KANUTA



The Newsletter of the Knutsford and District



November 2019

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Membership Renewal Form

FROM THE CHAIR

I'm sure you're all enjoying your U3A membership but, even though September and October have been and gone, there are some members who have not yet renewed their membership. This is now very overdue so, if you haven't already done so, please use the form at the end of this Kanuta -TODAY!!

Anyone who has not renewed is letting their membership lapse and so should not be attending any Groups, Members' Meetings or Outings".

Christine Jones, Chair

The Eblana String Trio returns to Knutsford!

Jonathan Martindale – Violin Lucy Nolan – Viola Peggy Nolan - Cello

The Eblana Trio will make a return visit to Knutsford on 28 February 2020 when they will give an Afternoon Concert at the Methodist Church. The programme will include Bach's Goldberg Variations(selections) and pieces by Beethoven and Beamish.

Since its formation in 2006 the Eblana String Trio has been performing regularly for music societies and festivals throughout the UK and beyond, winning praise from audiences and critics alike. Recent seasons have seen the trio giving acclaimed performances at both the Wigmore Hall for the Park Lane Group and at the Bridgewater Hall for the Manchester Midday Concerts Society, as well as performing live on Radio 3's 'In Tune' programme.

During their time as undergraduates at the Royal Northern College of Music the Trio won all the major chamber music prizes, notably winning the 2010 RNCM Chamber Music Award and the Audience Prize. The members of the trio are now visiting tutors in Chamber Music at Birmingham Conservatoire.

Jonathan Martindale is Assistant Leader of the City of Birmingham Symphony Orchestra, he is also the son of members of Knutsford U3A.

Tickets for the concert will be on sale at the January and February Member's Meetings, cost £10 includes a cup of tea and the opportunity to meet the musicians.

Contact info@knutsfordu3a.co.uk

MEMBERS' MEETINGS

Knutsford Methodist Church Second Thursday of every month starting 2.15pm

Thursday 14th **November** A talk by Peter Ashburner, formerly from Marshalls the auctioneers.

His talk will cover will cover militaria, toys, silver and retro decorative arts and

the change in fashion and the auction world.

Thursday 12th December Stranger in a Strange Land - A talk by Gill Russell.

Gill is our NW Regional U3A Trustee and will initially speak about this work for a few minutes. This will be followed by her illustrated talk about her time living in Japan with her family. Japan is hosting the 2019 Rugby World Cup and next year will host the Olympic Games so this talk will give us a fascinating insight into a

country that will be in the news quite a lot over the next few months.

Thursday 9th January 'Literary Manchester' - A talk by Ed Glinert

Ed Glinert is an entertaining, well-informed speaker. He was born in London but has lived in Manchester for many years, developing a prolific knowledge of the city. He is a respected journalist working for the Radio Times and Private Eye and is also a registered guide working in Manchester, Liverpool and London and is responsible for New Manchester Walks City tours. He is an experienced speaker, giving illustrated talks with a dry Northern wit, excellent pictures and

much information.

Old School Shared Learning Project

Old School will be running once again through the 2019-20 academic year at Knutsford Academy. As this year's cohort of 13-year-old volunteers is being collated at the Academy, we are seeking U3A members who would like to be involved in the Project and/or partnered with a student.

Meetings will take place at the Academy (adjacent the Leisure Centre) on Thursdays from 11.20 to 12.20. This term there will be two meetings towards the end of term to introduce Student and Senior Partners to each other and establish pairings. Through the Spring term there will be meetings every week when Partners meet each other to socialise on a one-to-one basis (when they are able to attend.) During the Summer term meetings will continue when there will be opportunities to meet other students too. Transport can be arranged if Senior Partners are unable to travel independently to and from the Academy.

If you would like hear how previous participants have enjoyed the experience please view the video on the Activity Group section of the Knutsford U3A Website (http://www.knutsfordu3a.co.uk/activity-groups-visits/21-2/old-school-learning-project-slp/)

If you are interested in being involved or would like to know more, please contact David Lee on 07715 498911 or tleaf32@gmail.com

THEATRE AND MUSIC TRIPS

Winter 2019/Spring 2020









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.

'WUTHERING HEIGHTS' By Emily Bronte

Thursday February 20th 2020 Royal Exchange Theatre, Manchester

Cost, including transport, £38.00 Coach leaves bus station at 6 pm

This is a new version of the well known tale. The Exchange brochure says:-

'Andrew Sheridan's searing script is a ferocious, wild and utterly exhilarating celebration of passion and desire showing a very different side to literature's most electric couple in this gripping reinvention of the classic tale'.

Join us and see what the dramatic imagination of the Exchange has done with Heathcliff and Cathy!

