

OUR MISSION

The advancement of education and, in particular, the education of older people and those who are retired from full-time work by all means, including associated activities, conducive to learning and personal development.



A misty autumnal morning

Welcome ...

...to the Autumn 2024 edition of our Beverley & District u3a newsletter. I hope that you find something in it of interest to you. Suggestions for improvements or items for inclusion in future editions, please write to me at simontull@gmail.com¹. **Simon Tull**

Chair's Message

Over the summer some of our members took part in two successful events held in our region, the first ever u3a Festival, and annual regional summer school. Reports from both events appear later in this newsletter. The next u3a national festival will take place in 2026, again at York University.

I am pleased to report that our adjourned AGM took place on 18 July, fully quorate, and all nominations for trustees and a new constitution were approved unanimously, so thank you for your support.

I'm also delighted to announce that one of our new trustees, **Shelagh Murray**, has taken on the role of Groups Facilitator to support existing groups and help to develop new ones. Should you have any ideas for new groups, please contact Shelagh on sheelmurray@gmail.com.

¹ Clicking on text formatted like **this** will take you to your default email program / web browser
Beverley & District u3a

We would still like more people to help to deliver our activities. In particular we are looking to co-opt a Social Secretary to take a lead in organising social events and would welcome other members to help in non-committee roles.

The committee is also thinking about succession planning so, if there is a committee role that you could be interested in learning more about for the future, please do get in touch.

Finally, two new groups, **Meet and Make Music** and **Weight Loss and Wellbeing** will start meetings in September. Look out for details under "Group News" below.

Our u3a at Festival 24

Back in April, our croquet group was invited to take part in a competition to be held at the **u3a Festival 24** in York in July. We were pleased to accept and were able to field two teams - **Diane Billings & Alan Towers**, and **Steve Killick & me**. There are two forms of croquet - short and long lawn. We are most used to the short lawn game and so had to practise the long form - the form we were to play in competition - over a period of about a month prior to the event. In this, we had the fortune to benefit from some excellent coaching from Maureen, from the Beverley & East Riding Croquet Club.



u3a Festival croquet competition

The competition was held on a cricket square, with two games starting together on opposing diagonals using two sets of different coloured balls. The morning session consisted of a round robin contest of four 30 minute games. At the end of the session, Steve and I were joint leaders which was quite a surprise (well, to me anyway!) considering the quality of our opponents from York u3a and Sheffield u3a. This gave us quite a boost, as you might imagine. Diane and Alan didn't do quite so well but were saving their best to the afternoon, as you will see!



u3a Festival croquet competition

The afternoon session was a knockout tournament. Steve and I were totally overwhelmed in the first round and were knocked out by the York u3a couple we had beaten in the morning. The York team was golden - skilful as well as lucky (even they couldn't believe their luck!). When we had a ball in the jaws of the hoop, they still got past us. It was a phenomenal display and it was an honour to play them - awesome.

HOWEVER, the stars of the day were Diane and Alan, who did us proud! They came into their own in the afternoon, demolishing the opposition only to lose the final by a whisker, so coming second in the tournament - and they have the trophy to prove it. Alan and Diane played brilliantly in all their tournament matches and their teamwork was absolutely excellent. Congratulations to both of them! We are all very proud of their achievement.

Highlight of the day for Steve and I was when a big brown dog caught sight of the balls in play and thought he would come over and join in!!! He lolloped over to play with us, chasing and picking up the green ball despite it's weight and hardness. I laughed so

much! A black mark against me on the etiquette stakes. The lady who was playing the green ball, which was covered in slobber, wasn't quite so impressed! Then - joy of joys - an ice cream van appeared and after some impressive group waving to attract his attention, we all dashed over to buy ice creams and lollies. The whole day had been very sunny, reaching about 28°C. There was no shade at all on the playing lawns so an ice cream was just what we all needed!

Everyone we met and played during the day was so helpful and friendly, and I can thoroughly recommend that we do it again next time should we get the chance - plus we got to top up our tans!

