

Sandbach U3A



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Confined to
barracks by him?
NOW IS THE



TIME TO GET CREATIVE!

We are always looking for
Articles, Group News,
Reports, Commentaries or
Anything to Say - contact
newsfeed@sandbachu3a.org
Thank you, Editor.

**Spring
Family Fun
Quiz.**

*Ward off evil
spirits with a
bottle of wine
- don't miss
our quiz!*

Sandbach
& District
U3A

- + Keeping Demons At Bay
- + NHS Volunteers Needed
- + Cheshire Health Watch

**ANTHOLOGY of CREATIVE
WRITING** - hurry whilst stocks
last! Only 20 copies remaining ...
once they're gone, they're gone!
For your copy, contact Jinty
Pyke: gonewalking@greenbee.net

She played someone else's kazoo

A poem by Steve Walton

It was at ukulele rehearsal
Practice was going along great
Till events took a sudden reversal
And it started to disintegrate

It was right in the middle of "I walk the line"
The score said kazoo instrumental
Suddenly she lost her presence of mind
And did something quite fundamental

She had previously been complemented
On her fantastic oral technique
So she'd practised away like a woman demented
Ever since Friday evening last week

She was carried away in the instant
She thought she would show off her tricks
She reached for the nearest instrument
And put it straight up to her lips

There was quiet at the end of the instrument break
Her cheeks had a bright reddish hue
And it might have been called just a simple mistake
But she'd played someone else's kazoo

Imagine the shock and the horror
It caused a tremendous to-do
It was like there would be no tomorrow
For she'd played someone else's kazoo

Some said it's a small indiscretion
She didn't have time to think through
But others straightaway thought: infection!
Now she'd played someone else's kazoo

She had always practised good hygiene
Whatever went on in the loo
But this was an outcome no-one had foreseen
When she'd played someone else's kazoo

She would always live to regret it
The news of her actions just flew
No-one would let her forget it
That she'd played someone else's kazoo

She might well have passed something nasty
To the many and not just the few
For the result may differ quite vastly
Should you play someone else's kazoo

Now she's totally banned from all uke bands
in Congleton, Sandbach and Crewe
For it won't matter how well you're washing
your hands
If you play someone else's kazoo



Also available in white!

How can we raise the profile of the U3A movement?

IAN McCANNAH, U3A CHAIR: VIEW FROM THE CHAIR



In the coming months, TAM (Third Age Matters) readers will start to see a number of significant developments that aim to ensure our movement remains vibrant into the next decade.

Last autumn, the Third Age Trust started to implement its medium-term development plan after a two-year period of consultation with all parts of the U3A movement.

High on the list of recommendations was the need to raise the profile of the U3A movement and to make it more accessible to current and future third agers.

A first step was to remove the term 'University of the Third Age' from our logo and its usage in the way we describe ourselves.

This was widely recognized as being a barrier to membership for people who would otherwise benefit from participation in and bring diversity to the movement.

The new strap line is 'Learn, laugh, live'. The aim is to establish 'U3A' as a recognized and acknowledged leader in positive ageing, thereby benefitting the wellbeing of older people and the communities in which we live. This will take time.

A number of activities will work towards this aim including establishing working partnerships with other organizations that have similar aims to our own.

A day of celebration for the movement, both locally and nationally, was launched at the end of last year.

From the feedback received so far, many U3As throughout the UK will be celebrating U3A Day on 3 June this year (*as originally planned*) with local events.

The Trust will be supporting these events as well as staging national ones and seeking print and social media coverage.

At the same time, the Trust has started to look at the way U3A is projected through its visual imagery. A design agency, NotOnSunday – the people behind the very successful rebranding of the Scout movement – has been appointed to advise on how to refresh the way we project ourselves.

The aim is to establish a unique house style for U3A, projecting the diversity and depth of what we do and the way we do it.

It is hoped that all aspects of promotional media material and merchandise, including our digital presence, will start to have a more up-to-date feel.

Before making any final rebranding decisions, the trust will consult regional focus groups made up of both U3A members and potential new ones. This will ensure that the wider movement has the opportunity to comment on the proposed design work.

We will keep you posted over the coming months as the work progresses.

