u3c learn, laugh, live

Knutsford and District

Charity No. 1139427

KANUTA

Newsletter April 2025

General Enquiries and Webmaster: info@knutsfordu3a.co.uk
Newsletter contributions: newsletter.knutsfordu3a@gmail.com

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From the Chair

I hope you're all enjoying the first signs of spring – daffodils, tulips, blossom etc. and it's been lovely to see some sun (which may have disappeared again by the time you're reading this!).

Renewal time has come round again although at only £12 for a year's full membership of Knutsford u3a I hope you'll agree that it's still a bargain. Claiming Gift Aid on as many membership subscriptions as we can has helped us to keep the renewal fee the same as last year so, if you are a taxpayer, please consider ticking the Gift Aid box when you renew if you haven't already done so.

If you can, please renew on-line as this saves a tremendous amount of work for Committee members, particularly as we are currently without a Membership Secretary. Processing paper renewal forms takes up a hefty chunk of time and every membership renewed on-line saves a lot of time which is much appreciated.

Our Outings and Visits sub-committee has put together an interesting and varied programme of trips and visits for this year. I am very grateful for all their hard work in this respect. My thanks also go to the Speakers sub-committee who work very hard to book the speakers for our Monthly Meetings, not forgetting our Hidden Talents talks which give an interesting insight into the careers and interests of those members who volunteer to give them.

In March we held a working lunch to which Group Leaders and key helpers were invited. Topics covered included how to try to get members to become more involved in the running of our u3a, both as Committee members and as assistants to Group Leaders so that the burden of running a Group does not rest solely on one person. I would urge all members to continue to contribute to the activities of groups to which they belong so that, if a Group Leader has to be absent from a meeting, or even several meetings, the group will be able to continue with their activities.

Sue Allan, Chair

Membership Renewal (due 1st April 2025)

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 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 'click here' to take you to the Knutsford u3a Members Portal.

To log into the portal, you will need the e mail address and password you used when you registered for the Beacon Portal. If you need more help, there is a link you can click for more information towards the bottom of the 'Renew On-line' page.

Gift Aid

We now claim Gift Aid on members' subscriptions where they are eligible and this has helped us to keep our subscription the same as last year.

- We can claim Gift Aid if you have paid the same amount or more in Income Tax and/or Capital Gains Tax in the tax year and you
- make a Gift Aid declaration that gives us permission to claim it.

The Gift Aid will be 25p for every £1 of your subscription so the tax we can claim on £12 will be £3.00. This will help us to keep subscriptions as low as possible. You can Gift Aid your subscription by ticking the Gift Aid box when you renew on-line or, if you renew by cheque, ticking the Gift Aid box on the paper form. We would be grateful if those of you who are taxpayers would consider ticking the Gift Aid box.

Please note that if each member at the same address is a taxpayer and wishes to Gift Aid their subscriptions you should NOT use the on-line facility to pay both subscriptions together.

You can still renew online but each taxpayer should pay their own subscription and tick the Gift Aid box to allow us to claim Gift Aid.

If you are unsure whether you will pay enough tax, please do NOT tick the Gift Aid box.

If you pay less Income Tax and/or Capital Gains Tax in a tax year than the amount of Gift Aid claimed on all your donations it is your responsibility to pay any difference.

Once you have renewed, please let us know if you:

- want to cancel your Gift Aid declaration.
- change your name or home address.
- no longer pay sufficient tax on your income and/or capital gains.

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 Chair

Committee Member Profile



Roger Brown

I was born in Harrogate, the youngest of five children, living in the house 'over the shop' in nearby Starbeck, until I went to the University of Leeds, aged 19. After graduating I remained in the city, supporting Leeds United through the Don Revie/Howard Wilkinson years and finding employment, unexpectedly, in the business of pharmaceutical wholesale distribution. At my interview, I was told that I wouldn't last six months. I remained, unexpectedly, in the industry for 46 years. During that time I worked for four companies, starting as a van driver and peaking as the M.D. There were a couple of vicissitudes however, though I overcame them with Delyth's remarkable support.

