

KANUTA

Newsletter
February 2022

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Newsletter contributions: newsletter.knutsfordu3a@gmail.com

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From the Chair

Due to rising levels of the Omicron variant early in January our members' meeting had to move on line. I know that several groups also postponed indoor meetings. With infection rates now stabilising, albeit at a very high level, we expect our February meeting (and subsequent members' meetings) to go ahead as face-to-face meetings. Please note the new time below. We ask you to consider the safety of others by not attending a u3a event if you have any symptoms (see below) and please take a Lateral Flow Test before attending an indoor event.

Sadly, we received news at the beginning of January that our President and Founder member, Muriel Robinson, had died. Margaret Joscelyne in the obituary below explains Muriel's key contribution in setting up our u3a. Many thanks to Margaret both for providing this obituary, and for attending Muriel's funeral as the representative of our u3a.

As you can see, the Outings and Theatre groups have been busy putting together a programme of trips and events, with more expected over the Spring and Summer. We now have a record number of activity groups, which is a welcome recovery from last winter when so many groups had suspended their activities. Several new groups have recently started including the Railways Interest, Recorder and Gardening groups. Some established groups are also looking for new members. There are also proposals for three new groups covering Piano, Digital Photography and Classical Greek. Do contact the leaders if you want to find out more.

New members can now join online through the website. If you have friends who are interested in becoming members please let them know.

Hopefully, after a bit of a rocky start, 2022 will be the year we can return to normal activities as we all learn to live with the virus.

Very best wishes

Mark Barley

Muriel Robinson

Founder and President of Knutsford u3a

October 1931 - January 2022



Left to right: Margaret Weltman, Monica Beswick and Muriel Robinson
at the Knutsford u3a 10th anniversary tea in May 2015

Muriel's family, like those of many other Jews in Britain, originated in Lithuania from where her ancestors emigrated in the middle of the 19th century-moving to Glasgow which at that stage was a magnet for many similar emigrants. She was born and brought up in Glasgow, moving to Edinburgh after her marriage and the birth of her two children.

She had always regretted not receiving a university education and after they moved to Southport she qualified as a teacher at what was then Edge Hill teachers' college. Subsequently she moved on to social work for the local authority before becoming involved in the world of personnel management (HR).

Travel was always a big part of her life and even when the family were in Edinburgh, she travelled by car with a close friend and both families' children through France to Spain in the days before motorways and modern ferries.

Following the breakdown of her marriage in 1986 she moved to Knutsford where she stayed to the end of her life.

It was in Knutsford that she met and married Jim Robinson and had six happy years with him before his sudden death in 2003.

In 2005, Muriel learned about u3a, and she asked 2 of her neighbours, Monica Beswick and Margie Weltman, to help her to launch u3a in Knutsford. They set up an inaugural meeting, wondering if perhaps half a dozen people might turn up. Over a hundred arrived and the rest is history. Today we have around 720 members and about 55 interest groups.

In 2015, our tenth anniversary year, Muriel was given a local award for her outstanding contribution to the community in Knutsford. She was justly proud of this and received the award from George Osbourne.

Her son said at the funeral that what stands out was her determination to seize life, not to be a passenger but to make her own mark on the world.

She made a huge impact on the lives of older people in Knutsford, and we are aware that we owe her a debt of gratitude for her pioneering spirit and inspiration that has transformed so many lives.

Margaret Joscelyne
January 2022

Members' Meetings

Knutsford Methodist Church
Second Thursday of every month starting at 2.15pm

Please note the new starting time for our Members' Meetings.

We are able to revert to our old start time, which is hopefully more convenient for people, as the booking at the Methodist Church which followed ours is not now taking place.

February 10th

Jacqueline Hyman will give a talk entitled '**What did the Egyptians ever do for Bolton?**'. Jacqui gave us a Zoom last year on therapeutic handicrafts in times of conflict which was very well received. This talk looks as though it will be just as interesting. The talk explains why the Bolton Museum contains the largest collection of outstanding Egyptian Textiles in the UK. The collection comprises small woven and embroidered fragments through to household textiles and colourful garments from Pharaonic times up to the end of the Coptic 10th century. Jacque has worked on the conservation of many of these items and this talk will take you on their journey.

