

### Monthly Meetings

**May 9**

**Mike Powell**

**"My Favourite Antique Finds"**

**June 13**

**Rob Haywood**

**Around the villages (East Yorkshire)**

**July 11**

**Colin Bradshaw**

**"Saints, Sinners, Sailors, and Smugglers – amongst others"**

Monthly meetings are held on the second Thursday of the month in the Darby and Joan Hall, Finkle Street, Cottingham, starting at 2pm.

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### MESSAGE FROM THE CHAIR – May 2024

The months are flying by and as I write this message (end of April) I'm hoping that the weather will improve and that summer will be around the corner. Spring has certainly been a washout. However, the u3a has not!! We continue to increase in number and new interest groups are becoming established. I must thank those convenors that have come forward with new ideas as well as Pat Collard (Interest Groups' Co-ordinator) for helping to get them up and running.

**Membership Renewal.** This is moving at a pace, thanks to Karen Baker (Membership Secretary). More members than ever are paying by BACS which certainly makes the process easier, so thank you for that. If you are not sure how to renew, please do not hesitate to contact Karen (email and phone number below).

**Cottingham Parish Council Network Evening.** As you will be aware, a networking event took place in Cottingham Civic Hall on 17 April. Overall attendance was probably a bit on the low side but our u3a stall attracted some attention from a number of people; hopefully some of that interest will be 'converted' into membership. We recently purchased 3 u3a roller banners to draw attention to ourselves at events such as the network evening and Cottingham Day etc; they looked absolutely splendid!!

**Cottingham Day 2024 (Sunday 7 July).** Once again Cottingham u3a will have a presence in the Darby & Joan Hall (back room as usual), where we can showcase what we do. A number of interest groups will be providing displays. Several committee members will be attending the event but it would be wonderful if more members of Cottingham u3a would volunteer their time to help on the day – just an hour or two would make such a difference. Please contact me if you feel that you could lend a hand.

**Executive Committee / AGM.** Before we know it, the AGM will be here in September. It's crucial to the running of your u3a that we fill the roles on the Executive Committee that will

become vacant in September, most notably those of Treasurer and Hospitality Co-ordinator amongst others (I gave full details in the last newsletter, so I won't repeat them here). If you would like to find out more about any of the roles, please do not hesitate to contact me or any member of your committee; we will be delighted to talk to you. Equally, if you would like to attend a committee meeting as an observer to learn more about the running of the u3a, you will be most welcome.

The AGM is also an opportunity for any member to put forward a proposal for consideration/discussion; if you wish to do so, please contact Sue Smith (Secretary) on the new email [cottinghamu3as@gmail.com](mailto:cottinghamu3as@gmail.com) or telephone 07586 532964.

Best wishes to all  
Lesley A Tempest (Chair)

## FROM THE FRIENDS NEWSLETTER (formerly the National Newsletter)

### Friends News

#### ... from the members

#### Exploring what food means to different people

Earlier this year, Crouch End & District u3a started a *Real Food* group. Explaining the concept of the group, group co-leader Sally says "We are interested in great cooking, possibly from scratch with great ingredients AND accepting that food means different things to different people but is also read. We lead busy lives – so some people may cook with frozen vegetables or ready meals – and that is okay."

The group recently made sauerkraut in a session focussed on fermentation.

#### Southport u3a spread their roots at the Southport Flower Show

For the third year in a row, Southport u3a will have a presence at *Southport Flower Show*. Their team are working on a show garden which will explore the last 100 years of garden design to mark the centenary of the Flower Show. The path leads through five differing linked gardens across the 100 years: Victorian, Post War utilitarian garden, 1960s rockery, 1980s Japanese-themed garden and a present day modern structured garden.

In previous years, u3as from around the UK have attended the flower show to support Southport u3a – and if you would like to attend the show, there is a special discount available. *Southport Flower Show* are offering all u3a Members £10 off gate tickets if they buy before 31 July. Just use the promo code 'u3a' when purchasing any day ticket online. For tickets and more information, go to [www.southportflowershow.co.uk](http://www.southportflowershow.co.uk). [Garden Visits group members – anybody interested? Ed.]