It is a truth universally acknowledged, that a single man in possession of a good fortune, must be in want of a wife. Perhaps Jane Austen would have been surprised that a single man with only loose change in his pocket would have had

the same inclination. Well, after moving around England several times – Bolton, Blackpool, Coventry, SW18, Brighton, Coventry again – I was transfixed by the vision of the daughter of a colleague. It was 1981: meet Delyth Jones. 1983: marry her! Move to Bristol. 1987: move to Hartlebury, then the patter of tiny feet arrive over five years. Three generation summer holidays became the norm, so we bought a house in Brittany, unexpectedly keeping it for 24 years, selling up in 2019, just before Covid-19 hit the news.

A further change of job brought us to Knutsford, in 2000. The children all went to Bexton in the Mrs Heard, Mr Torson years, and then on to Knutsford High School/Academy/Sir John Deane's. All three went to university in Sheffield, over a seven year period. Delyth and I are as familiar with the road to Sheffield as the way to Booths.

Colin Bowman was an allotment neighbour. He persuaded me to join u3a as I was reducing my working days. One day, I tagged along on Margaret Cole's walking group, and found it unexpectedly very agreeable, chatty, friendly, more like Talking Group 1. I was hooked and reeled in.

Seven years have passed, mostly as a committee member, and glad of it. Having had a marketing role during a couple of phases in my life, I took on Publicity on behalf of Knutsford u3a. I am active with the walking groups of Pat Lee, Tony Roberts, Sue Allan and Allan Jones, all of which I highly recommend. I attend Tai Chi classes, the Geology group featuring Mike Regan's remarkably good field trips, the Railway Interest group started by the dear late Robert Watson and which now continues with David Custerson, and I lead the Family & Social History group, following on from Allan Jones' excellent stewardship.



This still leaves time to tend the plot on Sparrow Lane allotments, and to volunteer regularly for Mersey Rivers Trust and the Bollin Partnership, doing eco-warrior stuff on riverbanks and boggy fields, practising birch control on Lindow Common, that sort of thing. It includes a bit of citizen science, monitoring water quality on the Birkin, and getting agitated about our lack of local infrastructure, particularly 'water treatment'.

I will finish by asking that every member gets as involved with the u3a as much as they can. As a volunteer-led organisation we need people to step forward and lead; whether it is within an activity group, or by joining the committee. Please, give it a try! You will be unexpectedly glad that you did. Really.

Members' Meetings

Knutsford Methodist Church Second Thursday of every month starting at 2.15pm Please aim to be seated by 2.00pm

10th April Simon Michael "My life in crime!" Simon is the author of a series of legal crime

thrillers set in London in the 1960s and featuring his antihero barrister, Charles Holborne. He writes from personal experience having been a practising barrister for

thirty-seven years working in the Old Bailey as well as other criminal courts.

8th May Marilyn Shalks will entertain us with "The History of Manchester Theatres - some

interesting facts and the artists connected to them." Marilyn has always had an interest in genealogy, and volunteered to help in the archives at Manchester Central Library to catalogue their extensive collections of theatre programmes and playbills.

12th June Peter Sykes will describe his "Life as a junior hospital doctor 50 years ago." Peter is a

retired surgeon and author, having written a number of novels and short stories based on his medical experiences. He will give a light-hearted talk about his experiences as a resident junior House Officer in a city centre hospital fifty years ago.

10th July AGM – Our AGM will be followed by Peter Ashburner from Marshalls Auctions who

will give a talk entitled "Flog it" in which he will describe the life on an auctioneer.

11th September Our annual Showcase and social meeting

9th October Rosie Lee, "The Reluctant Shepherdess", will entertain us with her story of how she

left a successful career with Barclays Bank to take on the family farm in Winsford.

13th November David Briggs, Chair of the Wilmslow Historical Society, will challenge the oft-heard

phrase "There's no History in Wilmslow" by describing Bronze Age burials, bog

bodies, civil war murders, involvement in WW2, and links to modern music icons!

the great singer and actress, her career, songs and monologues.



