

Haxby & Wigginton U3A Newsletter



April 2026.

u3a Registered Charity number 1118861

The object of the U3A is 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.

That voice in my head!

I was sitting comfortably awaiting the start of the Monthly Meeting [an excellent talk by Alan Hunton on “Serendipity”] when Chairman Chris Jaques’ notices included an appeal for an editor for our Newsletter. The little voice in my head said “*You could do that!*” I already edit a quarterly newsletter for the Friends of the Narrow Gauge Railway Museum Trust. So before I left the building, I had spoken to Chris and the process that led to this moment, when you read this Newsletter, had started.

However, your Committee is still looking for other volunteers; we need a Speaker Finder; people for the Social Committee and a new Membership Secretary. In addition, from the AGM in November we will need a new Treasurer and a Social Activities Co-ordinator. So if the little voice in your head is saying “*I could do that!*”, or even “*Tell me more about what’s involved*” then do please speak to Chris or one of the Committee, or email chairman@hawu3a.org.

Compiler

The title “Newsletter Editor” may prove to be a misnomer. I will be relying on contributions from you, dear reader, and news from our various U3A interest groups from which to ***compile your Newsletter***. Please don’t be shy! Contact me at ianficrevans@gmail.com.



40 Groups

Did you know that Haxby & Wigginton U3A has over 40 different interest groups?

Art for all	Line Dancing
Ballroom Dancing	Mahjong Group
Birding	Monthly Meeting
Bookworms	Pickleball Group [x2]
Bridge Group	Play reading Group
Bus Pass Group	Poetry Group
Camera Club	Quiz Group
Chapters Book Club	Racketball
Computer support	Rummikub / Canasta [x2]
Craft Group	Scrabble
Cribbage Group	Singing for fun
Current Affairs	Smartphone / photo
Curry Evening	Table Tennis [x3]
Drone Group	Tai Chi Group
French conversation	Ten pin bowling Group
Intermediate French	Ukelele Group
Flower arranging	Walking Group [x2]
Geography Group	Weekenders Group
History Group	Whist Group
History walking tours of York	Yoga Group.
Keep Fit	

In addition, consideration is being given to the setting up of new groups for Cycling and Philosophy and to re-activate the Science & Engineering Group. So why not try a new group? For more information on any of these groups contact our groups coordinator Trevor Bardy; his email address is [<groupscoordinator@hawu3a.org>](mailto:groupscoordinator@hawu3a.org)

We profile just a few of these groups below [and plan to profile others in future Newsletters].

Walking Group.

Future Walks

Thursday 6th May Walk - Leyburn Shawl; Preston under Scar; Bolton Hall and Wensley. 7.5 miles

June Walk - Grosmont and Goathland. 7.5 miles

July Walk - Copmanthorpe, Askham Bryan and Askham Richard. 6.5 miles

August Walk - Spofforth and Follifoot. 6 miles

September Walk - Flamborough Head. 7 miles

Contact Group Leader Terence Prebble <terryprebble@yahoo.com> for more information [although this Group is looking for a new leader].

Singing for Fun Group.

It is now more than 7 years since the group was formed, initially the demand was such that two separate groups met on alternate weeks. Following the enforced break for Covid the numbers did fall, ever since the group meet up twice a month, on the 1st and 3rd Wednesday of the month. The concept of the group is simple, not a choir, not karaoke just a gathering of non singers who follow lyrics projected on to a screen and the songs played at a level that the group can easily follow the artist singing. As the title suggests, we do this for FUN, added to a love for popular music and a considerable degree of nostalgia. Members are encouraged to suggest their favourites, or tunes which bring back special memories from their younger days. It is not uncommon for a member to recollect a time when they saw a particular artist or group and to offer a personal insight of their experience.

Whilst not everyone loves every song, the range covers everything from the 50's through to the 90's, (sometimes even earlier), just being able to return to a period when life seemed a little simpler, with less responsibility is an ideal tonic, even if only for an hour or two a month.

The Tai Chi Group.



Photos from Trevor Bardy

Tai Chi is often described as meditation in motion, consisting of slow, choreographed, low impact movements, deep breathing and focused mental awareness. The group started in May 2025 under the tutelage of an instructor with more than 20 years experience who take members through a sequence of postures known as 'form', each one builds to the next. The word 'chi' means the inner energy and aliveness within a person, and whilst its origins are linked to martial arts, Tai Chi was created as a defensive mechanism. There are a number of different styles, the one this group follows is Li style which covers 140 'forms' and 185 step 'dance', on average around five to six are taught each month. To learn the entire repertoire takes about 3-4 years, fortunately Paul the instructor is not only patient, his sessions are conducted in a very relaxed and humorous way, the hour passes very quickly.

A room full of geographers

Ian Evans photographed an expectant audience gathered on 17th March for the latest meeting of the Geography Interest Group, when Phyllis Smith gave a presentation about Morocco, a talk that generated a number of questions and comment. Already this year, our meetings have taken us to Namibia and Northern [Turkish] Cyprus.



