

KANUTA

Newsletter
June 2023

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Newsletter contributions: newsletter.knutsfordu3a@gmail.com

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From the Chair

I hope everyone is enjoying the recent spell of sunny weather. It has been a great opportunity to get outside, after what seems a long winter, and enjoy some lovely sunshine, before it becomes too hot. However, the sun is very strong at this time of year so please use plenty of high factor sun screen and keep hydrated.

This will be my last posting as Chair of Knutsford u3a. In accordance with our constitution the Chair is limited to a three-year term. At the AGM in July (see below), subject to the re-election of Committee members, Sue Allan will be taking on the role of Chair; I will remain on the Committee. I am delighted to say that I leave our u3a in better condition than I found it- not difficult really, as I took over as Chair in the middle of a global pandemic! The main reason why I agreed to be Chair in the first place was because I had not done anything like it before. I am an enthusiastic believer in the u3a ideal of life-long learning and this was clearly an opportunity to try something new. I have enjoyed the role of Chair more than I expected and I have learnt a great deal about how charities and the voluntary sector work. I wish Sue every success in her new role after the AGM and feel confident that our u3a will look forward to a bright future.

In this Kanuta we give formal notification of our AGM which will be held on Thursday 13th July. The business part of the meeting will be followed by a speaker from Knutsford Heritage Centre who will take us on a virtual tour around Knutsford.

As part of our preparations for our AGM a summary of our Trustees' report is included in this Kanuta along with a nomination form for the Committee.

Finally, I would like to thank all those members who help in the organisation of our u3a. In addition to the main Committee this includes the Speakers' and Outings/Theatre/Music Committees, the technical team, all group leaders and several other individuals that provide key support. Thanks to all of you for your hard work which keeps our u3a running smoothly.

Very best wishes

Mark Barley

Notice of the AGM

The 18th Annual General Meeting of Knutsford and District u3a will be held on Thursday 13th July 2023 at 2.15pm in the Knutsford Methodist Church.

All members are invited to attend the AGM which will be followed by a talk by a member of Knutsford Heritage Centre giving us a Virtual Tour of Knutsford. Refreshments will be available.

The AGM will include the Trustees' Report and Accounts together with the election of new Committee members.

A copy of the Trustees Report is included on page 10 of this edition of Kanuta.

Committee

To bring our Committee to full strength we welcome nominations for new members to join the Committee. Please use the form below or phone Mark Barley, Chair, on 0161 929 9438 if you would like to discuss the possibility of standing for the Committee.

Nomination for the election of Knutsford u3a Committee Members

I nominate..... who has agreed to stand for membership of the Committee.

or

I am willing to be nominated to stand for the Committee.....

Members nominated will need to be seconded before or at the AGM.

Please send nominations to Sue Allan, Secretary, by 1st July at the very latest.

Email secretary.knutsfordu3a@gmail.com

Post 8 Bracken Way, Knutsford WA16 9BU

Lions Community Fair

Knutsford u3a had a stand at this event on 29th May which was manned by around 10 members over the day.

There was significant interest by members of the public with some taking away membership forms with the intention of joining. One person actually joined and paid on the day.

Many thanks to those members who volunteered and helped to spread the word about Knutsford u3a.

Members' Meetings

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

- 8th June** **Ray Jackson** from Lower Moss Wood will give a talk about the wildlife hospital.
- 13th July** **AGM** – followed by a talk by **Caroline Sherwin** from Knutsford Heritage Centre entitled '**People and Places – a virtual tour around the town**'.
- 14th September** **Groups Showcase event** and post-summer catch up.
- 12th October** **Jake Croft**, Head Gardener at Adlington Hall will talk about the gardens at Adlington and also his involvement with the Chelsea Flower Show.

Non-renewal of membership of Knutsford u3a

While most members have paid their renewal subscription there are still some outstanding.

Please note that if you have not renewed your membership of Knutsford u3a by Monday 5th June your membership will lapse and you should not take part in any Activity Groups or go on any trips.

