

COTTINGHAM U3A Newsletter 151

(Charity registration number 1086936)

September 2026

Monthly Meetings

September 10
Annual General Meeting

October 8
Dr Kevin Byron
What inspires Art? (and just about everything else!)

November 12
Women of Words
A celebration of the spoken word

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 2026

This is my final newsletter as Chair, and it comes with mixed emotions. While I will be sad to step away from a role that has involved a great deal of hard work, it has also been incredibly enjoyable and rewarding. At the same time, I am delighted to be handing over to a new Chair who brings fresh ideas and a new perspective, and who I am sure will continue to move our organisation forward. I intend to remain on the committee, hopefully as Vice Chair, and look forward to continuing to support the team.

I remember the members' meeting in October 2023, my very first as Chair. At the end of the afternoon, I turned to David Groom, who was Treasurer at the time, and said, "*Well, one down, thirty-five to go!*" It hardly seems possible that those meetings have come and gone so quickly (must be my age playing tricks on me?).

This article will be much shorter than usual, with just a couple of notices to share. However, I do hope that you will read my Chair's Report for the AGM and, at four pages long, it is certainly more substantial! I make no apology for that, as it reflects the tremendous amount of work your u3a committee has undertaken over the past year.

Executive Committee / AGM. I am delighted to report that we have nominations for all committee roles for 2026-2027. Seven of our current ten committee members have chosen to stand again, and we are also welcoming two new nominees. In addition, several members have offered to support the u3a in other ways without taking on trustee responsibilities. This level of involvement is very encouraging, and the future looks bright.

Our AGM will take place at 2.00 pm on Thursday 10 September 2026 in the Darby & Joan Hall. All members should already have received the AGM papers, either through Beacon (for most members) or by post. The AGM is an important meeting, as we need to be quorate in order to confirm committee appointments and conduct the necessary business. Last year, 85 u3a members attended, in addition to the committee, and I hope we will see a similar level of support and

engagement this year.

Celebration of Older People's Event. Cottingham u3a will once again be having a stall at this event in Cottingham Civic Hall on Wednesday 30th September. The response to my request for help was overwhelming this year and I will be circulating a rota 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 10th December and again will be a little different. Details on how to book will, as usual, be included in the November newsletter. Watch this space!

Kind regards to all
Lesley A Tempest (Chair)

cottinghamu3as@gmail.com or telephone 07586 532964

Interest Groups

Groups Update

Recent Activity

The past two months have been quieter than usual because of the holiday period and grandparent duties for many. The heat has also been a contributory factor, making some activities too uncomfortable for several members 😊. A few groups are still enjoying a much-needed summer break, but we are sure things will be back in full swing in September.

Pickleball Taster Sessions

Interest in a Pickleball group

Several members who are new to pickleball have shown an interest in trying the game, so we held a number of taster sessions throughout August. Everyone who took part thoroughly enjoyed it and would like to continue.

Pickleball is easy to learn, gentle on the body, and very sociable because it is played in pairs. The smaller court, light paddle, and underhand serve make it accessible for a wide range of players.

- It is simple to pick up.
- It offers a fun, social way to stay active.
- It provides an accidental workout because the focus is on enjoyment rather than exercise.

Session Availability

Members who want to play have different availability because of other commitments. We will therefore need several sessions to give everyone a chance to take part.

Volunteers Needed

To move forward, we need volunteers to help coordinate the group. This is a simple role that mainly involves booking a court.

Next Steps

Meeting: We will hold a meeting in early September, with details to follow.

How you can help: Please attend if you are interested in playing pickleball, so we can help get this sociable, fun, and active game off the ground.

Canasta- New Group Coming Soon!

What is Canasta?

Canasta is an engaging, fast-moving card game usually played by four people in pairs. It is easy to learn and offers a sociable way to enjoy a game together. A u3a member suggested starting a Canasta group. After an email was sent to gauge interest, the response was very positive, so we are now looking into setting one up. If you are interested to learn this exciting game, please contact the Group Coordinators.

And lastly, but not least, Ukelele!

Several members would like to learn to play the ukulele. If you are a Cottingham u3a member who can play and would be happy to share your skills with others, please contact the Group Coordinators.

Just a message from the WEDNESDAY CRAFT GROUP.

I would like to say a big thank you to Lynn Hind and Dianne Collins for donating a Christmas tree to us.

I would also like to make a special mention to Nikki Abramson who kindly bought our group a large bag of craft material and paint, it was so kind of you all and meant so much to us doing the Christmas table decorations.

At the moment we have a full craft class but things change quickly, so if craft is something you are looking at doing, please feel free to forward me your name and contact number and I will add you to our waiting list.

Many thanks.

Liz, Crafting Group convenor

CREATIVE WRITING GROUP

My name is Sandra Grindell and I joined the Creative Writing Group last year. I am really enjoying the challenges of writing! I wrote this piece for the theme that had been set called 'Glitter' and I called my work 'Back in the day'. I hope you enjoy reading it as much as I enjoyed reminiscing about my dancing days.

