

# COTTINGHAM U3A Newsletter 143

(Charity registration number 1086936)

<https://cottingham.u3asite.uk>

## May 2025

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### Monthly Meetings

May 8

Graham Lewis

The price of friendship

June 12

Michele Lewis

Red berets and fleecy knickers

July 10

A surprise talk from a surprise speaker

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 2025

As I write this message, the sun is shining and has been doing so for a couple of weeks (alas, I fear it's about to change!!). It reminds me very much of spring 2020 when the Covid lockdown began; fortunately, we are free to go about our business as we please without those awful restrictions. Cottingham u3a continues to flourish with new members joining all the time; I am particularly grateful to Karen Baker (Membership Secretary) for all of her work in managing the joining and renewal processes. As some of you will be aware, there is now the option to pay by card at the monthly meeting (as well as by BACS) – another step forward for our u3a. I am well aware that many people join in order to attend the Interest Groups and Pat Collard (Vice Chair) continues to oversee these groups; looking to the future, Joan Lehain on the committee is now 'learning the ropes' alongside Pat.

What else has been happening?

**Welcome Pack for New Members.** Another step forward is the very comprehensive Welcome pack for new members; Pam Jackson (Secretary) and Karen Hawtree (Treasurer) have been working on this for the last few months and it is now complete. This is just one example of the hard work that goes on behind the scenes. As chair, I couldn't be more pleased with every member of the committee's contributions – it's a pleasure to work with an enthusiastic group of people who are always willing to volunteer to undertake a task.

**New posters.** The observant ones amongst you will have noticed that all of the Cottingham Parish noticeboards are now displaying an updated A5 poster advertising Cottingham u3a. The committee is always looking for new ways to 'get the word out there'. Watch this space, there may be more to come!!

**Cottingham Parish Council Network Evening.** As last year, a networking event took place on 23 April in Cottingham Civil Hall and hopefully it will bring in new members.



**Cottingham Day 2025 (Sunday 6 July).** Once again Cottingham u3a will have a presence in the Darby & Joan Hall where we can showcase what we do. This year we will be in the main hall. As usual, there will be displays showcasing the u3a and any help on the day would be very much appreciated. Please contact me if you feel that you could lend a hand for an hour or two – it would give committee members a break.

**Monthly Meeting Fee.** For as long as any of us can remember, the charge for attending the monthly afternoon meeting has been £1. At our meeting in April, the committee agreed that this fee should be increased to £2 from June 2025. Committee members felt, and I'm sure you'll agree, that this still represents good value – a speaker and tea/coffee/biscuit (and a couple of freebies from time to time!). We are continually striving to enrich u3a members' experience and this increase will go a long way to achieving this aim.

**Minibus Trips.** The monthly minibus trips have proved to be very popular and I would like to thank Kay Pilling for organising these. To ensure smooth running, all payments must be made at/by the monthly meeting prior to the month of the trip ie the June trip must be paid for by the May monthly meeting and so on.

**u3a Christmas Lunch.** Many of you have enjoyed the Christmas Lunch over the years but it has been obvious that numbers were falling, hence the need for the questionnaire last month. I would like to thank those of you who completed and returned the form (just under 20% of the membership); your input was greatly appreciated. The outcome is that this event is no longer viable. Many groups organise and enjoy their own get-togethers at various times, including Christmas, and therefore the committee has agreed to leave it to individuals/groups to make their own arrangements. Thank you to all those who have supported the Christmas lunch in the past but it's time to move on and do something different. The committee is currently working on something a little bit different for the December afternoon Christmas social – you won't be disappointed!

And last but not least:

**Executive Committee / AGM.** Before we know it, the AGM will be here in September. If you would like to find out more about the work of the committee, 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 committee is always looking for new members with new ideas. 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 Pam Jackson (Secretary) on the email [cottinghamu3as@gmail.com](mailto:cottinghamu3as@gmail.com) or telephone 07586 532964.

Best wishes to all  
Lesley A Tempest (Chair)

## **THE NEW U3A NATIONAL COUNCIL**

The members of the new u3a National Council came together in London at the beginning of April to meet for the first time, to discuss how they will work together with the Board and engage with members in their regions and nations. The Council has been formed to act as a conduit between u3a members and the Trust, feeding members' thoughts, ideas and concerns into the ongoing development of the u3a movement.

Each of the nine regions and three nations elected two people to be their Council Representatives. In the Yorkshire and Humber Region (YAHR) four people were nominated for the two roles and I was very pleased to be elected as one of them by the 50 u3as across our region. The other successful candidate was Brian Cave, who is a member of Sheffield u3a (the largest u3a in the UK

with over 3000 members). Brian and I are also Trustees of the Yorkshire and Humber Regional Management Team and have worked together on many different ventures.

