

KANUTA



The Newsletter of the Knutsford and District **u3a** April 2021

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From the Chair

With the weather improving and the arrival of spring things are looking up after a uniquely difficult winter for all of us. With most of us having received our first jab against Covid-19 and the vaccine roll-out continuing at a good pace it is time to look forward to the easing of restrictions and the resumption of activities.

How activities might resume and the associated planning has been a big part of the Committee's activity over the last couple of months and this will continue into the summer. At least two walking groups and several other outdoor groups are planning to restart in the second half of April. In this Kanuta you will find details of the first organised u3a trip in early July to RHS Bridgewater garden. We hope to be able to offer a full program of activities by Autumn.

Also in this Kanuta you will find details of how to renew your membership. For the 2021/2022 membership year (starting 1st of April) we have reduced the membership fee to £10 for full members and £5 for associate members. We have been able (through the great efforts of Adrian Long, our Treasurer supported by the Beacon subcommittee) to provide three different ways for you to renew and we strongly encourage you to renew online if possible.

The Committee this month says goodbye to two longstanding members who have decided to step down. Christine Jones, our previous Chair, served that role for over 4 years, and (as described in a previous Kanuta) has provided great support to myself and the Committee over the last very difficult year. The other member who is standing down after our April Committee meeting is Veronica Gordon who has been on the Committee for over 10 years, and was membership secretary for 9 years. The Committee thanks both Christine and Veronica for all their hard work in support of our u3a and sends their best wishes for the future.

Mark Barley

Membership Renewal

You will remember that your subscription that you paid in Sept 2019 was extended until the end of March this year, a six month extension, due to the fact that our activities have been curtailed due to Covid. Well the end of March is almost upon us so I have to inform you that your renewal subscriptions will be due from the 1st April. The renewal subscription is £10 for the next year. This is a reduction on last year and this amount will probably only apply for this year as we are still operating at limited capacity due to Covid.

Now that we have moved our membership and finance operations to the Beacon on-line system you have 3 options (all available from the **Membership section** of the Knutsford u3a website) regarding how to pay your renewal subscription:

Payment by PayPal/debit card/credit card

Using this system avoids you having to print off and post a renewal form. You can go to our website www.knutsfordu3a.co.uk where you will find a link to the Beacon renewal system. You will have previously been sent an email containing your details as they are currently held on Beacon and also giving your membership number. Once you have clicked on the link on the website you will be sent to the Members Portal. Here you will need to log in to the Beacon system using these details even if they are incorrect (eg wrong digit in postcode, name incorrectly spelt). Once you have accessed the Members Portal you can then renew your membership by payment either via Paypal or via a credit/debit card. In the Member' Portal there is also an option to update your details where you can correct any errors in the details held. You can also use this option at any time if you change your email address. Your membership card will be emailed to you as soon as you have paid your £10 renewal. The same system is available to Associate Members who need to follow the same link on the website. The Associate Member renewal fee is £5 for the year. There is a brief User Guide to this system on our website if you wish to consult this before you renew.

Setting up a Direct Debit via GoCardless

A second option you may wish to use is to set up a direct debit using the link to GoCardless which is also on the Knutsford u3a website. This would mean that your membership will be paid automatically each year on 1st April. Once you have set this up you will receive a confirmation email and a copy of your direct debit mandate. You would be informed prior to any increase in fee which would be debited automatically unless you cancelled the direct debit. Your membership card will then be either emailed to you or sent by post. If you do use this option I would be grateful if you would inform me by emailing me at membership@knutsfordu3a.co.uk.

Postal renewal

The third renewal payment option is to fill in the paper form given in this edition of Kanuta which is also available for download from our website. As stated on the form, you should send your form, cheque and stamped addressed envelope to the Membership Secretary, Sue Allan, at 8 Bracken Way, Knutsford, WA16 9BU. (Please note: we cannot accept cash). Your membership card will be sent back to you in your sae.

Sue Allan

Membership Secretary

Virtual Members' Meetings

Thursday at 2.15pm via Zoom {unless otherwise indicated}

(log on from 2.00pm)

Thursday 8th April

Underground Manchester – a talk by **Ed Glinert**

Ed is an experienced author, historian, journalist and public speaker. His knowledge of Manchester is prolific and he has written the highly praised Manchester Compendium. He is also a tour guide in Manchester, London and Liverpool and he runs ManchesterNewWalks for city tours.

