

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 Summer 2026 Newsletter which, in keeping with the season, has something of an “outdoorsy” feel to it thanks to contributions from our cycling, gardening and walking groups. I hope that you will find plenty to interest you. Do [write](#)¹ to me if you have any items for inclusion in the next newsletter **Simon Tull**

Chair's Message

It is both a privilege and a pleasure to write to you for the first time as Chair of Beverley and District u3a. I am honoured to have been given this opportunity and look forward to working with our committee, group coordinators and members to ensure that our u3a continues to thrive.

Before looking ahead, I would like to express my sincere thanks to Simon Tull for his leadership as Chair. During his time in office, Beverley and District u3a has gone from strength to strength. Membership has grown significantly, new interest groups have been established, and members have benefited from an ever-widening range of opportunities to learn, share experiences and make new friendships. Simon's enthusiasm, commitment have helped shape the vibrant organisation we enjoy today. I am delighted that he has agreed to remain on the committee as Vice Chair. His experience and knowledge will be invaluable, and I look forward to continuing to work alongside him.

I would also like to offer heartfelt thanks to Nadine Tull, who has retired from her role as Secretary. Nadine has become a friend, and I will miss seeing her each month at committee meetings. The

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

smooth running of any organisation depends heavily on the dedication of those who work behind the scenes, and Nadine's commitment, professionalism and hard work over the years have made a tremendous contribution to Beverley and District u3a.

At the same time, I wish to welcome David Crapper, Treasurer and Howard Lester, Secretary as new committee members.

This is also an appropriate opportunity to recognise and thank the group coordinators for their long and valued contributions. Our interest groups are the lifeblood of our u3a, and exist only because members are willing to share their time, skills and enthusiasm to set them up and run them. Every coordinator who has led a group, organised meetings and encouraged participation has helped enrich the experience of countless members. On behalf of us all, thank you for everything you have done and continue to do.



u3a committee in action

Members may not be aware that we are constantly short of volunteers, such that those who do step up often end in in several roles. Volunteering does not have to be horribly onerous - in fact, it is fun and can offer many rewards, as I discuss elsewhere in this newsletter. The more of us that contribute, the easier it is for everyone. Even a tiny contribution helps lighten the load, so please give some thought to what you might be able to contribute.

In conclusion, I look forward to meeting you and hearing your ideas, so we may continue to see Beverley and District u3a grow and develop **Rachel Ellis-Jones**

Annual General Meeting 2026

The 27th AGM of Beverley & District u3a was held on Thursday 18th June at Beverley Memorial Hall. The minutes of the 2025 AGM were approved. Support to appoint an external examiner for our accounts were sought and received. Officers and other committee members were elected for the forthcoming year as follows.

Officers			
Chair Rachel Ellis-Jones	Secretary Howard Lester	Treasurer David Crapper	
Other committee members			
Groups Facilitator Shelagh Murray	Membership Secretary Colin Robertson	Speaker Finder Rachel Ellis-Jones	Social Secretary Linnia Khemdoudi
Compliance Officer John Kilner	Publicity Officer / Vice Chair Simon Tull	IT Officer Simon Tull/Vacant	Minutes Secretary Sue Cooper

Beverley & District u3a Committee

The AGM was followed by an extremely entertaining talk by [Philip Cain](#), which took us from Barrow-in-Furness to Baghdad via the North Sea, Kazakhstan and Nigeria.



Philip Cain entertaining us after the 2026 AGM

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 monthly meetings are as follows. Note that we do not meet in August.

16th July - Joanne Aston - Shackleton's Stowaways

17th September - Fran Sandham - Solo Walk across Africa

15th October - Robert Morgan - The Ups and Downs of Adoption

Group News

Garden Interest Group This year we have enjoyed various illustrated talks, starting with one on perennials, followed by one on snowdrops - who knew there were so many varieties! Unfortunately our March talk had to be cancelled but the speaker (who writes for the Beverley Magazine) is coming to us next month to give us a talk on "Creating a Garden from Scratch". The April weather meant that the return visit to the gorgeous gardens at Givendale House sadly had to be cancelled. In May we had a talk on the Beverley Parklands Nature Reserve which was relatively unknown to a lot of the group. It is intended that eventually the reserve will be known for the Yorkshire collection of apples. These have such an intriguing range of names. If you have never been, do go and admire the sterling work they are doing, at a time we are losing so much land to building. In June, one of our members kindly invited us to visit her tranquil oasis of a garden with a lot of beautiful plants and specimen trees. and where they are working towards sustainability and encouraging wildlife. It was a lovely afternoon with 21 members present. Proceeds of the visit and sale of plants going to the Food Bank. Before the "end of term", we have one more talk and hopefully a guided tour of the gardens at Sledmere. Planning for the autumn programme is under way. **Sue Symmons**