March 10th

Helen Naylor will give a talk entitled '**Westminster Royalty Rocks: Architecture, Stones & Jewels**'. Helen has previously given Zoom talks on different topics and this one looks to be as interesting as her previous talks. It will delve into the architecture and building stones of Westminster's 4 Royal Palaces. These architectural masterpieces hide tales of overspending, Royal spats and excesses as well as a unique perspective on the events that have shaped modern Britain.

April 14th

Eddie Tarry, Community Engagement Manager at HMPPS & YOI Styal, will give a talk on **Living in Styal - 'Building Hope, Changing Lives'**. Styal is the only female prison in the NW. Eddie will speak about the daily life inside the prison, the regime and what activities are delivered that will benefit women whilst in custody and, more importantly, will ultimately reduce the possibility of re-offending.

May 12th

Peter Braun will give a illustrated talk on Dunham Massey entitled '**The Monarchy and Dunham, the Grey area**', covering the history of Dunham Hall, the families, royal claims, intrigue, executions, power, passion and scandal. Peter is a National Trust speaker and tour guide at Dunham Massey Hall.

Activity Groups, Outings and Members' Meetings – Covid measures

Members' Meetings have resumed in the Knutsford Methodist Church (KMC) and most Activity Groups, including those that meet indoors, have re-started. Outings have also resumed.

While venues such as KMC may have their own Covid requirements and Group Leaders will be deciding on requirements appropriate to their group, it is important to remember that our members must also take responsibility for keeping themselves and others safe and must not attend meetings, activities or outings if they show any signs of Covid symptoms which include:

- a headache
- a runny nose
- sneezing
- a sore throat
- a loss of, or change to, your sense of smell or taste
- a high temperature
- a new, continuous cough

We all need to be aware of our own health and act responsibly if we notice any of the above symptoms.



Dates for your Diary



Peover Hall

(Provisionally) Monday, May 16th

(This date still has to be finally confirmed by Peover Hall, depending on their 'filming' commitments)

Afternoon Visit to Peover Hall, with guided tour of the Hall and tea in their stables tearoom.

Own transport. Further details in March.

The Black Dyke Brass Band

Saturday evening, May 21st

Something different - The Black Dyke Brass Band at the Bridgewater Hall, Manchester.

Coach departs 6pm. Further details in March.

Full Day Visit to 2 Special Gardens

Monday, July 4th

Wollerton Old Hall and Hodnet Hall Gardens are both near Market Drayton

Further details in April.

'The Da Vinci Code'

Thursday, July 28th

On stage at The Lowry

Coach departs 6pm. Further details in April.



Outings



Holiday in Alnwick, Northumberland

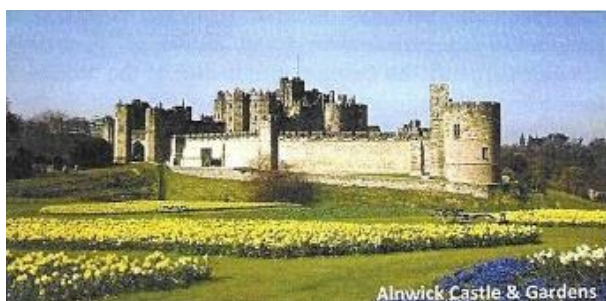
4 Nights / 5 Days Sunday 12th – Thursday 16th June 2022

£634pp for two sharing, Single Supplement: £89 pp, Deposit: £100 pp (non-refundable/non-transferable)

Now that the COVID restrictions are coming to an end, we would like to remind you about our interesting and varied holiday in Northumberland from 12th to 16th June 2022. We have nearly enough reservations for the holiday to be viable but we still have plenty of rooms! We have filled our single room allocation so, unfortunately, any further requests for a single room would incur an increase over the single supplement quoted above.

We will be staying at the White Swan Hotel in the centre of Alnwick. This is a comfortable 300 year old coaching inn whose features include decor in the restaurant which was salvaged from the Titanic's sister ship, RMS Olympic. The White Swan is now part of Classic Lodges, a small group of 15 luxury hotels throughout the country. Alnwick Castle and Gardens are within easy walking distance of the hotel and Alnwick itself, being centrally placed near the Northumbrian coast, gives us easy access for our coach trips. Perfect!

