

COTTINGHAM U3A Newsletter 146

(Charity registration number 1086936)

November 2025

Monthly Meetings

November 13 2025

Roger Burnett

My life in gardening

December 11 2025

Christmas meeting

January 8 2026

Paul Schofield

Beverley's Georgian Suburbs

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 – November 2025

Hello u3a members,

Hard to believe but I'm into my third (and last) year as chair; the scary thing is how quickly the last 2 years have gone by! I have had massive support from your Executive Committee; their hard work and enthusiasm never cease to amaze me. They are indeed an invaluable asset to Cottingham u3a and very much appreciated. Feedback from the AGM, held in September, has been very positive and it seems that all who attended really appreciated the 25th anniversary celebratory drink and cupcakes. Whilst we keep the AGM relatively short, it is an opportunity to reflect on everything that has happened in the organisation over the past year; there is always plenty to report.

December Christmas Social (IMPORTANT NOTICE)

Our December meeting will take place on **Thursday 11 December at 2 pm** in the Darby & Joan Hall. There will be some magical entertainment as well as light refreshments, table quiz and raffle. As usual the social event will be seated at tables and, therefore, only 80 members can be accommodated. As in previous years, if you plan on attending, you **MUST** book a place by telephoning me (**07710 232040**); **'booking line' opens at 9 am on Monday 24 November** and places will be allocated on a 'first come, first served' basis. If you wish to sit with anyone / group in particular, please let me know at the time of booking; in fact, it would be really helpful if just one person from your 'group' rings to book the places. Please don't leave messages because you may well end up at the back of the queue if I am answering telephone calls; just keep trying!! In addition, I know that a couple of members last year brought some alcoholic beverages (what a good idea!) – please feel free to do likewise if you wish.

Your u3a needs you!

We are always looking for **volunteers to help at meetings and events** throughout the year. Please

come forward and talk to any member of the committee if you feel that you can give some of your time to support your u3a. You don't necessarily have to make a regular commitment – any amount of help will be appreciated, whether it be helping with refreshments, welcoming new members, helping the Events Team to take payment for trips at the monthly meetings, looking after a stall, etc. We're a friendly bunch; come and join us.

Next – a couple of updates:

- As was the case last year, the 'Celebration of Older People's Event' was held in Cottingham Civic Hall on 1 October. I was unable to be there this year but I understand that it was very enjoyable and extremely well-attended. I am very grateful to the members who looked after the u3a stall; quite a number of visitors to the Civic Hall expressed an interest in joining. These community events often bring in new members, so they are certainly worth us having a presence.
- The Third Age Trust (TAT) held its AGM on 15 October; Sheila Crawley (Ashbourne u3a) was elected as the new vice chair. Last year, a smaller board was established, as well as a Council consisting of regional representatives; you will be aware that Pat Collard is one of the Council Representatives for the Yorkshire & Humber Region (a bonus because we get to know very quickly what is happening nationally!).

And, finally.....

Before we know it, Christmas will be upon us; so, I will take this opportunity to wish all Cottingham u3a members a **VERY MERRY CHRISTMAS** and a **HAPPY AND HEALTHY NEW YEAR**. Hopefully I will get to convey this message personally to many of you at the Cottingham Christmas Social.

My best wishes to all,
Lesley A Tempest (Chair)

Interest Groups

GROUPS UPDATE

We're looking to set up some new activity groups and would love to get a sense of how much interest there might be.

A few ideas that have already been suggested include:

Guitar Group – this would suit those who already have a good understanding of the instrument and there is someone interested in developing this group.

Recorder Group – open to anyone who enjoys playing or would like to learn.

Five-a-side-football – for anyone keen to get active and have some fun.

Pool & darts group – a great option for those who enjoy a friendly competition in a relaxed setting.

We'd also really like to hear any other ideas you might have for new groups or activities that people could get involved in.

Should there be sufficient interest then we would look into finding suitable venues and volunteer convenors to help run each group.

The Methodist Church hall has proven to be a fantastic venue for our table tennis group. We've been made very welcome there and have a lot of fun. It is quite amazing how quickly everyone is improving. There's still room for more people to join, and if there's enough interest, we could even start another group on a different day.



