KANUTA

The Newsletter of the Knutsford and District US





September 2018

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Newsletter contributions: newsletter.knutsfordu3a@gmail.com

CONTENTS

Page 2

Members' Meetings

Pages 3/4

Theatre & Music Trips Knutsford U3A Equipment Help to serve tea

Pages 5/6
Outings

Page 7

Dates for your diary News from the Groups

Page 8

News from the Groups

Page 9/10

Activity Group Lists

Pages 11

Booking Forms

Pages 13/14

Membership Renewal Form

FROM THE CHAIR

It's September, so its renewals time!! I'm sure you feel your membership is excellent value, both for money, and for interest. As you know, this year we need all our members to fill in a longer renewals form, not just a slip. This is so that we comply with the new data protection rules and need our members to actively show that they have given permission for the committee to record and use their contact information. We can no longer assume you want to be sent Kanuta, just because its common sense to assume that!

Please bring BOTH SIDES of the renewals form, fully completed, before you come to Veronica's table with your cheque for £15. The renewals form is in this Kanuta again or you can print it off from our website www.knutsfordu3a.co.uk. If you can't bring the renewal form for some reason we will have a few available if necessary but this is extra work for the renewals team!

Like last September, we will be having tables for many different Activity Groups to give you information about what they do, and for Co-ordinators and members to have chat - you may be surprised to find a group is not what you thought! We'll also have some new groups taking part as well as an opportunity to buy tickets for theatre trips and outings and the November Chethams concert.

Thanks to all members who are involved in organising and taking part in this double attraction afternoon, especially Veronica Gordon, our Membership Secretary, and Margaret Wilford, our Groups Supporter.

Enjoy your membership!

Christine Jones, Chair

MEMBERS' MEETINGS

Knutsford Methodist Church Second Thursday of every month starting 2.15pm

Thursday 13th September Membership Renewal Day

There will be no Speaker at this meeting, but an opportunity to renew your annual subscriptions.

We will be having tables in the main church for the Activity Groups so that members (and the public) can have a chance to find out more about what the different groups do. The following groups will be represented:

Family and Social History Allan Jones **David Cogger** History at Random Music Appreciation **Tessa Gurney** Philosophy Shirley Dignam Scrabble Avril Slade **Computer Classes Robert Watson** Tai Chi **Evelyn Flett** French/Drawing and Painting Jill Board

Singing for Pleasure Margaret Harvey

Cycling Pat Lee Old School Learning Group David Lee **Table Tennis** Andrew Poole Outings and visits Lynda Harris **Theatre and Concert Visits** Margaret Hinde Tickets for Chethams Concert Fran Cogger

Thursday 11th October S & J Watts, founders of Kendal Milne

Diana Leitch, a previous informative and entertaining speaker, will give

a talk on the above.

Thursday 8th November Travels without my Aunt

A talk by Ken Grundy of Maestro Touring which covers his story of how, starting as a lad from Liverpool, through various twists and turns along the way, he managed to be able to live his dream.

Thursday 13th December **Opera from Cape Town to Buxton**

Michael Williams will talk about running an opera company in South Africa and his current role running the Buxton Festival His talk will include extracts from the 'Mandela Trilogy' and a new opera 'Georgiana' about the life of the 5th Duchess of Devonshire.

THEATRE AND MUSIC TRIPS

Autumn 2018









BOOKING

PLEASE use a separate booking form and a separate cheque (made payable to Knutsford U3A) for each performance and send to Mrs Margaret Hinde, 1 Warford Hall Drive, Great Warford, Alderley Edge, SK9 7TR. For further information telephone 01565 872643 or email info@knutsfordu3a.co.uk.

'QUEEN MARGARET'

Tuesday, October 2nd at 7.30 pm Royal Exchange Theatre, Manchester Cost, including transport, £ 35.00 Coach departs bus station 6 pm

This is the story of the Wars of the Roses, retold through the eyes of the extraordinary Margaret of Anjou, the wife of Henry VIth, as she steers England through the perilous days of the Civil War, struggling to retain the throne for her son. The text has been created from four of Shakespeare's plays, Margaret's own letters and civil war sources.

BBC PHILHARMONIC AND SHEKU KANNEH-MASON ELGAR'S CELLO CONCERTO

Thursday, November 1st at 7.30 pm Bridgewater Hall, Manchester

Cost, including transport, £29.00 Coach departs 6 pm

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All tickets for this concert have now been sold.

