

Haxby & Wigginton U3A Newsletter

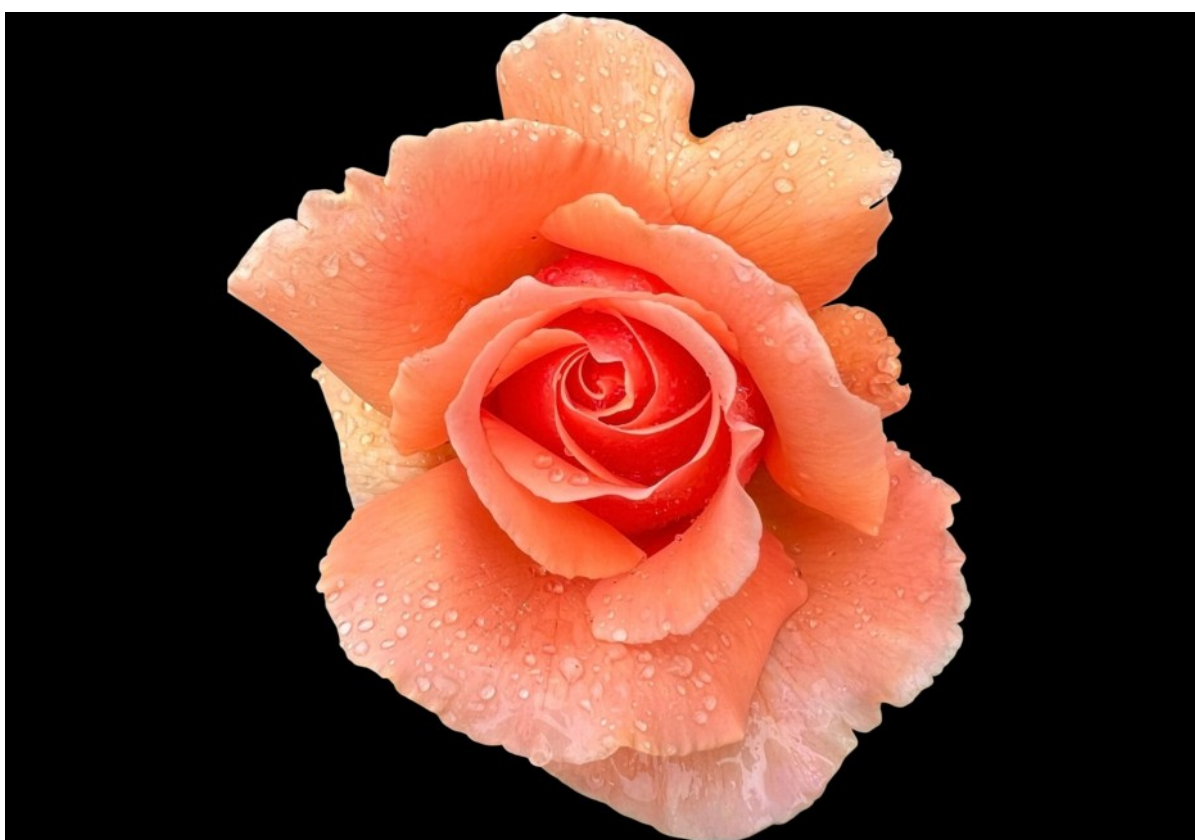


June 2026.

Our website address is <https://www.hawu3a.org/>

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" [a quote from the Charity Commission registration set out by the Third Age Trust and included in our constitution].



Above – a rose edited onto a black background; taken by Teresa Mikola of the Smartphone Photo / Art Group. In this issue, we profile the work of that Group, also the Scrabble Group and an update from the Walking Groups.

A note from the Editor

This is the second Newsletter that I have put together. I would like to thank all who offered positive feedback to my first issue. As always, **your** Newsletter can only be as good as the contributions that I receive, so please send me items, including photos, that will interest fellow U3A members.

Ian Evans. Email ianfcrevans@gmail.com / Newslettereditor@hawu3a.org

SOME OF OUR SPECIAL INTEREST GROUPS

See www.hawu3a.org/groups for details of our Groups.

