

AUGUST - OCTOBER 2016 MAGAZINE

Welcome to the August - October 2016 edition of our Magazine. This issue runs from 1st August to 31st October. Unfortunately, we lost the Magazine between May and July due to ill health.

Last update: 13th October 2016

Reports include:

- SNATTs visit to Chedham's Yard, Wellesbourne, on Friday 12th August.
- Pilates
- Ron Castleton—Founder Chairman



Pictured above is a recent statue of the Bard in the gardens in front of the theatre.

Science, Nature, and all Things Technical Group

Visit to Chedham's Yard, Wellesbourne,

Friday 12th August 2016

Nineteen members of the group made up the party visiting Chedham's Yard in nearby Wellesbourne. The yard was a wheelwrights yard catering to the agricultural community of the area. The yard repaired carts and wagons for the mainly agricultural community, although they did also look after the carriages of the wealthier people.

Making and repairing wheels was a very skilled occupation. The yard was run by five generations of the Chedham family, the last, Bill Chedham,

Entrance to the yard passing away in 2012.

The yard includes workshops for the wheelwright to make wooden carriage and wagon wheels. Other repairs could be made to wagons, besides their wheels. There were even facilities to mix paint and apply it to the wagons.

Another workshop held two forges, one for a blacksmith and one for a farrier. These were usually operated on a part time basis by independent tradesmen. The blacksmith would be re-



quired to make fittings for the wagons and harnesses and to make up and apply the iron tyres to the wheels.

The yard fell into disuse in the 1960s and lay forgotten except by its owner. The Parish Council eventually bought the yard in 2002 and was later entered in the BBC Restoration Village competition and won. The award was over £1 million, funds being made available by the Heritage Lottery Fund. After several years of restoration work and a flood in 2007 the yard was opened to the public in June 2012. It is run by a charitable trust that leases the site from the Parish Council. Facilities have been enhanced by building a café building with composting toilet facilities. Hidden solar panels provide electricity so the site is quite eco-friendly. Some of the ground is used to grow fruit & vegetables for use in the café.

The Yard sells a very interesting booklet "Wellesbourne Secrets" which gives a very good account of how wheels are made and the fitting of iron or steel tyres. It also details the involve-



ment of the Chedham family.

Display of wheel components.

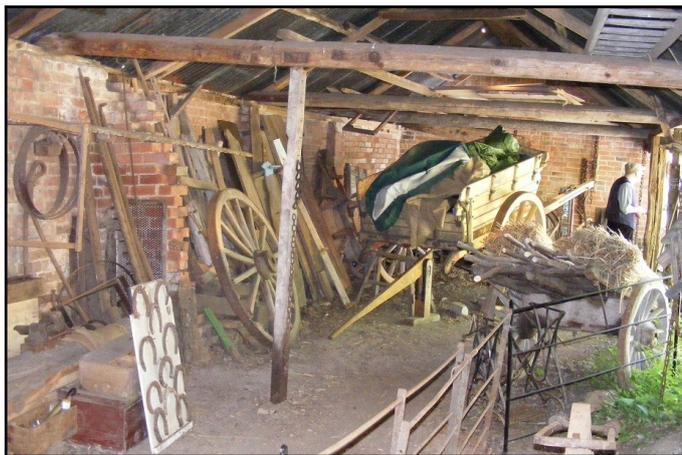


Blacksmith's Forge



Farrier's Forge

Drying Shed



Drying Shed, other end.



Wheelwright's Shed



Child's cart or dog cart

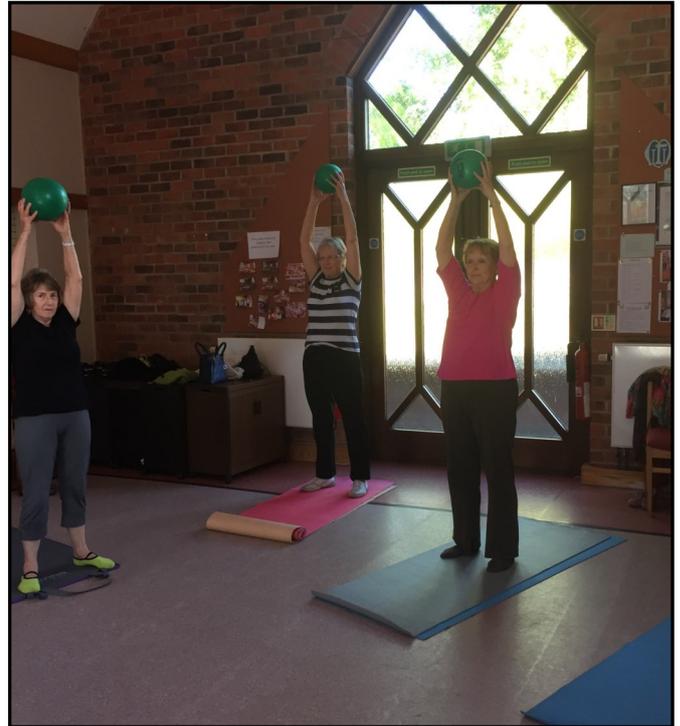
Opposite—several pictures of members of the party.