Highlights of the five day programme can be found below and details of the full itinerary are on the website at knutsfordu3a.co.uk/activity-groups-visits/outings-and-visits, together with the dedicated Booking Form from Simply Groups. If you have any questions or require a paper copy of these details please contact Lynda (01565 621058) or Margaret (01565 872643). Details will also be available at the Members' Meeting on 10th February.



Highlights

Bowes Museum and Guided Tour
Howick Hall Gardens & Arboretum
Bamburgh Castle or Farne Islands Cruise
Newby Hall & Gardens with light lunch

Alnwick Castle & Gardens (optional, pre-bookable)
Lindisfarne & Holy Island (NT)
Amble & Cragside House & Gardens (NT)





Theatre and Music Trips



'KES'

By Barry Hines

Saturday, 19th March, 2022, 2 pm
The Octagon Theatre, Bolton

**Cost, including travel,
theatre ticket and lunch £52.00**
Coach departs the bus station 11.15 am

'Kes' is a powerful coming of age story, based on the well-known book and film, newly adapted and brought to life on the Octagon stage. I am sure you remember it! Life isn't easy for troubled teenager Billy, growing up in 1960's Yorkshire – but then he finds Kes, a kestrel hawk that he cares for and trains. An uplifting story about survival in a tough world.

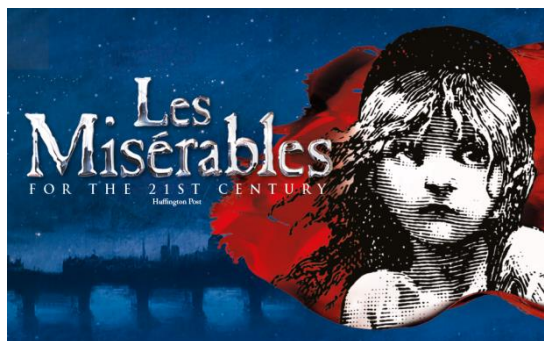
The Octagon has been closed for a couple of years whilst it underwent a £10 Million pound refurbishment and has only recently reopened. We have seen some excellent productions there and I am delighted that we can return.

Our soup and sandwich lunch (soup, sandwich, and hot drink) will be served in a private room before the performance which starts at 2 pm. Should you have any food allergies, please complete the relevant section on the application form.

To reserve a place, use the **dedicated booking form** on page 12 of Kanuta. Remember to include details of any allergies.

Please ensure that you have proof of Covid vaccination with you just in case the theatre should ask to see it.

'LES MISERABLES'



Thursday, 7th April, 2022, 7.30 pm

The Lowry Theatre, Salford

Cost, including travel, £75.00

Coach departs Bus Station, 5.45 pm

There are just **six** tickets left for this production of 'Les Misérables', which comes direct from the West End and promises to be spectacular! They are good stall seats at a much reduced price – and the theatre is completely sold out of the better seats for this performance.

For more information telephone Margaret Hinde on 01565872643.

If you are interested in joining us, please complete the booking form on page 11 of Kanuta. Alternatively, Margaret will be at the Members' meeting on Thursday, February 10th, with any remaining tickets.

Tinnitus Awareness Week

7th – 14th February 2022

With the awareness week approaching, one of our own u3a members, **Dr. Robert Redfern**, offers some insight into the condition. He writes:

I worked in textile mills in the NW for 30 years. I first got ringing in my ears when I was in my 30s, had scans and was told it was not serious and to ignore it and it will go away. So I did and it did go away.

I then got tinnitus again; out of the blue aged 72, and this time could not ignore it. I spent some time on the web reading dozens of research journal papers. Apparently 10-15 % of people have it, 30% of pensioners. 42% with tinnitus could luckily ignore it, 7% needed medical help. Half could be helped with better management. The managing advice seemed to boil down to understanding the condition, then fixing typical age-related deafness with hearing aids, monitoring the degree of tinnitus bother, using distracting activities and interesting, engaging audio such as music and podcasts and trying to be less stressed using relaxation exercises. I also found out that my sort of monotone Tinnitus could be turned right off for a few minutes by listening to a similar digital tone. In my case it is at 6500Hz – a bit like a little whistling kettle. I find this very helpful in getting to sleep at night. I tried all these ideas, using a smart phone for my audio and turn off tones and am happy to say I now am back to ignoring it.