Smartphone Photo / Art Group

Carolyn Clarke (Group Leader) writes “We are a merry and friendly non-competitive band of people enjoying taking photos with our Smartphones. The group has been running for 8+ years and we use Signal app to post our photos and comments to, often on a daily basis. There is a fortnightly theme that we aim to stick to, but photos can also be posted outside of the theme. We practice taking photos and editing using various apps such as ‘Snapseed’ and create art forms using editing/arty apps. We occasionally meet up for a meal or short photo walk. We are always learning and welcome new members to the group who are interested in taking photos with their Smartphones and experimenting with editing and creating art with their photos”.



Two more photos taken by members of the
Smartphone photo & art group.

Above left, taken by Rosie Kitchman, Lavender Farm, Terrington. Colours enhanced using Colour Splash app.

Above right, taken by Ruth Davies, Museum Gardens light show.

U3A Social Scrabble Group



The Social Scrabble Group meets in St. Nicholas Church Hall, Wigginton on second and fourth Tuesdays of each month from 2 pm until 4 pm. A charge of £3 per person covers the hire of the hall and the provision of tea, coffee and biscuits.

Coxwold and Husthwaite Walk - 9th April 2026



Above - a photo of the attendees of the above walk which was taken just before we set off. The only person missing is Roger who took the photo.

There were 16 on the walk [the most we have had for a long time] and 14 lunched at the Fauconberg Inn in Coxwold after the walk. A good walk with fine weather and good company. It was a light lunch at a very reasonable price and served very quickly and efficiently after the last of us arrived. Couldn't fault the place, except the price of a double espresso!

Terry Prebble is looking for someone to take over as Group Leader. He writes "At present Roger organises and leads many of the walks and his role will continue and he's happy to take on organising more. He has lots of walks in his portfolio. So the person taking over from me will have just an admin role. You will not have to organise or lead any walks unless you want to. Suggestions for walks are always welcome but before a walk is undertaken a recce must take place and no recce should be undertaken by a solo walker. Always have someone with you".

Due to the popularity of our two existing Walking Groups, the numbers taking part have become a little unmanageable. Therefore a new group has been set up, unsurprisingly called Walking Group 3!

This new group will meet up on the 4th Friday of each month and expect a walk of about 4-5 miles. Details of each individual route will be sent via email to all members, it is described as 'Boots by bus', so please remember to bring your bus pass! The next walk will take place on Friday 26th June.

Any member wishing to become part of this new venture should contact either of the groups leaders, Jill Hetherington on 07548 938581 or Eleanor O'Flynn on 07741 495478.

Science & Engineering Group

Like every other U3A Centre, Haxby & Wigginton U3A depends entirely on volunteers to run all of its activities. We are therefore grateful to Bob Jowett who has agreed to become Group Leader for the revived Science & Engineering Group. He writes "*the objective of the S&E Group is fun; friendship and you may learn something! The scope of the group will cover Science [Biology; Chemistry and Physics]; Engineering [Civil; Electrical and Mechanical] and the practical application of science and engineering, methods and skills. It is hoped to organise appropriate outings*". An initial meeting was held at St. Nicholas Church Hall on Wednesday 20th May.

Trevor Bardy [Groups Co-ordinator] attended a meeting for New Members and a number of issues were raised regarding setting up new activities and to clarify existing groups.

Establishing a **Pilates group** was suggested, and I have looked in to the possibility of engaging a fully qualified instructor. However there may be a point that some members are unaware of, Valerie Major's **Yoga classes** do involve a considerable amount of Pilates. If interested, it may be worth going along to her weekly class to see for yourselves if it is suitable for your needs. The group has run for many years with u3a volunteers, the cost involved £1 - £2 per session and has been successful in generating a loyal following. However if you wish to take lessons led by a qualified instructor I will be able to follow up the enquiry I made earlier, but the cost will be considerably more and would need commitment. The instructor has confirmed their availability either on Mondays 2pm - 3pm or Wednesdays 1:30pm - 2:30pm. The cost, providing a minimum of 9 attendees would be £10, plus there would be the cost of hiring a venue, I would suggest an additional £2. Anyone interested in taking up the second option please contact Trevor.

Book Club 3 - Our two existing Book Clubs have proved very popular, so much that they are both unable to take on new members. A third Book Club has been set up, with an initial meeting scheduled for 8th June. It meets on the second Monday of each month at Oaken Grove Community Centre. This group also already has a waiting list. Clare Sangster is the Group Leader.

