



General Enquiries and Webmaster: info@knutsfordu3a.co.uk
Newsletter contributions: newsletter.knutsfordu3a@gmail.com

CONTENTS

Page 1

From the Chair

Page 2

Members' Meetings

Page 3

Notice of the 2019 AGM

Page 4

Theatre & Music visits

Page 5/6/7

Outings

Page 8/9

Setting up In Case of
Emergency (ICE)
Information

Page 9

Old School Shared
Learning Project

Page 10

News from the groups

Page 11

Booking forms for
Theatre/Music

FROM THE CHAIR

Welcome to summer! Who knows what the weather will be like when you read this but I hope you enjoy your summer and can screen out the politics as much as possible!

As you know, our AGM will be on Thursday July 11th at 2pm, followed by a speaker and refreshments. The formal notice is inside this Kanuta, so please come if you possibly can.

The Committee have been considering various aspects of health issues including emergency situations that can arise very occasionally. We'd like to recommend that members carry information known as ICE- In Case of Emergency. There are a variety of ways of doing this, and in this Kanuta you will find a practical guide to the different ways that members can carry such information. Whatever means suits you best, you can simply give the name and contact number for someone to call, or you can include medical information if that's appropriate. We know that the emergency services look for it when attending a call out. Like insurance, it's good to have it so we won't need it!

Have a happy, healthy and safe summer!

Christine Jones, Chair

MEMBERS' MEETINGS

Knutsford Methodist Church
Second Thursday of every month starting 2.15pm

Thursday 13th June

'From idea to concert – how the Hallé works'

Andy Ryans

Andy is the Communications Director of the renowned Hallé Symphony Orchestra. We will be taken behind the scenes of a concert, hearing about the whole of the planning process. Andy's aim is to demystify the classical music industry and he will welcome questions throughout his talk.

Thursday 11th July

AGM followed by:

'It's not what you say, it's the way you say it'

Derek Poulson

Derek will give us his entertaining talk about regional dialects.

Thursday 12th September

Membership Renewal Day

There will be no speaker at this meeting, but an opportunity to renew your membership by paying your annual subscription, a bargain at only £13 this year! Please remember that if you do not pay your subscription either at this meeting or by post you will no longer be a member of Knutsford U3A and therefore not entitled to go on trips or attend groups. A renewal form will be included in the next Kanuta.

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.

NOTICE OF THE 2019 AGM

The 14th Annual General Meeting of Knutsford and District U3A will be held on Thursday 11th July 2019 at 2.15pm at Knutsford Methodist Church.

All members are invited to attend the AGM which will be followed by an entertaining talk by Derek Poulson on regional dialects, "It's not what you say, it's the way that you say it". Refreshments will be available afterwards.

The AGM will include the Trustees' Report and Accounts, together with the election of new Committee members.

Committee nominations

Although our Committee is almost at full strength we welcome further nominations. If you wish to nominate someone (with their agreement) or wish to be nominated, please use the form below.

.....

Nominations for the election of Knutsford U3A Committee Members

I nominate..... who has agreed to stand for membership of the Committee.

Or

I am willing to be nominated to stand for the Committee.....
Members nominated will need to be seconded before or at the AGM.

Please send nominations to Sue Allan, Secretary, by 27th June 2019 at the very latest.

Email secretary.knutsfordu3a@gmail.com

Post 8 Bracken Way, Knutsford WA16 9BU

THEATRE AND MUSIC TRIPS

Autumn 2019



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.

.....

As yet, very few of the theatres have announced their Autumn programmes so I have to wait a few weeks before deciding what to choose. So, hopefully, there will be more on offer in the next Kanuta. However, I have found one that I think we will like at the Theatre Clwyd. I have reserved Saturday matinee seats so that we can enjoy lunch there beforehand.

‘YES, PRIME MINISTER’

Saturday, 9th November, 2.30 pm
Theatre Clwyd, Mold

Cost, including transport, £38.
Coach departs 11.15 am.

‘Yes, Prime Minister’ is, of course, based on the popular TV series. Following three sell out West End seasons, it is fast becoming one of the most successful plays for a decade. The theatre will hold my seats until early September, but it would be very helpful if I could confirm numbers as soon as possible.