BEETHOVEN'S SYMPHONY NO 5 With the HALLE ORCHESTRA A 'BEYOND THE SCORE' CONCERT

Sunday March 15th 2020 at 4.00 pm Bridgewater Hall, Manchester

Cost, including transport, £ 39.00 Coach leaves bus station at 2.30 pm

By now many of you will be familiar with the fascinating format of the Halle 'Beyond the Score' concerts which give a dramatic exploration of a single work, in this case Beethoven's 5th.

In the first half we are treated to live actors, stunning visual projections and excerpts performed by the Halle to give us the background story of the piece. After the interval the Halle will perform the complete symphony. I think those of you who have been with us on two previous occasions have thoroughly enjoyed the formula.

(Please note that this concert is part of the Opus series, so you may already have subscribed to it!)

Please note that, in order to secure the reservations I have made, I have to pay for both the above productions by <u>Friday</u>, <u>December 13th</u> so I need your payments before then. Tickets will be on sale at the November monthly meeting, (also the December meeting if there are any remaining!). They can also be reserved using the Booking Form at the end of this Kanuta.

'GYPSY' The 'Christmas Musical' at the Royal Exchange

Thursday, January 9th, 2020 Royal Exchange Theatre, Manchester

Cost, £46, including transport.

Coach leaves bus station at 6 pm

I have only 5 tickets left available for the above – from the original 54 that I reserved! Obviously a popular show. Please phone me on 01565 872643 if you would like to make a reservation. I can always put your name on a waiting list. These tickets are available until November 13th.

THEATRE - DATES FOR YOUR DIARY

'LES MISERABLES' - The well loved musical from the West End at The Lowry **Wednesday, May 20th 2020, 7.30 pm**. Booking January 2020

Concert News

Friday afternoon 20th November 2020 is the date when Music Students from **Chetham's** will perform a concert for the Knutsford U3A in the Methodist Church.

Eileen and Richard Martindale

OUTINGS

Please note that the visit to Chetham's Library and Manchester Cathedral on Tuesday 14th January 2020 is now fully booked and there is a waiting list.

A Day of Merchandise and Molecules Wednesday 16 October 2019

It may take just one click to 'Buy now' but a U3A tour of the Amazon Fulfilment Centre showed exactly what it takes to get that purchase to your door!

Years ago a visit to a 'department store' (anyone remember Kendal Milne and Affleck & Brown?) could be a family day out. How the landscape of retail has changed! Now we 'buy before we try' and there's little 'window shopping' unless it is digital window shopping for the best deal. Consumers move in increasing numbers from in-store retail to the convenience and choice of online shopping; over half the over 65s (once described as the 'tech resistant'



generation) now shop online. Amazon's automated Fulfilment Centre is geared up to meet this growing demand with its 12 miles of conveyors, towers of shelving plus monitors, 'totes', 'pods', 'bins' and even 'U-boats'! A workforce of 1200 and army of robots stock, store, pick, pack and deliver thousands of items per day – 580,000 orders per day in December 2018! No wonder town centres and High Streets are under pressure with talk of a 'retail apocalypse'. It was mesmerising to look beyond the steel screens as dozens of carts moved silently around delivering wares to waiting operatives, each drive choreographed by the matrix of 55,000 fiducials (2-dimensional bar codes) on the floor. Whizzing down conveyors, parcels had address labels fired on to them before heading off to worldwide destinations. E-commerce and the technology behind it continue to advance relentlessly - from the comfort of our armchair we can even make a purchase using just voice control and Amazon's virtual assistant, Alexa. The developments in e-commerce look unstoppable; shopping as many of us knew it can surely never be the same?

Refreshed by a lunch and lively conversation at The Plough and Flail the group moved on to Waters' Mass Spectrometry in Wilmslow. This impressive building (opened in 2014) is based on the shape of a mass spectrometer. On either side of a central atrium (the 'lon Path') are glass panels behind which are large laboratories each with the clinical sharpness of operating theatres. Despite its hi-tech label, mass spectrometry dates back to the 19th century and the work of John Dalton and others. It has taken decades for the principle that atoms of different elements vary in size and mass to form into a coherent, specialist field of science. Mass spectronomy needs a complex set of analytical techniques and machines to measure how ionised atoms in a substance react to electronic or magnetic fields; the computerised results identify its components (or contaminants) present in microscopic quantities. In Wilmslow, Waters' manufactures these precision instruments and their software carries out research and development and offers outreach and training for its equipment sold worldwide. Mass spectronomy has a vital role in pharmaceuticals, medicine, food standards, space and is the technique used in testing for drugs in sport.

This was a great day to see cutting edge technology in action and a time to think about its impact on future jobs, training and the workplace. With such a profound shift in skills the question is - will robots replace people or will people become more like robots? Perhaps we should just ask Alexa?!

