
Monthly Meetings

January 11

Colin Hill

Audio Visual Talk on Sam Allon Demolition

February 8

Paul Schofield

Hurrah for Hullywood

March 14

Terry Richards

Events and Musical Nostalgia

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 – January 2024

HAPPY NEW YEAR TO ALL COTTINGHAM U3A MEMBERS

By the time you receive this newsletter, Christmas 2023 will be a distant memory. All Christmas social activities will be over, and the decorations will be in the loft for another year, although if this year's anything to go by I will be bringing the decorations down again in a couple of weeks (or so it will seem!!). However, we are now into 2024, a leap year, and I hope that all of you have something to look forward to, whether it be a special celebration or holiday, or just getting together with family and/or friends.

I would like to draw your attention to a very important issue – **DATA PROTECTION** – NO, don't switch off yet; **ALL members need to take note so please read on**. For some time now, I have felt a little uncomfortable regarding the publishing of members' personal information ie telephone numbers and email addresses. Therefore, I asked the committee to consider how we might do things differently. A small working party has spent some time looking into this and a decision regarding the way forward has been reached and approved by your u3a committee. A generic email address has been set up and will be published in all documentation regarding Cottingham u3a.

The new email address is cottinghamu3as@gmail.com

Currently this new email box is monitored by 4 members of the committee (chair, vice chair, secretary and treasurer) – it will probably be extended to include the membership secretary. Anyone wishing to contact a member of the u3a for any reason (eg membership, interest group etc) will be able to use this email address; the message will be dealt with and passed on to the relevant person promptly and efficiently. From now on, we will try to eliminate the use of personal data in all correspondence (it's available all over the place at the current time!!). As with all changes, this might take a little time for everyone to get used to the new system so please bear with us!!

In addition, the committee is well aware that not everyone uses, or has access to, email. We will very shortly, therefore, be purchasing a mobile telephone, held on a rota basis by committee members; this telephone number will also be published in all Cottingham u3a documentation and I hope to be able to pass on this number to everyone in the next few weeks.

All of the above does NOT mean that members cannot pass on their 'phone number/email address to other members, eg those in interest groups. That is still an individual choice. It simply means that we will not be putting members' personal data in the public domain; this is for your protection. Interestingly, other u3as are also looking into this issue, so we are not alone.

If anyone has any questions about the use of the generic email and telephone number, please do not hesitate to contact me (cottinghamu3as@gmail.com) or any member of the executive committee.

Phew!! That's the 'hard stuff' covered, now on to lighter matters.

Photographs from the Christmas social have been posted onto the Cottingham u3a Facebook site; this is only accessible by members (Pat Collard is responsible for the administration of this site). A decision has been taken not to post them elsewhere.

Found – dark blue gloves left in the D&J Hall after the December Christmas social – contact me if they belong to you.

Swanland u3a is hoping to put on a special **musical evening** in the spring; they are looking for musicians. If you are interested please contact me.

Finally, my best wishes to all for a Very Happy and Healthy 2024,
Lesley A Tempest

NEW MEMBERS' MEETING

Hi everyone, Happy New Year.

I have arranged a Get Together for all New Members who have joined since April 2023. It is to be held on the 1st of February 2024 at 10.30 am in the Darby and Joan Hall. We will be serving tea or coffee and biscuits. It is a chance to meet fellow new members and also the Convenors that run the various groups.

I hope you will be able to make it and it gives me a chance to put a face to a name, as I have not met many of you.

Hope to see you next year. Regards Karen Baker(Membership Secretary)

COTTINGHAM u3a FACEBOOK PAGE

Over the last few months we have had a large number of new members joining [Cottingham u3a](#) who may not be aware of our Facebook Group page. If you already have a Facebook account just search for [Cottingham u3a](#) and apply to join the Group. This is a closed group page which means that only members of [Cottingham u3a](#) can view its contents. If you are not already a Facebook user you will need to open an account and once opened you will be able to join our Group page.

A selection of photographs taken at recent events, e.g. the Annual Christmas Lunch and the Christmas Social Afternoon can be viewed on the Facebook page. These pictures will no longer be shown on our website which is in the public domain.

