

# KANUTA

**Newsletter**  
**April 2022**

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Membership  
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## From the Chair

Your u3a is now fully open and back to normal. However rates of the Omicron variant are still very high so we ask you all to consider the safety of others by not attending a u3a event if you have any cold-like symptoms and to follow government advice around self-isolation if you do test positive for Covid-19.

As you can see, the Outings and Theatre groups have produced an excellent programme of trips for the Spring and Summer. Tickets are still available for the action-packed Northumberland holiday (see below). The committee that organises the outings and theatre trips is also looking for new members; please contact Margaret Hinde or Lynda Harris if you are interested.

We now have a full complement of activity groups and continue to welcome ideas for new groups. If you see a group on our website that interests you do contact the group leader to find out more.

This month we will be renewing memberships. The new rate is £18 for the membership year April 2022 to end of March 2023. The Committee recognises that this is a significant increase on the year just gone but the £10 membership fee we charged this time last year reflected the reduced activity of our u3a over the last two years due to the pandemic. This new rate should allow us to run a balanced budget for the coming financial year. Within the membership section of our website you will find the options for renewing your membership. Please renew online via Beacon using the appropriate link if at all possible; alternatively you can print off a membership form and follow the instructions.

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

Very best wishes

**Mark Barley**

# Membership Renewal due 1st April 2022

Many thanks to those of you who have already renewed. It is quick and easy to renew on-line. You need to go to our website <https://knutsfordu3a.co.uk/> and go to the 'Membership' section. From there go to the 'Renew Your Membership' section at the bottom of the page and click on 'Beacon Membership Renewal' to go to the 'Renew On-line' page.

Here you will find the Terms and Conditions of Membership followed by a final link to the Beacon renewal. You will need to enter your details exactly as they were given on the email I sent out earlier this month. If you have lost this don't worry, a reminder email containing the same information will be sent out later in April to those of you who have not yet renewed

If you need more help, a link to a 'Guide to Renewing on-line' can be found towards the bottom of the 'Renew On-line' page.

For those of you who cannot renew on-line there is a printable Membership Renewal form at the end of this edition of Kanuta or you can download the form from our website.

Sue Allan  
Membership Secretary

## Members' Meetings

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

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

- |                              |                                                                                                                                                                                                                                                                                                                                                                                                                                      |
|------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>14<sup>th</sup> April</b> | <b>Eddie Tarry, Community Engagement Manager at HMPPS &amp; YOI Styal</b> , will give a talk on <b>Living in Styal - 'Building Hope, Changing Lives'</b> . 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. |
| <b>12<sup>th</sup> May</b>   | <b>Peter Braun</b> will give a illustrated talk on Dunham Massey entitled <b>'The Monarchy and Dunham, the Grey area'</b> , 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.                                                                                                               |
| <b>9<sup>th</sup> June</b>   | <b>George Lane, Manchester Airport Chaplain</b> , will give a talk on 'The Life and Times of an Airport Chaplain'.                                                                                                                                                                                                                                                                                                                   |
| <b>14<sup>th</sup> July</b>  | <b>AGM – followed by speaker Lisa Collas, Cheshire East Council</b> , who will give a talk about recycling.                                                                                                                                                                                                                                                                                                                          |

## Proposed Knutsford u3a Quarterly Meeting

At the February u3a Committee meeting we discussed the possibility of expanding our educational and social activities by introducing a locally-generated quarterly meeting in addition to our current monthly Members' meeting.

We thought that it might comprise a half hour presentation by one of our activity groups followed by a second half hour lecture by a volunteer member. The Activity group half hour could be either a joint presentation by members of the group or one presented by an individual (we do recognise that not every group would be able to contribute).

For the second half hour we have over seven hundred members in our U3A, a good number of them will have had interesting experiences in their lives or will have worked in occupations that would entertain and/or educate others. If we go ahead, we will be looking for volunteers!

As a u3a, we are not permitted to remunerate our own members so the meeting would be less costly than our monthly membership meetings where outside speakers are remunerated. We believe that this venture might encourage additional interaction and friendships between our members.

