

COTTINGHAM U3A Newsletter 145

(Charity registration number 1086936)

September 2025

Monthly Meetings

September 11
Annual General Meeting

October 9
Louise Beech
A Love Affair with Writing

November 13
Roger Burnett
My life in gardening

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 2025

Where have the last 2 years gone? They have certainly flown by; probably because Cottingham u3a is such a thriving and busy organisation (or does the fact that I'm getting older have something to do with it?). This month's message is a lot shorter than usual but just wait until you see my chair's report in the AGM papers! I hope that you take the time to read all of the papers and agree that a lot has been happening over the last year.

Just a couple of items in this newsletter for your attention:

Executive Committee / AGM. I am delighted to say that there are nominations for all the roles on the committee for the year 2025-2026; 9 out of the current 10 members of the committee have decided to stand again.

The **AGM** will take place at **2 pm on Thursday 11th September 2025 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. In addition, we will be recognising **25 years of Cottingham u3a**, so I hope to see many of you there.

Social Events / Minibus Trips. I have asked on a couple of occasions for help with arranging social events including minibus trips; the silence is deafening! I am asking again for you to consider whether you can assist Janet King and Wendy Douthwaite. They work tirelessly on your behalf to arrange all manner of outings and trips. You do not have to be able to organise specific events; help with collecting payments at the monthly meetings would be invaluable. I also know that Janet would like someone to accompany her on the minibus trips; again, she has emailed all members but received no response. **I urge you to give this some thought.** Talk to Janet, Wendy or myself if you think that you might be interested.

Celebration of Older People's Event. Cottingham u3a will once again be having a stall at this event in Cottingham Civic Hall on Wednesday 1st October. The response to my request for help was excellent and I now have enough members for the rota which I will be circulating shortly. Many thanks to those of you who have volunteered to give up some of your time.

December Christmas Social Meeting. This will take place in the D&J Hall at 2 pm on Thursday 11th December. Details on how to book will be included in the November newsletter. Watch this space!

Kind regards to all
Lesley A Tempest (Chair)

cottinghamu3as@gmail.com or telephone 07586 532964



U3A SUMMER SCHOOL 2025: LEARNING, LAUGHTER & LIFELONG CONNECTIONS

This August, York was buzzing with curiosity, creativity, and just a touch of chaos as 130 u3a members descended on Easingwold for four days of summer school fun.

The setting? A beautiful venue just outside York. The programme? A glorious pick-and-mix of ten topics ranging from *Improvised Drama for Beginners* and *Introduction to Holiday Spanish* (¡hola, tapas!) to *Drug Discovery* (who knew medicines had such adventurous backstories?), *My Generation* (talking about all things 60s), and even a spot of *Cosmology* for those who prefer their horizons truly galactic.

Evenings were no less energetic. We puzzled our way through a quiz night, soaked up a fascinating cardiology talk (hearts racing in more ways than one), and laughed our way through Folk dancing – though for some, the real entertainment was watching the twirls, hops, and occasional near-collisions from the sidelines!

The venue staff deserve a gold star for being so welcoming and endlessly helpful. Their good humour matched the delegates', and together they kept everything running smoothly.

Of course, the real magic came from the people. With members travelling from every corner of the UK, the atmosphere sparkled with lively conversation and shared curiosity. New friendships bloomed over coffee cups, while old ones were rekindled in the classroom.

And let's not forget the tutors – patient, passionate, and always prepared. They are the heartbeat of summer school, and their enthusiasm kept us all inspired (and sometimes out of our comfort zones –in the best possible way!).

If you haven't yet dipped your toe into the u3a Summer School experience, why not make 2026 your year? Come for the learning, stay for the laughter, and leave with stories you'll be telling long after the summer sun has set.

FROM THE u3a FRIENDS NEWLETTER (AUGUST)

Friends News ... from the members

Southport u3a Show Garden explores AI

The gardeners at Southport u3a were busy once again creating another show garden for the Southport Flower Show (pictured).