Dates for your Diary



Thursday 14th August Visit to Southport Flower Show

Saturday 4th October 'Blood Brothers' - a matinee performance at the newly rebuilt Theatre Clwyd,

Mold. Coach leaving 11.00 am. Tickets will go on sale in May.

Thursday 23rd October 'Dancing at Lughnasa' by Brian Friel at the Royal Exchange, Manchester. Coach

leaving 6 pm. Tickets will go on sale in May.



Theatre and Music Trips



Dear England

by James Graham

Tuesday, 3rd June, 7 pm Lowry Theatre, Salford Cost, including travel £39
Coach departs 5:30 pm prompt

Uplifting and funny, I am assured that this play does not require you to be a devotee of football! It should be an entertaining and thought-provoking evening, tackling the psychology of losing and facing up to fears, as well as including many comical caricatures of well-known faces and some rousing choruses.



It was first produced by the National Theatre in June 2023, where it proved a record breaking sell-out until 2024. It won the Olivier Award for Best New Play, amongst 8 other Olivier awards. The National have now revived it for a 3 month run, after which it goes on National tour.

'A theatrical spectacle as enjoyable as any England victory.' Daily Telegraph

Tickets can be reserved, quickly and easily, by using our <u>On-line Tickets</u> page. Alternatively, send your cheque together with a completed booking form (see page 13) to the address on the booking form.

Any remaining tickets will be on sale at the Members' meeting on Thursday, April 10th.

Margaret Hinde



Theatre and Music Trips



The Midnight Bell

A Ballet By Matthew Bourne

Thursday, July 3rd at 7.30pm The Lowry Theatre, Salford

Cost, including travel £61.00 Coach departs 6:00 pm prompt



Set in 1930's smoggy London, this is certainly different from Matthew Bourne's well known interpretations of classical ballets. Ordinary people emerge from their cheap boarding houses, looking to drown their sorrows and find adventures at the lonely hearts club in their Soho pub, The Midnight Bell.

First performed to huge critical acclaim in the West End in 2011, this touring production is making its first tour around the country, with many of the original cast returning. They dance to a modern score by Terry Davies, which includes a few 1930's songs.

I have reserved some excellent seats, this time in the circle, which I think is a good way to watch a ballet, so I hope you like it!

'silky, sexy, Intoxicating' - the 'I'

'Dark theatre at its most compelling'

'A poignant portrait of love, lust and longing' - The Guardian

As usual, tickets can be reserved quickly and easily using our <u>On-line Tickets</u> page. Alternatively, you can apply be post by sending your cheque together with a completed booking form (see page 14) to the address on the booking form.

Any remaining tickets will be on sale at the Members' meeting on Thursday, April 10th.

Margaret Hinde



Outings



Holiday in Hampshire & Winchester

5 days / 4 Nights Monday 16th – Friday 20th June 2025

Only a couple of doubles left

From £849pp for two sharing. Single Supplement: £99 pp Deposit: £150 pp (non-refundable/non-transferable) Balance due in full by the 25th April 2025

What's included

Return Executive Coach Travel, 4 nights half board at the 3* Chilworth Manor Hotel, excursion package.

Highlights of the five day programme can be found below and details of the full itinerary are on the website <u>here</u>, together with the dedicated Booking Form from Simply Groups.

If you have any questions or require a paper copy of these details please contact Margaret Hinde (01565 872643) or Lynda Harris (01565 621058) or email c/o info@knutsfordu3a.co.uk.

Details will also be available at the Members' Meeting on 10th April.

Highlights

- Brockworth Court & Gardens + Light Lunch
- Salisbury Cathedral
- Arundells Guided Tour
- Mottisfont (NT)
- Historic Dockyard Portsmouth (+ Mary Rose)
- Winchester Great Hall
- Winchester Cathedral
- The Hospital of St Cross Guided Tour
- Bombay Sapphire Discovery Experience Tour
- Sudeley Castle + 2-course Lunch









Margaret Hinde



Outing Report



Tour of Bridgewater Hall – (and lunch)

Just a couple of dozen of us signed up for the tour of Bridgewater Hall in Manchester at the beginning of March. I have to say, that for those of you who haven't done this tour, you missed an interesting morning!

