

COTTINGHAM U3A Newsletter 144

(Charity registration number 1086936)
<https://cottingham.u3asite.uk>

July 2025

Monthly Meetings

July 10

Martin Lloyd

Passports, Assassins, Traitors and Spies

August 14

Sally McDonald George

Beverley Minster and its amazing history
using parish magazines from 1870 onwards

September 11

Annual General Meeting

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

THIS MONTH'S TALK

'Thrill to stories of how three passports have played their influential role in the course of history: an attempted assassination which altered the regulations for issuing passports; the capture of a spy which caused a worldwide modification to the design of the document and for one person the passport itself which turned into a killer.'

Martin Lloyd worked for HM Immigration Service for 24 years. He now writes books, appears on television, talks on the radio and to groups such as u3as and the Arts Society.

MESSAGE FROM THE CHAIR – July 2025

As I write this newsletter, we seem to be in a middle of a heatwave – definitely 'flaming June' at the moment. As always this is a busy time of the year for Cottingham u3a and the Executive Committee is working hard to give members the best experience possible. I do need to comment on the speakers at our afternoon meetings – they have been excellent over the past few months and the July and August speakers look set to continue this trend. We have received lots of compliments about the diversity of speakers. What else has been / is happening?

Social Events and Minibus Trips. Changes are afoot! The majority of members will be aware that Social Events have been run by Janet King, Wendy Douthwaite and Edith Martin for the last 9 years (I think!). Nothing is forever and Edith has decided that it's time to step down from the role. She has been a stalwart member of this team and will, without a doubt, be missed; I am sure that you will join me in thanking her for her years of service and wish her a happy 'retirement'.

Janet will be taking over the organisation of minibus trips from this month and I would like to thank Kay Pilling for getting this popular new venture up and running. A number of members have really appreciated the outings.

So, what does this mean for the members of Cottingham u3a? Anyone can see that it means a significant increase in workload for Janet and Wendy. **Therefore, I would like to ask all members to consider whether you can help our Social Events Team**, bearing in mind that each and every one of us is a member of the Social Events ‘Group’ by virtue of being a member of Cottingham u3a. Ideally, we are looking for one or two members with fresh ideas to step up to the role. Janet will not be able to continue indefinitely organising events AND minibas trips; this will mean that Wendy will be even more stretched organising other social events. Janet and Wendy are extremely experienced organisers and will support anyone who comes forward; it doesn’t matter whether you have done this sort of thing before or not.

I am, therefore, asking you to ‘dig deep’ and ask yourself whether you can make a contribution to the Social Events Team and help make a difference to Cottingham u3a.

This organisation is run ‘by members, for members’. YOUR u3a needs YOU!!

Cottingham u3a makes the news!. As many of you are aware, the committee has been looking to promote Cottingham u3a in the wider community in order to attract new members (new members means new ideas, new interest groups, new experiences). Kofi Smiles, journalist and Radio Humberside breakfast show presenter, visited us after the May afternoon meeting and talked to several members about their u3a ‘journey’. Kofi’s radio programme includes a local news story every weekday morning at 7:20 am and 8:40 am. Cottingham u3a has a full week’s slots!! It might already have been aired by the time you receive this newsletter, in which case you will have received an email from me informing you of the dates and you’ll have heard it all; if it hasn’t been aired yet, watch this space.....

Membership Renewal. At the time of going to press, we currently have approximately 380 members ‘on the books’, although some of those have not yet renewed their membership. I know that Karen Baker, Membership Secretary, has been contacting those members. It’s important to realise that anyone who has not officially joined the u3a will not be insured under the National u3a policy if there happened to be an incident at any of the meetings (including interest groups).

Executive Committee / AGM. I am delighted to say that it is looking likely that we’ll have nominations for chair, vice chair, secretary and treasurer for the AGM in September. Everyone on the committee plays a vital role and it would be lovely to welcome a couple more members to the committee in September.

Remember that this is your u3a and the Executive Committee cannot do everything for you; please think what you personally can contribute for the good of fellow u3a members and the smooth running of the organisation.

Interest Groups. Further on in this newsletter you will read that Pat Collard, Vice Chair, is handing over the role of Interest Groups’ Co-ordinator to Joan Lehain and Trish Phillips-Clarke. Many of you will have noticed that they have already taken an active role in setting up several new groups. Joan and Trish only joined the committee last September and are already making a difference to your u3a experience. The role of Interest Groups’ Co-ordinator did not exist in Cottingham u3a until a few years ago when Pat took it on; she has done sterling work for which I, and many others, are extremely grateful.

