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### Monthly Meetings

**March 14**  
**Terry Richards**  
**Events and Musical Nostalgia**

**April 11**  
**Dulcie Lewis**  
**Curious Curses of East Yorkshire**

**May 9**  
**Mike Powell**  
**"My Favourite Antique Finds"**

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 – March 2024

The year ‘marches’ on; into the third month already and spring is around the corner, with the clocks going forward at the end of the month! Yet again there are some changes and important information to note in this newsletter, so please read carefully.

**Communications / Data protection.** As you will remember, in January we set up a new generic email address that will be published in all documentation regarding Cottingham u3a. This has been monitored on a daily basis and is working well, with all queries answered quickly.

The new email address is [cottinghamu3as@gmail.com](mailto:cottinghamu3as@gmail.com)

In addition, we have now purchased a mobile telephone and this is held by committee members on a rota basis. This number will also be published in all documentation regarding Cottingham u3a.

The new u3a mobile telephone number is [07586 532964](tel:07586532964).

Anyone ringing this number will be able to speak to a committee member or, if they are not available to answer immediately, the caller can leave a message that will be picked up as soon as possible. By taking the above two measures, we are hoping to eliminate completely the use of personal data in all public correspondence. I will reiterate that this does NOT mean that members cannot pass on their 'phone number/email address to other members, eg those in interest groups etc. That is still an individual choice.

**Membership Renewal.** The membership form has been updated and there is an additional new form for members to complete with their emergency contact details (very important that we have these). Please read the important article from Karen Baker, Membership Secretary.

**Committee Vacancies.** As many of you are aware we will be losing two key people from your u3a committee in September (it will be here before we realise it). David Groom has held the role of

Treasurer for the last few years, as well as looking after Cottingham u3a website and Beacon (database); Judi Groom has been our Hospitality Co-ordinator for several years and the majority of you will have benefited from her service in providing refreshments on some occasion or another, and not just the monthly meetings!! Therefore, we are now looking for people to take on these roles. Other than the role of treasurer, you do not have to be a member of the committee (although it does help with organising).

We have had one member of the u3a step forward and volunteer (with a bit of arm-twisting perhaps!) to take on one of the tasks; **Paul Tempest** has agreed to take on the administration of the **Beacon system** (the database that holds all of your personal data).

PLEASE would you think seriously about the other roles that will be vacant; failure to fill these will have a detrimental impact on the work of the committee and ultimately members' enjoyment at meetings, events and activities. To reiterate, the roles to be filled are:

- **Treasurer:** you do NOT have to be a trained accountant; it is not that onerous a task;
- **Website manager:** some IT knowledge would be helpful; and
- **Hospitality Co-ordinator:** Judi has produced a brilliant step-by-step guide to all events covered by this role, so whoever takes it on will be well supported indeed. This could be taken on by a group of members with one person acting as co-ordinator.

If you would like to find out more about any of the above, please do not hesitate to contact me or any member of your committee; we will be delighted to talk to you.

**Holiday Discount.** I thought that might grab your attention! A member has informed me that u3a members can obtain a 5% discount when booking a Fred Olsen cruise. To obtain the discount, you or your travel agent have to contact the Fred Olsen reservations team by telephone; it is not offered with online bookings.

Also, a reminder that Cottingham u3a members are offered a 10% discount off the total bill (not including alcoholic drinks) at Pasco's, Cottingham.

Finally, if you are aware of any other benefits for u3a members, we will be happy to share the information; just give me or any other committee member the details.

Best wishes to all  
Lesley A Tempest

## **MEMBERSHIP RENEWAL**

Hello Everyone.

This is a reminder that Membership is due to be renewed by the 31st of March. I know it does not feel like a year, but it definitely is.

The Membership form is enclosed/attached with this Newsletter and there is also an Emergency Contact form to fill in. Please return this with your Membership form as we need to put their details on the Database.

The renewal forms are also available on the Cottingham u3a website to print. Otherwise you can come to the Monthly Meeting and pick one up.

Please make sure you read it carefully and tick the boxes that are relevant to you.

Thank you for your cooperation. Many thanks  
Karen Baker (membership secretary)

## NEW MEMBERS GET TOGETHER

Hello everyone.

