

COTTINGHAM U3A Newsletter 150

(Charity registration number 1086936)

July 2026

Monthly Meetings

July 9

Colin Bradshaw

When the railway reached Beverley

August 13

Lynda Harrison

An exposition of an interesting, entertaining and inspiring life

September 10

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.

MESSAGE FROM THE CHAIR – July 2026

It only seems like a couple of weeks since I was writing an article for the May newsletter, and here I am already turning my attention to the July copy – how time flies when you are busy and enjoying yourself! The longer days and warmer weather are certainly welcome; it has been wonderful to see so much activity taking place within new interest groups.

As always, there is plenty to write about, so here goes...

A New Venture: Outings and Holidays. At our June afternoon meeting, members were invited to share their thoughts on future activities. A show of hands revealed strong enthusiasm for introducing more day trips, as well as the possibility of short breaks lasting two or three nights. The positive response was both encouraging and energising for everyone involved.

In light of this, the committee has begun exploring a range of options. Special thanks go to Joan Lechain, our Vice Chair, who has taken a leading role in investigating potential opportunities. To help guide our plans, we also met with Brian Cave from Sheffield u3a, who brings many years of valuable experience in organising trips, including international outings twice a year.

This exciting new venture is still in development, but we are hopeful of launching it in the autumn. There is plenty to look forward to, so do keep an eye out for further updates – there are exciting times ahead!

Alongside this, the Events Team will continue to arrange outings, visits and minibus trips – these have proved to be very popular. Thanks go to Janet and Wendy for their ongoing commitment – ever present and ready to help in the small hall at the monthly meetings.

Car Sharing. As more of our activities are now taking place outside the Cottingham boundary, members are increasingly helping each other out by offering lifts. It's great to see this kind of

support within Cottingham u3a.

Just a quick reminder, though: any car sharing related to u3a meetings or activities is a private arrangement between members and not any responsibility of the u3a.

Membership Renewal. Our membership keeps going from strength to strength, with numbers growing each year. A big thank you goes to our ever-expanding range of interest groups' convenors and the ongoing dedication of the committee members who make it all happen.

The membership renewal period has now closed, and as a result some members have unfortunately 'lapsed'. The renewal window was open for nearly three months, and we offered a variety of ways to renew and pay to make the process as straightforward as possible.

Just a quick reminder: anyone who hasn't officially renewed their membership with Cottingham u3a won't be able to attend meetings or take part in interest groups. This is because the Third Age Trust insurance only covers current members.

If you know someone who may have missed the deadline, please ask them to get in touch – we're always happy to help.

Future Events:-

- **Cottingham Day – Sunday 28 June:** 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 – Tuesday 11 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.
- **Yorkshire & Humber Region (YAHR) Summer School 24 - 27 August** at The Hawkhill, Easingwold, a wonderful conference venue in beautiful grounds. This event was advertised at the end of November last year, and all residential places had been booked within 11 weeks. 7 members of Cottingham u3a will be attending this year. If anyone would like further information about this annual event, please talk to one of the committee members.

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 on Thursday 10 September. Everyone on the committee plays a vital role and it would be lovely to welcome new members to the committee in September.

Just a gentle reminder that this is your u3a. The Executive Committee can't do everything on its own, so we'd love everyone to think about how they might contribute – whether by sharing ideas, offering a helping hand, or supporting others. Every little bit helps to make Cottingham u3a a welcoming and smoothly run organisation for all.

The AGM notice follows, and a nomination form is attached. I hope to see many of you at the AGM – the formal part of the meeting is important but is usually fairly brief.

Kind regards to all
Lesley A Tempest (Chair)

chair@cottinghamu3a.org.uk

cottinghamu3as@gmail.com or telephone 07586 532964

2026 ANNUAL GENERAL MEETING

Notice is hereby given of the 26th AGM of Cottingham u3a. This will take place at 2 pm on Thursday 10 September 2026 in the Darby & Joan Hall on Finkle Street, Cottingham.

A nomination form is included for election to the Cottingham u3a Executive Committee 2026/2027. 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 (no later than 31 July 2026).