Ed is going to reveal the mysteries of "Underground Manchester". We will explore places such as the huge World War Two air-raid shelter with wartime relics, surprises under the Cathedral, the massive atomic bomb shelter, subterranean streams and well-known canals. He also promises to answer the question 'were there really plans for a railway tube system under Manchester?'

Tuesday 20th April

Westminster Detectives: fact and fiction – a talk by **Helen Naylor**

Meet the real and fictional detectives who've lived and worked in Westminster over the past 200 years. This talk will unlock the secrets and inspiration behind global superstar fictitious detectives from Sherlock Holmes to Hercule Poirot and will track the clues into the inner world of detectives and their chilling cases, a world of ruthlessness, brutality and forensic expertise.

Thursday 13th May

Claire Hart, a clinical scientist, from Sheffield Children's Hospital will give a talk entitled '**Behind the Scenes in a hospital laboratory**'. If you've ever wondered what happens to the blood samples that your GP takes – where do they go and what happens to them, how are the results obtained, who does the work? this is your chance to find out about the world of NHS laboratory services and the unsung but crucial role they play in patient diagnosis and treatment.

Wednesday 19th May

{start time to be confirmed}

Robert Watson, Bowel Cancer Awareness Speaker, will give important information about bowel cancer including:

- The prevalence of bowel cancer – it is a more common cancer than people think.
- The signs and symptoms – the five most common symptoms.
- The risk factors – what increases your risk.
- Bowel cancer screening – the NHS bowel screening programme and the importance of taking part.

Thursday 10th June

Speaker from '**Medical Detection Dogs**'. Details to follow

A Date for Your Diary

At last, perhaps we can see the light at the end of the tunnel and start to look forward to a return to some form of normality. The first step might be a visit to **RHS Bridgewater Garden**.

We are planning an outing to the new RHS Bridgewater Garden, at Worsley New Hall, on Monday, July 5th. The coach will leave Knutsford Bus Station at noon. We hope we will be able to have a light lunch in the garden, followed by a guided tour, if that is available. Further details nearer the time.

Margaret Hinde

u3a Air Waves

Following on from the success of the six 2-hour programmes that were broadcast last year in connection with their 10th anniversary celebrations, Holmes Chapel & District u3a is continuing its partnership with Dane Sound Radio with a new series of programmes under the banner “**u3a Air Waves**”.

A mix of music programmes and “magazine”-style programmes have already been broadcast and others are in the pipeline. You can see the schedule and listen in by visiting www.holmeschapelu3a.org.uk and following the link to “u3a Air Waves”.

Holmes Chapel have extended an invitation to any Knutsford members who are interested in putting together some programming - any topic considered! Members provide the content, the folk at Dane Sound Radio (one of them also a member of Holmes Chapel u3a) provide the technical know-how.

See the listing in the South-East and Mid-Cheshire u3a Cluster section on page 9 for contact details.

Going to A&E during lockdown

I thought it would be useful to members to share my experience of attending A&E during lockdown.

Even if you are fit and well now, I would recommend having a small bag packed with essential items which you can grab easily and take with you to A&E in case you fall ill and are admitted into hospital. You may live on your own or your partner may be isolating or asleep in bed when you are admitted and unable to bring your essentials to the hospital. They also may not be able to find the things you need or forget the obvious!

I recommend putting in the bag: an up-to-date list of any drugs you are taking and a list of any drugs you have had an adverse reaction to, your mobile phone, a phone charger and ear plugs. A pair of PJs with short sleeves, slippers, a change of underwear and a basic washing kit would also be useful.

In future I know that I will be much better prepared. I ended up with walking socks but no PJs or shower gel !

Helen MacAlister Smith

u3a Podcasts on YouTube

Many of you will have noticed the proliferation of podcasts in recent years - more so since lockdown took over our lives. So what exactly is a podcast? Quite simply it is a digital audio file available via the Internet. Usually, 2 or more people, often celeb or media folk, having an informal and unscripted chat with guests. Funny or serious issues. My current favourite is Fortunately with Jane Garvey and Fi Glover on BBC Sounds. Do give it a try.