This year, they took inspiration from AI, demonstrating how new technology will be used in the future to create beautiful, sustainable gardens. In addition to including a diverse range of plants, their garden featured a wind turbine, solar panels and a drone – all things that they think will be used by AI in the future to manage gardens. The garden won an overall Gold medal and a silver cup for best Charity and Community Garden.



Friends Features

Ready, set, go for team u3a



Rik is one of five u3a members taking their marks at the Great North Run on Sunday 7 September. He talks about his running journey and why he has chosen to raise money for The Third Age Trust.

I started running when, in my late thirties, I took stock of my health and realised I wasn't getting much exercise. Although I was never fast, I got hooked, and have since run seventeen marathons and over fifty half-marathons. In retirement, I've been trying to maintain my fitness as far as possible and I have run two "ultras" (each 43 miles) since I retired.

The Great North Run is an iconic race. Everyone says the atmosphere is fantastic, so the opportunity to take part as a member of the u3a team was too good to miss.

I joined Chorleywood u3a in 2017, a year after I retired. I belong to two walking groups, music appreciation groups covering classical music, opera, jazz, blues and soul, and folk. I'm also a member of the Rickmansworth u3a Creative Writing group and Vice Chair of Chorleywood u3a.

I enjoy the sociability and friendliness of u3a and the opportunity to learn new things. Most importantly, when I retired I didn't know many people in my village, but since joining u3a I have made many good friends locally.

Interest Groups

GROUPS UPDATE

General:

Trish Phillips-Clarke and I are the new group coordinators. Pat Collard has built a good solid foundation and we're hoping to be able to continue to grow Cottingham u3a in the same way. Initially we would like to get to know the groups and will do a spotlight on a different group each month.

Art Group: If you are on the waiting list for the current Art Group, you've likely waited a long time because few members leave. After visiting, I see why. Everyone was so engrossed, when I arrived, you could have heard a pin drop. There are some seriously talented people in the group working with a range of media including digital art. It was insightful to discuss what mattered to them about the group. It was not just about having a space to work on their art but a friendship group. The group members interact regularly, exchange ideas, techniques, and experiences, and participate in activities together. Some indicated that without the group, they might be less likely to engage in art at home because of various obligations. Karen has led the group for many years, supporting their work and supplying refreshments such as coffee and cake. The group considers the small hall at the D&J to be a suitable environment for creative activities.

Tai Chi 2 meets on the 1st and 3rd Thursday at 2:30 in the Darby and Joan main hall. Open to all, it offers gentle, low-impact exercise suitable for any age or fitness level. Sessions use video instruction and focus on slow movements, posture, breath control, and mindfulness. Benefits include better balance, flexibility, strength, reduced stress, pain relief, and improved sleep.

We have 3 new groups starting in September.

Art Appreciation Group and **Art Group 2** will hold their first meetings in September. Both groups have reached full capacity, and the convenors are preparing for the initial sessions. [Stop press – at the time of writing Art Group 2 has a few spaces left.]

The **Table Tennis Group** meets every Monday from 1pm to 3pm at the Methodist Church Hall. Three tables with bats and balls are available. Table tennis offers physical and mental benefits, including better hand-eye coordination, reflexes, balance, cardiovascular health, and overall fitness. New members are still learning to hit the ball on the table.

Julie, who has led Chair Yoga for several years, is stepping down, and we thank her on behalf of the group and u3a. We also thank Lorraine, Peter, Kathy, and Neil for convening the new groups.

Photography group.

We held an initial meeting about starting a photography group, but there isn't enough interest to establish it yet. If you're interested, please let us know – a member is willing to lead if we have more participants.

Joan Lehain

DVD/SUNDAY STROLLERS

Hello everyone,

This is Sue Tong advising my group members that I no longer have a landline telephone. Anyone who would like to have my mobile number I am quite willing to pass it on.

I am on countdown to my sabbatical year, so this is the current state of play for my groups. I am hoping to action some adjustments to my plans in 2026 and have advised my groups accordingly. At this point I would like to thank all the members who have volunteered their time and support to help me have a great deal of flexibility next year. For those members who I have not seen personally **please note** that I will **not** be contacting the group members as I do currently starting in September for DVD and January for Sunday Strolling.