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; there are no formal proposals from the committee.

STEPPING DOWN, NOT AWAY: REFLECTIONS ON NINE YEARS ON THE COTTINGHAM U3A COMMITTEE

As I come to the end of my time serving on the Cottingham u3a committee, it feels like the right moment to pause, reflect, and say a few words about what these past nine years have meant to me. When I first joined, I thought I was simply signing up to 'help out a little'. I now realise that "a little" can turn into nine years surprisingly quickly! Like many of us, I simply wanted to contribute in the spirit of the u3a to an organisation that offers so much to so many. What followed has been a journey that has been rewarding, challenging, occasionally demanding, but above all, deeply fulfilling. It has been an experience I wouldn't have missed. I've had the pleasure of working with fantastic groups of talented people who give their time generously, often behind the scenes, to keep everything running smoothly.

Over the nine years I have held the roles of Treasurer, Chair, Vice Chair and Groups Coordinator. Each role has brought its own learning curve. There have been times of problem-solving, decision-making, and yes, the occasional head-scratching moment – but also plenty of satisfaction in seeing ideas come to life and knowing that our efforts keep things running for the benefit of all members.

Of course, the u3a itself is about far more than committee life, meetings, activities and groups. It's about community, friendships, support given, shared interests, laughter, and the joy of learning something new without the pressure of exams (a feature I think we can all agree is worth preserving). There is also the simple pleasure of being part of something worthwhile.

Obviously, none of this happens without the contribution of many members. I would like to thank my fellow committee members, past and present, for their support, dedication, and good humour. I would also like to acknowledge all those who lead groups, organise events, produce newsletters and quietly contribute in ways that keep everything ticking along. Your efforts are what make the u3a such a valuable and enjoyable organisation to be part of.

Now, you might think that stepping down after nine years means I'm heading off into a peaceful, committee-free existence. If you know me, you will know that this will not be the case! While I am stepping down from the Cottingham committee, I will continue to be part of the regional support team (YAHR) and, as one of the two Yorkshire and Humber representatives elected to the national council, I will fulfil my national role. So, it seems I haven't quite escaped after all..... it looks as if I don't really want to, doesn't it.

When I leave the committee at the AGM in September, I will do so with a mixture of gratitude and confidence – gratitude for the opportunity to have been involved, and confidence that the Cottingham u3a will continue to thrive and grow in very capable hands.

Nomination forms will be available with this newsletter. Whether you are a new or established member, remember the u3a is run for the members by the members. The organisation cannot function without volunteers so if you are interested in contributing in any way, have a word with a committee member or with me. It truly is an enjoyable experience, well worth your while.

Pat Collard

Interest Groups

Groups Update

This month, we asked members to share how being involved in our groups has enriched their lives –for example, by learning a new skill, gaining confidence, making friends, improving wellbeing, or simply enjoying a regular social activity. If any other members would like to contribute their own experiences, please get in touch.

Sandy Voakes writes of her experience of the u3a table tennis group.

I started playing table tennis only two months ago. At first, I could barely hit the ball, but after just a few weeks I can now predict where it is going and return it over the net.

It feels great and my progress is great. As a disabled person I have found that my balance and stamina have improved.

Everyone in the group has been so lovely and helpful and it's been great fun! In my experience joining this group has brought its own rewards, why not come and try it!

My partner has joined in too, it is great for men!

Another bonus, it's indoors, so warm and dry!

We meet in the back room at Cottingham Methodist Church every Monday between 1-2.30pm and 2.30-4pm



Reflections on the Cryptic Crossword group by Hazel Ward

What do the initials CC mean to you?? Could it be Cricket Club, County Council, Carbon Copy, Cottage Cheese? Take your pick. Haven't got a clue? In Cottingham u3a it could refer to our Cryptic Crossword group.

Cryptic means mysterious or indirect and obscure. A cryptic clue can seem totally baffling. Even when the answer is given, it might appear to have no direct relevance to the clue.