I wanted to help others like me and so set about, aged 72, learning from scratch how to produce an app for iPhone/iPad to share the same research information about managing better; and after several versions, got my app accepted by Apple.

The app is free on the App Store and has been downloaded by over three hundred people in over 30 countries in every continent around the world. It is called **‘My Practical Tinnitus’**.

‘My Practical Tinnitus’ is free to download and always will be. There are no adverts or in-app purchases. It contains information and audio therapies to try. It includes links to the medical journal research studies it is based on. The app is recommended as a favourite on the website tinnitusapps.com, which also contains more details of the app itself.

Disclaimer

This article and the information it provides has been submitted by a u3a member. It has been included in Kanuta for information only. Knutsford u3a are not endorsing this product and it has not been tested by any of the Trustees.

News from the Groups

Railways Interest group

Visit to Pete Waterman's Model Railway Layout - 20th November 2021.



The exquisite model railway layout created by Pete Waterman was where ten delighted members of Knutsford u3a's Railways Interest Group spent an interesting and informative half day on Saturday 20th November. This was the first (we hope) of many a 'field trip' to come. Organised by group leader Robert Watson and Richard Martindale, Pete was an entertaining host, happy to share stories and allow the visitors to take charge of a goods train or express. Nearly twenty years in the making, the core of the vast layout is a faithful representation of Royal Leamington Spa station - and its complicated approaches - in the post-war period. Nostalgia at its best.

Thank you Richard and Robert, for finding such a great way to pass a Saturday afternoon.

Inspirational!

Roger Brown

Recorder group

Beginners are welcome as there are parts using only 3 notes. You need enthusiasm, a descant Recorder (Aulos or similar) and a music stand.

The group meets every other Wednesday afternoon at 2pm at the moment. The next meeting is at 2pm on February 9th at 61 Boothfields WA1 68JY.

Carol Goodwin

Gardening group

At last back to the "new" normal. The 2022 program will be sent to members in February, the meetings to begin monthly from March. Looking forward to seeing you all.

For more details please call 01925753391 or send an email to pambolland@talktalk.net

Pam Bolland

News from the Groups

French group

We meet on the first and third Thursday afternoon in the month at Toft church hall. We are mainly a conversation group of "intermediate" standard. We decide on a subject in advance to allow members to prepare their ideas.

We would now welcome a few new members. If you are interested contact **Jill Board** on 01565 652948

Drawing And Painting group

We meet on Monday mornings in Toft church hall. We don't have a tutor but try to help each other out when we can. Members use a variety of media, e.g. water colour, acrylics, pen and ink, pencil etc.

We would now welcome a few new members. If you are interested contact **Jill Board** on 01565 652948

Wine group - 1

We are seeking three or four new members to join our happy sociable group. We normally meet once a month at St Vincent's Church Hall on a Monday evening.

We taste a wide variety of wines. Sometimes the meeting is led by a Wine Professional, sometimes by our members. We would now welcome a few new members.

For more information, please contact **Margaret Joscelyne** on 01565 633147

Writing For Pleasure group

The Writing for Pleasure group meets each month on the third Wednesday morning in members' homes. We each write a short story on a stimulating topic and then share our stories when we meet, in a friendly atmosphere. There may be some praise, but no criticism and often much laughter! We have been going since 2009 and currently have room for 2 more members - why not take up the challenge?

If you are at all interested please phone me, **Michael Goldman**, for a chat on 01565 651717.

Getting The Most From Your Digital Camera – Proposal

Spring will soon be here. Cameras will be waking from their hibernation. They deserve better

Members of this group, in Five Easy Lessons, will have all they need to get the most from their digital cameras, whether that be the very latest multi-megapixel model or a modest compact of yesteryear.

