

## 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.*



### Welcome ...

... To the Spring 2026 Newsletter. I hope that you will find plenty to interest you. I am looking for someone who could take on my role as Publicity Officer. Responsibilities include writing and editing this newsletter, and maintenance of our website (don't worry, IT expertise is really not required!). If you are one of those creative types and you think this might be for you, please drop me a line at [simontull@ymail.com](mailto:simontull@ymail.com)<sup>1</sup>.

### Chair's Message

I am writing this as our Silver Anniversary year draws to a close. Looking back, it has been a hugely successful time for our u3a. Membership continues to grow - we now have some 800 members, and along with this, the number and diversity of our special interest groups has increased to over 60. We have been able to celebrate our anniversary year with a wide range of social events, including an autumn social, lunches at Elwells, the Spring Fair and even a murder mystery. Our monthly meetings are always very well attended thanks to an impressive variety of high quality speakers. None of this would be possible without the commitment and dedication of those of you who volunteer their time. My thanks to everyone, and an appeal to all members to consider what they might be able to do to help out. **Simon Tull**

### Annual General Meeting 2026

The 27th AGM of Beverley & District u3a will be held at 2pm on **Thursday 18th June 2026** at the Memorial Hall, Beverley. All members are encouraged to attend. Officers and other committee

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<sup>1</sup> clicking on links formatted like [this](#) will open your default web or email program

members will be elected for the forthcoming year at the AGM. This short meeting will be followed by the usual monthly talk and refreshments. Should you wish to nominate a member to serve on the committee, please [email](#) the Chair, Simon Tull, for a nomination form. Nominations proposed and seconded by current Beverley & District u3a members must be received by the Secretary, [Nadine Tull](#), by **26th May 2026**. Any motions that members would like to be considered at the AGM should be proposed, seconded and sent to the Secretary by the same date.

### Spring Fair 2026

The 2026 Spring Fair, held at Bishop Burton College on 10th April, was again a huge success. Attendees were able to hear a fantastic range of talks, covering topics including nature conservation, gardening, and local history. Activities included an e-bike try out and the chance to create a David Hockney inspired artwork. Exhibitors were [Hawleys Auctioneers](#), [Nicola Lyte Cards](#), and [Yorkshire Wolds Heritage Trust](#). Huge thanks are due to the organising committee - Rachel Ellis Jones, Nadine Tull, Linnia Khemdoudi, Sheel Murray, John Kilner and Sue Symmons. Thank you too to all the helpers on the day - Jenny Barber, Elaine Bielby, Carolyn Booth-Jones, Pam Buckton, Dee Davies, Maureen Fisher, Jo Herrick, Chris Jordison, Noreen Kerr, Chris Lambson, Sharon Lambson, Denise Lester, Howard Lester, Yvonne McKinney, Huguette Savoie, Patricia Towers and Mike Welsh



## Monthly Meetings

Our monthly meetings are held on the third Thursday monthly, 2:00 pm at the Beverley Memorial Hall, 73-75 Lairgate, HU17 8HN. Meetings comprise a talk followed by tea/coffee and biscuits and the chance to chat with fellow members. Tickets for our [social events](#) are also sold at these meetings. Upcoming meetings are as follows. Note that we do not meet in August.

18th June - AGM - Philip Cain - Barrow to Baghdad and Back Again

16th July - Joanne Aston - Shackleton's Stowaways

17th September - Fran Sandham - Solo Walk across Africa

The presentation material for some of our past meetings can be found on the Monthly Meetings page of our [website](#); by popular request this includes Sheel Murray's Oat Biscuit recipe as presented at the January meeting when she spoke on the subject of Ultra-Processed Foods.

## Group News

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

**Music Appreciation** Our group started soon after Beverley & District u3a was founded in 2000. One of our current members, Ken Greene, an early chair of our u3a, joined the Music Appreciation group immediately and still meets with us. The group initially met at the home of one of its members, Joan Draper. It concentrated entirely on classical music at that time, and all the music was played on a CD player. When the group began to grow in size, it moved to Goulding Court, and now meets at the C Club. We play a wider range of music each session, including classical music, jazz, brass bands, folk, and popular music. Another of our current members, Hal Onions, was also a very early member, and it was he who first introduced jazz CDs to the meetings.

In addition to playing CDs, we are now also able to stream music from our phones. However, our aim is still the same – to enjoy a variety of music in each session, based on a chosen topic. We have room for more members, and are a very friendly group. We meet from 2.00pm to 3.30 pm on the second Friday of the month at the C Club. If you would like to find out more, and perhaps try a session, please [email](#) me. **Pam Jolly**

**Gentle Cycling** Our Gentle Cycling Group offers the perfect blend of fresh air, exercise, and friendship. We roll out most Tuesdays covering around 15 to 20 miles through the stunning Wolds countryside, taking in the picturesque villages and rolling hills. We also ride around Beverley Cottingham and Leven. The routes are always scenic, and the pace is just right – no Lycra-cloned speed demons here, just a leisurely cruise with plenty of chat and laughs. After working up an appetite, we convene at Cafe V in Beverley, a snug spot with top-notch coffee and treats. It's the perfect pitstop to refuel, share stories, and have a right old natter. Whether you're a seasoned cyclist or just getting back into it, our group's all about having a good time. If you're local and up for a gentle pedal with a lovely bunch, you're more than welcome to join us! Drop me a [line](#) if interested. **John Kilner**