#### ... from the Chair, Liz Thackray

I have just returned from meeting u3a members in North East England. It was great to meet so many people and to take in a number of group activities.

During this trip, as with others I have made, I was very aware of the need to use every opportunity to make the most of publicity. Some u3as used my visit as a hook on which to organise press coverage to get the word out about the u3a. Others used social media. At present we are advertising nationally on *Boom Radio*. If we are serious about increasing our membership, we need to use every opportunity to spread the word about u3a.

Alongside the good news, I am concerned that many u3a members do not appear to understand we all have a part to play in keeping our u3as alive. I arrived home to find an email from a u3a that is closing as nobody is willing to step up and fill committee vacancies. I met u3a members who told

me of groups with waiting lists, but nobody willing to set up a new group or split the current group into two and create vacancies.

If we are to grow, we need to be ready to welcome new members and enable them to join our groups and activities.

## Friends Features

### **A musical journey, sparked by an email**

*Ken from West Cheshire Rural u3a talks about how skill sharing has resulted in a flurry of ukulele learning in the North West.*

I discovered the ukulele with the u3a and it changed my life.

Five years ago, my granddaughter was learning ukulele at school and I thought it might be something I could try. I have always been musical but have never mastered playing anything I tried except singing. My wife bought me a cheap ukulele for Christmas and I was really pleased, until I tried and failed to tune it. I was getting nowhere and gave up.

Several months later, our u3a received a letter from Dave, the ukulele leader from Wallasey u3a on the Wirral. He was offering help to anyone who wanted to get started but didn't know how. That was what I needed and I took up the offer.

I went up to see Dave and after tuning me up, he gave me some basic instructions, a couple of easy starter songs and a plan to go forward. I was hooked.

I went back to our u3a and our group was born. None of us could play, so as leader I just made sure I was two weeks ahead of the group. We progressed slowly but surely.

When a burst of beginners wanted to join, we hosted a beginners introduction day for u3as in our NorthWest network. This resulted in a new group in Tarporley u3a. In November 2023 we had a repeat situation, which resulted in two new groups in Northwich and Macclesfield.

So that initial invite has resulted in four new groups and 50+ people learning a new skill. All under the banner of u3a.

## Interest Groups

### **GROUPS UPDATE**

Two new groups kick off in May.

The first is our first Cottingham u3a Creative Writing group which will meet on the 3rd Thursday of the month at 1.30pm upstairs in Kristoffs, starting on 16th May. The convenor is Catherine Scott.

The second is Board Games group 2 which will meet on the last Friday of the month in the Fair Maid at 2pm, starting on 31st May. This group's convenor is Lynn Hind.

Thanks go to Catherine and Lynn for two more groups for members to enjoy. Please get in touch if you have an idea for a new group – the more, the merrier.

For the benefit of new members, when we meet in a venue that doesn't charge us for the space it is good practice for those attending to buy a coffee / tea or drink of some kind.

Pat Collard, Groups Coordinator



## **DISCUSSION GROUP 1**

Many thanks to Sue Tong for standing in for me over February and March. I am now slowly on the road to recovery and hope to catch up with you all in April. We continue to meet in Kristoffs on the last Wednesday of each month at 10.30am and although we are full at the moment we do operate a waiting list. So much going on in the World and locally at the moment we are never short of topics.

Leah Corboz

## **DISCUSSION GROUP 2**

Discussion Group 2 has a couple of vacancies if anyone would like to join us. The group meets on the last Thursday of the month from 10:30 am to 12:00 pm in the upstairs room at Kristoff's. Discussion topics have ranged from 'The Future of the Monarchy' to 'Capital Punishment' to 'Food Waste' and everything in between!! If you are interested in joining this lively discussion group, please send me an email [cottinghamu3as@gmail.com](mailto:cottinghamu3as@gmail.com) or telephone 07586 532964.

