## ABOUT US

- *Established in 2000 for people living in the picturesque market town of Beverley and in surrounding area*
- *Lively, vibrant & friendly group, more than 800 members.*
- *Monthly meetings with a speaker, to which all members are invited*
- *60 special interest groups*



*Autumn in North Cliffe Woods*

### Welcome ...

… To the Beverley & District u3a Autumn 2026 Newsletter. 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

Autumn always feels like the start of a new year for me. After a long career in education, September and October have always signalled the beginning of a new academic year, so perhaps it's not surprising that I associate autumn with new beginnings and an energy to review, refresh and try something new – even if that feels completely at odds with the natural world as it begins to wind down towards winter.

We have some interesting speakers lined up for our monthly meetings at the Memorial Hall, held at 2pm on the third Thursday of each month. Like all u3a activities, our events and groups rely on members who are willing to organise them. Without volunteers, of course, we simply couldn't provide the range of activities that we all currently enjoy.



*Linnia (centre) with u3a members at Hornsea Inshore Rescue*

This month, Linnia, who many of you will know, will leave the Beverley & District u3a committee as she and her partner relocate. Her tireless work as Social Secretary will be greatly missed. We would

[1] clicking on text formatted like this will link you to your default web or email program

particularly like to find someone to take on this role so that we can continue the organised lunches at Elwell's and the many other outings that members have enjoyed over the past two years.

As I mentioned in the summer newsletter, several committee members are already taking on multiple roles. This isn't sustainable. We therefore have a number of vacancies that we would love to fill with new committee members:

- **Social Secretary**
- **Speaker Finder**
- **Publicity Officer**
- **IT Officer**

It is also with some disappointment that, because of the number of current vacancies, we have decided that we won't be able to run our usual Spring Fair this year. The fair has been a very popular event over the past couple of years, and we would certainly like to see it return in the future.

As the new Chair, I find myself in an interesting position. On the one hand, our membership is growing, as is the number of groups, so by any measure we are a successful and thriving u3a, enriching the lives of our members. On the other hand, that growth makes it even more important that we have enough volunteers to help lead, organise and shape the organisation for the future.

So, we are re-running the article I wrote for the last newsletter about volunteering. Perhaps many of you were away on holiday, or, like me, deep in the trenches of grandparent duties! Whatever the reason, my previous appeal didn't produce the response I had hoped for – not a single member came forward.

So here's another invitation. You might think, *"I don't want to be on the committee, but I could start a group."* Or perhaps, *"I might consider joining the committee if the role could be shared."* Or maybe you'll think, *"You know what? I'll give it a go!"*

Volunteering is hugely appreciated by all our members, and it really does make a difference. Without it we simply would not be able to continue. Your contribution doesn't have to be large, and it doesn't have to take over your life – it can be as much or as little as you feel comfortable with. What matters is that members continue to get involved and help shape the u3a we all enjoy.

So please come and speak to me or one of the other committee members if you would like to explore any of the roles above, start a new group, or make another contribution. We'd love to hear from you. You can contact me directly at rachelellisjones74@gmail.com. Other committee members can be contacted via the website. Click on the picture below to open the correct webpage.




May I also remind you of the benefits our u3a can offer as members of ACCORD. The Chair of the Cottingham u3a group recently contacted me. They have new groups starting in pickle ball, crafting, and creative writing. As a member of our u3a you can become an associate member of other local u3a's and if they have space join one of their groups. You can find more information about ACCORD and a link to Cottingham and all the other local u3a's on the "join us" page of our website. **Rachel Ellis-Jones**

## Monthly Meetings

Our monthly meetings are held on the third Thursday monthly, 2:00 pm at Beverley Memorial Hall. Meetings comprise a talk followed by refreshments

15th October - **David Barton** - Why We Remember: ''War's Bitter Cost, A Dear Life Lost"



*Battle of Britain Monument, London*

19th November - **Libby Tempest** - The Brontës

17th December - **Beverley Community Choir** - For the third year running, members will be able to see in the festive season in the company of this wonderful choir.

### Beverley Minster Christmas Tree Festival




Our u3a will be at the Christmas tree festival again this year. The festival takes place in the Minster from 4th to 13th December. Do try and drop by. Further details, including ticketing, are available here.

### Group News

A list and timetable of all active groups is available on the groups page our website.



*German Conversation Group - Kaffee und Kuchen, Ferguson Fawsitt, Walkington*

**British Empire History.** This newly established group aims to examine all aspects of the history of the British Empire, from its origins onwards. The group is currently at capacity, but email enquiries can be sent by email**. Stephen Keane**

**Local History 5** A new Local History Group will starting in January 2027. Local History Group Five will meet on the 4th Monday monthly, 10.30 a.m. at C Club, Wylies Road. Topics cover Beverley, Hull, and the rest of the East Riding. If you would like to hear more about medieval markets, underground streams, old pubs, windmills and much more, this could be for you. For further details contact Doreen Osuch on 07856 652269 or doreenosuch@hotmail.co.uk. **Ann Scruton**

The **Photography Group** has space for new members. We are a friendly group. Some of us



*Photography Group August theme - Silhouettes*

use cameras and some use phones. At each meeting we share photos we have taken on a subject chosen for that month. Our favourites are posted in a gallery on our u3a webpage.