Before moving ahead, we would welcome your comments, suggestions, and input so please either reply to the email that was sent out about this on 21st March or send your comments etc. to [info@knutsfordu3a.co.uk](mailto:info@knutsfordu3a.co.uk). We hope to hear from you.

**Sue Allan** (Speakers Committee)

**Tony Axon** (Committee Member)



## Your Kanuta



Kanuta is published 5 times a year, at the beginning of February, April, June, August and November

If you have an article you'd like to share with your fellow u3a members – preferably related to the u3a and its activities – please submit it to [newsletter.knutsfordu3a@gmail.com](mailto:newsletter.knutsfordu3a@gmail.com) before 23<sup>rd</sup> of the preceding month.



## A Date for your Diary



### The Secret Bunker & Dorfold Hall, Nantwich

**Wednesday, July 27<sup>th</sup>**

A trip to The Secret Bunker in Nantwich will be followed by a visit to Dorfold Hall with the magnificent gardens. Further details will follow.

# Setting up In Case of Emergency (ICE) Information on your mobile phone

*Knutsford and District u3a recommends the use of this facility for all members who have a mobile phone*

It is very easy to set up an emergency contact number on your mobile phone which can be accessed by emergency services or anyone helping you if you have an accident or a medical emergency. It can be accessed even if your phone is locked without prejudicing the security of any other information held on your phone. More than one number can be stored so you could put your spouse/partner's number and also a number for another next of kin. This would also be useful in case of a medical emergency while you are on a u3a activity. You can also store key medical information here, e.g. whether you are diabetic, which would also help emergency services or anyone else trying to help you.

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

## iPhones

1. Open the **Health** app and tap the **Medical ID** tab.
2. Tap **Edit**. If asked, tap **Set up Medical ID**. If you already have this set up tap **Edit Medical ID**, to make any changes you wish to.
3. To make your Medical ID available from the Lock screen on your iPhone, turn on **Show When Locked**. In an emergency, this gives information to people who want to help.
4. Enter your name, who to contact and health information like your birth date, medical conditions, medications, allergies, and blood type. Some of this information can be entered later if you don't have it to hand.
5. Tap **Done**.

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

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

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

## Android Phones

1. Switch on and go to the lock screen bringing up the emergency keypad. This may require double tapping the **Functional Settings** key (a cog image)
2. Tap **Emergency Call**
3. Double tap **Emergency Information**
4. Tap the **Edit** icon (pencil) on top right
5. Enter your phone Password/PIN
6. Add or edit your Emergency Information
7. Tap **Contacts**
8. Select an emergency contact from your Contacts List
9. Tap **Add Contact**
10. Return to lock screen using back-arrows

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

In an emergency, responders can access your Emergency Information by following steps 1-3 above.



# Outings



## Additional Visit

### PEOVER HALL AND GARDENS

## Additional Visit

**Monday 23<sup>rd</sup> May 2022**

**Cost, £13 each, including tour, afternoon tea and cake.**

**Please note that Transport is not included**

The first visit to Peover Hall scheduled for May 16th filled up very quickly so we have arranged a **SECOND** guided tour of the Hall, the attractive Gardens and also the Grade 1 Carolean Stables on **Monday 23rd May**. This will be followed by tea and cake in their Stables tearoom.

**Please note**, the tour involves climbing three separate staircases (there is no lift available).

I am sure you are all aware of Peover Hall, but you may not know its fascinating history, dating back to 1585 in Elizabethan times, through extensions in Georgian times, and its use in the war for the U.S Army. Following that the Brooks family acquired it, and for the last twenty years have undertaken major restorations, and lived at the hall ever since.

As the hall is only a short drive away (5.5 miles), we have not arranged a coach, and hope that you will be happy to make your own way there. However, if you do not have access to transport and cannot arrange a lift, then please indicate this on the attached booking form. We will then endeavour to find a lift for you, from the bus station. This may have to be a shared taxi, for which you will have to meet your share of the cost.

We have been asked to arrive at the hall between 2.00 and 2.15 pm, the tours will start at 2.30 pm.  
The post code of the Hall, for use in SatNav is **WA16 9HW**

You can apply by post using the dedicated booking form on page 9.