A big thank you to Margaret Hinde for such a first class and informative day.

NEWS FROM THE GROUPS

Social Cycling – a report of a recent ride

Four cyclists set of from the Leisure Centre at 10 am, down Sudlow Lane, across Plumley Moore Rd, then right on to Trouthall Lane, first left on to the back lanes cycling over to Foxcovert Lane, right at the T junction with Free Green Lane and on to Grasslands for coffee and cake. Gwen left us after coffee to cycle home to look after her new puppy. The three of us cycled back to Knutsford via the Tree of Imagination, Plumley Moor Road and Sudlow Lane. The weather was fine but the dark clouds were gathering. The distance covered was 23 Km. It was a very enjoyable leisurely ride, good company, good conversation, excellent coffee and cake.

If you fancy joining us please call the Co-ordinator, Pat Lee, for further details. Tel: 07769 877293

Tai Chi

We have a few spaces at the moment in the 3pm to 4pm Tai Chi Group, which meets on Thursday afternoons at the Knutsford Sports Club on Mereheath Lane.

The classes are conducted by a professional tutor and include:

- breathing and meditation exercises to help to reduce stress; and
- gentle physical exercises using the muscles of the whole body to improve core strength, balance and flexibility.

You don't need any previous experience or special equipment to be able to take part.

So, if you think Tai Chi might be for you and you would like further details, please contact either of the two Coordinators – Yvonne Baker (01565 651204) or Evelyn Flett (01565 653048).

Musicians Jammin' Group

The group now meets every Friday morning in a member's house from 10.00 to 12.00 (whenever enough musicians can attend). We have recently had two vocalists join the instrumentalists which has enabled us to increase our repertoire and musical versatility. We are not yet at concert performance standard but are having a great deal of fun playing and singing a wide range of musical genres.

However, we would very much like to hear from other musicians who might be interested in joining us, particularly if they have keyboard, guitar, ukulele or percussion skills. We are a self-learning group in line with the U3A ethos and would welcome musicians with any level of skill to join us. The ability to read music is not a prerequisite so if you would like to come along and hear what we get up to please contact Helen MacAlister Smith on 01565 653330, text 07793 191319 or email info@knutsfordu3a.co.uk.

Global warming discussion group

Global Warming has become a world problem and the young seem to be bringing the subject to the attention of the world.

The small group have held a few meetings - the first in September was enlivened by the sitting in of Councillor Quentin Abel, whose brief is the environment, on both the Town and Borough Councils. He told us the junction at the top of Adams Hill is the most polluted in the Borough. He has plans to encourage tree planting in Knutsford. Perhaps this, and possibly other community initiatives, is something that the U3A could be involved in. Cheshire East has a climate change campaign and would welcome your views on cheshireeast.gov.uk/consultations. They need these by November 24th.

Members are warmly welcome to join our group. Contact Tim Donelly 01565 633569 for details of meeting time and place.

Walking Group 3 - walk report



A small group of walkers set out from the White Lion Pub in Barthomley to explore an area of Cheshire countryside which was unfamiliar to most of us. The walk was led by David Custerson who took us on a very pleasant ramble over fields and lanes. We also called in at a Primitive Methodist Chapel which had a small museum where there was a very informative lady guide who gave us a lot of background on Primitive Methodism. As lunch was calling we couldn't stay as long as we might have but it was an interesting diversion to the walk. The White Lion dates from 1614 and is a listed building. It is very cosy inside and the food was excellent!

If you fancy joining one of our walks please contact Sue Allan on 01565 632904.

Ideas for a new group??

If you want to discuss ideas for a new group or want advice on how to set one up please contact Stuart Allan, our Groups Supporter on 01565 632904.

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 posto	<u>code</u>		
Phone number	e-mail	Phone number in case of emergency	
Diago cond this completed form	and chaque made payable to Knutsford 1124 to N	Agranat 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 A	ND MUSIC VISITS		
I/We would like to book places for the following event and enclose a cheque for £			
if we would like to book	places for the following event and enclose	a crieque for E	
Event:			
Date & time:			
Name and Address with postcode			
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.			

ACTIVITY GROUPS

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 3pm. Heath Room Council Offices,. Co-ordinator: Trevor Hosking 07950 414490

Art Appreciation 1

4th Wednesday of each month at 10.30 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 10am 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

Book Group 6 Mainly for Men

No fixed time, meetings arranged to

Co-ordinator: John Unterhalter Tel:01565 873211

Bridge

Fridays at Toft Cricket Club. 9.10-10am Tuition play. 10-12 Duplicate play.