We also have trips to various places in the area to improve our photography. Feel free to come along to one of our meetings to see if this is something you might be interested in. Please feel free to contact me at val-williamson@live.co.uk**. Val Williamson**

**Sunday Lunch** The Sunday Lunch Group met for the first time on 27th September. The group is aimed at people who want to "down their pots and pans" for the day and enjoy meeting up for a cooked meal and a sociable chat. We meet on the last Sunday of the month and have agreed to try "anywhere and everywhere".



*Sunday Lunch Group*

Our first meeting was at the Rose & Crown, Beverley. Future venues will picked out of the hat based on nominations from members. Membership is currently full with a growing waiting list; contact me by email if you wanted to be added. **Sue Pender**

**Chair Yoga** Our group started in March 2026 with 10 members. There are currently 8 of us - 7 women and 1 man - and so we have room for two more people to join us. It is a very small group essentially due to the size of the venue, the Quaker Meeting rooms. We are led by a very experienced teacher, Sonia Perry. Sessions are run on a Monday afternoon from 2.00 to 3.00pm. Members pay for 6 sessions at the start at a cost of £6.00 per session. This fee includes the cost of the hall and the teacher.

It is important to say that "the chair" is used as a tool for support and many of the exercises will be undertaken standing up after a 'warming up' session, usually begun when seated on a chair. A video of the session is sent out to members each week to enable us to continue developing our breathing, balance and relaxation skills at home.

If you would like more information or would like to join the group, please contact me by email at sushila.desousa@gmail.com **Sushila de Sousa**

**Current Affairs** The autumn season of the Current Affairs Discussion Group will first examine why the past decade has been so turbulent in our politics, also covering the fall of Keir Starmer and his replacement by Andy Burnham. Later we will look at President Trump and the mid-terms, and there will be a final autumn session. Members receive a comprehensive briefing before each session, which will be summarised into a slide presentation on the day. **Bill Jones**

**Italian Improvers** The group continues to meet on the 2nd and 4th Thursdays of the month at my home in Cottingham and has some associate members from further afield.



*Italian Improvers at tea*

This summer we had an outing as the group generously took me for afternoon tea at Tickton Grange to celebrate a big birthday. So kind of them and much appreciated. We are all able to carry on a conversation and so are at intermediate level. We could fit one more person in if they are at this level. Drop me a line if interested **Judith Finn**

**Gardening Interest** Well, the evenings are drawing in but we are still enjoying lovely warm sunny days. Whilst our gardens have taken a bit of a hit this summer, we can look forward to perusing seed catalogues and planning for next year (being mindful of drought tolerant plants!!!).



*Sledmere Gardens*

Our group recently visited Sledmere Gardens, where we had a delightful and very informative guided tour led by their head gardener, someone who had previously come to give us talk entitled "A year in the garden at Sledmere". We were amazed by the dedication of the few volunteers who keep the garden in such perfect condition. At our meeting last month, we enjoyed an illustrated talk about some unusual gardens of the Lake District and Scotland including Holker Hall, Holehird, Yewbarrow, Sizergh, Cawdor Castle, Inverewe, Monteviot and the Garden of Cosmic Speculation. Our next meetings are:

9th October – Illustrated talk by Beverley Urban Gardeners

13th November – Illustrated talk by Don Whitton on winter planting

The group is fully subscribed at present, which is lovely, but if you would like to be put on the

waiting list, please either email me or Verlie McCann. **Sue Symmons**

## Volunteering: A Small Contribution That Makes a Big Difference

Beverley & 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, social 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.



*Share your skills and interests by leading a group*

**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.



*Volunteering is both fun and rewarding*

If you've enjoyed participating in an interest group, attended an event, read a newsletter, used our website, or benefited from being part of Beverley & District u3a in any other way, please do 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

You can find out more about what is going on in the wider u3a world by visiting their website.

The 43rd u3a AGM will be held on 14th October as a hybrid meeting. The physical meeting is to be held in Manchster. TAT will be sharing updates on their new marketing approach and their plans to deliver a new strategy for the u3a Trust. Details of how to attend either in person or online can be found here.

**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.

Current and past issues of the magazine are now available digitally to all u3a members just click on the image below.




The committee strongly supports the move from paper to 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 will only supply a paper copy if you specifically request to continue receiving it by writing to Membership Secretary, Colin Robertson by email, or by post to 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.

### Beverley & District u3a member benefits

**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.

**Newsletter Photo Credits** - Judith Finn, Linnia Khemdoudi, Neil McDonald, Sue Pender, Ann Ostermeier, Sue Symmons, Simon Tull