Weekends!! - For some time Roy Pidgeon has run the **Weekenders Group** and it currently enjoys a large membership meeting once a month, their main activity involves card and board games. Every other u3a activity takes place Monday to Friday. At the New Members meeting it was mentioned by a number of attendees that for them weekends often dragged on with little to do, especially for those living alone. Therefore Trevor is asking members if they have any ideas of how to fill at least a couple of hours on Saturdays and / or Sundays, to take place other than the 2nd Saturday in the month. Without trying to prompt members, any suggestions will be considered, for instance as simple as a game of bingo, to have a social chat and cup of tea or coffee, the range of ideas is open to you all.

Trevor's email address is groupscoordinator@hawu3a.org

SOCIAL EVENTS – PAST AND FORTHCOMING

Upbeat Beatles at the Joseph Rowntree Theatre

On Sunday 24th May, a group of 37 u3a members enjoyed an evening out at the Joseph Rowntree Theatre to see the Upbeat Beatles tribute band perform many of the Beatles hit songs of the 60's. Starting with "She loves you" they went through the different phases of the Beatles career, and had the audience on their feet bopping away and waving their arms to the beat and singing along. A few costume changes completed the acts, whilst video clips were projected onto the back screen. It was a fun show which everyone greatly enjoyed.



Photo and report from Chris Jaques

The Quarry Bank Mill Trip

Around 40 of us set off bright and early on a coach trip to Quarry Bank Mill, near Wilmslow in Cheshire. There was plenty to see there. The old mill is extremely interesting, a rare surviving 18th century cotton mill, built by the industrialist Samuel Greg, with working heritage machinery. Next to the mill is Quarry Bank House, an elegant Georgian family home where the Greg family lived.



A highlight of the trip for many of us was the guided tour of the Apprentice House, a preserved 1790s building where up to 90 pauper children were housed, as young as 8, working 10 hour days in the mill. Restored to resemble the 1830s, it gave us a fascinating if sobering look into the lives of child workers during the Industrial Revolution. After a wander around the gardens and a bite to eat, some of our party went to Styal Village, built by Samuel Greg to house his workers. It was a long day, but everyone agreed it was a good trip, although we didn't really have enough time to see everything. Another visit one day perhaps.





The inside and exterior of Quarry Bank Mill. Thanks to Anne Hysted for the report and to Elaine Wilson for the photos.

A belated acknowledgement

In the last newsletter, we inadvertently failed to acknowledge the photographer whose photos were used in Sue Eley's Raby Castle visit report and although one was mine, the others were taken by Elaine Wilson. Thank you, Elaine for taking the group photo, the superb shot of the castle and part of the garden.

FUTURE SOCIAL EVENTS

A Day Trip to Scarborough is planned for Thursday 16th July and a handful of seats are still available. The itinerary includes a visit to Scarborough Fair Collection and Vintage Transport Museum, followed by an optional fish and chip or vegetarian lunch in the Fish Pan restaurant on Scarborough seafront. The afternoon is free to explore a variety of art shops, galleries, studios and workshops, Scarborough Art Gallery and The Rotunda all part of the Scarborough Art Event. Or you might prefer to take one of the two historical walking trails each lasting around an hour, spend a little time shopping along the main street or a few pennies in one of the amusement arcades or simply find a bench and watch the world go by with an ice cream. We will leave Haxby at 9:00 promptly and should be back by 6pm. Contact Sue Eley at newmembers@hawu3a.org for more details or to book a place.

The Social Team has provisionally arranged two future trips. An email will be circulated to all members soon, but here are brief details:

Wednesday 12th August Renishaw Hall & Gardens, near Chesterfield

Some of you will remember a trip to Renishaw 2 years ago, in August 2024. It's a stunning place and has won several awards for its beautiful gardens. We have decided to go back there as everyone had a wonderful time. We will have a private guided tour of the Hall, which is a Grade 1 listed building originally built by George Sitwell in 1625. There will be time to explore the Italianate gardens, lakes and woodlands. We will have a private room for a pre-ordered lunch (optional). More details soon but if you wish to register your interest please email Anne Hysted – socialevents@hawu3a.org or call her on 07906 166884.