Back in the day

Does anyone remember Locarno or Mecca? Locarno opened in Hull in September 1961 costing £200,000. It brought night life for the teenage mods in the city and could be referred to as 'the glitzy nightclub'! It was viewed as sophisticated with the cushioned dance floor and luxurious lounges and balconies. Romance was often seen and felt in the air as the orchestra played romantic songs of the day nearly always ending with 'and the nightingales sang in Barclay Square'!

The swinging sixties had begun but the nostalgia of the big bands of the 40s remained to an extent in Locarno. However change was everywhere in fashion, food, disposable income especially amongst teenagers, education all under the umbrella of 'freedom'.

It was one Saturday night in October 1962 that two young people decided to give this Locarno a try.

“It must be good,” said Barbara to her then boyfriend, “look at the queue.”

Anticipation was palatable. Bob and Barbara had on their most fashionable clothes bought from C&A, another new phenomenon in Hull. To be honest, they were their only ‘going out’ outfits. Barbara wore a tight fitting, short dress which sparkled sequins as they reached the entrance and pay desk. Bob looked very smart with his ‘Beatle style’ tie, tailored trousers and jacket, also from C&A. His wallet bulged with notes and he was proud to be paying for two tickets with his overtime money of the past weeks.

As they walked into the ballroom the atmosphere hit them. The band was already playing a familiar tune as the lighting dimmed to reflect the mood. They truly felt like adults at last. As they deposited their coats (worn in those days) in the plush changing rooms with their full length mirrors they returned to the ballroom. Bob swung Barbara into his arms and as they glided around the room they could not help but notice the disco ball above their heads. It glittered as it spun around and around making them feel dizzy, but dizzy with delight!

This was the beginning of a night to remember. At one point they started to giggle. Barbara said she felt like Cinderella and was bold enough to say that Bob was her Prince Charming. They danced until the interval when the band revolved out of sight and many of the dancers moved up the stairs for drinks. Barbara wanted a drink to quench her thirst and Bob agreed that two shandy would do just that for them.

As they relaxed Bob noticed one of his mates from work, surrounded by at least four girls. He waved and Tom ambled over followed by the group of girls, who clearly admired him for some reason! Barbara couldn’t imagine why. Tom, unlike Bob, was loud and a bit of a bragger. He focused his conversation on Barbara introducing her to ‘his harem’. None of the girls seemed bothered about being described as such. In fact they seem delighted to be thought of in that way. When Tom suggested Barbara joined the other girls, at the same time winking at Bob, Barbara shot out of her seat and excused herself to the ladies room. Out of the way Barbara composed herself determined this brash young upstart would not spoil her night.

Bob was a little worried but relaxed when he saw Barbara coming towards him. Smiling he explained that Tom was not really a friend, more of an acquaintance and tonight his manner was insulting. But Barbara thought he hadn’t said anything to challenge it and inwardly felt a little disappointed. ‘This is not the way Prince Charming would behave’ she reflected. However she had made up her mind. She would enjoy herself for the rest of the evening and her generous nature soon enabled them to be back on track.

Downstairs the band had returned and announced the next two dances would include ‘spot prizes’ which meant the music would stop at times and the band leader would direct someone to walk in various directions until the music started again and a prize would be given to the nearest couple. More excitement for all! Although they didn’t get a prize the anticipation in the room was electric.

Just as in the story of Cinderella time was of the essence. Barbara realised if they didn’t leave soon they would miss the last bus. As the glitter fell they took their leave from the ballroom. The collection of the coats took longer than they had expected and they had to run for their lives.

Guess what happened! Barbara lost her shoe only for it to be rescued by her Prince! What a night!

SOCIAL EVENTS AND MINIBUS TRIPS – FOR ALL u3a MEMBERS

SOCIAL EVENTS

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

Saturday November 28th Cottingham Little Theatre – Don't Dress for Dinner
at the Darby and Joan Hall
7.30 £10
Organised by Wendy

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

MINIBUS OUTINGS

All minibus trips go from Finkle Street near to the Darby & Joan Hall on the second Tuesday of the month and cost £12 plus admittance.

From January 2027 minibus trips will cost £13 plus admittance due to the rising cost of diesel and will be on the third Tuesday of the month.

October 13th

Burton Constable Hall 10am £28. Full

November 10th

Woodbank Garden Centre Bingley 10am £12. Full

December 8th

Castle Howard – theme A Dickens of a Christmas

Tickets already booked and paid for. £12 for minibus to pay by November 12th.

Departure time TBA.

January 19th 2027 – note change of date

Junction 32 shopping outlet 10am £13

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-3:30pm	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 **November 2026** newsletter to be sent to Pat Windle, Newsletter Editor, by **27 October 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.