MOSCOW PHILHARMONIC - At The Bridgewater Hall

Friday, 11 th October, 7.30 pm
Bridgewater Hall, Manchester

Cost, including transport, £39.
Coach departs 6.00 pm. Prompt

The programme for this exciting concert is:-

Tchaikovsky, Romeo and Juliet Fantasy Overture

Rachmaninov, Piano Concerto No 2

Shostakovich, Symphony No 10

The concert will be conducted by Yuri Simonov –‘one of the most renowned of all Russian conductors’ - and the pianist for the Rachmaninov is the ‘sensationally talented’ Alexandra Dariescu. (I have reserved good seats in the left side Stalls, so we should have a good view of the pianist!). **Tickets for this concert will only be held until mid July.**

‘After the interval, the orchestra will play their famed interpretation of what many regard to be Shostokovich’s greatest symphonic masterpiece, his 10th Symphony’.

(Quotes from the Bridgewater Hall Brochure!)

Tickets for both of the above will be available at the Members Monthly Meeting on June 13th. Otherwise, please send your cheque, made out to Knutsford U3A, together with a completed booking form, to Margaret Hinde, 1 Warford Hall Drive, Alderley Edge, SK9 7TR. Tel: 01565 872643

OUTINGS

TRIP TO LICHFIELD CATHEDRAL AND NATIONAL MEMORIAL ARBORETUM

Thursday 19th September 2019

Departing Knutsford Bus Station 8.45a.m

Cost (to include morning coffee/tea on arrival at Lichfield, tour of Cathedral, tour of Arboretum by Land Train)
£29.00

The coach will leave the Bus Station at 8.45 a.m. to travel to Lichfield Cathedral and to arrive in time for coffee/tea at 10.15/10.30 am After coffee we will have a guided tour of the Cathedral with time afterwards to ask questions or to look around the Cathedral.

The coach will then collect us to travel to the National Memorial Arboretum to arrive at 12.30p.m. Lunch can be purchased at the coffee shop. If you prefer, please bring a picnic lunch and purchase hot drinks etc.

At 2 pm we will meet in the Chapel for a short talk prior to boarding the covered Land Train and enjoy the running commentary as you explore the grounds of the Arboretum and the symbolism behind the memorials. The tour lasts for fifty minutes and covers around two-thirds of the Arboretum grounds.

We will leave the Arboretum at 4.30 pm to travel back to Knutsford.

To book a place for this visit send your cheque (payable to Knutsford U3A) for £29.00 per person, together with the booking form below to Irene Hardy, Holly Bush Farm, Tabley WA16 0HP.

If you book a place on this trip please keep these details for future reference.

TO BOOK A PLACE FOR THIS VISIT SEND YOUR CHEQUE (MADE PAYABLE TO KNUTSFORD U3A) FOR £29 PER PERSON, TOGETHER WITH THE BOOKING FORM BELOW, TO:-

Irene Hardy, Hollybush Farm, Tabley, Knutsford, WA16 0HP Tel: 01565 633348

.....

Booking form – Lichfield Cathedral/National Memorial Arboretum

I/We would likeplaces for the above trip on Thursday 19th September 2019, and enclose a cheque made payable to Knutsford U3A for £.....

Name(s) and address with postcode:

.....

Home Phone no. Mobile

Email

Name and contact number in case of emergency

3 DAY MINI-BREAK IN CAMBRIDGESHIRE

CAMBRIDGE, ELY AND DUXFORD 'BATTLE of BRITAIN' AIRSHOW

Sunday, 22nd September – Tuesday 24th September, 2019



In conjunction with McCarthy Coaches, we are planning a 3 day holiday based near Cambridge to include:

A full day in **Cambridge City Centre**

An optional visit to **Duxford 'Battle of Britain' Air Show**

A morning in the **City of Ely**

8 am Sunday, 22nd September - we make an early start to enable us to reach **RAF Duxford** by mid day and spend the afternoon at this very special Air Show, celebrating the 'Battle of Britain' with re-enactors, 1940's music, entertainment and activities.

'Witness daring air displays, dogfights and aerobatics – ending with the splendour of the now famous Spitfire flypast in the skies where history happened'.

(Please note it is advisable to take a folding picnic chair and a picnic lunch on the bus with you!)