### **Two special gardens near Market Drayton**

### **WOLLERTON OLD HALL and HODNET HALL**

**Monday 4th July**

**Cost £42 includes morning coffee, entrance to two gardens, sandwich lunch and travel.**

**Coach departs 9.15 am.**

A visit has been arranged to these two lovely gardens. After coffee on arrival, we will spend the morning at Wollerton, a modern, formal 4 acre garden set around a 16th century hall (not open). The garden has won many prestigious awards. The garden rooms are richly planted with perennials and bursting with design ideas. I have been several times and am more than happy to go again - it is a treat!

We will then take a very short drive to Hodnet Hall, where we will have lunch in their half-timbered garden restaurant. The gardens provide a good contrast to Wollerton, being more spacious with 60 acres of grounds and parklands, lakeside walks, formal gardens with colourful displays and an interesting kitchen garden. The Heber-Percy family have maintained the gardens for over 300 years and, again, have won many awards.

To reserve a place, please complete the dedicated booking form on page 10



# Outings



## Holiday in Alnwick, Northumberland

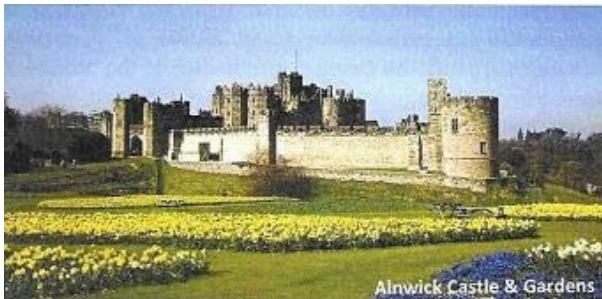
**4 Nights / 5 Days Sunday 12<sup>th</sup> – Thursday 16<sup>th</sup> June 2022**

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

A final reminder about our interesting and varied holiday in Northumberland from 12<sup>th</sup> to 16<sup>th</sup> 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](http://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 in April.



### 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)



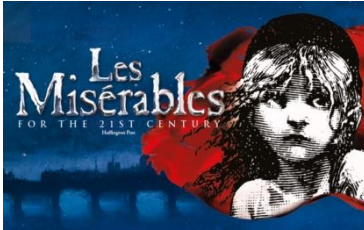




# Theatre and Music Trips



## 'LES MISERABLES'



### **REMINDER**

**Thursday, 7<sup>th</sup> April, 2022, 7.30 pm**

**The Lowry Theatre, Salford**

**Coach departs Bus Station, 5.45 pm**

This trip is now sold out. Ticket-holders are reminded of the early departure from the bus station.

## **CAN YOU HELP OUR TRIP ORGANISERS?**

You will probably have noticed from Mark Barley's introductory letter that our small committee, which organises all of the group visits (Outings, Theatres and Music), is looking for some help. We have lost some members and badly need some new ideas and assistance. Lynda and Margaret are both carrying on so there will be plenty of help available. We also have regular meetings to share ideas and to discuss possible visits for the programme.

It is an enjoyable task and not particularly time consuming and, indeed, works well if partners or two friends work together to arrange a visit. If there are enough of us you will only have to arrange one or possibly two outings and/or theatres a year.

If you are at all interested in helping or want more information do leave a message for us on the u3a email address – [info@knutsfordu3a.co.uk](mailto:info@knutsfordu3a.co.uk) or phone Lynda (01565 621058) or Margaret (01565 872643).

We look forward to hearing from you.

## **News from the Groups**

### **Singing Group**

This new group has about twenty members, meeting in Room 5 at Knutsford Methodist Church on alternate Tuesday afternoons from 2pm - 3:30pm. We've made a good start, singing popular songs and songs from various musicals, with the emphasis on enjoyment and relaxation. The last session will be on 12th April and we will then have a break over the summer and hopefully restart in September. Anyone interested in joining us later in the year is advised to contact me by e-mail at the beginning of September.