Pilates

There are two Pilates groups at Heart of England U3A in order to satisfy the demand for the programme. Since its introduction in the second half of the last century it has become very popular as an exercise discipline, particularly with older age groups. Pilates improves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance. The core, consisting

of the muscles of the abdomen, low back, and hips, is often called the "powerhouse" and is



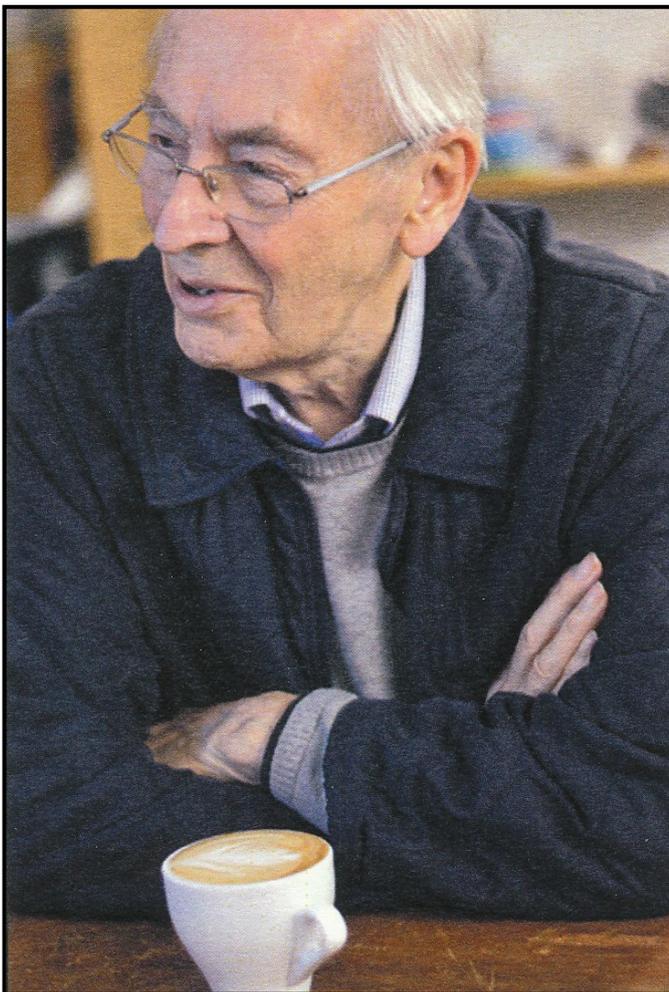
thought to be the key to a person's stability. The two groups meet on every Monday and Wednesday at St Andrew's Parish Centre. Details are published in the monthly Newsletter which is distributed at the monthly meeting on the first Thursday of the month at the Stratford Methodist Church Hall.



Ron Castleton - Founder Chairman

Ron Castleton was instrumental in starting Heart of England U3A in 2001 when the already existing Stratford U3A was too big for the Methodist Church Hall and the monthly meetings. Ron became the first Chairman.

Below is a recent photograph of Ron.



Sadly, Ron passed away on the 18th September this year and a Service was held to celebrate his life on Thursday 6th October at St James' Church, Alveston.

During the obituary we heard that he was a man of many parts, excelling in his work life and also enjoying excellence in his home life, including his

hobbies. He was a skilled wood turner in his garage workshop, understood photography to a high level, developing and printing his own work in many instances. He had a good ear for music and enjoyed many types of music. He started and ran a hand bell ringing group for several years until he ran out of volunteers willing to learn.

In 2011 Ron joined with us at the 10th Birthday Party of the Heart of England U3A, when all 5 past and present chairpersons were photographed.



We all miss Ron and wish him well as he rejoins his beloved wife, Dorrie, who passed away last year.