Last September u3a launched their own podcast which can be found on Youtube on the 17th of each month. You will recognise the voice of Nick Bailey who was a presenter with Classic FM for some years. The podcasts will feature a wide variety of u3a members throughout the country chatting about their local activities and events. I've volunteered to get involved and delighted to say I will be doing some interviews in the near future. Hurrah!

I had fallen under the spell of the wireless as a child. Dick Barton, ITMA, Children's Hour and Uncle Mac (yes, I'm that old) The BBC Home Service and Light Programme and, much later, Radio Luxembourg under the bedclothes. Then along came black and white television. A mind blowing dimension. Now I practised baking a cake performing like Fanny Craddock. Or reading the news like Sylvia Peters or Mary Malcolm. I've wanted to be a newsreader/broadcaster ever since - failing miserably - but I never gave up. Whilst realising I could never be another Dame Jenni Murray or Angela Rippon I now have the chance to bring you some entertaining interviews via the new u3a podcast. You see it's never too late to chase the dream! Please check it out – YouTube on the 17th of the month.

Feedback much appreciated and if you know of any interesting and unusual characters (with u3a connections) please let me know. I will pass them on to the producers.

Val Dawson

u3a Eye

u3a Eye is a national fortnightly photographic project encouraging members to take and submit pictures of their surroundings.

Recently, Knutsford u3a member Trevor Hosking submitted a photo for the theme of 'Numbers and Letters' and was pleased to be included in the selection of favourite submissions. His photo, titled '3 Ps', is reproduced here.

Trevor says "Thinking about the theme Numbers and Letters I thought at a constructed image based upon 3 and Ps (3 Ps) would fit the bill. I used images of the scrabble letter P (worth 3 points), 3 pennies (3 ps) and 3 peas."



You can see all of the favourites from previous themes and enter your own photo for the latest theme by following the link <https://www.u3a.org.uk/learning/national-programmes/u3a-eye>

News from the Groups

Jamming

After several months playing outdoors in howling gales and torrential rain the Jamming Group abandoned the car port and put away their fleece lined jackets and trousers at the beginning of November.

But The Times They Are A-changin' and after several weeks of silence we have joined the Zoomers and are once again making music together Here, There and Everywhere. Although we all play together, we can only have two people unmuted and they have to use Original Sound. Using Original Sound enables two people to play together without the louder sound cancelling the other out. And with two people unmuted we can manage any delay in sound. So we each take it in turns to play unmuted and this really put us in the spotlight.

Like other groups our members are using a mixture of PCs, laptops, tablets and phones and we are just getting to grips with this new way of making music together, but apart. The next step will be to use headphones so that the music that's playing doesn't get picked up by the other person's microphone but for the time being we are just happy to be playing and singing together again.

Helen MacAlister Smith

Music Appreciation

Since lockdown the Music Appreciation Group has not been meeting but the members have been appreciating the music that Tessa, the Group Co-ordinator, has been sending.

Shortly after the first lockdown started, each Monday morning an e mail with three pieces of music would drop into inboxes and this has continued come rain or snow. The music has been based on different subjects, starting with Toys, then Clocks, followed by Animals. There were lots of different animals: frogs, baboons and mice to name just a few. Who would have thought that there was so much music about mice? Subjects have included Astronomy, Christmas Roses, Christmas Trees, Trees and Feet & Footwear. The choice of pieces has been eclectic. Moon Week comprised How High the Moon on the fiddle and piano, then Moonglow on the clarinet followed by Cat Stevens' Moonshadow on the guitar with vocals. Did the moon peep through the clouds that week? Perhaps. During a recent week members of the group have tapped their feet, tiptoed through the tulips and stood with one foot in the grave ending with a video of "Mozart Tap" to raise spirits!

One member writes "Each Monday I wonder: What will we have this week? I am continually surprised. I have heard so much music that I have never heard before. If I have been feeling down, after listening to my Monday music, I feel so much better. Thank you Tessa."

If you would like to receive the Monday email listing the music for that week, please call **Tessa Gurney** on 01477 533076

News from the Groups

Family & Social History

I'm Allan Jones, the Co-ordinator of this Group. I'm standing down from the role and am looking for someone to take over from me. The group has been established for many years, and usually meets 10 times a year.

The duties of the Co-ordinator aren't too onerous. We have an established meeting venue in a room in the Knutsford Methodist Church. So, there is an established base. Also, the finances of the Group are healthy, with money in the Knutsford u3a Bank account, together with a modest amount held in a cash float. So, there are no money problems.