Alternative to Duxford - For those not wishing to attend the Air Show, the coach will take you to Wimpole Hall Estate, (en route to Duxford) where you can buy lunch (or eat a picnic!) and spend the afternoon. Wimpole Estate, which is a National Trust property, boasts a magnificent 18th century country mansion with splendid Georgian interiors. There are formal gardens, a walled garden, extensive parklands and a home farm to visit. McCarthy's have arranged for a minibus to collect you and take you directly back to the hotel.

Entry to the whole Estate costs £17.20, payable on the day but, of course, there is no charge for National Trust members. There will be a small charge for the minibus, also payable on the day. This will depend on the numbers using it but I would expect around £10 a head.

Monday, 23rd September - The coach will take us into Cambridge where we will start with an hour and a half guided coach/walking tour, hopefully including entry to one or two colleges. The rest of the day is your own free time until we meet the coach for the return to the hotel.

Tuesday, 24th September - The coach will take us to the city of Ely, where we have arranged a one hour tour of the magnificent cathedral. Thereafter, time is your own to explore Ely, find your own lunch, and meet the coach at 2.30 pm to start our journey home, hoping to arrive by 6.30/7.00 pm.

The Hotel: We have two nights dinner, bed and breakfast at the four star Double Tree by Hilton, Cambridge Belfry Hotel, Cambourne. Our reservation includes a good allocation of single rooms, albeit limited numbers!

Overall Cost:	£263	per person.
Single Supplement	£50	per person
Optional entry to RAF Duxford Air Show	£25	per person

To reserve your place on this holiday please contact Margaret Hinde on 01565 872643 to confirm that we can meet your requirements. Subsequently, we need a completed booking form (attached) together with a deposit of £50 as soon as possible, but definitely before June 18th. The balance will be payable in August.

Lynda Harris
01565 621058

Margaret Hinde
01565 872643

If you book a place on this trip please make sure you keep these details!

Booking form: KNUTSFORD U3A MINI BREAK

CAMBRIDGE, ELY & RAF DUXFORD FOR THE BATTLE OF BRITAIN AIR SHOW 3 Days – Sun 22nd – Tues 24th September 2019

If you would like to join this Knutsford U3A short break please contact Margaret Hinde on 01565 872643 with your accommodation requirements. Once you have confirmation from Margaret that your requirements are available please complete the booking form and send it to Margaret at 1 Warford Hall Drive, Alderley Edge, SK9 7TR, together with a cheque for the deposit (made out to Roy McCarthy Coaches).

Departure Point – Knutsford Bus Station at 8 am

Please Reserve Rooms

Accommodation Single Double Twin

Tickets for RAF Duxford (£25 Each) Yes/No No required:

or

Alternative visit to Wimpole Hall Yes/No

Special Requests

Noted but not guaranteed

1. Title First Name Surname

Address

..... Post Code

Email Tel. No.

2. Title First Name Surname

Address

..... Post Code

Email Tel. No.

Emergency Tel No: (friend, relative or next door neighbour).....

Payment Enclosed – Deposit £50 per person (Cheques made payable to

Roy McCarthy Coaches and sent to Margaret Hinde

£.....

Plus Insurance (If Required) £22.00 per person (for further information with regard
to insurance please contact Roy McCarthy Coaches)

£.....

Total Amount of Cheque Enclosed

£.....

Date Signature

Roy McCarthy coaches, the coach depot, Snape Road, Macclesfield, Cheshire. SK10 2NZ Tel: 01625 425060

Setting up In Case of Emergency (ICE) Information

As we move through our third age, like it or not, we all become more vulnerable to accidents and medical emergencies. The emergency services that may be called to attend to us under these circumstances are trained to seek information about us before attempting any treatment. Equally, U3A Group Coordinators, Outings Organisers and other U3A leaders will wish to notify members' nominated contacts in the event of an accident or emergency. Should a member be unable to communicate, this may only be achievable if this information is provided on the member's person by an ICE card or in their mobile phone.

Entering key medical information and contact details in your mobile phone is very easy and can be accessed even if your phone is locked without prejudicing the security of any other information. Emergency service staff are trained to access this key medical information. An additional benefit that many have claimed is that their medical information is always at hand and can be provided to medical practitioners easily in response to questions during consultations and the like.

Knutsford and District U3A recommends the use of this facility for all members that possess mobile devices and/or the carrying of ICE information cards.

ICE Cards

U3A produced ICE cards will be available to all at members' meetings and consist of a credit card sized card formatted to write in emergency contact details and any medications or conditions that the emergency services should be aware of.

