

KANUTA

**Newsletter
February 2024**

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From the Chair

I know Christmas probably seems a distant memory now but I hope you all had a good one and an enjoyable New Year.

The Committee has met to discuss subscription amounts for 2024-2025 and the decision has been taken to reduce the subscription for next year to £12 for full members and £8 for associate members. We have been able to do this because our expenditure for the current year is on target to be under budget and also our first Gift Aid application was successful. We will, of course, have to review the subscription amount yearly in the light of rising costs etc. Renewals are not due until 1st April so you will receive information about how to renew your membership of Knutsford u3a nearer the time.

Our Groups Supporters, Stuart Allan and Marian Goddard, have been working hard to help members set up new groups, the latest being a Board Games group and a Chess Group with, hopefully, others in the pipeline.

The Outings and Theatre visits sub-committee continue to organise excellent theatre trips and have some exciting trips and theatre visits planned for later in the year. I'd like to thank them for all the hard work they put in behind the scenes to organise these events.

I'd also like to thank the ladies on the Tea Rota who serves the teas at the Members Meetings and the Hidden Talents talks. We are all very grateful to them for giving up their time to do this. Incidentally, why are they all ladies? Surely we have some men who could volunteer to help serve teas?!

By the time you read this our winter season of 'Hidden Talents' talks will have begun with a talk by John Miller, formerly of the BBC. This will be followed by three more talks on the fourth Thursday of the month in February, March and April. Our technical team are still on the look out for helpers for these talks and for Members' Meetings so if you feel you can help please contact Robert Watson for details of what is required. His email address is rw.knutsfordu3a@gmail.com.

Best wishes for 2024.

Sue Allan

Members' Meetings

Knutsford Methodist Church

Second Thursday of every month starting at 2.15pm prompt

Please aim to be seated by 2.00pm

- 8th February** **Paul Heath** will give a talk about Blood Bikes and the work they do. Blood Bikes is a voluntary unpaid service provided by highly-qualified bikers (motor bikes) who deliver medical drugs, equipment and blood for emergencies.
- 14th March** **Julia Marwood** will give a talk on 'The Women of Manchester Art Gallery'. The Involvement of women in art is often ignored. Julia uses the work in Manchester's collection, by both men and women, to explore how women and their lives have been represented over time.
- 11th April** **Nick Minshull** from Co-op Estate Planning will speak about 'Tax, Care & Toy Boys' - a talk about affairs we may need to set in order as we get older.
- 9th May** **Howard Barlow** will give Part 2 of his photography talk. This will be a follow up on his fascinating talk last year telling us more stories and showing his amazing photos of famous musicians, stars and politicians together with pictures of life in Salford in the '60s.



KNUTSFORD & DISTRICT LIONS CLUB



SENIOR CITIZENS VARIETY SHOW



KNUTSFORD METHODIST CHURCH

SATURDAY 3rd February 2024 : 2pm – 4.30pm

FEATURING:

KNUTSFORD STAR CHOIR

An Organist

A monologue ..or two

A vocalist trio

.....and the Lions sketch!



FREE TICKETS available from 3rd Jan at:

JONTY'S FRUIT & VEG, KNUTSFORD MARKET HALL, KNUTSFORD.

KNUTSFORD OLDE SWEET SHOPPE, 119 KING STREET, KNUTSFORD.

OR ANY LIONS MEMBER

Web : www.knutsfordlions.org.uk

email: knutsford.lions@gmail.com



Outings



Cheshire Oaks

Friday, 1st March, 2024

Cheshire Oaks Designer Outlet

Cost for the coach travel only

£10.00

Coach departs the bus station

9.30 am

This outing is quite a departure from our usual destinations but, as variety is the spice of life, we thought we would offer it to you as a change.

Cheshire Oaks, which opened in 1995, is the largest Designer Outlet in the UK with over 140 stores. You will find up to 60% off the RRP in all the brands which include such names as Burberry, Michael Kors, Hugo Boss, Mulberry and Coach as well as Marks and Spencer and Next. There is also a variety of eateries and cafes for your lunch choices.