Lesley A Tempest

## **LUNCH CLUB**

Many thanks to Sue Tong for standing in for me over February and March. I am now slowly on the road to recovery and hope to catch up with you all in April. We continue to meet up at various venues in and around Cottingham on the last Wednesday of each month at 12.30pm. The Cross Keys pub in Northgate will be starting to serve food 7 days a week from 10am until 6pm so I shall certainly be checking their menu out with a view to a future Lunch Date. We have a couple of spaces available – if anyone is interested please contact me via the u3a generic email address [cottinghamu3as@gmail.com](mailto:cottinghamu3as@gmail.com) or leave a message on the u3a mobile 07586 532964.

Leah Corboz

## **MR MOTIVATOR**

### **Do you remember Mr. Motivator?**

Well you can meet up with him again in the Mr. Motivator group on the 1st and 3rd Tuesdays of the month at 11.30am in the large hall of the Darby and Joan for an hour. He is just the same but his YouTube exercises have been specially designed for the u3a. Come and give it a try, and if you like it, join us for the fun and benefits we are enjoying.

Contact us via the u3a email or mobile for any details and questions you may have. You do not have to wear his famous and colourful outfits.

Sue

## SOCIAL EVENTS

The next Social Events meeting is 31st May 11.30am at The Duke of Cumberland. Please come along to hear what events are forthcoming and any suggestions would be most welcome. Some of us stay for lunch.

- Wednesday 1st May** Tulip Festival at Burnby Hall Gardens  
Leave Darby & Joan Hall 10.00am Cost £7.30  
Organiser Edith
- Saturday 11th May** Cottingham Little Theatre production of Cheshire Cats  
Darby & Joan Hall 7pm £10  
Organiser Wendy NOW FULL
- Tuesday 21st May** Guided Tour of Hull Minster 2.00pm. Cost £5  
Optional Lunch in the Minster Café beforehand  
NOW FULL with a reserve list  
Organiser Janet  
**All money to be paid by 16th May**
- Tuesday 28th May** Minibus outing to Normanby Hall.  
Leave Darby & Joan Hall 10.00am Cost £15.80  
Organised by Kay and Janet
- Friday 31st May** Social Events Meeting as above
- Tuesday 4th June** Historical Walk of Hull Pubs with Paul Schofield  
Meet 2pm Victoria Square Cost £5  
Optional buffet lunch at Liquid Jade £10  
Organiser Janet  
**All money to be paid by 16th May**
- Wednesday 19th June** Visit to Bempton Cliffs followed by lunch at Eastfield Garden Centre  
Entrance £8 (free to RSPB members)  
Leave Darby & Joan Hall 10.00am  
**DRIVERS NEEDED**  
Organiser Edith
- Sunday 14th July** Filey – Shepherd Group Brass Band concert  
Optional fish & chip lunch – PLEASE BOOK  
Meet 9.55am Cottingham Railway Station  
Organiser Janet
- Tuesday 30th July** Minibus outing to Cleethorpes.  
Leave Darby & Joan Hall 9.30am Cost £13  
Organised by Kay and Janet.
- Tuesday 27th August** Minibus outing to Harrogate.  
Leave Darby & Joan Hall 9.30am Cost £13  
Organised by Kay and Janet

**Sunday 1st Sept**

Humberside Police Band Concert at Burnby Hall Gardens Pocklington  
Meet 10.00am Darby & Joan Hall  
**DRIVERS NEEDED**  
Organiser Wendy

**Tuesday 24th September**

Minibus outing to Sledmere House.  
Leave Darby & Joan Hall 10.00am Cost TBA  
Organised by Kay and Janet.

Please note that there will be no minibus outing in June.

Please book for any of these events by coming to our table in the small hall after the monthly meeting or by email

[cottinghamu3as@gmail.com](mailto:cottinghamu3as@gmail.com)