In months when presentations are being done, the u3a's own laptop, projector and screen are all readily available.

Finally, there is the question of arranging what the Group will actually do each month. This does need to be planned out in advance. When all activity was closed down in 2020 by the dratted virus, we had a schedule of events organised for a few months ahead. Now, it may be that not all of those could be reactivated, but given the Group is unlikely to be allowed to operate until at least the early summer, there is plenty of time for sorting out a future programme.

I'm more than willing to help here. I was down to do a couple of presentations myself in 2020 and am quite happy to deliver them a year or so later than originally planned, to get proverbial ball rolling again.

One final thought, is that there's no reason why two people shouldn't share the role.

So, if you are interested, please give me a ring and I'll happily answer any questions.

Allan Jones 01565 633435

Outdoor Activity Groups re-starting

The following Activity Groups will be re-starting :

Walking group 2	after 12 th April	Bowls 1	13th April
Walking group 3	19th April	Bowls 2	16th April
Walking group 5	29th March	Social cycling	after 12th April
Walking Football	9th April		

Obviously Covid restrictions/limitations will still be in place

Stuart Allan Groups Supporter

Tennis

The Tennis group is currently not functioning due to a lack of a Co-ordinator and the fact that the Tennis Club are not extending the same offer to us at present. If anyone is interested they are offering a 3-month trial membership for £60. You would need to contact them directly to take up this offer.

Stuart Allan Groups Supporter

Proposals for New Groups

Railways Interest Group

Are you interested in joining a new Knutsford u3a railways group?

There must be lots of +55-year-olds in our u3a who like me are railway buffs.

We could cover all aspects of railways from model railways to full size.

Until we come out of lockdown, we could start very soon using Zoom – with subjects such as:

- My favourite UK loco class – steam and later.
- Watching the classic 1936 GPO film “Night Mail” also the 1986 50th anniversary BBC film.
- Discussing our model railways and things we would like to have.
- Train trips in Europe we have done - or would like to do before it is too late!!
- Antique model trains – Anyone still got their childhood trains?
- There must be lots more subjects.

If you are interested, please contact **Robert Watson** by email at info@knutsfordu3a.co.uk

Urban Sketching

I was part of a small team in the initial undertaking of gathering information regarding the national u3a High Street Project, completing the task in September 2020. Since then I have attended several workshops (via Zoom) and was inspired by one idea – Urban Sketching.

So, is there anyone else out there who may like to try Urban Sketching? I am a complete novice at this, with very little ‘drawing’ experience but, as a keen observer of my surroundings I feel it would be an interesting experience to use the outdoors, our local surroundings and sketch what we see.

The group would be based purely in the outdoors, using different locations, a seat of choice and pencils/pens and drawing pads (so involving very little initial cost) but bags of enthusiasm. We would meet up, having a quick chat of introduction, settle down with our pads and sketch what we see before us, taking a break for a warm drink and snack and chat and then continuing with our endeavours and ‘seeing how it goes’. A possible time slot may be 1 to 2 hours – either morning or afternoon.

Tempted to join me?

Contact **Margaret Ellis** through info@knutsfordu3a.co.uk and she will get back to you.

South-East and Mid-Cheshire u3a Cluster

u3as across the region are sharing Virtual Group Meetings. If you have an interest in any of them, please make contact as indicated below.

Local u3a	Group	Contact
West Cheshire Rural	<ul style="list-style-type: none"> • Ukelele • Cryptic Crosswords for Beginners 	kenwakefield2014@gmail.com Tel: 01829 270851 hilaryscarratt1@gmail.com
Sandbach	<ul style="list-style-type: none"> • Choir • Geology • Painting-Watercolours • Practical Photography • Pilates / Beginners' Yoga (paid tutor) 	groups.co-ordinator@sandbachu3a.org.uk
Knutsford	<ul style="list-style-type: none"> • Geology • Random History 	mhbarley@waitrose.com
Holmes Chapel	<ul style="list-style-type: none"> • Beginner Bridge Online Tournament • Guitar for Beginners • Local History • Patchwork and Quilting • u3a Air Waves * 	groups@holmeschapelu3a.org.uk * See separate article on page 4
Winsford	<ul style="list-style-type: none"> • Art Appreciation • Poetic Licence (Poetry Appreciation) • Science &Technology** • Photography • Film Chat • Writing • Quiz 	turtipunk@btinternet.com **Science & Technology is almost full