Mobile Phones

The simplest way that can be adopted for all mobile phones is to enter "ICE" as a Contact and to provide the appropriate emergency contact telephone number and any other details that can be included against that Contact. This is only of use if the mobile phone is not locked. For phones that are normally locked when not in use, a different approach is recommended, and this will depend on the type of phone as follows:

iPhones

1. Open the **Health** app and tap the **Medical ID** tab.
2. Tap **Edit**. If asked, tap **Edit Medical ID**.
3. To make your Medical ID available from the Lock screen on your iPhone, turn on **Show When Locked**. In an emergency, this gives information to people who want to help.
4. Enter your name, who to contact and health information like your birth date, medical conditions, medications, allergies, and blood type.
5. Tap **Done**.

The same procedure applies if you wish to change any of the data.

In an emergency, responders can access this information when the phone is locked as follows:

1. Go to the lock screen
2. Tap **Emergency**. This will bring up the keypad and allow an emergency phone call if required
3. Tap **Medical ID**. This will reveal the medical and contact information that you have saved

Android Phones

The process is generally very similar to the iPhone described above as follows:

1. Switch on and go to the lock screen bringing up the emergency keypad. This may require double tapping the **Functional Settings** key (a cog image)
2. Tap **Emergency Call**
3. Double tap **Emergency Information**
4. Tap the **Edit** icon (pencil) on top right
5. Enter your phone Password/PIN

6. Add or edit your Emergency Information
7. Tap **Contacts**
8. Select an emergency contact from your Contacts List
9. Tap **Add Contact**
10. Return to lock screen using back-arrows

The same procedure applies should you wish to change any of the information.

In an emergency, responders will be able to access your Emergency Information by following steps 1-3 above.

Alternative Apps for Android Phones

There are many apps available, many are free, some are more sophisticated and may charge, most include some form of advertising. However, there is at least one app that is free to use and has no advertising and is more than adequate. This is **I.C.E. Lock**. It can be installed by searching on **Google** or the **Play Store** app and has an icon like the Swiss flag (white cross in centre of red square).

Once installed it provides simple step by step instructions for its use. There are two particularly strong features of this app: firstly it displays an instruction to “swipe down” for My Emergency Information as soon as you switch the phone on making it very simple to access; secondly, you can add a second level of medical information that is only available if you unlock the phone. This can be useful to the owner in being able to carry relevant medical information to consultations etc.

Old School Shared Learning Project

As part of the **National Great Get Together weekend** activities held in recognition of Jo Cox, the MP assassinated in June 2016, the Old School Project has organised another **Get Together Tea Party**. This year it will be held from **2-4pm on Sunday 23rd June in St John’s Church, Church Hill, Knutsford**.

The event is free and open to all retired residents of Knutsford. Students from Knutsford Academy will act as hosts serving cake and refreshments at tables and will provide musical entertainment during the afternoon. Some intergenerational games will be available for those that wish to take part. So, why not come along, bring a friend, neighbour or relative and enjoy the company of your young student hosts?

Jo was famous for stating “We have far more in common than that which divides us” and our annual Old School Get Together is where this observation is seen in practice and great fun is had by all. (nb. many of the scenes in the Old School video on our website were taken at last year’s event).

For further information contact David Lee, 07715 498911, leep1032@gmail.com

NEWS FROM THE GROUPS

Walking Group 3

Our walk at the beginning of May was 5 miles in the Church Lawton area, some of it over fields, through woods and also along canal paths. The weather was pleasant and the bluebells were magnificent. The morning was rounded off by a wonderful lunch at the Bleeding Wolf pub where some of the men had Dizzy Blondes awaiting them (pints of!).



We walk on the first Thursday and the third Friday of the month, usually about 5 miles. If you feel inspired to join us please contact Margaret Hinde on 01565 872643 or Sue Allan on 01565 632904. We would love to see you!



Italian for Beginners

Please note that the Co-ordinator, David Millson's, phone number was printed incorrectly in the May edition of Kanuta. It is 01565 750758

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 <u>with postcode</u>		
Phone number	e-mail	Phone number in case of emergency
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 £.....		
Event:		
Date & time:.....		
Name and Address <u>with postcode</u>		
Phone number	e-mail	Phone number in case of emergency
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.		