But in our Cryptic Crossword group we are learning to recognise the different types of cryptic clues. We share the possible answers, and we are well on our way to trying cryptic puzzles at different levels. We don't have all the answers but really enjoy discussing possible outcomes. Sometimes we need the official answer to understand exactly how to arrive at the correct word.

Now it is your turn:

TWO CLUES (with the same answer):

Local, as, and or belonging to the neighbourhood (10 letters).

Baby sleeps here (3). A sound like a bell (4). Inexpert actor (3).

Put the answers together and what have you got?

We meet on the first and third Thursday from 10-11am at the Darby & Joan Hall, Finkle Street, Cottingham.



A brief update on this month's news

Several members have expressed interest in starting a gardening group. We have explored a number of options, and things are looking positive. We hope to share more news on this soon.

The T'ai Chi 2 group are now meeting on the 1st, 3rd, 4th & 5th Thursdays of the month.

Member feedback and new ideas:

Over the past two months, we have contacted members several times to ask whether they have any interests or hobbies they would like the u3a to explore.

Thank you to everyone who responded. Your feedback suggests that many members are enjoying their current activities and value the range of groups already available. We are always happy to hear new proposals, so please continue to share any ideas for future groups or activities.

COFFEE CLUB

Members of the u3a Coffee Club meet on the first Friday of the month, at 2pm at Pasco's Italian Restaurant. We get together for a friendly chat about this and that whilst having a coffee, tea, hot chocolate or maybe a cold drink. Sometimes a cake or an icecream in summer. Don't forget Pasco's give all u3a members a 10% discount on food and drink (but not alcohol!) and they also do a loyalty card for hot drinks.

New members to the Coffee Club are most welcome. If you are interested in joining us please contact Julie Haley through the u3a email – cottinghamu3as@gmail.com or those without email can just turn up on the day. Our next meeting will be on August 7th.

CREATIVE WRITING GROUP

I am Sue Cooper, a long term member of our u3a Creative Writing group. I really enjoy working with this group, although it is sometimes a challenge to write to a set title like this one with the subject of shredding! I hope you enjoy reading it.

The house was a large semi detached place in a quiet residential area. The paint was peeling a little and a couple of tiles were missing from the roof. The estate agent had done what he called “a drive by” and given a rough estimate of the price he thought it would fetch. He had already contacted a couple of people he thought might be interested, but was due to meet the owners (Mr and Mrs Cosgrove, but call us Paul and Lucy) to finalise the potential sale and the commission he would receive. He didn’t anticipate any issues as they seemed a nice couple and just wanted a small bungalow to end their days as they put it.

Lucy and Paul had been together over 60 years, they had met at school when they were 15, and Paul had transferred from another school, after his parents moved to the area. They were inseparable from first meeting and had married shortly after leaving school with a special licence as Lucy was pregnant. Unfortunately the child was stillborn and complications meant that Lucy could not have more children. However they had a niece, Paul’s sister’s child who visited regularly and of whom they were very fond. Lucy’s mother never forgave Paul for her daughter’s infertility, and the couple always had a difficult relationship with her until she died several years ago.

The couple had lived with Paul’s parents after their marriage and had remained in the house all their married life. It was a house they both loved and were sad to be leaving, but realised that it was getting “too much”. Paul was finding the stairs difficult to climb and the roof needed work.

For a few weeks now they had been clearing out the house, after deciding to move to a smaller place. Today they planned to “blitz the loft” as Paul put it and they were up early, sorting out stuff to go to the tip and paperwork they could shred or burn. Lucy was in charge of the shredding and sorted out piles of old bills and invoices from Paul’s upholstery business as well as bank statements and letters. There were also a pile of letters from the hospital regarding Lucy’s illness; she quickly tore these up and moved on to some old Christmas cards.

The week before, the couple had sorted out old clothes and shoes and had donated these to a local charity shop; the house now looked very sparse. Mia their niece had commented, but the couple explained that the new place was much smaller and Lucy had lost some weight recently, so many of her clothes were too big. Lucy had laughed and explained it was a good excuse to buy more.