Should this inspire you and you are interested in having a go, please see below under "Group News". **Anne Gower**

Beverley Community Event

We participated in the **Beverley Community Event** organised by EYRC and held at the Leisure Centre in Beverley on 30th June. This was an occasion for promoting our u3a to potential new members as well as meeting other local community groups. We were even able to show off our well earned "Best of Beverley" Award. Thanks to everyone who came along and said "hello", and to those members who helped on the day. **Simon Tull**



Beverley Community Event

Speaker Finder's Message

Our monthly meetings are held at 2.00pm on the third Thursday each month at Beverley Memorial Hall. Meetings consist of a talk, with tea/coffee and biscuits to follow. We very much look forward to seeing as many members as possible at these events. If the day isn't in your diary, please add a reminder to your calendar - it would be great to see you there.

Upcoming meetings this quarter are as follows:



Typical Wolds farmland

19th September - Regenerative Farming and its Role in Sustainable Food Production: How do we balance feeding the world and conservation - **Bill Meredith**

17th October - The Beverley Home Guard, WW2 - **Colin Bradshaw**

19th November - The Hull fishing industry - **Phil MacMullen**

12th December - Traditional Carols - **Beverley Community Choir**

The 2025 speaker programme is shaping up to be incredibly varied and interesting. We have the opportunity to hear from jewellery designers, leading nature conservationists, financial advisors, literary experts and even geologists. I would like to thank all those members who have provided inspiration and leads for future speakers, your input is very much appreciated. Do please keep your ideas coming to me via **email**, as it is always useful to hear about the subjects you would like to see represented. **Rachel Ellis-Jones**

Group News

Please note that all of our active groups are listed in the Groups List mailed along with this newsletter.

Meet and Make Music

Meet and Make Music is a new group for instrumentalists, of any standard and genre. Our aim is to provide an opportunity for people to meet other musicians, and get some friendly encouragement and feedback. You could play a piece you have been working on, or get together and play duets or ensembles. It doesn't matter what instrument you play or how rusty you are. There are no performance pressures, and no-one will say anything about any wrong notes played! Our first meeting is on Tuesday 24th September at 4:00pm at the Friends Meeting House, Quaker Lane. Anyone interested please contact **Sue Newton** at snewtonsue@gmail.com or call 01964 551502.



Making music © Third Age Trust

Weight loss and Wellbeing Group

This is a new group for those who want to lose weight but, even with the best will in the world, lack the motivation to go it alone! The idea is that we can make friends, support and learn from each other through the process.



Healthy eating

In the first part of the meeting we will record our weight. This can be challenging for some, but everything will be kept confidential, and the group is relaxed and non-judgemental. Many people find a weekly weigh-in a useful tool in their weight loss journey, and are motivated by their successes.

The second part of the meeting consists of a general chat about how things have gone that week: the progress we've made (or not!) and how we can support each other to do better. Everyone has something valuable to contribute - whatever diet you are following, sharing weight loss experiences and healthy lifestyle tips can be beneficial for everyone.

If this support group sounds like something that could help you achieve your goals, (whilst meeting some like-minded people along the way ☺). The group will meet weekly on Friday mornings 10:00 - 11:30 at Chapter House, Keldgate with the first meeting scheduled for 13th September. Please email me at grilka@grilka.karoo.co.uk if interested. **Beverley Emm**

Short Strolls Group

The Short Strolls group meets on the 2nd and 4th Tuesday afternoon each month from March to October. We start at a variety of locations in Beverley and take a leisurely stroll of about 40 minutes, finishing at a coffee shop. Along the way we like to learn something of the features of our town's heritage, like this 1824 cast iron street lamp - still in use today. We have a small number of vacancies, so if interested, please email **Ann Scruton** or call 07940751651. **Ann Scruton**



An 1824 street lamp

Gentle Cycling Group

Here is what some of our group members are saying about Gentle Cycling

"Having fun, making new friends, taking gentle exercise that puts less pressure on joints than walking and certainly jogging. Cycling gets you out further than walking, enabling you to see more around you than driving."

"It's fun, it's friendly, it's fantastic, it's fabulous, and at the end of a ride we find a friendly cafe and foster our friendships further."



Gentle cycling

... And here are some examples of the rides we have recently completed

- Beverley circular. Cycle paths around the outskirts of Beverley, past the delights of our wonderful market town.
- Cottingham circular - cycle path along the A164 to Cottingham, along Park Lane and NCN route 1 (farm track) to Long Lane and on into Beverley.
- Thearne circular - Ride along the cycle path alongside Hull Road to Thearne, return via Long Lane to Beverley.
- Walkington circular - ride across the Westwood along cycle paths through Walkington, return via Walkington Heads.
- Walkington, Bishop Burton, Cherry Burton, Molescroft - cycle paths to Walkington and from Cherry Burton.

