

# KANUTA

**Newsletter  
June 2021**

General Enquiries and Webmaster: [info@knutsfordu3a.co.uk](mailto:info@knutsfordu3a.co.uk)  
Newsletter contributions: [newsletter.knutsfordu3a@gmail.com](mailto:newsletter.knutsfordu3a@gmail.com)

## CONTENTS

### Page 1

From the Chair

### Page 2

Membership  
Renewal

Making  
Knutsford u3a  
Accessible to  
All Third Agers

### Page 3

Members'  
Meetings

National u3a  
Day

### Page 4

Dates for your  
Diary

### Page 5 - 6

News from the  
Groups

### Page 7

South-East  
and Mid-  
Cheshire u3a  
Cluster

### Page 8

RHS  
Bridgewater  
Booking Form

### Page 9 - 10

Membership  
Renewal Form

## From the Chair

Now that most of us have had two vaccinations and with the continuing easing of restrictions our u3a activities are slowly restarting. While this is clearly good news I would encourage all group leaders and event organisers to remember that some members may be initially hesitant about physically meeting many people, even with social distancing. It is important that options for independent travel to activity locations are available in addition to car sharing or coach travel.

Thank you to all of those who have renewed their membership. Over 60% of those who have renewed used the new electronic systems accessible via the website, greatly reducing the work load of our membership secretary (Sue Allan). I believe this transition to an on-line method of membership renewals has been very successful and I thank my fellow members of the Beacon subcommittee (Adrian Long, Robert Watson, Sue Allan and Tony Roberts) for all their effort in making this transition a reality. Anyone who hasn't already renewed please do so today either via the website or using the form included in this Kanuta.

Wednesday 2nd June is u3a day, a date chosen by the National office to promote u3a activities to a wider public. Our publicity champion (Roger Brown) together with Helen Smith and Stuart Allan have launched a publicity drive to advertise our restarting of activities to the Knutsford community. As well as arranging several features in the Knutsford Guardian they will also be organising a stand on the steps of the Methodist church in the centre of Knutsford from 10am to 4pm on 2nd of June (see below for more details). So if you are in Knutsford on that day please drop by to say hello. Even better if you have friends or neighbours who might be interested in our u3a encourage them to drop by and find out more about plans for the future.

Also in this Kanuta is a piece by Helen Smith (our accessibility officer) highlighting how we can all help to make our activities more accessible to members. This is something we all need to be aware of as we restart activities.

Finally demand for the planned trips to the RHS Garden Bridgewater in July was so high that a third trip has been arranged for September (see details below).

Best wishes to everyone

**Mark Barley**

### **Membership Renewal – a reminder**

Thank you to all members who have renewed their membership of Knutsford u3a. Let's hope we have a sociable and activity filled year ahead of us. I would just like to remind the few people who haven't yet renewed that **Thursday 3rd June is the deadline for renewal**. If you haven't renewed by this date we will take you off our list of members and you will be unable to attend any groups or go on any outings. Renewal payments can be made via our website [knutsfordu3a.co.uk](http://knutsfordu3a.co.uk) or by filling in and returning the form at the end of this Kanuta.

**Sue Allan**

Membership Secretary

### **Making Knutsford u3a Accessible to All Third Agers**

I am the Knutsford u3a Accessibility Officer and I would like to talk to you about what this means.

U3as are doing all they can to be as accessible as possible both to their existing members and to third agers in their local communities who may wish to join. We are already taking all reasonable steps to ensure that people with disabilities can attend the activity groups of their choice. There will be all sorts of reasons why someone may not find our groups and meetings accessible and we will do all we can to support them and make their attendance as easy and stress-free as possible.

Here are two ways you can help to make Knutsford u3a more accessible.

At present most of our meetings are being held by Zoom. This means that we send messages by email with the access code shortly before the meeting. If you have not given us an email address we cannot send you this information quickly so please let us know your email address. If you do not have email perhaps you can arrange for another member to let you have this information so you can participate in all our meetings. Please contact us at [info@knutsfordu3a.co.uk](mailto:info@knutsfordu3a.co.uk) so you can make sure that you can access our on line meetings.

Hearing loss affects 12 million people in the UK. This means that 12 million people have difficulty hearing other people clearly, and may misunderstand what they say, especially in noisy places. Having to concentrate hard to hear what other people are saying can be tiring or stressful and may deter people from joining our activity groups.

Many people rely on lip reading to understand what you are saying so please always look at the person when you are speaking.

Frequently people with hearing aids use hearing loops to pick up speech. T loops are available in public places and also with mobile phones, landlines, TV and radio but people need time to connect.

If someone answers their phone and says they cannot hear you, do not automatically hang up, wait and give them time. It is likely that they are switching over to their phone loop.

If you are leaving a message please slow down and remember that we all need time understand the message and to write down your phone number.

**Helen Smith**

## Virtual Members' Meetings

Thursday at 2.15pm via Zoom {unless otherwise indicated}

(log on from 2.00pm)

### Thursday 10th June

Speaker from **'Medical Detection Dogs'**.

