



## Monthly Meetings

**September 12**

**AGM**

**October 10**

**Roger Burnett**

**My Favourite Gardens**

**November 14**

**Catherine Scott**

**The Woman with a Grudge**

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

---

## MESSAGE FROM THE CHAIR – September 2024

I am almost at the end of my first year in the chair and I can tell you that it has flown by. It's not been without challenges, but it has certainly been busy and enjoyable in equal measures. This might be one of my shorter newsletter articles but my report for the AGM more than makes up for that!! Anyway, as they often say in some television programmes (thinking of 'Gardeners' World' here), "plenty more to come"....

**Executive Committee / AGM.** I am delighted to say that the future of the committee is looking rosy. We have received nominations for all the main roles as well as a number of volunteers to help with hospitality – a huge vote of thanks to those members who have come forward to offer their support.

The **AGM** will take place at **2 pm on Thursday 12<sup>th</sup> September 2024 in the Darby & Joan Hall**; everyone will have received their papers either via Beacon (the majority) or by post. It is an important meeting and we must be quorate to enable committee appointments to be made, so I hope to see you there.

**Celebration of Older People's Event.** Many of you were at the meeting last month when Cheryl Beal, Cottingham Town Centre Officer, talked about this event, which is to take place in the Civic Hall on 1<sup>st</sup> October from 10 am to 3 pm. Cottingham u3a will be having a stall and Cheryl has emailed me asking if any of our interest groups would like to showcase what they do. If you think that your group can contribute to this, please contact me with your ideas. It would be great if we could put on a 'show' or offer a 'taster' session, even if it's only for a few minutes! Any other offers of help on the day are also welcome – get back to me if you can be there to help for an hour or so.

Christmas Lunch. Details as follows:



## CHRISTMAS LUNCH 2024



**When?** Thursday 5<sup>th</sup> December 2024 at 12.30 pm (drinks available in the bar from 12.00 pm)

**Where?** The Kingsley Suite, Canham Turner Building, University of Hull

**How much?** £29 per person (including gratuity)

### MENU

#### **Starter:**

Cream of roasted winter vegetable soup topped with fresh herbs and cream served with freshly baked bread

(Vegetarian, can be DF on request (without cream); GF with GF bread)

OR

Fruit Juice

---

#### **Main course:**

Roasted breast of turkey with homemade cranberry stuffing, chipolatas wrapped in bacon, garlic and thyme roasted potatoes, steamed carrots and sprouts served with a rich gravy

(Can be made GF without stuffing. Dish is nut and dairy free)

OR

Flat cap mushroom and brie mille feuille stack served with roast potatoes, steamed carrots and sprouts with a café crème sauce

(Dish is GF. Can be made vegan and DF)

---

#### **Dessert:**

Traditional flamed Christmas pudding served with a rich and creamy rum sauce

(Contains nuts, gluten and dairy. GF & DF version available)

Dark chocolate and orange cheesecake with a caramel and white chocolate stick

(Contains gluten and dairy)

Fresh fruit salad with raspberry sorbet

(GF, DF and nut-Free)

---

Tea or Coffee served with a mince pie

DF = Dairy Free, GF = Gluten Free

**Wendy Douthwaite** will be **taking bookings** from the **September meeting onwards**; you will need to give your menu choices and any dietary requirements.

Monies will be taken at the September and October meetings with the final balance due no later than the November meeting. A deposit of £10 when booking will secure your place; all payments to be made in cash or cheque (payable to 'The Cottingham u3a').

If you cannot attend the monthly meetings don't worry as you can contact Wendy via the email address or mobile telephone number below to add your name to the list.

This is always an excellent event and I look forward to sharing the occasion with many of you.

Kind regards to all  
Lesley A Tempest (Chair)

[cottinghamu3as@gmail.com](mailto:cottinghamu3as@gmail.com) or telephone 07586 532964

## **COTTINGHAM u3a – NEW WEBSITE**

On Monday 29<sup>th</sup> July our new website went live. After many months of hard work, the old website was migrated to the new site. If you haven't already done so I would urge you to visit the site and take a look. Site address: <https://cottingham.u3asite.uk>

Navigation around the site is very straightforward. Just click on the heading you are interested in, e.g. **Groups**, and this will take you to the Group page where you can find all our groups listed. You will notice that you can choose how you would like to see the information: Alphabetically, By Category, By Meeting Day or By Venue. Select the group you are interested in, and you will find all the information you need. You can contact the Group Convenor by email directly from the site.