DEATH OF A SALESMAN By ARTHUR MILLER

Wednesday, November 14th at 7.30 pm Royal Exchange Theatre, Manchester Cost, including transport, £35.00

Coach departs, 6 pm

Sarah Frankcom, who directed 'Our Town', directs Arthur Miller's well known classic about the downfall of the American Dream. Willy Loman will be played by Don Warrington, who has been regularly on our screens since the eighties, including a bout in 'Strictly'! However, he is primarily an accomplished theatre actor, working with RSC, the National and others. His two previous performances at the Exchange have received 'five star' reviews, for the lead role in 'All My Sons' and, more recently, as King Lear. So it augurs well for another dramatic evening!

Tickets for both these plays have to be purchased by **September 14**th please. They should be available at the Members' Meeting on September 13th. **Separate cheques and forms for each performance please!**

OPERA AT THE ROYAL NORTHERN COLLEGE OF MUSIC

(The Best Value in Town!)

PUCCINI - TWO ONE ACT OPERAS

Wednesday, December 12th at 7.30 pm Cost, including transport, £34.00 Royal Northern College, Manchester Coach departs 6 pm.

The first opera, 'Suor Angelica', is a heart wrenching tale set in an austere Italian convent – a tragic tale of death.

In great contrast, this is followed by a witty farce, 'Gianni Schicchi', full of Tuscan colour and larger than life characters. It contains one of the most popular of arias 'O mio bobbino caro'. We have always found the College operas to be of a very high standard, so I hope this appeals. Tickets on sale in September.

Knutsford U3A Equipment

We have a wide range of equipment available for groups to borrow ranging from projectors, screens, lap tops, PA systems etc. to a laminator.

Groups who borrow this equipment find that it enhances their meetings.

We have recently bought a new screen and also a new digital projector, the latter offers many new connection features compared to the older one.

With the growing use of tablets we have added leads which allow connections to digital projectors and most modern TVs.

Please contact Robert Watson on info@knutsfordu3a.co.uk if you would like to learn more.

Help required for serving tea/coffee at monthly Member's Meetings

We are still in need of volunteers to help Margaret Oliver and Jessie Bunyan serve the refreshments at the Monthly Meetings. If you are free on the dates of any of the next 4 meetings and could offer to help for half an hour after the meeting please contact Stuart Allan on 01565 632904 – he will be delighted to hear from you!

OUTINGS

RAF MUSEUM, COSFORD Wednesday October 10th 2018

Depart Knutsford Bus Station at 9 am Return to Knutsford by 5.30 pm

Cost £15.00 per person

In this centenary year of the RAF their museum is a very interesting and worthwhile visit. The collection of aircraft is second to none in the UK and perhaps in the world.

Coffee and biscuits will be served on our arrival. Lunch is a free choice, at your cost, in the large, pleasant restaurant. Many options of food, hot and cold, are available or you could bring your own picnic. Outdoor seating is plentiful.

The exhibits are in large hangars with very easy access, with plenty of seating around and in the building. Mobility chairs are free to use on a first come first served basis - a donation to the museum would be appreciated.

Enthusiastic volunteers are on hand to give information over and above that which is displayed on the exhibits.

There is a '4D Experience'- very exciting, with a choice of experiences, which can be booked on the day for a small extra cost. Try a flight with the Red Arrows or take part in a dog-fight with the Red Baron!

To book a place on the visit send your cheque for £15 per person, made payable to Knutsford U3A, and the Booking Form to Barbara Brady at The Paddocks, Chelford Road, Knutsford, WA16 8RD, Tel: 01565 653764. Bookings will be taken at the September Members Meeting.

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BOOKING FORM – Cosford RAF Museum

I/We would like place(s) for the Cosford RAF Museum on 10 th October 2018 and enclose a cheque for
£
Name(s) and address(es) with postcode
Phone number Email
Name and contact number In Case of Emergency

CHRISTMAS CONCERT OUTING

BRIDGEWATER HALL

CAROLS BY CANDLELIGHT

Tuesday 18 December 2018

Depart Knutsford Bus Station at 6pm

Cost £39.00 per person

Join us for a Festive Concert of carols and seasonal classics, staged in full 18th Century costume in a candle-lit setting. It features the **Mozart Festival Orchestra** conducted by **Michael Bawtree**, **Rowan Pierce** soprano and the **Canzonetta choir**.