If, for any reason, you can't pay your renewal subscription by Monday 5th June you can still renew in the following 2 weeks, either on-line or by downloading a Renewal Form from our website knutsfordu3a.co.uk.

Sue Allan
Membership Secretary



Dates for your Diary



- Wednesday 20th September** Visit to **Shibden Hall** and the **Piece Hall, Halifax**
Full details and a booking form will be available at the end of June.
- Thursday 14th December** **Life of Pi** from the National Theatre.
Evening performance (7.30 pm) at The Lowry theatre. Tickets will be on sale from September.
- Other events in the offing** (both in December)
Possible visit to **Delamere Forest** for Christmas lights.
Possible Christmas lunch at **The Clink Restaurant at Styal**.



Outings



Cromford Mill and Ashford-in-the-Water

Urgent message : change of date

Due to circumstances beyond our control, the visit to Cromford Mill and Ashford-in-the-Water will now be on **FRIDAY 9 JUNE**. This is what you should do:

- If you have already booked and paid for a place and are able to come on Friday, 9 June, then you **do not need to do anything**. Your booking will be transferred automatically to the new date.
- If unfortunately, the new date does not suit you, please let me know by telephoning 07412 936 971.

There are still places available for the revised date.

Friday 9th June 2023

Cost, including refreshments

£39.00

Coach departs the bus station

09:15 am

The day begins with a one and a half hour drive through lovely countryside, across the moor to Buxton and on to Cromford, situated deep in the Derwent Valley. The Mill at Cromford is part of the 15 mile long UNESCO Derwent Valley Heritage Site and, as part of our guided tour, we shall learn more about Sir Richard Arkwright and discover how the textile industry developed in this rural valley over 250 years ago. The tour will last about one and a half hours.

Refreshments will be available on arrival and a light lunch of soup and scones will be served at about 1pm. During the lunch break you may wish to look around some of the small, independent businesses in the Mill Yard; these include shops selling cheese, gifts and souvenirs, local woolly goods, antiques etc. There are also lovely riverside walks just outside the walls.

At 2pm we shall leave Cromford and drive north along the Derwent Valley, through Matlock and Bakewell to Ashford-in-the-Water. This is one of the prettiest villages in the Peak District and home to the most photographed bridge in Britain! We have timed our visit to coincide with the Well Dressing celebrations. These are thought to have originated as part of a pagan festival to give thanks for a reliable water source. There will be free time to wander around the village and visit the six wells or take afternoon tea in one of the cafes.

We shall leave Ashford-in-the-Water at 4pm to arrive back in Knutsford just after 5 o'clock.

Further detailed information is available at: cromfordmills.org.uk and peakdistrictonline.co.uk

Marian Goddard



Outings



Wroxeter Roman City Remains and Attingham Park

Friday 4th August 2023

Coach departs 9.00 am. Prompt

Cost of the outing	£39 pp
Cost with English Heritage membership	£32 pp
Cost with National Trust membership	£24 pp
Cost with both memberships	£18 pp

Join us on a full day out, with two contrasting visits, both near Shrewsbury.

We will leave Knutsford at 9 am and, after a coffee stop, included in the price, we will spend the rest of the morning at Wroxeter Roman City, which was once the fourth largest town in Roman Britain. Founded as a legionary fortress in the first century AD, the town flourished until the seventh century. The area has not been redeveloped and, with a little imagination, you can visualise its size and importance from what remains. The small museum has been newly refurbished (as have the toilets!) but the majority of the site is open to the elements!

We will then drive for just a few minutes to the National Trust property, Attingham Park, arriving in time for lunch. Attingham is an imposing 18th century mansion, containing one of the most complete surviving collections of Regency style, surrounded by Repton designed parkland, and a walled garden. It has been owned by one family for nearly two hundred years and is now administered by the National Trust.