During this presentation you will hear from a volunteer speaker from the charity, Medical Detection Dogs speaking about the work of the charity, the welfare of the dogs, how it all came about and their aims for the future. Medical Detection Dogs are trained to detect the odour of human disease and alert us to those diseases in a variety of ways. You will learn the scientific basics of the dog's super sense and how diseases change the make-up and odour of our cells. There will also be video input from some of the clients who directly benefit from having their own Medical Alert Assistance Dog and up to date information on current work.

### Thursday 8th July

**The 'Story of Knutsford'** – a talk by **David Bryant** covering the history of Knutsford from King Canute to the present day which will include some unique photographs.



**From September onwards we are really hoping to be able to resume our 'in person' meetings in Knutsford Methodist Church. This will obviously only be possible if Government Guidelines and KMC's rules allow so you will be kept informed.**

**If all goes well our first meeting will be at 2.15pm in Knutsford Methodist Church.**

### Thursday 9th Sept

**David Mitchell**, Chester Town Crier, will talk on his role and work in Chester.

## National u3a Day, Wednesday 2nd June

We will be marking the occasion by pitching up on the steps of the Knutsford Methodist Church, top street between 10am and 4pm. We will have two gazebos (for the avoidance of sun stroke) with banners, flags, posters and leaflets displaying proudly. We are publicising our presence through the Knutsford Directory and (we hope) in the Knutsford Guardian on 27<sup>th</sup> May.



We're keen to reach out to our benighted locked down community and show them what we do, and what we will do again. We would like members to be aware of what we're trying to do and we would ask for some volunteers to 'man the stand' or 'woman the stand' in equal measure; we're not fussy about gender. If we get many offers then we could have shifts of an hour or less. The committee are committed and we already have a few folks clamouring to be there!

If you would like to be part of 'we few, we happy few' then text or call Roger Brown on 07977-245604 and turn the occasion into 'we many, we happy many'!

## Dates for your Diary

### **FURTHER AFTERNOON VISIT TO THE RHS GARDEN BRIDGEWATER**

**Monday 6<sup>th</sup> September 2021**

**Coach departs Knutsford Bus Station at 12 noon**

**Cost £20 a head. (RHS Members, £12 a head)**

Following the popularity of two coach trips in July to RHS Garden Bridgewater, we have arranged a further visit on **Monday 6<sup>th</sup> September**

The coach will depart from the Bus Station at 12 noon, prompt.

The RHS Bridgewater offers lunch or light refreshments, with indoor and outdoor seating, for you to buy your own. (Mask and credit card required.) You could, of course, bring your own picnic to eat in the gardens. Picnic tables have been provided.

Currently the RHS are not offering guided tours, so you will be free to wander round the 154 acres at will. Volunteer guides will be situated around the garden.

However, in lieu of the tours, the RHS have offered us their published guide, normally priced at £6, at half price when booking. So, we have included one copy, for 2 people to share, with the ticket price. Should you require your own copy, for single use, please add £2 to your payment.

Members of the Royal Horticultural Society do not pay to enter the gardens. Please indicate on the booking form if you are a member and provide your membership number.

Finally, nearer the time, if you feel you would prefer to follow the coach in your own car, you are obviously welcome to do so – but we will not be issuing refunds for the coach fare!

In this case, **please meet the coach in Booths car park and sign in as usual**, so I know you are doing this. Tickets will not be available until we arrive at the garden, so, initially, we need to keep together.

Please note we have a limited number of places, so early booking is advisable. We will notify you if your booking is unsuccessful.

Please complete and return the booking form (at the end of this newsletter or available from the website) together with your cheque, made out to

Knutsford U3A, as soon as possible. to: -

Mrs M. Hinde, 1, Warford Hall Drive, Alderley Edge, SK9 7TR. Phone 01565872643

**Margaret Hinde**

### **Afternoon visit to Adlington Hall**

**Tuesday 17th August**

Details to follow.

**Irene Hardy**

## News from the Groups

### Table Tennis

U3A Table Tennis resumed on May 17 - still subject to the constraint of a bubble of 6 per table (and a booking system). Restrictions will be lifted from 21 June.

**Gerard McCreesh**

### Parlons Français

A new group has been established called Parlons Français. The existing French conversation group has been full for some years, and had a long waiting list. Parlons Français is for those who already have some facility in speaking French - perhaps roughly at 'A' level standard.

Meetings are in members' homes on the 2nd and 4th Tuesdays each month, at 10 am. There is a maximum of 10 participants and sessions will be informal, varied and largely conducted in French. If you would like to use your French you are welcome to come along for a 'taster' session.

If you are interested please contact **Michael Goldman** on 01565 651717

### Family & Social History

The group has a new coordinator - Roger Brown. It still might be some weeks before the Methodist church is able to open its doors to groups. An update will follow when circumstances allow.

### Tai Chi

The two Tai Chi groups have re-started following the easing of Covid 19 restrictions on 17 May. The venue is still Knutsford Sports Club on Mereheath Lane but the times have changed. Group 1 now meets at 2pm-3pm on Thursdays and Group 2 at 2pm-3pm on Tuesdays.