Paul took a car load of old furniture and pictures to the tip and Lucy carried on with the shredding, they stopped for a coffee on his return and the couple reminisced over some postcards they had bought on a holiday to Scarborough many years before.

As the day wore on with several breaks for lunch or tea and even a glass of wine, the piles of stuff reduced and at last the loft was empty. They were determined to clear the rest of the clutter before the estate agent called to value the property the following day.

It was getting dark as Lucy shredded the last of the old birthday cards and everything was in the bin, she had found a pair of bootees that she had knitted for their daughter and sat thinking of all the happy times they had had in the house. The couple sat for a few minutes holding one another and had tears in their eyes.

“It’s not too late Paul, if you have changed your mind.”

“No love, I haven’t, have you?” Lucy kissed his cheek and they held one another, her face was wet with tears and they held each other close.

The shots rang out a few seconds later.

A neighbour heard the noise and ran across to their house. Paul had left the front door unlocked, so he entered and saw the scene, he was sick and almost fainted, his wife found him and immediately called the emergency services but it was obvious that the couple were both dead. Lucy was still holding the little pair of bootees in her hand, but they were now soaked in blood.

Lucy had written a note “to be opened after our death”, explaining their reasons and apologising for any inconvenience they might have caused, but that the thought of being separated was too much to bear and Lucy’s recent diagnosis was for a very aggressive Leukaemia, with only a few weeks to live. The police told the neighbours not to touch anything. The gun, Paul’s dad’s service revolver lay next to the couple who were still holding one another.

WALKING GROUP 2

18th May

It was my turn to lead in May and I found a walk on an old Humberside County Council leaflet entitled Wauldby Green Circular which was new to the group and of a suitable length of about four miles and supposedly flat (which was not quite the case, although the only steep hill was at the end and downwards!)

The first and last parts of the walk skirted Nut Wood which is also known as Bluebell Wood – the bluebells were over but the wild garlic and hawthorn with their contrasting scents were in full bloom. Apart from the wood one of the highlights was a delightful path about a mile long where most of the group hadn’t walked before, with hedges on both sides and lots of spring and early summer flowers – it was a shock when we emerged onto a road with very little warning! Fortunately we had only a short stretch of road walking before we turned off and headed back to the wood.

The starting and finishing point was conveniently close to Raywell Hall Tearoom and Bistro which was the obvious choice for our lunch venue.

We meet on the third Thursday of the month for a walk of 2 to 2½ hours followed by lunch. If you wish to join us please contact our leader Rhonda Green via the Cottingham u3a email address or telephone number or our website.

Pat Windle



The edge of Nut Wood

SOCIAL EVENTS AND MINIBUS TRIPS – FOR ALL u3a MEMBERS

SOCIAL EVENTS

Saturday August 8th Concert in aid of The Cerebral Palsy Association with the Society of Mice at Bricknell Avenue Methodist Church
Please contact Janet for further details

Friday August 14th Maritime Museum
Time TBA
Organised by Janet

Sunday August 30th Humberside Police Band in Burnby Hall gardens
£9.50 Meet at the Darby & Joan 10am for car share.
Organised by Wendy

Saturday October 3rd Talk 'Hull Musical Heritage' by Paul Schofield at Streetlife Museum
1.30pm £5 Please pay as soon as possible to secure a ticket.
Organised by Wendy

Saturday October 31st Afternoon Tea with the Society of Mice at Bricknell Avenue Methodist Church
1pm Doors open at noon £7. Closes September 10th
Organised by Janet

Sunday November 29th The Two Pianos Rock n Roll Experience at The Goodfellowship Inn
2pm £19. Closes September 10th
Organised by Janet

MINIBUS OUTINGS

From January the price will be £13 plus entrance fee due to the rising cost of diesel.

August 11th

Elsham Hall gardens & country park 10am £20. Pay by July 16th. Full

September 8th

Pickering & Thornton Dale 10am £12. Full

October 13th

Burton Constable Hall 10am £28. Full

November 10th

Woodbank Garden Centre Bingley 10am £12. Full

December 8th

Castle Howard 10am £?. Full

January 12th 2027

Junction 32 shopping outlet 10am £13

All our trips are on the second Tuesday of each month from Finkle St near to the Darby & Joan.