Should any of this enthuse you, the group meets on Tuesday evenings at 6pm between April and September and at 10am during the rest of the year. Please contact [Adrian Ramsdale](#), telephone 01482 881095 or [John Kilner](#), telephone 07803 137870. **John Kilner**

Croquet Group 2

We started up a new weekly croquet group, on Tuesday mornings from 10.30-12.30 at Rowley Manor, Little Weighton on 2nd July. So far we have 12 members in the group and everyone seems to be enjoying learning and playing full lawn golf croquet using equipment supplied by Beverley & East Riding Croquet Club. Unfortunately the weather hasn't been at all kind to us but when we have been able to play we have had excellent coaching from Maureen and Eddie from the club. We offer two free taster sessions for new players and after that hopefully you will want to join the group! It's a sociable game played in lovely surroundings (when its not raining!) and we offer a warm welcome, exercise, fresh air and hopefully an enjoyable new hobby. All you need to bring are some flat shoes to play in, and a drink for the half time break. If you would like to come along, please email [Anne Gower](#), or call 01482 861544 or 07837755601 (mobile). **Anne Gower**

Greek for Holidays Group

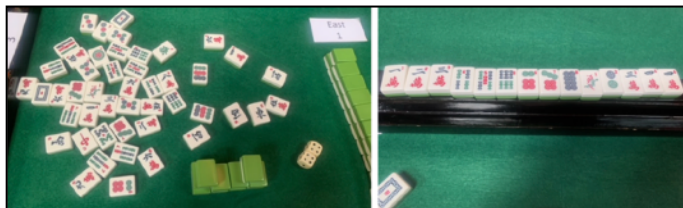
Any u3a members who would be interested in learning basic "present spoken" everyday Greek, or anyone who would like to learn the language without the grammar - which may seem quite daunting - is invited to join us.

We started the group in June/July of last year and our members are enjoying themselves and are already interacting in Greek in the relaxed atmosphere we offer. Beginners are most welcome to join and make holidays more enjoyable by being able understand and

Speak the language. Anyone interested can email [Nan Griffin](#) or call 07951114108. **Nan Griffin**

Mahjong Group

Mahjong (麻将) is of Chinese origin, developed in the 1800's as a gambling game for men. It wasn't until the early 20th century that its popularity spread worldwide. The name means "twittering sparrows", from the sound the tiles make when shuffled to begin a game.



Mahjong - with a winning "Three Philosophers" hand

Mahjong is played with a set of 144 small tiles decorated with Chinese icons of bamboo characters, circles and special "honour" tiles of winds and dragons. There are also bonus tiles depicting the seasons and flowers. The game is played by four people at a time. Each player begins with 13 tiles which they exchange to accumulate set patterns of tiles. The game is won by a combination of strategy, skill and luck.

We play with a degree of seriousness but still have an enjoyable time. We meet fortnightly, on the second and fourth Tuesdays of the month. There is a waiting list to join at present owing to the limitations we have at our meeting venue, but if you would like to be added to the waiting list please contact [Elaine Rispin](#) on email. **Elaine Rispin**

German Conversation Group



Kaffee und kuchen

In July we met at the King's Head for our last meeting before the summer break. Everyone enjoyed themselves and as usual there was lots of chatting, debating, fun and laughter. The icing on the cake was "Kaffee und Kuchen". Lis had taken the trouble to bake two delicious cakes following authentic German recipes. What an lovely afternoon

we had! **Anne Ostermeier**

Current Affairs Group

The pace of our turbulent politics has really not calmed. We have had an extended general election campaign, won overwhelmingly by Labour. The new government will struggle to deal with the manifold problems it faces. In addition, we have the November election for a new US President which currently could either be Kamala Harris or a return of former President Donald Trump - still denying he didn't lose the 2020 election. I hope to do three monthly sessions this autumn, each preceded, as always by an emailed briefing:

9th October - Reflections on the 4th July Labour landslide

20th November - The US Presidential Election discussed

11th December - How is Labour doing?