or telephone 07586532964

We look forward to seeing you      Janet, Edith and Wendy

## Current Interest Groups

<b>Group</b>	<b>Convenor</b>	<b>Day in month</b>	<b>Time</b>
Art	Karen Baker	1st & 3rd Tuesdays	2.00 – 4.00
Board Games	Rita McIntyre	2nd Tuesday	2.00 – 4.30
Board Games 2	Lynn Hind	Last Friday	2.00 – 4.00
Book Group	Margaret Hersom	Last Monday	2.00 – 4.00
Chair Yoga	Julie Haley	2nd & 4th Tuesday	11.30 – 12.30
Chocolate Bingo	Doreen and Keith Gibbs	2nd Wednesday	1.30 – 2.30
Coffee Club	Julie Haley	1st Friday	2.00 – 4.00
Crafting	Diana Taylor	1st Wednesday	1.30 –
Creative Writing	Catherine Scott	3rd Thursday	1.30 –
Crochet, Knit and Natter	Pat Mainprize	2nd and 4th Friday	10.00 – 12.00
Discussion 1	Leah Corboz	Last Wednesday	10.30 – 12.00
Discussion 2	Lesley Tempest	Last Thursday	10.30 – 12.00
DVD films	Sue Tong	4th Tuesday	1.30 – 4.00
French Conversation	Mary Kelleher	3rd Thursday	2.00 – 4.00
Garden Visits	Patrick Quinn	1st Wednesday	as arranged
History	Barbara Nield Jude Hubbard	1st Tuesday	10.30 – 12.00
Lunch Club	Leah Corboz	Last Wednesday	12.30
Mr Motivator	Carol Hewitson Ilona Tichias	1st & 3rd Tuesday	11.30 – 12.30
Needlework	Paula Bell	Weekly Thursday	10.00 – 12.00
Quiz Group	Doreen Gibbs Chris Salter	1st & 3rd Tuesday	1.30 – 4.00
Rummikub	Chris Walker	2nd & 4th Monday	1.30 – 3.30
Scrabble	Pat Windle June Lunnon	1st & 3rd Thursday	2.00 – 4.00
Social Events	Wendy Douthwaite Janet King Edith Martin	Various	As arranged
Sunday Strollers 1 & Coffee	Sue Tong	2nd Sunday	10.30
Sunday Strollers 2 & Coffee	Sue Tong	4th Sunday	10.30
Tai Chi	Judi Groom	1st & 3rd Thursday	12.45 – 1.45
Ten Pin Bowling	Alan Dalton	1st & 3rd Friday (term time only)	10.15
Walking Group 1	Paul Tempest	1st Monday	10.15
Walking Group 2	Rhonda Green	3rd Monday	10.15

Please contact [cottinghamu3as@gmail.com](mailto:cottinghamu3as@gmail.com) or ring 07586 532964 for further information



## Committee

Name	Role
Ken Bailey	Committee Member
Karen Baker	Membership Secretary
Pat Collard	Vice Chair/Groups Coordinator
Peter Glover	Speaker Finder
David Groom	Treasurer/Website Editor/IT Coordinator
Judi Groom	Hospitality Coordinator
Yvonne Grundy	Committee Member
Kay Pilling	Committee Member
Sue Smith	Secretary
Lesley Tempest	Chair
Lesley Wood	Committee Member
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Pat Windle	Newsletter Editor

Items for the **July 2024** newsletter to be sent to Pat Windle, Newsletter Editor, by **25 June 2024**. Information for the Newsletter can be sent by email as an attachment to [cottinghamu3as@gmail.com](mailto:cottinghamu3as@gmail.com). Pat can also be contacted via the u3a mobile telephone number 07586 532964.

Please contact committee members via the above email address or telephone number.

Further details of all our activities may be found on our website <https://u3asites.org.uk/cottingham>

### **u3a National Office**

The Third Age Trust, 156 Blackfriars Road, London SE1 8EN. Telephone: 020 8466 6139.  
E-mail: [u3a.office@u3a.org.uk](mailto:u3a.office@u3a.org.uk). Internet: [www.u3a.org.uk](http://www.u3a.org.uk)

### **Public Liability Insurance for non-members**

It is important to note that visitors are allowed to attend one u3a meeting or group activity before they become members, due to insurance requirements.

### **Privacy statement:**

Your personal details are held on a secure database and will be used solely for the purposes of administration and the distribution of u3a communications. They will never be supplied to an outside agency or party other than for you to receive Third Age Matters/Sources by Direct Mail – if you have requested receipt of these magazines. For full details of our Privacy and Data Protection Policies please go to our website: <https://u3asites.org.uk/cottingham>

### **Legal Advisory Service**

Please contact National Office for legal advice and they will deal with any enquiries on a 'case by case' basis.