It would be great if more groups took advantage of the FB page to add information and pictures for members to see. The Walking and Crafting Groups already post regularly.

We currently have 58 members in the group and would like this number to increase so please do sign up.

David Groom

DATES FOR REGIONAL AND NATIONAL EVENTS

YAHR (Yorkshire and Humber Region) Summer School
22nd – 25th July 2024 **The Hawkhill, Easingwold**

There are still places available. It is good to see we already have applications from Cottingham u3a members.

Further details can be found on the YAHR website <https://yahru3a.uk/summer-school>
Or email the generic Cottingham u3a address: cottinghamu3as@gmail.com

18th, 19th & 20th July 2024 **University of York**

Festival 24 – this is the first national u3a Festival and we are delighted it is being held in York.

Members from all over the UK will be running a wide variety of activities – talks, sporting events, musical entertainments and workshops. Accommodation on the campus is available as well as day visitor u3a members being welcome. It's also great to see that Cottingham u3a members have signed up to be part of the stewarding team.

For more information see <https://www.u3a.org.uk/events/festival-2024>

Or email the generic Cottingham u3a address: cottinghamu3as@gmail.com

I am looking forward to seeing some of our members at these events.
Pat Collard

FROM THE NATIONAL NEWSLETTER (DECEMBER)

News from the Trust

The u3a movement's highlights of 2023

It has been an incredible year for u3a. These are just some of the milestones we've celebrated:

We welcomed five new u3as to the movement: Isle of Bute, Ipplepen and Surrounds, Glasgow Southside, Hedge End, Botley and District, Upper Eden, and Frinton, Walton and District.

We hosted more than 170 online events throughout the year – with members learning laughter yoga, the philosophy of sport and fashion and sustainability.

We celebrated the coronation with u3a Cook for the King, our competition to find a dish 'fit for a king'. The winner was Richmond u3a member Khatoon with her Pickling Masala Mutton Curry.

Over a hundred members joined our learning event at Hadrian's Wall, u3a Off the Wall. Members took part in creative writing sessions, circle dancing workshops and more.

Our annual celebration of the u3a movement, u3a week, was celebrated in September with over 50 events across the UK.

Throughout the year, u3a was featured in The Daily Express, The Guardian, Sky News and The One Show, along with local press coverage.

Through our Learn Something Brilliant Today films, we heard the stories of u3a members in Swansea, London and Hayling Island.

Thank you for being a part of our 2023. We can't wait to see what the u3a movement achieves in 2024.

News from the Board

Liz Thackray, Chair of the Third Age Trust

On Thursday 30 November, I was privileged to join representatives of a number of organisations which were founded by Michael Young at a reception hosted by the Young Foundation.

As one of the speakers, I joined a platform including those from the National Extension College, the Open University, the School for Social Entrepreneurs, the Consumer Association and the Economic and Social Research Council. The focus was on different ways in which our organisations engage and empower people, fulfilling the vision of our founder.

We were encouraged to consider how we continue to embrace the spirit of Michael Young. For the u3a this included our principles of mutual aid and self help and how we are meeting the challenges of a changing world and society. It is good for the u3a to be associated with and seen in the company of these other organisations with shared parentage – and it is one of the ways in which we raise our profile nationally.

Personally, I found the evening stimulating and thought provoking as we all need to consider what we do well and in what ways we need to reinvent ourselves for the world of today.

u3a News

Happy Feet to a Latin Beat

Lancaster and Morecambe u3a have been dusting off their dancing shoes and learning to wiggle their hips to Latin beats. The new group is very popular with members learning to Salsa and Merengue. After only three sessions, it already has 54 members.

Barnsley u3a and Rotherham u3a have a kick about

Barnsley u3a's walking football team recently took part in a six-a-side tournament, where they were able to play against Rotherham u3a. It was a great opportunity to meet other u3a members.