Future Events:

- **Cottingham Day – Sunday 6 July:** By the time that you read this newsletter, this will be over, but I would like to thank everyone who volunteered to take a shift in the Darby & Joan Hall, either setting up stalls or ‘meeting and greeting people’ on the day – you make my job so much easier. We handed out some personal invitations inviting prospective new members

to the July meeting so we will see if these 'convert' into u3a members.

- [Thank You Event – Friday 1 August at 12:30 pm](#) – invitations to this annual event will be going out in the next week or so, to committee members, convenors and helpers.
- [YAHR Summer School 18 – 21 August](#) at The Hawkhill, Easingwold, a wonderful conference venue; over half of the committee will be attending this (I have been there the last two years and wouldn't miss it...). It is completely booked up for this year but if any members would like further information for future years, please talk to one of the committee members. We always come back from these events with plenty of ideas!

The AGM notice follows, and the nomination form is attached. I hope to see many of you at the AGM – the formal part of the meeting is usually fairly brief. We intend to add a little something extra this year to celebrate the fact that Cottingham u3a is 25 years old.

Kind regards to all
Lesley A Tempest (Chair)

cottinghamu3as@gmail.com or telephone 07586 532964

2025 ANNUAL GENERAL MEETING

Notice is hereby given of the 25th AGM of Cottingham u3a. This will take place at 2 pm on Thursday 11 September 2025 in the Darby & Joan Hall on Finkle Street, Cottingham.

A nomination form is included for election to the Cottingham u3a Executive Committee 2025/2026. If you are considering becoming a member of the Executive Committee without a specific role, it would be helpful if you would give some indication (next to the 'Committee Member' tick box) as to the type of contribution you would like to make eg part of the Hospitality Team, meeter and greeter at monthly meetings, support for other committee members with specific roles etc.

Any member who wishes to submit a proposal for consideration/discussion at the AGM please contact Pam Jackson (Secretary) for inclusion on the agenda.

A full agenda and supporting papers will be sent to each member prior to the AGM as well as arrangements for holding the AGM. The committee is required to inform members of proposals that will be put forward at an AGM. Please note the following:

Proposal: that members be asked to approve an amendment to Part 2 Clause 16 (8) of the Constitution of Cottingham u3a;

Clause 16 (8) states that no-one may hold any specific officer position for a continuous period in excess of 3 years without an interval of at least 1 year between the periods of service; it is proposed that this be amended to allow the roles of secretary and treasurer to be held for up to 5 years without an interval in service.

The Third Age Trust has agreed the change in principle; however, the approval of Cottingham u3a members is required before any amendment to the constitution can be made.

If approved by the membership, Clause 16 (8) will then read:

'No-one may hold a specific officer position or be an ordinary (non-officer) trustee for a continuous period in excess of 3 years. In the cases of the treasurer and secretary, this period shall not exceed 5 years. There must be an interval of at least 1 year between the periods of service.'

(A copy of the constitution is available on the website: <https://cottingham.u3asite.uk>)

Proposed – Lesley Tempest (Chair)

Seconded – Pam Jackson (Secretary)

U3A FRIENDS NEWSLETTER

Over the past few years, I have been circulating the monthly “**u3a Friends Newsletter**” via an email link to all our members. However, the June 2025 edition of the newsletter was the last one that I will be circulating. If you wish to continue receiving the newsletter you can sign up with **u3a UK** and they will send it directly to your email.

To sign up for the newsletter is very easy.

1. Log on to **u3a.org.uk** home page.
2. Scroll to the bottom of the page and you will see “**Sign up to our u3a Friends Newsletter**”.
3. Enter your email address and your first name.
4. Click subscribe.
5. You will receive the Newsletter every month.

Please note that this newsletter is **NOT** the **Cottingham u3a newsletter** which is issued bi-monthly. You will continue to receive this newsletter either by email or by post as usual.

David Groom

Interest Groups

GROUPS UPDATE

We have comings and goings again.

Firstly History Group 1 will be closed after the July meeting. Thanks go to Barbara Nield and Jude Hubbard for running this successful group for the last couple of years. Barbara’s health meant she could no longer continue to lead this group and unfortunately the members were not prepared to keep it going.