DVD group is now closed to any new members

The final three DVDs for this year are

Sept 23rd Going in Style

Oct 28th UP

Nov 25th The Holiday

The list of DVDs to be shown in 2026 is on the Cottingham u3a Website and listed below

2026 DVD DATES/FILMS	
Jan-27	PENGUIN LESSONS
Feb-24	THE LADY IN THE VAN
Mar-24	BEST EXOTIC MARIGOLD HOTEL
Apr-28	MR BURTON
May-26	LAWLESS
Jun-23	WONDER
Jul-28	WONKA
Aug-25	SAVING GRACE
Sep-22	COOL RUNNINGS
Oct-27	WAR HORSE
Nov-24	GREASE

SCRABBLE

Having decided to join Cottingham u3a shortly after retiring in 2008, I was delighted to see that there was a Scrabble group and promptly turned up at the King William IV pub on Hallgate (aka the King Billy) – I'd played the game regularly during a period of unemployment and was keen to take it up again. Around April 2022 we needed a new convenor and June Lunnon and I took over. This group started shortly before Cottingham u3a in 2000, making it our longest-running group, and has been meeting at the King Billy for almost as long, with just a few short-term changes of venue while the pub was temporarily closed for refurbishment. We meet on the first and third Thursdays of the month in time to start playing at 2pm and finish around 4pm. We don't have a waiting list – there's plenty of room in the pub – and there is no charge, but members are expected to buy a drink. Players of all abilities are welcome, including beginners. If you enjoy a game of Scrabble or would like to have a go please do come and join us.

Pat Windle

SOCIAL EVENTS AND MINIBUS TRIPS – FOR ALL u3a MEMBERS

Friday 19th September Social Events and Minibus meeting in The Duke of Cumberland 11:30am. Please come and let us know where you would like to go and what you would like to do. You could even join us for lunch.

SOCIAL EVENTS

Tuesday 9th September

Roof top tour of Beverley Minster (113 steps)
Meet 10:45am at the Minster
£10 Organised by Wendy

Saturday 1st November

Afternoon Tea with the Society of Mice at Bricknell Avenue Methodist Church
Doors open 12 noon, performance starts 1pm
£6 Organised by Janet

Saturday 29th November

The Cottingham Little Theatre presents Alice in the Darby & Joan Hall
£10 7pm. Bring your own drink
Organised by Wendy

MINIBUS OUTINGS

All minibus trips are on a Tuesday, mostly on the second Tuesday of the month, and set off on Finkle Street near the Darby & Joan Hall.

Minibus trips are £12 plus entrance fees. Payment is binding apart from exceptional circumstances.

September 9th Hornsea Local History Museum and Fish & Chips
£20 10am

October 28th Yorkshire Arboretum
£25 10am. Only 2 places left

November 11th Brigg Garden Centre
£12 10am. Only 2 places left

December 9th Leeds Shopper /Christmas market
£12 9:30am. 3 places left

January 13th McArthur Glen shopping outlet, York
£12 10am

February 10th Burton Agnes Hall snowdrop walk & Bridlington for Fish & Chips
10am – price later

March 10th National Media Centre Bradford
£12 9:30 am

Janet and Wendy

Current Interest Groups

Group	Convenor	Day in month	Time
Art 1	Karen Baker	1st & 3rd Tuesday	2.00 – 4.00
Art 2	Lorraine Smith	1st & 3rd Monday	11.00 – 12.30
Art Appreciation	Peter Clark Kathy Poskitt	1st Tuesday	10.30 – 12.00
Board Games	Rita McIntyre	2nd Tuesday	2.00 – 4.30
Book Group	Margaret Hersom	Last Monday	2.00 – 4.00
Chair Yoga	Joan Lehain	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	Tuesday (mainly 2nd)	As arranged
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
Table Tennis	Neil Finlay	Weekly Monday	1.00 – 3.00
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
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 **November 2025** newsletter to be sent to Pat Windle, Newsletter Editor, by **28 October 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.