The journey should take 45 minutes so you will then have the rest of the time free to explore the 400,000 square feet of retail space, to shop or lunch in whatever time frame you choose before we leave at 3.30 pm.

Accessibility should not be an issue as it is a pedestrianised village-style site with good wheelchair access.

If you wish to book for this visit please complete the dedicated booking form on page 8 of this Kanuta.

Lynda Harris

Visit to HM Prison, Shrewsbury

Friday, 26th April, 2024

Visit to HM Prison, Shrewsbury

Cost including buffet lunch

£40.00

Coach departs the bus station

9.15 am

Arriving back at approximately

5.30 pm

Come and join us for a no holds barred guided tour of this historic and fascinating 200-year-old prison which closed its doors to inmates in 2013. **Please be aware that there will be steps and stairs.**

There is a café available on arrival for a pre-tour drink at your own cost if you wish. The tour will be followed by a buffet lunch. Following the buffet lunch, the afternoon is your own and can be spent exploring the beautiful medieval market town of Shrewsbury on the River Severn. There are beautiful buildings, historic churches, cafes, Quarry Park within which is The Dingle, a delightful sunken garden, etc.

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

Jane Smallwood

Holiday in Norfolk

Monday 13th – Friday 17th June 2024

Only 2 double/twin rooms remain for this holiday. Full details are on the website, together with a dedicated booking form. For further information contact **Margaret Hinde** by telephone on 01565 872643.



Theatre and Music Trips



Tchaikovsky's First Piano Concerto – Soloist Frank Dupree

The Philharmonia Orchestra

Friday, 8th March, 2024, 7:30 pm
The Bridgewater Hall, Manchester

Cost, including travel, £34.00
Coach departs the bus station 6 pm

There are three works on the programme. The centrepiece is Tchaikovsky's beloved First Piano Concerto, the introductory piece is Rimsky-Korsakov 'Capriccio Espagnol', and the final work is Borodin's Symphony No 2, a soaring musical homage to his homeland.

Only **four tickets** remain for this event. They may be on sale at the Members' Meeting on February 8th but to be sure of your tickets, use the booking form on the back page of Kanuta or call me on 01565 872643.

Margaret Hinde

A TASTE OF HONEY

by Shelagh Delaney

Tuesday, 9th April, 2024, 7:30 pm
The Royal Exchange Theatre, Manchester

Cost, including travel, £47.00
Coach departs the bus station 6 pm

Shelagh Delaney's 'A Taste of Honey' is one of the early 'kitchen sink' dramas. It first appeared as a West End play in 1958, then was made into a film, starring Rita Tushingham, in 1961. It is a sharply portrayed portrait of working class life in Salford in the 1950's and the battles between mother and teenage daughter.

Interesting to think that it was written not much more than ten years after Noel Coward's 'Brief Encounter' which we saw recently. Quite a contrast!

Tickets will be on sale at the Members' Meeting on February 8th but to be sure of your tickets, use the booking form on the back page of Kanuta or call me on 01565 872643.

Margaret Hinde



Dates for your Diary



Wednesday 8th May

'The Kite Runner' at the Lowry Theatre. This is a production from the West End based on the book by Khaled Hosseini. Coach will leave Knutsford at 6 pm.

Friday 27th July

A day in Buxton, leaving Knutsford at 9.30 am, and including a matinee performance of Gilbert and Sullivan's **'The Gondoliers'**.



Hidden Talents



The talks are held in Knutsford Methodist Church at 2.15pm prompt. Please aim to be seated by 2.00pm.

On **Thursday 22nd February** there will be a musical presentation by the u3a Singing Group and the Instrumental Group. There will be an opportunity for the audience to sing along to a couple of popular songs, and they look forward to entertaining everyone!

On **Thursday 28th March** Adrian Fisher will give his talk "Joining The Dots" in which he describes characters and companies in a career that ranges from punched cards to Bitcoin. Topics include 'weaving silk, knitting socks and woven memory', 'moon rockets', 'food mixers and door chimes', 'a film star, big warehouses and burgers in New York', 'the birth of Next', and 'hidden heroes in your smartphone and bank'.