Spring Garden

Long Walks 1 We meet on the second and fourth Thursday of the month. Spring 2026 was particularly good for walking with lots of dry, sunny days - just a bit of a blip now it's June! We have walked around Hutton Cranswick, North Dalton, Flamborough, Londesborough, Huggate, North Cave, Lockington and Thixendale. The walks are usually between 7 and 8 miles and are followed by a well-earned lunch usually, in a local pub. We walk on footpaths and occasionally on quiet roads. Several of our members have a keen interest in wildlife and when they have led walks they've pointed out badger sets, birds and lots of facts about the local flora. This has helped to make the walks even more enjoyable. **Liz Davies**



Walking with our u3a

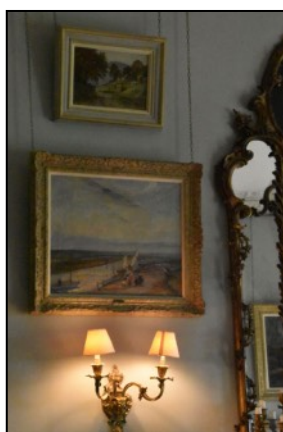
Long Walks 2 Our Long Walks 2 group has just had its first anniversary in June. We did an 8 mile Wharram Percy/Thixendale walk in, what can only be described as, mixed weather 🌧️☀️🌧️☁️☀️. We are a small group with 25 members and typically with around eight to 12 people on each walk covering distances between 8-10 miles. We walk every other Thursday. Future walks are planned to Roseberry Topping, Goathland, South Cave, Goodmanham and Birdsall. New walkers always welcome 🐾🐾. Drop me a [line](#) if interested. **Kay Gamble**

Short Walks 2 Members of Short Walks 2 were in Bainton in early June, walking along quiet lanes and the Minster Way footpath. We managed to avoid the showers that had been forecast, and enjoyed views of the surrounding countryside. If you would like to join us, [email](#) for more information. **Nadine Tull**

Local History 4. Owing to popular demand, I have set up a new Local History Group which will start on 12th October. The group will meet at the C Club at 10.30 am on the second Monday monthly. There will be an initial charge of £10 to pay for any external speakers and the room. This will need to be 'topped up' when the money runs out. **Doreen Osuch**

Tuesday Quiz Group We now have places available, which meets on the 1st Tuesday monthly at 2pm at the C Club. There is an initial charge of £10 to pay for the room. Also, a fee of £1 each meeting - which becomes the prize money for the winning group. Members are put into different groups each week - which means you get to meet other members, and the same team does not win each time! Also, individuals are not on their own. This is a lively, friendly group so [email](#) me if interested. **Doreen Osuch**

Art Appreciation Following a superb presentation on the Staithes Group of artists by Rachel Ellis-Jones, the Art Appreciation group members decided they wanted to follow up with a visit to



the largest collection of the group's paintings in the country, if not the World. This collection was brought together by Simon Wood and assembled at Brockfield Hall, near York.

The visit took place on 19th May, with 19 of the Art group's members participating, and was hosted by Charlie, Simon's

The Art Appreciation Group at Brockfield Hall

son, who now lives in the Hall. He explained that the building was being returned to its original early 19th century splendour, with the two first floors now looking very much as they did in their heyday. As with so many grand houses, there are numerous paintings of ancestors, but also many by the Staithes Group. This part of the visit concluded with refreshments in the kitchen - and what a kitchen - as might be expected in a country house.

Suitably refreshed, the group took the short trip across the grounds to the Garden House, where the bulk of the collection is hung and stored. Simon is such an avid collector he snaps up any Staithes Group paintings that become available, resulting in paintings covering the walls, with many more stacked on the floor in numerous rooms. Following a fascinating visit, members left with a greater understanding of the appeal of the Staithes Group and the history of Brockfield Hall.

