter - the 4th and last one for 2018! Now, we want your FEEDBACK - TELL US WHAT YOU THINK, HONESTLY!

Do you bother to read it? Is it too serious, too light or maybe difficult to read, not sufficiently entertaining? What would you like to see in it? Please send ALL your comments, good and bad, to the editor at: newsfeed@sandbachu3a.org.uk



Hedgehog Corner

Did you know?

Over the years, our spiky little friend has consistently been voted the country's favourite mammal. And yet, their numbers are in serious decline due to loss of habitat and badger predation.

NOW is the time for YOU to help with some easy fixes.

*Each night they travel several kilometers in search of food, leaving 5"(150mm) gaps or holes in/under your fences allows Spike to forage for your slugs and worms.

*Leave your garden waste - leaves, sticks and logs – in piles or under hedges to provide winter hibernation and insect food sources

More tips inside

Inside this Issue

Volunteering + Sunday Lunch does it + New Family Fun Quiz + MP gives U3A 'Thumbs Up' + New Health and Well-Being + Dementia Friends + New Fitness Group + Poetry Together + Fake TV licenses + New Wine Appreciation Group + Black & White Trail + Waitrose Community Week ...

Volunteers ... Hi-ho! Hi-ho!

A volunteer is worth ten pressed men-or women!

We need volunteers to help with a wide range of tasks, for example:

- Envelope stuffers for AGMs
- Marshalls for Sign Up Day

We also need an enthusiastic volunteer to fill the role of Vice Chair.

Some roles can be subdivided to ease any time pressures. If you are keen to help and would like to know more, please contact the secretary:

secretary@sandbachu3a.org.uk



*Install a Hog House at the bottom of your garden for his winter hibernation

*Check your bonfires for Spike before you light them

*He likes Cat Food and Water each evening – not milk!

<https://www.hedgehogstreet.org/>

for more information and ways to help him.

Dementia Friends Charity: Free Awareness Training

The charity is promoting Sandbach as a dementia friendly community and, following our Summer Newsletter feature, two awareness training sessions were held on 16th August at Miola Coffee Lounge and 18th September at the Wheatsheaf Hotel. Several more venues around Sandbach have agreed to hold future sessions and more information is available on the Dementia Friends website.

Bookings are now being taken for:

- Monday 15th October, 2.30 - 3.30pm, Sandbach Heath Methodist Church Hall, Heath Road.
- Wednesday 14th November, 7.30 - 8.30pm, Wheelock Methodist Church, Crewe Road
- Friday 7th December, 10.00 – 11.00am, Elworth Cricket Club
- Thursday 17th January, 10.00 – 11.00am, the Old Hall, High Street

Anybody wishing to book a place (sessions are free-of-charge) should:

>contact myself on 07593 533260 or book via the website <https://www.dementiafriends.org/> (scroll down the home page to 'become a dementia friend' and click on 'find an information session').

Dave Whitworth

Phishing Alert

Watch out for these fake TV Licensing emails.

We've seen a sharp increase in reports about fake TV Licensing emails claiming to offer refunds. The emails state that the refund cannot be processed due to "invalid account details". The links provided in the emails lead to phishing websites designed to steal personal and financial details.

Always question unsolicited requests for your personal or financial information in case it's a scam. Never automatically click on a link in an unexpected email or text.



TV License- Still Pending

After the last annual calculation we have determined that you are eligible to receive a tv license refund. Due to invalid account details records, we were unable to credit your account.

Please submit the tv licence request and allow us 2-4 weeks for the amount to be credit to your account.

Click "**Refund Me Now**" and follow the steps in order to have us process your request.

[Refund Me Now](#) ↗

Best regards,

TV License

This phishing email was reported to Action Fraud

Can't See? [[View On Web](#)] [[Unsubscribe](#)] [[Report Unsolicited](#)]



Intelligent Email Marketing by [[DirectIQ](#)]

Health and Well-being: *Blood Pressure*

Under pressure?

For every three people who read this article in The VoiCE – one person is likely to have high blood pressure.

This statistic is consistent across the whole country but, in Cheshire East, help is at hand in a variety of places. These are located throughout the community including pharmacies, workplaces, GP surgeries, hospitals, health clubs, leisure centres, shopping centres and supermarkets.

You can also ‘drop-in’ at a pressure station or pharmacy and have a free blood pressure test, without having to make an appointment. There are 73 accredited ‘Healthy Living’ Pharmacies across our area, which means there’s probably one close by.

People with high blood pressure are at a higher risk of a heart attack, stroke or kidney disease. However, this can be avoided if detected in the early stages – it may just require a few minor adjustments to your lifestyle.

If you would like to become fitter and healthier and get support to eat well, drink less, move more, lose weight and become smoke free, why not visit the ‘One You Cheshire East’ website: <https://www.oneyoucheshireeast.org/> or phone 08081643 202 – start the journey to a healthier you.