Tours of the house are 'free flow' and we have left lunch and tea to be on a 'BYO' basis, so you can plan your own afternoon. The self-service café serves hot and cold food and there is plenty of seating in the stable yard. You might like to take your own picnic, which you are welcome to eat in the yard, though much of the seating is in the open air.

We have ordered a fine day!

If you are a member of the National Trust, you have free entrance to Attingham Park and English Heritage membership gives you free access to Wroxeter.

We would hope to leave by 4 pm and be back in Knutsford by 5.30 pm.

If you wish to book for this visit, please complete the dedicated booking form on page 9.



Outing Report

Liverpool Excursion on 16th May



Along with 51 other members of our u3a we both spent a very enjoyable day in Liverpool. We went from Knutsford directly to the Liver Building on the Waterfront. It is so good not to have to think about parking or any other logistics during the day. We went straight into the building, progressing to the top after seeing a film about the history of the construction from 1908.



The highest balcony gave us view on all four sides across the city, the Wirral and east and west of the Mersey. The visual representations of the views enabled us to pinpoint particular places of interest like Cammell Laird and a monastery in Birkenhead and the two cathedrals at either end of Hope Street.



On leaving the building everyone had different destinations within the city including the various other buildings of interest, a celebration lunch for a significant birthday and shopping. We were interested in the Dock labour history so headed for the Liverpool Museum. We learnt of the fractious relationships created by the Dock Labour Scheme under the Mersey Docks and Harbour Board before container ships took over. We also visited the Maritime Museum in the docks area which highlighted the sinking of the Lusitania in 1915 off Ireland.

We walked up to the Walker Art Gallery which had some excellent George Stubbs paintings. At the café, we sampled the scouse soup which was a real landmark discovery, best shared between two. A bit like a Lancashire hotpot but with beef and even better.

We finished the day by taking a bus back down to the Waterfront, using our bus passes! Finally we found the smart café on the ground floor of the Liver Building. A really good day out.

Jonathan & Clare Mather

A note about family connections

The maritime history of my Liverpool family made this visit personally very interesting. My Great grandfather bought the 65 ton sailing schooner Maria in 1868 and used it to trade from Liverpool to Fernando Po (now Bioko Island) and then founded John Holt Liverpool as traders throughout Nigeria (still there today). By the outbreak of WW2 they had 10 vessels trading with Nigeria, many of which were built at Cammell Laird. Two of these vessels were sunk by U boats in WW1 and four were sunk in WW2. My father's brother Jack Mather was chairman of Cammell Laird in 1950 when 12000 employees worked at the yard which made the Ark Royal Carrier. **Jonathan Mather**

News from the Groups

Yoga Group

Our new Yoga Group is now established and is very well received by its members. It is run by a member and nationally qualified Yoga coach Cathy King with Dot Long as Group Leader and is held from 2.15 to 3.45 on Thursday afternoons in the new Scout Hut on the Town Moor.

It would good to have a few more members to maintain the Groups viability and so if you are interested please contact Dot on 01565632067. The costs are about half what other Yoga lessons are in Knutsford.

Tai Chi Groups

The two Tai Chi groups are now on their summer break and classes will re-start in September.

Evelyn Flett

Wood Turning – Proposal

Tom Weston is interested in forming a small Woodturning Group using his facility in Knutsford.

His wood turning involves producing 'round items' (e.g. ornaments, bowls, cups etc.) in different woods on a specialist lathe. Pictures of typical items can be sent on request

If you are interested in such a Group please let me know (info@knutsfordu3a.co.uk)

Stuart Allan

Groups Supporter

Cryptic Crossword Group

This new Group is now successfully underway with 12 enthusiastic participants under the guidance of Brian Wreford one of our new members who has done cryptic crosswords for over 40 years. The Group meets on alternate Tuesdays 11.00 in the Heath Room of the Knutsford Town Council Offices on Toft Road.