Co-ordinator: Jenny Matthews

Tel: 0770 374 1603

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: 0796 484 6269

Crown Green Bowls 2

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

Tel: 01565 653242

Digital Photography

Co-ordinator: David Woolf Tel: 01925 755097 Future courses to be arranged

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-ordinator: Allan Jones Tel; 01565 633435

Film at the Curzon

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

French Intermediate

1st and 3rd Thursday of each month at 2.pm in members' homes. Co-ordinator Jill Board Tel. 01565 652948 Full

French to Get By

Each Thursday 10 – 11.30 at Methodist Church. Co-ordinator: Barbara Brady

Tel: 01565 653764

Gardening

1st Tuesday each month at 2.15pm Co-ordinator: Pam Bolland

Tel: 01925 753391

Geology Group

3rd Monday of each month in members` homes 7:30 - 9.30

Co-ordinator: Mark Barley Tel: 0161 929 9438

German

Fortnightly on Fridays 9:30 - 11 at Methodist Church

Co-ordinator: David English

Tel: 01565 625815

Global Warming Discussion Group

Contact Tim Donelly on 01565 633569 for details of meeting dates and venues.

History at Random

Alternate Thursdays 2.00-4.00pm Methodist Church Hall. Group now full, please contact co-ordinator David Cogger to be included on waiting list.

Tel:01565 228503

Italian for Beginners

Small but growing group on self-help basis. 2.00pm on Mondays Knutsford Council Offices. Co-ordinator: David Millson

Tel: 01565 750758

Jammin'

A small, friendly group of musicians playing together on a weekly basis for the fun of it. Co-ordinator: Helen MacAlister Smith Tel: 01565 653330 or text 07793 191319

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 10am At Knutsford Library. Co-ordinator: Pat Harrison Tel: 01565 873830

Music Appreciation

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

Co-ordinator: Tessa Gurney

Tel: 01477 533076

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**

Social Cycling

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

Spanish Advanced

Each Tuesday 10.00-11.00 at the Methodist Church.
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 & 3rd Friday of the month 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/Gong 2

Weekly on Thursdays at 3-4pm at Knutsford Sports Club Mereheath Lane

Co-ordinator Evelyn Flett Tel:01565 653048

Tennis

For the summer sessions contact Co-ordinator: Patrick Gibbons Tel: 07767 257619

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. Meet at 9:30 in the lay-by on Mobberley Road.

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 the 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

Co-ordinator: Sue Allan Tel: 01565 632904

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 Thursdays.

Meet at 10 in the lay-by on Mobberley

Road

Contacts: Gill Warboys Tel: 01565 651858 and Avril Reynolds Tel: 01565 632541

Wine Tasting 1

2nd Monday each month on at 7 at St Vincent's Church Hall. Co-ordinators: Margaret Joscelyne Tel:01565 633147 and John Baldwin Tel: 01565 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

Knutsford and District U3A Membership 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.

Name	
Email*	Telephone
Address	
	Postcode

MEMBERSHIP FEES

The Annual Fee is currently £13.00. This fee includes a £3.50 membership fee paid to our national organisation, the Third Age Trust, which provides a wide range of services and benefits, including liability insurance cover. Membership fees are payable by cheque to KNUTSFORD AND DISTRICT U3A. The annual fee for Associate Members is £10.

TERMS AND CONDITIONS OF MEMBERSHIP

All members must:

- Abide by the Principles of the U3A movement.
- Act in the best interests of the U3A and never do anything to bring the U3A into disrepute.
- Abide by the terms and conditions of the constitution.
- Treat fellow members with respect and courtesy at all times.
- Comply with and support the decisions of the elected committee.
- Advise the committee of any change in your personal details.

I wish to renew my membership of Knutsford and District U3A and confirm that I will abide by the terms of membership as stated above. I consent to my information being used solely for U3A purposes. I enclose my cheque for £13.00 (£10.00 for Associate Members).	
Signed	Date

PLEASE TURN OVER

^{*}To reduce costs, the committee will communicate with you via email where possible.

PRIVACY STATEMENT

Knutsford and District U3A requires members to provide their personal information so that you can be kept informed about events and activities that are offered as part of your 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*

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.

THIRD AGE MAGAZINE (TAM)

Trust Magazines.

Are yo	ou happy to be added to the direct mailing list for the Third Age Trust magazines – Third Age Matters
and S	ources? If so, please tick the box below:
	I consent to my data being shared with the company who oversee the distribution of the Third Age

You can ask for your data not to be used for this purpose by emailing info@knutsfordu3a.co.uk.

PRINCIPLES AND ETHOS OF THE U3A

U3As are self-help organisations run by volunteers, so members are encouraged to actively participate in their Activity Groups, and over time to consider helping in the running of the U3A. Roles may include being, or helping an Activity Group Co-ordinator, membership of one of the sub-committees, or joining the Committee in due course. To find out more, please contact the Chair, whose phone number is on our website, wwwknutsfordu3a.co.uk.

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