

MADYSS Matters

February 2023 No.192

Birthday Greetings

Perhaps appropriate that in Valentine's month we can send our birthday greetings to one couple as well as to another member who celebrates four score years:

- Margaret Barry
- Michael Fleming
- Judy Fleming

Happy Birthday to each of you!

News of Our Members

MADYSS has learned that **Alan and Barbara Stansfield's** son Mark has been in Macclesfield General Hospital since the turn of the New Year having had a serious stroke. Our thoughts are with them and Mark.

Before Christmas, **Vinnie Carr** had to go into hospital with a bad asthma attack and was then admitted for a second time just after Christmas because he got a bad dose of 'flu. He is home now and recovering. Their son looked after Fran while he was absent.

Susan Lakin has had a difficult few months struggling with her health, but also had a nasty flood in her kitchen which did a lot of damage through into other parts of her house. The work required to sort it out is only now being completed, so it's been a very unpleasant time for her.

Alan Gatley was fortunate and now has had his hip replacement operation. It was a shame that he got called in on the day of our Christmas meal, but he is recovering.

Social Events

Thursday 16 February, 12.00–2.00 pm
Chilli Banana Lunch, Macclesfield SK10 1JX

The sit-down banquet menu, which is brought to each table, consists of five starters, five mains, and ice cream followed by tea or coffee. The cost

is £15.00 for members and £18.95 for non-members. Anyone who hasn't yet paid must do so via BACS or cash by **Monday, 9 February** (at the Flower Pot meeting).

Sunday 19 March, Quiz Night and Supper
Macclesfield Tennis Club, SK11 8JR

The bar will be open from 6.30 pm and the quiz will start promptly at 7.00 pm. There will be a break at approx. 8.00 pm for meat and potato pie, mushy peas and red cabbage or for vegetarian quiche and salad. Cost is £8.00 per person (members and non members). The caterers deadline for payment is **28 February** so please advise attendance to Kay before this date.

POSTPONED Gawsforth Coffee Morning

We have a new date for the coffee morning, which will now be held on 4 May. More details to follow.

AMF Ten-Pin Bowling
Report by Anne Swindell

Fifteen of us went to Macclesfield Ten-Pin Bowling Alley on Wednesday, 25 January. We split into three groups and once we got going the place resounded with loud oh's and ah's and loud cheering as strikes and spares were achieved.



Paul, the winner of the bowling

The overall winner was Paul Sutcliffe, second was Diane Thomas, and third was Don Brown. Well done all of you! After two games per group we were all exhausted and so we headed to the Rising Sun for some well-deserved and definitely needed nourishment and revival! Once there we were joined for food by Alan and Barbara Stansfield. A great afternoon was had by all.



Diane, who took second place, with Lesley

AGM Reminder

The Annual General Meeting is scheduled for Wednesday, 10 May at the Macclesfield Tennis Club, entry from 12.30 pm with the business meeting starting at 1.00 pm. Lunch will follow and we will have a surprise speaker.

Bonus Ball Competition

Once again, no one had selected the winning number and so it is yet another roll-over month! We are not very good at choosing the correct number for the bonus ball competition from the National Lottery are we? Let's hope for better luck this month.

We Need You!

Monica Meah, who joined us in 2013 and shortly afterwards became our Activities Organiser, has decided to step down. Therefore, we now have a vacancy for an Activities Organiser to work alongside Kay (and the Committee). Please speak to any Committee member for more details. We look forward to hearing from you.

If you've never been to the Meet, Move and Improve group that meets each Friday at Bollington Leisure Centre from 10.00 to 2.00, why don't you give it a go? There are various activities to try, such as an exercise class (mostly sat down) led by instructor Tom, and a dance class run by Lewis. He is a dance artist who specialises in working with Parkinson's and other neurological conditions. Lewis's degree thesis was concerned with looking at the benefits of dance therapy for people with Parkinson's and/or Dementia, so he knows what he's doing! His classes are really enjoyable; we always have a good laugh and don't take ourselves too seriously.

In addition to the above, those who go can book a 15-minute massage and are able to use the gym too, with a personal instructor if necessary, after having an induction session. To see if you like it, your first session at Meet, Move and Improve is free, after which the cost is £5.00, which includes all the activities. These are open to carers too. Tea, coffee or cold drinks are included; if carers don't wish to participate, the minimum charge for refreshments is £1.00. Please do give us a try!

The next meeting at the Flower Pot is on

Monday, 13 February 2023

MADYSS Committee

John Swindell (Chairman) 01625 575753; Michael Fleming (Deputy Chairman) 01625 426879; Judy Fleming (Treasurer) 01625 426879; Sue Stephenson (Membership Secretary) 01625 876285; Anne Swindell (Administrative Secretary) 01625 575753; Monica Meah (Activities Organiser) 01625 428951; Kay Evans (Activities Assistant) 01625 574330; Julie Karnon (Greetings Cards) 01260 273969; Diane Thomas (Fundraiser) 01625 613004; Kay Kennedy (Meeter and Greeter) 01625 871314.