I organised a get together for all the New Members that have joined in the last year. We have had 54 members, so it was a good opportunity for everyone to meet fellow new members, the Committee and the Group convenors.

It was a lively meeting and the convenors were very informative.

It was also “TIME TO TALK DAY” on the 1st of February and I invited Valerie Redmore-Mcdonald, the Community Champion for the Co-op. She went round the tables and chatted to the Members about the importance to talk to someone and had a cuppa with them. She even provided the biscuits!

The morning was a great success and everyone said how much they enjoyed it.

Thankyou to everyone who came. You all made it a great success.

Karen Baker

## U3A PODCAST

A friend recently asked “Do you listen to podcasts?” The answer was “I listen to lots”.

You might ask “**What are podcasts?**”

Podcasts are digital audio programs consisting of a series of audio episodes that you can download from the internet – it works very much like a radio show, but you can listen to a podcast anytime you want. It might sound complicated but it really is very straightforward.

Podcasts allow you to listen to content from around the world – and they are **FREE**. Listeners decide exactly **what** they would like to listen to and **when** they want to listen to it!!

All you need to do is download a Podcast app eg Applepodcasts, Overcast, Pocketcasts, then search for the show/podcast that you want.

The point of this article is that I have recently come across the ‘**u3a podcast**’ – which provides a fascinating glimpse into the lives of u3a members – well worth a listen!

If you need assistance to get access to such – then bring your smartphone/ipad/tablet to our Thursday monthly u3a meeting and ask Peter Glover for assistance (he’s in the back room from 3 pm for about an hour).

Have a try !  
Happy listening !!!

Paul R Tempest

## Interest Groups

### STARTING A NEW U3A GROUP

As our numbers continue to grow it is important that we continue to offer more and varied groups for our members. So how does this happen? I think it might be useful for members, new and established, to know the process we use for a new group. 1. Any u3a member comes up with an

idea of something they would like to do with others from astronomy to walking cricket or play reading to art appreciation. The list is endless. 2. They contact me as our u3a's Groups Coordinator and we chat through the ideas. 3. I ask members by email and in a newsletter if anyone is interested in the activity. 4. If enough members are interested I call a meeting and we explore the logistics. We appoint a convenor / group leader and agree time and day, venue, frequency, numbers and cost if appropriate. A new group is born. So who sets the process in motion? YOU! I look forward to hearing from you. Read on for details of 2 new groups proposed for after Easter.

## **BOARD GAMES 2**

One of our newer members, Lynn, has suggested and agreed to convene this new group. As enough members have expressed interest in joining the group it will go ahead. Thank you Lynn. When: the last Friday of the month at 2pm; Where: the Fair Maid. As the last Friday of March is Good Friday the group will start on Friday 26th April. If you want to join or you would like more details please contact me on our u3a generic email address [cottinghamu3as@gmail.com](mailto:cottinghamu3as@gmail.com) or leave a message on the new u3a mobile 07586 532964 and I'll pass your details to Lynn.

## **CREATIVE WRITING**

New for Cottingham u3a!!! A creative writing group will be starting after Easter if members are interested in this venture. It will be a monthly 2 hour session in a venue to be decided.

Everyone, from beginners to more experienced writers will be welcome. The aim is to offer you the time, space and encouragement to develop your writing skills in a supportive friendly environment.

If you are interested in this one or would like more information please contact me and I will pass your details to Catherine, the convenor. We will then hold a meeting to explore the where and when and provide more information.

Our membership numbers are growing so it is important that we continue to increase our number and range of interest groups so please keep these ideas coming in.

Pat

## **CURRENT GROUPS**

### **COMPUTER**

The **Computer Group** has currently closed but Peter will be in the Darby and Joan Small Hall on the **2nd Thursday** of each month from **3pm – 4pm** starting in the New Year. **This will be after the Monthly Meeting.**

Please feel free to bring your laptop, tablet or mobile phone with you should you have any problems or queries and I will try and help.

### **DISCUSSION**

We remain at full strength and continue to meet at Kristoffs Bistro on Hallgate. I do operate a waiting list so if anyone is interested please contact me via our u3a generic email address [cottinghamu3as@gmail.com](mailto:cottinghamu3as@gmail.com) or leave a message on the new u3a mobile 07586 532964.