*Gentle Cycling Group*

**Bridge.** We have spaces for about three people. We meet on Tuesday 2 pm at Molescroft Pavilion and pay £3 to cover the room cost. We can accommodate absolute beginners better if we know in advance - a knowledge of whist would be preferable. [Contact me](#) if interested. **Malcolm Hara**



Tuscany

**Italian for Improvers** The aim of our group is to improve members' conversational ability whilst brushing up on grammar. Sessions are a mix of conversational Italian, grammar exercises completed as *compiti* (homework) and then either a translation or a conversation using pictures. We sometimes play Scarebo (the Italian version of Scrabble) and end with tea, biscuits and catch-up (in English!). We are looking for new members, although please note that whilst we are a mixed ability group all of us have had some formal teaching - the group is not therefore suitable for beginners. Please [drop me a line](#) if

interested. **Judith Finn**

**Local History Group Two** This new group started in January at the C club, meeting on the morning of the second Thursday of each month. PowerPoint presentations, followed by discussion, have so far included 'Beverley's Back Street', 'The Battle of Stamford Bridge' and 'The History of Sport in Beverley', with further topics lined up. We have just a few places available - please contact me by [email](#) if you would like to join. **Ann Scruton**

**Photography Group** The Photography Group meets on the third Friday of the month, when we share photographs we have taken on the topic which was set for that month. We also have talks and watch videos on anything from editing and composition tips, to trips we have taken, as well as learning about famous photographers. We are a friendly group who use both DSLR and phone cameras, and in the better weather we have walks with our cameras to practice what we have learned. If you would be interested in coming along for a trial session, please contact me on [val-williamson@live.co.uk](mailto:val-williamson@live.co.uk). **Val Williamson**



Photographers!

The **Garden Interest Group** has two upcoming events to announce. There is to be a talk on Beverley Parklands Nature Reserve on 22nd May at 10.30, and a garden visit is planned for the afternoon of 12th June (details to be advised nearer the time). **Sue Symmons**

**Floor-Based Yoga.** Our new Floor-Based Yoga Group is led by an experienced and qualified yoga practitioner, who tailors the class to reflect individual needs and abilities in a professional yet relaxed and friendly style. Classes are held in a warm, comfortable purpose-built yoga venue, with all the equipment you'll need (though you're free to bring your own). There are spaces for more members, so please [email](#) me if interested. Please note that charges apply. **John Seale**

Please note that our **“Greek for Holidays”** group is now **“Greek for Holidays/Everyday Spoken Greek”** in recognition of the progress members have made with the language. **Nana Griffin.**

### **General u3a News**

There are no longer any residential places available at the **YAHR Summer School** to be held in York in August, but you can ask to be added to the waiting list, and find out what courses are available for day delegates via the dedicated Summer School [website](#).

**u3a Matters Magazine** The national u3a magazine “u3a matters” contains stories about u3a members and activities around the country. Many of you chose to get it when you joined our u3a. If so, you currently receive the magazine by post four times per year. Current and past issues of the magazine are now available digitally to all u3a members via this [link](#)



The committee strongly supports this move to a digital format from our national body as it is more environmentally friendly and saves our u3a £3.80 per subscription, which we can use to benefit our members in other ways. **We therefore plan to stop supplying the**

**paper copy of the magazine unless you specifically request to continue receiving it.** If you do still require a paper copy of the magazine, please notify our Membership Secretary, Colin Robertson, by [email](#), or by writing to him at 16, The Cedar Grove, Beverley, HU17 7EP. Please note that in opting to receive a paper copy, you are agreeing that your postal address will be shared with the third-party supplier who oversees the distribution of the magazine for the sole purpose of posting copies to you.

**u3a Friends Extra.** 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 members with free access to a wide range of offers, discounts and additional services. Friends Extra includes deals on health and wellbeing, major brand shopping, travel, days out, insurance, as well as access to financial services and legal advice.

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 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](#).

**Third Age Trust Online Resources** The [website](#) of our parent body includes a wide range of resources of potential interest to members, including a learning zone with a subject interest network for pretty much any subject you can imagine.

**u3a Values** Consistent with our belonging to the wider u3a, all members should note that we all expected to abide by the aims and guiding principles of the u3a movement. Our constitution and policy documents are available from the [Members Area](#) of our website or on request from the Secretary at [nadinetull@ymail.com](mailto:nadinetull@ymail.com) or by calling 07706 039467.

### **Local Community Announcements**

**Beverley Male Voice Choir** offers Beverley & District u3a members discounted tickets for their concerts. A complete list of events is provided on the BMVC [website](#).

**EYRC Leisure Centres.** Membership of East Riding of Yorkshire Council (ERYC) leisure centres is available at a discounted rate of £27. An application form can be downloaded from our [website](#).