After being received payment is binding except for exceptional circumstances.

To book a social event or minibus trip email: cottinghamu3as@gmail.com

Phone 07586532964

or come to the small hall whilst at the monthly meeting.

Janet & Wendy

CURRENT INTEREST GROUPS

MONDAYS

WALKING GROUP 1	Monday mornings 10:00am	1st Monday of the month
WALKING GROUP 2	Monday mornings 10:00am	3rd Monday of the month
RUMMIKUB GROUP	Monday afternoons 1:30pm-3:00pm	2nd and 4th Mondays each month
TABLE TENNIS	Monday afternoons 1pm-2:30pm	Every week
TABLE TENNIS 2	Monday afternoons 2:35pm-4pm	Every week
BOOK GROUP	Monday afternoons 2:00pm	Last Monday of the month

TUESDAYS

HISTORY	Tuesday mornings 10:30am-12:00pm	3rd Tuesday each month
ART APPRECIATION	Tuesday mornings 10:30am-12:00pm	1st Tuesday each month
MR MOTIVATOR	Tuesday mornings 11:30am-12:30pm	1st and 3rd Tuesdays each month
CHAIR YOGA	Tuesday mornings 11:30am-12:30pm	2nd and 4th Tuesdays each month
ART	Tuesday afternoons 2:00pm-4:00pm	1st and 3rd Tuesdays each month
BACKGAMMON	Tuesday afternoons 2:00pm-4:00pm	4th Tuesday each month
QUIZ GROUP	Tuesday afternoons 2:00pm-4:00pm	1st and 3rd Tuesdays each month
BOARD GAMES	Tuesday afternoons 2:00pm-4:00pm	2nd Tuesday of each month
DVD FILM GROUP	Tuesday afternoons 1:30pm-4:15pm	4th Tuesday each month

WEDNESDAYS

DISCUSSION GROUP	Wednesday mornings 10:30am-12:00pm	1st Wednesday each month
TALK ITALIAN	Wednesday mornings 10:30am-12:00pm	1st and 3rd Wednesday each month
CRAFTING GROUP	Wednesday afternoons 1:30pm-3:30pm	1st Wednesday each month
BINGO	Wednesday afternoons 1:30pm-2:30pm	2nd Wednesday of each month
LUNCHEON CLUB	Wednesday afternoons 12:30pm	Last Wednesday of the month

THURSDAYS

NEEDLEWORK	Thursday mornings 10:00am-12:00pm	Every week
CREATIVE WRITING	Thursday mornings 10:00am-12:00pm	3rd Thursday each month
CRYPTIC CROSSWORDS	Thursday mornings 10:00am-11:00am	1st and 3rd Thursday each month
DISCUSSION GROUP 2	Thursday mornings 10:30am-12:00pm	Last Thursday each month
T'AI CHI	Thursday afternoons 12:45pm-1:45pm	1st and 3rd Thursdays each month
T'AI CHI 2	Thursday afternoons 2:30pm-3:30pm	1st, 3rd, 4th and 5th Thursdays each month
SCRABBLE	Thursday afternoons 2:00pm-4:00pm	1st and 3rd Thursdays each month
SOCIAL BRIDGE	Thursday afternoons 2:00pm-4:00pm	1st and 3rd Thursday each month

FRIDAYS

CROCHET, KNIT & NATTER	Friday mornings 10:00am-12:00pm	Every Friday
GOLF CROQUET GROUP	Friday mornings 10:30am-12:30pm	Every Friday April to September
COFFEE CLUB	Friday afternoons 2:00pm	1st Friday each month

SUNDAYS

SUNDAY STROLL AND COFFEE	Sunday mornings 10:30am-11:30am	2nd and 4th Sundays each month
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To join a group please contact: cottinghamu3as@gmail.com or ring 07586 532964

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
Pat Windle	Newsletter Editor

Items for the **September 2026** newsletter to be sent to Pat Windle, Newsletter Editor, by **19 August 2026**. 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.