You will hear Christmas works by Handel, Cullen, Pearsall and Willcocks and be able to join in the singing of some of your favourite carols.

To book please send the completed booking form below with a cheque made payable to Knutsford U3A for £39.00 per person Margaret Hinde, 1 Warford Hall Drive, Great Warford, SK9 7TR; 01565 872643. Bookings will also be taken at the Members' Meetings in September. I must receive all payments by Friday, 5th October.

If you make a booking for this outing please keep these details for future reference.

BOOKING FORM – Carols by Candlelight
I/We would like place(s) for Carols by Candlelight on Tuesday 18 th December 2018 and enclose a
cheque for £
Name and address with postcode
. Phone number Email
Name and contact number In Case of Emergency

Outings - Dates for your Diary

Thursday 22 November 2018 – visit to Manchester for a tour of Whitworth Gallery, light lunch and a tour of the Portico Library. Further details of costs and times to follow. Contact Penny Braham on 01565 650207

We will be having a table at the September renewals meeting in the Methodist church hall, where you can come and talk to us, and see what we have planned for the next 6 or 7 months

NEWS FROM THE GROUPS

Wine Group 2

We are looking for a few new members to join this friendly and informal group to learn about and enjoy tasting wines. We meet at St Cross Church Hall in Mobberley Road, Knutsford on the first Wednesday of each month from October to June, with the exception of January when it is the second Wednesday. If you are interested or require further information please contact Denise Vallois on 01565 650286.

Computer Group

The group has a limited number of vacancies at the moment

The aim of the group is to help members who have some basic computer skills, explore what a computer can do and in the process become more confident in their use.

We do not normally cover Apple-Mac computers and the everyday use of tablets because of the variations between the different tablet brands.

Meetings are held on alternate Tuesday afternoons in Autumn and Spring.

If you are interested in joining please come and talk to us at the Members Meeting in September or e mail Robert Watson on info@knutsfordu3a.co.uk

Music Appreciation

Meetings are normally held on the third Monday of the month from 1.45 to 3.15 p.m. in Room 5 at the Methodist Church. The presentations for the remainder of the year are:

Music Inspired by Birds on 17th September

Nationalism in Music on 15th October

The Voice as an Instrument on 19th November

Christmas Music on 3rd December (early meeting to allow for members' commitments nearer Christmas).

New members are very welcome to join us for all or some of the meetings. Please contact Tessa Gurney on 01477 533076 for further details.

Singing for pleasure

A new singing group will be launched on Wednesday 10th October, 2pm - 3.45pm (incl tea break), Knutsford Sports Club, Mereheath Lane.

We will be singing a variety of songs from the 20th century relishing that golden age of prolific song writing which never fails to captivate the generation of its day. The sessions will take the form of sing-alongs with accompaniment - we simply join in and sing along just following the words and the music.

Owing to 'hang ups' from school days many people think they can't sing, only to find that with a little effort they can sing with the support of others in a group. Studies have shown that singing improves wellbeing - it is a natural anti-depressant making us feel rejuvenated and socially connected.

Anyone interested is welcome to come along to this inaugural meeting for a taster and if there is sufficient support we will meet on the first Wednesday of each month (Sep - June). Please note that the launch meeting is on the second Wednesday in Oct because the first week is already booked.

Co-ordinators: Margaret & Robin Harvey

Tel 01606 593726

Family & Social History Group

We meet on the second Friday in the month at 2 p.m. in Room 4 of the Methodist church. We run a varied programme, which mainly deals with looking at the family history of our ancestors. But that inevitably means we end up considering the social aspects of our forebears lives as well, such as where they lived, what they did and what the economic and political conditions were like at the time.

It's varied and interesting stuff, and new members are always very welcome. It's amazing what some of us have found out about our ancestors; occasionally not always good stuff! So, if you are interested, please just turn up, or alternatively you can speak to Allan Jones on 01565 633435.

ACTIVITY GROUPS September 2018

If you are interested in joining any of these groups, there is more information about them on our website, and by phoning the Co-ordinator concerned.