Stuart Allen

Booking Forms

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

- 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
- Send your form and cheque **to the organiser as noted for each event**

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

For further information contact the organiser (details on the appropriate booking form)

BOOKING FORM – Cromford Mill and Ashton-in-the-Water – Organised by Marian Goddard		
<p><i>Please note for insurance purposes, people attending this outing should be members of the u3a.</i></p> <p>Event: Cromford Mill and Ashton-in-the-Water</p> <p>Date & time: Friday 9th June, 2023, departing Knutsford Bus Station at 09:15 **</p> <p>I/We would like to book place/s at £39.00 each and enclose a cheque for £.....</p>		
Name and Address <u>with postcode</u> of all attending		
Details of any food allergies relevant to our lunch		
Phone number	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 Marian Goddard, 1 Devis Way, Knutsford, WA16 0GY Telephone 07412 936 971		
** As this trip is imminent, please phone Marian if you wish to book		

BOOKING FORM – Visit to Wroxeter Roman City Remains and Attingham Park
Organised by Lynda Harris

Please note for insurance purposes, people attending this outing should be members of the u3a.

Cost £39.00 pp with reductions for National Trust & English Heritage members

I/we wish to attend the event and require the following places.

Cost of the outing pp £39 I would like.....places £

Cost with English Heritage membership pp £32 I would like.....places £

Cost with National Trust membership pp £24 I would like.....places £

Cost with both memberships pp £18 I would like.....places £

I enclose a cheque for £..... made payable to Knutsford and District u3a and with the name of the event written on the reverse

Event: Visit to Wroxeter Roman City Remains and Attingham Park

Date & time: Friday 4th August 2023, 9:00 am prompt

Name and Address with postcode of all attending

Phone number	e-mail	Phone number In case of emergency on the day
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Send this completed form and cheque made payable to Knutsford and District u3a to
 Lynda Haris 10 Lindop Close, Knutsford, WA16 8AY. Telephone 01565 6 21058

A Summary of our Trustees Annual Report

The full report will be uploaded to the Charity Commission website. This is a brief summary of that report.

This year from April 1st 2022 to March 31st 2023 has seen our u3a continue to recover from the effects of the global pandemic.

Our membership at the end of March 2023 was 682, with an additional 45 Associate Members (those who are also members of other u3as). Our membership is back to the same level (about 700) as it was pre-Covid.

At the beginning of this period our activities were still recovering from the effects of the pandemic. While our u3a was fully open, there was a lot of testing and some disruption as members had to self-isolate at short notice if they had a positive test result. Also, a number of activity groups that had stopped running during the lock-down period, failed to restart as conditions improved. Towards the end of the period, we welcomed five new activity groups: two 5Km walking groups, classical Greek, yoga and senior fitness; bringing our total number of activity groups to 49.

Our Outings sub-committee has been very active this year organising six trips to places of interest including a five-day trip to Northumberland. They also organised seven trips to concerts or the theatre.

The Committee organised two events that support our organisation to grow and thrive. In the autumn we had a group leaders' coffee morning which also includes key members involved in the organisation of our u3a, such as the technical team, and the Outings' and Speakers' committees. This is a networking event, usually with a theme, so that key members can share ideas and experiences to develop our organisation. In September we held our 'Showcase event' with displays provided by many Activity groups so that both members and the wider public can get a better idea of what we do, and the groups themselves can attract new members.

In addition to our monthly meetings where an outside speaker gives a talk, we have started our 'Hidden Talents' programme which involves presentations by Knutsford u3a members on a topic of their choice to the membership. During this period, we had four presentations on a diverse range of subjects which were very well received, and we intend to continue this new programme into the future.

Towards the end of the period the Committee made the decision to claim for Gift Aid on our subscriptions starting with the renewals in April 2023.

I would like to thank my colleagues on the Committee for all their hard work and their enthusiasm during this year. Our u3a has returned to pre-pandemic levels of activity and will continue to grow. We look forward to a bright future.

Mark Barley, Chair.
Knutsford & District u3a