Graham Buckton

Current Affairs Last year our discussions ranged from UK to US politics and geopolitics. Members seldom left the discussion less than very well informed. Each member receives a briefing document by email a week or so before the meeting and then a more condensed slide presentation on the day. The excellent C Club facilities provide for a good sized audience. At the time of writing we have convened a special session on the Ashton in Makerfield by-election. We take a break over the summer; autumn dates are 8th October, 12th November and 10th December when we will inevitably cover UK politics (perhaps including a new PM), the US Midterms and whatever seems topical thrown in. I hope some sessions will involve fellow retired academic, Kevin Bonnet. **Bill Jones**

Gentle Cycling Group Riding with us is all about camaraderie, fresh air, and steady exploration. It proves that cycling in retirement is not about speed. Instead, it focuses on the scenery, the shared laughs, and the social and health benefits gained from active outdoor community life. These include those from low-impact aerobic exercise that keeps joints moving and improves cardiovascular health. Your mental health will be improved by being immersed in nature and all that follows in significantly reducing stress and boosting your mood. Then there is the social connections and friendships you will make forged over shared physical achievements and mandatory café stops.



Gentle Cycling Group out and about

Looking back over recent rides, spring ride highlights included spotting wildlife on a 31 mile route around Leven and Burshell, a rolling loop of a ride between High Hunsley and Little Weighton with panoramic views of the Wolds, an exploration of the area around Brandesburton, a ride through Cottingham and Skidby with great views of the windmill, and a circular ride between Walkington and Leconfield which was an excellent showcase for the varied topography available right on Beverley's doorstep. Drop me a [line](#) if this sounds like it might be for you. **John Kilner**

E-bikes4us The E-bikes4us group brought effortless joy to longer spring excursions. Their 25-mile ride to Goodmanham conquered the Wolds landscape with ease, leading to a wonderful stop in the historic village. Equally delightful was the 30-mile trek to North Cave Wetlands, blending smooth, assisted cycling with fantastic opportunities for springtime birdwatching **John Kilner**

Members visit to Laurel Vines A lovely sunny day, looking out over vineyards eating cake - 21 members enjoyed a relaxing afternoon, talking, sampling wines grown and made in East Yorkshire, while eating sandwiches and cake. A great way to spend a summers afternoon.



Tea for 21

Volunteering: A Small Contribution That Makes a Big Difference

Beverley and District u3a is built on the principle of members sharing their time, knowledge, skills, and experience for the benefit of others. Volunteers are essential for organising interest groups,

events, managing communications, finances, membership, and administration. Currently, some committee members are carrying out multiple roles, which is unsustainable in the long term. To ensure the u3a's vibrancy, welcoming atmosphere, and success, we need more members to volunteer. Volunteering is rewarding for those who take part:

Volunteering is a great way to meet people and build stronger connections within the u3a community. Many volunteers develop lasting friendships through working together.

Share your skills and experience. Whether you have professional expertise, organisational skills, practical knowledge, or enthusiasm and common sense, your experience can make a valuable contribution. Sharing your skills is rewarding.

Learn something new. Volunteer roles often provide opportunities to develop new skills, gain confidence, and try activities you may never have considered before.

Feel valued and make a difference. Knowing that your efforts help keep Beverley and District u3a thriving gives immense satisfaction. Every contribution, large or small, has a positive impact on fellow members.

Give what you can. Volunteering doesn't have to mean a major commitment. Many roles require only a small amount of time, and there are opportunities to help regularly or occasionally, depending on your availability.



Running a group is something anyone can volunteer for, and it's lots of fun

If you've enjoyed participating in an interest group, attended an event, read a newsletter, or benefited from being part of Beverley and District u3a, please consider supporting the organisation. Fresh ideas, new skills, and additional helping hands would make a significant difference. By sharing the workload more widely, we can reduce the pressure on existing volunteers and ensure that Beverley and District u3a continues to flourish for years to come.

If you'd like to find out more about volunteering opportunities, speak to a committee member. We'd be delighted to discuss how your skills, interests, and experience could help support our u3a community. **Rachel Ellis-Jones**

General u3a News

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 better 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.

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](#).

Research study - Support needed

A research study at the University of Leicester is investigating how seeing or hearing about others falling affects our perception of our own risk of falling. The study invites u3a members to participate in a short online survey (around 15–20 minutes) about everyday experiences, activities, and concerns about falling. It's an opportunity to share your perspective without any right or wrong answers.

Participants' anonymity is assured, and all information is handled securely. The findings will help researchers understand what shapes worries about falling and improve future advice and support. There's also an option to take part in a follow-up survey in six months.

If you're interested in contributing to research that could benefit others, please take part in the survey. The link is [here](#). **Dr Matt Hill**

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