- Understand the principles underlying the same five controls on a digital camera that were pretty much the only controls you had with a film camera (and you weren't afraid then, were you).
- Never again leave your camera on the automatic setting.
- Put aside pixel envy.
- Amaze your grandchildren with your knowledge and expertise.
- Sleep easier at night (not guaranteed).

Testimonials available.

To express interest, contact me at davenann@talktalk.net or 01925 755097.

David Woolf

News from the Groups

Dip Into Classical Greek - Proposal

Interest in this proposed new Group was not quite enough to get it off the ground in January. A few more members and we'll be up and running.

If "It's all Greek to me" applies to you, then this is the Group to join. Classical Greek and Greece is deeply embedded in the way we in the Western World think, speak, do politics, do science, do health....

We'll begin by looking at the language and reading (in English, you'll be pleased to hear) a seminal work of literature, and thereby dip into so much more of what happened 2,500 years ago and how it is still relevant. The group will not be over-academic in nature; we will go where the language and literature leads us. I hope too, that members will bring their own relevant interests to it so that the group will become truly participative.

Please contact me at davenann@talktalk.net or 01925 755097.

David Woolf

Piano Group - Proposal

This is a new group starting in February - open to all pianists at any level. The aim is that each member of the group will prepare a piece of music to play for the group. Pieces can be very simple or advanced, jazzy or classical, pop or improvised - the more diverse the better! There is a maximum of 5-6 minutes for each performance although some will be much shorter than this, and more than one piece within that time slot is welcomed.

Playing will be followed by coffee and chat and it is hoped that there will be an opportunity for members to find duet partners if wanted, or other musical opportunities.

Meetings will take place on the 4th Friday of the month (first meeting on Friday 25th February) from 10 - 12. Details of the venue are available from me.

If you think you may be interested in joining us please contact me on 07835 960211 or 01565 331987.

Christine Turner

BOOKING FORMS FOR THEATRE & MUSIC TRIPS

PLEASE use a **separate booking form** and a **separate cheque** for each performance and send to:

Mrs Margaret Hinde, 1 Warford Hall Drive, Great Warford, Alderley Edge, SK9 7TR

- 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

You will be contacted if your booking was NOT successful.

For further information telephone 01565 872643 or email info@knutsfordu3a.co.uk

BOOKING FORM – THEATRE or MUSIC TRIP		
I/We would like to book place/s for the following event and enclose a cheque for £ Event: Date & time:		
Name and Address <u>with postcode</u> 		
Phone number for track and trace	e-mail	Phone number In case of emergency on the day
Send this completed form and cheque made payable to Knutsford and District U3A to Margaret Hinde, 1 Warford Hall Drive, Great Warford, Alderley Edge, SK9 7TR		

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Send this completed form and cheque made payable to Knutsford and District U3A to Margaret Hinde, 1 Warford Hall Drive, Great Warford, Alderley Edge, SK9 7TR		

BOOKING FORM FOR KES

BOOKING FORM – KES		
<p>I/We would like to book place/s for 'Kes' at Bolton Octagon and enclose a cheque for £.....</p> <p>Event: 'Kes' at Bolton Octagon, including soup & sandwich lunch</p> <p>Date & time: Saturday, 19th March, 2022, 2 pm</p>		
<p>Name and Address <u>with postcode</u> of all attending</p>		
Phone number for track and trace	e-mail	Phone number In case of emergency on the day
<p>Please give details of any food allergies relevant to our lunch</p>		
<p>Send this completed form and cheque made payable to Knutsford and District U3A to Margaret Hinde, 1 Warford Hall Drive, Great Warford, Alderley Edge, SK9 7TR</p>		

ACTIVITY GROUPS

If you are interested in joining any of these groups there is more information about them on our website. Please note that, as groups open up again, some meeting details may change and some groups may not be re-starting immediately. You will need to check with the individual Group Leader.