The tour lasted over an hour and a half, led by an experienced and knowledgeable guide, who kept up the chatter to make the whole thing very interesting. He started by 'setting the scene' with a rapid history of Manchester, particularly the events leading to the building of the Free Trade Hall, and then its replacement with the Bridgwater.

We then moved right up to the top - with some lovely views out over Manchester, down via the various levels, the versatile practicalities of the stage, and the enormous organ, to the basement with its huge pillars, which are on springs rather than solidly embedded in the ground. The whole design is, of course, based on the acoustics required to achieve perfect reproductions of sound. Fascinating!

Afterwards we walked round to the Rain Bar, a traditional pub behind the Hall, to be warmly welcomed to a sandwich lunch served with perfect chips! I would recommend this pub to anyone in the area!

Thank you all for coming. It is something I have wanted to do for quite a while and I was not disappointed.

Margaret Hinde

Proposals for New Groups

Luncheon Club 2

It has been suggested by several members that we start a second Luncheon Group for people who are on their own and would welcome meeting with other members for a lunch on Sundays on a monthly basis. Other u3as run such Groups which are popular with their members.

If you are interested please contact me at groups.supporter@knutsfordu3a.co.uk

Stuart Allan

Jazz Appreciation Group

One of our members has suggested we form a Jazz Appreciation Group. If would like to join such a Group please contact me at groups.supporter@knutsfordu3a.co.uk

Stuart Allan

New Groups

We are always interested in forming new groups that can increase the offering to our membership. If you have any ideas please contact me at groups.supporter@knutsfordu3a.co.uk

Stuart Allan

Parlons Français

Parlons Francais was started in May 2021 and survived through Covid and is still thriving. There are currently six of us and more members would be welcomed.

If you would like to maintain and improve your spoken French in an informal and friendly group please consider joining Parlons Francais. We meet in members' homes at 10 am on the 2nd and 4th Tuesdays each month. At each session we share our news since the previous meeting and, after refreshments, discuss an agreed topic. Meetings are lively and often stray 'off track'.

To come for a 'taster' session please contact me on 07842 756617, I'm sure you will enjoy it.

Michael Goldman

Photography Group



The photography group enjoyed an outing to Quarry Bank Mill and Styal in March. The weather was kind and members spent the morning taking their images on phones and cameras. After stopping for a pub lunch at The Ship Inn in Styal village they returned to complete the day with a visit to the Apprentice House before heading home.

The meeting in April will be an opportunity to share the images we took with the group, to explain why we chose to take them with details of any editing.

The group which only started meeting in May last year meets monthly on the second Tuesday in Room 5 at the Knutsford Methodist Church rooms unless on a planned outing. No experience is needed, just enthusiasm to join in and be happy to learn or share your knowledge with others.

For more details about the group please contact Elizabeth Hosking via the following link: Photography Group

Elizabeth Hosking

Fitness Group 1

The group finally managed a post-Christmas get together on 4th March... our first opportunity to get members together after Christmas. Eight of us signed up for lunch at Piccolino's in King Street, Knutsford; Wendy, John, Jo, Christine, Mary, Jenny, Sheila & Sandra. We enjoyed a delicious lunch & great service, as always. It was a good chance to get to know each other better, a social plus for the group.







Sandra Stonehill

Recorder Group

The Recorder Group meets every fortnight on a Wednesday at 2.15 at 61 Boothfields WA16 8JY. Beginners and players of all standards are welcome. You need a descant recorder, a music stand and, most important, enthusiasm!

Please phone 07811 570 463 for further details or you would like to join us.

Carol Goodwin

Railway Interest Group

You may have heard that on Saturday 1st of March there was to be a steam train passing through Knutsford. On the day you might even have heard it whistle as it approached the station. This was a charter special running from Manchester Victoria to Holyhead in the morning, with the return the same day after dark.

No less than nine of our group were out to see the train and record the event at locations along the line between Altrincham to Plumley. Two of the better photographs are shown here, with thanks to Steve Fern (Knutsford) and John Sutton (Mobberley).