The Table Tennis group in action

Many of the existing groups also have spaces available so it is worth getting in touch with the convenors if you're interested in joining one.

Since we have taken over as Group Coordinators, we've been working hard to understand how the groups operate and what support they might need from us. Our plan is to visit each group over the coming weeks so that you can put a name to a face and share any thoughts or suggestions directly with us. We are really looking forward to meeting everyone.

For the groups we've already visited, thank you for kindly allowing us to take photographs for the newsletter and our internal Facebook page. It's been lovely to capture and share some of the great activities taking place. We'd love to see more members subscribing to the Facebook page – it's only visible to our members, and it's a great way to stay up to date with what's happening across all the groups.

We would also like to invite group convenors to contribute short articles or updates for the newsletter. These could include highlights from recent meetings, upcoming plans or anything else you would like to share with the wider group community. It's a great way to celebrate what's happening and inspire others to get involved.

Please contact Trish or Joan if you would like to submit an article for the newsletter or share any ideas, via cottinghamu3as@gmail.com or 07586 532964.

UPDATE FROM THE ART APPRECIATION GROUP

Fourteen members attended the inaugural meeting of the Art Appreciation group in September, where we explored the rich artistic heritage of Hull and East Yorkshire from the early Iron Age Roos Carr figures to Eleanor Tomlinson's celebrated 'Jubilee Ma'amalade Tea' sketch.

In October, members enjoyed a visit to the Hull University Art Gallery and took the opportunity to tour Philip Larkin's office, which remains much as it was during his time as librarian.

In November we welcomed a talk on the painter and wood-engraver Eric Ravilious and his wife, Tirzah Garwood. Eric was notably the first British war artist to die on active service during the Second World War at the age of just thirty-nine.

For December, we are planning an open forum where everyone can share examples of Christmas and festive art that they are particularly fond of (or loathe!).

Looking ahead to 2026, proposed visits to Trinity House and Blaydes House are in the pipeline,

with arrangements expected to be finalised before long.

We currently have space for new members and would be delighted to welcome anyone with an interest in art and local heritage.

Peter Clark and Kathy Poskitt

CRAFTING GROUP – Christmas Decorations



CREATIVE WRITING

The Green Flag

It was barely daylight as Martin left the semi-detached home he shared with his partner, Tanya. On opening the front door a cold, wet blast struck his face: he fumbled with his umbrella. It was a fifteen-minute walk to the railway station – arriving soaked was the last thing he needed. Hurrying along, muttering to himself at the thought of the long day ahead, a sudden fierce gust struck the brolly which, although sturdy, was not sturdy enough. He swore under his breath as the wretched contraption blew inside out. Struggling to reverse the damage, whilst keeping hold of his precious briefcase, he sought refuge underneath a tree – not ideal but it did provide limited shelter from the rain. He should have listened to Tanya – on numerous occasions she had urged him to buy a raincoat but he didn't like coats of any description, at least not for work. He wore a suit, he was smart, his umbrella had served him well – until now. Eventually he reached the station, not completely drenched but rather damp.

Thankfully, leaving the train following the half-hour journey, his place of work was close by and, if he hadn't tripped on a flagstone causing his briefcase to fly out of his hand and burst open as it landed on the road, all would have been well. He managed to salvage most of the documents and stuff them back into the case – not his usual manner of organisation.

He entered the building, making an attempt to maintain his dignity.

“Good morning,” the doorman announced in his normal polite tone, although his failure to disguise the smirk on his face betrayed his true feelings: he had little sympathy for his superiors. Martin hurried upstairs to his office where his secretary cast a disapproving glance over her boss before her usual courteous greeting.

Martin had risen to the top of his profession through sheer hard work. However, now that he had reached the dizzy heights of such a position, he almost regretted the achievement. It proved a

lonely existence, isolated from the camaraderie that he had once shared with his colleagues, he stood alone. There was no warmth. It was as if the workforce relished in any failure. This morning, he sensed their delight in his embarrassment. Like a child in the school playground, he just wanted to run away, to escape.