Julie Haley is unable to continue as Convenor for the Chair Yoga group and thanks go to Julie for all she has done for this group. If it is to continue, members will have to come forward to convene it. This can be a group of members sharing the role or one member. The DVD group is also under threat unless members are prepared to keep it going when Sue gives it up later this year. The future of these groups is in your hands.

It seems a good time to remind members that the u3a movement is provided for members by members. That doesn’t mean 50 or so members should be doing everything for the remaining membership of nearly 350. If you want our organisation or a particular group to flourish then it is up to you to do something to ensure it does.

Now, the good news – we have new groups which have started and others on the horizon.

Tai Chi Group 2 has started and meets on the 1st and 3rd Thursdays of the month at 2.30pm in the Darby and Joan Hall. Currently Joan Lehain is the convenor for this group. It has members from other local u3as but there is still room if you want to go along and try it out.

A couple of new groups are in the pipeline and Joan Lehain will be holding exploratory meetings for them at 10am and 2pm on 16th July in the Darby & Joan Hall. The first is an Art Appreciation group, the second will be Art group 2, which has a member willing to convene it. If you are interested in either of these groups or want to know more about them, let Joan know by replying to the emails she has sent out or use the generic Cottingham email address or phone number or just come along to one of these meetings.

This will be my last article as Groups Coordinator. Joan Lehain and Trish Phillips-Clarke came forward to say they were interested in the role. They are now taking it over completely, for which I am very grateful. I have held various posts in Cottingham u3a and enjoyed them all but this one has always been a bit special because it was a new role and I have developed it, working with the group convenors. That has been a real pleasure.

My new regional and national u3a role as Council Rep is time consuming but enjoyable. I know I am passing groups coordinator over to two very competent, willing colleagues who will undoubtedly develop it further. Please support them in your groups, as they will support you. I have one year left of my statutory 9 years as a Trustee and committee member of Cottingham u3a and I will be standing again at the AGM in September for my final year.

So I am signing off with special thanks to all the convenors and their helpers. It is said that activity groups are the lifeblood of the u3a. Can you help keep that flowing for us in Cottingham?

Pat

Pat Collard, Groups Coordinator

CREATIVE WRITING GROUP

Sue Cooper is one of the founder members of the Creative Writing group and enjoys the challenge of writing to the title set by the group. This is one of her most recent pieces of work:

Signs

Ronnie knew the signs well enough, over the years her mother had made many attempts on her life. The nurse called it self harm and everyone said her mother didn't mean to kill herself and that it it was a "cry for help".

The nurse came every week, just for a chat, she explained to Norma her mum. The doctor they saw occasionally and staff at the Accident and Emergency department all said Norma didn't mean to kill herself she just sought attention when things were too much for her.

To begin with Ronnie disagreed with them but as time went on she almost became used to the Friday night telephone call from her mum, just as she had settled the kids in bed and was having a glass of wine, to say she had taken an overdose of her tablets. This meant a trip to hospital and sitting for hours with drunks and others who were almost regulars.

That night seemed different somehow it was later, and mid week so not the almost usual time at all but her mum had rung her after calling an ambulance and she had driven to her house.

Ronnie found her mum throwing up in the bathroom, there was a strong smell of bleach and her mum admitted, she had drunk the bleach and really wanted to die. Usually Norma took tablets, so this felt different to Ronnie, she was very concerned. The ambulance arrived shortly after Ronnie and they put up a drip and put a oxygen mask on her face.

Ronnie had seen her mum like this so many times, but she listened while her mum described the pain she was in (she was awaiting a hip replacement after a fall) and how she missed Ronnie's dad, he had died about three years before. Norma was angry with Ronnie saying "You don't care about me". Ronnie was almost in tears when she heard this, she always took her mother to all her appointments, gained all the information on her tablets and did all her shopping and cleaning. Her mum looked so poorly that Ronnie didn't say anything but felt so hurt by her mother's comments.

The ambulance took Norma to hospital and Ronnie accompanied her, she was barely conscious by the time they arrived and looked very frail. Ronnie felt very frightened for her mum and found herself feeling very guilty that she had not taken her mum more seriously when she spoke about killing herself the other day. She offered up a short prayer but realised it was only until the next time.

Once in hospital, the staff did what they could to help Norma but the doctor spoke to Ronnie and explained that there was little they could do in the way of treatment. Ronnie stayed with her mum holding her hand and tried not to cry. Norma died about an hour later and Ronnie just sat there not really knowing what to do. She rang her husband who took her home and her brother who appeared unconcerned; he had not seen Norma for about five years and didn't want to know thanks.