Architecture

4th Tuesday at 3pm. Heath Room
Council Offices, Group Leader: Trevor
Hosking 07950 414490 **Full**

Art Appreciation 1

4th Wednesday of each month at 10.30
Methodist Church
Group Leader: Margaret Joscelyne
Tel: 01565 633147

Art Appreciation 2

1st Tuesday of each month at 7.30 pm
Group Leader: Jennifer Harrison
Tel: 01565 633578

Book Group 1

4th Monday of each month 2 – 4pm in
members' homes
Group Leader: Joyce White
Tel: 01625 521424 **Full**

Book Group 2

The 3rd Thursday of the month from
10.30 – 12 in members' homes
Group Leader: Carole English
Tel: 01565 625815

Book Group 3

1st Thursday of the month at 10am
Group Leader: vacant
Tel: n/a

Book Group 4

2nd Tuesday of each month at 10am
Group Leader: Pauline Hales
Tel 01565 650214 **Full**

Book Group 5

3rd Thursday of each month at 10 - 12
Group Leader: Evelyn Brown
Tel: 01565 331282

Book Group 6 Mainly for Men

No fixed time, meetings arranged to
suit.
Group Leader; John Unterhalter
Tel: 01565 873211

Bridge

Fridays at Toft Cricket Club
9.30-12 noon. Supervised duplicate
play.
Group Leader: Bob Redfern
Tel: 01606 891847

Climate Change Discussion Group

Meetings arranged to suit members.
Group Leader: Tim Donelly
Tel: 01565 6333569

Computer Group

Alternate Tuesdays at 2.15 for 2.30pm
Autumn and Spring terms
Group Leader: Robert Watson
Tel: 01565 633147

Crown Green Bowls 1

Summer Meetings Tuesdays at 10.30
The Railway Inn, Mobberley
Group Leader: Lee Hough
Tel: 0796 484 6269

Crown Green Bowls 2

Summer Meetings Fridays at 10.30
The Railway Inn, Mobberley
Group Leader: Paul Buttrick
Tel: 01565 650381 or 07770 415630

Cycling

Fortnightly morning cycle rides on
Mondays and Thursdays at 10am.
Group Leader: Stuart Jones
Tel: 07795 981730

Digital Photography

Group Leader: David Woolf
Tel: 01925 755097
Future courses to be arranged.

Drawing and Painting

Each Monday 10 – 12 at Toft Church
rooms
Group Leader: Jill Board
Tel: 01565 652948

Family and Social History

2nd Friday of each month at 2pm
Room 4, The Methodist Church
Group Leader: Roger Brown
Tel; 01565 755871

French Group

1st and 3rd Thursday of each month at
2.pm in members' homes.
Group Leader: Jill Board Tel. 01565
652948

Parlons Francais

2nd & 4th Tuesday of each month at
10am in members' homes.
Group Leader: Michael Goldman
Tel: 01565 651717

Gardening

1st Tuesday each month at 2.15pm
Group Leader: Pam Bolland
Tel: 01925 753391

Geology Group

3rd Monday of each month in members'
homes 7:30 – 9.30
Group Leader: Michael Regan
Tel: 01565 651406

German Conversation

Fortnightly on Fridays 9:30 – 10.10 via
Zoom
Co-ordinator: Adrian Long
Tel: 01565 632067

History at Random

Alternate Thursdays 2.00-4.00pm
Methodist Church Hall.
Group Leader: David Cogger
Tel: 01565 228503 **Full, waiting list**

Italian for Beginners

Small group meeting on a self-help basis.
2.00pm on Mondays
Knutsford Council Offices.
Group Leader: David Millsom
Tel; 01565 750758

Jammin'

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

Mah Jong

2nd and 4th Friday each month at 10am
Knutsford Library.
Group Leaders: Josie Thompson 07738
968805 and Pat Bramich 07899 988738

Music Appreciation

3rd Monday of each month from 1.45 –
3.15pm in Room 5 at Knutsford Methodist
Church.
Group Leader: Tessa Gurney
Tel: 01477 533076