If you are aged between 40 and 74, your GP will invite you for a free health check, rather like a MOT. This will only take 20 minutes and is completely free!

Top 5 tips for staying healthy

- Regular physical activity
- Keep to a healthy weight
- Eat a healthy and balanced diet
- Reduce your salt intake
- Try not to drink too much alcohol

1. Take your medicines as



Case study factfile: Chris, 42

- He drinks four or five pints of beer most weekend nights
- At 5ft 11in and just under 100kg/15st 9lb, he's overweight and at risk of having high blood pressure
- He has a fry-up every Saturday
- He plays tennis sometimes but doesn't take any other exercise

Dr Matt says: “I’d advise Chris to do activity that gets his heart rate up more often, cut back on the amount of alcohol he drinks and find some healthier foods that he enjoys eating. This will help him lose weight and keep his blood pressure in the normal range, which means he’ll live a healthier, longer life.”

Courtesy of Cheshire East publication *The Voice*

MP Endorses U3A



Arnie Laing, U3A Chairman, and Kevin Dean, Webmaster, with Fiona Bruce MP

Dear Arnie,

Whilst writing, can I express my thanks for all you and the U3A in Sandbach do?

It is a wonderful organization, which never ceases to impress me - as the U3A band did recently at the Sandbach Fun Day!

Please convey my respect and appreciation to all those involved in ensuring the U3A in Sandbach makes the very positive contribution to the local community, which it does today.

Kind regards

Fiona

New Group!

Fitness Exercise with Football Drills & Skills

This new weekly group commenced on Wednesday 3rd August as an extension to the Walking Football Group and it is planned that it will also run throughout the year.

The group is using an NHS warm-up, fitness exercise, and cool down guide for older people to keep fit and healthy. Membership is open to all, but the nature of the exercises may appeal more to men. Also, in addition to some football practice drills, passing of a rugby ball is already proving a hit with the original group attendees.

Mick Jackson of the Walking Football Group, and instigator of this new group, is Deputy Leader.

The group is presently meeting outdoors at Sandbach United Football Ground, either on the 3G or grass pitch areas - on a no-cost basis, as we further add to the community use of the facilities at Hind Heath Road.

If the planned new 'outdoor community gym' at Elworth Hall School receives funding, this may be considered as an occasional meeting place for this group as it would be annexed from main school playing fields with its own entrance. Alternatively, if an indoor venue was favoured over winter months, the Elworth Scouts Hall is a possibility.

New Feature – Family Fun Quiz

1. What is the capital of Finland?
2. Of what are Comice, Conference and Concorde varieties?
3. In the Bible, according to Proverbs, what “Goes before a fall”?
4. Which letter is worth 5 in the English version of Scrabble?
5. What Imperial measure is equal to 4.546 litres?
6. In which English town is the National Brewery Museum?
7. Which supermarket chain has Rollback The Prices promotions?
8. Which of Disney's Seven Dwarfs wears glasses?
9. Who was the first of Henry the 8th's wives?
10. What connects – hijackers, weighing, monopoly, redefine and outburst?



Thanks go to Quiz Master, Keith Pointon, for the questions!

Answers Page 11

October Members' Morning – Action for Children

U3A member, Jinty Pyke, thanked the Committee for permitting her to run a stall at the October Member's Morning in aid of Action for Children selling hand made gifts and Christmas cards. As a result Jinty is delighted to say that £60 was raised for the charity and thanks everyone for their support. As explained at the meeting, this charity is particularly close to Jinty's heart as it was originally known as the 'National Children's Home' from where her three foster sisters came to live with her parents and then she and her twin brother were adopted from the Home at Highbury in London as babies. Now the charity is involved in fostering, adoption and more importantly supporting families and children in their own homes so that they can stay together.

Walking Football AND Fitness Exercise with Football Skills and Drills Groups



Back row from left to right: Haydn Lloyd-Jones, Barry Winters, Alan Schofield, Mick Jackson, Phil Roberts, Steve Parfitt and Malcolm Smith. Then, In the front row, again from left to right: David Simcox, Mike Freestone, Bernie Davis, Tony Murphy and Alan Casey.

So, are they all just "Adolescent" old boys yet to grow up ... or the more sophisticated type of mature gentlemen looking at topping up their fitness (again, no prizes)!!!!

The latter of course, as a number of them now meet on a Wednesday morning for the new **Fitness Exercise with Football Drills & Skills Group**.

New members to both groups are always welcome - there were two ladies at one time in the Walking Football Group, so ladies are welcome!

Arnie Laing

The Walking Football Group, which only started in March 2017, continues to attract new members often from outside Sandbach as other local U3As don't have their own group. Whilst some of the founding members have since hung up their boots and some newcomers don't last the pace, there are still three of the original group who are amongst the most regular weekly attendees - past Chairman, Alan Casey (front foreground in picture), Bernie 'goal poacher' Davis (front and centre, just like his favourite position on the pitch) and Arnie Laing, group leader, and official photographer.