Ronnie felt so bad about her mum's death, wishing she had done more and feeling angry and let down by the services who visited her. The nurse said "I don't think she meant to do it" and offered some support but Ronnie was left to grieve on her own. Knowing the signs hadn't helped her mum or Ronnie unfortunately.

CROCHET, KNIT & NATTER – A STITCH IN TIME AND GOOD COMPANY

Looking for a friendly, creative way to spend your Friday mornings? The Crochet, Knit & Natter group might be just what you need. Meeting on the 2nd and 4th Friday of each month at 10am, the group gathers upstairs at Kristoffs and currently boasts 17 members.

The atmosphere is warm and welcoming, with conversations ranging from family life to the latest local happenings. Whether you're an experienced crafter or just starting out, there's always someone happy to help with a tricky stitch or share a new pattern.

Projects are as varied as the members themselves – from crocheted flamingos and bats, to scarves and cardigans lovingly made for great-grandchildren. Many members create items for charity, including baby hats and blankets for the neonatal unit at Hull Women's and Children's Hospital, trauma dolls for Children in Need and the Fire Service, and knitted hearts for the NHS.

Cross-stitch also has its place in the group, with one member creating bookmarks for St Mary's Church Fayre and another – our only gentleman – currently stitching a sheep for a greeting card.

Members often say the group is a real boost for their mental wellbeing: it lifts the spirits, keeps fingers nimble, and encourages plenty of cheerful chatter.

And the best part? All of this comes for the price of a cuppa.

Pat Mainprize



CRYPTIC CROSSWORD

1		2		3		4
5						
6						
7						

DOWN

1. Decreases the reversing bus sides (8)
2. A menu or a bus ticket? (4, 2, 4)
3. Roughly relate it to being able to read and write (8)
4. Weighed up in a slow and deliberate fashion (8)

ACROSS

5. Make use of rough utilities without it (7)
6. Vendors converse in the cellars (7)
7. I see we'd mentioned the kelp (7)

Answers are on page 10.

Cryptic Crosswords engage the mind in a stimulating way, requiring logic, deduction and a bit of creativity. Why not join the fun. We meet the 1st and 3rd Thursday at 10 am in the Darby & Joan Hall.

Trish Phillips-Clarke

MR MOTIVATOR

Do you remember Derrick Evans? Or should I say Mr "M"otivator.

You could come and say Hello with the Mr Motivator group on the 1st and 3rd Tuesdays of each month at 11.30am for an hour in the Darby and Joan Large Hall. His exercises have been specially tailored for the u3a via YouTube.

Come to see if this is for you.

We look forward to welcoming you.

Carol Hewitson and Ilona Tichias

SOCIAL EVENTS – FOR ALL u3a MEMBERS

These are our latest social events

Sunday 31st August

Humberside Police Band concert in Burnby Hall Gardens, Pocklington.

Meet at the Darby & Joan Hall 10am

It would be much appreciated if you could offer a lift.

Cost £8. To book see Wendy.

Friday 12th September

Fish & Ships Learn what the Hornsea Inshore Rescue do.

A Fish & Chip lunch is included.

Meet outside The Hub Hornsea 10:45.

If you could offer a lift it would be greatly appreciated.

Cost £20. Arranged by Janet

Saturday 29th November The Cottingham Little Theatre performs **Alice** in The Darby & Joan Hall.

Cost £10. Organised by Wendy. **Please Bring Your Own Drink**

To book any of these social events come to the small hall at the monthly meeting the second Thursday of the month . Email: cottinghamu3as@gmail.com
phone 07586 532964.

Janet and Wendy

CROSSWORD ANSWERS

Across: 5. Utilise 6. Sellers 7. Seaweed

Down: 1. Subsidies 2. Bill of fare 3. Literate 4. Measured

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	2.00 – 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	Phil Goodall Rhonda Green	3rd Tuesday	10.30 – 12.00
Lunch Club	Wendy Douthwaite	Last Wednesday	12.30
Minibus Trips	Janet King	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	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 1	Jean Harper	1st & 3rd Thursday	12.45 – 1.45
Tai Chi 2	Joan Lehain	1st & 3rd Thursday	2.30 – 3.30
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 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 **September 2025** newsletter to be sent to Pat Windle, Newsletter Editor, by **26 August 2025**. Information for the Newsletter can be sent by email as an attachment to 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. 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://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.