<p>Philosophy 3rd Wednesday each month 10:30 – 12 Room 5, Methodist Church Group Leader: Shirley Dignam Tel: 01565 652958</p> <p>Personal Development Group Each Tuesday at 1.30pm Group Leader: Julie Brinnand Tel: 01565 625782 Full</p> <p>Piano Playing Room 5, Methodist Church. Details of times/dates from Group Leader: Christine Turner Tel: 07835 960211</p> <p>Play Reading Last Friday each month at 10 – 12 in members' homes Group Leader: Peter Willgoose Tel: 01565 631255</p> <p>Railways Interest Group 2nd Wednesday each month at 10.30, Methodist Church. Group Leader: Robert Watson Tel: 01565 63314</p> <p>Recorder Group 1st Monday of the month in members' houses. Group Leader: Carol Goodwin Tel: 01565 565231</p> <p>Scientific Book Group 3rd Thursday each month at 2.30 Group Leaders: Gill Warboys Tel 01565 651858 and Bob Bateman Tel: 01565 652905</p> <p>Scrabble Friday each week at 2pm in Library Group Leader: Avril Slade Tel: 01565 633997</p> <p>Seasonal Cookery 4th Tuesday each month 10-12 Group Leader: Anne Rowland Tel: 01625 860290 Full</p> <p>Singing Room 5 at Methodist Church. Details of times/dates from Group Leader: Kath Scott 07742 727286</p>	<p>Spanish Advanced Each Tuesday 10.00-11.00 at the Methodist Church. Group Leader: Eileen Denne Tel: 01565 633441</p> <p>Spanish Intermediate Each Tuesday 10.30-11.30 at the Jubilee Hall. Group Leader: Graham Rigg Tel: 01565 650103</p> <p>Table Tennis Each Monday from 10 – 12 at Knutsford Sports Club, Mereheath Lane Group Leader: Gerard McCreesh Tel: 01565 654598</p> <p>Tai Chi/Qi Gong 1 Weekly on Thursdays at 2 – 3pm at Knutsford Sports Club, Mereheath Lane. Group Leaders: Evelyn Flett Tel: 01565 653048 Yvonne Baker Tel: 01565 651204 Full, waiting list</p> <p>Tai Chi/Gong 2 Weekly on Tuesdays at 2-3pm at Knutsford Sports Club, Mereheath Lane. Group Leaders: Evelyn Flett Tel: 01565 653048 Yvonne Baker Tel: 01565 651204 Full, waiting list</p> <p>Theatre and Film Discussion 3rd Wednesday each month 3.30 – 5.30 in members' homes. Group Leader: Anita Goldman Tel: 01565 651717</p> <p>Urban Sketching Meetings arranged by group. For more information contact Margret Ellis at info@knutsfordu3a.co.uk</p> <p>Walking Football Fortnightly meetings on Tuesdays 2- 2.45pm at Egerton Youth Club. Group Leader: Stuart Allan Tel: 01565 632904</p> <p>Walking Group 1 Walks on alternate Mondays and Wednesdays. Meet at 9:30 in the lay-by on Mobberley Road. Group Leader: Pat Lee Tel: 07769 877293</p>	<p>Walking Group 2 Walks on alternate Wednesdays and Mondays. Meet at 9.30 in the lay-by on the Mobberley Road Group Leader: Tony Roberts Tel: 01565 632735</p> <p>Walking Group 3 - Medium Walks Walks 1st and 3rd Thursdays of the month. Group Leader: Sue Allan Tel: 01565 632904</p> <p>Walking Group 4 – Three Milers Walks on alternate Monday and Wednesdays. Meet at 9.55 in the lay-by on Mobberley Road Group Leader: Mike Cooper Tel: 01565 228931</p> <p>Walking Group 5 – 5 K Walks are twice a month on Mondays or Wednesdays. Meet at 10 in the lay-by on Mobberley Road Group Leader: Sheila Fitches Tel: 01565 633076</p> <p>Wine Tasting 1 2nd Monday each month at 7pm at St Vincent's Church Hall. Group Leaders: Margaret Joscelyne Tel: 01565 633147 and John Baldwin Tel: 01565 654285 Full</p> <p>Wine Tasting 2 1st Wednesday each month at 7.30 St Cross Church Group Leaders: Lynda Harris 01565 621058</p> <p>Writing for Pleasure 3rd Wednesday each month at 10 in members' homes Group Leader: Michael Goldman Tel: 01565 651717</p>
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