Architecture

4th Tuesday at 3.00 pm.Heath Room, Council Offices, Co-ordinator: Trevor Hosking 07950 414490

Art Appreciation 1(From 26th Sept)

4th Wednesday of each month at 10.30am Methodist Church Co-ordinator: Margaret Joscelyne

Tel: 01565 633147

Art Appreciation 2

1st Tuesday of each month at 7.30 pm Co-ordinator: Jennifer Harrison Tel: 01565 633578

Book Group 1

4th Monday of each month 2 – 4 in members' homes Co-ordinator: Rosemary Binns Tel: 01565 633670 Full

Book Group 2

The 3rd Thursday of the month from 10.30 – 12 in members' homes Co-ordinator: Monica Beswick Tel: 01565 651515

Book Group 3

1st Thursday of each month at 10 Co-ordinator: Freda Froehlich Tel: 01565 633045

Book Group 4

2nd Tuesday of each month at 10 Co-ordinator: Pauline Hales Tel 01565 650214 Full

Book Group 5

3rd Thursday of each month at 10 - 12 Co-ordinator: Evelyn Brown Tel: 01565 653684

Bridge

Fridays at Toft Cricket Club. 9.10-10am Tuition play. 10-12 Duplicate play. Co-ordinator: Jenny Mathews Tel: 07703741603

Calligraphy

Alternate Tuesdays 2-30pm or Alternate Wednesdays 7-8.30pm Co-ordinator; Angela Eccles Tel:01625 861314

Computer Group

Alternate Tuesdays at 3 Autumn and Spring terms

Co-ordinator: Robert Watson

Tel: 01565 633147

Crown Green Bowls 1

Summer Meetings each Tuesday at 10 The Railway Inn Mobberley Co-ordinator: Lee Hough Tel: 07964846269

Crown Green Bowls 2

Summer Meetings each Friday 10.30 Tel: 01565 653 The Railway Inn, Mobberley Co-ordinator: Colin Bowman Tel: 01565653242

Cycling

Fortnightly morning cycle rides on Monday and Thursdays at 10am. Co-ordinator Pat Lee Tel: 07769 877293

Drawing and Painting

Each Monday between 10 - 12 at Toft Church rooms

Co-ordinator: Jill Board Tel: 01565 652948 Full

Family and Social History

2nd Friday of each month at 2 Room 4, The Methodist Church Co-ordinators:

Allan Jones Tel: 01565 633435 Andrea Lord Tel: 01565 872295

Film at the Curzon

One or two afternoons a month. Co-ordinator: Evelvn Brown Tel: 01565 653684

French Intermediate

1st and 3rd Thursday of each month at 2.00pm in member's homes. Coordinator; Jill Board Tel:01565 652948 Full

French to get by

Each Thursday 10-11.30 at Methodist Church. Co-ordinator: Barbara Brady Tel: 01565 652948

Garden Visits

Random meetings when the gardens are open. Planning meetings about three times a year. Co-ordinators: Karen Crump Tel: 01565 651474 and Val Homer Tel: 01565 652282

Gardening

1st Thursday each month at 2.15pm Co-ordinator: Pam Bolland Tel: 01925 753391

Geology Group

3rd Monday of each month upstairs at The Angel 7:30 - 9.30 Co-ordinator: Mark Barley Tel: 01565 632483

German

Fortnightly on Fridays 9:30 - 11 at Methodist Church Co-ordinator: David English Tel: 01565 625815

History at Random

Alternate Thursdays 2.30-4.00pm Methodist Church Hall. Coordinator: David Cogger Tel: 01565 228503 Starting 4th Oct.

Italian for Beginners

Small group, meeting on self- help basis Mondays at 2.00pm Knutsford Council Offices Co-ordinator: David Milson Tel: 01565 750758

Knitting

Monthly on 1st Tuesday at 10 in members' houses Co-ordinator Jane McHarry Tel: 01565 651036

Mah Jong

2nd and 4th Friday each month at 10:00 at Knutsford Library.

Co-ordinator: Sue Lawson Tel: 01565 734366 and Nicki Wright: Tel: 01565

733891

Music Appreciation

3rd Monday of each month from 1.45 – 3.15 in Room 5 at Knutsford Methodist

Co-ordinator: Tessa Gurney

Tel: 01477 533076

Needlecraft

3rd Thursday of each month from 10 – 12 Members' homes
Co-ordinator: Judith Shirley

Tel: 01565 652448

Philosophy

3rd Wednesday each month 10:30 – 12 Room 5, Methodist Church Contact: Shirley Dignam Tel: 01565 652958