You will, however, start to notice differences in the way we project ourselves over the coming months and I hope that you support the efforts being made to ensure that U3A continues to enrich the lives of members in the way that it has our own.

'Old Charlie': A Tale for our Times

Fred was in the fertilized egg business. He had several hundred young 'pullets,' and ten cockerels to fertilize the eggs.

He kept records, and any cockerel not performing went into the soup pot and was replaced. This took a lot of time, so he bought some tiny bells and attached them to his cockerels.

Each bell had a different tone, so he could tell from a distance which cockerel was performing. Now, he could sit on the porch and fill out an efficiency report by just listening to the bells.

Fred's favourite cockerel, old Charlie, was a very fine specimen, but this morning he noticed old Charlie's bell hadn't rung at all.

When he went to investigate, he saw the other cockerels were busy chasing pullets, bells-a-ringing, but the pullets, hearing the cockerels coming, would run for cover.

To Fred's amazement, old Charlie had his bell in his beak, so it couldn't ring. He'd sneak up on a pullet, do his job and walk on to the next one.

Fred was so proud of old Charlie, he entered him in the Somerset Farmers Show and he became an overnight sensation among the judges. The result was the judges not only awarded old Charlie the "No Bell Piece Prize," but they also awarded him the "Pulletsurprise" as well.

Thanks to Mike Bell for unearthing this heart warming true story of one cockerel's fight against oppressive practice in the workplace.

Funny Stories, Jokes, One Liners and Coping Strategies

There are lots of jokes and one-liners doing the rounds and we would like to be able to share them with members who may not be getting them.

For our Summer Newsletter, please send in your best ones and also tell us how you've coped, or are coping (?) with the lock down.

As usual, emails to newsfeed@sandbachu3a.org Thank you Ed.

North West Region News



KEEP IN TOUCH is the message from U3A during these difficult times and there are various initiatives to help us to do that. Visit www.u3a.org.uk to learn more.

Your committee and NWREC are all keeping in touch using Zoom conference software. It's suitable for all the family on laptops, pads and phones - why not give it a try?

LEARNING OPPORTUNITIES

Free on-line courses are available from:

www.futurelearn.com

www.southampton.ac.uk/courses/free-online-learning.page

www.york.ac.uk/study/moocs

and many more sites too.

THESE THINGS MAY ALSO BE OF INTEREST

Royal Opera House programme of free content: www.roh.org.uk

For History enthusiasts:

www.timewisetraveller

Grayson Perry on art:

<https://secretldn.com/grayson-perrys-artclub-tv-show/>

Sir Patrick Stewart reading sonnets:

<https://secretldn.com/patrick-stewart-has-promised-to-post-a-shakespeare-sonnet-a-day-until-the-pandemic-is-over/>

Twitter and all forms of digital media are sharing activities. These include photos of bird watching in the garden, writing poetry, a photographic or written chronicle, recipes, reading and poetry group discussions, music groups and shared learning activities - all in a virtual environment.

Or, why not contribute something to Sandbach Newsletter by email to newsfeed@sandbachu3a.org

EVENTS

NORTH WEST SUMMER SCHOOL 2020

Note: This event is Not Yet Cancelled. If you have booked you will be advised of any changes.

This will be held again at Newton Rigg Agricultural College, near Penrith.

Booking is already in progress and places are being filled quickly.

Please note that this year it will run from Monday 24th August to Thursday 27th August, to avoid travel close to the bank holiday weekend.

For full details of the summer school, the nine courses on offer and booking arrangements, please visit the regional website www.u3asites.org.uk/north-west

COMMUNICATIONS WORKSHOP -

planned for April will be held later in the year.

REGIONAL CONFERENCE & AGM IN PRESTON provisionally re-arranged for 1st September.

EXPERIENCE JAPAN DAY - to be hosted by NW Region and is expected to be re-booked for September/October.

NATIONAL U3A DAY to be held on the first Wednesday of June each year, this year has been moved to the International Older Person's Day on 1st October.



Humour is good for the sole



- well, he seems to think so!