The site will also contain assorted items of **News**, details of upcoming **Speakers**, access to previous and current **Newsletters**, all the latest **Social Events** and much more.

Obviously, the site is only good if it is up to date with correct information. This is where I will be relying on Group Convenors and Members to let me have as much information as possible, especially if Group details are changed.

David Groom – Website Administrator

## **FACEBOOK**

As many of you know we have a Facebook Group page which currently has 67 members. This is a **Private Group** and only accessible to members. This reminder is mainly directed at all the new members that have joined us this year. There have been 40 members that have joined since April alone. If you are already a user of **Facebook** just search for **Cottingham U3A** and apply to join the Group. Alternatively, you can open your own Facebook account and then search for our Group.

Don't forget that if you are a member of our Facebook Group you can post items of news that might be of interest to everyone or pictures of whatever your Group has been doing. Currently both the Craft Group and Walking Group post information on their group activities.

## **u3a NATIONAL AND REGIONAL EVENTS IN YORKSHIRE IN JULY**

Yorkshire was certainly buzzing with u3a in July this year. The national u3a took over York university for the first ever u3a Festival. Nine hundred visitors from all over the UK arrived to enjoy the 100+ activities over the 3 days. Sports teams participated in the walking football, cricket and netball tournaments. These sports are now recognised nationally with thousands of teams in the country, not just u3a. If you think they're gentle versions, you haven't seen them play! Other well attended sports on offer included croquet and pétanque.

The music contributions involved groups, bands and choirs. Crafting, flower crowns, philosophy, dancing, yoga, AI, history were just some of the activities on offer over the three days. Lesley

joined me in organising the registration team while Maggie was busy in the car park. The 8 members of the Festival organising team and over 150 stewards and tutors kept the three days and evenings moving along smoothly. It was an amazing experience to be part of. One of the countless emails afterwards just said, “What a triumph!”

I understand that u3a members and the Trust Board would like a repeat in 2026 so watch this space!

After a break on the Sunday some of us set off again to Hawkhills Conference Centre in Easingwold for our annual YAHR Summer School. The venue was as great as ever and the nine tutors did us proud. The summer school epitomises the u3a motto of Learn, Laugh, Live with lots of fun, a lot of learning and an opportunity to meet, chat and laugh with members from across the Yorkshire and Humber Region as well as members who attend the summer school from all over UK. Planning has begun for the YAHR Summer School 2025. We have had to move to August for Hawkhills to accommodate us so put 18<sup>th</sup>-21<sup>st</sup> August in your diaries if you’re interested in coming along and watch the YAHR website for more information.

July was an exhausting month but so very rewarding and so much fun! I hope Cottingham u3a members who attended either or both of the events enjoyed them.

Pat Collard

## Interest Groups

### GROUPS UPDATE

All convenors have been asked to check and update their groups’ details on the new Cottingham u3a website: [cottingham.u3asite.uk](http://cottingham.u3asite.uk). Hopefully they will all be up to date by now. The groups’ descriptions are an excellent way to encourage new members to join. Have a look! David has done a great job with it.

Sadly the French conversation group has closed. We appreciate the work Mary Kelleher has done as convenor of this group over the years.

The Garden Visits Group has closed but can be reinstated if there is enough interest. Some u3as have this as a Garden Group which incorporates visits and talks as well as meetings to share tips, ideas and cuttings. I’m happy to explore this idea with any members who are interested. Please get in touch.

If a group has a waiting list, it should be possible to start a second group, as we have done with some activities. Please contact me if you want to consider this for any waiting list. There was only one response to my email about the history group waiting list and a new member suggested family history and local history.

Discussion Group 1 has moved to the first Wednesday of each month from 10.30am to 12 noon in Kristoffs. Leah is still the convenor.