Thursday 12th November Donna Nook Nature Reserve

Donna Nook is a nature reserve on the North Lincolnshire coast, where in November hundreds of grey seals come to give birth to a new generation of seal pups. This stretch of coastline becomes a major draw for nature and wildlife enthusiasts, with rangers on duty to provide information and point out imminent, recent and live births in very close proximity. This is nature 'in the raw'! It may not appeal to everyone, but it's a unique opportunity to capture that 'Attenborough experience' as we celebrate the great man's centenary. Entrance is free, but there will be donation buckets. We will spend 1-2 hours there, depending on the weather (bear in mind this is November on the Lincolnshire coast, and you will need to wrap up warm). Afterwards we will go to Brigg Garden Centre, where we can warm up, have lunch and do a bit of pre-Christmas shopping. Again, more details soon, but if you wish to register your interest please email Elaine Wilson - elainewilson_tcm@outlook.com or call her on 07842 103498.

Anne Hysted, Social Events Co-ordinator

COME AND JOIN THE CELEBRATIONS

Wigginton Recreation Hall [WRH] Centenary

WRH will be celebrating its 100th Anniversary on Saturday 20th June. The Hall will be hosting a community-wide event between 10am and 2pm on the day with stalls and demonstrations from around the area. We've even been promised a Fire Engine in the car park! As a major contributor to the life of the district, Haxby & Wigginton u3a will naturally be represented. Do come along, visit our table and celebrate with us.

Haxby & Wigginton U3a 20th Anniversary

Haxby and Wigginton u3a will be 20 years old this summer, and we plan to hold a 20th Anniversary celebration on Saturday 29th August. More details will follow shortly, but save the date. So how did it all start?

Following a meeting of people interested in starting a U3A, a Steering Committee of volunteers (unelected) was set up on 22nd August 2006 to organise some groups and future meetings. Haxby & Wigginton u3a was registered with the Third Age Trust with a start date of 1st September 2006.

Meg Jones was Chairman, Dorothy Croft was Secretary, Michael Robinson - Treasurer, Margot Robinson - Membership Secretary, Anne Chalk - Groups Co-ordinator. Also on the committee were Peggy Holland, Ivy Appleby and Maurice Tooby.

The first subscriptions were taken in August to enable a prompt start for the first six groups. The first groups were Play Reading with Meg Jones as Group Leader, Art with Maurice Tooby as Group Leader, Walking - Patsy Pendegrass, Cooking for One and History - Anne Chalk, and French - Dorothy Croft

We held our first AGM the following year, 2007, when the Committee was properly elected and all the above people kept their jobs. From those early days Haxby & Wigginton u3a has grown considerably and now has over 650 members and over 50 interest groups. Please see our website for details.

Volunteers Week

The 1st to 7th June is National Volunteers Week to celebrate all the volunteers in all walks of life up and down the Country. So we wish to take this opportunity to say a big “thank you” to all those members who give their time and effort towards keeping the show on the road:- our Group Leaders, the volunteers in the kitchen making teas and coffees, those putting out the chairs and tables for meetings, and of course, the committee, all of whom dedicate themselves to making our u3a the success it is, and enjoyable for all our members. As you probably know, ‘By the Members, For the Members’ is an essential part of our ethos. So a grateful thank you to our many volunteers, your hard work and dedication is much appreciated.

The Committee.

REGIONAL AND NATIONAL u3a NEWS

Did you know? As members of Haxby & Wigginton u3a, we are also affiliated to the Third Age Trust (TAT) – our national ‘umbrella’ organisation – and to Yorkshire and Humber Region u3a (YAHR) and can join in the many and varied events they offer.

Online Talks and Events

Is the group you want to join currently full? There's so much more to do while you're on the waiting list. u3a provides a wide range of Online Learning Events from Victorian Painters to Drones and AI. To discover some of the exciting things currently on offer visit <https://www.u3a.org.uk/what-we-do/events/educational-events> And if you were at our last Monthly Meeting you'll recognise Bob Pullen as one of the main contributors with his Tour of the Brain.

u3a Festival

Alongside the national u3a Festival at the University of York at the beginning of July (now fully booked), TAT is offering a range of Festival Fringe events online via Zoom, all free. Sessions include:

- 1st July The technology built into modern cars and trucks
- 2nd July Mrs Charles Dickens tells her story
- 6th July Watercolours with Tony
- 9th July Fusion tai chi gong (a taster session)
- 10th July The role of women in ancient Egypt.

To book your place on these and other events go to www.u3a.org.uk/events and click on the session you are interested in.