Since Youngsters of Today have their Texting Codes (**LOL**, **OMG**, **TTYL**, etc) the Oldies decided not to be outdone by these kids, and now we have developed our own codes too:

ATD – At The Doctor's

BFF – Best Friend's Funeral

BTW – Bring The Wheelchair

BYOT – Bring Your Own Teeth

FWIW – Forgot Where I Was

GGPBL – Gotta Go, Pacemaker Battery Low

GHA – Got Heartburn Again

TFT – Texting From Toilet

*Never Underestimate Us,
We Still Rock!*

Doctor: 'You will need to self-isolate for a period. There are options a) with your wife and child, or b) ...'

Patient interrupts: 'b' is fine'

Where was the 'Do Not Lift Your Leg at the Electric Fence' sign?



THE DIFFERENCE BETWEEN A BIG SISTER AND A BIG BROTHER...



Group Leaders' Lunch

The Group Leaders' Lunch was held at Crewe Golf Club on Saturday 15th February. This annual event is a small 'thank you' for their hard work. As usual, Crewe GC's catering was the star of the show. The choice of hot or cold buffet was followed by a fine selection of sweets and puddings to test the sturdiness of the furniture.

Arnie Laing, Chair, thanked leaders for their tireless commitment to running groups on behalf of the burgeoning membership, and without whom there would be no U3A. Following his update on the U3A's progress, he also thanked Committee members seated around the dining hall and invited them each to introduce themselves. Two new committee members, Vice Chair, Stuart Naylor, and Treasurer, John Banyard, were introduced to group leaders for their first public outing.

A Thank You Note



Please pass on our thanks to all the U3A Committee for the arrangements at the Leaders' Lunch yesterday. It was good to hear an up-date of our U3A plans for the coming months and more importantly to catch up with fellow group leaders. All this coupled in a good atmosphere with an excellent lunch.

Thank you,
Jinty and Geoff Pyke

Experienced Violinists - just for you!

For The Attention of South East Cheshire Cluster U3A's (Crewe & Nantwich, Sandbach, Holmes Chapel, Congleton and Knutsford)

The Alsager U3A orchestra is looking for violinists: currently some members of the orchestra do come from your areas. I would be grateful if you could advertise this opportunity among your members: for experienced violinists to join a U3A orchestra.

They would need to join Alsager U3A as we do not do reciprocal membership - as that would add another complication to a role that is hard to fill at the best of times!

Could they please contact me by email or call Bill Freeman: 01270 747 848

With grateful thanks

Roger Poole

Chair Alsager and District U3A

U3A SHOWCASE EVENT

This very successful event was held on 2nd March in St Mary's Church Hall. The doors opened to the gathering multitude at 9:30am, when tea/coffee and biscuits were served, the performances themselves beginning at 10:00am. A big **Thank You** to all the organisers, participants and visitors. Whilst 170 names were recorded at the door, it is believed that the actual attendance was probably nearer 200. Apparently, one non-member was found hiding from her ukulele-playing parents, as she didn't want to put them off! Happily, she did reveal herself to them at the end of their near-faultless, unflustered performance.



Some more of
your handiwork
from U3A's
Showcase
Event 2020



An Appeal: Healthy Eating Cookery Group

Is anybody interested in mentoring and providing a suitable location for a healthy eating cookery group - they do not have to be the same person? I would offer my kitchen, but it is suitable for one person really, usable by two people provided they are well-coordinated and good friends! I am an adequate cook and can follow a simple recipe; it was a case of learning to cook or starve, and I am not very good at starving!!

Mind you, I can walk put weight on just by I need to lose weight, with another stone to importantly, maintain means eating more calorie counting meals from the Pinch of Nom cookbook.



past a cake store and looking. have lost two stone go and, more my weight loss, which healthily - currently and preparing recipes

I would be interested in meeting up with like-minded people and having a discussion on how to proceed.

If you are interested, please contact me at david.hazelwood@sky.com

Thank you

Dave Hazelwood

Social Golf goes Global - almost!

The Social Golf groups of both Holmes Chapel and Sandbach will be holding joint meetings, every Wednesday, from March 2020 onwards at Malkins Bank Golf Club. Meetings will gather at 1.00pm for teeing off from 1.30pm on every first, third and fifth Wednesday through the year; this is a 9-hole competition with a £5 green fee paid to MBGC.

On the second and fourth Wednesdays, the groups will gather at 10.30am for teeing off from 11.00 am; this will be an 18-hole competition with a £10 green fee.