This is an exciting time in terms of the opportunity for Council members from across the UK to develop a shared vision and purpose for the movement. I am also delighted to be a representative for our region to help our u3as work together, developing a culture of mutual support, and a feeling of belonging which goes beyond just a local group or u3a.

Pat Collard  
YAHR Council Representative (as well as a Cottingham u3a member)

## Interest Groups

### GROUPS UPDATE

It's a game of two halves, as they say, with comings and goings.

Sadly the Singing For Fun Group has had to close because of dwindling numbers. Thanks are extended to Sally Ransom and Anne Cobley who got it off the ground initially.

However I can report on new groups which is always good news.

The Cryptic Crossword Group has had a couple of successful meetings and the members have chosen to change the meeting time to 10am to 11.30am on the 1st and 3rd Thursdays of the month. Trish Phillips-Clarke is the Convenor.

History Group 2 has had its first meeting with 11 attendees. They will meet on the 3rd Tuesday of the month from 10.30am to 12.00 noon. The next meeting is scheduled for the 20th May. Thanks go to Phil Goodall who is convening this group and Rhonda Green who is assisting. Both these groups meet in the Darby and Joan Hall. If you are interested in joining any interest group, you can contact the convenor through the Cottingham u3a website – click on Groups in the menu and follow the links.

Tai Chi Group 2 – we held an exploratory meeting for this new group in April. Although very few members were able to attend, it looks possible that we might get this group going. I have therefore booked the Darby and Joan Hall for the 1st and 3rd Thursdays of the month from 2.30pm to 3.30pm. This will start in May when the meeting dates are May 1st and 15th. Pat Johnson and Carolyn Hildyard have agreed to convene this new group between them but until it begins please contact me through the generic u3a email address if you wish to know more or you wish to join the group.

We are hoping to have a spotlight on one or two groups in each newsletter and Creative Writing and Walking Group 1 kindly agreed to contribute this time. Thanks go to both groups and their convenors. I am hoping to hear from group convenors offering to produce something for the July newsletter. Come on, Convenors!!

As our u3a grows and the number of interest groups increases, two of the Trustees, Joan Lehain and Trish Phillips-Clarke, have joined me as a Groups Coordinating Team. If you have ideas for new groups or queries about existing groups, please contact any one of us.

Pat Collard, Groups Coordinator

## OUR CREATIVE WRITING GROUP

I am a new member of the Creative Writing group, which is convened by Catherine Scott and meets monthly. For each meeting every member submits a piece of work with a title agreed at the previous meeting which is then discussed by the group. I have been so impressed with the range and quality of the submissions it has really encouraged me to throw myself into creative writing, which is something I have never done before.

Last month the title of our work was 'My interesting relative' and this was my submission.

### My interesting relative

Today, on my 21st birthday, I met my older self...

I was amazed at how good she looked for 65!

The hair I vow will never be cut short has gone though, transformed into a stylish pixie cut that suited her aging face.

But how has she let it go grey!

I asked about my husband to be, glancing at my new engagement ring.

She smiled, looking lovingly at the ring, and said that love doesn't last forever but they were still friends.

Friends?! He is the love of my life so that could never be!

Isn't life lonely on your own I wondered?

*"I am not alone"* she explained, *"but our life is not focused on one man. There are several men we love over the years – all of them different and all of them so special."*

I find that incredibly hard to believe!

But what about children I worried?

*"We have two amazing sons"* she reassured me, *"and grandsons too!"* she beamed.

That is unimaginable when deep down I contemplate the hard choice between kids or career.

Can I really work and have children too I mused?

*"Of course you can!"* she laughed, *"You go to bed tired but we are fulfilled mothers with a successful career!"*

I can have both!

A successful career, dare I dream, when work feels so hard already.

*"We can do it"* she proudly reassures me. *"We break through the glass ceiling and help others follow in our footsteps!"*

I laugh – if only! And juggling kids too!

Well, we do have a woman Prime Minister now I suppose.

*"Yes, and she lasts nearly 12 years! A bit different to the next woman in that position who only lasts 49 days!"*

Never I sigh, thinking that glass ceiling must still exist somehow.

"How are Grandma and Grandad?" I ask.

*"We wouldn't have made it without them"* she smiles sadly. *"But they are not with me now. Treasure every moment you have with them."*

I guess I should have expected it but feel so sad, and vow to do just that.

I asked her how she was keeping.

*"Well, I have had the lens in my eyes replaced to correct my vision and Aunty Jenny has got two*

*new titanium knee joints so she can walk again”.*

“What?” I gasped, to her amusement! Sounds like science fiction to me.

Do I ever get to fly away on holiday I wonder.

“Sure you do” she laughs. “We love holidays in America and the Far East! And you regularly fly all over Europe on your own for your work!”