YAHR Summer School

The YAHR Summer School at The Hawkhills, Easingwold on 23rd to 27th August is almost fully booked but at the time of writing there are still one or two places for day delegates on some courses. If you are interested in going, contact Lesley Tempest by email to YAHR.summerschool@gmail.com

We'll do our best to keep you posted on future events but if you want to cut out the middle man (or woman) you can sign up for email newsletters from both TAT and YAHR on their websites.

Explore the UK with *u3a Getaways*

We are excited to invite you to the first *u3a getaways* trip - The Agatha Christie Story - from 14-18 September 2026. You'll join other u3a members from across the country to explore the beautiful houses and coastlines that inspired her famous mysteries.

u3a getaways is a new programme of bespoke holidays exclusively for u3a members and friends. It appears that these holidays are organised by a travel agent in Norwich targeting u3a members. It is not an official u3a activity, nor organised by u3a, therefore H&W u3a does not endorse these holidays in any way nor recommending them. The item is for information only. Find out more on the [u3a getaways website](#).

This year's u3a essay competition is now live

It's time to get writing! This year we want you to take us on on a remarkable real-life journey - of discovery, adventure or transformation - and bring the story to life in fewer than 1000 words.

- Free entry: open to all u3a members
- Deadline: 31 July 2026
- Prize: book bundles for the winner and two runners-up, kindly donated by *HX Expeditions*

Staying connected with u3a Friends

Please help us spread the word and get more members signed up to receive updates on everything u3a.

Each edition of our *u3a Friends newsletter* features exclusive member offers, national u3a events, new learning opportunities and the stories from across the movement.

Please encourage members of your u3a to sign up on the [u3a website](#)

POSTSCRIPTS

Facebook

Yes, we have an active and vibrant Facebook Page! And we'll be making a lot more use of it in future. It's a great place to keep up-to-date with what's happening in our u3a and to keep in touch with your u3a friends. Do come and join the conversation. If you're not already a member, you can join by clicking here <https://www.facebook.com/groups/2196996263898430> and then clicking on 'Join'. See you there!

Monthly Talk, May 2026

Sleep and the Brain by Dr Robert Pullen.

Dawn Conyers writes "I went to this talk not knowing exactly what to expect but was immediately hooked by the speaker Robert Pullen who made the process of how the brain works when we sleep very accessible. He delivered the talk at a level that we could understand and replied knowledgeably to the questions afterwards. I joined the u3a to broaden my knowledge and the talk on Sleep and Dreams did just that.



From a Haxby & Wigginton u3a New Member.

I first came across the u3a organisation when my mother, who is one of the original founders of Haxby & Wigginton u3a, took me on a trip to Brunswick Organic Nursery and Craft Workshop at Bishopthorpe in 2007. At the time, I was off work long term due to a serious illness. I was very impressed at the time. That was 19 years ago!

When I retired early after lockdown, I started doing more exercise classes and spending time with friends, but always felt that I could be doing more. My mother spoke to me of her trips and the talks at the u3a and more recently suggested some of the activities that she enjoys that I might also find interesting. I joined because I want to expand my knowledge and experience new places. To date I have been on a marvellous coach trip to Quarry Bank Mill in Cheshire, learnt to play Canasta with some friends who have also now joined the u3a, and been to a couple of captivating talks. I have even plucked up courage to book an overnight trip with a group as a solo member!

I'm feeling very optimistic that Haxby & Wigginton u3a will be a group I want to be a part of in the future. Dawn Conyers.

And a final thought from Sue Eley [New Members Co-ordinator]:

If we have just one contribution for our newsletters from every member, we would have around 660 articles! If 5 were included in every newsletter and we have six each year, we would have enough for 22 years! Imagine! So we're asking if you would write something? Any reasonable topics will be considered but here are a few suggestions: a short story (100-150 words), a poem, recipe or puzzle, a report of an event or Monthly Talk you enjoyed, a bit of u3a or group news or just a thought that pops into your head ... Variety is the spice of life, they say, so do think outside the box.

By way of example, Elaine Wilson has taken some super photos of our local area showcasing some of our beautiful buildings and special places. Check more of them on the website. Don't we live in a lovely area? Thanks Elaine.



Or Battle of Britain class locomotive "Tangmere" hauling a Scarborough to Liverpool Charter train across Haxby Road level crossing on 6th June 2026. Photo by Ian Evans.