Lunch Club – thanks go to Leah who started this group and acted as convenor. Leah has given up this role for health reasons and Wendy Douthwaite has stepped in as convenor to ensure this popular group keeps going. The first meeting since the summer break will be on 25<sup>th</sup> September.

Tai Chi – Judi Groom will no longer be convenor after September; Jean Harper will be taking over. Thanks go to Judi who got this group going and to Jean for stepping in now.

As I write this, 30 members have shown interest in a Singing For Fun group, so I have booked the Darby & Joan small hall for an initial meeting to take the group forward at 2pm on Friday 13<sup>th</sup> September. If you are interested but are not on the list, please let me know and come along.

Many of our groups meet in the Darby & Joan large hall. In August the floor was repolished so please help to take care of it and try to avoid scraping chairs or tables on it. We are very lucky to have the hall as a meeting place.

Pat Collard, Groups Coordinator

## **FRENCH CONVERSATION GROUP**

Sadly, the French Conversation Group has folded after more than twenty years. We even managed to keep going during the pandemic, but various circumstances have meant that it is no longer viable.

I would like to thank Gill Dalby who led the group and Ros and Trevor and Val who hosted our sessions.

Mary Kelleher

## **SOCIAL EVENTS AND MINIBUS TRIPS AUTUMN 2024**

### **Sunday 15th September**

ELWELL WALK AND OPTIONAL LUNCH (1)

Meet at Cottingham rail station to catch 10.08 train to Beverley.

Limited to 6 members.

Organised by Sue Tong

### **Wednesday 18th September**

ELWELL WALK AND OPTIONAL LUNCH (2)

Meet at Cottingham Green bus shelter 9.15.

Limited to 6 members.

Organised by Sue Tong

### **Friday 20th September**

SOCIAL EVENTS MEETING AND OPTIONAL LUNCH

11.30 at the "Duke of Cumberland". All u3a members welcome.

### **Saturday 21st September**

AFTERNOON TEA AND ENTERTAINMENT WITH THE "SOCIETY OF MICE"

1.00 pm at the Marist Catholic Church Cottingham Road.

Cost £6 Organised by Janet

### **Saturday 16th November**

"A CHRISTMAS CAROL" PERFORMED BY THE NORTHERN BALLET

2.30 performance at Hull New Theatre.

Cost tba later. Organised by Edith

### **Saturday 30th November**

"RULES FOR LIVING" PERFORMED BY COTTINGHAM LITTLE THEATRE

7.00 pm at the Darby and Joan Hall.

Cost £10 Organised by Wendy

**MINIBUS TRIPS**  
**ALL LEAVE FROM DARBY AND JOAN HALL AT 10 00 am**

**Tuesday 24th September**

GUIDED TOUR OF SLEDMERE HOUSE (Fully booked. Reserve list.)

**Tuesday 29th October**

LINCOLN (Fully booked. Reserve list.)

**Tuesday 26th November**

DONNA NOOK AND PUB LUNCH. (BRIGG GARDEN CENTRE IF WET)  
(Fully booked. Reserve list.)

Minibus trips organised by Kay and Janet

To book Social Events or Minibus trips come to the small hall in the Darby & Joan after the monthly meeting on the afternoon of the second Thursday of the month.

Phone: 07586 532964

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

## 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 1	Rita McIntyre	2nd Tuesday	2.00 – 4.30
Board Games 2	Lynn Hind	4th 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	10.00 – 12.00
Crochet, Knit and Natter	Pat Mainprize	2nd and 4th Friday	10.00 – 12.00
Discussion 1	Leah Corboz	1st 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
History	Barbara Nield Jude Hubbard	1st Tuesday	10.30 – 12.00
Lunch Club	Wendy Douthwaite	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	2.00 – 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 Kay Pilling	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	Jean Harper	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 and check Cottingham u3a website for further information.

## Committee

<b>Name</b>	<b>Role</b>
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
Pam Jackson	Acting Secretary
Kay Pilling	Committee Member
Lesley Tempest	Chair

---

Pat Windle                      Newsletter Editor

Items for the **November 2024** newsletter to be sent to Pat Windle, Newsletter Editor, by **29 October 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://cottingham.u3asite.uk>

### **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://cottingham.u3asite.uk>

### **Legal Advisory Service**

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