Leah Corboz

### **DVD**

On the 4th Tuesday of the month at 1.30pm for a 1.45pm start in the large hall of the Darby and Joan the DVD Group will be watching the following:-

March 26th	Bohemian Rhapsody
April 23rd	The Sixth Sense
May 28th	The Great Escaper
June 25th	The Holdovers

I have "One Life" on order for when it is released, and you have missed "The Unlikely Pilgrimage of Harold Fry" in February.

Please contact me if you have any questions or want to join the group.  
Sue Tong

### **HISTORY**

Our next meeting will be on Tuesday 5 March when we shall be turning our attention to America in the Nineteenth century. In particular, we shall focus on the opening up of the West and the causes and events of the four years of Civil War between the Northern and the Southern states in the early 1860s... when the country was only about two generations old.

As we know, the fallout from these and related events still has some repercussions today, and so we shall also aim to explore some of these... such as the so-called "gun culture" of the States and relations between the Black and White communities.

Barbara Nield  
Jude Hubbard.

### **LUNCH CLUB**

It was with great sadness that I learned of the passing of Caroline Humphreys over the Christmas Break. Caroline was a lovely lady and will be greatly missed.

The recent meeting for new members was very well attended and I filled my vacancies on the Lunch Club register so we are now at full strength again. We do operate a waiting list so if you are interested please contact me via our u3a generic email address [cottinghamu3as@gmail.com](mailto:cottinghamu3as@gmail.com) or leave a message on the new u3a mobile 07586 532964.

Lastly a big thanks you to Sue Tong who always steps up to run my groups when I am not available. I am sure all our members thank her too.

Leah Corboz

## **SOCIAL EVENTS SPRING/SUMMER 2024**

Social Events are open to all members of Cottingham u3a.  
The list to date is as follows:-

### **Saturday, 6th April**

Afternoon tea and entertainment with the "Society of Mice"  
Bricknell Avenue Methodist Church. 1.00 pm Cost £5  
Organised by Janet

### **Tuesday, 26th March**

Minibus outing to Tropical World, Leeds  
Leave Darby and Joan Hall 9.30 am Cost £21, including driver's tip  
Organised by Kay and Janet.  
N B This trip is fully booked but there is a reserve list.

### **Tuesday, 30th April**

Minibus outing to Bomber Command, Lincoln  
Leave Darby and Joan Hall 9.30 am  
Cost £18 including entrance, guided tour and driver's tip.  
Organised by Kay and Janet.

**Wednesday, 1st May**

Burnby Hall Gardens Tulip Festival  
Leave Darby and Joan Hall 10.00 am Cost £7.30  
Organised by Edith

**Saturday, 11th May**

Cottingham Little Theatre's production of "Cheshire Cats"  
Darby and Joan Hall 7.00pm Cost £10  
Organised by Wendy

**Tuesday, 21st May**

Guided Tour of Hull Minster  
2.00 pm Cost £5 (Optional lunch in the Minster Café beforehand.)  
Organised by Janet

**Tuesday, 28th May**

Minibus outing to Normanby Hall.  
More details later. Organised by Kay and Janet.

**Tuesday, 4th June**

Hull pubs walk led by Paul Scofield  
Leave Queen Victoria Square 2.00pm Cost £5  
Buffet afterwards at Liquid Jade £10  
Organised by Janet

**Wednesday, 19th June**

Visit to Bampton Cliffs followed by lunch at Eastfield Garden Centre.  
Leave Darby and Joan Hall 10.00 am  
Entry to Bampton Cliffs £8 (free to RSPB members.)  
Organised by Edith

**Sunday, 1st September**

Humberside Police Band Concert  
Burnby Hall Gardens Cost £7.30  
More details later. Organised by Wendy

You can book for any of these events by coming to our table in the Small Hall after the monthly meeting OR by emailing

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

OR by ringing  
07586532964

Our personal contact details will no longer be published in the newsletter but if you already have them you can, of course, use them.

Best wishes and Happy Socialising. Janet, Wendy and Edith

## 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 Tuesday	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 –
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 **May 2024** newsletter to be sent to Pat Windle, Newsletter Editor, by **23 April 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.