**Kath Scott** [kes2311@yahoo.com](mailto:kes2311@yahoo.com)

## Beyond our u3a

### Have You Got a Little Spare Time to Become a Trustee of Abbeyfield Knutsford?

Abbeyfield Knutsford Society Ltd is a charity and a not-for-profit business. We are an independent home for 11 elderly residents. The home has a resident Housekeeper who provides the residents with two cooked meals a day and keeps a friendly eye on them. The house is in the centre of Knutsford and our ethos is to help combat loneliness in older people.

Abbeyfield is run by an executive committee of approximately 6-8 volunteer Trustees. We are looking for new Trustees, particularly someone with **FINANCIAL/ACCOUNTING** experience who would be willing to become a **volunteer Treasurer**. There would be a lot of help available to help you settle in.

If you are interested and would like more information, please do not hesitate to contact Tracy Warburton on 01565 632719 or email [secretary@abbeyfieldknutsford.org](mailto:secretary@abbeyfieldknutsford.org)

## KNUTSFORD & DISTRICT LIONS CLUB SENIOR CITIZENS VARIETY SHOW KNUTSFORD METHODIST CHURCH SATURDAY 28<sup>th</sup> May 2022 : 2pm – 4.30pm



FEATURING:

### Knutsford's STAR CHOIR

PLUS other entertaining acts.....and the Lions SKETCH



**FREE TICKETS** available from 1st April at:  
JONTY'S FRUIT & VEG, KNUTSFORD MARKET HALL, KNUTSFORD.  
Mr SIMMS OLDE SWEET SHOPPE, 119 KING STREET, KNUTSFORD.



Web : [www.knutsfordlions.org.uk](http://www.knutsfordlions.org.uk) email: [knutsford.lions@gmail.com](mailto:knutsford.lions@gmail.com)

For very many years this free show has been stage the first weekend in February, but for the last two years this was not possible because of Covid. There was no show at all in 2021, but this year, with the easing of restrictions, the Lions are very hopeful that it will take place, albeit nearly four months late.

There is room for well over 100 in the audience. Not only is the show free, but those attending might also win a prize in the free raffle. All part of the Lions thank you to the Knutsford citizens.



## BOOKING FORMS

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

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

- Write the name of the 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

Unless you send an SAE, you will only be contacted if your booking was NOT successful.

For further information telephone Margaret on 01565 872643 or email [info@knutsfordu3a.co.uk](mailto:info@knutsfordu3a.co.uk)

<b>BOOKING FORM – PEOVER HALL AND GARDENS</b>		
<p><i>Please note for insurance purposes, people attending this outing should be members of the u3a.</i></p> <p>I/We would like to book ..... place/s at £13.00 each and enclose a cheque for £ .....</p> <p><b>Event:</b> Peover Hall and Gardens, including tour, afternoon tea and cake</p> <p><b>Date &amp; time:</b> Monday 23<sup>rd</sup> May 2022, <u>make your own way there</u> arriving between 2:00 and 2:15</p> <div style="margin-top: 10px;"> <input style="vertical-align: middle;" type="checkbox"/> Tick here if you do not have access to transport and cannot arrange a lift.              By ticking here you are agreeing to pay your share of the cost if transport by taxi is arranged for you.         </div>		
<p><b>Name and Address <u>with postcode</u></b></p>    		
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		

## BOOKING FORMS

<b>BOOKING FORM – WOLLERTON AND HODNET GARDENS</b>		
<p><i>Please note for insurance purposes, people attending this outing should be members of the u3a.</i></p> <p>I/We would like to book ..... place/s at £42.00 each and enclose a cheque for £ .....</p> <p><b>Event:</b> Wollerton and Hodnet Gardens, including morning coffee and sandwich lunch</p> <p><b>Date &amp; time:</b> Monday 4th July 2022, 9:15 am</p>		
<p><b>Name and Address <u>with postcode</u> of all attending</b></p>		
<b>Phone number</b> for track and trace	<b>e-mail</b>	<b>Phone number</b> 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>		

# Knutsford and District u3a

## Full/Associate Membership Renewal Form

1<sup>st</sup> April 2022 – 31<sup>st</sup> March 2023

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 £18.00. (£12.00 for Associate Members i.e. members who are full members of another u3a.)

The full fee includes a £4 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 £18.00 (£12.00 for Associate Members).

Signed	Date
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**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:

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