

Edited and Published by Mac Mckechnie
U3A Walking Cricket Subject Adviser

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Walking Cricket

Around The U3A's

Chagford U3A - East Dartmoor

Margaret Marsh of East Dartmoor U3A writes:

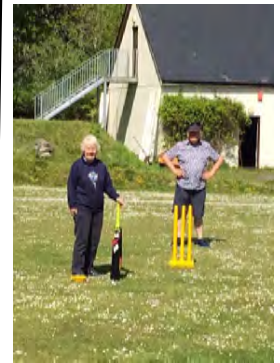
"We are a small U3A with under a 100 members but with a number of groups that were good for keeping our brains active. There didn't seem as many helping our physical health and it struck me while reading the Spring edition of Third Age Matters that it would be good fun to set up a team sport for those of us who were not as agile as we had been in the past. Rugby and football didn't appeal to me but how about walking cricket? Barnsley U3A already had a successful group and after looking at their website I introduced the idea at our last monthly meeting. Some members had played cricket in the past and others



like me, had never played at all.

Nine U3A members turned up for our first trial Walking Cricket meeting plus one visitor, so we were able to play in pairs. Our cricket loving coach quickly sorted out a bare minimum of rules and had laid out our corner of the local cricket field with rope boundaries and all the equipment we needed. We used plastic cricket bats and an "incrediball"

and despite it being a 'first time ever' experience for all of us the game went smoothly with a great deal of hilarity. Over coffee and biscuits afterwards everyone said they had enjoyed the morning and were keen to follow it up soon. We need more players of course and if the outside games continue to attract members we may look ahead and plan some sessions indoors for the winter."



Special points of interest:

- Roundup around the U3A's
- Stories, real stories, about how activity like Walking Cricket can help with physical and mental wellbeing
- Real people are having Fun!
- Nationwide interest is growing with Walking Cricket.



Lynn's Journey into Walking Cricket

"After receiving a cancer diagnosis in August 2017, my life took a definite downward turn. Surgery, followed by six months of chemotherapy and finished off with 15 sessions of radiotherapy was my life until May of 2018. It was a very difficult time, though I had so much support from my local hospital and my family that I got through it with my sanity intact. Another source of support came from friends who I have met through Barnsley U3A. I had company during chemotherapy sessions and offers of lifts when I had to go to Sheffield for radiotherapy. Support came in other ways such as from our Face Book members keeping me occupied when I was in hospital for a week and very, very bored. I am not a good patient.

By the end of last year, I realised that I was now expected to get back to normality. Mmmm! My life had a 'new normal' so I wasn't sure what it should look like. I never thought that my new normal would involve cricket though.

Mac McKechnie was just starting Barnsley U3A Mixed Walking Cricket and after a conversation with my 11 year old grandson I took the plunge and joined. My grandson is wise for his age and after my comment that I needed to be fitter to join the cricket he told

me that I would never get fit if I didn't do something about it. He was correct of course.

What do I get from walking cricket? There isn't a short answer to that because I get so much. First of all, there is the company. What better than to spend a couple of hours each week in the company of lovely people. We are a very mixed bunch with total novices such as

reading- or worse watching daytime TV. Oh the horror of that thought! It is helping me to continue with my

"What do I get from Walking Cricket? There isn't a short answer to that because I get so much"

me and experienced cricketers who are always willing to help with support and advice. Along with that comes the banter, which I love. Secondly, there is the exercise. Nothing too strenuous but much better than sitting alone at home

recovery after a harsh treatment regimen, not just physically but mentally too. Depression is a real danger after the shock of cancer but being with other people and joining in with the game has helped to keep that at bay. "



Why I joined Barnsley U3A Walking Cricket!

"I have been a member for U3A about a year and tried two groups and whilst they were welcoming, I didn't go back. I was aware the only group I had joined and stayed with was the Facebook Group. I do like to socialise a little but find it hard to do so. I know the right things to say but being able to say them isn't always there. Then this new group, Mac's Walking Cricket appeared on our Facebook page and I without thinking about it too much (*because I do overthink sometimes*) decided to register my interest. But then Mac sent an appeal to the Cricket Group members, about needing a treasurer and scorer.

I really did jump in with both feet as I have done bits of treasury stuff before through Scouting but I hadn't the foggiest about Cricket. It was so very new to me but I needed more in my life to get involved with. What could go wrong? It's not like I am scoring a major international cricket match. - But that first meet up we did in January this year, it might well have been, as it felt like it for me. Quite what had I agreed to do as the official scorer when I didn't even know about starting at 200 runs, I don't know. Gareth Davis was there from YCCB, - just another guy to me.

He told me about putting 200 at the top and I think he didn't realise just how little I actually knew. But Roy who is an ECB qualified Umpire, is the best Umpire for telling me the scores in layman's terms and I am slowly picking it up.

For me, I feel accepted into this mixed group. I love being outside and feel really part of the whole game.

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Now a little bit more relaxed than that first meet up. But for me I like scoring, as I am 100% totally engaged with the whole game all the way through. I am concentrating on keeping up with the scoring. It feels good when people ask me what the scores are. It feels good when there are friendly jokes about bribes to fix who wins that match. Two hours of being in the fresh air among people who



like being active even though most know much more about Cricket than I do. Everyone is so friendly. I am too occupied to worry about not knowing socially what to say for myself, where in other groups they may be making things etc but chatting at the same time, I find it difficult. It's okay that I am shy and a little socially awkward. Scoring at Cricket makes me feel useful to the team. And only Roy and maybe Mac would realise there may be some creative scoring going off at times when they read it through later. It's all about having fun, and being able to contribute at my level and feel worthwhile. I have done something very positive that morning, and it feels good when I get back home afterwards."



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From Barnsley U3A
South
Yorkshire

Learn,
Laugh,
Live!



Doncaster U3A- What a start!



Doncaster U3A- The Journey so far!

To quote 10cc "I don't like Cricket: I love it!" It's amazing how little it has changed in the 43 years since I last played. OK it was Walking Cricket that I and a group of fellow U3A enthusiasts met to play last Tuesday for the first time. Everyone batted (after a fashion) and everyone bowled (underarm if necessary): everyone laughed and nobody cared who won! Best of all everybody loved it! "Fabulous -



"great" - "brilliant"- were just a few of the superlatives expressed by the ladies and gents of Doncaster U3A as they sat

drinking tea in the "pavilion" (café) afterwards.

With the guidance of Mac McKechnie of Barnsley U3A and supported by Kendal James of the YCF, this wonderful group has started with a bang! Word has quickly spread, and we already have 26 members signed up. We may need to organise a group every week. What a lovely problem to have!

Chris Woolven
Secretary Doncaster
U3A