The classes are conducted by a professional tutor and include:

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

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

If you would like further details, please contact either of the two Coordinators – **Yvonne Baker** (01565 651204) or **Evelyn Flett** (01565 653048)

## News from the Groups

### Walking Group 1 - Local Walk on 5<sup>th</sup> May

We were in two groups 15 minutes apart, although within 10 minutes my later group had narrowed the gap somewhat. Walking along Booths Hall farm track, we were confronted by a dozen-or-so cows meandering towards us down the track, being shepherded by Alan Norbury, the farmer, on his Quadbike. We kept close to the left fence line and the cows were gracious enough to keep in single file, close to the right fence line. After that rush of excitement, we settled down to wander along the track and over the fields to Longridge. A quick visit to see the newly cleared St Helena's churchyard, where we caught up with group two. After meandering along ginnels, footpaths and tracks we made our way into Toft Woods, where Jill found a convenient fallen tree for us to perch on, whilst we drunk our flasks of coffee. Onward, we exited the woods and crossed Chelford Road to make our way back to the start, just in time to return home for lunch.

Mark, leader of group two: *"I'm not sure we took the planned route at the end of the walk (we walked down Goughs Lane to the Chelford road, rather than going into Toft woods), but we had a very enjoyable walk, with Roger giving us a guided tour of the allotments and several other distractions along the route. For someone who doesn't know Knutsford that well it was all very interesting."*



Photos courtesy of Roger

### Schedule of future walks:

Date	Leader	Tel.	Walk Details	Picnic/ Pub	Distance
Wed 2 June	Pat Walton		A flat, no stiles walk around Arley.		4.5 miles approx.
Mon 14 June	Roger Brown	07977 245604	Meet in the layby on Mobberley Road. Circular to Parkgate Lane, Mobberley and back via St Helena's church. Paths, fields, lanes, snickets and ginnels.	None	5.5 miles approx.
Wed 30 June	Jill Board	07854 524609	Lymm. Meet in the layby on Mobberley Road	Picnic	5 miles
Mon 12 July	Alan Perks	07969 055774	TBA		
Wed 28 July					

## 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"> <li>• Ukelele</li> <li>• Cryptic Crosswords for Beginners</li> </ul>	kenwakefield2014@gmail.com Tel: 01829 270851  hilaryscarratt1@gmail.com
Sandbach	<ul style="list-style-type: none"> <li>• Choir</li> <li>• Geology</li> <li>• Painting-Watercolours</li> <li>• Practical Photography</li> <li>• Pilates / Beginners' Yoga (paid tutor)</li> </ul>	groups.co-ordinator@sandbachu3a.org.uk
Knutsford	<ul style="list-style-type: none"> <li>• Geology</li> <li>• Random History</li> </ul>	mhbarley@waitrose.com
Holmes Chapel	<ul style="list-style-type: none"> <li>• Beginner Bridge Online Tournament</li> <li>• Guitar for Beginners</li> <li>• Local History</li> <li>• Patchwork and Quilting</li> <li>• u3a Air Waves</li> </ul>	groups@holmeschapelu3a.org.uk
Winsford	<ul style="list-style-type: none"> <li>• Art Appreciation</li> <li>• Poetic Licence ( Poetry Appreciation)</li> <li>• Science &amp; Technology**</li> <li>• Photography</li> <li>• Film Chat</li> <li>• Writing</li> <li>• Quiz</li> </ul>	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"> <li>• History</li> <li>• Play Reading (joint with Holmes Chapel; but script delivery is an issue)</li> </ul>	groups.co-ordinator@sandbachu3a.org.uk
Holmes Chapel	<ul style="list-style-type: none"> <li>• Knitting for Charity (not meeting online but in regular communication and happy to include others in our projects)</li> </ul>	groups@holmeschapelu3a.org.uk

**KNUTSFORD AND DISTRICT u3a**  
**AFTERNOON VISIT TO THE RHS GARDEN BRIDGEWATER MONDAY 6<sup>TH</sup> SEPTEMBER 2021**  
**BOOKING FORM**

I/we wish to join the visit to RHS Garden Bridgewater on **Monday 6<sup>th</sup> September**  
departing Knutsford Bus Station at 12 noon.

I/we would like ..... ticket/s at £20 each

I/we would like ..... RHS Member Ticket/s at £12 each

My/our membership number(s) for the Royal Horticultural Society is/are .....

.....

I would like my own copy of the guidebook ☐ Please tick here and add £2.00.

Name & Address **with postcode**

.....  
.....  
.....  
.....  
.....

Email .....

Phone no..... this is essential for track and trace purposes please)

Phone no. for emergency use on the day .....

**Please send completed form, with cheque made out to Knutsford U3A, to  
Mrs M. Hinde, 1, Warford Hall Drive, Alderley Edge, SK9 7TR. Phone 01565872643**



# Knutsford and District u3a

## Full/Associate Membership Renewal Form

1<sup>st</sup> April 2021 – 31<sup>st</sup> 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](mailto: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:

☐

.....