Play Reading

Last Friday each month at 10 - 12 in members' homes

Co-ordinator: Peter Willgoose

Tel: 01565 631255

Poetry Reading

1st Tuesday each month at 2 pm at Royce Court

Co-ordinator: Veronica Gordon

Tel: 01565 873762

Scientific Book Group

3rd Thursday each month at 2.30 Co-ordinators: Gill Warboys Tel 01565 651858 and Bob Bateman

Tel: 01565 652905

Scrabble

Friday each week at 2 in Library Co-ordinator: Avril Slade Tel: 01565 633997

Seasonal Cookery

4th Tuesday each month 10 –12 Co-ordinator: Anne Rowland Tel: 01625 860290

*Full

Singing for Pleasure

1st Wednesday of the month 2.00-3.45pm Knutsford Sports Club. Co-ordinators Margaret and Robin Harvey Tel 01606 593726 Inaugural meeting 10th Oct

Spanish Advanced

Each Tuesday, 10 – 11 at the Methodist

Co-ordinator: Eileen Denne Tel: 01565 633441 ***Full**

Spanish Intermediate

Each Tuesday 10:30 - 11.30 at the

Jubilee Hall

Co-ordinator: Graham Rigg

Tel: 01565 650103

Table Tennis 1

Each Monday from 10 – 12 at Knutsford Sports Club, Mereheath Lane Co-Ordinator: Andrew Poole

Tel: 01565 733332

Table Tennis 2

1st and 3rd Friday from 2-4 at Knutsford Sports Club. Mereheath Lane. Coordinator Andrew Poole. Tel 01565 733332

Tai Chi/Qi Gong 1

Weekly on Thursdays at 4 – 5 at Knutsford Sports Club on Mereheath Lane. Coordinators: Evelyn Flett

Tel: 01565 653048

Yvonne Baker Tel: 01565 651204

*Full

Tai Chi/Qi Gong 2

Every Thursday from 6th Sept to13th Dec. 3.00-4.00pm New Term 10th Jan. 2019 Knutsford Sports Club, Mereheath Lane. Co-ordinator: Evelyn Flett. Tel: 01565 653048

Tennis

Monday mornings 9.30 at Knutsford Tennis Club, Mereheath Lane. Co-ordinator Sonia Amos Tel: 01565 651029

Theatre and Film Discussion

3rd Wednesday each month 3.30 – 5.30 in members' homes.

Co-ordinator: Anita Goldman

Tel: 01565 651717

Walking Football

Fortnightly meetings on Tuesdays 2-2.45pm at

Egerton Youth Club. Co-ordinator: Stuart Allan

Tel: 01565 632904

Walking Group 1

Walks on alternate Mondays and Wednesdays at 9.30 in the lay by on the Mobberley Rd.
Co-ordinator Margaret Cole
Tel 01565 633569

Walking Group 2

Walks on alternate Wednesdays and Mondays. Meet at 9:30 in the lay-by on

Mobberley Road

Co-ordinator: Tony Roberts

Tel: 01565 632735

Walking Group 3 - Medium Walks

Walks on alternate Thursdays and Fridays. Meet at 9.30 in the lay-by on

Mobberley Road

Co-ordinator: Margaret Hinde

Tel: 01565 872643

Walking Group 4 – Three Milers

Walks on alternate Monday and Wednesdays. Meet at 9.55 in the lay-by on Mobberley Road Co-ordinator: Mike Cooper

Tel: 01565 228931

Walking Group 5 - 5 K

Walks are twice a month on Mondays or Wednesdays. Meet at 10 in the lay-by on Mobberley Road

Co-ordinator: Sheila Fitches

Tel: 01565 633076

Walking Group 6

Walks on the 1st Thursday of the month Meet at 10 in the lay-by, Mobberley Road Contacts: Gill Warboys Tel: 01565 651858 and Avril Reynolds

Tel: 01565 632541

Wine Tasting 1

2nd Monday each month 7.00pm at St Vincent's Church Hall. Co-ordinators: Margaret Joscelyne <u>Tel:01565</u> 633147 John Baldwin <u>Tel:01565</u> 654285 **Full**

Wine Tasting 2

1st Wednesday each month at 7.30 St Cross Church. Contacts: Maurice and Denise Vallois. Tel: 01565 650286 *Full

Writing for Pleasure

3rd Wednesday each month at 10 in members' homes Co-ordinator: Michael Goldman Tel: 01565 651717

BOOKING FORMS FOR THEATRE & MUSIC

Please:

- Write the name of the performance or outing on the back of your cheque
- Make your cheque payable to Knutsford and District U3A
- Send a stamped, addressed envelope if you want your reservation confirmed
- If you are not making a booking at a General Meeting, please use a separate booking form and a separate cheque (made payable to Knutsford U3A) for each performance and send to Mrs Margaret Hinde, 1 Warford Hall Drive, Great Warford, Alderley Edge, SK9 7TR.