Fly on my own I shiver! And holidays in the Far East – like wow!

We hugged each other. “Can we meet again soon when I have got my head around this?” I ask.

She said she would try but could not promise and turned to leave, with tears rolling down her cheeks.

Pam Jackson

## **WALKING GROUP 1**

Four years ago I took over the reins as Walking Group convenor. July of that year saw nine of us meet in the pouring rain for our inaugural walk at Goodmanham (photo below). I was heard to say, “I don't think there is much future for this u3a group, so shall we give this up as a bad job?”



4 years and 40 wonderful walks later, with 25 members, the group now goes from strength to strength, and I struggle to manage the ever-growing waiting list (photo below – April 2025).



During our history a Walking Group 2 has evolved (convened by Rhonda Green) enjoying longer and more strenuous walks.

In light of our expansion we must now close our waiting list in order to limit walking group numbers due to safety considerations and lunch venue availability.

Hoping that any potential future members understand the predicament and consider joining Walking Group 2.

Paul R Tempest

Walking Group 1 Convenor, Cottingham u3a.

## **SOCIAL EVENTS AND MINIBUS TRIPS – FOR ALL u3a MEMBERS**

### **SOCIAL EVENTS 2025**

#### **Tuesday June 17th**

Guided tour of Beverley with Paul Schofield  
Meet 11am outside Beverley Minster  
Cost £5. Organised by Janet  
Followed by optional lunch at the “Dog and Duck”

#### **Wednesday June 18th**

Beverley Medieval guides and crafts trail followed by optional lunch  
Meet in the Cottingham Green bus shelter to take the 9.30 bus  
Organised by Sue Tong

#### **Friday June 27th**

Social Events meeting 11.30 and optional lunch at The Duke of Cumberland  
Please come along and make your suggestion and find out what we are planning

#### **Sunday July 6th**

Shepherd Brass Band concert in the Crescent Gardens and optional lunch at The Buccaneer Filey  
Meet Cottingham Railway station – time to come later  
Organised by Janet

#### **Sunday August 31st**

Humberside Police Band at Burnby Hall Gardens  
Meet 10am at The Darby & Joan for car share  
Cost £8.50. Organised by Wendy

#### **Friday September 12th**

Fish & Ships – learn what the Hornsea Inshore Rescue do  
Meet outside The Hub Hornsea 10.45  
Cost £20 including fish & chips

All upcoming events are also published on the u3a website and on the whiteboard at the monthly meetings. You can book for any of these or get more information from us in the small hall before or after the monthly meetings or

Phone 0758 6532 964

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

We look forward to seeing you. Janet, Wendy and Edith.

### **MINIBUS TRIPS**

#### **LEAVE FROM DARBY AND JOAN HALL AT 10.00 am**

On 27 May we will be going to Sewerby Hall to see an exhibition of award winning wildlife photographs. A ticket for this trip is £25 and includes entry to the exhibition, the house, gardens and zoo but does not include lunch. There is a café there for our lunch. There are four places left at the time of writing.

If you wish to join us, please book your seat in the usual way, by attending the meeting on 8 May or contacting the u3a **if you cannot attend**. The email address is [cottinghamu3as@gmail.com](mailto:cottinghamu3as@gmail.com). However, you will need to make the payment on 8 May as bookings have to be made and paid for in advance.

On 24 June we are planning a trip to York to take the approximately 45 minute boat ride before some free time in York. Members should book and pay for a place on this trip too, at the May meeting.

Kay Pilling

## 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
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
Cryptic Crossword	Trish Phillips-Clarke	1st & 3rd Thursday	10.00 – 11.30
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 1	Barbara Nield Jude Hubbard	1st Tuesday	10.30 – 12.00
History 2	Phil Goodall Rhonda Green	3rd Tuesday	10.30 – 12.00
Lunch Club	Wendy Douthwaite	Last Wednesday	12.30
Minibus Trips	Kay Pilling	Last Tuesday	10.00
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 Bridge	Pete Fulleylove	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	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

Name	Role
Karen Baker	Membership Secretary
Pat Collard	Vice Chair/Interest Groups Coordinator
Peter Glover	Committee Member
Karen Hawtree	Treasurer
Pam Jackson	Secretary
Joan Lehain	Hospitality/ Interest Groups Coordinator
Patricia Phillips-Clarke	Interest Groups Coordinator
Kay Pilling	Committee Member
Jill Robson	Hospitality
Lesley Tempest	Chair

### Non-committee roles:

David Groom	Website Coordinator
Jackie McAndrew	Speaker Finder
Paul Tempest	Beacon Administrator
Sue Tong	Compliance Officer
Pat Windle	Newsletter Editor

Items for the **July 2025** newsletter to be sent to Pat Windle, Newsletter Editor, by **24 June 2025**. 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.