On **Thursday 25th April** Adrian Long will describe how he climbed The Matterhorn with his son in September 1999 to celebrate his 50th birthday. The Matterhorn (4,478m or 14,782ft), first climbed by Edward Wimpier in 1864, is a classic mountain peak and an objective for all mountaineers.

Committee Profile

Sue Allan, Chair



Background

I've lived in Knutsford since 1986 when we moved up here from Leicestershire along with a lot of other families where the main breadwinner was employed by the National Nuclear Corporation.

We have 2 children, a son and a daughter, both grown up now with families of their own. I was employed as Office Manager at what was then called Knutsford High School (now Knutsford Academy) for many years, enabling me to keep a close eye on the progress of our 2 children much to their disgust! After leaving KHS I continued to work in several different administrative roles in different departments for Cheshire County Council, now Cheshire East, with short interludes with the NHS and what is now CQC.

Why I joined the u3a

After retiring from paid employment around 9 years ago I soon felt the need to expand my horizons and get involved with people other than my close circle of friends. I can't remember how I got to know about the u3a but the first group that I joined was a walking group led by Margaret Hinde which I subsequently took over when she felt she'd led it for long enough. I was also, for a short time, Group Leader for a Chinese group where we attempted to learn the basics of Chinese. This unfortunately folded due to lack of members and the fact that no one ever really did their homework!

I was persuaded to join the Committee in 2016 and have (and still am!) enjoying the challenge that this brings. I feel that my various roles on the Committee, which have included Secretary, Speakers Committee organiser, editor of Kanuta, Membership Secretary and now Chair are keeping my mind active and engaged and have enabled me to meet people that I wouldn't have come across in the normal course of my day to day life in Knutsford.

News from the Groups

Cryptic Crossword

The Cryptic Crossword Group, which is entering its third Series, welcomes new members. For those who are familiar with Cryptics there is a friendly Improvers section (free) on fortnightly Tuesdays, 11am to 12 noon. The next sessions will be on 13th February. Venue: Heath Room, Town Council Offices, Toft Road.

For any Beginners, who might like to explore moving on from General Knowledge to Cryptics, the session runs from 2pm to 3 on the same day and at the same venue (also free). The Leader, Brian Wreford, wishes to mention that although Cryptics can seem a bit daunting to those who already enjoy General Knowledge or Quick crosswords, nevertheless with a little guidance they can be 'cracked' and start you on a journey of discovery new words, alternative meanings, humour, and highly imaginative anagrams. Solving them can also provide a sense of achievement, humour and, perhaps most importantly, mental stimulation, which is thought to be highly beneficial these days

Any members who wish to attend either the Beginners or Improvers session should contact Brian on 07785 925825 or by email c/o info@knutsfordu3a.co.uk

Stuart Allan

Recorder Group

The group meets every other Wednesday at 2pm at 61 Boothfields WA16 8JY.

New players are very welcome as there are parts using only 3 notes. You need enthusiasm, a descant (or other recorder) and a music stand if possible. We play a variety of music.

If you are interested please contact **Carol Goodwin** on 07811 570463

Chess Group

This new group will be meeting for the first time at 2pm on Thursday, 1 February 2024 in Knutsford Library.

All members of the u3a are welcome to come along - both beginners and experienced chess players.

If you are interested please drop me a line c/o info@knutsfordu3a.co.uk

Marian Goddard

Tai Chi

There are a few spaces at the moment in both of our two Tai Chi groups, which meet on Tuesdays at the Knutsford Sports Club on Mereheath Lane: Group 1 at 2pm-3 pm; and Group 2 at 3pm-4pm.

Under the guidance of our tutor, we start the sessions with Qi Gong exercises. These include breathing and meditation exercises to help to reduce stress; and gentle physical exercises using the muscles of the whole body to improve core strength, balance and flexibility. They also form the basis of the Tai Chi Form – Cheng Man Ching's Short Form – that we're learning.