Forthcoming meetings will transport us “North of the Arctic Circle” on 21st April. Subsequent meetings [third Tuesday of the month; 2pm at St. Nicholas Church Hall] will take us to Canada; The Wolds Way and to the towns & cities of Iberia.

For more information about this group please contact Sheila Smallwood on s51smallwood@gmail.com.

Tuesday Morning table tennis Group.

John Hunt writes “The numbers average around 10 which is compatible with 2 tables and doubles. There is therefore plenty of playing time and several members have league status which enables them to act as coach and therefore improve playing standards. This aside the play is relaxed and all enjoy the session. The group also attends Hartrigg Oaks playing venue on a monthly basis as it is important to play other players”.

Yorkshire & Humber Region u3a Summer School update.

Bookings have been strong and residential places are now fully booked up. However, there is a waiting list which you may join or perhaps look for alternative accommodation in the area and join us as a day delegate? The Summer School is being held at The Hawkhills, Easingwold (24th to 27th August) - so Day Delegate places would work for our members. There are day delegate places remaining on;-

- Conversational Spanish.
- Making Sense of Everyday Mathematics.
- The Changing English Language.
- Intermediate Improvised Drama.

Occasionally people do unfortunately have to drop out of attending so if there are other courses you're interested in, please do enquire – you might be lucky. Full details, including booking forms, are on the website www.yahru3a.uk/2026-summer-school/

YAHR (pronounced YARR for those like me who did not know!)

Sue Eley writes “I’m glad I accepted the opportunity to attend the recent Yorkshire and Humberside Regional AGM and Workshop Event held on 18th March. Meeting some of the Committee members of the wider u3a organisation and listening to their supportive and knowledgeable presentations demonstrated a high level of motivation to get things done. It was in many ways an inspiring day proving very useful for gathering ideas. Of course, we laughed a lot and happy smiles were certainly plentiful, despite a small number of problems and challenges that were highlighted and discussed”.

For a more detailed report of the events of the day, [Click here](#) for the workshop notes.

Monthly meetings.

Our scheduled Monthly Meetings were listed in the last Newsletter. The next one will take place on Friday 17th April at 2pm in the Wigginton Recreation Hall. Doors open at 1:30pm and admission with refreshments is £2. Philip Ashe will be talking on “HMS Hood and the nature of human folly”.

There has however been a change to the programme for the meeting on 18th September when we will now be addressed by members of the Police cyber crime unit, who will give a free talk on scams and fraud and how you keep safe. Charlotte Newbold, Prevent / Protect Delivery Officer of Yorkshire & Humber Economic Crime Unit will present on the following topics;-

- Impersonation fraud via phone calls and emails.
- Romance / companion fraud.
- Cyber hygiene.

Raby Castle Outing

First of all, thank you to Anne for her supervision as I planned my first outing as a new member of the Social Team. It was not without problems and followed many ideas and suggestions, but I'm glad to say that despite the setbacks, we had a super day out.



It was a chilly start but after a pleasant journey to Raby Castle on 4th March, we arrived a little earlier than expected and disembarked after our driver John, found our contact for the day.



Eventually we followed instructions to meet at the entrance gate prior to the tour. Crossed wires and misunderstanding proved beneficial in the end as we were able to capture a group photo, minus a few of us and at last we

headed towards warmth and coffee in the beautiful and airy Vinery Café.

Wandering up to the castle, the weather seemed to be a little kinder for which we were extremely grateful.

Both Tour Guides gave us fascinating information and stories of days past as we savoured the delights of this beautiful old building, its superb interior fixtures and fittings and luxurious rooms. It was an excellent tour for both groups.

Lunch queues were acceptable and as always, the wait passed with much happy chatting before enjoying tasty food and drink.



Wandering around the park and gardens in glorious afternoon sunshine made our day an extremely pleasant one. This is surely a place to visit again.

Sue Eley Social Team

Forthcoming Community events.

June 20th and 21st – Centenary of Wigginton Recreation Hall and Open Gardens. There will be several categories such as best window box, veg patch, wild flower area – these just need to be confirmed.

July 11th – Haxby Carnival with an earlier start – I think it's 11.30am but just need to firm that. It's to keep the children in the parade out of the midday sun and to help the stalls with sales over lunch time.

August 29th – Proms Night at Oaken Grove Community Centre – start time to be confirmed. A ticketed event – food hopefully served!

December 3rd – Haxby Christmas Tree Light Switch On. Note the later date – following several requests to make it in December.

Forthcoming concerts at St. Mary's Church, Haxby

17 May - Sestina and Friends 2.30 pm. This promises to be really good. Sestina and Friends means sixteen performers all playing various wind instruments. They are playing some pieces by Richard Strauss.

13 June (Saturday) - York Philharmonic Male Voice Choir 7.30 pm

28 June - Sax Forte 2.30 pm

22 November - Flauti Felici [a flute quartet] 2.30 pm

Tickets are usually available from Aroma Coffee Shop in advance or pay at the door.