For further information please contact Jeff Diggle on 07831 697724

Action Against Loneliness

from PCSO Lizzie Jolley 22582, Haslington Police

Pen Pals Needed If You Would Enjoy Sending and receiving Letters Each month – This Is For you

As part of our mission to reduce isolation in our community, we're looking for residents to write letters as Pen Pals to residents at Hollymere House, Haslington!

We will be telling members of our community about our idea, but would appreciate this being shared at local groups by word of mouth, and to your neighbours who live alone or may not see anyone very often.

We suggest that letters are sent once every few weeks and that they talk about happy memories and every day activities. These letters will be read to, and by, residents and you will receive a reply from your new Pen Pal.

We will remind you that no letter should ever ask for money or personal details other than your name and address, which will strictly stay with the home. Should this ever happen, do not send them and please call 101 (or 999) always in an emergency.

Letters will hopefully bring joy into each others lives and reduce isolation and loneliness in and between our communities. This will also make the people within our community less susceptible to crime as a more connected community is a safer one. We'd be grateful for you to think of others who may benefit from being involved with this and we will happily get into contact with them on how to join in.

Dementia Community and Reducing Isolation in Haslington

I have recently attended a partnership event around 'Isolation in a community', and have been working with various local partners to push our community in becoming a Dementia friendly community and reducing isolation.

Social isolation makes people more vulnerable and therefore, more susceptible to crime, so it's part of our mission at Haslington Police to reduce this as we truly care.

On the 18th of June 2020 at 2pm-4pm, Haslington Police will be holding a joint partnership day for our community at Hollymere House/Primrose House to raise awareness of Dementia in our community and how we together can support those living with Dementia and make our community safer.

The event will have free Ice Cream donated by our 'Partners in Cream' Whitby Morrison, free live music by local musicians but most importantly information and training for our community on Dementia and how to become a Dementia Friend. We will also be offering information on the Herbert Protocol. (More information can be found below!)

<https://www.cheshire.police.uk/herbertprotocol>

Afternoon Tea will also be available and this will be a great opportunity to get our community together and to ensure that everybody in our community is looked out for, not only by ourselves but by each other.

We look forward to sharing more specific details about our event and work around reducing social isolation in our community.

Members' Monday Meetings

SANDBACH & DISTRICT U3A

Registered Charity No: 1105144

Members' Meeting Programme – 2020/21

The speakers normally start at 10.30 after members have had a chance to socialise with friends and take refreshments.

Date	Title	By
7 th Sep 2020	Trains and Boats and Planes (surviving the Thai-Burma Death Railway)	Sue Roberts
5 th Oct 2020	Clean Team	Keith Haines
2 nd Nov 2020	Stories of the Prison Service	Karen Castle
2 nd Dec 2020	Christmas Concert	Sandbach U3A Brass Band
4 th Jan 2021	Decarbonising the Energy System	Mark Thompson
1 st Feb 2021	Barking Mad	Becky Spall
1 st Mar 2021	Sandbach U3A Creative Groups' Showcase	Group Leaders and Members
5 th Apr 2021	A Tour Guide of Chester	Steve Shakeshaft

Help Your Library to Thrive!

Cheshire East's auditing approach for Library Building Use has changed - *Footfall* is the key driver.

It seems that U3A members visiting the library to pay our Alice for U3A trips have been a real boost to footfall, now the key measure of success used in audits. Library staff thanked U3A for their commitment and encourage both U3A and other organizations to make even more use of the free upstairs area in the library for registration purposes or similar activities. It's important for the library's future to deliver healthy audit returns to ensure its longevity. *Spread the word!*

Keeping Demons at Bay by Joe Heacock



This intriguing article was sent to us by Joe Heacock, a member of the U3A's Interactive History group. Joe lives in the property and researched its history independently.