It is all very well to take the grandchildren to a museum, but there the exhibits are cold lumps of metal. To come alive they need to be in steam. Even on a Heritage Railway the locomotives are subject to low speed limits and light loads. However, on the main line with a full load of coaches behind you can experience the raw power, the drifting steam and the aroma of hot oil as the train passes by. The next time you have the chance it really will be worth the effort to stand and stare as a train speeds past. And yes, do take the grandchildren along as well. They will love it!

David Custerson

Tai Chi

Tai Chi is a gentle, low-impact exercise that can help maintain strength, mobility, flexibility, concentration and balance. It is suitable for you whatever your level of fitness and you will leave each session with a feeling of calm and inner peace. We hold two Tai Chi classes every Tuesday at the Knutsford Sports Club on Mereheath Lane. Each class is an hour long. New students are welcome to the beginners class at 1.30 pm.

For anyone who has learnt Cheng Man Ching short form (or part of it) the intermediate class at 2.30 pm is for you. The sessions are run by a Senior Instructor Member of the Tai Chi Union with many years of experience.

We would love to see you. Please let Philip Smith the group co-ordinator know if you would like to come by phoning 07801 310399 or dropping him an email at info@knutsfordu3a.co.uk

Philip Smith

Singing Group - A Musical Celebration of the Life of Kath Scott

Kath was the Leader of the Knutsford u3a Singing Group for two years. Sadly, she passed away last October leaving a legacy of songbooks and memories for those that so much enjoyed her leadership and company. So, when the newly formed Singing Group was invited to participate in a musical afternoon in her memory, there was no hesitation in accepting.

The event was set for Sunday 23rd March and was held in Plumley Village Hall near to her home and a venue that she had used to run one of her singing groups. There were five acts, and each chose to perform pieces that were of relevance to Kath. They were:

Knutsford Star Choir – an all-women multi-part choir for whom Kath was their accompanist for many years

Steph and Nick Montague – a flautist and accompanist respectively who played flute duets with Kath for about 4 years

Roger's Codgers – a rock band whose friendship with Kath went back to grammar school days and continued with her playing keyboard in the band in more recent times

Mary Smith – a classical pianist who knew Kath from their being at school together from the age of 5. They had maintained their friendship and musical development throughout her life

Knutsford u3a Singing Group – not a choir but a group of enthusiastic singers who meet fortnightly to have fun singing familiar songs from the 50s, 60s, 70s, and later as well as musicals previously selected by Kath when she led the Group

We chose five songs to perform that had relevance but several of them had some musical challenges that Kath had incorporated. We practised hard and overcame them but our confidence to perform was not high. As one Group member reminded me, they had joined our Group because it did not involve performances! Furthermore, less than half the Group were able to attend the event. This fact made us even more nervous.



Meanwhile, we suggested to the organisers to have a song that every participant could join in with as a finale. The idea was adopted, Hey Jude was the chosen song, and, because we were on last, the Knutsford u3a Singing Group were to lead it.

This gave us an idea to overcome our nerves and frailties for the rest of our programme. Why don't we lead everyone in all the songs we were to perform?

So, we printed off lots more songbooks and handed them out to the audience, the majority of whom were singers, at the beginning of our performance and told them that we would lead them as best we could!

The whole event went off splendidly. There were some funny moments and some teary moments but mostly it was just great fun. There was cake and refreshments during the interval. There was a poem dedicated to each act read by the MC during his introductions. If you'd like to see the poems, click here to go to the u3a Archive.

The whole thing ran over the programme enormously. In fact, the final number, Hey Jude, could have kept going for at least another 30 minutes with everybody heartily joining in led by our very competent u3a Singing Group. (photo: Rodger's Codgers and u3a Singing Group about to play and sing together to lead Hey Jude)

David Lee

Poetry Please

Poetry Please started last October and is much enjoyed by current members. However, we do have room for a few more participants.

Poetry Please meets on the fourth Thursday of each month at 3 pm in members' homes. At each meeting a poet, or a theme (e.g. love, war, a period, performance poetry, etc.) is presented with selected poems. Others can also present relevant poems.

At the end there is an 'open session', where anyone can read poems that they would like to offer.