You don't need any previous experience or special equipment to be able to take part. So, if you think Tai Chi might be for you and you would like more information, please contact **Evelyn Flett** (01565 653048) or **Yvonne Baker** (01565 651204).

Yoga Group

This Group is currently on hold and will be relaunched in the near future with a venue that is more convenient for the members and is closer to the Booths Car Park.

Board Games Group

This Group has now started successfully with 10 members. They meet usually on the 1st Friday of the month at 2pm - 4pm in members' houses. Please see our website for contact details for the Group Leader, Pat Lee.

Walking Group 1

On 24th January, 16 members of Walking Group 1 travelled into Manchester either by train, Metro or car to do an urban walk in the Northern Quarter and Ancoats areas of the city. We were very fortunate with the weather, as it remained dry with broken cloud even though there was a biting wind.

The distance was short, only two and a half miles, but interesting, taking us along the tow path of the Rochdale Canal to look at the earliest surviving canal warehouse in the city, Britain's first aeroplane factory, which was also the building where artist L S Lowry worked from 1912 to 1952 as a rent-collector and then on to gaze at the magnificent Old Murray's Mill, built in 1798 and now converted into office, studios and apartments. They built to last in those days!



Victoria Square was of interest as it was Manchester's first-ever council housing scheme, a revolutionary answer to the difficult problem of extreme poverty and squalor in the city centre's slums. It failed in its purpose in 1897 as the rents were too high for the slum dwellers.



Anita Street, another of Manchester's housing schemes is just across the road, originally called Sanitary Street after the Manchester and Salford Sanitary Association. I believe the residents' sensitivities enabled them to get the council to agree to drop the 'S' and the 'ry' of sanitary, thus it became Anita Street.

We finally visited St Michael's Flags and Angel Meadow. St Michael's church was demolished in 1935, some flagstones remain on the site, the rest is laid out to grass along with the adjacent

Angel Meadow, where, between 1788 and 1816 it is estimated that 40,000 poor people were buried here, the largest pauper burial ground in Manchester and it was completely covered in flags.

Mackie Mayor's food emporium in the old Smithfield Market Hall was our lunch stop and then we went our separate ways, some to do a spot of shopping, others to meander around the city waiting for their train, at the end of a successful walk.



Pat Lee

Booking Forms

Please note that for insurance purposes, people attending events should be members of the u3a

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 – Cheshire Oaks | | Organised by Lynda Harris |
| Event: Trip to Cheshire Oaks Date & time: Friday 1 st March 2024, 09:30 I/We would like to book place/s at £10.00 each and enclose a cheque for £..... made payable to Knutsford and District u3a | | |
| Name and address <u>with postcode</u> of all those attending | | |
| Phone number | e-mail | Phone number <small>In case of emergency on the day</small> |
| Send this completed form and cheque made payable to Knutsford and District U3A to Lynda Harris, 10 Lindop Close, Knutsford, WA16 8AY Telephone 01565 6 21058 | | |

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|---|--------|--|
| BOOKING FORM – Tchaikovsky concert | | Organised by Margaret Hinde |
| <p>Event: Tchaikovsky concert, The Bridgewater Hall</p> <p>Date & time: Friday 8th March 2024, departing 6pm</p> <p>I/We would like to book place/s at £34.00 each</p> <p>and enclose a cheque for £..... made payable to Knutsford and District u3a</p> | | |
| <p>Name and address <u>with postcode</u> of all those attending</p> | | |
| Phone number | e-mail | Phone number <small>In case of emergency on the day</small> |
| <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 Telephone 01565 872643</p> | | |

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|--|--------|--|
| BOOKING FORM – A Taste of Honey | | Organised by Margaret Hinde |
| <p>Event: A Taste of Honey , The Royal Exchange Theatre, Manchester</p> <p>Date & time: Tuesday 9th April 2024, departing 6pm</p> <p>I/We would like to book place/s at £47.00 each</p> <p>and enclose a cheque for £..... made payable to Knutsford and District u3a</p> | | |
| <p>Name and address <u>with postcode</u> of all those attending</p> | | |
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