Most of you will be familiar with the small timber-framed house standing on Well Bank in Sandbach. It dates from the Tudor period and was originally a merchant's house built ca.1570. It was completely, though sympathetically, renovated in the 1990's. Much care was taken and thankfully a great deal of the original timber work survives. In the 'Cheshire' volume of 'The Buildings of England' (Yale University Press, 2011) the house is included as one of Sandbach's *interesting houses off the beaten track*. It is referred to as having a *jettied cross-wing* (that is a projecting upper floor.) When viewing the house from outside, a large chamfered beam can be seen above the lower window, with a smaller similar one above the upper window. These two beams are well-weathered but still retain their *lamb's tongue ends*. The *lamb's tongue end* was a method of decorating the ends of chamfered beams. It's not very often found but when encountered will usually be seen on buildings dating from the mid-16th to mid-17th centuries, though more usually ca.1570-1600. Inside the house are two splendid and very well preserved examples. They are at the ends of two impressive beams running across the ceiling of the lounge (which incidentally occupies the whole of the ground floor of the original house.)

An intriguing feature of the internal timbers are the *Apotropaic Marks* (or *Witch Marks* as they are sometimes known.) There are quite a number of them. With two main types here; the *Marian Symbol* and the *Burn / Scorch Marks*. ***SEE Next Page***



And Now ... Have a Look Inside!

Apotropaic marks were made to ward off evil spirits, devils, demons and the like. Examples can be found from the Mediaeval right up until the 19th century. The ones in this house will have been made at the beginning, or very early on in the history of the house. This was a period when people lived in fear of Witches. And it was also a time of notorious *Witch Hunts*. So it's not surprising they're often referred to as *Witch Marks*.

The *Marian Marks* are so called because they are made up of 'V's' taken from 'Virgin' (i.e. the Virgin Mary.) They were usually put by windows, doors, and chimneys - places demons were thought to be

more likely to enter by. *Burn* or *Scorch Marks* were ritualistic marks thought to have been made as soon as the house was built, or perhaps even earlier as the timber frame was being assembled. It is thought that Feast Days would often be chosen for this ritual. There are two *Burn Marks* in the Well Bank house that are particularly large and deep when compared to the more usual *Scorch Marks* found



elsewhere. Quite unusual, but there can be no doubt these are Apotropaic. They are deliberate, serve no possible practical purpose, and are located high up on either side of the upper front window. It is only in recent years that the interest in this form of Apotropaic mark has appeared, and much more work needs to be done to understand them better.

Many examples of Apotropaic Marks can be found on the internet. I would strongly recommend the very detailed and well illustrated article *Protective Devices, Apotropaic Symbols and Witch*

Marks by Charles E S Fairey. It's easily found on the internet. And it includes a great deal that is of local interest.

To Volunteers at Health Watch Cheshire

Hi Everyone,

Can you believe that in this time of national importance/crisis there are unscrupulous people prepared to sell fake cures and potions; offer to do your shopping if you give them money up front; ask for your card details and they will shop for you and also claim to represent false support groups and charities for donations.

Now I know that you are all savvy and aware of these things but please ensure that your loved ones or the vulnerable are also aware; advise them not to give money to door callers and not to answer emails from any unknown sources and not to give personal details and card numbers to anyone.

I know this isn't a happy email but, sadly, people have been victims of these tactics and I thought it would be best to pass it on.

Hope everyone is feeling fine, please get in touch if there's anything I can do or you think people need to know.

Please do check our web site as that contains the most updated information.

Kind regards

David Crosthwaite

Volunteer Coordinator

david.crosthwaite@healthwatchcheshire.org.uk

Jean Steele sends us this poem from her grandson. Jamie lives in France and goes to school in Grasse. They have been in lockdown a week longer than us and they are keeping their teenagers busy with projects such as this one.

Jamie Robertson
Aged 16, going on 17.
Fayance, France.
March 2020.

It's a Weird World

*It's a weird world, when the school bell's not ringing,
And all you can hear are the birds singing,*

*It's a weird world, when there's no classroom in sight,
It's up to you to tell yourself that you're doing alright.*

*It's a weird world, when you're locked down and not free to roam,
When dad is abnormally at home,*

*It might be really weird that my early mornings have disappeared,
And dad is growing a full size beard, but this shouldn't be feared,
I've made lasagna with my mom, and with my dad I've had a run,
Played Fortnite with my bro' - and we won!*

*What I say might sound really dumb, but my point is,
Some people may think that this pandemic is for the worst,
But for me, it showed me that family is always first.*



Coronavirus - Scams

Please be careful when buying services at the door & online please follow the advice below.