Other groups that are “in the pipeline” and are still to be confirmed are:

Local u3a	Group	Contact
Sandbach	<ul style="list-style-type: none"> • History • Play Reading (joint with Holmes Chapel; but script delivery is an issue) 	groups.co-ordinator@sandbachu3a.org.uk
Holmes Chapel	<ul style="list-style-type: none"> • Knitting for Charity (not meeting online but in regular communication and happy to include others in our projects) 	groups@holmeschapelu3a.org.uk



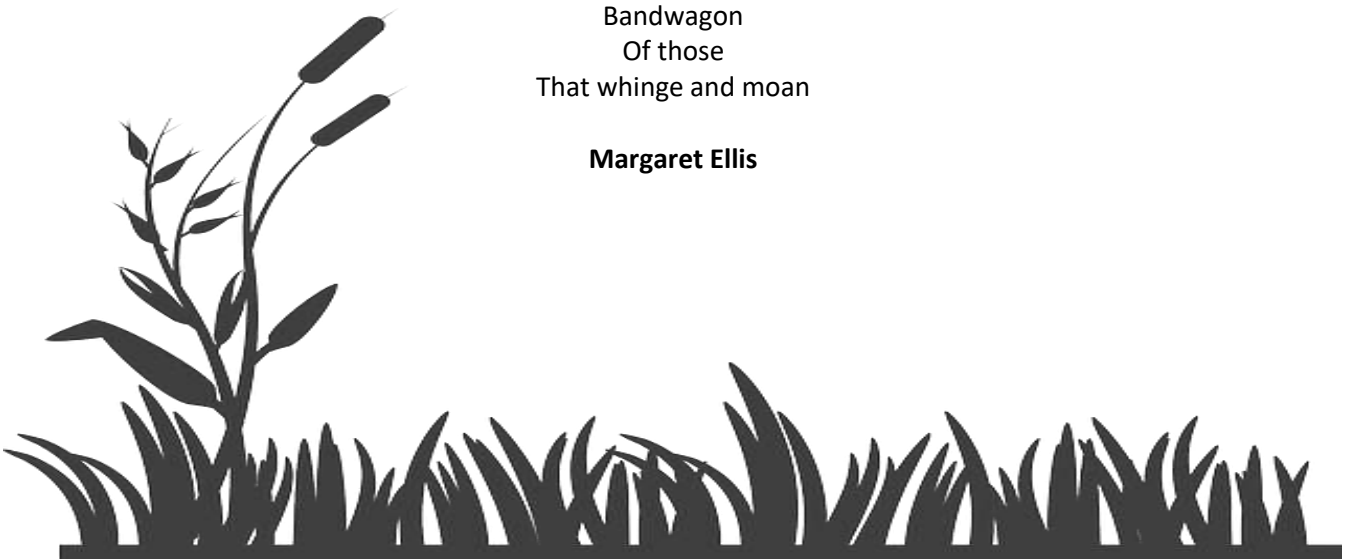
A Poem for Our Times

Uplifting though
It never is
To read a
Poem
Of gloom

I'd rather
Focus
On real life
The birds
The sun
The moon

So give a thought
To those
Of us
Who live
A life alone
And don't
Join the
Bandwagon
Of those
That whinge and moan

Margaret Ellis



Knutsford and District u3a

Full/Associate Membership Renewal Form

1st April 2021 – 31st March 2022

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 Sue Allan, 8 Bracken Way, Knutsford, WA16 9BU.

Name	
Email*	Telephone
Address	
Postcode	

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

MEMBERSHIP FEES

The Annual Fee is currently £10.00. (£5.00 for Associate Members i.e. members who are full members of another u3a.)

The full 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.

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 confirm that I have completed the form myself.

I wish to renew my subscription as a FULL / ASSOCIATE member (delete as appropriate).

I enclose my cheque for £10.00 (£5.00 for Associate Members).

Signed

Date

PLEASE TURN OVER

If you no longer wish your data to be used for the direct postal mailing of Third Age Trust magazines please email membership@knutsfordu3a.co.uk.

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 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*

*The Third Age Trust is the national office to which all u3as are affiliated.

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 co-ordinator, 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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