Today was challenging, more so than usual. Instead of dashing off at the end of the afternoon, he had to attend a meeting that would no doubt extend well into the evening. It was a meeting that had been arranged by the directors to discuss the future of the business: the company was facing a take-over bid. Martin's attendance at such gatherings was purely a matter of civility, in recognition of his position; he had no say in the proceedings. He had spent long hours pondering the pros and cons of the proposal on offer. Over the past weeks, fear of the consequences for his own livelihood, had worn him down. However, after today he had concluded that the change, even if it meant redundancy, would be preferable to his current situation. By the end of the meeting, with the deal all but finalised, he was flagging. Unable to face the general chit-chat, the niceties, during which his future would no doubt be sealed, he slipped out surreptitiously, heading for the railway station. He no longer cared; he hated his job. The bigotry of these gentlemen in grey suits angered him.

He reached the platform just as the train was about to leave. It was the first positive moment in this entire dreary day. Turning to wind up the window as the door slammed behind him, he observed the guard waving the green flag. He breathed a sigh of relief.

We're going – I'm going...And I'm not coming back!

Louie Elizabeth Parker

SOCIAL EVENTS AND MINIBUS TRIPS – FOR ALL u3a MEMBERS

MINIBUS TRIPS

All our minibus trips are on the second Tuesday of the month and go from Finkle Street near to the Darby & Joan Hall.

9th December Leeds Christmas Market or Shopper
£12 9:30am. 1 place left

13th January 2026 York McArthur Glen Designer outlet
£12 10am

10th February Burton Agnes Hall snowdrop walk
10am. 1 place left
Burton Agnes decides their prices the last week in November for the coming year.

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

14th April Stained Glass Centre Cayton
£12 9:30am

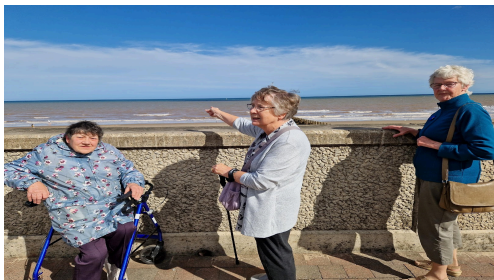
12th May Canal boat cruise on the Chesterfield Canal with optional canal side pub lunch
More details later.

9th June Knaresborough £12 10am

14th July Scarborough £12 9:30am

Money paid is binding apart for exceptional circumstances.

Hornsea, September 9th



The Yorkshire Arboretum, October 28th



The 120-acre arboretum, close to Castle Howard, is widely recognised as one of the most important woody plant collections in the UK and contains 7500 individual trees and shrubs, of 2500 different varieties from around the world. Our visit fell on a fine, sunny day when the glorious autumn colours were at their best. On arrival we were led on an hour-long walk by our knowledgeable guide who informed us about the interesting trees and shrubs that we passed and told us of the history of the Arboretum and some of the people involved. At the Red Squirrel enclosure we learned of the project to protect these rare and beautiful mammals. After a delicious soup/sandwich/cake lunch in our own private room, we had free time to explore this lovely place at our leisure. A most enjoyable trip.

Pat Windle

SOCIAL EVENTS

Friday 19th December 2025

Christmas lunch The Duke of Cumberland 12:30pm

3 courses £28.95

2 courses £26.95

£10 deposit. See menu at monthly meeting Thursday 13th November

Friday 9th January 2026

Social Events meeting 11:30am The Duke of Cumberland

Everyone Welcome.

To book a Minibus trip or Social Event come to the small hall whilst at the monthly meeting.

Phone: 07586532964

email: cottinghamu3as@gmail.com

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 – 4.00
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	Liz Stewart	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	2nd Tuesday	As arranged
Mr Motivator	Carol Hewitson Ilona Tichias	1st & 3rd Tuesday	11.30 – 12.30
Needlework	Judy Slator	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	Committee Member
Peter Glover	Committee Member
Karen Hawtree	Treasurer
Pam Jackson	Secretary
Joan Lehain	Vice Chair/Hospitality/Interest Groups Coordinator
Jackie McAndrew	Speaker Finder
Patricia Phillips-Clarke	Interest Groups Coordinator
Jill Robson	Hospitality
Lesley Tempest	Chair

Non-committee roles:

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

Items for the **January 2026** newsletter to be sent to Pat Windle, Newsletter Editor, by **23 December 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.