The group meets all year round and, whilst the weekly Friday afternoon sessions saw numbers drop down to single figures during the first winter, more recently, a number of new signings has boosted attendance to allow games of seven-a-side to be played.

Only once has the Group Leader, most reluctantly, and to much unpopularity from the player pool, (sorry, really obvious pun) called the session off because of constant torrential rain as the weather invariably seems to be good. Now, is that the sun shining on the righteous ... or the devil looking after his own (no prizes)!!!!

Sunday Lunch Group: does what it says on the tin!



If you ever wondered what the Sunday Lunch group does, take a look at this....
Don Rickards photographed the group at work and collaged the images of the assembled diners at their final Sunday lunch of the year.
If you would like to find out more about this, or any other group, visit Sandbach U3A website and search under the Groups tag.

Consumer Deals for Members of U3A

A number of deals and offers have been secured for members, as featured in the Summer Newsletter. Here's a reminder (yes, we all need those):

>*JD Hair & Beauty is offering member discounts.*

>*Opera, Ballet and Theatre Live Streaming from London is becoming very popular and is available at discounted rates for local venues.*

>*Silver Screen Cinema deals are also available at the Crewe Odeon*

*SEE U3A WEBSITE for details



Photo by
Roger Hunt

Poetry Together Summer 2018

Over the summer, the Poetry Together group went on a very interesting visit to Gawsworth.

It happened after we had been looking at various sonnets and one of our members, who had been reading a book on Cheshire history found in it a sonnet by a certain Lord Flame. When she read it, I realised that I knew it, but not from reading it from a book. "Was he also called Maggoty Johnson?" I asked. She wanted to know how I knew that and I said that my father had taken me for a bike-ride to Gawsworth village when I was about junior school age and that he took me to see Maggoty Johnson's grave. On the top of it is a flat stone inscribed with the sonnet. Nowadays it is in the care of the National Trust, just a short walk to the top of Maggoty's Wood.

Maggoty Johnson, real name Samuel Johnson, got his nickname from local villagers who were amused by his tramp-like appearance. He wore clothing, which had once been highly respectable but was sadly worse for wear. He was the Jester, Dancing Master and Playwright at Gawsworth Hall in the 18th century and his title, Lord Flame, came from a play in which he played the part of Lord Flame and which ran for 52 days at the Haymarket Theatre in London.

After the visit to Maggoty Johnson's grave, we were privileged to be taken to what was possibly the largest Jousting Ground in England. It's surprising what can be found in Gawsworth. It was also the home of Mary Fitton, the dark lady of Shakespeare's sonnets. We ended our visit with lunch at The Harrington Arms and we highly recommend the visit.

Janet Astins, Group Leader

Wine Appreciation Group 2: Inaugural Meeting

Ten of the fourteen members of Wine Group 2 attended the first meeting on Friday 14th September at the Leader's house.

After introductions, the format for the evening was explained: there were three white and three red wines to taste and discuss.

The first white wine was poured. This was a Grüner Veltliner from the Traisental Area between the Danube and the Alps in Austria. This was a typical example of this dry wine with a nose and palate of fresh green peppers. The second white was an example of the fresh and fruity dry style of Furmint from a small family owned vineyard in Slovenia. This grape however, is one of the dominant plantings in this area of Hungary/Slovenia where it is used

in the production of the famous Tokaj sweet dessert wine.

A richer style of Pino Gris from the Marlborough area of New Zealand was the final white, a complete contrast to the first two with a stone fruit and nutty palate and a

honeyed finish.

A challenge was then thrown out to the members as the three red wines were all

. Tasting notes were provided and the group was invited to describe their descriptions of bouquet and palate, and then

referred, eight said the third, which was a free ad been the lowest
hors in Southern

at the session
arrived to return the





The Black and White Trail

Sandbach & District U3A took a trip along the Black and White Trail through the picturesque medieval villages of North Herefordshire. Those taking part delighted in the ancient buildings as they learnt the history of the area from their local guide.

During the Waitrose Community Week the U3A again took a stand during an evening session.

Chairman Arnie Laing was supported during the 2-hour session by Pam Tomas, leader of the Sunday Lunch Discussion Group, together with Lesley Farrar, Jo Saville, Jinty and Geoff Pyke

Waitrose Community Week



The picture shows Arnie Laing and Jinty Pyke at the U3A stand.

Answers to our Family Fun Quiz

1. Helsinki
2. Pears
3. Pride
4. K
5. A gallon
6. Burton-on-Trent
7. Asda
8. Doc
9. Catherine of Aragon
10. They each contain consecutive letters of the alphabet together, in order (hij, ghi, nop, def, rst)