We have also received multiple reports about coronavirus-themed phishing emails attempting to trick people into opening malicious attachments or revealing sensitive personal and financial information.

One common tactic used by fraudsters is to contact potential victims over email purporting to be from research organisations affiliated with the Centre for Disease Control and Prevention (CDC) and the World Health Organisation (WHO).

They claim to be able to provide the recipient with a list of coronavirus infected people in their area. In order to access this information, the victim needs to click on a link, which leads to a malicious website, or is asked to make a payment in Bitcoin.

Reporting numbers are expected to rise as the virus continues to spread across the world.

Protect yourself

Watch out for scam messages:

Don't click on the links or attachments in suspicious emails, and never respond to unsolicited messages and calls that ask for your personal or financial details.

Shopping online:

If you're making a purchase from a company or person you don't know and trust, carry out some research first, and ask a friend or family member for advice before completing the purchase. If you decide to go ahead with the purchase, use a credit card if you have one, as most major credit card providers insure online purchases.

For more information on how to shop online safely, please visit:

<https://www.actionfraud.police.uk/shoponlinesafely>

Protect your devices from the latest threats:

Always install the latest software and app updates to protect your devices from the latest threats.

For information on how to update your devices, please visit:

<https://www.ncsc.gov.uk/guidance/securing-your-devices>

Message Sent By

Spike Elliott (Police, PCSO, Crewe LPU Sandbach PCSO)

Volunteers Needed



By copy of this letter, the U3A has been invited to appeal to its membership for volunteers interested in joining the Patient and Public Panel (PPP). The panel's aim is to provide feedback and ideas to help improve NWAS' core services.

If you are interested in becoming involved, please contact the email address given below.

Dear Colleague,

I hope you are well?

Here at North West Ambulance Service (NWAS) we have recently set up our Patient and Public Panel (PPP) and are now in the process of recruiting volunteers.

The aim of the panel is to give patients and the public an opportunity to share their views and help shape NWAS' core services including emergency, patient transport and 111.

We would really appreciate it if you could promote our panel to any groups/individuals who may be interested in getting involved.

We have pulled together a short bulletin piece (attached) that you may want to include in any external/internal bulletins to promote the panel along with a supporting poster.

You can also find our PPP Your Call Special online, which has lots of useful information that may be of interest to you - https://issuu.com/nw_amb/docs/nwas-yourcall-oct19_final

If you have or know of any groups/events that you would like us to attend, please let us know, we would be more than happy to get involved.

We are now on Twitter if you want to give us a follow to find out what we have been up to - [@NWAmb_Panel](https://twitter.com/NWAmb_Panel)

If you have any queries please do not hesitate to contact Jenna or Francesca via our PPP email - patient.panel@nwas.nhs.uk

More information can be found on our website – <https://www.nwas.nhs.uk/get-involved/volunteering/help-us-improve/>

Thank you again for your help.

Kind regards,

Rachel Bates

Patient Engagement Assistant | Patient Engagement Team
Strategy and Planning Directorate

North West Ambulance Service NHS Trust

Shoretel: 4311

Telephone: 0151 642 2576

Rachel.bates@nwas.nhs.uk

Spring Family Fun Quiz

Thanks, once again, to your Quiz Master, **Keith Pointon**, for another challenge and your chance to enjoy a bottle of something you fancy.

Please send your completed answers to newsfeed@sandbachu3a.org.uk by the end of April.

The lucky winner will be drawn and announced in the May **Diary Update**.

1	Whose own-brand cosmetics range is called No 7?
2	Which common English word ends AMT?
3	Which school was attended by Billy Bunter, the creation of Frank Richards?
4	Which much-recorded country song, written by Kris Kristofferson, has a refrain that begins "Freedom's just another word for nothin' left to lose"?
5	What is the meaning of the Welsh word "croeso"?
6	Common in south Asian cuisines, what type of food is paneer?
7	In a television advertisement, the driver, George, was encouraged, at various times, to drive faster, to be quick and to slow down. What product was being advertised?
8	CORNY MALE JERKS is an anagram of which journalist and TV presenter?
9	Cobalt and Prussian are shades of which colour?
10	Which former member of the band Hearsay, went on to be a part of the cast of Coronation Street for 13 years?

End of Spring Newsletter