You will be contacted if your booking was NOT successful.

BOOKING FORM – THEATRE AND MUSIC VISITS							
I/We would like to book places for the following event and enclose a cheque for £							
Event:							
Date & time:							
Name and Address with postcode							
Phone number	e-mail	Phone number in case of emergency					
Diago cand this camplated form	and charge made navable to Knutsford 112A to I	Margaret Hindo, 1 Warford Hall Drive					
Please send this completed form and cheque made payable to Knutsford U3A to Margaret Hinde, 1 Warford Hall Drive, Great Warford, Alderley Edge, SK9 7TR. Tel. 01565 872643 Cheques should be made out to Knutsford U3A.							
BOOKING FORM – THEATRE	AND MUSIC VISITS						
I/We would like to book	places for the following event and enclose	a cheque for £					
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Date & time:							
Name and Address with pos	tcode						
Phone number	e-mail	Phone number in case of emergency					
The state of the s	n and cheque made payable to Knutsford U3A to I	=					
Great Warford, Alderley Edge, SK9 7TR. Tel. 01565 872643. Cheques should be made out to Knutsford U3A.							

Knutsford and District U3A Membership Application & Renewal Form

Please print this form, complete your details and **read the privacy statement overleaf**. Then return the form, together with your cheque and a stamped addressed envelope, to our Membership Secretary Veronica Gordon, 38 Carlisle Close, Mobberley WA16 7HD or you can bring your cheque and completed form to the September Members' Meeting.

Name

Email*	Telephone
Address	
	Postcode
*To reduce costs	s, the committee will communicate with you via email where possible.
MEMBERSHIP FE	EES
The Annual Fee i	s currently £15.00. (£10.00 for Associate Members)
provides a wide	s a £3.50 membership fee paid to our national organisation, the Third Age Trust, which range of services and benefits, including liability insurance cover. Membership fees are ue to KNUTSFORD AND DISTRICT U3A.
 All members must Abide by the F Act in the best Abide by the t Treat fellow m Comply with a 	DITIONS OF MEMBERSHIP :: Principles of the U3A movement. It interests of the U3A and never do anything to bring the U3A into disrepute. It interests of the U3A and never do anything to bring the U3A into disrepute. It interests of the U3A and never do anything to bring the U3A into disrepute. It interests of the U3A and never do anything to bring the U3A into disrepute. It interests of the U3A movement. It interests of the U3A into disrepute. It is interest of the U3A into disrepute. It is i
membership as	nbership of Knutsford and District U3A and confirm that I will abide by the terms of stated above. I confirm that I have completed the form myself. I enclose my cheque for or Associate Members).
Signed	Date
	to be added to the direct mailing list for the Third Age Trust magazines – Third Age Matters to, please tick the box below:
	t to my data being shared with the company who oversee the distribution of the Third Age

Membership records are held on computer and comply with the Data Protection Act 1998 and the General Data Protection Regulations 2018. These records are used only for purposes directly connected to U3A activities and are not revealed to third parties.

PRIVACY STATEMENT

Knutsford and District U3A requires members to provide their personal information so that they can be kept informed about events and activities that are offered as part of their membership. In collecting your information Knutsford and District U3A will:

- Store it securely
- Use it to communicate with you as a U3A member.
- Share your information with Activity Group Co-ordinators, for those groups that you are a member of
- Send you general information about the Third Age Trust*

Please be advised that you can request for your data not to be used for the direct postal mailing of Third Age Trust magazines at any time by emailing info@knutsfordu3a.co.uk.

Principles and Ethos of the U3A

Applicants should note that the U3A is a self-help organisation run by volunteers. In the light of this, members are encouraged to participate both in their Activity Groups and in the running of the organisation as a whole and consider whether they can volunteer in any of the roles required to facilitate the stability and continuation of the organisation. These may include Committee membership, Activity Group coordinator, membership of sub-committees, tea rota helper etc.

If you would like more information regarding ways to participate please tick the box below and give brief
details of what you would be interested in:

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^{*}The Third Age Trust is the national office to which all U3As are affiliated.