As group members know, my health has been a problem in recent years but, assuming all is well, I look forward to seeing the group and benefitting from its wisdom. We meet at

the Lairgate Hotel, 10.30-12.30, with a break for refreshments. If interested, please contact [Christine Benson](#) or call 01482 883347. **Bill Jones**

Garden Interest Group

On 4th July, 19 members visited the Old Priory at Everingham, where the owner showed us around a stunning two acre rural garden created to enable self sufficiency in vegetables and fruit. Amongst the highlights were a beautiful tulip tree and a dove tree (aka handkerchief tree). The owner, Mrs Marsden, has kindly agreed to come and talk to us in January on the work of the National Garden Scheme and will give those who didn't go on the visit a chance to hear more about her garden.



Garden delights

Upcoming events are as follows:

6th September – Stillingfleet Lodge, Stillingfleet, York

4th October – Floral presentation by Wendy Eagle

15th November – Presentation on the gardens of Northumberland

6th December – Intriguing talk by Colin Bradshaw on “Life and Death in the Garden” – don't worry, its not a “whodunit”!

24th January – Illustrated talk on the work of the NGS and a brief overview of the gardens at The Old Priory, Everingham

28th February – A talk on the history of allotments in Hull and East Yorkshire

If you are interested in gardening and would like to join the group, please contact [Sue Symmonds](#) to be put on the membership waiting list. **Sue Symmonds**

Yorkshire and Humber Region u3a Summer School



Hawkshills, Easingwold

This photograph is of Hawkshills, near Easingwold, the wonderful setting for the annual Yorkshire and the Humber region (YAHR) Summer School. We spent three days in July in this peaceful environment, studying one of nine different subjects available with friendly people from u3as across the UK, wandering the extensive grounds and eating delicious food. We can highly recommend the experience.

Margaret, our tutor from Barnsley u3a, took us at a gallop through the lives and works of four Scottish artists (Peplow, Cadell, Hunter and Fergusson) all of whom deserve to be more widely known. Other courses on offer this year included Improvised Drama, Spanish, English Language: Who Owns It?, Cosmology and the history of Russia and Ukraine.

Entertainment was provided each evening and Hawkshills has a comfortable bar for meeting friends old and new.

Courses vary each year depending on tutors volunteering their time and expertise. The event books up quickly so keep an eye on the [u3a](#) and [YAHR](#) websites around November, when details are announced. **Pam Buckton, Graham Buckton**

General u3a News

The Third Age Trust has recently announced two new appointments, with **Allan Walmsley** from Kings Norton & District u3a elected as Chair of the trust board and **Iain Cassidy** appointed as CEO, a paid position. National and regional voluntary positions are open to all u3a members so, if you would like to find out more about what is happening at regional or national level, check out the websites and subscribe to the u3a Friends newsletter.

A wide range of services is available to u3a members who sign up to receive the **u3a Friends newsletter**. **u3a Friends Extra** is a benefits website which provides access to a wide range of offers, discounts and additional services. The scheme is free for members to access. Offers and services available through Friends Extra include:



- Health and wellbeing
- Shopping savings on major brands and retail discounts
- Travel and holidays
- Leisure offers, like family days out, trips to the cinema and theatre
- Insurance offers on car, travel and medical insurance
- Access to financial advice and a legal helpline

To become a "Friend", simply sign up to receive the Friends Newsletter on the **u3a website**. You may need to scroll down the page to see where to sign up. Each issue of the Friends Newsletter will include a link to the Friends Extra benefits website and highlight one of the offers. The Third Age Trust has published a FAQ about the scheme, which you can read [here](#).

The Third Age Trust website includes a wide range of resources of potential interest to members. The website includes a learning zone which has a whole range of **online groups** that you can join for an annual fee of £12, and there is a subject interest network for pretty much any subject you can imagine. See [here](#) for more information.

Community Announcements

Beverley Male Voice Choir is offering u3a members discounted tickets for their concerts. Tickets can be bought at the door on production of a valid u3a membership card for the reduced price of £6. The next concert is at Toll Gavel United Church on Friday 4th October, 7.00 pm. We will also have them for sale at our forthcoming monthly meetings. A complete list of events is provided on their [website](#).

Membership of East Riding of Yorkshire Council (ERYC) leisure centres is available with your u3a membership at a discounted rate of £27. An application form may be accessed via the [membership page](#) of our website. For full details contact leisure@eastriding.gov.co.uk or call 01482 395223.

Credits

All images included in this newsletter were taken by members of Beverley & District u3a unless where otherwise credited. Photo credits: Pam Buckton, Anne Gower, John Kilner, Anne Ostermeier, Ann Scruton, Simon Tull.