Bollywood dancing at Wyre Forest u3a

At a recent multicultural event held by Wyre Forest u3a, members broke out into Bollywood dance routines. The group worked with local dancer Rohini on the dances. The first was a gentle love song, the second, a drumming dance and the last a very lively Bhangra party dance. This set the pulse racing and ended with a triumphant yelp of joy.

Spotlight on:

Prabhat, Croydon u3a

Prabhat was interviewed at the London Region u3a week table tennis tournament about his experience of being a u3a member.

I joined u3a about five years ago. It's been enjoyable, mainly because it's a very friendly organisation.

My main reason for joining was to engage in some physical activity.

Table tennis, it's one of the games we've all played, and as we got older, probably all gave it up for whatever reason. So I was quite partial to starting it again because you end up enjoying the exercise.

Believe me, you will.

Because although table tennis looks simple, the play can be quite quick.

I'm very keen that we continue to engage people of all abilities and to make the ones who are not so confident or not so good, to encourage them to come and play.

So we need to promote that, actually, it's more about having fun and socialising.

You will meet new people with a common interest and you will find you have many other interests that you share with them.

Interest Groups

CRAFTING

Our first Crafting meeting of 2024 will be on 7 February at 1.30pm in the large Darby and Joan Hall.

Diana Taylor

HISTORY

Wishing you all a Happy New Year from members of the History Group.

We have had a lovely first year, plenty of discussions, thank you Barbara.

No meeting in January and our first meeting is Tuesday 6th February. Looking forward to seeing you.

Jude Hubbard

TAI CHI GROUP – IMPORTANT NOTICE

Please note that, due to the closure of the Darby & Joan Hall to install a new sound system, the Tai Chi session due to be held on 18th January 2024 has been **CANCELLED**.

The sessions will recommence on the first Thursday in February which is the 1st February 2024. A reminder email will be sent via Beacon to Group members nearer the time.

Judi Groom
Tai Chi Group Convenor

SOCIAL EVENTS

These are our forthcoming events

Saturday 10th February A Murder Mystery with Cottingham Little Theatre in the Darby & Joan
7:00 pm £10 Organised by Wendy

Friday 23rd February Social Events meeting in The Duke of Cumberland 11:30am
Please come along with your ideas for future social events.
Some of us stay and have lunch.

Tuesday 26th March Mini Bus outing to Tropical World Leeds. £21 including admission
by 14th March. Sets off from the Darby & Joan 9:30am
Tropical World is greenhouses filled with the largest tropical plant
and animal collection outside of Kew Gardens.
Only 9 places left. Organised by Kay and Janet

Saturday 6th April Afternoon tea with the Society of Mice at Bricknell Avenue
Methodist Church 1 pm. £5 by 14th March. Organised by Janet

Saturday 11th May Cottingham Little Theatre production of Cheshire Cat
in the Darby & Joan Hall 7pm. £10 organised by Wendy

Tuesday 21st May Guided tour of Hull Minster 2pm. £5 by 14th May organised by Janet
Lunch in the Minster cafe 12:30

We now have the opportunity to hire the Hessle community centre 13 seater mini bus which comes along with voluntary drivers. Social Events in collaboration with Kay Pilling who is the convenor hope to run regular trips through out the year to places that are inaccessible by public transport.

Where would you like to go? We welcome your ideas within a 2 hours ride.

Please if you book a place only book for yourself. We had some confusion with the York trip with people booking places for members who didn't want to go.

Janet, Edith, Wendy

Current Interest Groups

Group	Convenor	Day in month	Time
Art	Karen Baker	1st & 3rd Tuesdays	2.00 – 4.00
Board Games	Rita McIntyre	2nd Tuesday	2.30 – 4.30
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 –
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 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
Jean Harper	Committee Member
Jude Hubbard	Committee Member
Kay Pilling	Committee Member
Sue Smith	Secretary
Lesley Tempest	Chair
Lesley Wood	Committee Member

Pat Windle Newsletter Editor

Items for the **March 2024** newsletter to be sent to Pat Windle, Newsletter Editor, by **27 February 2024**. Information for the Newsletter can be sent by email as an attachment to cottinghamu3as@gmail.com.

Please contact committee members via the above email address.

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. Internet: 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.