We are a friendly group and if 'Poetry' was forced into you for 'O' level and analysed to death, then perhaps it's time to give it another chance and access the wonderful world of poetry spanning the centuries.

Why not give it a try and contact Michael on 07482 756617 to come along for a taster session.

Michael Goldman



Your Kanuta



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

Your magazine needs your contributions

I can always rely on the Outings Committee and organisers of Theatre and Music Trips for content. The Group Leaders also make excellent contributions. But what about you, the u3a member? Perhaps you could offer to share something with your fellow u3a members – preferably related to the u3a and its activities, of course!

If you have something in mind, please write to newsletter.knutsfordu3a@gmail.com before 23rd of the month preceding a publication date, and include the text of what you want to say.

Illustrations are welcome but, rather than send them with your text, please describe what illustrations you have and I will send instructions on how to get them into the u3a website Archive. I will then retrieve them from the Archive, re-size and adjust them as necessary, and put them into Kanuta.

Terry Griffiths, Kanuta Editor

Booking Forms

Places on u3a trips and outings can only be booked for full or associate members of Knutsford u3a. If you need to bring a companion/carer to enable you to take part in a trip or visit please see our Accessibility Policy.

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 — Dear Engl	and	Organised by Margaret Hinde
Event: Dear England Date & time: Tuesday, 3 rd June 202	5, departing Knutsford Bus Station a	t 5.30 pm prompt
I/We would like to book pla	ce/s at £39.00 each	
and enclose a cheque for £	made pay	able to Knutsford and District u3a
Name and Address with postcode	of all attending	
Phone number	e-mail	Phone number
		In case of emergency on the day
Cond this same plated forms and the sure	manda manahla ta Kuntafand ay 1 District	
•	made payable to Knutsford and District Great Warford, Alderley Edge, SK9 7TR	usa to Telephone 01565 872643
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BOOKING FORM — The Midnight Bell		Organised by Margaret Hinde
I/We would like to book pla	.5, departing Knutsford Bus Station at ce/s at £61.00 each	
Name and Address with postcode	of all attending	
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 L	ı3a to
Margaret Hinde, 1 Warford Hall Drive,	Great Warford, Alderley Edge, SK9 7TR	Telephone 01565 872643

Knutsford and District u3a

Full/Associate Membership Renewal Form

1st April 2025 – 31st March 2026

When filling in this form please note the Gift Aid option and read the privacy statement overleaf. The form should be returned to Sue Allan, 8 Bracken Way, Knutsford, WA16 9BU. Your membership card will be emailed to you. If you do not have an email address please include a stamped addressed envelope so that it can be posted to you.

Title

Name

Email*	* Telephone
Addre	SS
	Postcode
Emerg	ency contact tel no (please get permission from your emergency contact person before giving their number)
*To red	duce costs, the committee will communicate with you via email where possible.
	ERSHIP FEES The material state of the state
includ service AND D	per and £6:00 for an Associate Member (a person who has full membership of another u3a). The full fee es a membership fee paid to our national organisation, the Third Age Trust, which provides a wide range of es and benefits, including liability insurance cover. Membership fees are payable by cheque to KNUTSFORD DISTRICT u3a. wish to renew as an Associate Member please state the name of your main u3a
qualify	ID – you can make each £1 of your subscription worth 25p more to us at no cost to yourself. To for Gift Aid you must pay income tax or capital gains tax at least equal to the amount that Knutsford ict u3a reclaims on your subscription and donations in a tax year. Please tick a box below as riate.
	I am a UK tax payer and wish to Gift Aid this and all future subscriptions and donations that I make to Knutsford & District u3a unless I notify you otherwise. I understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.
	I do not wish to Gift Aid my subscriptions and donations.
address	notify the Committee either by email: membership@knutsfordu3a.co.uk or in writing to the sabove if you: Want to cancel this declaration

Change your name or home address

➤ No longer pay sufficient tax on your income and/or capital gains.

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 £12.00 (£6.00 for Associate Members).	
Signed	Date

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.

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*

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 coordinator, 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:

^{*}The Third Age Trust is the national office to which all u3as are affiliated.